

Great Falls
CONNECTION

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Leah Fortune from the Rappahannock tribe performs before the audience at the 16th annual Virginia Indian Festival at Riverbend Park.

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PHOTO BY RYAN DUNN/THE CONNECTION

SEPTEMBER 11-17, 2013

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Do You Suffer From Peripheral NEUROPATHY?



Today there is NEW HOPE for the relief of Neuropathy

There are many people in the Washington DC Area that still suffer with **peripheral neuropathy**. In this day and age there are **significant improvements** in the treatments available. Past treatment for peripheral neuropathy traditionally revolved around medication, leaving many patients still suffering. It doesn't have to be this way anymore. At Virginia Integrative Health we have several new programs that may help you turn this condition around. If you're struggling with burning pain, tingling, numbness, or even a loss of feeling, call our office today to see if we can help you, like we have for many patients before. When you arrive, our staff will sit with you and determine if you are a good candidate. It is a great day to start your new life.

Is Medication the answer for Neuropathy?

Medication can be very helpful for a number of things. The problem is that medication is not generally designed to correct the cause of the problem.

Common sense will tell you that if your treatment is not designed to correct the true problem, you're likely to have disappointing results. In some cases medication can actually cause new problems to develop in the body because of the many side effects. We know so much about the human body today. It's time to move beyond treatments that mask your symptoms.

DO YOU HAVE THE TYPICAL NEUROPATHY SYMPTOMS?



- Burning Pain
- Sharp Electric Pain
- Numbness
- Leg Cramps
- Numbness and Tingling in your feet
- Difficulty sleeping
- Pain while you walk

Is Neuropathy stealing your HAPPINESS?

If you have neuropathy you understand how it can make you feel. Simple things like driving your car or taking a walk with a loved one can become painful and difficult tasks.

When you start to lose the simple things in your life it can truly steal your happiness away. Many of the patients we meet are in a state of slight depression, because they are not able to do the things they love. If you're in this position, take action. This is a problem that you could begin to change today.

Are you a candidate for treatment?

In general if you have pain in your hands, feet, or legs you may be a candidate for treatment. Each patient is evaluated by our team, on a one on one basis, to see if treatment is right for them. It's important to note that our treatments are non-surgical, and require no prescription drugs. There is finally an answer that can produce long lasting results.

IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS WE CAN HELP!

- Loss of hot or cold sensation
- Pins and needles feeling in your feet
- Tingling or burning
- Loss of feeling
- Difficulty walking
- Feet that are painful to touch
- Restless legs
- Feeling of ants crawling on your legs
- Difficulty sleeping because of foot pain
- Leg cramping

TODAY IS A GREAT DAY TO CHANGE YOUR LIFE.

Why choose Virginia Integrative Health?

At Virginia Integrative Health we believe that each patient is an individual. Our multi-doctor approach gives us the ability to custom fit our treatments to you. Our staff will sit down with you on your first visit to determine the best testing and treatment options for you. We offer some of the most advanced non-surgical FDA approved treatments available today. It's always our goal to focus on the cause of any condition we treat. Our patients expect the best, and we do everything we can to help them achieve their goals. We want you to have the ability to live your life to the fullest. Don't let pain take that away from you.

What Our Patients Are Saying About Us...

I am a 44 year old male with neuropathies in my hands and feet, as a result of chemotherapy. I experience numbness, pins and needles and pain. There has been no relief since this started nearly two years ago, until now. After one treatment the neuropathy pain is better, and my headaches, neck and back pain are already diminishing. I thought the neuropathies would never get better and now they are!

— Kaj



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When you're deciding where you are going to go for treatment, it's important to think about one thing. Is the treatment you're receiving going to correct the cause of the problem, or is it designed to cover your symptoms? This type of treatment is designed to mask your symptoms and will generally leave you disappointed in the end.

Call today to schedule a one on one appointment with one of our trained staff. They will work through your condition with you and determine if you are a candidate for treatment. Our schedule fills quickly so call today to reserve your spot. This could be the day that changes your life.

SPACE IS LIMITED

BE ONE OF THE FIRST 10 CALLERS!

Limited appointment spaces available. Call today to schedule your appointment!

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Inspired to Give

Local teens positively impact youth on a global scale.

BY LAUREN BORDEAUX
THE CONNECTION

Picture this: An impoverished young teenager sits in a hospital bed in rural India, suffering from a life-threatening cancer, opens up a tablet device filled with educational tools and apps to distract them from their daily struggles. You would probably expect the tablet to have been shipped there by a large, national non-profit run by paid staff members. Not so. It was delivered to this teen by other teens, all working toward the same goal: to connect with pediatric cancer patients around the world in order to provide them with encouragement, support and education.

John Cui, a senior at Langley High School and resident of Great Falls, came up with the idea for Youth Inspire in 2010 and had staff members involved and programs running by 2011. "As you imagine, every patient that's being treated, whether for cancer or any other disease, they spend the majority of their time in a hospital. And for that reason the main people they interact with are doctors, nurses, not really people their own age," said Cui. "So we saw that as a problem and our program is a solution for that."

CUI AND HIS 11-MEMBER TEAM have made it their mission to reach out to pediatric hospital bound patients globally, by starting right here in the Northern Virginia area. They started with a program called "Youth Inspire" at Inova Children's Hospital in Falls Church, volunteering their time by playing and spending time with the patients. "It was just really cool to see these kids who are obviously going through a trying time in their life, just be able to make them smile by coloring a Disney princess with them," said Courtney Cuppernull, director of PR/Community Affairs for Youth Inspire and a senior at Langley High School from Great Falls.

Jamie Gentile, director of Child Life Services at Inova Children's Hospital, is continually impressed by the teens. "To see this type of altruism in today's youth is really inspiring," said Gentile, "Jason and his team have had such a positive impact on the children here."

The team has raised funds through an innovative photo fundraising program called "Teens Helping Teens" which contributed to the spread of awareness for Youth Inspire all around the world. From this program launched "Inspire Connect," which has provided hospital bound children in rural India and China with \$2,000 worth of tablet devices to use as distraction from their daily struggles. "We wanted the ability to impact hospitals around the world because we can't organize hospital exchanges between high schools and hospitals out there," said Ezzy Sriram, co-founder and chief operating officer of Youth Inspire and senior at Langley High school from McLean.

RECENTLY, Youth Inspire launched a new program, Independent Projects. The purpose of the program is to fund projects proposed by teens that will positively affect youth. "I did an independent project in Africa where Youth Inspire helped support. I went and worked with small children in Africa in a very



PHOTO CONTRIBUTED

Youth Inspire, represented by Ezzy Sriram, Jason Cui, Kristen Wolaver, and Courtney Cuppernull, visits INOVA Fairfax Hospital's pediatric patients for a holiday style greeting.



PHOTO BY ROSIE BROCK

Youth Inspire Co-Founders Jason Cui and Ezzy Sriram are pictured with Marshall High School students Sara Hahm, Manjari Kumarappan and Katia Anderson for their hat drive at INOVA Fairfax Hospital's pediatric division.

impoverished school area," said Cuppernull. Other programs that have been approved include an improved recycling program at Langley High School, a backpack and school supply drive for Washington D.C. school children and a used prom dress project.

All of this has been done by a group of teens, not yet graduated from high school. Cui and Sriram achieved approval for Youth Inspire to be an official 501(c)(3) non-profit organization. None of the fully teen-staffed team is paid, so all \$10,000 that the organization has raised so far has gone directly to programs. The staff hopes to see the organization continue to spread to other high schools and hopefully continue their efforts into college. Keep updated at <http://globalyouthinspire.com>.



PHOTO BY ALEX MCVEIGH/THE CONNECTION

Diners gather at The Old Brogue Monday, Sept. 9 to support the Semper Fi Fund, which provides financial and other assistance to wounded and ill service members.

Supporting Semper Fi Fund

Military Appreciation Mondays raise funds for injured and ill service members.

BY ALEX MCVEIGH
THE CONNECTION

The Old Brogue was the site of this month's Military Appreciation Monday Sept. 9, raising money for the Semper Fi Fund, a non-profit that provides support to injured and critically ill members of the military.

The monthly dinners, organized by local realtor Bob Nelson, feature two dinner seatings, and Nelson and his sponsors match percentages of diners' bills for donation to the featured organization.

"When it comes to these events, we try to focus on organizations where we know most of the money is going toward the most good," Nelson said. "This is probably the fourth time we've worked with the Semper Fi Fund, they do a lot of good for a lot of heroes."

According to the Semper Fi Fund's audited fiscal year 2012 financials, 94.08 percent of all funds were given to the service members the organization supports. Eighty-three percent of all grants were provided to rank sergeant and below.

CharityWatch.org has rated the Semper Fi fund A-plus, and Charity Navigator has given them their highest rating, four stars.

"One of the reasons we're able to have such low overhead is because supporters like Bob and this community are so good at coordinating fundraising events like this," said Susan Wortman, an event manager with the Semper Fi Fund.

The fund was started in 2004 by Marine wives who wanted to help organize welcome home activities for returning service members. Over time, it grew to a support structure for families of wounded warriors, providing everything to home renovations for those in wheelchairs or prosthetics, adaptive equipment, service dogs, educational and career assistance and even camps and other opportunities for children.

"We're focused on anything that's a practical solution for these men and women who are experiencing a drastic change in their day-to-day life as a result of their injuries or illnesses," Wortman said. "That could be as simple as an iPad that allows a Marine to keep in touch with their family while they are receiving treatment across the country, or something like a all-terrain wheelchair that allows them to go to places a prosthetic or normal wheelchair wouldn't allow."

The monthly dinners usually bring in more than 100 diners over the two seatings. Last month's event had 144 diners.

There will be no Military Appreciation Monday in October, but Nelson is helping host a golf tournament Monday, Oct. 28 at the Trump National Golf Club. The tournament will benefit Stop Soldier Suicide and Our Military Kids.

More information on the tournament can be found by emailing bob@boblsonsonsonson.com.

More information on the Semper Fi Fund can be found at www.semperfifund.org.



PHOTOS BY JEAN JIANOS/THE CONNECTION

Librarian Steven Weiler, assistant branch manager, experienced in teaching English, encourages area residents to practice speaking English by conversing on topics such as how their grandchildren's schooling in the U.S. compares to their own schooling in a foreign country.



Children's Librarian and Youth Services Manager Sharon Harmon also leads a story time geared to 2- and 3-year-olds on the second Saturday of the month at 10:30 a.m., next scheduled for Saturday, Sept. 14. A pre-school story time is scheduled for the third Monday of the month, Sept. 16, at 10:30 a.m.

Weaving Community and Lifelong Learning

Great Falls Library brings threads together.

BY JEAN T. JIANOS
THE CONNECTION

Concerns about the strength and condition of “the fabric of our society” abound, but how is that fabric woven in the first instance, and how is it used and enjoyed and re woven into the modern tapestry of community? Spend just one day (or two) with the librarians, volunteers and patrons of the Fairfax County Public Library in Great Falls and you will see. The library opens its doors on Wednesday at 10 a.m. Because it is the first Wednesday of the month, by 10:30, Children's Librarian and Youth Services Manager Sharon Harmon is ready for the large roomful of babies and parents who have come from near and far to participate in “Babies and Books,” and music. Harmon began preparing for her role of introducing reading to children of all age groups and to parents with different interests when she was on staff at the Fairfax City and Reston library branches. With the support and encouragement of her supervisors, Harmon spent two years in graduate school and obtained her master's in library science. Because the monthly Saturday story time is geared toward toddlers and often more convenient for dads, Harmon's preparation and selections need to be equally successful at engaging the attention and developing mind of the particular age group, as well as providing the parents with reading material and experiences that they will want to share with their children.

Jenny Chalmer of McLean says, “absolutely,” she will return to Babies and Books story time with her son Luke. Chalmer has frequented the Dolley Madison branch in McLean and the Tysons-Pimmit branch, but



Great Falls residents “Coach” Mike Pahner (left) and Armon Haji (right), a student at Colvin Run Elementary School, engage in cross-generational competition and sharing over a game of chess.

this was their first visit to Great Falls. Chalmer “likes that there is another option,” that she was able to discover on the Fairfax County Public Library website. “You can just hit, ‘I am interested in baby things,’” says Chalmer, “and the search engine brings up all events within driving distance.”

AS THE ONE PROFESSIONAL responsible for the Children's Information Desk and youth services, Harmon is also the resource for community members who have an interest in developing a specific kind of youth service. So, when Great Falls resident and Forestville Elementary School sixth-grader Michael Gatti had the idea to organize a youth services program centered around Pokemon, he went to Harmon. Gatti was familiar with the Pokemon program that Madison High School graduate Timothy Foley had developed at the Patrick Henry library in Vienna when Foley was younger. Now an Oakton resident, Foley

continues to give significant time to the Vienna program as an adult leader and, as his work schedule permits, he has taken on the additional commitment of adult volunteer and advisor to Gatti's program in Great Falls. Foley is assisting Gatti with the application for Pokemon League status so that players can earn rewards and prizes from the Pokemon company which requires that, “Pokemon Leagues must be run in a clean, safe, public location.” In its instructions to community organizers like Gatti, the Pokemon company says, “the most important thing to ask yourself when selecting a league location is ‘will my players feel comfortable playing here?’”

The community's comfort level with the public library setting could also be one reason why librarian Steven Weiler, assistant branch manager in Great Falls, was asked by several library patrons to start an English language conversation group at the library. For area residents who, for instance, may be part of an extended family that is multi-lingual in the home, there is a need for a place outside the home where the non-English speaker, perhaps a grandparent, can practice conversing in English. Weiler, who has experience teaching En-

Opportunities for All Ages and Interests

- ❖ 10:30 a.m., First Wednesday of the month
Babies & Books story time
- ❖ 1 p.m. every Friday
Drop-in Chess (and “pick-up” a game)—all ages and all abilities
- ❖ 2 p.m., every Wednesday
If English is your second language, this conversation group is for you.
- ❖ 4:30 p.m., every Wednesday
Pokemon

A Lego club also meets at the Great Falls Library. For monthly schedules that include the above and the adult morning and evening book clubs, visit the Great Falls Library website at: www.fairfaxcounty.gov/library/branches/gf/.

Related stories: <http://www.connectionnewspapers.com/news/2013/feb/05/library-hosts-childrens-book-club/>.

glish here and abroad, describes the Wednesday afternoon sessions as, “casual conversation for non-native speakers who are interested in practicing and improving their English skills.” Weiler also facilitates the Book Club for adults that meets one evening a month. A member of that evening Book Club, Barbara Gardner, is also co-leader of the ESL conversation group.

LANGUAGE IS NO BARRIER, however, at Drop-in Chess on Friday afternoons. “Chess is its own conversation, you don't need to speak,” says Mike Pahner, the Great Falls resident who organized the Chess Club with Weiler's support. Age is no barrier to participation, either. Weiler explains that, “chess is really a game of skill where age is not a factor in whether you can have a competitive game. The difference with our group is that all ages are welcome.” As school-age children join the adults later in the afternoon, the cross-generational component does provide some teachable moments, whether in game rules and strategy or in chess etiquette. A military man and former corporate executive with USA Today, Pahner says that, “I do require the courtesy of introducing yourself, shaking hands and looking each other in the eye.”

By the time the library closes its doors for the day, the librarians, volunteers and patrons have interlaced a few more threads in the community fabric of Great Falls.

COMMUNITY

Pat Neuman Exhibits at Great Falls Library

Pat Neuman's "Annuals and Perennials," pastel on paper exhibit is on display in the Small Conference Room at the Great Falls Community Library, 9830 Georgetown Pike, Great Falls.

Though perennials bloom on schedule year after year, their appearance may be brief. Annuals are tucked in beds to fill the spaces and continue the show but fade at the season's finish. This three-month exhibit begins with old favorites. Watch for new work from gardens near and far as the summer turns to fall. In October they will be gathered in Neuman's Studio at the 10th Annual Great Falls Studios Tour. The framed paintings may be purchased. Contact Pat Neuman, kellpatkit@aol.com (703-759-9386) for information.

You are invited to visit www.GreatFallsStudios.com. Great Falls Studios (GFS) was founded in 2003 to serve the community and help local artists advance professionally. They number over 100, working in many mediums, creating in home studios and three group studios. Their work is "Made in Great Falls."



Pat Neuman's current exhibit, "Annuals and Perennials," pastel on paper, continues through September 2013 in the small conference room of the Great Falls Community Library, 9830 Georgetown Pike, Great Falls.



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OPINION

Small Steps to Fight Homelessness

Efficiency apartments would serve 20-somethings, service workers, retirees and more.

One way to prevent homelessness is to think small.

It doesn't take much space to house one person. Sure, many houses in our area have 1,000 square feet and sometimes two or three times that much per person, but that's really not necessary.

In fact, 350 square feet can provide space for an excellent efficiency apartment for one person. We have certainly heard a variety of anecdotes about apartments in New York City that are smaller than 150 square feet, and expensive to boot.

A proposal in Fairfax County would allow for the construction of efficiency apartments in a variety of settings, each one subject to approval individually. Efficiency apartments near public transportation could provide reasonably priced housing not just for individuals at risk of being homeless, but also for recent college graduates, for service workers and older folks who don't want or can't afford to stay in single family homes when they retire.

The move to smaller apartments and condos close to jobs, shopping and public trans-

portation is a national trend. Fairfax County needs to move forward with a flexible proposal to allow construction of efficiency apartments in certain settings, and compatible with existing neighborhoods.

Some neighborhood associations are concerned about the proposal. They envision buildings poised to build many apartment buildings filled with nothing but tiny apartments or single family homes split up into small apartment complexes.

There is no chance of such an outcome. The proposed amendment does not allow single family homes to be converted into efficiency apartments.

In fact, as a county, we would be very lucky if this proposal resulted in any efficiency apartments being built at all. The current restrictions are such that developers are unlikely to find incentive to build.

The proposed amendment requires that RSUs "shall be designed so as to be compatible with any existing development on the lot in terms of intensity, uses and scale. Additionally, the development shall be harmonious with

the development on neighboring properties in terms of character, building size, height, intensity and use."

Jeans Day

Jeans Day, coming Oct. 18, is a simple way to fight homelessness, designed for companies and their employees to make a difference.

In partnership with the Office to Prevent and End Homelessness, the Fairfax County Chamber of Commerce and Apple Federal Credit Union, the Connection Newspapers is a sponsor of the 3rd Annual Jeans Day to Put the ZIP on Homelessness, scheduled for Friday, Oct. 18.

Employees are allowed to wear jeans to work on Friday, Oct. 18, (Jeans Day) in exchange for a \$5 employee contribution to the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness. Companies and organizations are encouraged to match employee contributions, but a match is not required. Companies and organizations that sign up by Sept. 20 will get extra exposure.

Sign up for Jeans Day 2013: Putting the ZIP on Homelessness at <http://jeansday2013.eventbrite.com/>.

EDITORIAL

LETTERS TO THE EDITOR

Why They Are Tired in the Morning?

To the Editor:

In "Later Start Times for High School" [The Connection, Sept. 4-20, 2013] all the facts that you cite are 100 percent correct but you failed to point out exactly why our children are so tired in the early morning hours. The answer is very simple — they don't go to bed early enough to get a good night's rest. It's as simple as that! When I was a high school student I went to bed at 9 p.m. and got up at 5:30 a.m. — eight and one-half hours sleep. Of course today's students can't do this because it would mean missing the late evening TV shows and doing the other the things they do until some crazy late hour. You write that students are getting less than five hours sleep and having to get up at 5:30 a.m.— this means they are going to bed at midnight. Is something wrong with that picture?

I am sending this message to Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center to get her response.

Dixon Hemphill
Fairfax Station

Knowledge Is Power

To the Editor:

It's that time of year, when Labor Day passes and school traffic schedules take effect. In the midst of the post-summer hassle and bustle, September also begs our nation to reflect on a memory that still seems surreal. Coverage of the crumbling Twin Towers, debris, chaos, terror—seemed like a scene from an action movie and not something I should have been watching on the local news channel. Changed forever by this modern era Pearl Harbor, I have struggled to understand why and how. Over the course of the last 13 years I have also been forced to address the correlation of tragedy and terror with Islam. Being an American Ahmadi Muslim, I live the true teaching of Islam. The essence of my faith, Islam, which means peace in Arabic, can be captured in one phrase: "Love for all, Hatred for None" (the motto of the Ahmadiyya Muslim Community).

America is called the land of the brave, so who is afraid of the unknown? Are we a society that is confined by stereotypes? Or are we willing to seek the truth? During an address, His Holiness Mirza Masroor Ahmad, worldwide spiritual leader of the Ahmadiyya Mus-

lim Community said, "In order to see a religion's beauties or defects, justice requires that you should make its teachings or its holy scripture the anvil by which to judge it, otherwise everyone would accuse every other faith willy-nilly." On this anniversary of a scarring event, September 11th, take a vow to know more and dig a little deeper to uncover the truth. Make an effort to reignite the understanding and tolerance this country was founded upon.

Maliha Amjed Ahmed
Herndon

Believing in Miracles

To the Editor:

Over the past several months my daughter and I have been reading Kenneth B. Lourie's article about his cancer. We have been praying for him and encouraged by his strength. So many people struggle and never are able to put into words what they are dealing with each day. We are Christians and want so much to encourage him. Trusting in the Lord Jesus Christ for life now and eternity when we leave this earth. The Lord loves him and wants to comfort him as no earthly person can. For God so loved the world that He gave His

only begotten Son that whosoever believes in Him will not perish but have everlasting life (John 3:16).

Please pass this on to him. We are not on Facebook or Twitter and did not know how to reach him. Thank you so much because our hearts are burdened for him and his family. We want him to know that people are praying for him and encouraged for a healing as well.

God still does miracles. One may even be trusting in the One who saves!

Jim, Sheila, Beth and Ellie McCloskey
Herndon

Write

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:

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Jerry Fortune (right) enters with a partner from the Rappahannock tribe to begin the Grand Entry Dance.



Everyone was invited to join in and participate in one of the last dances by the Rappahannock Tribe.

Riverbend Park Hosts Virginia Indian Festival

BY RYAN DUNN
THE CONNECTION

At Riverbend Park in Great Falls, thousands of visitors stopped by to attend the annual Virginia Indian Festival. Mixing with the crowds and greeting visitors was Park Manager Marty Smith. “I have been working at Riverbend Park for 20 years, and manager for 10 years,” said Smith. It was Smith who organized and developed the concept of an educational event about the indigenous people of Northern Virginia for the general public.

This was the park’s 16th annual Virginia Indian Festival, and was attended by Native Americans from the Monacan Nation and the Chickahominy, Mattaponi, Pamunkey, Rappahannock, Tauxenent and Upper Mattaponi tribes. “The tribes that participate enjoy the atmosphere, enjoy the event because it is an educational event. Our purpose is to bring people to learn about the tribes. It was a great event, people seem very engaged, as I circulated people seemed very happy. We try really hard to have a variety of different learning and hands on activities,” said Smith.

THE FESTIVAL ran from 10 a.m. to 4 p.m., and admission was \$5 per person. Park employees, including Jordan Libera, demonstrated how to carve a dugout canoe from a tree trunk. Libera has been an employee at the park for two years, and covered parts of the tulip poplar tree trunk with clay. “The clay helps us to not burn parts of the tree we want to keep ... a dugout canoe like this could carry three or four people.”

Leah Fortune was one of the participants in this year’s dance performance by members of the Rappahannock tribe. Fortune has attended several of the festival events at Riverbend. “I have been practicing [dancing] since I learned to walk,” said Fortune. “There is something so charismatic about the dancing and the drums,” said Smith. “The moment the drums start it seems ev-



Leah Fortune from the Rappahannock tribe performs a dance at the 16th annual Virginia Indian Festival at Riverbend Park.

erybody turns and is drawn to the event. It is definitely one of the highlights of the festival.” The Rappahannock tribe showed several of their dances with accompanying drum music.

Craftsman and primitive technologist Matt Weatherholtz demonstrated how American

“The moment the drums start it seems everybody turns and is drawn to the event. It is definitely one of the highlights of the festival.”

— Riverbend Park Manager Marty Smith



Riverbend Park Manager Marty Smith.

Indians tanned deer hides, the traditional way of softening and conditioning hides to make into clothing. “My focus is how the indigenous people used their skills in the land,” said Weatherholtz.

Weatherholtz is now constructing a longhouse at the park using construction practices similar to the Native Americans. A longhouse is the traditional home of forest-dwelling tribes of the Mid-Atlantic region. It is expected that the structure will be completed by October.

Other hands-on activities included the op-

portunity to throw spears and shoot a bow and arrow. Boy Scout leader Bill Lee with members of Boy Scout Troop 2535 based at the Arlington Cathedral of Saint Thomas also attended the event. “This is a nice easy way to introduce them to indigenous people and how organized the Powhatan nation was,” said Lee. Several of his scouts were in the process of earning the Indian Lore badge.

Nick Walkosak, a resident of Arlington, came to the park with his wife and son.

“My wife is a fraction Native American and we try to go to as many of these things as we can,” said Walkosak. The final count in attendance for the day’s event was about 2,100. “We have every intention of having the Indian festival again next year,” said Marty Smith. “That is what is inspiring for us, people really seem to enjoy this event.”

RIVERBEND PARK is located at 8700 Potomac Hills St. in Great Falls. For information about the park, visit www.fairfaxcounty.gov/parks/riverbend.

ENTERTAINMENT

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

WEDNESDAY-FRIDAY/ SEPT. 11-OCT. 4

Artists Atelier Exhibit: Carol Howard and Lisa Tureson.
Reception Saturday, Sept. 28, noon-4 p.m., at The Artists Atelier, 1144 Walker road, Suite G, Great Falls. Meet the artists at the reception and view Tureson and Howard's work highlighting contrast as seen in both artists' style.

WEDNESDAY/SEPT. 11

ZZ Top. 8 p.m., at Filene Center, 1551 Trap Road, Vienna. The Texas band brings its unique blues-rock sound and rock anthems such as "La Grange" and "Gimmie All Your Lovin'" to Wolf Trap. \$30-\$45. 1-877-965-3872 or <http://www.wolftrap.org>.

THURSDAY/SEPT. 12

Oil Painting Demonstration. 7:30 p.m., at the Vienna Art Center, 115 Pleasant St. N.W., Vienna. Suzanne Clifford-Clark, who has a studio at Lorton's Workhouse Art Center, demonstrates her layering technique of painting landscapes in oils at the Vienna Arts Society's September meeting. 703-319-3971 or www.ViennaArtsSociety.org.

Heather Maloney. 8 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. The sincere singer-songwriter plays with Naked Blue and Dean Fields. \$12. jamminjava.com.

THURSDAY-SUNDAY/SEPT. 12-29

Home of Distinction Tour. Thursdays-Saturdays 10 a.m.-5 p.m., Sundays noon-5 p.m., with parking at The Surge Community Church, 1988 Kirby Road, McLean Thursdays and



For parents looking for an alternative to computer games for their children: toy trains are real objects that children can learn to put together and operate. See what they're all about at the Vienna Train Show at the Vienna Firehouse Saturday, Sept. 14, from 9 a.m.-2 p.m.

All Aboard! for the Vienna Train Show

Children are engineers and adults are at the throttle at the Vienna Firehouse Saturday, Sept. 14, from 9 a.m.-2 p.m. during the Vienna Train Show, where an operating layout with three engines running simultaneously and 58 tables of trains for sale including Lionel, American Flyer, HO, N plus train accessories are all competitively priced.

Find train repair and parts dealers, the "Train Doctor" to fix broken trains, door prizes, free train appraisals and more. Admission is \$5 or free for children under 12, Scouts in uniform and military with proper identification.

Fridays; Saturdays and Sundays at Longfellow Middle School. See a McLean-area ABC 7 Home of Distinction. \$10 tours, proceeds benefit Easter Seals Veteran Staffing Network program.

invited to view and purchase a variety of train-related merchandise and service. \$5; free for children under 12, scouts in uniform, and military with proper identification.

SATURDAY/SEPT. 14

Vienna Train Show. 9 a.m.-2 p.m. Vienna Firehouse, 400 Center St. S, Vienna. Children and adults are

SUNDAY/SEPT. 15

Breakfast Buffet. 8 a.m. to noon, at American Legion Post 180, 330

SEE ENTERTAINMENT. PAGE 10

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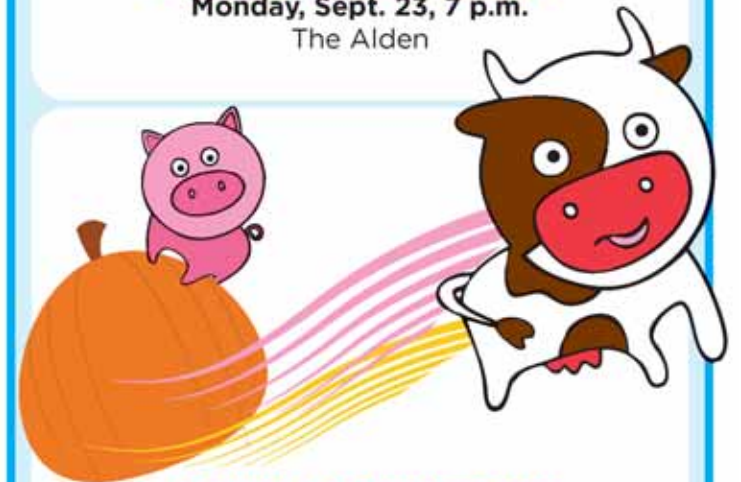
Peter McCory and the One-Man Band

Wednesday, Sept. 25

MCC Governing Board
**Finance Committee Meeting
of the Whole & Public Hearing
on FY 2015 Budget**
Monday, Sept. 16, 7:30 p.m.

Studio Rep Company Auditions For 9th-12th Graders

Monday, Sept. 23, 7 p.m.
The Alden



Harvest Happenings

Saturday, Sept. 28, 11 a.m.-2 p.m.
\$5 per person/Free infants to 36 months

The Alden's McLean Kids Series
**ArtsPower's production of
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PUBLIC NOTICE

**McLean Community Center
Governing Board**

Public Hearing on FY 2015 Budget
(July 1, 2014-June 30, 2015)
**Follows the Finance Committee
Meeting of the Whole**

Monday, Sept. 16, 2013 at 7:30 p.m. at the Center

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the committee meeting and public hearing.

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments must be received prior to the Governing Board's regular September meeting, on Wednesday, September 25 at 7:30 p.m.

 **The McLean Community Center**
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org

ENTERTAINMENT

FROM PAGE 9

Center St., N., Vienna. Enjoy a full breakfast while you meet your neighbors; on the menu are: omelets, scrambled eggs, blueberry pancakes, bacon and all the fixings. Adults \$8, children \$3. 703-938-1379.

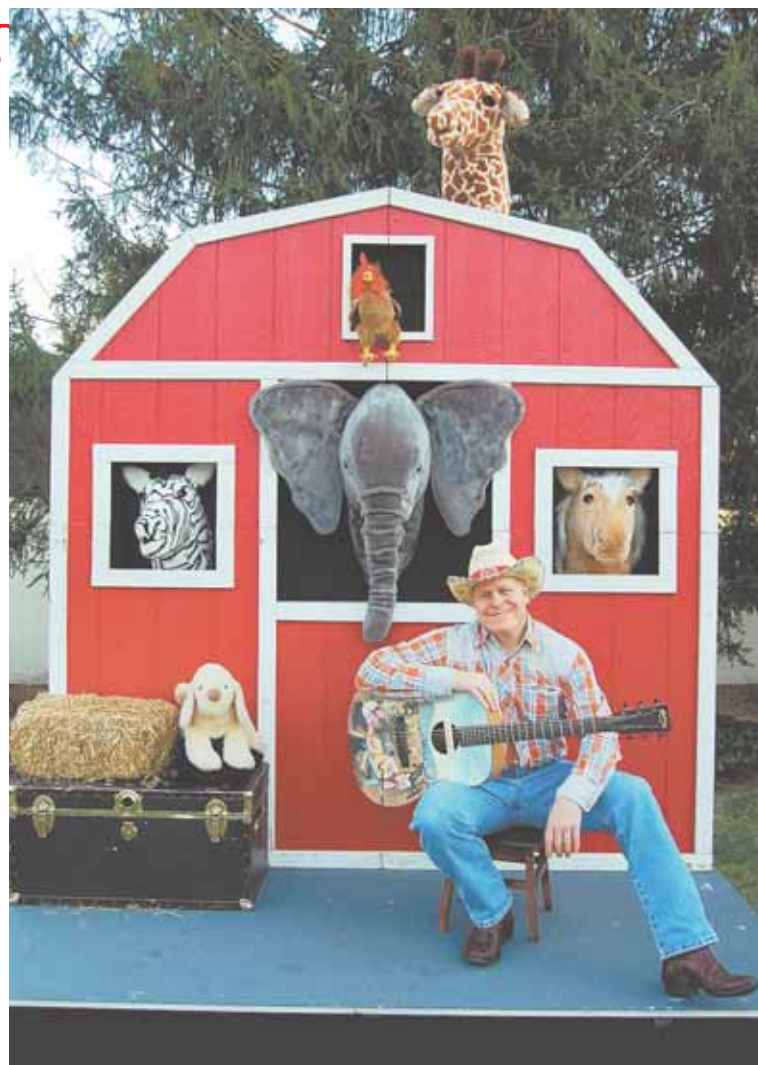
FRIDAY/SEPT. 20

Encaustic Art Talk. 7-9 p.m., at the Emerson Gallery at McLean Project for the Arts, McLean Community Center, 1234 Ingleside Ave., McLean. Susanne K. Arnold gives an art talk on her three dimensional encaustic techniques. <http://www.mpaart.org/exhibitionsfutr.php>.

SATURDAY/SEPT. 21

Encaustic Art Workshop. 10 a.m.-4 p.m., in the Susan B. DuVal studio at MPA, McLean Community Center, 1234 Ingleside Ave., McLean. Artist Susanne K. Arnold works with artists interested in the medium of encaustic, or hot wax and pigment, also using charcoal, tools and brushes to create works on panels; bring additional paper, tools, pastels, collage material, if desired, and a smock. \$60 per person (max of 10). info@mpaart.org.

Painting Demonstration: Robert Thoren. 1-4 p.m., at Color Wheel Gallery 65, 1374 Chain Bridge Road, McLean. Robert Thoren presents a painting demonstration and talk about painting and the "En Plein Air" artistic process. He will be demonstrating the painting process from initial drawing, to blocking in, to refinement and completion. 703-356-6345, X165.



Kidsinger Jim performs at the McLean Community Center's Harvest Happenings festival Saturday, Sept. 28, where amusement and carnival games, arts and crafts, pumpkins galore and food are the features.



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SPORTS

Oakton defeated Langley 2-0 on Monday, Sept. 9 in a matchup of undefeated field hockey teams.

PHOTO BY
STEVE PROSSER



Oakton Beats Langley in Matchup of Undefeated Teams

St. Louis, Prosser score goals for Cougars.

BY JON ROETMAN
THE CONNECTION

While the Oakton field hockey team's toughest tests are still to come, the Cougars are playing like a group that will be ready when those challenges arrive.

Oakton defeated Langley 2-0 on Sept. 9 in a matchup of undefeated teams at Langley High School. The Cougars improved to 7-0 thanks to a first-half goal by junior Shelby St. Louis and a second-half goal by senior Jen Prosser.

Oakton opened the season by sweeping four games and winning its pool during the two-day Under the Lights Tournament at Lee High School on Aug. 26 and 27. The Cougars beat Osbourn Park and T.C. Williams the first day and followed with wins against Mount Vernon and Lee during the second. Oakton also beat Woodson and Madison prior to Monday's win over Langley.

The Cougars beat Osbourn Park 3-1 in the season opener and have not allowed a goal since, outscoring opponents 17-1.

"I could not be more proud of my girls," second-year Oakton head coach Kaitlin Fleischmann said after Monday's victory. "They're extremely coachable. They go out and they do everything we ask of them."

OAKTON will host South County, last season's region runner-up, on Wednesday, Sept. 11 and will open conference play at home against 2012 region champion Westfield on Sept. 26. Prosser said the Cougars are hoping to improve before conference play comes around. Oakton competes in 6A North's Conference 5 after the VHSL's six-class realignment, which contains the same six teams which competed in the former Concorde District—Centreville, Chantilly, Herndon, Oakton, Robinson and Westfield.

"We have had a bit of an easier schedule," Prosser said. "Concorde District play is about to get really

tough, but I think we're ready for it and this is a great start. ... When people [say], oh, you're 7-0, you're doing great, [I say], no, we could be doing better. We could be scoring more goals, we could be talking better [or] making better passes. We really need to use these as chances to improve. It's not necessarily the win; it's how we get the win—making them good so that we can still get them when we're playing against tougher opponents."

Fleischmann said junior midfielder Jackie Toye, senior goalkeeper Sophie Donohue and Prosser have been standouts for the Cougars.

LANGLEY entered Monday having won its first five games by a combined score of 18-1. After beating Lake Braddock in their season opener, the Saxons

won the Herndon tournament by defeating Yorktown, Battlefield, Marshall and Madison. After the strong start, Langley went eight days without a game before facing Oakton.

"I thought Oakton did a great job," Langley head coach Jennifer Robb said. "They have several good players and the big thing is they played very well together as a team. ... I think it was a hard week for us. We had a long

break off and, unfortunately, haven't had an opportunity to get a lot of time on our turf, and our passes just weren't up to what we're capable of."

This is Langley's first season with home games on turf and Robb said the Saxons are still adjusting to the surface.

Robb said junior goalkeeper Brittony Trumbull, sophomore forward Halle Duenkel, who had seven goals during the Herndon tournament, and senior forward Lizzie Rollman have played well for Langley.

"This is one game and there's a long season ahead of us," Robb said. "We were very fortunate that we did very well early on, but we've got a lot of things going forward. ... We've got a lot of offensive talent. We've got to work to put it together consistently every day. ... There's a strong season ahead for these girls. If we can build upon what we did in the Herndon tournament and make sure we come out here consistently and play, they're capable of great things."

Langley will travel to face Hayfield at 7:30 p.m. on Thursday, Sept. 12.

SPORTS BRIEFS

Marshall's Haight Places Second at Monroe Parker

Marshall harrier MacKenzie Haight finished runner-up at the Monroe Parker Invitational on Sept. 7, recording a time of 15 minutes, 5 seconds.

Haight finished 22 seconds behind meet winner Louis Colson of Edison, who crossed the finish line in 14:43.

Madison's Matthew Calem placed fifth with a time of 15:20.

Chantilly finished first in the team competition with a score of 88. Patriot finished runner up with a total of 121, followed by Robinson at 144.

Marshall finished 14th with 356. South Lakes took 19th with 446. The Seahawks' top finisher was Andrew McCool, who finished 42nd with a time of 16:20. Madison finished 20th with a total of 460.

Langley came in 23rd with a total of 640. The Saxons' top finisher was Alessandro Shapiro, who finished 118th with a time of 17:20. McLean took 26th with a total of 762. The Highlanders were led by David Russell, who finished 114th (17:17).

In girls' action, West Springfield's Caroline Alcorta finished first with a time of 16:58. Madison's Amanda Swaak placed fourth (17:57).

Lake Braddock captured the team title with a total of 159. Madison finished second (163) and Chantilly (171) placed third.

South Lakes finished fourth with a total of 185, led by Monica Lannen, who finished 20th in 18:57. Marshall (333) finished 14th, led by Olivia Martin (19th, 18:53). Langley (697) finished 23rd, led by Mikayla Allen (98th, 20:43).

Langley Football Beats Yorktown

The Langley football team won its season opener on Sept. 6, beating Yorktown 35-28 at Langley High School.

Yorktown finished 12-1 and reached the Division 5 Northern Region championship game each of the last two seasons. The Patriots had not lost a regular season game since 2010.

Langley's Tyler West rushed for 278 yards and two touchdowns. Quarterback Nick Casso passed for 164 yards, rushed for



PHOTO BY Ed LULL

Marshall's MacKenzie Haight placed second at the Monroe Parker Invitational on Sept. 7.

92 and totaled three touchdowns.

Langley will host Stone Bridge at 7 p.m. on Thursday, Sept. 12.

McLean Football Falls to W-L

The McLean football team dropped its season opener to Washington-Lee, 14-11, on Sept. 6. The Highlanders will host Marshall at 7:30 p.m. on Thursday, Sept. 12.

Marshall Loses To Wakefield

The Marshall football team lost to Wakefield on Sept. 6, 19-9.

The Statesmen (0-1) are looking for their first win since 2011.

Marshall will travel to face McLean at 7:30 p.m. on Thursday, Sept. 12.

Herndon Edged by Mount Vernon

The Herndon football team lost its season opener to Mount Vernon, 19-17, on Sept. 6.

The Hornets will travel to face West Springfield at 7 p.m. on Thursday, Sept. 12.

South Lakes Drops Opener At Westfield

The South Lakes football team opened the 2013 season with a 45-7 home loss to Westfield.

The Seahawks will travel to face Washington-Lee at 7:30 p.m. on Thursday, Sept. 12.

WEEK IN GREAT FALLS

Starshine Theater To Host "How to Audition" Event

On Tuesday, Sept. 17, 4:30-6:30 p.m. the Starshine Theater will host a free event: "How to audition for a show—TV 'Talent' or 'Live Stage,'" for ages 3 through adults. Those younger than 18 should attend with a parent. Duets, groups welcome.

Instructor is Pat Green Budwig, M.A., creative director, Starshine Theater. The event will be held at Great Falls Library, Main Meeting Room, 9830 Georgetown Pike, Great Falls. (Schedule your 3-minute slot.)

You may attend as an "Observer" only, but you still need to register.

This event will give performers of all skill levels a chance to present their act and receive a friendly yet professional critique of their work. TV talent shows as well as live stage shows often set a 3-minute limit on your audition (even via U-Tube), so plan this one accordingly.

Prop use is fine, but you'll only have 5 minutes to set them up and take them down. No props that use fire, blades, weapons, liquids, safety nets, etc., are allowed.

All acts must be "G" rated and may be stopped at any time for safety reasons.

CD player/audio will be provided if you need accompaniment for your act.

If you are playing piano, bring an easily portable one.

Mrs. Budwig can accompany you on her guitar if you bring the sheet music. Advance reservations are required for this free event. Contact Pat Green Budwig, M.A. 703-790-9050 or email StarshineTheater@aol.com.

FAITH NOTES

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

Back to Church Sunday at Antioch Christian Church, 1860 Beulah Road, Vienna on Sept. 15, at 9:30 a.m., 11 a.m. welcomes those interested in finding friends and community. Free refreshments. www.antiochdoc.org.

Passages at Vienna Presbyterian Church, on the corner of Maple Avenue and Park Street, offers a 15-week Divorce Care series Tuesdays, 7-9 p.m., beginning Sept. 24 for those going through separation or divorce. \$20 (scholarships available). 703-938-9050, Passages@ViennaPres.org or www.viennapres.org.

GriefShare, a weekly support group for adults grieving the death of a loved one, meets Sundays 6-7:30 p.m. at Vienna Presbyterian Church, 124 Part St., Vienna with a video/discussion format through Dec. 8. \$20. GriefShare@viennapres.org.

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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 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.

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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 or 800-552-3200

21 Announcements

ABC LICENSE
V@P of Pentagon Row, LLC trading as Thaiphoo, 1301 S. Joyce St, #D4, Arlington, VA 22202.

The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises license to sell or manufacture alcoholic beverages.

Vinai Kulnarong, Managing Member of V@P of Pentagon Row, LLC
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Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

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.

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 his memory her husband of 16 years, Chuck; two children, Sophia (13) and George (10); brother, Nilas 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) or the Maddie James Foundation, www.maddiejamesfoundation.org. Additional information and condolences at www.adamsgreen.com.



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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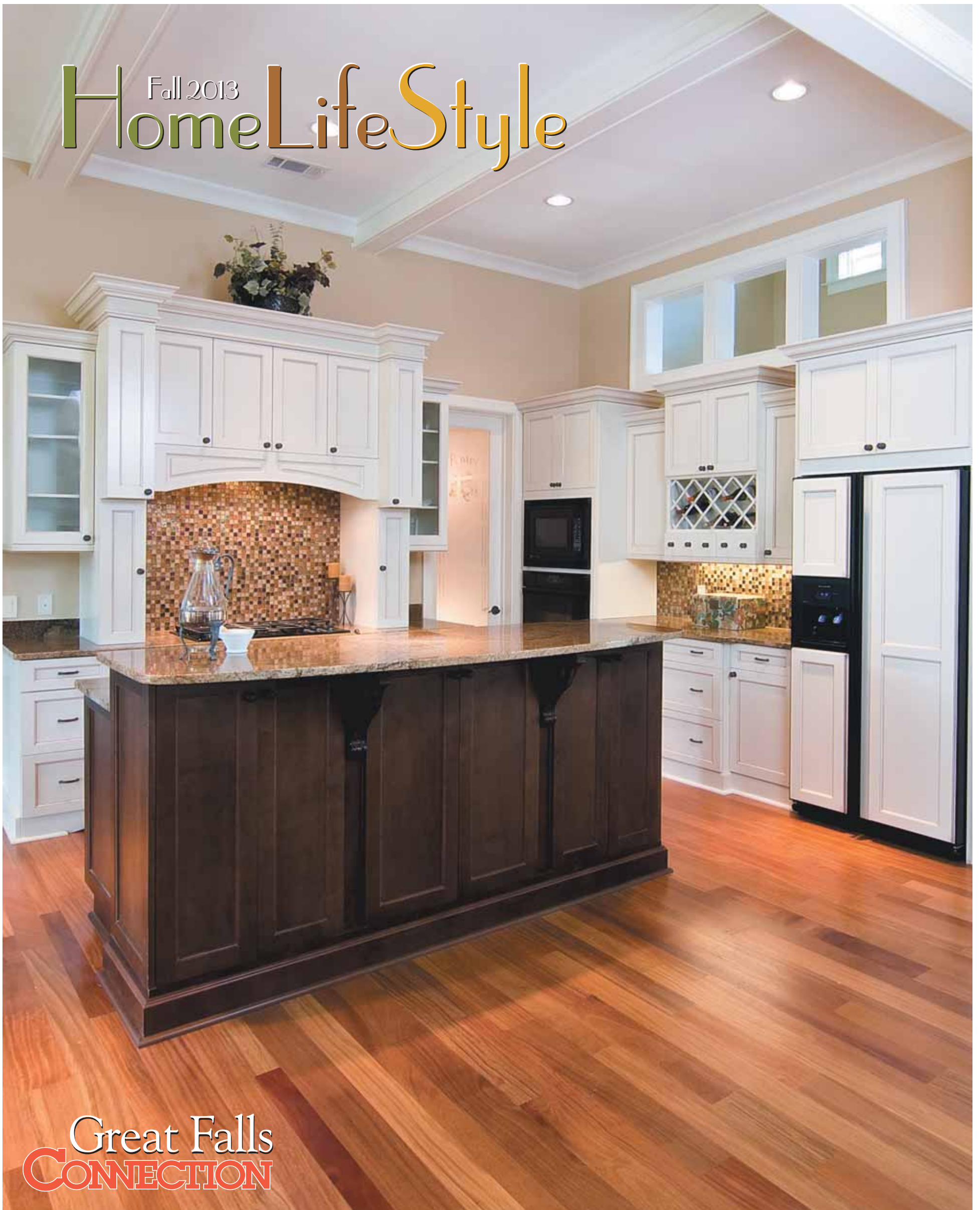
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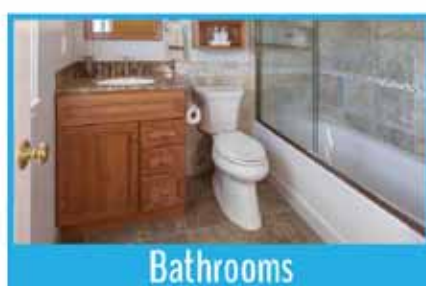
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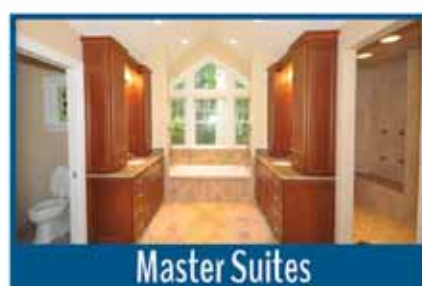
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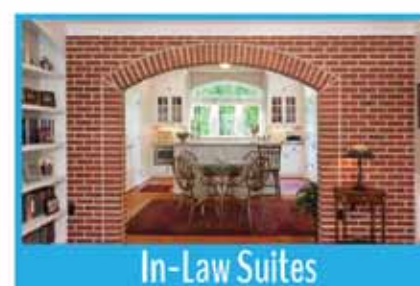
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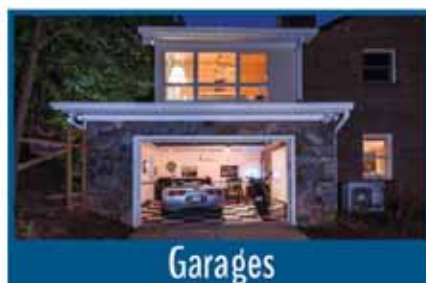
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NVAR Summit at GMU's Mason Inn

Complex shortage of homes for sale likely to persist.

BY TIM PETERSON
THE CONNECTION

Nationally 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.

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 construc-

tion, 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 9

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.

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HomeLifeStyle

Top-to-Bottom Makeover Embraces

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 long-term 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 homeowner 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 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 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-viewing 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. "Situating the TV in the newly remod-

More

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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 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.

Longterm Horizons



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.



PHOTOS BY BRYAN BURRIS



PHOTOS BY BRYAN BURRIS

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.

eled 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.

"We had to scrutinize the footprint closely," Mitchell said. "Fortunately, there were first level utility rooms adjacent to the family room we could either delete or reassign in our search for space to accommodate a first level master suite." Relocating an upstairs hall bath, thus, gave Mitchell the option to move the laundry to the second floor. The former master bedroom suite now becomes the coveted guest quarters. A second floor corner bedroom has been



BEFORE: Basement

transformed into a bathroom for the two boys complete with a double sink vanity.

With the laundry now out of the way, Mitchell and team re-deployed 300 square feet on the rear

of the first level for a spacious and very private master bedroom suite that includes a master bath and generous walk-in closets.

A home office behind glass-facing French doors opens directly into the re-decorated living room. The first level bath has been re-fashioned as a handsomely appointed guest powder room.

"It's a terrific solution in every detail," Katy Hollis said. "And knowing we've already made some solid decisions about the future is really quite satisfying."

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Home LifeStyle Condo Renovations

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

More 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 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.

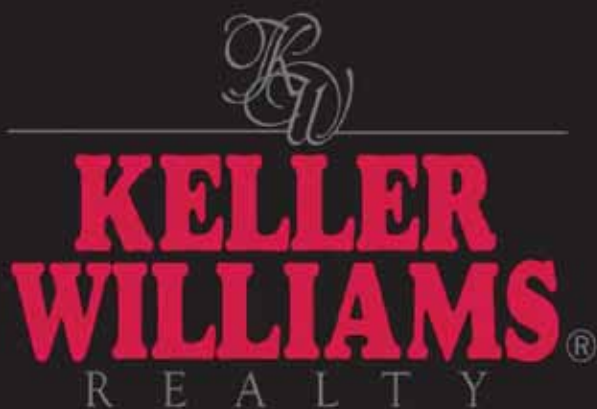
“By understanding what’s possible, we can come in very early, so if someone is contemplating a purchase, we can evaluate ‘is this one remodeling friendly?’ By getting on board early with a customer we can avoid some of the pitfalls,” Miller said. “We can offer some design ideas for some things they haven’t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



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Home LifeStyle

Big Ideas for Small Spaces

Local designers offer ideas for decorating small rooms.

BY MARILYN CAMPBELL
THE CONNECTION

Whether one is sprucing up a small powder room or decorating a studio apartment, space limitations often pose a design challenge. However, local designers say that no matter how a small space's square footage or how awkward the layout, there are plenty of decorative cures for small spaces.

Jean Freeman, a professor of interior design at Marymount University in Arlington, recommends multiuse furniture. "[On] one project I put in a Murphy bed that folded up and there was a desk that could then be put down from the underside of the bed. It was fantastic," she said. "Work and eat on it during the day, clear the table and sleep on it at night. Make sure to find one with some automation or an easy to lift and pull down mechanism."

Designer Debbie Wiener, of Designing Solutions in Silver Spring, Md., also recommends furniture that does double duty. "One sofa bed equals a concealed bed for sleeping and sofa for sitting and entertaining," she said. "A console table with lower stools equals two places for sitting or putting up your feet plus a dining and work surface."

Wiener also suggests maximizing the use of wall space. "There's only one floor, but there are four walls, so don't just decorate the walls, furnish them," she said. "Tall book cases, floating wall shelves, wall-mounted cabinets, desks and tables that fold up against the wall are all functional pieces that give great storage and work space without taking up any valuable floor space."

Freeman even recommends furniture that hangs. "There are even chairs that hang on hooks and are out of the way," she said.

LARGE FURNITURE can overwhelm a small space,

says Courtney Thomas of The Picket Fence in Burke. "Using small-scale furnishings helps keep things in proportion," she said. "A narrow bookcase is great for small spaces. Its narrow footprint makes it practical for many areas while also providing a place to display favorite books and decor."

Small tables and chairs with folding legs are another good option. "They are handy for when you have company or are entertaining and need some extra furnishings,



An oversized storage coffee table such as this one can also be ideal in a very small space, says Ann O'Shields. "It will allow enough surface space to use for food and drinks for entertaining, it's roomy enough inside with drawers and lift up storage that you can keep endless amounts of items stored inside."

but won't take up a lot of valuable storage space," said Thomas.

Thomas also said mirrors are a great way to make a small space seem larger. "They help reflect light and bring depth to a space," she said. "Even a small mirror in a narrow hallway or tiny room can make a big difference."

Storage ottomans can serve a dual purpose in small spaces. "They can be used as a coffee table but can also serve as extra storage for games, magazines, throw blankets and more," said Ann O'Shields, of The Nest Egg in Fairfax.



Slip-covered ottomans — also called "poufs" — are great seating options for small spaces.

When entertaining in a small room, seating can pose a challenge. "We always recommend our slip-covered ottomans, also called 'poufs,' as a great option for small spaces," said O'Shields. "They are large enough and sturdy enough to be sat on for extra seating and they are also great for ottomans. Choosing a fun fabric is a great way to add some color to your space and they can always be tucked under a console table or into a corner when not in use."



Storage is important in small spaces. Vintage boxes and crates corral clutter and add character. For example, this vintage white box is small and attractive, but the lid provides concealed storage inside.



Mirrors reflect light and bring depth to a space, says Courtney Thomas of the Picket Fence in Burke.

WHEN DESIGNING a small kitchen, Arlington, resident Allie Mann, project designer at Case Design/Remodeling said, "Keep floor coverings such as hardwood the same from the kitchen into the adjacent rooms. If you use floor tiles, use larger format tiles to minimize the amount of grout needed."

When it comes to appliances, Mann suggests mini-models. "Use space saver appliances such as microwaves and built-in organizers for knives and spices," she said. "Additionally, a microwave can be installed in the island or below a cabinet to free counter space."

When it comes to color in small spaces, Sharon Kleinman of Transitions by Sharon Kleinman suggests using bold and dramatic hues, but not patterns. "Use lush fabrics with lots of texture to create interest," she said. "For example, in a small powder room, I might use an antique mirror on one wall and then wallpaper in a rich color on the other walls." She added that it's best to pick wallpaper with a small to medium pattern.

"Float the countertop in a unique marble with a built up edge such as a double ogee," Kleinman, of Potomac, continued. "Place a marble vessel sink on top and mount a faucet on the wall. Hang a petite crystal chandelier and you have a dressy, elegant power room that can hold its own against larger, grander ones."

Wiener adds, "It's not the [wall] color, it's the clutter. Many small space dwellers think that white or other light-colored walls is the only way to keep their small home looking spacious. Not true. A small space can take any strong color and still look larger than life. It's the little things, like piles of

books, tabletops without an inch of empty space, crowded corners and floors that make any space look small."

In fact, one of the biggest complaints about small spaces, say experts, is a lack of storage. "In a small space, storage is key," said Thomas. "Use vintage boxes and crates to corral clutter and add some character to the space," she said, pointing to a vintage white box. "It's small and pretty enough to be left out, but the lid provides concealed storage inside."

Wiener says that under-decorating is the new luxury. "An open corner or shelf gives a sense of space far more than clutter."

In fact, she advises taking an inventory of your belongings and donating items that you no longer use. "Store it, donate it, loan it out and keep in mind that a small home with space to spare makes your life simpler, your home organized, and ultimately, this makes you happier in your home."

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 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 plusses 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."

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Home LifeStyle

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.

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 second 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



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.

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-



BEFORE: No room for a soaking tub here. While Wolf's only deletion was a small linen closet, the designer says that "inches count" in a tight-space plan solution.

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 existing space configuration as-is; a second option that "wipes the slate clean" — eliminating the "L" and reapportioning 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-

More

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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



BEFORE: The old L-shaped configuration consisted of two converging legs, both too narrow for comfortable habitation, the owners say.

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."



Designer Sarah Wolf reconfigured an Alexandria couple's master bedroom suite to create a more functional floorplan that gains a 36-square-foot closet and a spa bath with soaking tub and a walk-in shower.

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