

Herndon Hosts Classic Cars

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Swing dancers give a demonstration in front of the Herndon Municipal Center Sunday, Sept. 8 during the 12th annual AARP Dulles Classic Car Show.

Cinema and Brew Series Begins at ArtSpace Herndon

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Saving Jobs in Hard Times

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PHOTOS BY RYAN DUNN/THE CONNECTION

President of the Herndon Foundation for the Cultural Arts Harlon Reece stands by some paintings done by Jeanne Treschuk.

ArtSpace Herndon Hosts Cinema and Brew Series

Gallery also opens a new art exhibit, "Menagerie."

BY RYAN DUNN
THE CONNECTION

On Friday, Sept. 6 ArtSpace Herndon hosted its first Art House Cinema and Brew. The movie selected to kick off the new series was the cinema classic "Metropolis." Directed by Fritz Lang, Metropolis was the first feature length movie of the science fiction movies genre. Giorgio Moroder, a music producer, released a version with a soundtrack by rock artists such as Freddie Mercury and Adam Ant in 1984. Ann Rust, wife of Delegate Tom Rust, and a board member for the Herndon Foundation for the Cultural Arts, welcomed everyone to the event.

"The development committee came to develop the idea of the movie series and they presented it to the Board of Directors for the Herndon Foundation for the Cultural Arts. It is a fundraising event for the new art center," said Harlon Reece, president of the Herndon Foundation for the Cultural Arts. Sofas and chairs were set out at main gallery, and popcorn and microbrews were available for purchase: 37 people attended the first movie event.

The first Friday of the month, September through May, ArtSpace will show an important piece of film history by the finest producers and directors in the world. The next movie will be Oct. 4 with a showing of the 1941 movie Citizen Kane, with tickets going at a price of \$20 each.

On Sept. 7, the ArtSpace Herndon held an artists reception for the new art exhibit, "Menagerie." The exhibit displays the work of five local artists, focusing on the fun nature of animals. Painters Jill Banks, Lori Goll, Mireille Molette, Jeanne Treschuk and sculptor Jackie Ehle-Inglefield have renderings of goats, cows, peacocks, horses and even a lion. Over 90 people attended the reception.

Painter Lori Simmerman Goll has previously had artwork on display at the ArtSpace Herndon, and was excited to return again. "I get some of my drawing inspiration from the Frying Pan Farm Park in Herndon," said Goll.

"I think this is a very well rounded exhibit and

have some good techniques including oils, pastels, mixed media and glass," said Dorothy Donahey, a resident of Reston and volunteer with ArtSpace.

Painter Jeanne Treschuk has brightly colored paintings with glittering surfaces, colorful visions of air, land and sky. Treschuk has a studio in Building 9 at the Lorton Workhouse. She has exhibited in many places in the Metro Area including at Art a la Carte on Mill Street in Occoquan, Va.

Painter Mireille Molette was born in France, and now resides in Northern Virginia. Molette works in oil and pastel in a realistic/impressionistic style. Molette has exhibited in Northern Virginia, Maryland and locations throughout the world.

Reston artist Jill Banks is an award-winning oil painter who exhibits extensively regionally and nationally. Banks started painting in 2003, and now teaches through the Great Falls School of Art, and shares a studio with 14 other artists at the Artists' Atelier in Great Falls.

Sculptor Jacqueline Ehle Inglefield studied at the Virginia Commonwealth University. While at VCU, a professor suggested she use non-traditional materials and sparked a new interest in sculpting. Inglefield enjoys creating with things discarded, experimenting with trash and non-traditional materials, to create her sculptures. Inglefield intends to be at the ArtSpace Herndon again for the upcoming Paint Herndon event on Sept. 21.

The Menagerie art exhibit will continue to be on display at ArtSpace until Sunday, Sept. 29. To learn more about ArtSpace Herndon, visit their webpage at <http://www.artspaceherndon.com>.



Artist Lori Goll by her oil painting "The Flapper," now on display at ArtSpace Herndon.



PHOTO CONTRIBUTED

Keith Oberg, head of Bikes for the World, teaches Life Scout Conor Mears how to prepare the donated bikes for shipping.

Herndon Scouts Collect Bikes for the World

On Sept. 28, Boy Scout Troop 159 will have a bike drive for Bikes for the World.

Did you just buy a new bike and find someone to adopt your old bike which is not in a perfect condition? Do you have a child's bike at home that's not fit for your son or daughter? Do you have a bike with missing parts? Put your old bike to good use by donating it to Bikes for the World.

On Sept. 28, Boy Scout Troop 159 will have a bike drive for Bikes for the World at St. Timothy's Episcopal Church in Herndon from 10 a.m. to 2 p.m. All types of bikes are accepted children's and adults, mountain, BMX, hybrid, road bikes, recumbents, unicycles, etc. The only things not accepted are kids tricycles and anything with a huge amount of rust eating into the frame or a rusted frozen gear wheel. The bikes do not have to be in perfect condition, just repairable. They can be missing some parts and we also take parts and accessories like tires and helmets. Bikes for the World asks for a suggested

donation of \$10 per bike or portable sewing machine to help offset the cost of shipping (it costs about \$25 to ship one bike). Both the bike and the cash (or check) donation are tax deductible and donors will receive a receipt.

The bikes are refurbished and provided to people who need reliable transportation to school, work or health care. In addition, some people receive training in bike repair, providing them with a valuable skill and an opportunity to find gainful employment. Many people have old bikes that are no longer being used. They may be languishing in their garages or basements. Instead of collecting dust or ending up in a landfill, these bikes could literally change someone's life in places such as the Philippines, Ghana, or Panama. A child could be able to stay in school and a disabled adult can get a good job.

This is the Eagle Scout service project of Conor Mears with Troop 159. Residents in Herndon, Reston or nearby areas can bring their bikes to St. Timothy's Episcopal Church at 432 Van Buren St., Herndon on Sept. 28. Troop 159 will be there from 10 a.m. to 2 p.m. to help out the donation processing. If you have questions or are unable to donate on that day, contact Conor Mears by e-mail: porygon56@gmail.com or visit <http://bikesfortheworld.org>.



The parking lot next to the Herndon Municipal Center is filled with classic cars Sunday, Sept. 8.

Herndon Hosts Classic Cars

Automobiles, live music, swing dancing come to downtown.

BY ALEX McVEIGH
THE CONNECTION

Downtown Herndon went back in time by more than a half-century Sunday, Sept. 8, for the 12th annual AARP Dulles Classic Car Show. Classic cars of all types from all eras were parked along downtown streets, and live music and dancing demonstrations stretched from the municipal center to the depot station.

"I had to break it to my grandson that the classic Chevy that looks like something out of a museum is the same model that was my prized possession when I was a teenager," said Sherman Fritz of Herndon. "He looked shocked that anyone could drive one of these, let alone use it as their everyday vehicle."

Fritz surely wasn't the only grandparent in downtown Sunday, as the event also doubled as Herndon's celebration of National Grandparent's Day. The recognition of the first Sunday after Labor Day as National Grandparent's Day was signed into law in 1978 by President Jimmy Carter.

"We've come to the car show with my son, daughter-in-law and their two kids for the past five years, but last year we ended up missing the big debut game of [Washington Redskins quarterback] Robert Griffin III," said Ben

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Folk singer Mary Shapiro performs in downtown Herndon Sunday, Sept. 8.

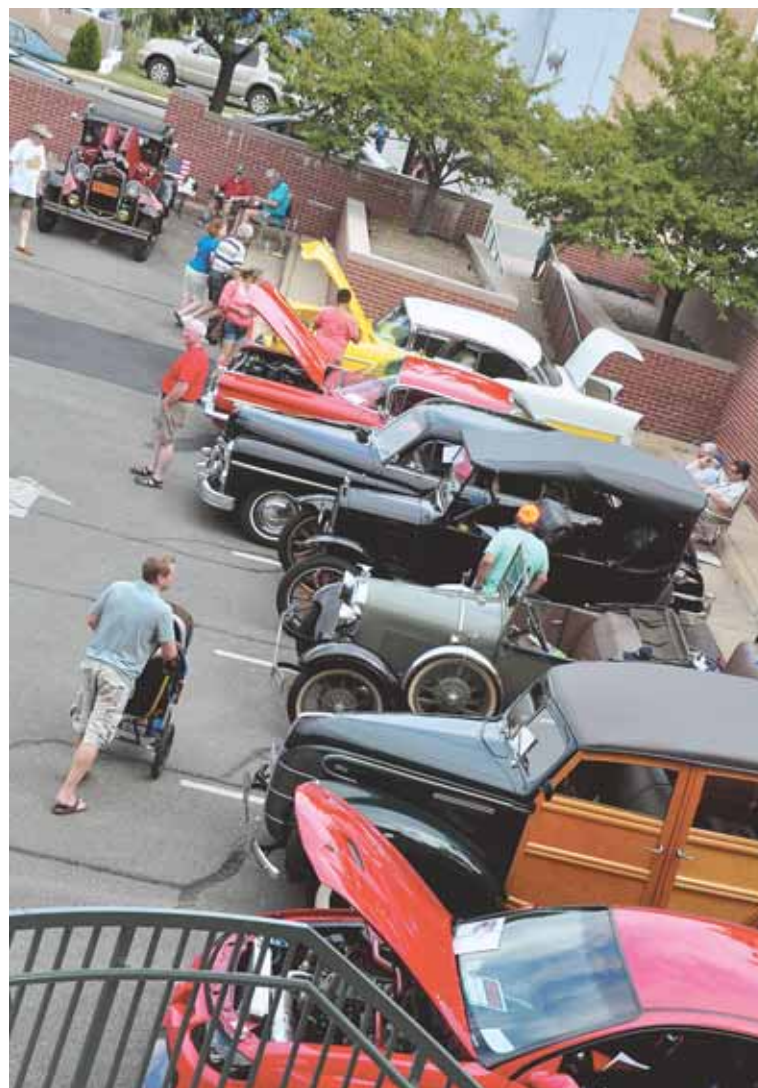
Jarmin of Reston. "I was all set to plan our outing around this year's week one game, but we got lucky, the Redskins don't play until tomorrow night."

One of the biggest attractions of the day was "Vanadu," a van that had been transformed into something out of "The Road Warrior," covered in gray industrial metal and sporting a set of smoking chimneys. "I used to think the scariest car to crash into would be one of those old Broncos, but this van takes the cake," said Jordan Spurlock, 17, right after having his picture taken next to the vehicle. "It's almost a work of art, but I would be very scared to see it in my rearview mirror while driving along the Beltway."

The event also featured a swing dancing demonstration and a raffle, the proceeds of which went to benefit the George Mason University School of Nursing.

With temperatures hovering in the mid-70s and the crowd for the car show mixing in with the regular Sunday afternoon downtown crowd as well as the football fans heading to Jimmy's, O'Sullivan's and other venues, Mayor Lisa Merkel said days like Sunday are what she envisions for the future of downtown.

"We've done a lot in recent months to make the downtown friendlier," she said. "It's great to see events like this attract people to the downtown, and hopefully we'll be seeing a lot more like this."



Visitors to the annual classic car show in downtown Herndon explore a variety of automobiles Sunday, Sept. 8.



Ben Jarmin of Reston examines the engine of a 1957 Chevy pickup at the classic car show in downtown Herndon Sunday, Sept. 8.

PHOTOS BY VICTORIA ROSS/THE CONNECTION



Virginia Senator George Barker (D-39) stands with Fairfax County Supervisor Jeff McKay (D-Lee) during a Fairfax County Democratic Committee meeting last month.



David Balducchi, a national employment policy expert from Arlington, lobbies lawmakers to enact work sharing legislation.

Saving Jobs in Hard Times

Virginia lawmakers will push work sharing legislation this session.

BY VICTORIA ROSS
THE CONNECTION

When Springfield business owner Tony Coombs felt the “mind-boggling impact” the \$87 billion in budget cuts would have on his IT and cyber-security company, he began preparing his 600 employees for the fallout.

He froze bonuses and pay raises; he cut some employees’ hours by as much as 50 percent; he consolidated where he could and he began leasing his Springfield office building on a month-to-month basis.

“I wanted to do everything I could to avoid laying off employees,” Coombs said. “There’s not someone here who doesn’t have some family connection, and a feeling of family is something we’ve always encouraged and embraced.”

But the sequester caused serious setbacks to his company and employee morale, and after a few months of treading water, Coombs considered layoffs.

“We had to rearrange our teams to use less people,” Coombs said. “That’s the worst thing for me because everyone knows my employees always come first.”

Coombs, who participated in Congressional business roundtables to keep his company moving forward, learned about a government program adopted in several other states that help employers keep experienced workers on the payroll.

CALLED WORK SHARING, more than two dozen states are now using the program—a kind of unemployment insurance in reverse—which comes with free federal dollars to keep workers in their jobs instead of supporting them after they’re laid off. Instead of getting a pink slip during an economic downturn, workers have an opportunity to stay on the job and receive unemployment benefits for the hours they lose.

And thanks to national employment policy experts such as David Balducchi of Arlington, work sharing is getting a new look from employers across the country and the state.

“With work sharing, an employee’s lost day of work doesn’t have to mean a lost day of pay,” Balducchi said. “The hours of all employees are reduced instead of sacking some employees. Employees receive

Virginia’s Potential Saving

According to David Balducchi:

❖ If Virginia enacted a work sharing law, the commonwealth is eligible for a U.S. Department of Labor planning and implementation grant of \$2,739,420. The cutoff date to apply for the U.S. Department of Labor grant is Dec. 31, 2014.

❖ Also, had Virginia enacted work sharing the commonwealth over the three-year period beginning with passing of the federal law in February 2012, it would have enabled Virginia to receive 100 percent of federal reimbursement of work sharing benefits. According to the center for Economic and Policy Research (CEPR), the potential annual estimated saving in Virginia with federal financing of work sharing could reach \$14,506,300. CEPR says this is an annual saving.

partial unemployment benefits only for their lost hours of work. And employees keep working and don’t have to search for a new position in a bleak market.”

Balducchi has been crisscrossing the United States to educate lawmakers about work sharing and to help them enact legislation. In Washington State, for example, the program has paid dental technicians and plumbers at struggling companies. “The funds enable companies to hang on to experienced workers while they wait for the economy to improve,” Balducchi said.

State Senator George Barker (D-39), a proponent of work sharing, is urging fellow lawmakers to make Virginia the next state that adopts the legislation.

Barker, who said he is making work sharing legislation one of his top priorities for the 2014 General Assembly legislative session, worked with Balducchi and John Horejsi of SALT (Social Action Linking Together) to lobby other lawmakers to enact work sharing.

“Having been through the recession and recent slight increases in Virginia unemployment rates as federal sequestration takes effect, it is important that we give Virginia businesses all the tools we can to help them and their employees get through challenging times. This bill does that,” Barker said Tuesday.

The program, Barker said, is not a red state or blue state issue. In fact, the most recent states to pass some form of work sharing legislation this summer—Wisconsin and Ohio—are led by Republican governors.

“This is a bipartisan bill put forth by Republican Senator Bill Stanley from Franklin County and myself,” Barker said. “We have worked with the business community on this bill, including the Virginia Federation of Independent Businesses, the Virginia Chamber of Commerce, and Virginia Association of Manufacturers as well as with community organizations. We have addressed the questions and concerns

SEE WORK SHARING, PAGE 7

‘Shared Work:’ A Win-Win-Win Solution

Preventing layoffs, maintaining the well-being of employees and their communities and keeping businesses competitive.

BY MARK COOPER
TYSONS CORNER

PERSPECTIVES

How do we mitigate the devastating effects of layoffs on employees, employers and their communities? Is there a “win-win-win” solution?

There is most definitely such a solution and it is called “Shared Work.” Borrowed from a program called “Kurzarbeit” in Germany, a country considered one of the world’s perennial industrial economies who knows a thing or two about surviving business cycles, this concept can decisively help Virginia companies, both large and small, weather temporary downturns by keeping their skilled workforce intact and on the job.

I know. Before coming to Virginia, I was employed by and operated my own businesses in Germany from 1980 through 2008.

From Fortune 500 companies like Texas Instruments, my first employer, to global giants like Mercedes, Bosch and others, I have personally experienced the effectiveness of these programs. And they work. A survey conducted by the state of Bavaria’s Chamber of Commerce in July 2009, the depth of the Great Recession, revealed that 60 percent of respondents were able to avoid permanent layoffs, another 16 percent were able to come away with only minimal layoffs so that well over three quarters or 76 percent were able to keep all or most of their workforce through “Shared Work.”

How? By reducing the days worked per week from 5 to 4, as an example, the companies are able to reduce a sizable portion of their labor costs, in this case 20 percent, maintain their workforce and additionally avoid costly rehiring and retraining expense when business picks up. More importantly, communities keep their breadwinners employed, which in turn continue paying taxes and consuming local goods and services. This keeps the “doors



PHOTO CONTRIBUTED

Mark Cooper

open” which in turn keeps families together.

While the employee will see a reduction in gross salary or wages, through the clever use of unemployment benefits which the employer has been contributing towards previously, take-home wage reduction would be not as pronounced. And that extra day would be a welcome respite to those families where both spouses are working full-time and could restore some work-life balance in the interim; or the employer could decide to use the extra day for retraining and skill improvement.

How do we proceed? In the U.S., 26 states have already adopted such “Shared Work” policy. Our commonwealth has not, to date, but the General Assembly should consider this proven public-private solution. Virginia’s labor market, like many others, is still languishing. “Shared Work” can prevent layoffs, maintain the well being of employees and their communities and keep businesses competitive over the long run.

This is an intelligent, tested policy that can truly provide a “win-win-win” for all Virginians.

WEEK IN HERNDON

Bolger to Challenge Wolf in 10th District

Small business owner and attorney Richard Bolger, a Democrat, announced that he is launching his campaign to represent the middle class families of Virginia's 10th Congressional District and challenge Congressman Frank Wolf.

Bolger said he has worked for 30 years fixing problems in our community, protecting families' homes from aggressive creditors, bringing residents together to improve street safety and schools. Now, Bolger says, he is running for Congress to bring these same problem solving values to Washington.

The son of a Navy fighter pilot who was an early contributor to NASA's manned space program, Bolger graduated from American University and George Mason University Law School. Bolger left a career representing large clients and opened his own law practice.

He and Susan, his wife of 35 years, live in Oak Hill.

They are the parents of four children, all of whom graduated from, or currently attend, a Virginia public university. His campaign website can be found at <http://www.richardbolger.com>.

Help the Homeless Walk

Western Fairfax Christian Ministries (WFCM) is holding its annual Community Walk for the Homeless on Saturday, Sept. 21, at 9 a.m. The walk will be held at Southview Community Church, 2620 Reston Parkway in Herndon. Cost is \$20 for ages 25 and younger; \$30, adults. Same-day registration begins at 8:30 a.m., or pre-register at www.hthwalks.org and select WFCM as the beneficiary.

Herndon MOMS to Host Coffee & Story Time

The MOMS Club of Herndon will host a Coffee and Story Time on Thursday, Sept. 19, from 10 a.m.-noon at Trinity Presbyterian Church (615 Dranesville Road, Herndon). They encourage all Herndon, VA (zip codes 20170 and 20171) stay-at-home mothers to join them for this free event.

Have a coffee break and meet other Herndon area mothers while your children enjoy story time and a craft.

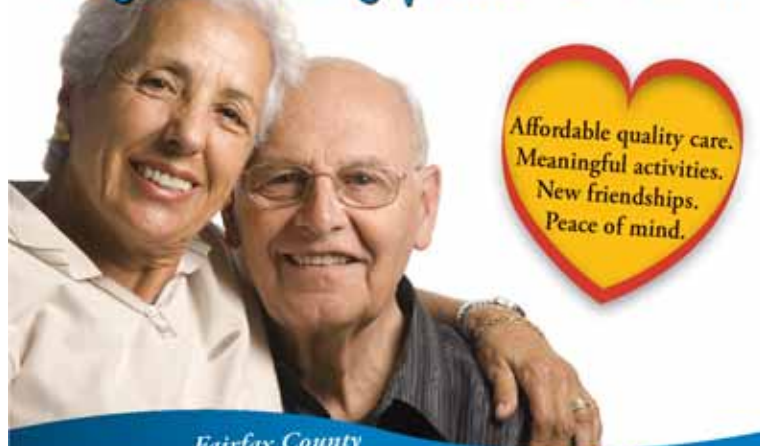
For more information or to RSVP contact: Tomoko Azuma, Membership VP at Herndon_moms_info@yahoo.com.

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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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To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

THURSDAY/SEPT. 12

Bike/Pedestrian Documentation Project. 5-7 p.m., at locations throughout Reston. The Pedestrian and Bicycling Advisory Committee are looking for volunteers to help collect bicycle and pedestrian counts in Reston at five locations. The data collection is part of a national project to document walking and cycling as modes of transportation (must be 16 to participate or accompanied by an adult if younger). bikepeddocumentation.org.

Reston/Herndon AAUW Guests: Delegates Ken Plum and Tom Rust. 7 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Plum and Rust, delegates to the Virginia General Assembly, bring the American Association of University Women of Reston and Herndon up-to-date on the 2013 legislative session. Enjoy refreshments while you meet the delegates and ask questions. 703-709-8599.

SUNDAY/SEPT. 15

Airport Run. 7 a.m., at Reagan National Airport, buses leaving from Sunset Hills Commuter lot at the northwest corner of Wiehle Avenue and Sunset Hills Road. The bus drops runners off at the airport and they run the 22 miles back to the parking lot. The "Rosie," a shorter version, involves taking the Metro, and the "Walking Half Rosie" is a walk version of the course, 13 miles long, following a Metro trip to Dunn Loring and a walk back from there. Water stops provided. <http://>

www.restonrunners.org/index.php/race-info/training/airportbussignup.

MONDAY/SEPT. 16

Reston Planning and Zoning Committee. 6:30 p.m., at North County Government Center, 12000 Bowman Towne Drive, Reston. Meet in the community room to receive an update on the Reston Master Plan Special Study by Heidi Merkel of the county's zoning department and hear about land purchases, the residential studio zoning ordinance amendment and Wiehle-Reston East Metro Station access. 703-579-7525 or 703-638-7555.

ESL Classes. 7-9 p.m., at Southview Community Church, 2620 Reston Parkway, Herndon. The fall semester begins with registration, a language assessment and meeting new classmates. Classes continue on Mondays through Dec. 16. \$20 for semester. 703-860-8800 or www.southview.org.

TUESDAY/SEPT. 17

Job Search in the 21st Century. 7 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Self-empowerment coach and re-employment specialist Charles E. King speaks on "A Roadmap to Your Destination," sharing practical strategies and ideas for those seeking employment or considering a career change.

FRIDAY/SEPT. 20

Great Decisions Discussion Group: Iran and the U.S. 2 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discuss the topic "Iran and the U.S.: Three Decades of Futility" with others, employing the materials available at

SEE BULLETIN BOARD, PAGE 11

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NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., FOR APPROVAL TO IMPLEMENT A 2014 SAVE PLAN INFRASTRUCTURE RELIABILITY AND REPLACEMENT ADJUSTMENT IN ACCORDANCE WITH SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS
CASE NO. PUE-2013-00086

On August 7, 2013, Columbia Gas of Virginia, Inc. ("Columbia Gas" or "Company"), filed an application with the State Corporation Commission ("Commission") to implement a 2014 SAVE Plan Infrastructure and Reliability Replacement Adjustment ("IRRA") in accordance with § 20 of its General Terms and Conditions pursuant to § 56.603 *et seq.* of Title 56 of the Code of Virginia, the Steps to Advance Virginia's Energy ("SAVE") Plan Act ("Application"). The Company filed this Application in accordance with the Commission's November 28, 2011 Order Approving SAVE Plan and Rider in Case No. PUE-2011-00049 ("2011 SAVE Order"). On July 3, 2013, the Commission issued an Order Approving Amended SAVE Plan in Case No. PUE-2013-00015, which amended the Company's SAVE Plan. With its Application, the Company filed documentation of the actual SAVE eligible expenditures incurred during the 2012 calendar year and updates to the schedule of annual SAVE eligible expenditures anticipated in 2014, as well as other schedules and supporting documents required by the 2011 SAVE Order.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy from the Company's counsel, James S. Copenhaver, Assistant General Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents also shall be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before October 4, 2013, interested persons may file written comments on Columbia Gas's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218-2118. If not filed electronically, an original and fifteen (15) copies of the comments shall be submitted to the Clerk of the Commission at the address set forth above. Interested persons desiring to submit comments electronically may do so, on or before October 4, 2013, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2013-00086.

On or before October 4, 2013, any person may participate as a respondent in this proceeding by filing a notice of participation. If not filed electronically, an original and fifteen (15) copies of the notice of participation shall be submitted to Joel H. Peck, Clerk, State Corporation Commission, at the address set forth above, and the respondent simultaneously shall serve a copy of the notice of participation on counsel to the Company at the address set forth above. Pursuant to Rule 5 VAC 5-20-80 B, *Participation as a respondent*, of the Commission's Rules of Practice and Procedure, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent must be represented by counsel as required by 5 VAC 5-20-30, *Counsel*, of the Rules of Practice and Procedure. All filings shall refer to Case No. PUE-2013-00086.

On or before October 4, 2013, any interested person may request that the Commission convene a hearing in this matter by filing an original and fifteen (15) copies of a request for hearing with Joel H. Peck, Clerk, State Corporation Commission, at the address set forth above. Requests for a hearing shall refer to Case No. PUE-2013-00086 and shall include (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter. Copies of any such filings simultaneously shall be served on counsel for the Company at the address set forth above.

COLUMBIA GAS OF VIRGINIA, INC.

Work Sharing Gains Support

FROM PAGE 4
raised by legislators."

UNDER THE BILL proposed by Barker, the legislation would establish a shared work program that provides employers with the option of reducing the hours worked by employees, while permitting the employees whose hours are reduced to receive partial compensation for lost wages. Program participation requires Virginia Employment Commission approval of a plan, which must provide that the reduction in hours of work is in lieu of a layoff of an equivalent percentage of employees and that employees' fringe benefits cannot be reduced or eliminated during the plan.

According to U.S. Department of Labor data, work sharing has saved 61,299 jobs in a combined 19 states in 2012. Some states, like Colorado and New Hampshire, saved less than 100 jobs, while California, Texas and Washington each kept between about 10,000 and 21,000 employed, according to a Justice Center report.

Balducchi said work share programs are gaining momentum with employers nationally because it gives them flexibility during an

economic downturn. Instead of laying off highly-trained, experienced employees—which may save employers money in the short term—they have the flexibility to reduce hours and maintain a specialized workforce, which ultimately benefits employers in the long term.

For an employer like Coombs, who has invested significant time and money in training top-rated cyber-security employees, the program gives him and his employees some breathing room.

"If I have to lay off people, I'm not going to 7-11 and find the talent, training and security level my clients expect. ... This business revolved around a qualified team of people," Coombs said.

The Department of Workforce Development estimates work-share programs will save the unemployment reserve fund \$4.9 million.

"We almost got it passed in 2013 and look forward to success next year," Barker said, adding that he remains optimistic the bill will pass in 2014.

"We will rally the troops next year," Horejsi said. "We are energized by the prospects for success for this commonsense legislation."

ENTERTAINMENT



Design jewelry and relax with wine and friends at one of ArtSpace Herndon's Design and Wine events, starting September 17.

singer populaire with experience performing at nightclubs all over the country sings at the "Meet the Artists" concert co-sponsored by Osher Lifelong Learning Institute. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.

FRIDAY/SEPT. 20

Red Molly and We're About 9. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Folk trio Red Molly performs their acclaimed music as part of the CenterStage Professional Touring Artist Series. \$15 Reston, \$30 Non-Reston. www.restoncommunitycenter.com.

SATURDAY/SEPT. 21

Run With the Doctor. 7 a.m. 108 Elden St., Herndon. The Center for Orthopaedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. [facebook.com/runwiththedoctor](https://www.facebook.com/runwiththedoctor).

SATURDAY-SUNDAY/SEPT. 21-22

Rally for a Cause Tennis Tournament. 9 a.m., at Lake Newport Tennis Center, 11452 Baron

Cameron Ave., Reston. Men's and women's singles and doubles, with brackets for all levels of players, to benefit USTA Serves, Heart and Cornerstones. \$30. www.restontennis.org or rally4acause@restontennis.org.

THURSDAY/SEPT. 26

Violin and Piano Concert. 2:15 p.m., at Hunters Woods Village Center, Reston Community Center, Center Stage, 2310 Colts Neck Road, Reston. Sonya Hayes, violinist, made her solo debut at the age of 15 and has performed as a guest soloist with the National Symphony Orchestra Young People's Concert Series. Frank Conlon, accompanist and concert pianist, is one of Washington's best-known and favorite pianists. This is the second of six Thursday afternoon "Meet the Artists" concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu, www.olli.gmu.edu.

SATURDAY/SEPT. 28

2013 National Heritage Award Fellowships at the Reston Multicultural Festival. Reston Community Center Lake Anne, 1609 Washington Plaza N, Reston. Reston Community Center celebrates Seamus Connolly and Veronica Castillo, recipients of the nation's highest honor in folk and traditional arts. Free. www.restoncommunitycenter.com/

FRIDAY/OCT. 4

Art House Cinema and Brew Series: "Citizen Kane." 7 p.m., at

ArtSpace Herndon, 750 Center St., Herndon. Nominal fee includes microbrews and film screening in the Post Gallery, with a little intro on what makes these films the best of all time; proceeds for the series will go toward supporting ArtSpace Herndon. www.artspaceherndon.com.

SUNDAY/OCT. 27

Reston Interfaith's Help the Homeless Community Walk. Noon-4 p.m., at Reston Heights, 11790 Sunrise Valley Drive. Enjoy an afternoon of family fun and entertainment such as a community walk, petting zoo, face painting, hay maze and more. www.restoninterfaith.org.

WEDNESDAY/OCT. 30

Turtle Island String Quartet with Nellie McKay: A Flower is a Lovesome Thing. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Nellie McKay joins Grammy-winning Turtle Island String Quartet in producing both renditions of music by Billie Holiday and Billy Strayhorn as well as original pieces. \$20 Reston, \$40 Non-Reston. www.restoncommunitycenter.com.

SUNDAY/NOV. 10

David Henry Hwang's Lost and Found In Translation. 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The Tony Award-winning playwright of "M. Butterfly" discusses his works, writing process, and artistic philosophy. \$15 Reston, \$30 Non-Reston. www.restoncommunitycenter.com.

WEDNESDAY/SEPT. 11

Rotating LRA Exhibits. 8:30 a.m.-5 p.m., at Reston Association, 12001 Sunrise Valley Drive, Reston. The September exhibit offers landscape and nature photography by Jan Master. In October, Morgan Norwood's contemporary paintings are displayed. Photography takes center stage again in November, with Patricia Deege's works. Pam Coulter rounds out the year with her oil and acrylic paintings in December. The exhibits are free at the Reston Association office on Monday through Friday. www.leagueofrestonartists.org.

THURSDAY/SEPT. 12

40 for 40: Celebrating 40 Decades of G.R.A.C.E. 6-9 p.m. Greater Reston Arts Center, 12001 Market St #103, Reston. Forty artists affiliated with G.R.A.C.E. will showcase their work in celebration of the center's 40th anniversary.

SUNDAY/SEPT. 15

Green Lizard Bike-a-Thon. 9 a.m., at Green Lizard Cycling in Downtown Herndon. Proceeds from this ride will support Herndon High School's **The Pride of Herndon Marching Band** as they prepare for their upcoming appearance in the Pearl Harbor Memorial Parade in Waikiki, Hawaii on December 7. This half century ride follows the Washington & Old Dominion Trail from Herndon to Purcellville and back. Riders may also choose an abbreviated 25 mile ride which will turn around in Leesburg on the same W&OD Trail. 703-707-2453 or www.greenlizardcycling.com.


Left Bank Quartet. 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Four D.C.-based musicians perform a musical tapestry that has become a CenterStage Favorite. \$15 Reston, \$30 Non-Reston. www.restoncommunitycenter.com.

TUESDAY/SEPT. 17

Design and Wine. 7-9 p.m., at ArtSpace Herndon, 750 Center St., Herndon. The first of a nine-event series; guest artists lead participants in creating an art piece, such as a wire wrapped necklace or a painted silk scarf. The event will be every third Tuesday of the month. \$30 (covers supplies and two glasses of wine). Register. www.artspaceherndon.com.

THURSDAY/SEPT. 19


Beverly Cosham. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Cabaret singer, actress and Reston



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PHOTO BY BONNIE HOBBS/THE CONNECTION

South Lakes Student Honored for Writing

A South Lakes High freshman was among those honored Sunday, Sept. 8, for their entries in a Grandparents Day writing contest.

She is Anusha Rahman and she received an honorable mention for "The Journey to My Grandparents."

The Writers of Chantilly, a local group of professional and aspiring writers, sponsored the competition, which was held over the summer. Students wrote about their

grandparents, and the winners were recognized and read their works during a Sept. 8 ceremony at the Chantilly Regional Library.

For her efforts, Rahman received a certificate and will have her entry published in an upcoming Writers of Chantilly anthology. "I've always loved reading and wanted to try expressing myself on my own," she explained. "This is one of the first things I've written, so I was pleased to get an honorable mention."

Classical Ballet Theatre Presents Contemporary Master Class

Classical Ballet Theatre (CBT) will kick off its 2013-2014 Master Class series with a master teacher, dancer and choreographer—Iquail Shaheed, of Alvin Ailey, Harlem School for the Arts, and Broadway. The class is open to intermediate level dancers and above with technique in contemporary/modern, ballet or jazz.

Call 703-471-0750 to register; space is limited.

Date: Friday, Sept. 13, 4:30-6 p.m. at Classical Ballet Theatre, 320 Victory Drive in Herndon. Cost: \$25 pre-registered; \$30 walk-in (30 spaces only).

For information, please visit www.cbntva.org and Facebook.



PHOTO COURTESY OF DANCE IQUAIL

Iquail Shaheed

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News

Virginia State Sporting Clays champion James McGowan, left, and runner-up Barry Moore Jr.



PHOTO CONTRIBUTED

Herndon Resident Takes State Title in Clays Shootout

Herndon resident James McGowan emerged as top gun in the NSCA (National Sporting Clays Association) Virginia State Championship at Primland, taking the top prize of \$1,000.

He scored 187 out of 200 targets. The runner-up was Barry Moore Jr., of Pulaski, who shot a 185 and took home \$500. Third place went to David Collins, Jr. of Ruther Glen. Only three targets separated first through third place.

Virginia's top lady competitor was Michelle Quesenberry of Hillsville. The runner-up was Vickie Smith of Springfield with third place going to Patricia Painter of

Galax.

Top Open competitors were HOA Richard Cheek of Greensboro, N.C. Open runner-up was Wesley Elliott of Booneville, N.C.

More than 200 amateur shooters took part in the four-day event, sharing in \$10,000 in prize monies distributed to the winners in multiple categories. The competitions included 50 bird sub-gauge events in .410, 20, and 28 gauges, pump gun and side by side events on Thursday through Saturday.

A 5-stand event featuring 50 targets was also held during this period as well as a 50 bird FITASC event.

Helping Herndon Girl Scouts Help Students in Need

Recognizing the importance of starting off the school year prepared to learn, local Girl Scout Troop 3419 recently partnered with Northwest Federal Credit Union Foundation (NWFCU Foundation) to provide backpacks and school supplies to Dranesville Elementary School students.

Looking for ways to earn their Bronze Award, Troop 3419, consisting of Crossfield Elementary School students, decided to provide backpacks to peers who might not have the necessary supplies to start the school year. Under the guidance of Troop Leader Karen, the girls sold Girl Scout cookies and held a yard sale, lemonade stand and bake sale. Their efforts raised \$600 toward the purchase of backpacks and school supplies.

NWFCU Foundation, already collecting backpacks and money as a part of the Fairfax County Public Schools Collect for Kids initiative, was the perfect partner. The Troop visited NWFCU and helped volun-

teers stuff backpacks with school supplies—enough to provide every sixth-grade student in need at Dranesville Elementary School.

In addition to the Girl Scout partnership, NWFCU Foundation also worked with Northwest Federal Credit Union, which generously matched more than \$1,600 in cash donations received during the backpack drive. Due to the generosity of the Credit Union, its members and its employees, NWFCU Foundation provided backpacks and supplies to 312 students in need at Dranesville Elementary. An additional 114 backpacks were donated to students in need from Prince William and Loudoun Counties, as well.

"It's vitally important that students start the school year off on the right foot and are prepared to learn," said Linda Rogus, executive director of NWFCU Foundation. "This partnership with Troop 3419 is a meaningful way for us to expand our giving in the local community."

Viewpoints

What Are the Best Things About Living in Herndon?

PHOTOS BY RYAN DUNN
THE CONNECTION

Carol Sinclair, resident of Herndon for 28 years, legislative assistant for Delegate Tom Rust.

"One thing I enjoy about Herndon are the wonderful nature trails. There are trails in Herndon throughout Sugarland Run Stream Valley Park, and these are great places to go for a walk."



Yvonne Johnson, resident of Herndon for 24 years, manager of Herndon's Frying Pan Farm Park

"What I enjoy about Herndon is that there is much access to music events throughout the area. This year summer music concerts were held at Frying Pan Farm Park."



John Dudzinsky, resident of Herndon for 25 years, town forester for Town of Herndon

"NatureFest is a great event which is in October, it is good for kids. There are also the Friday Night Live and Herndon Farmer's Market which are held throughout the summer. Also there is the Herndon Festival which is in June. Good times for families to get together."



Signe Friedrichs, resident of Herndon for 17 years, Herndon Council for the Arts executive director

"I moved to Herndon from Italy, and the first thing I saw about Herndon was that it was really walkable. I really enjoy walking down the streets named after US presidents and the Runnymede Park with its trails. I also enjoy the industrial parks near Spring Street, including Sunset Business Park."



Diane Sheldon, resident of Herndon for 37 years, ministry aide at Reston Bible Church located in Sterling

"What I enjoy about Herndon is that there is sense of community throughout the neighborhoods. It is not hard to connect with other people. There is a small town feel to Herndon, and the low crime rate is what attracted me and my husband Bryon Sheldon to set up a business, Sheldon's Locksmith Service in Herndon. Herndon is still a good location for small businesses."

— RYAN DUNN



INOVA CARES CLINIC FOR CHILDREN CLOSURE

Effective December 31, 2013, Inova Cares Clinic for Children will no longer provide Pediatric services at the clinic located at 1175 Herndon Parkway, Suite 500, Herndon, VA 20170. Patients wishing to remain with Inova Cares Clinic providers will have the option to continue their care at our Falls Church location: 6400 Arlington Boulevard, Suite 210, Falls Church, VA 22042. The Herndon clinic receptionist will gladly help you make the transition. Patients may request a copy of their medical record by completing a records release request which can be obtained from the Herndon clinic or by calling 703-531-3100. After December 31, 2013, custodianship of all records will remain with Inova Cares Clinic for Children in Falls Church and copies may be requested at any time.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Mount Pleasant Church, 2516 Squirrel Hill Road, Herndon, celebrates its 147th anniversary with a Wednesday, Sept. 18, guest speaker, Dr. Matthew Watley from Reid Temple A.M.E. Church in Silver Spring, Md., founder of Power Lunch, a non-denominational noon-time worship service held in D.C.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center,

Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia of-

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

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

The Baha'i community of McLean holds a weekly fireside, a meeting of discussion, devotion and fellowship, at 7500 Box Elder Court in McLean, at 8 p.m. every Friday. An opportunity to learn about the Baha'i faith. 703-556-3400.

BULLETIN BOARD

FROM PAGE 7
the library.

SATURDAY/SEPT. 21

Hoofin' it 5K. 8 a.m., at Fairfax Corner, Fair Oaks, Fairfax. A fall 5K to benefit Special Olympics Virginia; includes free sandwiches and cheering Chick-fil-A Cows as well as race t-shirts and awards for winners. \$35 through Sept. 19, \$40 day-of. pracing.com.

Susco 8K. 9 a.m., at South Lakes High School, 11400 S. Lakes Drive, Reston. An 8K race and 2K walk/fun in memory of Timothy P. Susco,

promoting brain aneurysm and organ donation awareness; door prizes, t-shirt, and awards included. \$35; \$40 day-of. http://susco8k.com/race_information.

THURSDAY/SEPT. 26

Show in artReston. 9 a.m.-9 p.m., Monday-Saturday, 9 a.m.-8 p.m. Sunday, at the Jo Ann Rose Gallery, Lake Anne Community Center, 1609-A Washington Plaza, Reston. The League of Reston Artists invites submissions of paintings, mixed media, two-dimensional fine art excluding photography and fine

crafts to the exhibition. The deadline to enter in Sept. 26.

www.leagueofrestonartists.org.
Migrating Towards Prosperity. 5:30-7:30 p.m., at 3080 Centreville Road, Herndon. An event sponsored by the Hispanic Business Council featuring discussion on current issues in the Latino community. Deep Dreams plays for the crowd to dance, Hispanic restaurants of Northern Virginia cater and Latino dancers and musical groups perform. \$20, prepaid members; \$25, members at the door and prepaid non-members; \$30 non-members at the door.



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Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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SPORTS

Lauren Prosser scored a goal against Langley on Sept. 9.

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."

Oakton reached the last four Concorde District championship games, only to lose to Westfield each time. Last year, the Cougars finished 11-9 and lost to South County in the region quarterfinals.

"I want to see us do really well in the district," Prosser said. "We've been to the district finals every year I've been a part of this program. This year, I want to get it. I want to show Westfield and South County and ... Fairfax that there are multiple dominant teams in this region and ... that we're definitely a contender."

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.

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).

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.



PHOTO BY Ed LULL

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

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.

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 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.

SPORTS

Reston Hosts 30th Triathlon

Event features two men who have done all 30 races.

From left, Supervisor Cathy Hudgins (D-Hunter Mill), Reston Triathlon third place overall female finisher Ally O'Connell (2:16:14), second place overall female finisher Robin Witlin (2:12:52) and first place overall female finisher Christine Nichols (2:07:39), Fairfax County Board Chair Sharon Bulova and State Sen. Janet Howell (D-32).



BY ALEX McVEIGH
THE CONNECTION

Thirty years ago, many of Reston's swimmers, runners and cyclists came together to host the first Reston Triathlon. On Sunday, Sept. 8 hundreds came out for the 30th edition of the event.

"This is one of Reston's signature events," said Bunny Bonnes, director of the triathlon. "Every year we open up registration in late December or early January, and every year we sell out within a day."

According to Norman Happ, one of the founders of the triathlon, Reston's cyclists, runners and swimmers had their own events. Eventually some members began training together for a triathlon in Oxford, Md.

These training sessions paved the way for the first Reston Triathlon, which featured 165 participants, and all but one crossed the finish line.

Over the next three decades, the event has seen tragedy, the drowning of 17-year-old Curtis Silvey in 1988, and triumph, which includes a finish-line wedding between two athletes and one marriage proposal via a strategically placed ring on a bike handle.

Two men, Neil Medoff and Rich Uhrig have run, biked and swam in all 30 of those triathlons, with last Sunday being no exception.

Uhrig's first Reston Triathlon was only his second ever triathlon, a mere three months after his first one. Since then, he has used the same bicycle for all 30 races. Medoff said he was thrilled for a chance to do a hometown triathlon.

"I had done several other triathlons, but it was exciting to be able to participate in a race on my hometown, I had to do it," Medoff said. "As a physician, I've always dealt with athletes and sports medicine, and I would recommend people train for triathlons, and I had to be willing to do it myself."

Medoff said he enjoys training for the event with his wife.

"Reston is one of the most beautiful places you can run a triathlon, and it's great for spectators as well," he said. "You can sit on the dam above Lake Audubon and watch all of the swimmers, then walk along South Lakes Drive to the high school and see the runners and bikers."

Historically, Lake Audubon has always been where triathletes have taken their mile swim. Since 1986, the course has taken swimmers counter-clockwise from the boat ramp at the Lake Audubon Pool.

The bike portion is 22.5 miles along Glade Drive, South Lakes Drive, Lawyers Road and Colts Neck drive, and consists of three laps before ending at the parking lot behind South Lakes High School.

The 6.2-mile (10-kilometer) run started at South Lakes and took runners through the trails surrounding the school, before returning them to the finish line at the football stadium.

"My daughter ran the triathlon a few years ago, and even though she's since moved away, we've sort of made it our annual tradition to place ourselves along the route and cheer the athletes on," said Samantha Fielder of Reston. "We live close to the bike route, so it's fun to just walk over and set up chairs and cheer for a little while. Almost every year we recognize at least one cyclist."



Anna-Marie Jaeschke leads the pack during the cycling portion of the Reston Triathlon Sunday, Sept. 8.



From right, Rebekah Smith and Pete Coughlin near the end of the Reston Triathlon Sunday, Sept. 8 at South Lakes High School.



From left, Reston Triathlon third place finisher Kory Jessen (2:06:14), second place finisher Brady Dehoust (2:03:01) and winner Eric Sorensen (2:00:59) with Fairfax County Board of Supervisors Chairman Sharon Bulova and State Sen. Janet Howell (D-32).



Richard Bockman celebrates just before finishing the Reston Triathlon Sunday, Sept. 8.

PHOTO BY
ALEX McVEIGH
THE CONNECTION



PHOTO COURTESY OF SCOTT NICHOLLS

Austin David Nicholls of Oak Hill with the display area space he built for Pender's ReGift Thrift Store as part of his Eagle Project.

Austin Nicholls of Fairfax Troop 1530 Achieves Eagle Rank

Austin David Nicholls, an Oak Hill resident and rising junior at South Lakes High School, earned scouting's highest rank of Eagle on June 18. Austin is a member of Troop 1530, sponsored by Pender United Methodist Church in Fairfax, and it was at Pender's ReGift Thrift Store in Chantilly that he decided to do his Eagle Scout project.

Austin planned and oversaw the construction of multiple 8-foot-high high partition walls finished with pegboard and an attached display area which served to separate a sales area from the heating/AC equipment and ducting to improve safety, and also to provide additional display space. Austin was formally awarded his Eagle Scout badge at a Court of Honor held at Floris United Methodist Church in Herndon Saturday, Sept. 7.

Austin recently was also accepted into the Boy Scout's Order of the Arrow and was also recognized by the NRA and qualified as a pro-marksman with a light rifle. He has earned his first degree Black Belt in Tae Kwon Do through Fox Mill Tae Kwon Do, is active in SLHS theatre program, enjoys math and science and is an active member of his youth group at Floris UMC. Austin is planning to apply to a US military academy or earn a computer science degree and would like to become a video game designer.



Austin David Nicholls, a member of Troop 1530 of Fairfax, will receive honors for becoming an Eagle Scout Saturday, Sept. 7.

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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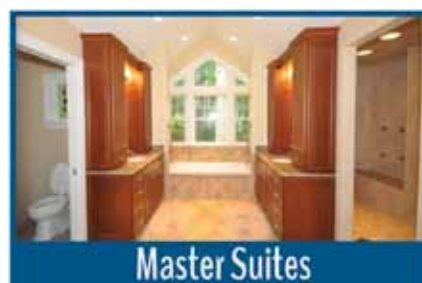
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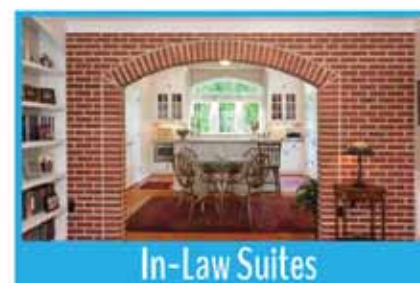
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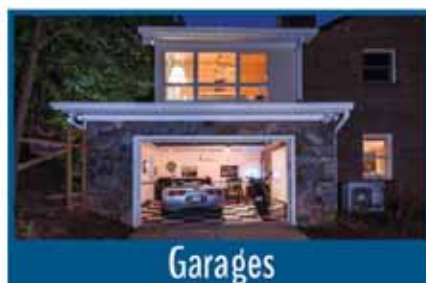
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NVAR Summit at GMU's Mason Inn

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 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

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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 or by calling 540-313-9268.



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

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Home LifeStyle

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

Sun Design Remodeling frequently holds workshops on home remodeling topics at their office in Burke. Visit www.SunDesignRemodelingInc.com or call 703-425-5588.

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."



BEFORE: Living Room



PHOTOS BY BRYAN BURRIS

"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 re-assign 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 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 redecorated 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

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

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Visit www.fosterremodeling.com or call 703-550-1371.

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.

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."

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."

Designer Debbie Wiener, of Designing Solutions in Silver Spring, Md., 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."

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."

Small tables and chairs with folding legs are another good option.

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," said Ann O'Shields, of The Nest Egg in Fairfax.

"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."

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



PHOTO COURTESY OF ANN O'SHIELDS

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."

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.

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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