

# Reston Hosts 30th Triathlon

SPORTS, PAGE 13

From left, Rick Uhrig and Neil Medoff are recognized at the 30th annual Reston Triathlon for having participated in all 30 races since 1984.

## Reston Association Holds Yard Sale

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## WEEK IN RESTON

### Reston Motorcycle Rider Dies in Crash

Police responded to the area of Virginia Center Boulevard and Baronhurst Drive on Monday, Sept. 9 shortly after 3:30 p.m. for the report of a crash involving a motorcycle. Initial responding officers summoned Crash Reconstruction Detectives to the scene.

The investigation revealed that 32-year-old Jesse Dean Hagedorn of Colts Neck Road in Reston was riding his 2006 Honda motorcycle north on Virginia Center Boulevard just prior to Baronhurst Drive. For an unknown reason, it appears that the motorcycle veered to the right side of the roadway, striking the curb and a guardrail. The motorcycle then struck the curb a second time causing the rider to strike his head on an adjacent tree. The rider was separated from the motorcycle and landed on the roadway. CPR was initiated by a Good Samaritan until rescue arrived. Hagedorn was transported to Inova Fairfax Hospital where he was pronounced dead a short time later.

Speed and alcohol do not appear to be factors in this crash.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

### FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto: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](http://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](http://www.meditation-dc.org).

**St. Anne's Episcopal Church**, 1700 Wainwright Drive in Reston, holds

### RCC 2013 Board Candidates

The Reston Community Center (RCC) Board of Governors announced six candidates for its 2013 Preference Poll, which will seek community guidance to fill three vacancies. This year's candidates include two incumbents (Beverly Cosham and William Keefe) and four new candidates (Sridhar Ganesan, John Mendonça, Michelle Moyer and Tammi Petrine). Candidacy statements for each candidate can be found online at [www.restoncommunitycenter.com/2013-preference-poll-CandidacyStatements.shtml](http://www.restoncommunitycenter.com/2013-preference-poll-CandidacyStatements.shtml).

A candidates forum will be held on Wednesday, Sept. 18, at 7 p.m. in the CenterStage theatre at RCC Hunters Woods. The public is invited to attend to learn more about the candidates.

Voters are urged to review all statements and attend the forum to make their best selection; voting begins on Sept. 13. Each property in small district 5 will receive a ballot in the mail. Mail-in ballots must be received by the counting agent (a pre-addressed envelope is provided with the ballot; postage is required) no later than 5 p.m. on Thursday, Oct. 3. Walk-in and online ballots must be received by 5 p.m. on Friday, Oct. 4.

For more information on the 2013 RCC Preference Poll or Board of Governors, please visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or call 703-476-4500.

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](http://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** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://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](http://ShalomDC.org).





This year's Reston Association Yard Sale had room for 95 vendors.

# Reston Association Holds Biannual Yard Sale

BY RYAN DUNN  
THE CONNECTION

**T**he Reston Association held a biannual yard sale at the parking lot near the organization's office at 12001 Sunrise Valley Drive on Sept. 7. Shoppers and vendors mingled from 8 a.m. to 12:30 p.m., enjoying the nice weather. The event organizer, Ashley Soloff, developed the idea of a community yard sale sponsored by the Reston Association. The idea was well received, as some neighborhoods in Reston do not permit individual yard sales.

"They started at Lake Newport Pool in the parking lot, and grew so large that it moved to Isaac Newton Square, where the Reston Association Office used to be. Currently at our new location on Sunrise Valley Drive we have room for 95 families," said Soloff.

Soloff has been working with the Reston Association for 18 years and works with a team of volunteers and a few staff to make sure the yard sale is a success. "I get volunteers out at 6 a.m. to help the morning of the event," said Soloff. "In May and September are the dates of the community yard sale on the weekend." The Reston Association also sells refreshments to cover some event expenses.

This year, Reston Association members paid \$26 to take a vending station, and non-members paid \$33. This pays for one event. Families and vendors sell a variety of items, so this event is a great opportunity to browse for bargains. "A lot of people do not want to vend twice a year because they do not have enough stuff to sell," said Soloff.

Nancy Brenek was one of the vendors at the September yard sale.

"I came all the way from Pennsylvania to attend this flea market. The layout is perfect and there are lots of customers. It is a good social event," said Brenek.

"It is very well organized, you get a numbered spot and there are volunteers to help you park," said Brenek's friend, Connie Connell. The event opened at 8:30 a.m. with many vendors arriving earlier at 6:30 a.m. "Up to 2,000 people attended the yard sale to shop," said Soloff.

Hannah Vasicek, a resident of Reston, arrived early



Reston resident Hannah Vasicek with a lamp she purchased at the yard sale.

to the market to do some shopping with a friend. "My friend Heather and I put this event on our calendar. There are so many good deals in one place."

Hubert and Angie Sieh, residents of Reston, have been vending at the Reston Association for four years. "We just like to clear our garage every few months. The event is very well organized by the Reston Association and a good opportunity to give old items a new home," said Angie Sieh.

Bethy Jo, a resident of Great Falls, was also vending at this year's yard sale.

"I have been vending for at least four years. I got into this from doing craft and vending shows. ... Items which are popular include collectors type items including purses and handbags. Some people are just here for the books."

"This is my first time coming out to the yard sale and it has been very good," said Jarvis Abbot. A resident of Reston for more than eight years, Abbot was able to obtain a pass for the yard sale just in time. "We are clearing out clothes and I just sold a DVD player and an alarm clock."

For more information about the Reston Association, visit their webpage at <http://www.reston.org>.



Shoppers look at goods on sale at the Reston Association Yard Sale.



Jarvis Abbot, resident of Reston, displays a coat on sale at his vending booth.

PHOTOS BY RYAN DUNN/THE CONNECTION



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 5

## ‘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.



# BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto: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 waling and cycling as modes of transportation (must be 16 to participate and accompanied by an adult if younger). [bikepeddocumentation.org](http://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](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](http://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 the library.

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# 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."

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## Small Steps to Fight Homelessness

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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 in danger of being homeless, but also for recent college graduates, for service workers,

for 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 transportation 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 builders 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. Addition-

ally, 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, 2013.

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

## Lessons to Be Learned From Others

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)

For many years I used North Carolina as a state that I thought Virginia should emulate. As another southern state, North Carolina was showing Virginia up in its commitment to improving the quality of life of its residents through investments, particularly in education. North Carolina's appropriation for its university system was at least quadruple the amount per student as Virginia's. Its preschool program was a model for the country. The state recognized early the importance of the high technology industries and was very successful in attracting new businesses to the Research Triangle.

Unfortunately all that has changed! I now hold North Carolina up as an example of what Virginia should avoid. What happened to bring about the changes? There were a series of elections in which moderates apparently stayed home and Tea Party candidates were very successful. Under the new leadership in their legislative and executive branches, the accomplishments of the past are considered too much government



schools and colleges and universities in Virginia, we need to take note in this election year of whether we want to turn back the clock on our educational system as North Carolina is doing.

COMMENTARY

The 2013 North Carolina education budget eliminates 9,306 education positions including 5,184 teachers, 3,850 teacher assistants and 272 support personnel (guidance counselors, psychologists, etc.) at a time when the number of students continues to increase. No pay increase is provided for teachers. In 2007-08 North Carolina was ranked 25th in the nation in teacher pay; this year it is 46th and heading downward. Teachers who get advanced degrees will get no additional pay. The state's Teaching Fellows program that was once

SEE PLUM, PAGE 9

## Another Questionable Use of Lethal Force

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

On Aug. 29, another civilian was shot to death in a situation that, on the face of it, did not justify the use of lethal force. Mr. John Geer was shot to death standing in the doorway of his home with no visible weapon according to reports from his father and neighbors.

Once again, the police are silent on what happened. The story is all too familiar. Several men armed with the weapons of war, in full battle gear, shout orders at a suspect and shoot the person to death. It has all the feel of a military strike, not civilian law enforcement protecting the public. Lethal force seems almost standard procedure, not the last resort it should be. Consider:

❖ police are called to the scene by someone reporting a domestic disturbance and a man who may have a gun;

❖ Mr. Geer has no record of violence and no weapons are visible, according to witnesses promptly ordered to leave the area—for their safety presumably;

❖ the Fairfax County PD SWAT



officers talk to and shout orders to the lone man standing in his doorway in shorts to come outside. He does not and shots are fired by an officer police refuse to identify. The suspect is quite dead when police ram their way into his home;

❖ then, police throw the shroud of secrecy over the scene and the story of what happened. There is no official public report, no explanation by FCPD of what led to the shooting, and the officer's name is not disclosed.

Witnesses and neighbors who spoke to the press say they do not understand why it was necessary to shoot Mr. Geer. He wasn't armed, had never been a problem and certainly posed no threat to the heavily armed officers. (In fact, a detective said a gun was found in a holster some distance from where he stood.)

What happened next is also all too familiar. The police say the

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# Lovaas

FROM PAGE 6

shooter is on administrative leave pending an investigation by ... his fellow officers. In the 71-year history of the FCPD, there has never been independent investigation or review by a third party of killings by FCPD officers in the line of duty. And, in the 71 years, no shooter has ever been charged with, much less convicted of, any wrongdoing. I outlined several other recent, troubling cases in a prior column.

The Virginia Citizens Coalition for Police Accountability has long advocated creation of a Citizens Review Board of the sort working in over 125 large jurisdictions around the country. Such boards in fact serve both the public interest and the police officers in getting at the truth. It likely would be a rare case when such review turned up wrongdoing by our oth-

erwise well-trained corps. It would be healthy for officers to understand that as public servants paid by the citizens, they are accountable to the public, especially when they use lethal force.

A few years ago, Fairfax Board of Supervisors Chairman Sharon Bulova said, "I look forward to working with the chief to create a Citizen Review Board in Fairfax County." Supervisors John Foust and Penny Gross also expressed support for civilian review. Hunter Mill Supervisor Hudgins regrettably refused to respond when asked, according to CCPA. The initiative went nowhere. What is the board afraid of? Action by the supervisors to protect the public and stop putting the county police above the law is long overdue.

## 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.

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# ENTERTAINMENT



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## 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](http://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](http://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](http://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](http://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

**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](mailto:olli@gmu.edu) or [www.olli.gmu.edu](http://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](http://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](http://www.restontennis.org) or [rally4acause@restontennis.org](mailto: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](mailto:olli@gmu.edu), [www.olli.gmu.edu](http://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/](http://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](http://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](http://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](http://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](http://www.restoncommunitycenter.com).




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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."

## Plum

FROM PAGE 6

considered a model for the nation for recruiting teachers is no longer funded. At the same time that these and other massive cuts were being made to public education, legislators somehow found \$50 million to provide vouchers to those attending private schools.

Slashing education has been only a part of the changes. Taxes were cut on the top 5 percent while raising taxes on the bottom 95 percent. Voting now requires a government issued ID card; voting hours have been cut and same-day registration has been eliminated. A landmark clean water program was slashed. Guns are now allowed on playgrounds and in bars.

Could these kinds of changes happen in Virginia? Over the last

few years the state's commitment to public education has been slipping. While education is considered to be a partnership between state and local governments in Virginia, the 50 percent share of costs has slipped to 40 percent from the state with local governments having to make cuts or make up the difference. Pay close attention to the candidates for statewide office. Those who promise a big tax cut will pay for it in part from school funding. Large voucher programs will take money from public schools. Other bills like those passed in North Carolina have been proposed here. Let's learn from North Carolina and not follow its example! Get out and vote on Nov. 5.



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**Ben Raymond  
holding a pot he  
had uncovered  
from the tomb.**

PHOTOS  
CONTRIBUTED

# Reston Native Unearths The Past in Spain

**South Lakes High 2011  
graduate explores ancient  
sites, archeology.**

BY LAUREN BORDEAUX  
THE CONNECTION

**A** former baseball player for South Lakes High School in Reston, Ben Raymond is used to spending time playing in the dirt. But this summer, his time in the dirt took on a whole new meaning.

Raymond, who graduated from South Lakes High in 2011, is a junior at James Madison University pursuing his Bachelor's Degree in anthropology with a minor in computer information systems. His desire to study anthropology to learn more about other cultures and their practices lead him to apply for an archeological dig program in Spain. "I was trying to look for a field school or some place where I might be able to get some experience in archeology," Raymond said.

The program he applied for was through an organization called ArcheoSpain, which brings those interested in archeology from all over the world to dig at historical sites in Spain and Italy. "Ben and his co-workers learned not only how to conduct an excavation but also how to interpret the archaeological clues discovered," said ArcheoSpain director Mike Elkin. "Over the past decade, our joint Spanish-international crews have uncovered priceless information about Spain's ancient past."

Raymond spent three weeks excavating a necropolis, or cemetery, in the ancient city of Pintia, in Valiadolid, Spain. He and his team of seven others worked with Spanish archeologists to unearth artifacts of significance from the site. "We'd find pottery, animal bone, bits of human bone, some pieces of metal, things like that. We were basically looking for possible tombs," said Raymond.

He and his team worked five days a week, beginning the day early, but enjoying the common Spanish siesta in the afternoon. Daily tasks for the students included removing layers of dirt and passing off the dirt to others to sift through for artifacts,



**Ben Raymond holding pottery on a  
Styrofoam board which would later be  
uniquely identified and cleaned.**

mapping of the site, cleaning pottery and piecing artifacts back together. The team uncovered three tombs at Pintia and several artifacts within the tombs in excellent condition.

"By excavating the necropolis of this culture that we were studying, we can find out a lot more about what they believed in, based off the items that were found in the tombs. We can find out a lot more about their day to day life, what they thought was important and significant," said Raymond.

Since Raymond had never taken part in any archeological field work before, he used his experience in Spain to gauge whether archeology might be a future career path for him. "It was a really eye-opening experience. I think something like this sticks with you forever so I'm sure in my future career I'll be using things that I learned back in school and things that I've learned back in my experience in Spain," said Raymond.





PHOTO COURTESY OF VINCE MENDOZA

The Reston Strikers after winning their first tournament Monday, Sept. 2, at the OBGC Capital Cup.

## Reston Strikers Win At OBGC Capital Cup

The Reston Strikers stepped onto the field in their first tournament Saturday, Aug. 31 to play in one of the top rated Labor Day tournaments in the region, the OBGC Capital Cup. The tournament included top teams from mostly Virginia and Maryland, ages U9-U19. The debut game for the Strikers ended in a 3-3 tie, awarding them one point in the bracket rankings.

In their second game, the Strikers confidence grew with an easy 8-0 win.

The Strikers had to beat the first place team in order to make it into the championship game. A tie would mean it was over.

The Strikers won 2-1, and then faced off with the winners of bracket B on Monday, Sept. 2nd. The Reston Strikers won in a 2-0 victory.

## REACT to Hold Annual Meeting Oct. 2

Reston Environmental Action (REACT) is a non-profit organization of residents working within their neighborhood or building to increase green habits. To encourage recycling, eco-friendly yard and garden care, greener transportation or energy conservation, email [info@restonenvironmentalaction.org](mailto:info@restonenvironmentalaction.org) or call 703-620-0151.

Everyone is welcome to attend the REACT annual meeting, with guest speaker Erin Trager discussing off-shore wind power in Virginia, on Wednesday, Oct. 2 at Walker Center Nature House at 7:30 p.m.



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



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

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.

## 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.



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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

**W**hile 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

**T**hirty 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



## COMMUNITY



PHOTO COURTESY OF VINCE MENDOZA

**The Great Falls and Reston girls of the Reston Strikers Blue team played and won their first tournament of the season.**

### Reston Strikes Blue Win First Tournament

The Great Falls and Reston U11 girls of the Reston Strikers Blue team played and won their first tournament of the season. They got a new coach (Georgiou Apostolos) this year as well as a couple of new players to round out the team. This tournament was the first time they stepped on the field together as a team.

To note—Coach Apostolos also coaches his daughter's U14 Team (they are currently ranked No. 1 in WAGS—Washington Area Girls Soccer). They also won in this same tournament. The tournament was the OBGC Capital Cup Labor Day Tournament, which is one of the top rated Labor Day tournaments in the region.



PHOTO CONTRIBUTED

**Michelle Claude, administrative assistant for Lake Anne ES, with Renee McPherson, an employee of Lockheed Martin who works for the HRAccess Program (Human Resources for TSA).**

### Lockheed Employees Show Generous Spirit To Lake Anne ES

Employees of Lockheed Martin who work for the HRAccess Program (Human Resources for TSA) donated supplies to Lake Anne Elementary School; the "Recruiting and Hiring Team" as well as the "Personnel, Payroll and Benefits Team" contributed to the cause.

These employees pooled their own money and one individual took the money and went school supply shopping specifically for the Lake Anne school. She is Renee McPherson, pictured above at Lake Anne Elementary School with school Administrative Assistant Michelle Claude.

## 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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## 21 Announcements

## 21 Announcements

### PUBLIC NOTICE

On August 19, 2013, an application was filed by John Garziglia with the Federal Communications Commission in Washington, DC for a new FM translator construction permit to serve Reston, VA operating on Channel 249 with 73 watts ERP from a transmitter site with geographic coordinates of: 38° 59' 56" N / 77° 17' 32" W, rebroadcasting WAMU-HD3, Channel 203, Washington, DC.

## 21 Announcements

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## 21 Announcements

## 21 Announcements

## 21 Announcements

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# RESTON COMMUNITY CENTER

## RCC PREFERENCE POLL

### Voting by Mail /Online/In Person

September 13 - October 4, until 5:00 p.m.\*

\* Mailed ballots must be received by the counting agent before 5:00 p.m. on October 3.

### Candidates Forum

Wednesday, September 18, 7:00 p.m., RCC Hunters Woods

The public is invited to attend to learn more about the candidates.

Voters are urged to review all statements and attend the forum to make their best selection. For more information on the 2013 RCC Preference Poll or Board of Governors, please visit our website at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or call RCC at 703-476-4500.



## 2013 Reston Multicultural Festival



### Saturday, September 28

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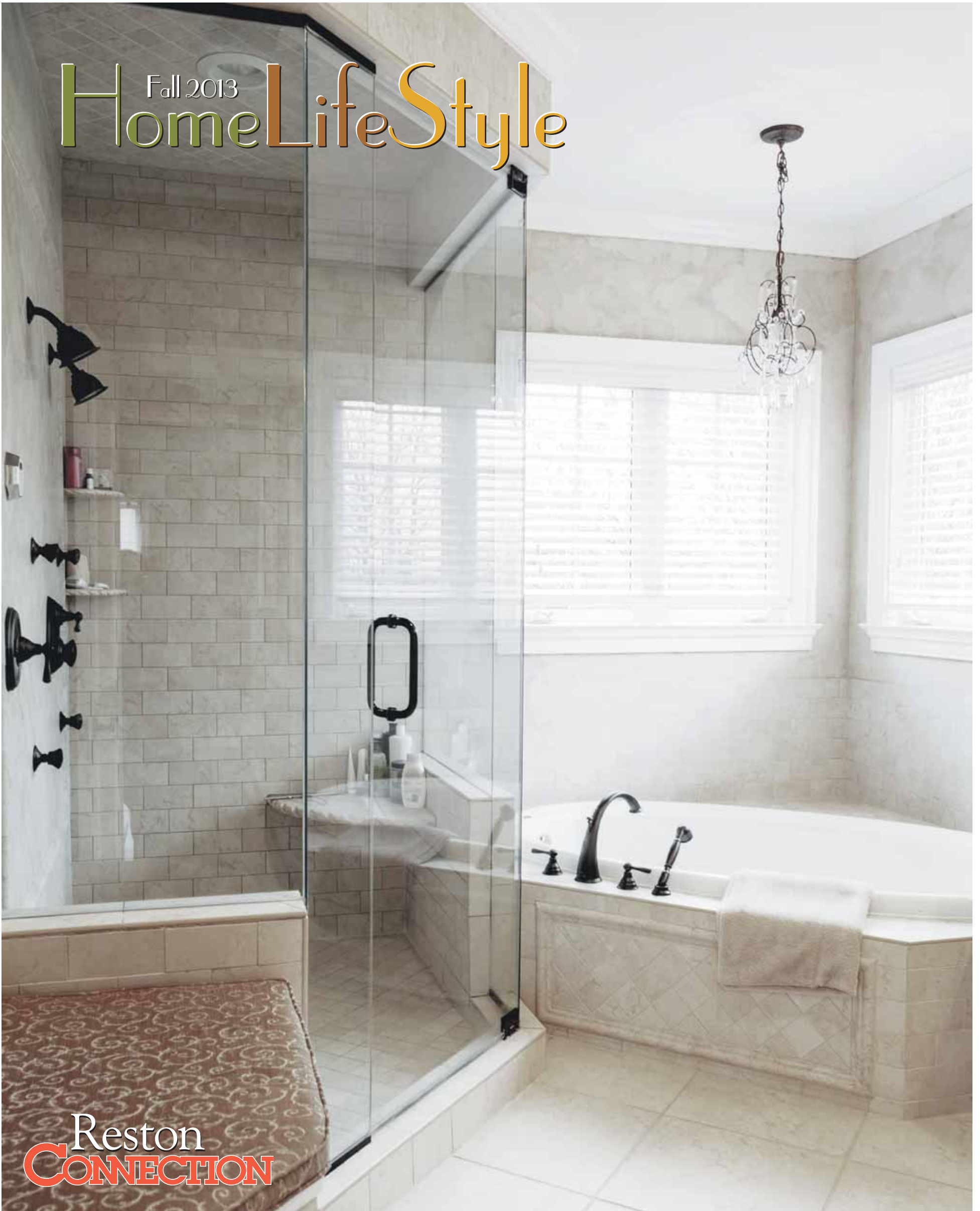


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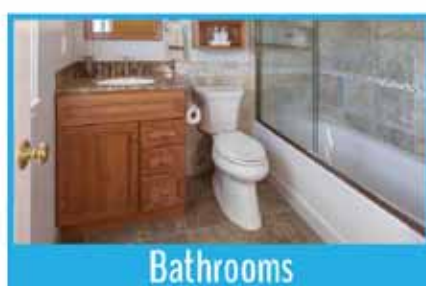
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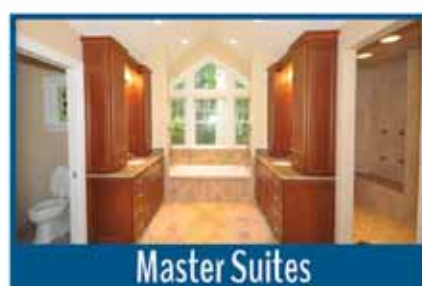
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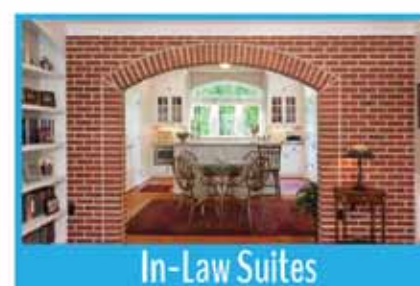
Kitchens



Bathrooms



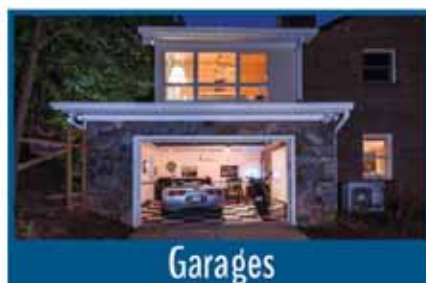
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## NVAR Summit at GMU's Mason Inn

Complex shortage of homes for sale likely to persist.

BY TIM PETERSON  
THE CONNECTION

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SEE NVAR, PAGE 7

### Northern Virginia Designers Awarded Rooms in Showhouse Event

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

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

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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

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a small sitting room adjacent to the dining room.

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

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

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

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

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

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

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



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



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

first floor.

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

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

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

pantry en route to the new dining room, and a critical leg in a work triangle that facilitates essential cooking and clean up tasks.

"It's much easier to both cook and tend to guests," Katy Hollis said. "The dining room, foyer and new living room are well-unified aesthetically; guests don't even need to see the kitchen."



BEFORE: Living Room



PHOTOS BY BRYAN BURRIS

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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](http://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.**



# Big Ideas for Small Spaces

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

## Local designers offer ideas for decorating small rooms.

minimize the amount of grout needed.

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

When it comes to color in small spaces, Sharon Kleinman of Tran-

sitions 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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## NVAR

FROM PAGE 3

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

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

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

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

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# Home LifeStyle Condo Renovations

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

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

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

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

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

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



**Mark Miller**

JOE PARISI PHOTOGRAPHY

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

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

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

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

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

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

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

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



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



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



**This renovated kitchen gained storage and space saving features.**

## More

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

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

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

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

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

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

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

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



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

PHOTOS COURTESY OF BOB NAROD PHOTOGRAPHY/BOWA