

H Home Life Style



NOVEMBER 2008 ♦ ARLINGTON CONNECTION

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Revisionist History

Arlington couple nearly doubles their house but preserves their home's character.

BY DAVID SCHULTZ

The reasons Joanne and Kevin Sweeney decided to renovate their Arlington home are fairly typical.

The couple had four young children and needed more space. But they loved their 1910 foursquare in the Ashton Heights neighborhood and didn't want to move to the outer suburbs.

So the Sweeneys decided to build a 1,500-square-foot addition to their 3,350-square-foot house. However, instead of building another level or tearing up their front lawn, they built their addition in their back yard.

"One of our big concerns was that it would still fit in the neighborhood," said Joanne Sweeney, currently a stay-at-home mom who used to work at the National Trust for Historic Preservation in Washington. "It was important that our renovation respect our neighborhood because we've seen a lot of things being built that don't respect our neighborhood."

The Sweeneys worked with an architect and a historical preservation consultant to make sure that their home kept its character through the renovation. They



PHOTOS BY LOUISE KRAFFT/CONNECTION

The front parlor of the original foursquare, with Wilson the house rabbit.



Joanne Sweeney.

painted the second story of the house a different color than the first story to make it appear smaller. They also put the 1,500-square-foot addition in the back so that it would be difficult to

SEE SWEENEY, PAGE 6

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— Joanne Sweeney



Lanterns from California light up the garden in the evening.

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Home Yoga Studio

By MIKE SALMON

Creat Falls resident Ellen Rule found a way to incorporate her love of people, yoga and community when she first stepped into her new yoga studio in her backyard in August.

The studio is on the second level of her carriage house that has a kitchen and living room on the ground floor, and

the studio a few steps up.

One wall is a set of knotted ropes and loops, "for people to do inversions," she said. The room also has wood floors, a podium, windows for natural lighting, and a sound system for soothing instrumental music.

"The gong is an instrument for healing, it vibrates every cell in your body and helps remove tension," she said.

Since the carriage house and yoga studio was just finished in August, Rule hasn't explored the full potential of the structure yet but she's starting with a few

Ideas? E-mail HomeLifeStyle@ConnectionNewspapers.com

PHOTOS BY LOUISE KRAFFT



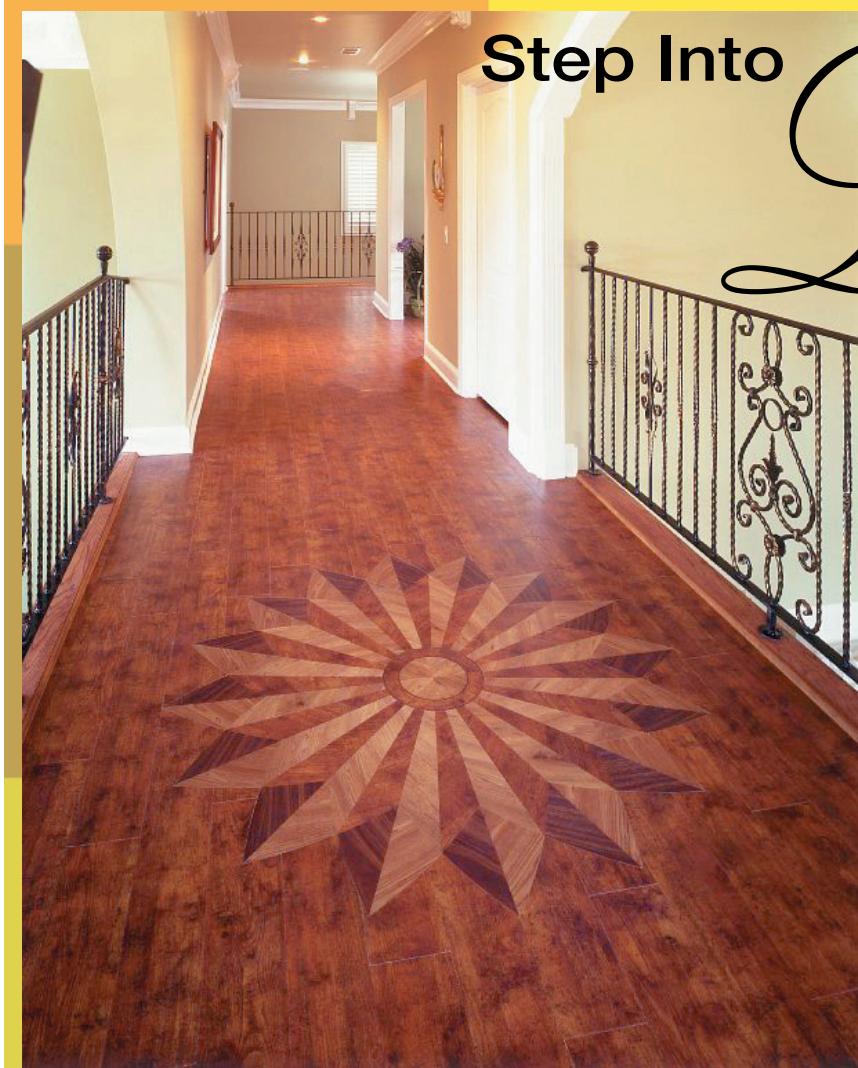
The class begins with a mantra and then breath-work.

classes and mediation sessions focusing on kundalini yoga.

"It's kind of evolving," she said. Kundalini isn't full of mainstream

poses like the downward dog, or the warrior. It relies more on the thought processes and the inner

SEE YOGA, PAGE 5



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Home Yoga Studio

FROM PAGE 4

calm that "is great for relieving stress," Rule said. She has been teaching this type of yoga for seven years.

Herndon yoga teacher Darshan Kaur Khalsa is a kundalini specialist and Sikh who teaches all over Northern Virginia, including a few classes in Rule's studio. In the yoga world, she is known as just Darshan.

"The studio is calm and peaceful, that's what the teaching employs. It feels like an oasis of peace," Darshan said. In the studio, Darshan trains yoga teachers and leads special work-

shops.

"It's a beautiful studio, it has a beautiful ceiling painted like clouds, and a gong that is great for relaxation," she said. For the past 20 years, Darshan has also taught yoga at Northern Virginia Community College.

All this stretching and meditating isn't a source of income for Rule though.

"I don't really make money with yoga," she said, adding that her husband's lawyer practice pays the bills. Rule spends her time between teaching yoga, her eight adopted children, and her surroundings in Great Falls.



Ellen Rule's Yoga Studio in Great Falls.

"Yoga helped me so much, I wanted to help the community," she said. Any money she makes is donated to Yogaville, a yoga facility south of Charlottesville.

Rule's neighbor, Doris Hannon, came over to Rule's studio to try out kundalini yoga for the first time. "The studio is something to see, it's very nice," she said.

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Renovation Maintains Historical Character

FROM PAGE 3

tell from the street that their house had been altered.

And they took pains to build the addition around a 100-year-old oak tree in their back yard. "In order to do the renovation we had to work around that," Sweeney said. "We started by talking to an arborist and he gave us information on how to save the tree. We had five 100-year-old oak trees [and] one of them died long before renovation. We did not want to lose any more trees."

Creating the addition to their house was an expensive and protracted process. While the construction took only 18

months, the planning process began almost as soon as the Sweeneys bought the house in 1989. They knew they would eventually be having children, Sweeney said, and they knew they didn't want to leave Arlington. Adding an addition was the only option they had to get the most out of their dream home.

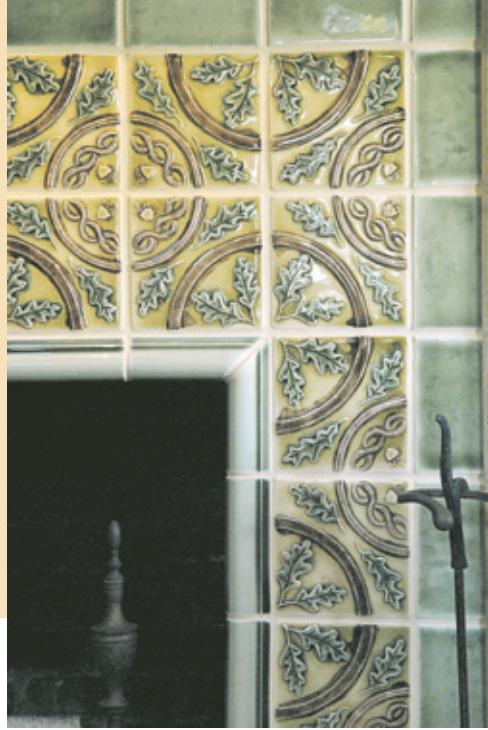
"When we bought the house we thought that it had potential," Sweeney said. "We're happy that we made the decision that we did. ... We have room to move and to kind of get lost. We're not on top of each other. We've got lots of room to entertain kids friends but we also have quiet parts of the house."

"We have room to move and to kind of get lost. We're not on top of each other."

— Joanne Sweeney



Wilson, the house rabbit hops through the parlor.



The Sweeneys replaced the original stone around the fireplace with tiles.



A dining nook overlooks the garden. The table, originally a library table was found at an antique shop and fit the space perfectly.



The exterior of the original foursquare. When the Sweeneys moved in they repainted the veranda columns a sage green in keeping with the landscape.



Keeping the existing roofline but alternating the size of the siding in the center, the integrity of the original house is maintained even with the large addition.



In the new addition of the home, a stone fireplace was added to the family room beyond the open kitchen.



A flagstone walkway leading in to the side garden and the new addition.

Ideas? E-mail HomeLifeStyle@ConnectionNewspapers.com

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North Monroe Street, Arlington, \$2,399,000

Completed in 2001 this six bedroom, five-and-a-half bath home combines a sophisticated architectural design with a rare wooded backdrop. The open architectural layout is both spacious and light with vaulted ceilings and two stories of glass. This property features a multi-tiered heated pool/spa/patio area while maintaining ample yard for children's enjoyment. The main level features include a two-story foyer and living room, master bedroom suite with private handicap full bath, additional half bath, dining room with wooded vistas, kitchen/breakfast room with cherry cabinetry stainless steel appliances and granite counters, plus a two-story great room with gas fireplace. Upstairs are three bedrooms each with private bath and walk-in closets, an additional master suite with master bath with Jacuzzi tub, separate shower and water closet. Walkout lower level has two additional bedrooms, fifth full bath, a recreation room with gas fireplace, and exits to patio/pool and oversized two-car garage.

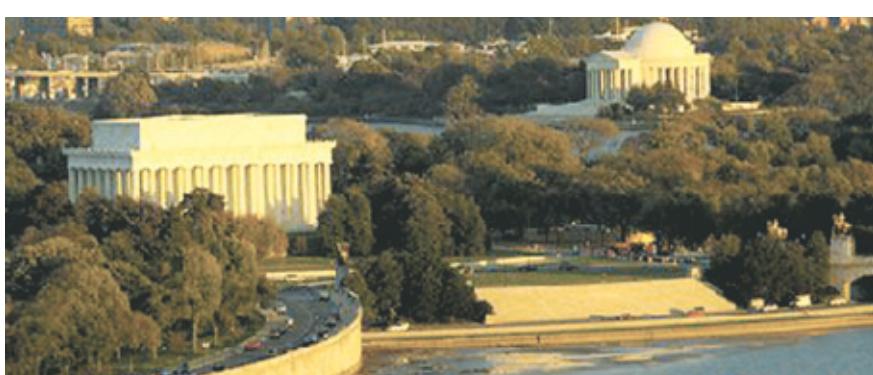
Contact Jonathan Prove, Realtor, RE/MAX Allegiance,
703-522-1940 office, 202-489-8169 cell.



Country Club Hills, Arlington, \$2,599,900

This classic entertainment-style home offers all the updates of a new home, including gourmet eat-in kitchen, banquet-sized formal living room and dining room, first floor family room, five bedrooms including fourth-level nanny suite, 4.5 baths including luxury master bath, walk-out lower level, over-sized professionally landscaped private yard on more than one third of an acre. Rare opportunity to live in old Arlington just blocks to the club.

Contact J.D. Callander, Weichert Realtors, 703-606-7901, JD@newNOVAhome.com.



Waterview For Rent, Arlington

Spectacular one bedroom plus den residence above the Hotel Palomar with magnificent views of

the Potomac River and monuments offered for rent in the Waterview. Luxury features include: gourmet kitchen with Chinoiserie red cabinets, Viking, Sub Zero and Miele appliances, marble bathrooms, maple hardwood floors and breathtaking floor to ceiling windows.

Waterview residents enjoy access to all the facilities and services of the Hotel Palomar. Located at the foot of Key Bridge just moments to Georgetown, Waterview gives instant access to the dynamic street-level energy of its urban environment, as well as the luxury of a private oasis. Stunning Rooftop observation deck on 31st floor, the highest in the entire area—provides panoramic city and river views.

Contact Kathleen LoGiodice Fong, Keller Williams, 202-744-2001 or 703-538-2134.



Kirby Road, McLean, \$2,999,000

This custom home by Georgetown Construction includes every amenity throughout four finished levels. Dramatic two story foyer, high ceilings, stone and brick facade and faux slate roof. Formal living and dining rooms, paneled library with private terrace, family room off the breakfast area with two-sided stone fireplace. Gourmet kitchen by Lobkovich spares no expense. Upstairs master suite with sitting room, a luxurious master bath with heated floors and closets galore. There are three additional guest suites and a laundry room followed by a second upper level bonus room and full bath. The lower level has a full wet bar, guest suite, billiard, recreation and exercise rooms. Close-in location next to GW Parkway.

Contact Mark McFadden, Coldwell Banker, 703-216-1333.

Ideas? E-mail HomeLifeStyle@ConnectionNewspapers.com

An East-West fusion of interior design.



PHOTOS BY LOUISE KRAFFT/CONNECTION

'Kyoto Calm' – A Restful, Reading Space by Tracy L. Morris.

Beyond Dragons

From the drawing table to the showcase floor, ten local designers' ideas and expertise were on display at the NSO Designer Showcase at the Chevy Chase Women's Club. Proceeds from the NSO Women's Committee event benefits the education activities of the National Symphony Orchestra that include the NSO Young People's Concerts, Summer Music Institute and NSO Welcome Center. For more information on the Women's Committee call 202-416-8150



Washington Sitting Room by Laura Mackey.

— LOUISE KRAFFT



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10

In the area, 56 homes sold for \$1 million or more

Twelve are in ARLINGTON

- ❖ 1111 19TH ST N #2601 (3 BR, 3 FB, 1 HB) in Waterview sold for \$2,451,300 on Sept. 5, 2008
- ❖ 3507 POTOMAC ST N (5 BR, 5 FB, 1 HB) in Minor Hill sold for \$1,650,000 on Sept. 19, 2008
- ❖ 1313 14TH ST N (3 BR, 2 FB, 3 HB) in Monument Place sold for \$1,525,000 on Sept. 26, 2008
- ❖ 3367 DICKERSON ST N (5 BR, 4 FB, 1 HB) in Country Club Manors sold for \$1,450,000 on Sept. 26, 2008
- ❖ 2720 QUINCY ST N (4 BR, 3 FB, 1 HB) in Dover Balmoral Riverwood sold for \$1,400,000 on Sept. 9, 2008
- ❖ 6212 31ST ST N (5 BR, 5 FB, 1 HB) in Berkshire Oakwood sold for \$1,400,000 on Sept. 12, 2008
- ❖ 1922 QUANTICO ST N (5 BR, 4 FB, 1 HB) in Over Lee Knolls sold for \$1,325,000 on Sept. 16, 2008
- ❖ 5320 37TH ST N (6 BR, 4 FB, 1 HB) in Williamsburg Village sold for \$1,250,000 on Sept. 22, 2008
- ❖ 1610 DANVILLE ST N (5 BR, 2 FB, 1 HB) in Lyon Village sold for \$1,184,000 on Sept. 30, 2008
- ❖ 5515 18TH RD N (5 BR, 4 FB, 1 HB) in Tara sold for \$1,100,000 on Sept. 8, 2008
- ❖ 3708 WOODSTOCK ST N (5 BR, 3 FB) in Country Club Hills sold for \$1,075,000 on Sept. 26, 2008
- ❖ 2210 SCOTT ST (3 BR, 3 FB, 2 HB) in Palisades Park sold for \$1,050,000 on Sept. 2, 2008

Four are in ALEXANDRIA

- ❖ 1200 JANNEYS LN (4BR, 2FB, 1 HB) in Alexandria sold for \$2,500,000 on Sept. 25, 2008
- ❖ 608 FORDS LANDING WAY (4 BR, 3 FB, 2 HB) in Fords Landing sold for \$2,100,000 on Sept. 19, 2008
- ❖ 426 FAIRFAX ST S (3 BR, 3 FB, 1 HB) in Old Town sold for \$1,415,000 on Sept. 15, 2008
- ❖ 309 PRINCE ST (3 BR, 2 FB, 1 HB) in Old Town sold for \$1,236,250 on Sept. 26, 2008

1313 14TH ST N (3 BR, 2 FB, 3 HB) in Monument Place sold for \$1,525,000 on Sept. 26, 2008



1511 SPRING VALE AVE (5 BR, 4 FB, 1 HB) in West Mc Lean sold for \$1,745,000 on Sept. 9, 2008



3507 POTOMAC ST N (5 BR, 5 FB, 1 HB) in Minor Hill sold for \$1,650,000 on Sept. 19, 2008

PHOTOS BY ROBBIE HAMMER



1313 14TH ST N (3 BR, 2 FB, 3 HB) in Monument Place sold for \$1,525,000 on Sept. 26, 2008

Five are in GREAT FALLS

- ❖ 853 NICHOLAS RUN DR (5 BR, 6 FB, 2 HB) in Grovemont sold for \$2,600,000 on Sept. 16, 2008
- ❖ 11553 TRALEE DR (6 BR, 4 FB, 1 HB) in Tralee Estates sold for \$1,950,000 on Sept. 26, 2008
- ❖ 9708 MILL RUN DR (5 BR, 4 FB, 1 HB) in Mill Run Acres sold for \$1,600,000 on Sept. 10, 2008
- ❖ 9020 BELCOURT CASTLE PL (5 BR, 5 FB, 1 HB) in Cheshire sold for \$1,400,000 on Sept. 29, 2008
- ❖ 974 MILLWOOD LN (4 BR, 3 FB, 1 HB) in Offutt Home Tract sold for \$1,150,000 on Sept. 26, 2008

Eight are in MCLEAN

- ❖ 8322 WOODLEA MILL RD (5 BR, 5 FB, 1 HB) in Woodlea Mill sold for \$2,500,000 on Sept. 12, 2008
- ❖ 1511 SPRING VALE AVE (5 BR, 4 FB, 1 HB) in West Mc Lean sold for \$1,745,000 on Sept. 9, 2008
- ❖ 1324 WOODSIDE DR (4 BR, 3 FB, 1 HB) in Woodside Estates sold for \$1,487,500 on Sept. 11, 2008
- ❖ 1880 VIRGINIA AVE (3 BR, 2 FB, 1 HB) in Franklin Park sold for \$1,475,000 on Sept. 15, 2008
- ❖ 1432 WAGGAMAN CIR (4 BR, 3 FB) in Salona Village sold for \$1,395,000 on Sept. 4, 2008
- ❖ 1880 VIRGINIA AVE (4 BR, 3 FB) in Franklin Park sold for \$1,300,000 on Sept. 1, 2008
- ❖ 6529 SOTHORON RD (6 BR, 5 FB) in Salona Village sold for \$1,300,000 on Sept. 30, 2008
- ❖ 1450 EMERSON AVÉ #502 (3 BR, 2 FB, 1 HB) in Palladium At Mclean sold for \$1,050,000 on Sept. 23, 2008

From White House to Your House



The warm colors of the Williamsburg-inspired mantle and holiday setting at the garden center.

A Victorian Christmas setting

Inside the garden center at Merrifield Garden Center, the elves have been working since the beginning of October. Three plus rooms have been transformed into holiday wonderlands filled with multiple trees each with a different theme and setting. Ribbon is the garland on a Victorian inspired tree while birds rest on the branches of another. A 'Country' tree is adorned with needlepoint figures while roosters and game bird feathers are features in the Williamsburg setting.



Father Christmas carries a branch of green at the entrance to the Woodland holiday setting.



The 2008 White House Christmas ornament honoring the presidency of Benjamin Harrison (1889-1893), the 23rd president of the United States was inspired by the Harrison family's Victorian Christmas tree. The cost of the ornament is \$16.95 plus packing and delivery and can be ordered from the White House Historical Association, P.O. Box 96586, Washington, D.C. 20090-6586, or call toll free 1-800-555-2451, or visit online at www.whitehousehistory.org. Each of the 27 ornaments (from 1981-2007) is also available, along with educational brochures.



Jewel-colored aluminum serving cups at Sur La Table 1101 South Joyce Street, Arlington Va.



The County Holiday tree is brimming with needlepoint figures.

PHOTOS BY
LOUISE KRAFFT

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