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Home Life Style



NOVEMBER 2008 ♦ GREAT FALLS CONNECTION

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Great Falls entertainment center features pub, multiple theaters, putting green and guest room.

Warm and Whimsical

BY DONNA MANZ

To call Heather and Jim McQuaig's lower level a basement is akin to calling the Sistine Chapel a painted ceiling.

Divided into intimate quarters, the lowest level of their traditional home in Great Falls is a grab bag of surprises. Intense umber tones, accented by aqua blue, radiate a warm earthiness throughout the 'pub' section of the family-centric lower level. Three televisions further divide the 'pub' area into activity-specific areas. Decorative raised-paneled columns add architectural interest to the entertainment center of the lower level.

"In the pub room, I guess I've been inspired by Scotland and England, mostly, in my decorating," says Heather McQuaig. "I love warm colors, and we wanted a very inviting lower level."

Turn an asymmetrical corner, and out pops another theme, from a French-flavored guest bedroom to a putting green.

She moved to Great Falls approximately 15 years ago after some coaxing by her sister, Audrey Shay, who made her home in the area.

"There's everything here," Shay told her. When Heather got her first job in Great Falls, she met her future husband, Jim. The couple has an 11-year-old daughter.

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Heather McQuaig

PHOTOS BY LOUISE KRAFFT/CONNECTION

The room had one exposed supporting beam, McQuaig enclosed the beam in shaped column with raised panels. The columns are repeated throughout the 'pub room' and act as dividers.

"The kids have their own theatre area, the guys can sit here watching sports on the TV, and Heather and I can relax near the bar."

— Audrey Shay, Heather McQuaig's sister



In a nook beyond the bar, a love seat adds comfort and a bit of privacy for a game of chess.

Home Yoga Studio

BY MIKE SALMON

Great 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



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

of the structure yet but she’s starting with a few 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 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



Ellen Rule in the sitting room of her newly completed studio.



Kathy Armstrong of McLean relaxes and listens as yoga instructor Darshan Kaur explains what she has planned for the session.

PHOTOS BY LOUISE KRAFFT



Ellen Rule's Yoga Studio in Great Falls.

Home Yoga Studio

FROM PAGE 4

peace,” Darshan said. In the studio, Darshan trains yoga teachers and leads special workshops. “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.

“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.



Near the conclusion of the morning session Darshan sounds the gong.

Rule’s children, ranging from age six to 21, were introduced to yoga through the years but only her 9-year-old daughter Caroline really showed interest. Caroline incorporates singing when she does the poses, and has found her voice through yoga.

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Textures and Colors Create Warm, Rich Ambiance

FROM PAGE 3
daughter, a 9-year-old son and a 22-year-old daughter.

In 12 married years, the McQuaigs have moved four times, partly because McQuaig loves decorating and creating new designs for living space. With a degree in retail design, McQuaig was armed with enough professional background to implement the interior designs she imagined.

"I've always loved houses and decorating," McQuaig said. "I've decorated on different budgets and on different scales."

After having her first child 11 years ago, McQuaig planned to be a stay-at-home mom, and when people asked for design help, McQuaig referred them to her friend, Tim McDonough of TM Designs. A year ago, McQuaig joined TM Designs.

"I'VE ALWAYS liked golfcourse clubhouses that have warm, rich atmosphere. We wanted this to have a sports pub feel, but a sophisticated sports pub, if there's such a thing."

The bar is made of substantial cherry wood, but its grain has been buffed and varnished to give it an antiqued look.

Then, there's the secret

"Out of the whole renovation, I was most excited about my secret room."

— Heather McQuaig

PHOTOS BY LOUISE KRAFFT

A sophisticated sports bar feel created out of cherry, buffed and varnished to appear antiqued.

room, two of them, in fact. High-ceiling storage space under the staircase is invisible from the exterior wall. A concealed door hides in a wall of wood paneling that surrounds the room.

"Out of the whole renovation, I was most excited about my secret room," said McQuaig. "I loved it so much, I had another one made on the other side." Like a secret passageway in an ancient English estate, a turn of floor molding just opens the disguised door.

Heather's sister, Audrey, was married in a small Mediterranean town just north of Nice, and a

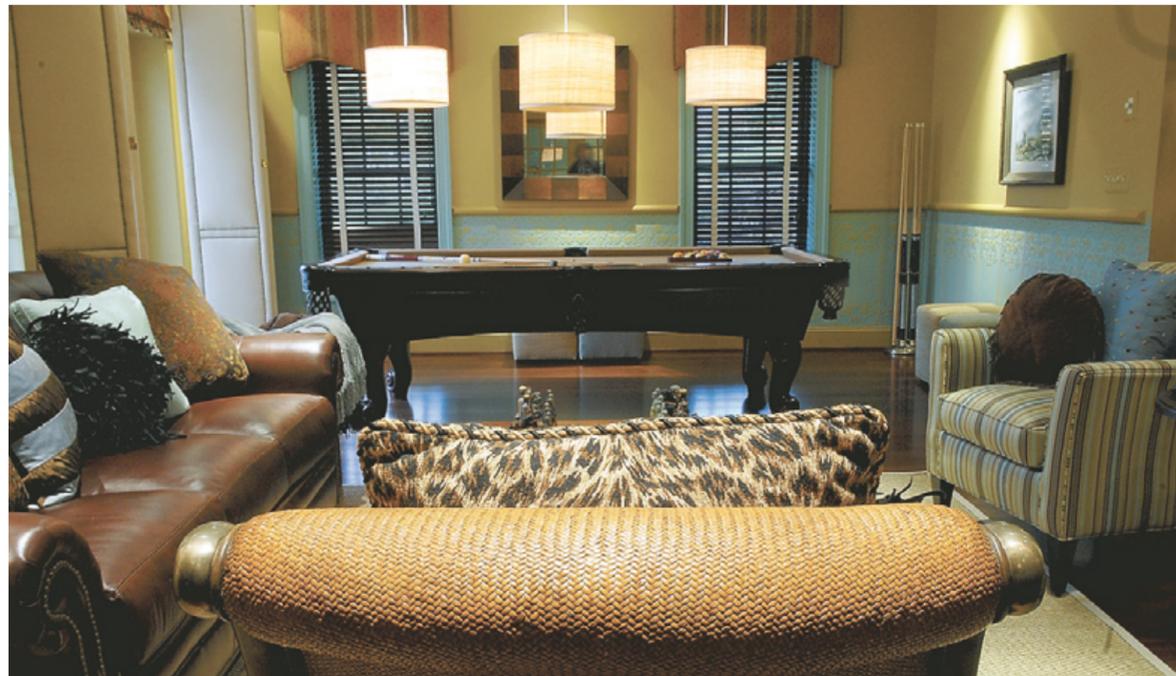
painting of the town, an explosion of bright color created by the sisters' mother, hangs prominently over the bar.

"The kids have their own theatre area, the guys can sit here watching sports on the TV, and Heather and I can relax near the bar," says Shay. Throughout the house are their mother's vividly colored images, calling mostly upon memories of Europe.

And for a man who loves golf, there's a putting green in the game room. The McQuaigs had holes cut into the flooring for Jim, and son, to practice golf putts.

"I've always liked golfcourse club houses that have warm, rich atmosphere."

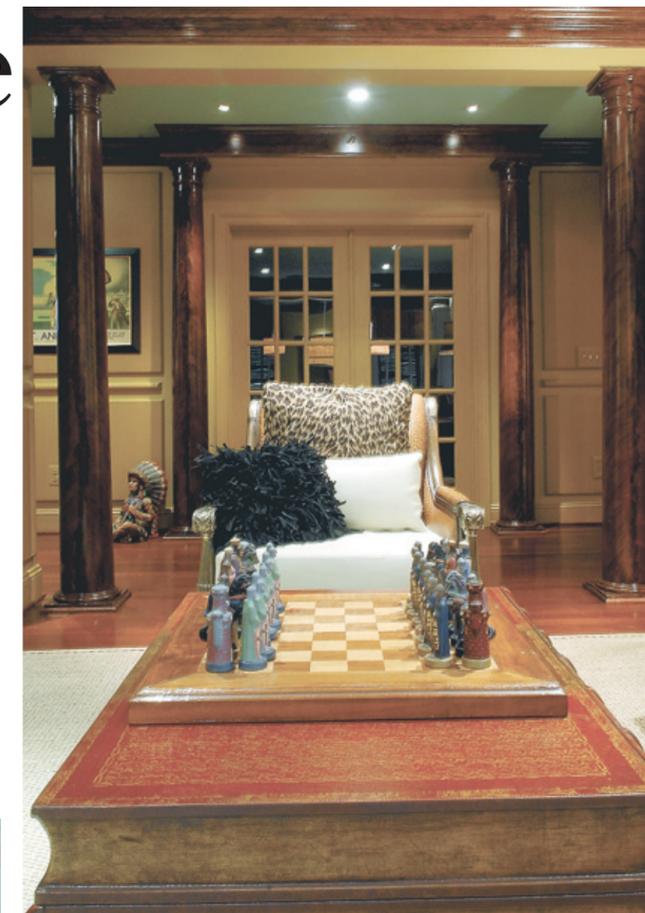
— Heather McQuaig



Crossing past the center stairwell, the room opens up becoming a quiet area for conversation or a game of chess or pool.



Beneath the chair molding surrounding the pool table, Heather used blue embossed wallpaper adding a layer of paint to the high relief in a contrasting shade.



A chess board and figures made by Jim McQuaig stands ready for a game. Beyond the classic columns and through the French doors is the 'Children's Room.'



Sisters Audrey Shay and Heather McQuaig in the McQuaig's 'pub' room. The painting was created by the sisters' mother after Shay's wedding in the south of France. PHOTO BY DONNA MANZ



Black Riffles Road, Great Falls, \$4,300,000

Built on a parcel once known as the Black Riffles Equestrian Farm, this home sits on five acres just west of Great Falls and River Bend parks, deep in the Great Falls woodlands near the Potomac River. The European Porte-cochere marks the entrance to a flagstone motor court which accesses four of the eight garage bays set within a stacked two-story wing.

Towering windows surround the main level, where formal rooms are dressed in Brazilian Cherry and Travertine. The master wing is luxurious with a bath fit for royalty. Surrounding an upper level library-study area, the bedroom offers world-class luxury. There is an upper level party room, a fully finished open-space lower level, an in-law's wing, swimming pool, and a fully equipped home gym. Six-plus bedrooms, 13 bathrooms, five fireplaces, Web-enabled security monitoring, geothermal system, an emergency backup generator.

Contact Said Zangeneh, Weichert Realtors, Great Falls, 703-855-1819.



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.



Luvie Court, Potomac, \$3,395,000

Wrapped in seclusion by mature trees, gardens and 1.61 acres of grounds with views of the Potomac River, this home exhibits Old World influence, and the masterful imprint of architect Bobby McAlpine. Detailed with paneled ceilings and designer flooring, the interior features a grand salon, a magnificent kitchen and dining room, a Mahogany-paneled porch, and first-floor owner's suite. The grounds include flagstone terraces and a secluded infinity pool. Situated on Merry-Go-Round-Farm, an equestrian community, an adjacent .73-acre lot is offered separately for \$795,000.

Contact Nancy Itteilag at 202.905.7762 or itteilag@aol.com for more information.



Beall Mountain Road, Potomac, \$3,450,000

This Beall Mountain Road home offers a stunning setting and the luxury of privacy. Sited on six acres with a meandering stream and gorgeous woodlands. Only the best materials have been used and all with a designer's eye. Go outside and relax at the serene rock outcropping overlooking the stream, frolic in the pool or crank up the competition in the barn-styled sportsplex with a full-court indoor basketball court and batting and golf cages.

Contact Anne Killeen, Washington Fine Properties, cell 301-706-0067, Office 301-983-6400

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



— LOUISE KRAFFT

Washington Sitting Room by Laura Mackey.

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



11553 TRALEE DR (6 BR, 4 FB, 1 HB) in Tralee Estates sold for \$1,950,000 on Sept. 26, 2008

PHOTOS BY ROBBIE HAMMER

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 AVE #502 (3 BR, 2 FB, 1 HB) in Palladium At Mclean sold for \$1,050,000 on Sept. 23, 2008



9708 MILL RUN DR (5 BR, 4 FB, 1 HB) in Mill Run Acres sold for \$1,600,000 on Sept. 10, 2008

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 Mansors 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



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

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



From White House to Your House

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.



PHOTOS BY
 LOUISE KRAFFT

Festive Colors



EVE Italian leather chair and ottoman in Festive Red with chrome legs. Available at DESI Pentagon Row, 1101 S. Joyce Street, Arlington Va. www.DESISOFAS.com



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



Poinsettia napkin rings, wine red seeded goblets, La Rosa dinner plate with 12" red lacquer charger at Sur La Table 1101 South Joyce Street, Arlington Va.



The warm colors of the Williamsburg-inspired mantel 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 rosters and game bird feathers are features in the Williamsburg setting.



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



The County Holiday tree is brimming with needlepoint figures.



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