

The Irish 'Rose' Of Burke

NEWS, PAGE 8

Briana Apgar of Burke at Alexandria St. Patrick's Day parade with a fan, Grace. Apgar shares her experiences as the 2012 Washington Rose.

Bicyclists Pedal
Onward, Despite
Legislative Losses

NEWS, PAGE 4

Sharks Take a
Bite Out of Cancer

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Sean Rizzo

YOU WILL BE ASKED TO BRING A THIRD PARTY TO YOUR APPOINTMENT.

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PHOTO CONTRIBUTED

Shark Tank swimmers gather around coach Patty Friedman, co-founder of the team, as she announces the fundraising total for the Sunday, March 3, marathon to raise funds and awareness for breast cancer.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Coach Patty Friedman, co-founder and coach of the Shark Tank Racing Squad, receives a hug from one of her swimmers after the Sunday, March 3, marathon to raise funds for breast cancer awareness. The event was held at the South Run Rec Center in Springfield.

Sharks Take a Bite Out of Cancer

Swimmers raise \$17,000 for breast cancer awareness during annual marathon.

BY VICTORIA ROSS
THE CONNECTION NEWSPAPERS

One woman is diagnosed with breast cancer every three minutes, and one woman will die of breast cancer every 13 minutes in the U.S.

On Sunday, March 3, 38 members of the Shark Tank Racing Squad swam for three hours to put a dent in that brutal statistic.

Each member swam three miles, and together the team raised more than \$17,000 for breast cancer awareness and research during the third annual marathon held at the South Run Rec Center in Springfield.

"It was beyond amazing," said Shark Tank co-founder and coach Patty Friedman. "I have seen so much good in these little people. They are so inspired to do this, and they know their efforts make a difference."

"This is a fantastic group of parents, coaches and swimmers. It brought tears to Patty's eyes as when the band played the event's theme song and kids came over to give Patti hugs," said Supervisor Pat Herrity (R-Springfield), who has been a longtime supporter of the team and attended the marathon.

Herrity said the event has a special meaning to him. His mother is a 40-plus-year breast cancer survivor.

In addition to dozens of parents, supporters and community leaders, the Fairfax County Fire and Rescue team from Pohick Station 35 honored the team during the marathon.

"I told them before they swam that they would break bread with heroes, but that this time the heroes were honoring their heroic efforts," Friedman said. "I also told them that somewhere nearby, a woman in a nearby hospital cradling her newborn girl would consider my team her heroes, be-

cause their efforts will help give her cherished baby a better chance at a life free of breast cancer."

"Patty and her kids are pretty amazing," Herrity said. "They raised more than \$15,000 for breast cancer awareness, and more importantly, she is educating a whole bunch of kids on breast cancer and how important it is to contribute to your community."

FRIEDMAN, known as an indefatigable coach and mentor, has made helping others a top priority for the team.

In addition to the team's work raising money for breast cancer research, the swimmers assist needy families in Fairfax County by volunteering for Our Daily Bread, a Fairfax nonprofit.

Last November, Friedman challenged her team to contact needy families directly to see how they could support them. In January, the swimmers purchased groceries and then delivered them to 30 families with a total donation of \$7,700.

Participating in a recent swim marathon to raise money in support of the Washington D.C. Avon Walk for Breast Cancer, they joined 28 additional swimmers to swim 220,000 meters and raise \$12,000. This marks the fifth year that they have worked to raise money for breast cancer research and have been the fourth largest fundraisers for the Avon Walk for two consecutive years.

Last March, the Fairfax County Board of Supervisors recognized Friedman and the team for its work in the community.

"I am very proud to have such an engaged group of young adults in the community. They challenge not only themselves but make sure to give back to those in need in our community," Supervisor John Cook (R-Braddock) said during the presentation.

"Many of them have done more than



PHOTO BY VICTORIA ROSS/THE CONNECTION

In three years, the Shark Tank Racing Squad has raised more than \$32,000 for breast cancer research and awareness.

many adults will do in a lifetime," Friedman said.

Friedman organized the team in the fall of 2009, and in 2010 the Shark Tank Racing Squad became a member of USA Swimming's Potomac Valley. By that time, more than half of the team's swimmers had qualified for and competed in championship meets.

Friedman, an avid supporter of breast cancer awareness, said she shares her passion with her swimmers because it "empowers them to make a difference in this world."

Friedman said she was inspired by her friend Kim, whose mother died suddenly from inflammatory breast cancer several years ago.

"Each year, I tell as many people as I can what to watch for, why it is different than other breast cancers because this rare form of breast cancer takes 60 to 75 percent of the women who have it," Friedman said.

The team will continue to raise money in preparation for the National Avon Walk for Breast Cancer on the National Mall May 4.

Shark Tank Racing Squad

Fundraisers and swimmers in Swim Marathon to Fight Breast Cancer:

- Aiyah Bakir, 12, Fairfax Station
- Jenna Bakir, 14, Fairfax Station
- Brett Bold, 12, Fairfax
- Audrey Bowden, 11, Burke
- Isaac Bowden, 12, Burke
- Elena Dubet, 8, Fairfax
- Matthew Dzieriski, 10, Lorton
- Lauren Dzieriski, 13, Lorton
- Ella Rose Friedman, 10, Fairfax Station
- Daniel Graham, 10, Lorton
- Sarah Heiss, 15, Fairfax Station
- Hailey Johnson, 13, Springfield
- Kendall Johnson, 11, Springfield
- Maddie Kelly, 8, Burke
- Michael Kelly, 14, Burke
- Samir Lagouit, 11, Lorton
- Moira LeMay, 15, Lorton
- Charlie Lertlumprasert, 15, Burke
- Katie Little, 12, Fairfax
- Becca Ly, 12, Lorton
- Connor Mac Kinnon, 16, Springfield
- Jordan Manion, 14, Springfield
- Caroline Mori, 12, Fairfax
- Joseph Paris, 18, Springfield
- Alaina Park, 12, Springfield
- Jocelyn Pham, 9, Burke
- Crystal Pham, 13, Burke
- Kaitlin Pollman, 12, Burke
- Charlie Pommer, 10, Lorton
- Conor Pommer, 12, Lorton
- Isabella Pommer, 12, Lorton
- Will Pyle, 11, Fairfax Station
- Maya Rakotoarisoa, 11, Lorton
- Greer Riedl, 14, Lorton
- Alejandro Rodriguez, 12, Alexandria
- Dayana Sainz, 12, Springfield
- Leandro Sainz, 9, Springfield
- AJ Salvatori, 16, Springfield
- Michael Salvatori, 11, Springfield
- Audrey Schroeder, 15, Haymarket
- Claire Schroeder, 13, Haymarket
- Danielle Shahin, 10, Lorton
- Nick Shahin, 10, Lorton
- Matthew Summers, 11, Fairfax
- Anna Surbey, 11, Fairfax
- Bevin Surbey, 9, Fairfax
- Nora Surbey, 14, Fairfax
- Holly To, 15, Springfield
- Nicole To, 10, Springfield
- William To, 12, Springfield
- Anu Trivedi, 13, Burke
- Ethan Villavicencio, 14, Fairfax
- Coach and swimmer Binh Vu, 23, Springfield

THE COUNTY LINE

Bicyclists Pedal Onward, Despite Legislative Losses

FABB promotes extended hours on W&OD Trail.

BY VICTORIA ROSS
THE CONNECTION

As the weather gets warmer and the days get longer, Northern Virginia bicyclists are back on the roads and trails, despite the Virginia General Assembly's antipathy for bike safety bills this session.

"Between us, BikeVirginia, RideRichmond, WABA, RABA, TBA, and other groups across the commonwealth, we put a lot of energy into getting cycling-friendly legislation through during the 2013 General Assembly session," said Michael Gilbert, co-founder of RideRichmond on the VBF website. "Unfortunately, none of it came to fruition."

State Senator Chap Petersen (D-34), who introduced several unsuccessful bike safety bills this session, said he was baffled by the defeat of his "dooring" bill, which would have required motorists to open their doors safely when there is oncoming traffic. The maximum civil penalty for recklessly swinging car doors open was \$100. The bill generated the most attention—and optimism from bike advocates—when it sailed through the Virginia Senate and a House transportation subcommittee.

But the House Transportation Committee swung the door shut on "dooring" when it voted 7-7 on the question of reporting it to the full House, since a tie vote equals a loss in the General Assembly. On his blog—OxRoadSouth—Petersen said his bill was "logical, fair and simple."

"It simply stated that a driver, who is opening a car door near moving traffic, must be accountable for any accidents caused by that open door," Petersen said.

"Why is this relevant? Am I restricting personal freedom? Common sense? No, it's about safety. As bike lanes become more prevalent in our urban areas, 'dooring' has become a major threat to cyclists. ... Since drivers are in the best position to avoid 'dooring' accidents, that is only fair," Petersen said, adding that more than 20 states, including Maryland and D.C., already have this law.

But area bicyclists refused to be sidelined by these legislative defeats. Fairfax Advocates for Better Bicycling put out its newsletter this weekend, sharing the following in-



PHOTO COURTESY OF FABB

A group of local cyclists take advantage of the good weather during a ride to Tysons Corner. To find "bike-friendly" paths in Fairfax County, go to www.fairfaxcounty.gov/fcdot/bike/bikemap.

More Information

Want more information on how to bike locally? Check out these websites:
For a copy of Fairfax County's bicycle maps and trails:
www.fairfaxcounty.gov/fcdot/bike/bikemap.htm
www.fairfaxcounty.gov/trails/maps.htm
www.fabb-bikes.org/resources.html
❖To help plan your bicycle trip online:
www.ridethecity.com/dc
www.wmata.com/ridertools/triplanner
❖To get involved in bicycle advocacy:
www.fabb-bikes.org
www.waba.org
(FABB is affiliated with the Washington Area Bicyclist Association, an advocacy group for the D.C. metro area.)

formation:

W&OD Trail Extended Hours

The W&OD Trail is now open from 5 a.m. to 9 p.m. between Shirlington and Herndon. The Northern Virginia Regional Park Authority recently installed signs along the trail showing the new hours and requirements for use after dark.

"This is good news for bike commuters and other people who need to use the trail at night," said Bruce Wright, chairman of FABB. "Most commuters currently ride on the trail after dark because they have few safe alternative routes. ... These new hours are experimental and could be expanded (or restricted) in the future. If you have comments, send feedback to NVRPA."

According to the Extended Hours of Use Requirements, cyclists are required to "wear reflective clothing that can be easily seen from the front and rear" and to have a front and rear light. Trail users on foot are also required to have front and rear reflective clothing and they "must carry a light or wear a flashing light."

Wright said FABB will be out on the trail over the next several weeks offering free lights to trail users. See the FABB blog for more details.

Bicycle Master Plan

The county Bicycle Master Plan was completed in July 2012. "We're hoping the plan goes before the Planning Commission and Board of Supervisors this spring," Wright said.

Parkway Trail Now Open

Due to construction of the Fairfax County Parkway overpass at Fair Lakes Parkway, the adjacent paved trail was dug up and closed for many months. Finally a replacement trail is taking shape. While parts of the new trail are not paved yet, the trail is now open between Route 50 and Fair Lakes Parkway. FABB tried to get the county and VDOT to provide a signed detour for trail users through a nearby neighborhood while the trail was closed, but despite numerous attempts, they were not successful. "The Parkway Trail is a major commuter and recreational trail that never should have been closed without a suitable detour," Wright said.

2013 Bike to Work Day

Registration is now open for



PHOTO BY VICTORIA ROSS/THE CONNECTION

Fairfax Advocates for Better Bicycling Chairman Bruce Wright and long-time cyclist Kerie Hitt get ready to bike to their home in Reston after receiving an award from the Fairfax County Board of Supervisors last year.

Bike to Work Day on Friday, May 17. Several events will be held in Fairfax County: Burke VRE Station, Fairfax Corner, Herndon, the new Merrifield-Mosaic District, Merrifield-W&OD Trail, Collingwood Park (new), Reston, and Springfield Metro at Walker Lane, Tysons Corner Center, and Vienna.

"We plan to have FABB reps at each of these events to provide route information, answer questions, and to ask people to sign up for our e-newsletter," Wright said.

Upcoming Events

Many communities hold health and environmental fairs such as Earth Day, Arbor Day, and so forth during the spring, and we encourage everyone to ride your bikes and promote bicycling when you attend these events.

❖Wednesday, March 20—FABB Monthly Meeting

❖Tuesday-Thursday, April 9-11—Fairfax County Budget Hearings

❖Wednesday, April 17—FABB Monthly Meeting

❖Thursday, April 18—Vienna Green Expo

❖Tuesday, April 23—USGS and Freddie Mac Earth Day events

❖Saturday, April 27—Paul's Ride for Life, Clean Fairfax Earth Day event, and Be Fit McLean

❖Wednesday, May 15—FABB

Monthly Meeting

❖Sunday, May 5—Vienna Bike Safety Awareness Day

❖Friday, May 17—Bike to Work Day

❖Saturday, June 1—Tour de Fat

"Since 2006, Fairfax County has become more bike friendly with the adoption of the county-wide bicycle initiative, but cyclists still need better-connected bike routes, secure bicycle parking and education programs to help them travel comfortably and safely," Wright said, adding that passage of the Bicycle Master Plan is the group's primary goal.

"It contains a roadmap for making Fairfax a bicycle-friendly community. Implementing the plan will take a commitment from our community leaders to building a safe, connected bicycle network that will benefit all local residents."

"FABB is clearly focused on improving our quality of life and health by providing better opportunities for biking," said Supervisor Catherine Hudgins (D-Hunter Mill). "(The group) has already completed a key goal of informing the community and providing directions on how to improve biking opportunities with its wonderful guide."

Hudgins, who has backed many cycling initiatives, said she thinks cycling generally helps create more livable, healthy and sustainable communities by "connecting us as people."

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

FRIDAY/ MARCH 15

Ian Cook's Dare To Be Their Best Boss Ever. 8-10 a.m., at Leadership Fairfax Office, 8230 Old Courthouse Road, Suite 350, Vienna. A seminar to help bosses inspire employees to work their hardest and put passion into their work. Members: \$25; non-members; \$30.

SATURDAY/MARCH 16

Rock 'n' Roll Half Marathon. Donate to the Josh Anderson Foundation for preventing teenage suicide by giving to their largest fundraising event and/or running in the marathon. www.active.com/donate/joshafoundation2013.

WEDNESDAY/MARCH 20

Getting Your Ducks in a Row. 1:30 p.m., at Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. An elder law attorney leads a discussion on common legal needs such as powers of attorney, wills and estates, guardianships and trusts. RSVP. 703-204-4664.

Planning Commission Public Hearing: Home Child Care Facilities. 8:15 p.m., at the Government Center, 12000 Government Center Parkway, Fairfax. A public hearing on the Home Child Care Facilities Zoning Ordinance Amendment; concerns number of children allowed to be cared for, parking, drop off and pick up areas, permit fees and conformance to use limitations in home child care facilities. www.fairfaxcounty.gov/dpz/zoningordinance/proposed/.

THURSDAY/MARCH 21

Saturday Night in the Suburbs. 7 p.m., at Woodson High School, 9525 Main St., Fairfax. A parents-only program that features a panel of students talking about what goes on with teens on the weekend.

TUESDAY/ MARCH 26

Virginia Search and Rescue Dog Show. 10:30 a.m., at the Pohick Regional Library, 6450 Sydenstricker Road, Burke. Learn about wilderness safety and what to do if you get lost with David Wyttenbach and Virginia Search and Rescue K9 Sirius Black. www.fairfaxcounty.gov/library/events/marchhasgonetothedogs.htm.

WEDNESDAY/MARCH 27

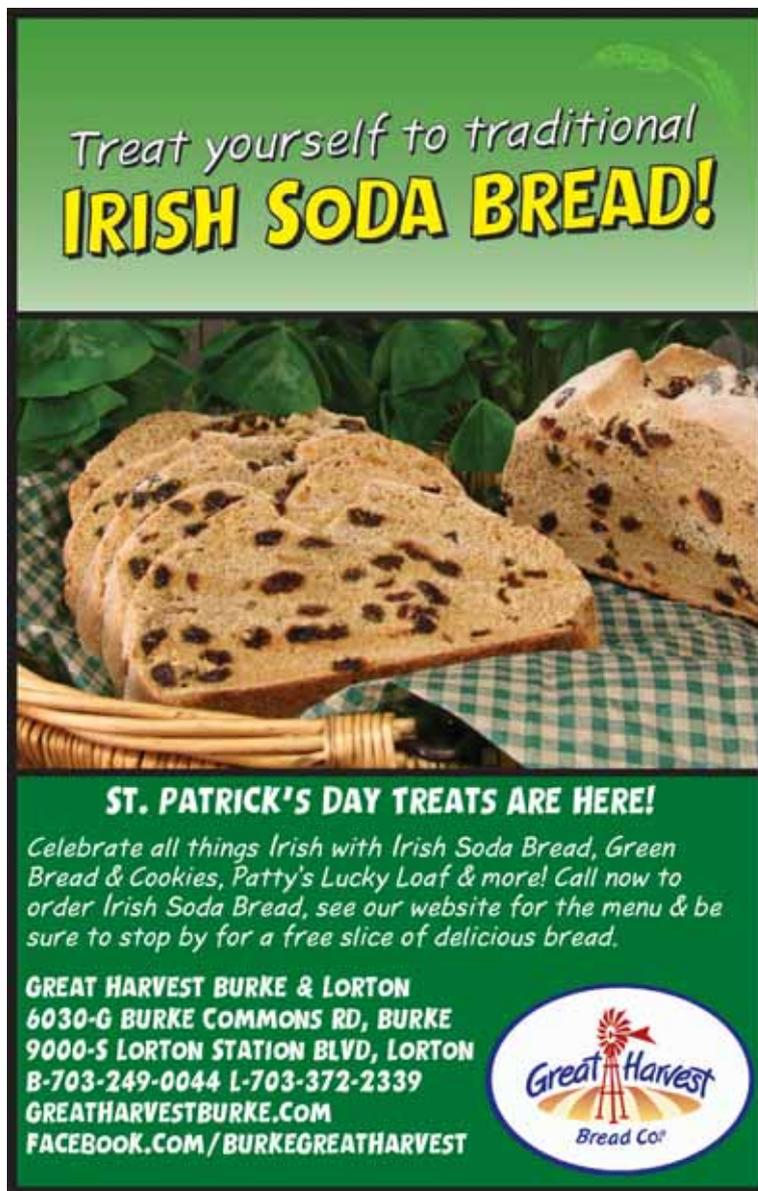
Community Book Talk: Living Smart After 50. Noon-1:30 p.m., at Pohick Library, 6450 Sydenstricker Road, Burke. A talk on the eponymous book to help seniors prepare for and take advantage of the future. 703-569-3753 or LiveSmartAfter50.com.

FRIDAY/APRIL 12

Leading to Well Being: Facilitating Leadership for a Well-Lived Life. 8:30 a.m.-5 p.m., at the Mason Inn & Conference Center, 4400 University Drive, Fairfax. Notable scholars and industry leaders address innovations in leadership and well-being. Mason students: \$225; general: \$300. wellbeing.onmason.com or info@cct.gmu.edu.

MONDAY/APRIL 29

Kindergarten Orientation/Registration. 2 p.m., at Greenbriar East Elementary School, 13006 Point Pleasant Drive, Fairfax. Explore the option of enrolling your child; contact the office with questions regarding the registration process. 703-633-6400.

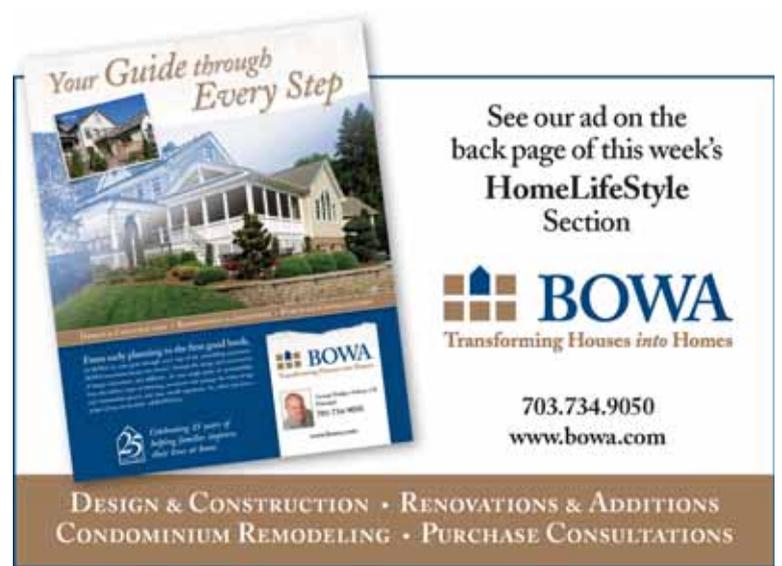


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THE CONNECTION
NEWSPAPERS



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Join us at this incredible event and get unbelievable items at ridiculous prices!!!
You cannot afford to miss this event!!!

Small items and clothing drop-offs may be made to the front of the Ritz-Carlton Hotel, Tysons Corner with the Bell Staff. Please indicate that the items are for the Boys and Girls Clubs Rummage Sale. Donation receipts will be available at drop-off.

On-site moving company available for hire for large item purchases.
For more information, visit our event site.
<http://www.fairfaxbgcgw.org/index.php/rummage-sale>
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Hybrid Hijinks Discouraging innovation in high-tech Virginia.

Consider this as a possible scenario (although perhaps we should have saved this for April 1): Fewer people are smoking, and many of those who do are smoking less. Virginia's cigarette tax, the lowest of any state at 30 cents a pack, is a declining revenue source. Higher cigarette taxes are proven to reduce smoking. Under current logic in the commonwealth, there would be two courses of action to raise revenue: a) cut the cigarette tax, and b) charge non-smokers a fee to make up the difference and to compensate for the fact that they don't pay cigarette taxes.

This is basically the convoluted approach that leads to the \$100 annual hybrid fee as part of Virginia's proposed transportation plan, to help make up for the reduced tax on gas.

The annual \$100 surcharge for owners of hybrids vehicles should be stripped out of the transportation bill. Something that could add \$1,000 to the price of owning a car over a normal period of time discourages innovation and punishes people who are trying to reduce pol-

lution and dependence on oil.

It also seems likely that the greatest concentration of ownership of hybrid vehicles would be in Northern Virginia, so it's one more way to extract more money from our region.

To replace these funds, plus a little, why not charge an additional \$100 annual registration fee for any vehicle with a purchase price of \$40,000 or more? Or charge the additional \$100 for any personal vehicle with a miles-per-gallon rating of less than 25 miles per gallon highway, especially since the more gas your car burns in Virginia, the more of a break you are receiving on the gas tax reduction. Or charge a sliding fee based on the number of miles driven and the weight of the vehicle (hint: the fee would go up with the miles and weight).

Or raise, rather than reduce, the gas tax and index it to inflation.

Sober on Saint Patrick's Day?

Saint Patrick's Day has always been a holi-

day associated with alcoholic beverages.

You, and/or the young adults in your household, will naturally have a plan to celebrate without drinking and driving. Plan to have a designated driver. Plan to take public transportation home. Plan to party at home or at a friend's house where you can spend the night.

If all of those plans fall through, however, and you end up without a ride home when you've been drinking on Saint Patrick's Day, the Washington Regional Alcohol Program has a safety net for you, SoberRide — Saint Patty's edition.

WRAP's 2013 Saint Patrick's Day SoberRide program will be offered on Sunday, March 17, from 4 p.m. to 4 a.m. on Monday, March 18. To receive a free cab ride home (up to a \$30.00 fare), call 800-200-8294. You must be 21 or older to use the SoberRide service. Last Saint Patrick's Day, more than 600 potentially impaired drivers made use of this service. SoberRide has provided more than 57,000 free rides home to people who otherwise might have driven drunk.

See www.soberride.com.

EDITORIALS

LETTERS TO THE EDITOR

Preserving Electoral Board Integrity

To the Editor:

Keith Damon wrote a letter to the editor (The Connection, March 8, 2013) in which he professes to be "upset" over a decision to remove Hans von Spakovsky from the Fairfax County Electoral Board. Mr. Damon misinforms Connection readers about a number of facts and omits others that are relevant.

First, contrary to Mr. Damon's implication that the Fairfax County Republican chairman gets to choose the Electoral Board member; that decision actually resides with the 14 judges chosen by the General Assembly to comprise the Fairfax Circuit Court. The majority of the judges, based on the statement the

court released, chose to replace von Spakovsky by appointing attorney Brian Schoeneman, another Republican and former General Assembly candidate. Both individuals were on a list of names recommended by the Fairfax Republican chairman.

Second, it is true that the Fairfax County Democratic Committee objected to von Spakovsky's reappointment. In fact, I objected to von Spakovsky's initial appointment to the board in 2010 when I was chair of Fairfax County Democrats, yet he still served a term on the board. Mr. Damon offers no evidence to support his assertion that Democratic objections to von Spakovsky unduly influenced the judges.

A quick Internet search can con-

firm that von Spakovsky is known chiefly for his nationwide efforts to suppress voter rights, especially among minority voters, in the name of fighting mythical challenges to the integrity of election administration. He works for a right wing organization funded by the notorious Koch Brothers. Further, while serving on the Fairfax Electoral Board he was responsible for removing multi-lingual voter registration materials from the Office of Elections, blocked the office from distributing the nonpartisan League of Women Voters pamphlet "Facts for Voters," and ducked meetings of the Electoral Board in the days before the 2012 presidential election that denied the board a quorum

and kept it from resolving open issues.

Finally, Mr. Damon neglects to inform readers of his own partisan motives. He belongs to the 11th Congressional District Republican Committee and frequently represents Fairfax County Republicans at Electoral Board meetings.

The integrity of our elections administration is too important to be trusted in the hands of someone who may have ulterior motives or seek partisan advantage. For that reason I am pleased that Hans von Spakovsky will no longer be on the Fairfax County Electoral Board.

Rex Simmons
Fairfax Station

A Call to Reduce Gun Violence

To the Editor:

Following the tragedy at Sandy Hook Elementary School, a group of Northern Virginia residents, Concerned Citizens Against Gun Violence (CCAGV), has been taking action to reduce gun violence in our nation. In February, CCAGV launched a grassroots effort to gather signatures to show our representatives in Congress that their constituents want action on reasonable measures to reduce gun violence. The group also rated McLean area state senators and delegates on their gun safety voting record and hosted a forum with statewide and local public safety groups to educate the public on measures to reduce gun vio-

lence.

A recent poll conducted by Mayors Against Illegal Guns found that 88 percent of voters in the 10th Congressional District support background checks and CCAGV's results are consistent: 90 percent of the people we canvassed have signed the petition to our federal elected representatives urging them to support universal background checks for all gun purchases, limit magazine clip size to 10 rounds, and ban military-style weapon sales. More than 1300 of Frank Wolf's (VA-10th) constituents have so far signed this petition. (The houses we visit are not selected for voting history or party affiliation; our volunteers walk

neighborhoods every weekend and knock on every door.)

These results should not surprise anyone. Poll after poll shows that a majority of Americans want common-sense gun reform that reduces the number of illegal guns on our streets and keeps guns out of the hands of those who are a danger to themselves and others. People understand that, rather than a means of protection, a gun often is an instrument of escalation, accident, and suicide. Most people we talk to have not realized that some 40 percent of gun sales are made without any background check, enabling militarized assault weapons such as the AR-15 rifle used at Sandy Hook to be

purchased by virtually anyone. In the Virginia Tech massacre, Virginians witnessed the horrible consequences of weak gun laws that allow a person legally prohibited from purchasing a gun easily to obtain one.

Every week, we send an email to individuals in the community with information and actions they can take to support local and national initiatives to end gun violence. Anyone who would like to receive these updates or support the activities of the CCAGV is invited to email ccagv01@aol.com.

Margot de Ferranti
McLean



Pictured from left: (front) Lake Braddock player Betsy Gallier, Burke basketball All-Stars Jenny Li, Lindsay Brandow, Angela Voelkel and Rayvean Betts, Lake Braddock player Nirali Shah, (back) Lake Braddock girls' head coach Leigh Janis, Burke Basketball All-Stars Emma Wolan, Dacey Burgess and Jordan Payne, and Lake Braddock player Hermela Arcudi.

Burke Basketball All-Stars

Burke Basketball League recently concluded its winter season with an all-star game in which specific players were selected from each team throughout the league to compete against one another. The event is an opportunity for the players to make new friends, display their skills and participate at a higher level of competition. However, for this year, the all-stars were treated to

a surprise. At the practice before the all-star game, Lake Braddock girls' varsity head coach Leigh Janis surprised the all-stars. Together, with the help of a couple of her Lake Braddock players, she visited with each player, helped conduct practice and, most importantly, provided inspiration to the girls, who might someday have the opportunity to play for her at Lake Braddock.

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NEWS

The Irish 'Rose' of Burke

Briana Apgar shares her experiences as the 2012 Washington Rose.

BY BRIANA APGAR

A few short weeks later, I was off to Portlaoise for regionals. With police escorts, we zipped across town from site to site, participating in parades, visiting hospitals and schools, and dining like royalty in a castle! Ireland's famous Dáithí Ó Sé conducted our on-stage interviews. He is such a hilarious character that it is difficult to feel too nervous! Along with eight other Americans, I was selected to go on to finals.

Finals are held in Tralee, of course, but kick off with the Rose Tour traveling around the country. There were autograph hunters everywhere. I was given a Certificate of Irish Heritage in Croke Park, toured the Galway Prom, and even had a lesson in pint pouring from Fergal, the Guinness master brewer himself. My on-stage interview was again with Dáithí. This time, I chose to do a party piece and sang. Our interviews were aired on RTE 1, the national television channel



Briana Apgar being greeted by the Kerry County Council in Tralee, Ireland, at their Civic Reception for the Roses.

for Ireland, and streamed worldwide. My family was able to watch me, wherever they were.

With St. Patrick's Day around the corner, I am at the height of Rose business, even as my year draws to an end. My last adventure as the reigning rose will be to Belarus to volunteer with Chernobyl Children International. While being a Rose comes with some glitz and fame,

what really matters is the work we do and the friendships that we keep after the festival. The festival lasts approximately 10 days, but I will keep the memories and my friendships for life. I am immensely grateful for the Rose experience in its entirety and for all of the opportunities that it has presented to me.

Handing over my sash this April



Briana Apgar of Burke participating in the Manassas St. Patrick's Day Parade.

will be so bittersweet. However, I am very excited to welcome the new Rose into our family and help prepare her for the wonderful year she has in store. Whether I'll see you at our selection weekend or not, I hope that you have a won-

About the Author

Briana Apgar is a Burke resident. She was selected as the Washington, D.C., Rose of Tralee to represent the area's greater Irish community in the Rose of Tralee International Festival in Ireland. The festival is the largest Irish festival worldwide and seeks to unite the global Irish community. The Roses toured Ireland, met government officials, and were selected to work with different philanthropic organizations. Apgar is continuing her work in the area at home, and they will be looking for a new Rose in April. She wanted to share her experiences in order to inspire area girls to follow in her footsteps. Her email is Briana13@vt.edu.

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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

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6487 Trillium House Ln.....\$964,900.....Sun 10-4.....Jean Marotta.....Birch Haven...703-402-9471
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42344 Astors Beachwood.....\$830,000.....Sun 1-4.....Vera Buonafede.....Weichert...703-501-5015
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12646 Water St.....\$1,295,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster...703-503-1812
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Prophecies of the Last Days and The Day of the LORD

Since before the time of the kings of Israel prophets have spoken of a day to come that they termed the last days, also described as The Day of the LORD. They described a time when the political power structures of the world will be overthrown ushering in the Kingdom of God, which will eventually encompass the entire earth. This talk will look at some prophecies in the Old and New Testaments as examples of the larger picture.

Burke Center Library, 5935 Freds Oak Road, Burke, VA, Room 113W
 Thursday, March 21, 2013, 7:30-8:30 PM
 For more information email us at: nva.ecclesia@gmail.com
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AREA ROUNDUPS

Don't Drink and Drive

The City of Fairfax Police Department cautions all drivers to take special precautions regarding St. Patrick's Day celebration events, this Sunday, March 17. Plan in advance and designate a non-drinking driver, or call a taxi or spend the night at the home or hotel of the event. Police are working with businesses and the community to prevent tragedies from occurring due to impaired driving.

WRAP's SoberRide campaign is a program that police strongly encourage St. Patrick's Day celebrants to use. It provides free taxi rides (up to a \$30 fare) starting Sunday, March 17, at 4 p.m., and continuing until Monday, March 18, at 4 a.m. Call 1-800-200-8294 (TAXI) or dial #9727 (#WRAP) for customers of AT&T wireless telephones. People must be 21 or older to use SoberRide.

Fashion Show at Waterford

The 33rd annual fundraising fashion show/luncheon/silent auction for the Fairfax Salvation Army Women's Auxiliary is slated for Friday, April 12, at the Waterford in Fair Oaks (across from Fair Oaks Mall). The social hour and silent auction begin at 10:30 a.m., followed at 11:30 a.m. by a performance from guest entertainer Carlos Alberto Ibay, an accomplished concert pianist and talented tenor.

Lunch catered by the Waterford will be served at noon, and the fashion show featuring clothing from Bloomingdale's of Tysons Corner will be presented at 12:50 p.m. Tickets are \$40 (\$10 is tax-deductible); reservations must be made by March 27.

The event helps support all the Salvation Army's charitable programs. To purchase tickets, become a sponsor or donate gift certificates and merchandise for the silent auction, contact event coordinator Angela Ganey at angelaganey@verizon.net or 703-250-5809.

Animal Shelter Seeks Seniors to Volunteer

The Fairfax County Animal Shelter is looking for people with spare time who'd like to help improve the quality of life for homeless animals here. Currently, the shelter has around 100 volunteers, but it's trying to double that number by attracting senior citizens to lend a hand.

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 March 28 - Holy Thursday service at 7:30 pm
 March 29 - Good Friday service at 7:30 pm
 Easter Sunday Celebration at 8:00, 9:30, and 11 am
 ASL interpreter available at 9:30 am
 Sunrise Service at Springfield Golf & Country Club at 6:30 am

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Visitors examine the mixed media artworks created by survivors of sexual and domestic violence.

PHOTOS BY
TIM PETERSON/
THE CONNECTION



'The Art of Surviving' Comes to Lorton

BY TIM PETERSON
THE CONNECTION

For some visitors exploring the Vulcan gallery last weekend during the Second Saturday Art Walk at the Workhouse Art Center in Lorton, happening upon deeply emotional and traumatic pieces created by rape and domestic abuse victims was a bit alarming.

For others who came for the exhibition in particular, it was informative and perspective-building. Regardless, the traveling showcase of mixed media, entitled "The Art of Surviving," dramatically raised awareness of the existence of and recovery from many forms of sexual violence.

Saturday night in the somewhat industrial gallery confines was a reception for the exhibition, which runs until April 7. The evening included refreshments and remarks from Negar Ehsani and Heather Sarmiento, specialists with the Fairfax County Office for Women & Domestic and Sexual Violence Services. The Workhouse collaborated with their organization to bring the project—sponsored by the Virginia Sexual & Domestic Violence Action Alliance—to Northern Virginia.

The powerful and sometimes unsettling artworks range from sculpture and painting to prose and poetry, with contributors aged 19 through 75. Each piece is displayed with a detailed placard containing information on the artist or poet and a comprehensive, often deeply revealing explanation from the creator.

No two stories were the same—some works immediately followed a traumatic episode, some weren't created until decades after the fact—but in each case, the artistic process served as a coping mechanism.

There is clearly visible and legible anger, helplessness and fragmentation; the vivid colors and words convey visceral emotion and are obviously the manifestation of a long and highly painful process. But the constant reminder is that these people are indeed survivors and have channeled their experience through a creative outlet.

The colors are bold, the words biting, and while dramatic, they're decidedly vibrant, full of life. Just like their creators.

"The Art of Surviving" runs until Sunday, April 7, at the Workhouse Arts Center Vulcan Gallery, 9601 Ox Road, Lorton, www.workhousearts.org.

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

FRIDAY/MARCH 15

Children's Book Sale. 10 a.m.-5 p.m., at Fairfax City Regional Library, 10360 North Street, Fairfax. Thousands of gently-read books and nonbook media priced between \$.25 and \$2, organized into categories including picture books, early reading, middle reading, and chapter books. 703-293-2132 or friendsoffairfaxcitylibrary@gmail.com

The Flying Cows of Ventry and Conor Malone. 7:30-9:30 p.m., at The Auld Shebeen, 3971 Chain Bridge Road, Fairfax. Live Irish music from area bands: The Flying Cows of Ventry play in the restaurant and Conor Malone plays in the cellar. www.theauldshebeenva.com.

SATURDAY/MARCH 16

Freedom Hill DAR Meeting. 10 a.m., at 5935 Freds Oak Road, Burke. Betty Glover, co-author of well-known genealogical book *Lees and Kings*, a much-read book in heritage societies, speaks at the Daughters of the American Revolution meeting. info@freedomhilldar.org.

Children's Book Sale. 10 a.m.-4 p.m., at Fairfax City Regional Library, 10360 North Street, Fairfax. Thousands of gently-read books and nonbook media priced between \$.25 and \$2, organized into categories including picture books, early reading, middle reading, and chapter books. 703-293-2132 or friendsoffairfaxcitylibrary@gmail.com.

Living With Kids and Dogs. 2 p.m., at Kings Park Library, 9000 Burke Lake Road, Burke. Author Colleen Pelar will discuss her book and how to be your dog's best friend; includes book signing. <https://va.evanced.info/fairfaxcounty/lib/eventsignup.asp?ID=189686>.

Fairfax Symphony Orchestra: Masterworks V. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman performs J. Strauss' *Emperor Waltz* and *Tick Tack*, Pizzicato, *Trisch-Tratsch Polkas* and *Overture to Die Fledermaus*; R. Strauss' *Suite from Der Rosenkavalier*, *Till Eulenspiegel's Merry Pranks* and *Salomé's Dance*. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

Fairfax Symphony Orchestra. 8 p.m., at George Mason University's Center for the Arts, 4400 University Drive, Fairfax. Maestro Christopher Zimmerman leads the orchestra on a salute to Johann and Richard Strauss; pre-concert lecture begins at 7 p.m., presented by musicologist Rachel Franklin. \$25-\$55 for adults; \$5 for students ages 6-18. www.fairfaxsymphony.org.

SUNDAY/MARCH 17

St. Patrick's Day Celebration. Noon-2:30 p.m., 5-9:30 p.m. at The Auld Shebeen, 3971 Chain Bridge Road, Fairfax. Live Irish music from area bands; The Flying Cows of Ventry play all day in the restaurant, Irish Session Players play in the cellar in the afternoon and Conor Malone plays in the evening. www.theauldshebeenva.com.

Children's Book Sale. 1-3 p.m., at Fairfax City Regional Library, 10360 North Street, Fairfax. Thousands of gently-read books and nonbook media on sale for \$5 for as many books as fit into a bag; books are organized into categories including picture books, early reading, middle reading, and chapter books. 703-293-2132 or friendsoffairfaxcitylibrary@gmail.com.

Natalie MacMaster Concert. 7 p.m., at GMU Center for the Arts, 4400



Natalie MacMaster, acclaimed fiddler of Cape Breton.

St. Patrick's Spirit Surrounds Celtic Concert

Spirited Cape Breton fiddler Natalie MacMaster plays a tribute to Celtic culture in honor of St. Patrick's day. The acclaimed folk artist step dances and plays on Sunday, March 17, at 7 p.m. at GMU Center for the Arts, 4400 University Drive, Fairfax. Tickets for youth grades 12 and under are half-price when accompanied by an adult. \$24, \$40, \$48. 888-945-2468 or cfa.gmu.edu.

University Drive, Fairfax. The Cape Breton fiddler showcases Celtic culture and St. Patrick's Day in a family-friendly dynamic folk performance; tickets for youth grades 12 and under are half-price when accompanied by an adult. \$24, \$40, \$48. 888-945-2468 or cfa.gmu.edu.

FRIDAY/MARCH 22

Rosebush Pruning Demonstration. Noon-2 p.m., at Joan and Art Von Herbulis' home, 10510 Oak Place, Fairfax. The Arlington Rose Foundation experts help show the community how to clean and sharpen pruners; observe, then practice with guidance. 703-371-9351.

Brendan Sheridan and Brendan Mulvihill. 7-9:30 p.m., at The Auld Shebeen, 3971 Chain Bridge Road, Fairfax. Live Irish music from an area band. www.theauldshebeenva.com.

Easter Musical Drama, "Christ Alone." 8 p.m., at The Jubilee Christian Center Music Department, 4650 Shirley Gate Road, Fairfax. Jubilee Christian Center will present the musical drama "Christ Alone." 703-383-1170 or www.jccag.org.

2013 Mason Dance Company Gala Concert. 8 p.m., at GMU Center for the Arts, 4400 University Drive, Fairfax. A showcase of five works of contemporary choreography performed by Mason dancers and the premiere of *Topos*, choreographed by William Smith III, School of Dance alumnus now a member of the Mark Morris Dance Group. \$10 for youth ages 10-plus; \$20 for adults; \$12 for students, faculty and staff. 888-945-2468 or www.cfa.gmu.edu.

SATURDAY/MARCH 23

Build Your Own Rain Barrel Workshop. 10 a.m.-noon, at Acres Community Center, 4401 Sideburn Road. A popular workshop from the Northern Virginia Rain Barrel Program Partners; build a rain barrel to take home and learn maintenance and care. \$55. <http://arlingtonenvironment.org/be-green/live-green/barrel/>.

Brendan Sheridan and Brendan Mulvihill. 7-9:30 p.m., at The Auld Shebeen, 3971 Chain Bridge Road, Fairfax. Live Irish music from an area band. www.theauldshebeenva.com.

2013 Mason Dance Company Gala Concert. 8 p.m., at GMU Center for the Arts, 4400 University Drive, Fairfax. A showcase of five works of contemporary choreography

VIEWPOINTS

Audience Reactions: Feelings on the Wall

— TIM PETERSON



Allison Riese, marketing manager, Centreville

"We were doing the Saturday night art walk here. We're still digesting the different ways people choose to deal with [sexual abuse] — there are a lot of dark and dramatic colors. People are lucky here. In Fairfax County there's a lot of money, so there are a lot of organizations women can reach out to."



Stephanie Scovel-Toney, scientist, Frederick

"I feel guilty about enjoying eating cookies here, looking at art these people made about traumatic experiences. I see a lot of anger, angry colors. But it seems like they're all approaching calm. [Echoing Allison] Wherever you see more money, there are more services."



Janet Fries, lawyer, Washington, D.C.

"It was coincidental that we came into this exhibit. There's a variety of technical ability and materials. Some of it is quite moving and remarkable. Some of it is quite violent. It's great that they can get [their feelings] out, on to the wall."



Sandi Goldman, artist, Annandale

"The stories are powerful. It's all very emotional. Connecting is so important, and that's what the art does for the people. I don't personally know any victims of sexual abuse, but I believe it exists. It's something that's hard to talk about. Reading about it, TV shows — they open people's minds to what's really happening. If something bad happens, people know they have someone to turn to."



Saskia Clay-Rooks, George Mason University Student Affairs

"I work in higher education. With my interest in social justice, I saw this exhibition in the newspaper as a call to action. I want to become more aware. In the art I see fear, anger, compassion. There is hope, particularly in the write-ups. It's a healing process for these people; they've found God, love, support. Sexual abuse is pervasive. You hear one in four. I do believe that statistic."

SPORTS

SPORTS ROUNDUPS

Northern Region Baseball Coaches Poll

Defending state champion Lake Braddock is ranked No. 1 in the season's first Northern Region baseball coaches poll.

The Bruins, who also won the Patriot District title and finished Northern Region runner-up, finished last season with a 26-3 record. Lake Braddock is led by senior outfielder Alex Gransback.

Madison is ranked No. 2. The Warhawks went 15-6 last season but failed to qualify for the region tournament, losing to Langley in the first round of the Liberty District tournament.

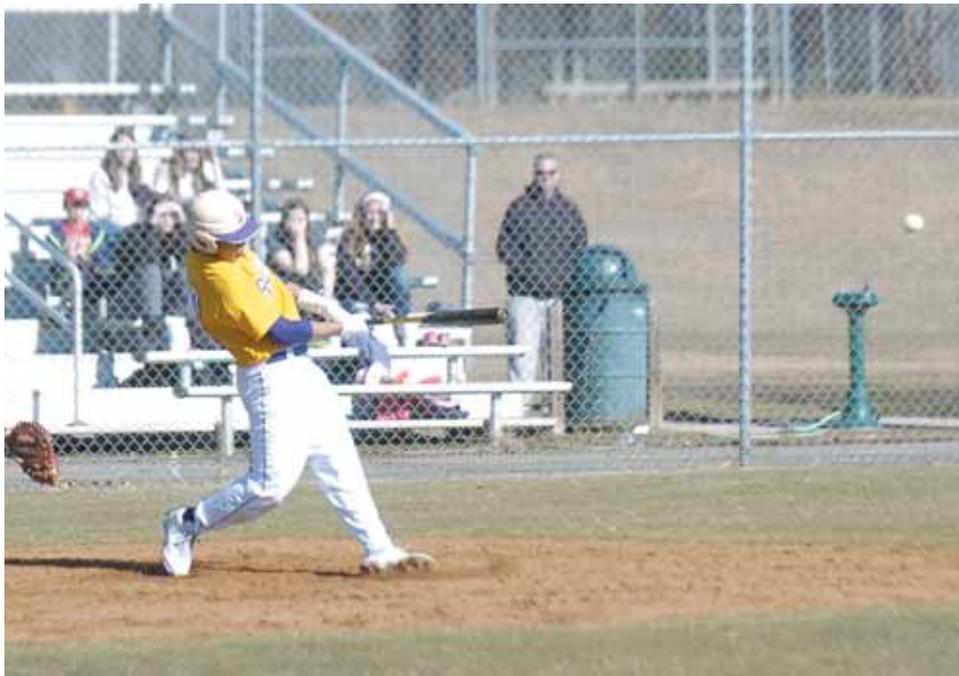
Defending Liberty District champion Stone Bridge is ranked No. 3, followed by defending Northern Region champion West Springfield (4), defending Concorde District champion Robinson (5), Oakton (6), Chantilly (7), South County (8), Westfield (9) and defending National District champion Yorktown (10).

The Concorde District has the most teams ranked in the top 10 with four. The Patriot District has three, followed by two for the Liberty District and one for the National District.



PHOTOS BY CRAIG STERUTZEL/THE CONNECTION

Lake Braddock sophomore Kevin Haswell pitches against Oakton during a scrimmage at Lake Braddock on Feb. 9.



Senior infielder Alex Lewis is one of several Lake Braddock baseball players overcoming an offseason injury.

Bruins Baseball Begins Title Defense

Several key Lake Braddock players suffered off-season injuries.

BY JON ROETMAN
THE CONNECTION

Members of the defending state champion Lake Braddock baseball team gathered in left field following Saturday's home scrimmage against Oakton. The Bruins would split into two groups and start running sprints.

Head coach Jody Rutherford didn't instruct his players to run for conditioning purposes. Think of the exercise as more of a wake-up call.

Lake Braddock is dealing with several injuries to key players. Elbow injuries to senior pitcher Thomas Rogers and senior infielder Mitch Spille; shoulder injuries to Spille and senior catcher Garrett Driscoll; and a broken leg suffered by senior infielder Alex Lewis are just some of the Bruins' ailments. Several athletes are being eased back into their roles to avoid further injury—something Rutherford said led to a lack of focus during Saturday's scrimmage.

"It's tough for them because they're not used to being [out of] the game," Rutherford said. "That's kind of the reason we're doing this running—because they're not in the game. They're always used to being in the game, so they don't know really how to handle it and they didn't handle it well today. I think they all feel like they're heading in the right direction, like they're all positive they'll come back. It's just tough [when] you live and die baseball and then you don't have it."

LAKE BRADDOCK enters the 2013 season 12 ❖ BURKE CONNECTION ❖ MARCH 14-20, 2013

"I expect to win another state championship. I cannot say that the guys that really need to have that same mindset for us necessarily do."

—Lake Braddock baseball coach Jody Rutherford

son traveling a bumpy road as the Bruins look to defend last season's state championship—the first in program history. Along with losing 2012 Northern Region Pitcher of the Year Michael Church to graduation, Rogers, a Division I-caliber left-hander, underwent Tommy John surgery on his pitching elbow in August. If Rogers is able to return to the Bruins this season, he is unlikely to pitch, Rutherford said.

A back injury to sophomore pitcher Matt Supko, a neck injury suffered by Nick Balenger, which has the senior in a wheelchair, and other circumstances leave Lake Braddock entering the season with a pitching staff which did not throw a single varsity inning for the Bruins last season.

Senior Nick McIntyre, who transferred from Bishop O'Connell, sophomore Kevin Haswell and Driscoll are among those who will see time on the mound this season. Driscoll, a standout catcher for the Bruins, will pitch while recovering from a torn labrum in his left (non-throwing) shoulder.

"I think it's just accepting it," senior outfielder Alex Gransback said. "Just knowing it's a new year ... [and saying] all right, we have a few guys injured, but it's time to step up and rise above it."

Gransback was a member of the VirginiaPreps.com AAA all-state team and a Washington Post first-team All-Met selec-

tion last season. The Bruins will likely need his bat even more this season.

"He's playing really well," Rutherford said, "and he's back and fully healthy."

Lewis and junior shortstop Jack Owens are also key returning members of last season's state championship team, which also won the Patriot District title.

DESPITE FACING ADVERSITY early in the season, Rutherford said his expectations remain high for the Bruins—though the coach is unsure of how serious his players are about working toward another state crown.

"To be perfectly honest, my expectations haven't changed," Rutherford said. "I expect to win another state championship. I cannot say that the guys that really need to have that same mindset for us necessarily do. Whether it's because they're so focused on the injuries and recovering, or a lot of it has to do with complacency. We've had talks about it and it's not acceptable to me. If they're coming in with anything less than winning-another-state-championship attitude, they probably won't be playing for me."

Lake Braddock figures to have a target on its back this season. The Bruins are ranked No. 1 in the first Northern Region baseball coaches poll, and ranked No. 12 nationally in the latest MaxPreps.com top 25 rankings. Lake Braddock opened its season on Wednesday against St. John's, after The Connection's deadline (game was moved from Tuesday due to inclement weather). The Bruins will host Westfield at 6 p.m. on Thursday, March 14.

"I think it's kind of fun," Driscoll said of getting each opponent's best shot. "They're going to come out fired up trying to beat us, giving everything they've got. It will be more interesting for us, but I'm pretty sure everyone's up for a good game [and] for a fight. It will just be, overall, more fun."

Time will tell if Saturday's sprints were enough of a wake-up call for the Bruins.

W.T. Woodson Field Hockey Camp

W.T. Woodson High School will host a field hockey camp for rising fifth through ninth graders July 22-26 from 4:30-8:30 p.m. on the school's baseball field. Camp cost is \$160 and the deadline to sign up is July 10.

For more information, contact Woodson head coach Meg Jarrell at margaretkjarrell@gmail.com or by calling 571-276-8555.

Robinson Boys' Tennis Scrimmages TJ

The Robinson boys' tennis team scrimmaged Thomas Jefferson to open the 2013 season.

Jefferson is one of the region's powers and has had an influx of talented freshmen to an already powerful lineup. However, the Rams played with great effort and intensity. Aaron Christian returns at the No. 1 position and played an excellent match to win 10-8. At No. 3, senior Jacob Schreiman out-steadied his opponent to top him, 10-6.

Senior Brian Bui moves up to the No. 2 spot from No. 3 in 2012. Another senior, Dylan Martin, started off slowly before falling 10-6 at No. 5. Sophomores Sam Wagner and Charlie Ferrell got their first varsity singles experience.

Doubles was another story as Robinson rebounded with wins at No. 1 and No. 3 and was leading at No. 2 when darkness fell. Austin Mathews joined Christian at No. 1 and both were very active at the net, dominating TJ in an excellently played match. Sophomores Wagner and Ferrell also played very well to win in a tiebreaker. Ferrell used his groundstrokes to set up Wagner's poaches. Newcomer Peter La joined Schreiman and were leading 7-4 as darkness fell.

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date for the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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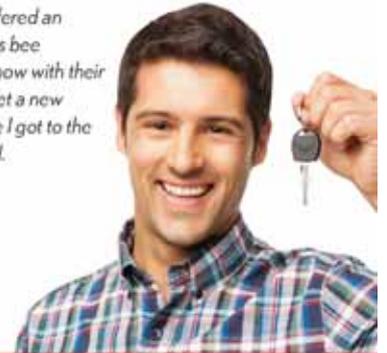
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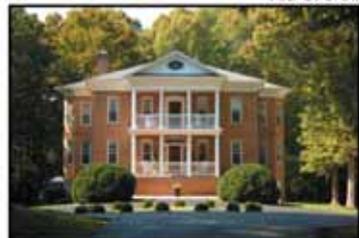
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Spring 2013 HomeLifeStyle



PHOTO COURTESY OF MORGAN HOWARTH

Recycle, Reuse, Remodel

BY JOSHUA BAKER
BOWA



Remodeling often affords an opportunity to re-purpose existing materials by donating to those less fortunate. Ask your remodeler if there is a plan or policy for saving materials for re-use rather than sending it to a land fill. Every project is different. And some materials are more easily removed and saved than others. Here are a couple of organizations that accepted used materials.

A WIDER CIRCLE

This organization provides basic-need items to families transitioning out of shelters and those living without life's necessities. A Wider Circle furnishes the homes of more than 1,000 children and adults each month. If you wish to donate furniture and other home essentials that are in good condition (no rips or stains), you can drop off items at their Center for Community Service in Silver Spring, Md. You can also schedule a pickup in most areas throughout greater Washington, D.C. Refer to their website for a full list of accepted items and their "wish list" of the most needed items

at www.awidercircle.org. Some impressive 2011 stats:

- ❖ 13,000: Number of homes furnished
- ❖ 1,500,000: Pounds of furniture and home goods recycled
- ❖ 10,000: Number of volunteers who assisted

HABITAT FOR HUMANITY – RESTORE

ReStore is a resale business that sells new and used building materials and home items to the general public. All donations are tax deductible and donated by individuals, local retailers, building contractors and suppliers. Donated items are then sold at 50-90 percent off the retail price, with all proceeds benefiting Habitat for Humanity, an organization that provides safe and affordable housing to low-income families. ReStore accepts appliances, furniture, cabinets, roofing and flooring materials, exercise equipment, countertops, electronics, lighting and plumbing fixtures, among many others. All materials and items must be in good and working condition. Items may be dropped off at ReStore locations during their business hours or for larger donations you may schedule a pickup. For store hours and locations and for the com-

plete list of acceptable items you can check out the following websites:

- ❖ Northern Virginia: Stores in Alexandria and Chantilly - www.restorenova.org
- ❖ Montgomery County: Store location in Gaithersburg - www.habitat-mc.org
- ❖ Loudoun County: Store in Purcellville - www.loudounhabitat.org/restore
- ❖ Fauquier County: Store in Warrenton - www.fauquierhabitat.org

GOODWILL

Founded in 1902, Goodwill accepts gently used clothing, furniture, housewares, working electronics, and other household items. These items are then sold at their retail locations, with the proceeds used to fund employment, job training, and placement services for the disadvantaged and those with disabilities. To view their full list of goods accepted, and for the list of donation centers and stores, visit www.dcgoodwill.org. You may also schedule a pick up online for larger items or multiple items you don't have the resources to transport.

SALVATION ARMY

Although the Salvation Army is involved in many community programs, proceeds from items donated to their stores will benefit their Adult Rehabilitation Centers,

which help those who have lost the ability to cope with their problems and are unable to provide for themselves. Each rehabilitation center offers residential housing and work, along with individual and group therapy. This enables many to be reunited with their families and resume a normal life. Items commonly donated include appliances, clothing, furniture, and household goods. For more information on their donation program, please visit www.satruck.org.

BOWA HOME CLEANUP DAYS

As a thank you to the neighbors in the communities in which we work, from time to time BOWA hosts Home Cleanup Days. Home Cleanup Day is a great opportunity to donate and recycle gently used household items, toys and clothing, and dispose of any debris or other unwanted clutter. A BOWA employee will help folks unload their items and a Goodwill representative will be on hand to accept donations and provide receipts.

To find a BOWA Home Cleanup Day in your area, please visit our <http://info.bowa.com/communityblog/>.

Josh Baker is founder of BOWA, learn more at www.bowa.com.

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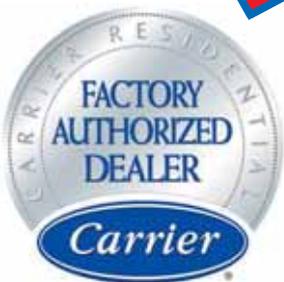


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PHOTO COURTESY OF NARI

This McLean kitchen by BOWA took top honors in the “Residential Kitchen Over \$120,000” category. The homeowners wanted to create a free-flowing, light-filled space.

The Region’s Best Home Designs

Local contractors get top honors for remodeling projects.

BY MARILYN CAMPBELL
THE CONNECTION

From designing a kitchen with a concave glass tile backsplash to creating a backyard with a fire place and pool, some local home remodelers were honored recently with the National Association of the Remodeling Industry’s (NARI) 2013 Regional Contractor of the Year awards for design acumen. Winning projects ran the gamut from historic preservation projects to environmentally conscious conceptions.

A MCLEAN KITCHEN by BOWA took top honors in the “Residential Kitchen Over \$120,000” category. The homeowners were looking to create a free-flowing, light-filled space.

“Their kitchen was not as open as they would have liked,” said Josh Baker, founder and co-chairman of BOWA. “They wanted to make it more integrated and useful for the family.”

To accommodate a larger kitchen, the design team, which included BOWA’s George Hodges-Fulton, built an addition and added a sitting room, screened porch

and additional windows to allow an abundance of natural light to stream into the space. The new kitchen also included a butler’s pantry and a family dining area.

What is the key to turning one’s home into an award-winning, showcase house? Baker, who founded BOWA with his college friend Larry Weinberg, says an open dialogue is essential to a successful remodeling project. “The key is finding a person or company that you communicate very, very well with and whose process is in line with how you like to do business,” he said. “This is a customer service business. It is not just a construction business. The entire process is important, not just the end result.”

FAIRFAX-BASED FIRM RJK Construction, Inc. received top honors in the category of “Residential Addition \$100,000 to \$250,000” for a home in the Mantua area of Fairfax County. Company president Robert Kalmin says the homeowners’ goal was to blend their interior and exterior spaces. “They wanted to make their exterior landscaping a visual point because they entertain a lot,” he said. “The windows act as murals to the exterior landscaping bring the outdoors in and the indoors out.”

The owners requested an open floor plan that allowed guests to move freely between the kitchen and the backyard. “They were very specific about how they wanted people to meander from the outside to the inside,” Kalmin said. “We had to relocate the powder room so that people are able to use the

restroom without having to go anywhere else.”

An abundance of windows allows natural light to flow throughout the home. “The kitchen has red oak flooring and other colors and finishes that compliment the natural scenery outside,” said Kalmin.

HARRY BRASWELL of Harry Braswell, Inc. in Alexandria, was named Contractor of the Year in the “Entire House \$500,001 to \$1,000,000” category for the renovation of a home that had not been updated since the 1950s. “The house was outdated, too small for the family’s needs,” he said.

The renovation included a kitchen outfitted with cabinet-front appliances and porcelain sinks including an apron farm sink and an island sink in a pale aqua. “That color is carried throughout the house,” said project manager Gretchen Brown.

A concave glass tile backsplash surrounds the durable, brown-toned quartzite counter. “Quartzite doesn’t stain easily,” said Brown. “It is strong like granite, but is more expensive.”

The Braswell team also got a nod for energy efficiency for this project, which was named “NARI Green Project.” Brown noted that the team installed energy efficiency lighting and energy star appliances.

“The homeowners had specific criteria about wanting to meet [Leadership in Energy and Environmental Design] certifica-

SEE DESIGNS, PAGE 4

80th Historic Garden Week, April 20-27

Historic Garden Week 2013 will feature approximately 200 private homes and gardens open on 32 separate tours throughout the state of Virginia over eight consecutive days. It is the largest ongoing volunteer effort in Virginia and represents the coordinated efforts of 3,400 club members. One hundred percent of tour proceeds are used to enhance Virginia’s landscape. Visit www.vagardenweek.org.

SATURDAY APRIL 20, 2013

Old Town Alexandria
Sponsored by the Hunting Creek Garden Club and the Garden Club of Alexandria, 10 a.m. to 4 p.m.
All eight private properties on the historic Old Town Alexandria tour are within an easy walk of each other, allowing visitors to enjoy strolling the quaint streets lined with charming townhouses and intimate walled gardens.

Tickets are \$40 and available at the Ramsey House Visitors Center at the corner of King Street and North Fairfax Street on the day of the tour. For advance tickets contact Mrs. Donald Rocen Virginia.rocen@comcast.net 703-684-3876. For more information, please contact Tour Chairmen Mason Bavin at mbavin@mcenearney.com, Twig Murray attwig@twigweb.com or Catherine Bolton at 4boltons@comcast.net

TUESDAY APRIL 23, 2013

Fairfax: Oakton/Vienna
Sponsored by The Garden Club of Fairfax 10 a.m. to 4 p.m.
The Fairfax County communities of Oakton and Vienna have emerged from small rural towns into thriving family-oriented neighborhoods with homes and gardens reflecting a wide range of architectural and personal style. Ticket price includes admission to the Cosby Home, the Unger Home and Garden, the Buster Home and Garden, the Kampa Home and Garden, the Rosenthal Home and Garden and Meadowlark Botanical Gardens.

Advance tickets are \$20 through April 9. Contact Marty Whipple at mwhip155@aol.com. For more information about the tour, contact Bonnie Rekemeyer at chezdarbon@aol.com.
FOR FULL SCHEDULE THROUGH APRIL 27. VISIT www.vagardenweek.org.



PHOTO COURTESY OF THE GARDEN CLUB OF FAIRFAX

This home in the Vienna/Oakton area is featured on Virginia’s Historic Garden Week.



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PHOTO COURTESY OF MORGAN HOWARTH

This backyard oasis, designed by Anthony Wilder Design/Build, Inc., won a Contractor of the Year Award in the “Residential Exterior, \$100,000 and Over” category. The homeowner wanted a backyard space with a place to sunbathe near the pool, a dining room, a living room with a heat source and a place to play cricket.

The Region’s Best Home Designs

FROM PAGE 3

tion because they are dedicated to protecting the environment,” said Braswell.

CABIN JOHN, MD., BASED firm Anthony Wilder Design/Build, Inc. received kudos in the “Residential Exterior, \$100,000 and Over” category for a backyard space that includes a pool and fireplace. “The homeowner wanted four separate living spaces in the backyard,” said company spokeswoman Danielle

Frye. “He wanted a dining room, a living room with a heat source, a place to sunbathe near his pool and a place to play cricket on his lawn.”

Frye said the Wilder team, which included architect George R. Bott and lead designer Anthony Wilder, developed a backyard plan that replaced overgrown grass with flagstone and a badly worn fence with foliage to create a sense of privacy. “There is a sundeck and spaces for a sofa and dining table, but

SEE DESIGNS, PAGE 5



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DURASUPREME

This kitchen, designed by Grossmueller’s Design Consultants, Inc. and A.R.T Design Build in Bethesda, Md., was part of a remodeling project that earned a 2013 Contractor of the Year award. The homeowner’s goal was to create a free-flowing kitchen, dining and family room space.



PHOTOS COURTESY OF NARI

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Home

Region's Best

FROM PAGE 4

the fireplace is the focal point," said Frye. "We used really tall bamboo to shield the view from the hotel across the street."

A BETHESDA HOME ADDITION garnered a top prize in the "Residential Addition Over \$250,000" category for A.R.T Design Build Inc. with team member Grossmueller's Design Consultants, Inc.

"The client wanted to expand their one story house to have a separate area for [bedrooms] and create a more functional first floor with more communal spaces, the kitchen, family room [and] dining room," said Cindy G. McClure of Grossmueller's Design Consultants, Inc.

The design team added a new second floor to the home, which accommodates a laundry room, a master suite, two additional bedrooms and a bathroom. A stair tower and cathedral foyer create an open floor plan and connect the first and second levels.

"Elements of the old house, like the wide chimney on the front and the contemporary 1960 style were played upon and accentuated," said McClure. "The result is a functional home that meets the needs of today's family, remained within budget and was completed on time."



Harry Brawell of Harry Braswell, Inc. in Alexandria, was named Contractor of the Year in the "Entire House \$500,001 to \$1,000,000" category for renovating a home that had not been updated since the 1950s.

PHOTOS COURTESY OF NARI

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Demand for Incremental Improvements

Over time, some owners makeover the entire house — one phase at a time.

BY JOHN BYRD

If you compare the current home remodeling market to 2007, it's clear that homeowners are less likely to execute a top-to-bottom makeover in a single stroke than they were five years ago.

Home resales are rising again, but the belief that every dollar spent on a Northern Virginia home will be quickly recovered has been suspended — if only temporarily — as homeowners reassess.

For most local homeowners, a house is an asset of enormous personal appeal: an expression of identity and aspiration, periodically adapted to life's changes.

While the scale of the average project may be smaller, it's evident that many homeowners middle age or older have come to see the home as a long-term —

even lifelong — work in progress, one that they take up passionately, and at regular intervals.

Veteran remodeler David Foster calls these homeowners "incremental" improvers, and has come to see them as the primary focus of a home improvement enterprise he started 30 years ago.

As president of Foster Remodeling Solutions in Lorton, Foster regularly coaches his team on the importance of understanding what these homeowners need, what they are expecting and how to articulate their best options with clarity.

"Providing an experience that the homeowner will value unequivocally is probably our most important marketing activity," Foster said. "Our core belief is that there are many



PHOTOS BY DIMITRI CANVAS

The Pipers' new powder room includes a Mediterranean-style foot bath ringed in glass and mosaic tiling.

The plans for a kitchen remodel were complicated by the fact that the home's rear elevation backs into a woodland set-aside and a notably precipitous drop.

homeowners who will make a notable home improvement every two to five years, so we place a high priority on earning that person's trust. In this sense, there is nothing more important than outperforming expectation."

WHILE THERE MAY BE many reasons why a homeowner will remodel in stages, Foster observes that the typical incremental improver has a pay-as-you-go orientation — often driven by

evolving family requirements. Vienna resident Kelly Grems, for instance, has executed four remodeling projects with Foster starting with a kitchen addition in 2003.

"We bought the house in 1995 when I was pregnant," Grems said. "My husband [Ed] and I had been living in a much smaller house in Maryland, but envisioned a traditional home that would offer our growing family lots of useful activity areas."

A kitchen with a sizable breakfast room was the first item on the "wish list," an assignment complicated by the fact that home's rear elevation backs into a woodland set-aside and a notably precipitous drop.

"The ground level decking was already in place," Grems said. "But David showed us a plan for an elevated breakfast room extension built on pilings that wouldn't require a ground level foundation. Turns out, this solution created a welcome canopy for the ground level patio. And it was also a more sensible, economical choice for us at the time."

Grems says her first step was

handing Foster a file of articles on kitchen interiors she had clipped from Southern Living; the Foster Remodeling design staff then took over, helping the couple visualize design ideas with the aid of a CAD computer program. The team also provided an array of relevant finish work choices, mostly pointing to readily available considerations on display in the company's showroom.

"The selection and pricing process was transparent, and really anticipated what we needed," Grems said. "When you're as busy as we are, you appreciate this quality of support."

Apart from budget considerations, Grems said taking a pause between projects allowed the couple to pay more attention to how the family is actually using the house, and to develop ideas that work for everyone.

The recently completed family room upgrade didn't become an immediate action plan, for instance, because the family design process was fomenting slowly — again starting with magazine articles and other

sources. "We're particular; we let the look come to us piece by piece," she said.

In the end, Foster Remodeling designers created interior elevations that bear no resemblance to the original.

The half-brick floor-to-ceiling backwall was replaced by perfectly symmetrical built-ins, crown molding and an elevated hearth with a marble surround and Edwardian-style mantle.

"It's an entirely different mood from the sun room," Grems says, "and perfectly satisfies another dimension of our lifestyle."

ON A SIMILAR NOTE, Sandy Nusbaum, of south Alexandria, attributes her periodic home upgrade inclinations to a gradual but decisive recognition that the four bedroom colonial she has occupied for 28 years with husband Mike is the last single family residence the couple will ever own.

"We raised three children here, and when the last of them moved away, we looked at other houses in the area and even a retirement village in North Carolina,"

Nusbaum said. "That's when I renewed my appreciation for the many advantages of this house. I recognized that everything we wanted was already here; we just needed a few pointed improvements to take us into the foreseeable future."

Initially that meant introducing an open, "kitchen-centric" plan in the back half of the house, and creating an outdoor component — in the form of a 16-by-16-foot back screen porch — that allows for easy warm-weather circulation.

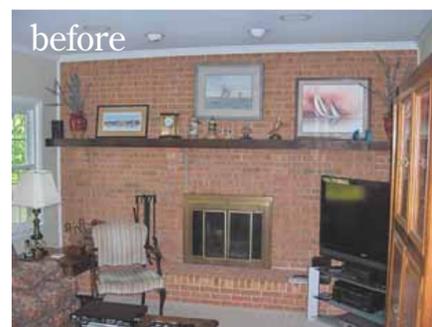
Replacing a wall between kitchen and dining room with a three-stool dining counter proved an effective starting point to delineating a more interactive entertainment space. The new surface is also well-positioned as a serving station for al fresco porch dining.

Although the needed structural changes were relatively minor, a new shelled-in niche for the refrigerator allows for additional storage. Maple cabinets with a Barton door style and honey-spice stain evoke a clean linear

SEE PIECE BY PIECE. PAGE 9



The existing half-brick floor-to-ceiling backwall was replaced by perfectly symmetrical built-ins, crown molding and an elevated hearth with a marble surround and Edwardian-style mantle.



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Historic Renovation in Alexandria

Designer/owner brought the home up to date while preserving its architectural integrity.

BY MARILYN CAMPBELL
THE CONNECTION

Decades before Alexandria-based interior designer Sydnye Pettengill and her family moved into a stately Victorian home near Old Town, it was well established as a spacious retreat. “The former owners were a family of seven who had lived there for 45 years,” she said.

When Pettengill purchased the property, which was built in 1917, little had changed. The home, which connects to King Street, was in disrepair. However, Pettengill, who started her own business in 1987 after studying in London and a stint with prominent interior design firm Milo Hoots Associates, Inc., saw a diamond in the rough. “I thought it had incredible potential,” she said. “I found the high ceilings particularly appealing.”

Pettengill’s husband Bill Wiley, a systems engineer and director of the Science Engineering Research Center at the Potomac School in McLean, said, “We bought it knowing that it was going to be a full renovation. We didn’t know what the final blueprint was going to be, but it was so large that we knew we could do whatever we wanted to.”

The 7,590-square-foot, six-bedroom, eight-and-a-half bathroom home also included a two-story carriage house, and although she needed to expand and update the home, Pettengill worked to preserve the historic home’s architectural integrity. “We remodeled and gutted, but we wanted to keep the character of what it was,” she said. “We were careful about integrating the spaces that we added.”

ONE OF THE KEYS to maintaining the original design was salvaging and reusing materials as much as possible. “We kept the original front doors, original French doors going into dining room, as well as the original windows on the first floor in front of the house,” said Pettengill.

“The hardwood floors in the master bedroom are original,” she continued. “There is a sitting room off the master bedroom. It is quite a suite. The pine floors on the second and third levels were also saved from the original home and reused.”

A striking Belvedere window in the kitchen creates an ideal marriage of style and function by filling the room with natural light. “The kitchen is the heart of the house,” said Pettengill. “There is a side terrace and you can go in and out of the kitchen through two door ways.”



PHOTOS COURTESY OF ©BRAD PETTENGILL PHOTOGRAPHY

This 7,590 square-foot, six-bedroom, eight-and-a-half bathroom home near Old Town Alexandria, is on the market for \$2,995,000.



The open staircase in the foyer of designer Sydnye Pettengill’s Alexandria home offers a view from the foyer to the third floor. The designer found a carpenter who replicated the home’s original stair railing.

The kitchen, which opens into the home’s great room, has pale yellow painted cabinets and contrasting dark, honed Uba Tuba granite counters. “One of the eureka moments for us was the kitchen,” she said. “We struggled with it for a couple of years and then decided to push it out and make it more open.” The flow continues into the dining room, which has a bay window that

is original to the home.

“It is spectacular for entertaining,” she said. “There is a terrace off the back of the house that is concealed and very private. There is also a side terrace off the kitchen.” The original service kitchen became the library after Pettengill added built-in bookcases.

Pettengill says that the foyer is the pivotal point of the house. “There is an open

stairwell and you can see from the foyer straight up to the third floor.” She even found a carpenter to replicate the original stair railing.

A round table stands in the middle of the foyer, complimenting the shape of the space and the period of the home. “It is a hand painted table that’s reminiscent of the Victorian era when the house was built,” said Pettengill.

FORMER CLIENTS SAID that one of Pettengill’s strengths is her ability to navigate the often-daunting task of creating fresh designs that compliment historic homes. Alexandria resident Grace-Marie Turner hired Pettengill to complete the interior design on her expansive Old Town home. The oldest part of the house was built in the mid-1700s and subsequent additions span the 18th, 19th, 20th and 21st centuries.

“The house had 50 windows that all required different window treatments,” said Turner. “We wanted them to be new and fresh and at the same time respect the period.” The result, she continued, was a balance of elegance and coziness that honored the home’s range of architectural periods.

Pettengill, who has adult children, said it’s time for her family to find a smaller abode and turn her spacious Alexandria property over to another family. “As a friend told me, we’re not down-sizing, we’re right-sizing,” she said.

The home is on the market for \$2,995,000. For more information, call 703-838-8480.

Decorating for Easter

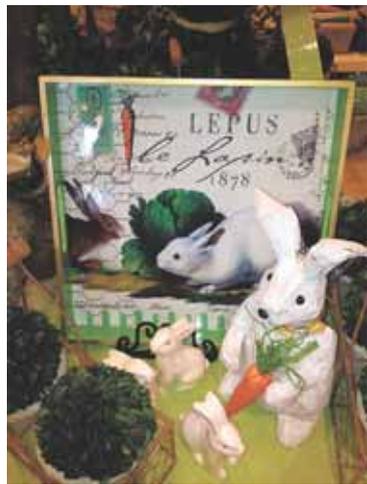
Easy ideas to welcome spring into your ahome.

BY MARILYN CAMPBELL
THE CONNECTION

From floral arrangements that burst with pastel blooms to candles that fill one's home with scents reminiscent of warm weather, local style experts offer suggestions for accents that welcome spring.

Turn simple twigs and greenery into a harbinger of Easter. "Welcome guests into your home with a spring wreath on the front door decorated with greenery, flowers or eggs," said Ann O'Shields of The Nest Egg in Fairfax. "Scents of spring are a sure way to alleviate the end of winter."

Laura Smith of The Dandelion Patch in Vienna, Reston and Georgetown recommends filling air with crisp, fresh aromas. "There are candles with really nice spring scents, like jasmine or gardenia and lemongrass. Citrus scents are also very big in spring and summer."



Local design experts suggest using serveware imprinted with produce like lettuces that herald the new season.

Smith suggests setting one's table with serveware imprinted with spring produce like lettuces that herald the new season. "You can use cutting boards with artichoke prints or platters with asparagus prints. They are entertaining and fun accessories," Smith said.

Festive baskets filled with paper grass, wooden eggs, bunnies and flowers make ideal home accents.

"Using seasonal blooms are a great way to welcome spring," said O'Shields.

A floral arrangement displayed in baskets covered with spring flower petals make a chic centerpiece for one's dining table. "When it comes to floral arrangements, people are often driven by what their home décor is," said Potomac, Md., based floral designer Evelyn Kinville. "The most popular flowers for Easter are hydrangeas in white or soft green, daffodils, tulips in yellow, hyacinths in pink or blue, Esperance roses, which are large pink and cream two-toned in color, and White or pink hybrid lilies."

O'Shields said, "Pick one flower style and repeat it in various places throughout the room for the most impact."

Renovating Everything, Piece by Piece

FROM PAGE 8

look within a softly lit ambiance. Likewise, the Silestone quartz surfaces in ebony pearl provide a tonal and textural contrast.

With a better rationalized kitchen in place, a few years later the Nusbaums began planning a follow-on phase: an extension of the rear family room, an open-air grilling deck and a layout that permits children, grandchildren and many guests to circulate freely through a now wide-ranging entertainment suite.

Then, just last year, the largely unused lower level was converted into a multi-purpose suite that serves as both an exercise room and guest accommodation.

"The built-ins include closets on either side of a new Murphy bed— one exclusively for guest use," Nusbaum said. "We also made the laundry room more functional and added a full bath with handicapped access."

Meanwhile, Nusbaum uses the re-made lower level for her daily treadmill workouts: "It's a luxury having so many useful things exactly where you want them."

OF COURSE, CONSIDERATIONS to functional and aesthetic improvements aside, the long term remodeler also may venture into non-essential, even quite personal, "tweaks" to the existing property from time to time.

After comprehensive upgrades to their kitchen and master bath, for instance, Alexandrians Steve and Diane Piper decided that their eclectically redesigned powder room should include a Mediterranean-style foot bath ringed in glass and mosaic

tiling.

The artfully-executed first floor facility — planned with an assist from Foster Remodeling Solutions' designer Sarah Wolf — includes a vessel basin with exposed copper piping, marble floors and a coffered ceiling with concealed lights.

The Pipers — who often travel internationally — say the foot bath is a pleasant convenience in the summer when they are often wearing sandals.

"I wouldn't say a footbath adds anything to resale value," Diane Piper said, "but we do plan to be in this house for at least another 10 years."

And speaking of personal vision: after re-doing the front elevation — and before remodeling the kitchen — the Baldinos of Springfield had Foster design a screen porch with a floor-to-ceiling stone hearth. The porch is closed on three sides and features a 15-foot cathedral ceiling with an overhead rotating fan. The project included an extensive flagstone patio, a privacy fence, a retaining wall and landscaping.

"We wanted space that brings us into the outdoors, and the fireplace keeps the porch surprisingly comfortable in cooler weather," said Nancy Baldino. "It's a great place to watch the game."

The Baldinos, who have lived in their circa-1970s split-level for 24 years, say that their four remodeling projects have always been focused and budgetable.

"We love the neighborhood, so the improvements are just a natural result of efforts to make the house feel even more like home."

Staff at Foster Remodeling Solutions periodically offer workshops on home improvement topics at the Lorton showroom. Call 703-550-1371 or visit www.FosterRemodeling.com.

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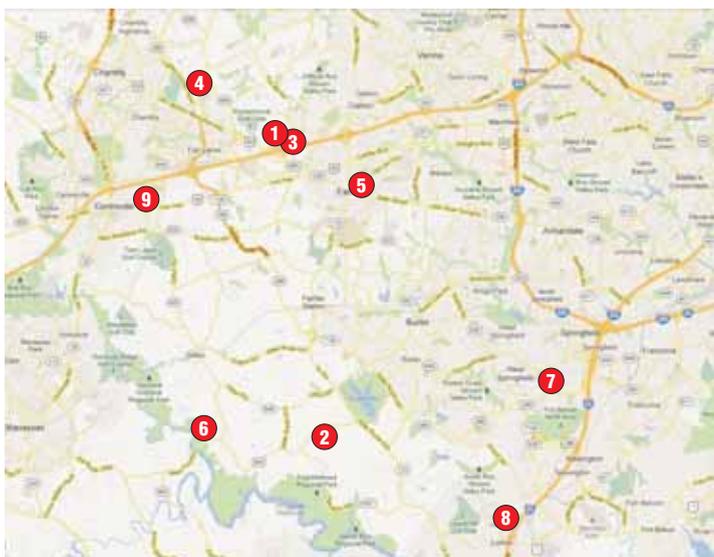
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2 10817 WINDERMERE LN	4	3	1	FAIRFAX STATION		\$1,275,000	Detached	11.01	22039	THE ENGLISH HILLS ESTATE	01/31/13
3 11391 AMBER HILLS CT	4	4	1	FAIRFAX		\$1,160,928	Detached	0.83	22033	ESTATES AT FAIR OAKS	01/31/13
4 3510 ROSE CREST LN	5	4	1	FAIRFAX		\$1,087,500	Detached	0.83	22033	OAK HILL ESTATES	01/30/13
5 3871 LEWISTON PL	3	5	0	FAIRFAX		\$1,025,000	Townhouse	0.09	22030	FARRCROFT	01/23/13
6 12606 CLIFTON HUNT LN	5	4	1	CLIFTON		\$920,000	Detached	5.31	20124	CLIFTON HUNT	01/31/13
7 7438 SPRING SUMMIT RD	4	4	1	SPRINGFIELD		\$800,000	Detached	0.44	22150	WESTHAMPTON	01/31/13
8 8086 PAPER BIRCH DR	5	4	1	LORTON		\$790,000	Detached	0.21	22079	LAUREL HILL LANDBAY	01/16/13
9 13509 LAMIUM LN	4	4	1	CENTREVILLE		\$781,000	Detached	0.25	20120	FAIRCREST SOUTH	01/04/13

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Home LifeStyle

All in the Family

BY JOHN BYRD
FOR THE CONNECTION

With solid planning and skillful remodeling, seniors convert personal residence into a multi-generational household.

Challenging times demand creative thinking — so you don't have to look far to find homeowners executing remodeling projects with far-reaching objectives.

Take, for instance, the case of Mary and Harry Warren of Mount Vernon, both in their mid-70s.

Scrolling back a few years, the Warrens were weighing various retirement options when they learned that their daughter and three grandchildren would be moving back to Virginia from the midwest and might be amenable to participating in a three-generation household.

"There was really a lot for us to consider," said Mary Warren. "Harry and I thought that if we expanded the house to incorporate the extended family, we could eventually pass it on to the next generation. We could also make some changes that would help us to move around as we get older."

On the other hand: the more the Warrens scrutinized the existing property, the more they wondered if their vision was even feasible.

FOR STARTERS, at 1,500 square feet, the three-bedroom split-level the couple had occupied since 1994 was neatly centered on a small lot in a neighborhood with strictly observed set-back requirements.

To provide all three generations with the necessary space and privacy, the Warrens figured they would have to increase usable living space by 40 percent or more.

A carefully planned addition along the property's western side offered promising possibilities. But even if you could find the needed lot space, the floorplan configuration that would satisfy everyone's privacy requirements remained elusive.

It was at this juncture that the Warrens turned to Craig Durosco, founder and principal of Sun Design Remodeling.

"The program was certainly tricky," Durosco said. "The Warrens wanted a functionally independent suite that would include a luxury bath, lots of custom built-



The multi-generational solution introduced by Sun Design Remodeling includes a one level seniors wing supplemented by a sitting area that exits through French doors to the newly formed courtyard. Hallways and doors in the new section are wheelchair friendly.

PHOTOS BY BRYAN BURRIS PHOTOGRAPHY



Initially, the Warrens were not sure if the existing three-bedroom split level could be converted to a larger home accommodating their new plans.

ins and interior design improvements. Our thought was: if we could satisfy this requirement from the ground up, Meg and the grandchildren could take over half of the existing house as their own wing."

"We particularly liked the consideration to everyone's privacy needs," Mary Warren

said. "Their plan allows for independence where you want it."

Thus, stripped to its essentials, Durosco's solution called for converting the three-bedroom split-level into a five bedroom two-level structure that provides the Warrens with private quarters, yet also incorporates

More

Sun Design Remodeling frequently sponsors workshops on specific remodeling topics as well as tours of recently remodeled homes. Headquartered in Burke, the firm recently opened a second office in McLean. Call 703-425-5588 or visit www.SunDesignInc.com.

transitional zones suitable for easy everyday interaction.

TO ACCOMMODATE the elder Warrens, Durosco and team designed a 650-square-foot wing adjacent to a newly formed rear courtyard. The perfectly-integrated one-level addition features two large bedrooms, a master bath and large reach-in closets. A former family room now serves as the couple's sitting room.

By extension, Meg and the grandchildren inherit sleeping quarters in the existing bedroom wing — a configuration of rooms that affords everyone with the sufficient convenience and living space. Both families share the newly upgraded kitchen.

The makeover also allowed the Warrens to introduce a number of Universal Design features. Hallway widths in the new wing have been expanded to 44 inches; doors are 34 inches wide — compliant with American Disabilities Act requirements. The rear entrance has, likewise, been designed to accommodate a ramp, should a wheelchair be required in the future.

"We're just thinking ahead," Mary Warren said.

More recently, Mindy Mitchell — Sun Design's certified Aging-In-Place Specialist — followed Universal Design principals in renovating the original circa 1960s kitchen. Revisions included removing unneeded walls, widening doors and hallways and introducing roll-out cabinets with drawer pulls. There's also task lighting, easily maneuvered faucets and a multi-level island suitable for standing or sitting.

"The new kitchen feels significantly expanded, yet it's very efficiently designed — a great solution for a family like ours," said Mary Warren. "The changes have made life easier for everyone."

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