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"Semper Fi Fund" and "Our Military Kids"

* Call or Email me for More Details or visit: www.kwmcleangolf2015.com Bob Nelson Realtor, Keller Williams Realty A Lifetime of Service to Community & Country Office: (703) 636-7300 Cell: (703) 999-5812 Bob@GreatFallsTeam.com www.GreatFallsTeam.com





Great Falls Friends and Neighbors Scholarship Fund Board members and scholarship recipients: front row: Scholarship Fund President Ricki Harvey, (recipients Lea Lines, Kelly Hogan and Martina Atabong) Anne McVey, Jan Lane; back row: Allison Granstedt, Kristen Trimble, Annette Kerlin and Laura Bumpus.



Lea Lines, who grew up in Springfield, holds a 4.0 grade point average at George Mason University and hopes to become a neonatal intensive care, pediatric intensive care or labor and delivery nurse. Martina Atabong, a single mother originally from Cameroon, is on the George Mason University Dean's list and also plans to become a nurse.

Great Falls Friends & Neighbors Awards Scholarships

Supporting women in their quest for education, career.

By Ken Moore
The Connection

artina Atabong, 35, is the first member of her family to go to college. "I'm the only one," she said.

Atabong, a single mother originally from Cameroon, is on the Dean's list at George Mason University and received her associate of science degree from Northern Virginia Community College. She plans to graduate with a nursing degree in 2016.

Great Falls Friends and Neighbors women's club presented her with a scholarship Friday, Sept. 18 at Riverbend Golf and Country Club in Great Falls.

"Oh my ... I'm so excited, I'm so happy, deeply touched," she said. "My gratitude, it's deep, deep. I hope I can be an example for everybody, for all those ahead of me and all those coming up."

"I'll use this opportunity," she said during the luncheon on Friday.

About 125 members of Great Falls Friends and Neighbors attended the luncheon.

Nora Pouillon, owner of Restaurant Nora and author of "My Organic Life: How a Pioneering Chef Helped Shape the Way We Eat Today," gave the keynote speech at the luncheon.

"Food here was so different than what I was used to," she said. "The vegetable department was the smallest section in the groceries."

"You all have the possibility to really make a choice about what you want to eat," said Pouillon, owner of Restaurant Nora, one of the first restaurants in the country to specialize in organic food.

When she was asked if she offers any advice to other women, Pouillon said, "The most important thing is to do something you



Dance scholarship honoree Kelly Hogan with scholarship fund president Ricki Harvey. The dance scholarship was named for Bette Carter, one of the founders of the women's club.

like, that you have a passion for, and you go for it," she said.

"It's our kickoff luncheon," said Ricki Harvey. "It's an amazing group of women. We love having this time all together and one of our commitments is philanthropy."

"We love putting a face to the story," she said. "We love helping the next generation."

LEA LINES graduated from Lee High School in Springfield, and currently lives in Lorton and raised her children for more than 10 years.

She re-entered academia after her youngest enrolled in elementary school.

"My family comes first," she said.

The 4.0 George Mason University student is a member of two honors societies and volunteers for her nursing major and in the community.

She plans to become a nurse in neonatal intensive care, pediatric intensive care or labor and delivery.

"There are so many costs associated with my major; lab coats, equipment and everything," she said. "This is going to make a big difference," she said.

Great Falls Friends and Neighbors gave

Kelly Hogan, of Woodbridge, a dance scholarship named for Bette Carter, one of the founders of the Great Falls women's club.

"It's encouraging that people are supporting the arts," she said. "It's helping me, who I am as an artist and as a dancer."

Hogan studies dance and arts management.

"It's a nice surprise," she said, of the scholarship that her department applied for on her behalf.

She has a quote from Marianne Williamson tattooed on her left shoulder that reads: "Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure."

HELA BAER, who works as a part-time teacher while she attends George Mason University, was unable to attend the luncheon.

Baer, 25 of Fairfax, moved from Philadelphia to Israel when she was 8 years old and attended international high school in India.

According to Great Falls Friends and Neighbors members Harvey and Laura Bumpus, Baer served mandatory military service in Israel for three years, which in-

Why This Matters

Great Falls Friends and Neighbors has more than 200 active members.

Through the GFFN Scholarship Fund, the club provides scholarships to financially support up to six women ages 25 or older in Northern Virginia who are pursuing degrees in higher education and are attending George Mason University or Northern Virginia Community College.

Each year, a scholarship is also given to a George Mason University dance student in the name of a club founder, Bette Carter.

See http://gffnva.org

fluenced her decision to major in Conflict Analysis and Resolution at George Mason.

She also has earned a 4.0 grade point average and is in her second year at George Mason.

Great Falls Friends and Neighbors raises money for these scholarships primarily through the annual Bridge Jamboree.

The 12th Annual Bridge Jamboree is scheduled for Saturday, Nov. 14 at Christ the King Church, 10550 Georgetown Pike in Great Falls.

The women's club has more than 200 active members.

They have multiple events and causes that they support throughout the year.

The group has an annual tradition of selling Christmas ornaments; this year's ornament honors President Calvin Coolidge who lit the first National Tree, according to Great Falls Friends and Neighbors.

The ornaments are available to purchase at Great Dogs of Great Falls and the Studio Hair Salon.

Proceeds from last year's sales of ornaments enabled the group to donate \$4,054 to Artemis House, a 24-hour domestic violence shelter in Fairfax County.

Great Falls Friends and Neighbors has existed for 35 years, and is a result of a 2011 merger of two local clubs, the Great Falls Woman's Club and Newcomers of Great Falls.

Great Falls Friends and Neighbors has a vineyard bus tour scheduled for Oct. 8 and a cooking demonstration at L'Auberge Chez Francois in January to benefit the charity, Kids R First.

VDDT Virginia Department of Transportation

I-66 Inside the Beltway Project Arlington County, City of Falls Church and **Fairfax County**

Public Information Meetings

Monday, October 5, 2015, 7:00 – 9:00 p.m. Presentation at 7:30 p.m.

VDOT Northern Virginia District 4975 Alliance Drive, Fairfax, VA 22030

Visit Transform66.org to view a live stream of this meeting at 7:30 p.m.

Tuesday, October 6, 2015, 7:00 – 9:00 p.m. Presentation at 7:30 p.m.

Mary Ellen Henderson Middle School Cafeteria 7130 Leesburg Pike, Falls Church, VA 22043

Wednesday, October 7, 2015, 7:00 - 9:00 p.m. Presentation at 7:30 p.m.

Washington-Lee High School Cafeteria 1301 N. Stafford Street, Arlington, VA 22201

The Virginia Department of Transportation (VDOT), in partnership with the Virginia Department of Rail and Public Transportation (DRPT), will host Public Information Meetings for the Transform 66 Inside the Beltway Project. The project involves converting I-66 to dynamicallypriced toll lanes in both directions during morning and afternoon rush hours between I-495 (the Capital Beltway) and U.S. Route 29 in Rosslyn, along with implementing a series of multimodal improvements that benefit the toll users of I-66. Single Occupancy Vehicles (SOVs) will now have the option to use I-66 during the morning and evening rush hours in the peak direction by paying a toll, while High Occupancy Vehicles (HOVs) with three or more passengers (HOV-3+) will ride for free. VDOT is also considering a toll scenario that would allow HOV-2+ to ride for free until improvements are completed outside the Beltway in 2021. Proposed improvements are intended to move more people, enhance connectivity and improve travel reliability on I-66.

Stop by to learn more about the project, discuss your questions with VDOT staff, and attend the formal presentation.

Review project information and project schedule at www.Transform66.org and at the Public Information Meetings.

Give your written or oral comments at the meetings or submit them to Amanda Baxter, Project Manager, at the VDOT Northern Virginia District Office (address noted above). You may also e-mail comments at any time to Transform66@VDOT.Virginia.gov. Please reference "Transform 66 Inside the Beltway" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 800-367-7623 or TTY/TDD 711.

State Project: 0066-96A-358, P101 UPC: 107371



Larry Chloupek, of Potomac, Md., crosses the finish line during the 12th Annual Super H 5K Run, Walk and Wheel on Sunday, Sept. 20 in McLean.



Photos by Abigail Constantino/The Connection Super H 5K Run, Walk and Wheel founder Harry Freedman opens the race to benefit MedStar's adaptive sports programs.

Runners, Walkers, Wheelers Cross Finish Line in McLean

5K raises funds for adaptive sports program.

Abigail Constantino The Connection

hether they wheeled, biked, walked, or ran to the finish line, participants of the Super H 5K all agreed on one thing—that last hill was hell.

Over 200 people gathered at Tysons Sport and Health in McLean on Sunday morning, Sept. 20, for the twelfth year of the race. Founder Harry Freedman, the H in Super H, opened the event.

Proceeds go to the adaptive sports program of MedStar National Rehabilitation Network, where Freedman spent some time after his accident 12 years ago. A front-end loader backed up on him and cost him his leg.

"The money from the race helps teams travel and compete," said Freedman. A runner even before his accident, it was at the national rehab hospital that he got the idea for the race. "It's a wonderful place,"

"The event really is a great example of what we

do...returning people to maximum level of function and independence no matter what your injury is," said the network's president John Rockwood.

"It's really important for us to be able to showcase people getting back to the communities and back to what they enjoy," said Rockwood. Many of the race participants are people who have gone through MedStar's program.

Jesse Graham, of Bristow, Va., broke his neck in a snowboarding accident 18 months ago, and he is racing today. "It's learning how to adjust your life," he said.

MedStar's adaptive sports program includes archery, basketball, boccia ball, cycling, quad rugby, rowing, sled hockey and tennis.

Joan Joyce, director of the network's adaptive sports and fitness program, said that there has been a rise in adaptive sports in the last few years with the veterans coming back. "A lot of young soldiers, you get a lot more of them coming into the sports," she said. Anthony Caparella, of Silver Spring, Md., was the first to cross the finish line in his wheelchair, followed by runner Andrew Merritt, of Culpepper. Runner Andrea Meuser, of Vienna, was the first woman to cross the finish line. Chanelle Houston, of Fort Washington, Md., was the first woman to cross on a handcycle.

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OPINION

Remembering Reston's Civil Rights Icon

"A local giant is gone from our midst. But his spirit and legacy will remain in Reston and beyond."

> BY GERALD E. CONNOLLY U.S. Rep. (D-11)

o one can say Bob Simon didn't lead a full life, but that fact doesn't make his loss any easier. To the end of his 101 years, he was a grand man of extraordinary vision, heart, compassion, humor and charm.

Last year my office embarked on a project to celebrate the Civil Rights Movement by capturing the histories, memories and stories of those who fought for equality. Our goal was to make sure we allowed these brave voices to share their accounts, firsthand, and preserve them for future generations. Today, that archive is available at http://ethnography.gmu.edu/ collections/the-northern-virginia-civil-rights-

I was fortunate to bring Bob into this project and sit down with him for a few hours to hear his civil rights story. Most of us know Bob as the founder of Reston, but it is his legacy as a civil rights icon and its lasting impact on our community, that I will forever hold in my heart. You see, Bob hated discrimination and bigotry because he experienced anti-Semitism firsthand as a young man. That experience forged in him a passion – a quiet passion – to build a small corner of the world where equality would be a reality.

Bob's insistence on making Reston the first racially-integrated housing development in Virginia made him a civil rights pioneer. It was not the popular thing to do, and he lost critical investment opportunities because of this decision. But to Bob, it was not a matter of doing the easy thing, or the popular thing. It was about doing the right thing. He had great clarity that to realize his vision of Reston there could be no racial barriers. To fulfill Reston's goals we had to be inclusive and welcoming.

Throughout his long life, Bob's moral compass remained true. He was an environmentalist before the term was invented, a patron of the arts, and passionate advocate for social justice. Northern Virginia owes much of its character and success to Bob. I feel this loss sharply and shall miss his dedication, his laugh and his friendship. A local giant is gone from our midst. But his spirit and legacy will remain in Reston and beyond.



Congressman Gerald E. Connolly: "Bob's insistence on making Reston the first racially-integrated housing development in Virginia made him a civil rights pioneer."

Chamber Urges Congress to Avoid Another Shutdown

Congressional Delegation,

On behalf of the Fairfax County Chamber of Commerce (Fairfax Chamber), representing nearly 700 member companies with more than 500,000 employees across Northern Virginia, we urge you and your colleagues in Congress to act immediately to find a path forward to enact legislation to continue funding the federal government beyond Sept. 30, without interruption. For the federal government to shut down would be so harmful to our region it would be, in a word, irresponsible.

A substantial segment of Virginia's economy is tied to the federal government, with federal contractors in the private sector employing a vast number of workers here in our region and throughout the Commonwealth. In addition, Northern Virginia is home to more than 65,000 federal employees and is where more than 110,000 federal employees work. As such, Northern Virginia's diverse business commu-

LETTERS TO THE EDITOR

ear Members of the Northern Virginia nity, the economic engine of the Commonwealth, is tremendously impacted by federal

> Congress' inability in the past to enact individual appropriations bills, and rather to instead fund the government from continuing resolution to continuing resolution, has caused significant uncertainty and greatly disrupted business planning by federal contractors in the region. Such practices, combined with annual threats of government shutdowns and, in 2013, an actual shutdown, have caused private sector businesses of all sizes throughout Northern Virginia serious economic harm and forced them to lay off or furlough employees.

We are gravely concerned that such economic dislocation will again occur if the federal government shuts down on Oct. 1. Also, as you know, the impact of a shutdown would not be limited to the federal government and federal contractor workers in Virginia. As has been shown in the past, the downstream effects of a shutdown will also be harmful to small businesses in Northern Virginia and across the Commonwealth.

The Chamber recognizes the importance of restraining federal spending and different budget priorities for members of Congress. However with the U.S. economy continuing to underperform, Congress needs to act now to avoid inflicting any more substantial and enduring damage on the Commonwealth of Virginia and the United States as a whole.

Congress must continue to fund the operations of government in a budget-conscious way, while avoiding any more damaging fiscal showdowns. We need and expect nothing less. Accordingly, we urge you to work with your colleagues and leadership to promptly enact legislation by Oct. 1 to fund the operations of the federal government without interruption.

> Jim Corcoran, President & CEO Fairfax Chamber of Commerce

Write

Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail:

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

greatfalls@connectionnewspapers.com

Powerful and Accountable

To the Editor:

gratulate you for dealing with a serious PR problem Fairfax County has been developing.

Virginia and this county maintain an admirable fear level among

wrong doers that helps to keep this fix this without turning this region a great state and county to live in. But, when that turns into front page stories about torture with to live like Maryland and all of stun guns and stonewalling we are New England. We are not Texas With your focus on the recent absolutely going to be punished death of an inmate, I want to connationally and internationally at a time when we must be building new bridges and attracting the best people to maintain our standard of life and living here.

Please keep the pressure on to

into another crime friendly, revolving door justice, victims last place but we are not chumps either. We need well regulated law enforcement that is powerful and account-

> **Drake Wauters** McLean



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Jan Schar, GFHS vice president (left), and Kathleen Murphy, president (right), prepare cake and coffee in celebration of Betty Swartz's birthday (center).

Celebrating Birthday, Preparing for Oktoberfest

her 83rd birthday last week and the Great Falls Historical Society was not going to let that pass unnoticed. Swartz has been GFHS' longstanding Hospitality Chair and the organization is so grateful for her graciousness, attention to detail, superb coordination, thoughtfulness, courtesy, tact and diplomacy, charm and

etty Swartz just celebrated her delivery of perfectly executed social events for the Great Falls Historical Society. There is another event coming up, GFHS' Oktoberfest Potluck Dinner, on Wednesday, Oct. 14 at 6 p.m. Come join in cultivating another delightful memory, elegant and enjoyable, which you are sure to treasure for years to come. Sue Kwami will be joining Swartz in good taste, which all reflected in turning out another lovely event.

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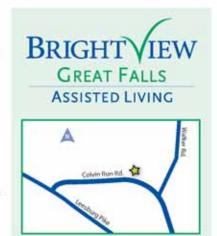
"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." - Bill W.

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COMMUNITY

Studio Tour Returns Oct. 16-18

Sun Design sponsors the tour, holds open house.

he artists of Great Falls for their annual Studio Tour.

Now in its twelfth year, the Tour mixed media painter is a free self-guided driving tour to Jennifer Duncan, a covisit 44 artists in their own creative chairman of the tour spaces—from a rustic farmhouse to committee. a contemporary home, from a conin the center of town.

a bricks and mortar presence.

to share their inspiration and their nity. process with the public at this

sored by the Great Falls United Method-

Paul Hefner, son of George and Paula

in 2007 after earning the Arrow of Light

"We welcome visitors Studios will be throw- to come see us paint a ing open the doors of canvas, create a necktheir studios Oct. 16-18 lace, or stitch a freehand design into a quilt," says

visitors with busy weekend sched-From its humble beginnings as a ules the opportunity to visit on Frihandful of artists meeting in Laura day if they choose. Hours will be Nichols' farmhouse kitchen, Great 12-5 p.m. on Friday, 10 a.m.-5 p.m. Falls Studios has grown into a on Saturday, and 12-5 p.m. on Sununique art movement in the Wash- day. The tour is sponsored again ington D.C. area—a community this year by Sun Design Remodelwill have a recently remodeled The studio tour gives visitors the open house on the tour, with its the life of an artist. What makes opportunity to see firsthand the creative staff on hand to discuss one painter different from another, cated at the Great Falls Community stories behind the art they may new projects visitors may have in even though they both paint in oils Library, hosted by photographer have seen hanging in Katie's Cofmind. Both organizations benefit or in watercolors, for example? Terri Parent. She will have her feehouse or other Great Falls ven- from this association, building on Each artist combines his or her work on display, plus there will be ues during the year. Many of the the creative energies of their art- unique talents and experiences in an exhibit of work from each artist studios are not open any other time ists and designers to provide an a different way, so even if you've on the tour. It's a great place to start of the year, and artists are excited important service to the commubeen on the tour before, you're and plan the rest of your route,

> Make plans to visit a weaver in time. her home studio and try your hand



Jeweler Donna Barnako creates one-of-a-kind jewelry.

verted garage to a new group space over three days this year, giving at throwing a shuttle to create a there are several multi-artist venpiece of fabric, see how a potter ues near the center of Great Falls, shapes the clay, or get a short les- including a new space housing 10 son in oil painting from an expert. artists in multiple media near the Find out how a photographer Old Brogue, an oil painting studio chooses the perfect shot or how a next to a quiltmaker's shop, and a jeweler creates one-of-a-kind multi-artist painting studio not far pieces of art to wear. Many of the away. In addition, two painters will based organization run entirely on ing, an award winning home rearrists will be demonstrating their have their work on display at the volunteer time and talent, without modeling company. Sun Design creativity during the tour, giving renovated Sun Design home on visitors a first-hand glimpse into Saturday and Sunday only. Studio headquarters will be lo-

a particular medium or a particu-

The tour is family-friendly and when they teach. its primary purpose is educational—it's a great opportunity to

Linda Jones

ative habitats, enjoy the fall landscape, and perhaps get some ideas for adding art to your home or office, or get started on a creative remodeling project. If you'd like to make a day of it, the Old Brogue Irish Pub will be open for lunch and

also teach in their home studios or at the Great Falls School of Art, a nonprofit foundation in the Village Center. For those visitors interested in learning to paint, make pottery, craft jewelry, draw, or quilt, the Tour is a wonderful opportunity to talk directly with the artist about what, where and

Go to the Great Falls Studios website at www.GreatFallsStudios.com to plan see artists at work in their own cre-your visit. The site has a new section with images and descriptions of work by all the artists on the tour. After Sept. 15, you may download a map and brochure, or just pick up a brochure at the Great Falls Community Library, or at any stop along the tour.

Photos by Dean Souleles

Visit the Sun Design website at www.SunDesignInc.com for inspir-Many of the artists on the Tour ing images and more information about their award winning style.

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more in our

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rograms,

sections, the

every month.



Great Falls Studios started with a handful of artists meet-

tranzon / auction

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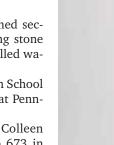
likely to see something new each whether you want to see artists in In addition to the home studios, lar neighborhood.

n June 13, Troop 673 welcomed ers. Work crews cleared and mulched sectwo young men, Paul Hefner tions of the trail, created a stepping stone and Zachary Wade, as the path across a small creek, and installed watroop's most recent among more than 100 ter bars to help reduce erosion.

sylvania State University.

Wade of Great Falls, joined Troop 673 in Hefner of Great Falls, joined Troop 673 2009. Since joining the troop, Zach has served as Chaplain's Aide, Webmaster, Asas a Cub Scout. Since joining the troop, sistant Patrol Leader, and Patrol Leader. He Paul has served as Ouartermaster. Den earned 22 merit badges, and was elected to Chief, Patrol Leader, and Assistant Senior the Order of the Arrow in 2011, and also Patrol Leader. Paul has earned 24 merit attended National Youth Leadership Trainbadges, and was elected to the Order of ing. In 2010, Zach received the Cory Corrales the Arrow in 2009, and earned the 50 award, which is presented by the Troop to Miler Award twice. Paul participated in the scout who best exemplifies scout spirit all three high adventures (Sea Base, at summer camp. He participated in the Philmont, and Northern Tier). His favor- Philmont high adventure, and also in the ite Boy Scout activity has always been 2010 Hike Across Maryland.

For his Eagle Project, Paul renovated a facilities for the Lamb Center, a facility serv-donated food, and paint both the men's and at Carnegie Mellon University School of walking trail along Georgetown Pike and ing the poor and homeless in Fairfax, in or- women's bathrooms to brighten them up. Computer Science, where he plans to Miller Avenue in Great Falls. The project der to improve the conditions for the guests Zach graduated last June from Thomas double major in computer science and



From left — Zachary Wade and Paul Hefner. For his Eagle project, Zach renovated the a new food shelf to provide more space for electronics clubs. He is now a freshman

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ing in Laura Nichols' farmhouse kitchen.

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Music 4 years to 2nd grade 11:15 a.m. Holy Eucharist, Rite II

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Welcoming New Eagle Scouts

Eagle Scouts developed by the troop dur-Paul graduated from Langley High School ing the past 55 years. Troop 673 is spon- in 2014, and is now a sophomore at Penn-

Zachary Wade, son of Lee and Colleen

was sponsored by Great Falls Trailblaz- and create a more inviting atmosphere. Zach Jefferson High School for Science and electrical engineering.



carried out a plan to construct and hang new Technology (TJHSST), where he was a cabinet doors to replace damaged ones, build leader in the computer security and

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8 Great Falls Connection September 23-29, 2015

Calendar

announcements Send north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

WEDNESDAY/SEPT. 23

Elephant Appreciation Storytime. 11-11:30 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean.

Treasured Two-Fives. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Age 2-5 with adult.

Rock-A-Bye Baby. 11:30 a.m. Patrick Henry Library, 101 Maple Avenue East, Vienna, An early literacy enhanced storytime, featuring rhymes, stories and songs. Birth-12 months with adult.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

THURSDAY/SEPT. 24

Starlight Storytime. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Wear your favorite pajamas and join us for stories and songs. All ages.

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Recent title change: "All the Light We Cannot See" by Anthony Doerr. Adults.

STEM Project. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project in STEM subjects for elementary students.

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a buddy! Teen Volunteers available to read to or

Save Marmota Farm - representatives from community organizations will explain their support for the citizens' initiative to prioritize purchase of 23-acre Marmota Farm in the 2016 **Fairfax County Park Bond** referendum on Sept. 29 at **Great Falls Library, 9830** Georgetown Pike.

with beginning readers. Ages 3-9.

THURSDAY-SATURDAY/SEPT. 24-26

Used Book Sale. Thursday: 1-8 p.m. Friday: 10 a.m. - 6 p.m. Saturday: 10 a.m. - 3 p.m. Oakton Community Library, 10304 Lynnhaven Place, Oakton. Thousands of nonfiction, fiction, hardback and paperback books for sale. Come for the bargains and to support your library.

FRIDAY/SEPT. 25

OFTC Friday Field Trip: Double Feature at AMC Tysons. 3:30-10 p.m.Old Firehouse Teen Center, 1440 Chain Bridge Rd., McLean. \$33/\$23 members

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Age 5-

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children. Coffee and conversation for grownups. Ages birth-5.

FRIDAY-SUNDAY/SEPT. 25-27 **Successful Painting with Armand** Cabrera. The Arts of GF School,



756-C Walker Road, Great Falls. Armand will teach the Fundamentals of Painting in both oil and acrylic. Students learn all aspects of painting and drawing-perspective, composition, color mixing and theory. Advanced students are helped with problem solving and overcoming challenges in their painting. All students get plenty of individual attention at their easels-no matter what level or style they paint.

SATURDAY/SEPT. 26

Unity Fall Festival. 2-6 p.m. Unity of Fairfax campus, 2854 Hunter Mill Road, Oakton. Activities especially for families with children include Learn About & Paint a Mandala, Learn to Plant Bulbs, face painting, nail painting, making Halloween

masks, assembling small treat bags for children without homes, and family games. Safari Bingo the Clown and her hedgehog will stroll the festival. Activities for all ages includes live music, a dunk tank, silent and live auctions, snacks, beverages and German food. Admission includes food, entertainment and activities. Tickets \$5-\$20. http:// www.unityoffairfax.org/ UnityFallFest.

STEM Project. 11 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. National Honor Society tutoring project in STEM subjects for elementary students.

Talk on Writing. 2-3 p.m. Books a Million, 1451 Chain Bridge Road, McLean. Local Author Helaine Mario will talk about her novel of suspense. "The Lost Concerto." She will focus on inspiration, character and plot, and on missing art and music during World War II.

Fall Bazaar. 8 a.m. - 3 p.m. Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. A silent auction, crafts and curios, baked items, youth toys and activities, clothes and sports equipment, jewelry and scarves, used books and previously owned hand tools/ hardware for sale and more.

Aztec Two-Step: The "Second Step" Album 40th Anniversary Show. 6 p.m. Jammin' Java, 227 Maple Avenue, East, Vienna. Renowned folk-rock duo Aztec Two-Step will celebrate the 40th Anniversary of their ever-popular 1975 RCA album release "Second Step" by performing the album straight through, in its entirety, along with other ATS favorites. Tickets \$25-\$30.

Harvest Happenings. 11 a.m. - 2 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. This indoor-outdoor festival features live entertainment, craft projects and games that celebrate the change of season. \$5 per person/Free for children 36 months and younger. For children ages 3-8.

Oakton Farmers Market. 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. www.smartmarkets.org/ Great Falls Farmers Market. 9 a.m.-

1 p.m. Year round. Great Falls Village Centre, 778 Walker Road, Great Falls. www.celebrategreatfalls.org/ FarmersMarket.html.

Vienna Farmers Market, 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. www.viennafarmersmarket.com.

SEE CALENDAR, PAGE 11



Special Connections Calendar Advertising Deadlines are the previous Thursday unless noted.

OCTOBER 10/7/2015.....Wellbeing Senior Living Pullout

10/21/2015 A+ Camps & Schools Halloween is October 31 10/28/2015 Election Preview

NOVEMBER

11/4/2015......Wellbeing 11/11/2015......HomeLifeStyle 11/18/2015......A+ Camps & Schools 11/19/2015.....Holiday Entertainment & Gift Guide I

Thanksgiving is November 26 11/25/2015.....Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015......Wellbeing 12/9/2015.....Holiday Entertainment & Gift Guide II 12/9/2015.....HomeLifeStyle; Home for the Holidays 12/16/2015......A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015.....Special Issue – Safe for the Holidays 12/30/2015......Children's Connection

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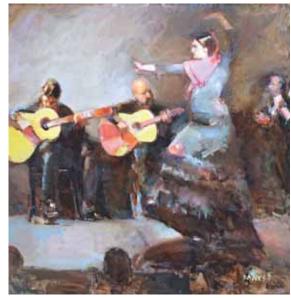
Centre View

- Great Falls Connection
 - Mount Vernon Gazette
 - McLean Connection
- Oak Hill/Herndon Connection Potomac Almanac
 - Reston Connection
 - Springfield Connection Vienna/Oakton Connection

10 ❖ Great Falls Connection ❖ September 23-29, 2015



On Sept. 26 head over to McLean Community Center's Harvest Happenings where The Amazing Kevin, a popular local magician will entertain children as well as enjoy a petting zoo, music and more.



"Spanish Dancer" by Jill Banks was inspired by a painting and art historical trip this past spring to Madrid. This piece is one of 20+ paintings Banks is exhibiting at the Great Falls Library, 9830 Georgetown Pike, Great Falls in her "Along the Way" solo show through Sept. 30.

Calendar

From Page 10

"Max the Brave" Storytime. 1-11:30 a.m. Barnes & Noble, 7851 L Tysons Corner Center, McLean.

SUNDAY/SEPT. 27

Butterfly Crafts. 1-5 p.m. Church Street, Vienna. As part of the Town of Vienna's, Afternoons on Church Street, the Ayr Hill Garden Club will be hosting a table featuring butterfly crafts geared for ages 3 through 6th grade. Free packages of milkweed seeds (butterfly magnets) will be offered. All children are welcome to stop by and learn more about butterflies.

Free Wine Festival. 1-4 p.m. The Vineyard, 1445 Laughlin Avenue, McLean. Held outside in the Palladium's Civic Green fountain courtyard, Wags and Wine features 20+ wines to taste provided

20+ wines to taste provided by The Vineyard. Purchase food from Sloppy Mama's BBQ and Fluffy Thoughts Cakes.

MONDAY/SEPT. 28

Healthy Eating. 2 p.m. Brightview Great Falls, 10200 Colvin Run Road, Great Falls. The community is partnering with Salud, a local organic market in Great Falls to present an interactive, wellness presentation on Healthy Eating.

TUESDAY/SEPT. 29

Save Marmota Farm. 6-9 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Representatives from community organizations will explain their support for the citizens' initiative to prioritize purchase of 23-acre Marmota Farm in the 2016 Fairfax County Park Bond referendum. Please visit Save Marmota Farm - Great Falls on Facebook for details, or email savemarmotafarm@gmail.com.

Canasta Group. 12:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Enjoy socializing while you play Canasta with this weekly group meeting. Adults.

WEDNESDAY/SEPT. 30

Fall for the Book: Peter Straub.

7:30 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Author Straub will thrill fans with a reading of his work.

Busy Beavers. 10:30 a.m. Dolley
Madison Library, 1244 Oak Ridge
Avenue, McLean. Did you know that
there are beavers in our creeks and
ponds? Do the beaver dance, listen to
some stories and make a beaver dam
as we learn about these nocturnal
animals.

Ongoing

"Gold Rush." Tuesday-Saturday, 10 a.m. - 4 p.m. through Sept. 26. at Vienna Art Center, 115 Pleasant St., NW, Vienna. Artwork with "gold" as the theme. This can be interpreted in many ways, gold colors, gold coins, golden hair, gold leaf and more. The show is open to the public, and visitors can also view small items of original art, scarves, jewelry, notecards etc. All hand made by VAS artists – great for gifts.

Vienna's Summer on the Green

Vienna's Summer on the Green Concert Series. Fridays-Sundays, through Sept. 27. 6:30 p.m. at Vienna Town Green, 144 Maple Avenue E, Vienna. Come out on the weekend and listen to some good music.Visit http:// www.viennava.gov/

DocumentCenter/View/2640

"Along the Way." Through Sept.
30 at Great Falls Library, 9830
Georgetown Pike, Great Falls.
"Along the Way," Jill Banks solo exhibit of original oil painting.

"Figuratively Speaking." Friday-Sunday through Oct. 11 at 1st Stage in Tysons, 1524 Spring Hill Road, Tysons Corner. Portraits and figures in watercolor and mixed media by Deborah Conn. Tickets: \$15-\$30. www.1ststagetysons.org.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Age 5-

Playdate Cafe. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Toys and Playspace for children. Coffee and Conversation for grownups. Ages birth-5.

THURSDAY/OCT. 1

Paw Parade. 2 p.m. Brightview Great Falls, 10200 Colvin Run Road, Great Falls. Residents, families, friends, associates and dog lovers are invited to bring their well-behaved furry friends to parade around the community.

FRIDAY/OCT. 2

Upside Down Inside Out

Reception. 7-9 p.m. Vienna Art Center, 15 Pleasant St., NW, Vienna. VAS members will interpret their thoughts and ideas with this crazy theme. Reception to meet the artists and see the show is free and open to the public, all are welcome. Visitors can also view small items of original art for sale, scarves, jewelry, notecards etc., all hand made by VAS artists – great for gifts.

Claude Moore Colonial Farm
Cajun Barbecue and Silent
Auction Fundraiser. 6-9 p.m.
Pavilions of Turkey Run, 6310
Colonial Farm Road, McLean. The
menu features dry rubbed, slow
cooked pork barbecue, grilled
marinated chicken, farm to fork
vegetables including zucchini, squash
and broccoli, cole slaw and tossed
salad, and warm peach cobbler. Cash
bar features cold beverages including
wine, beer and soft drinks. Event also
features a silent auction. live music,

18th century dancing and beer tasting. Tickets: \$25-\$35. www.1771.org/fundraiser

SATURDAY/OCT. 3

"Sleeping Beauty." 2 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. \$10-\$15.

St. Francis Country Fair. 10 a.m.-4 p.m. St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. The entire community is invited to the St. Francis Country Fair, featuring entertainment, kids' games and activities, a silent auction, treasure trove, used books, quilt auction, and much more. Local food trucks will be selling lunch items.

Beyond the Teabag: Exploring

Single Origin Black Teas.
Historic Colvin Run Mill , 10017
Colvin Run Road, Great Falls. Taste
the diversity of black teas from
around the globe and learn to
identify the tea styles used in black
blends and why they taste so
different. Advance reservations and
payment (\$30 each) required
through the Mill at 703-759-2771.

Oktoberfest Vienna. 11 a.m. - 7 p.m. Historic Church Street, Vienna. Enjoy beer, wine, food, music, kids activities and more.

SUNDAY/OCT. 4

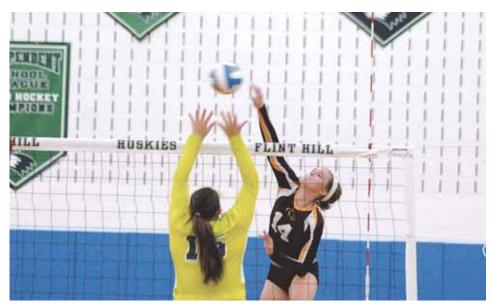
McLean Project for the Arts

ArtFest. 10 a.m.-5 p.m. McLean Central Park, 468 Dolley Madison Blvd., McLean. The park is transformed into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of juried artists.

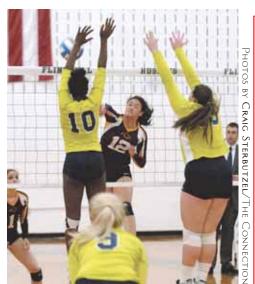




News



Oakton senior Emily Heier totaled 20 kills in Monday's win over Flint



Oakton junior Alice Yang finished with 21 kills against Flint Hill on Monday

Oakton Volleyball Beats Flint Hill

Yang finishes with 21 kills, Heier totals 20.

By Jon Roetman
The Connection

irst, members of the Oakton volleyball team had to get past the mystique of Flint Hill, one of the state's best programs in recent years. Banners inside the Vienna private school's gymnasium display the Huskies' achievements, including six of the last seven ISL championships and six of the last seven VISAA state titles. Last season, Flint Hill finished 24.0

Once Monday's match started, Oakton had to deal with the powerful right arm of Flint Hill senior Morgan McKnight, who is capable of littering the court with high-velocity kills.

Oakton also had to overcome a slow start to the second set, which led to head coach Dan Courain telling the Cougars to "wake up" during a timeout.

On this night, however, Flint Hill's winning tradition, McKnight's 26 kills and a little adversity weren't enough to derail Oakton.

OAKTON defeated Flint Hill 3-1 (25-22, 22-25, 31-29, 25-19), beating the Huskies for the first time in four tries. The Cougars trailed in each set, but bounced back and improved their record to 13-2.

Flint Hill fell to 4-5.

"They definitely have a lot of talent," Oakton senior Emily Meier said, "and in past years we've come in and were kind of like, 'It's Flint Hill, we don't really have to try because we know we're going to lose anyway.' But this year, we really wanted to win and we really wanted to come out strong. It was just very exciting to beat them."

The teams split the first two sets before Oakton took control of the match by winning a tightly-contested third set. With the score tied at 29, a kill by junior outside hitter Alice Yang gave the Cougars the lead before a Flint Hill error gave Oakton the



Oakton senior libero Alex Marquis had 23 digs against Flint Hill on Monday.

set.

The Cougars led 18-17 in the fourth set before closing the match with a 7-2 run.

"It's always intimidating playing them because they've been so good," Oakton senior libero Alex Marquis said. "But when [opponents] are better, I think we come together more as a team and we know we have to work harder and it makes us play better together against good competition. We executed really well today and we just played as hard as we could."

Monday's win was another signature moment for an Oakton team with lofty expectations. The Cougars opened the season with nine consecutive victories, including winning the NVVA Invitational on Aug. 29 in Sterling. On Sept. 15, Oakton defeated Vienna foe Madison 3-2. The Warhawks finished state runner-up last season.

"It builds confidence," Courain said. "We really see that we can compete with anyone. There's not going to be a night we don't walk into the gym and believe we can win. But that being said, we've also got to be focused because we know every time we walk into a gym, we're going to get everyone's best. [Opponents] know that we're beating Flint Hills and Madisons and

... we can't take an off night."

MONDAY'S VICTORY didn't come easy. McKnight was a force for the Huskies, finishing with 26 kills. "As soon as you see her jumping up, it's always a little scary," said Marquis, who finished with 23 digs. "But this season we've been playing good against some teams and I knew that I could dig her if I was in the right spot and if I just go for everything. You just can't be intimidated and you have to play like you can dig every ball." McKnight wasn't the only player who had a big offensive night. Yang led Oakton with 21 kills, and Heier finished with 20.

Senior opposite hitter Coral Hulcher tallied seven kills and nine digs.

Senior setter Meghan Wood totaled 46 assists. Six days earlier, Wood set the Oakton record for assists with 56 against Madison.

Oakton sophomore outside hitter Grace Cozad, who is third on the team in kills, suffered an ankle injury during warmups and did not play. Junior outside hitter Kaila Ross stepped in and totaled eight kills.

Oakton will host Washington-Lee at 7:15 p.m. on Monday, Sept. 28. Flint Hill will host Trinity Christian School at 3 p.m. on Friday, Sept. 25.

Sports Roundups -

Langley Hires Assistant Ingalsbe as Head Boys' Lacrosse Coach

Langley has hired Saxons assistant Bo Ingalsbe to be head coach of the boys' lacrosse program.

Ingalsbe worked under former head coach Earl Brewer the last two seasons. Defensive Coordinator Matt Puccio, Faceoff and Transition Specialist Alex Berg, Offensive Coordinator Brian Laskowski and JV head coach Jamie Parrott also return to the Saxon coaching staff.

Brewer retired in July after 21 seasons at Langley. He compiled 288 wins and four consecutive state championships (2009-2012) with the Saxons.

Langley Volleyball Defeats Osbourn Park

The Langley volleyball team defeated Osbourn Park 3-0 (25-18, 25-21, 25-23) on Monday.

The Saxons will travel to face Chantilly at 7 p.m. on Monday, Sept. 28.

Langley Field Hockey Beats Centerville

The Langley field hockey team beat Centreville 2-1 on Sept. 18, improving its record to 6-3.

Morgan Kuligowski and Kendall Raymond each scored a goal for the Saxons.

Langley will travel to face Yorktown at 4:30 p.m. on Friday, Sept. 25.

McLean Volleyball Sits at 7-3

After winning seven of its first eight matches, the McLean volleyball team suffered its second straight loss, falling to Oakton 3-1 on Sept. 17.

The Highlanders (7-3) will travel to face T.C. Williams at 7:15 p.m. on Thursday, Sept. 24.

McLean Football Falls to Madison

The McLean football team dropped to 0-3 with a 30-0 loss to Madison on Sept. 18. The Highlanders will travel to face South Lakes at 7 p.m. on Friday, Sept. 25.

News quilt raffle is well underway: quilt is in the pattern, kingsized, in dark

St. Francis to Host 'the Biggest Fair Ever'

Annual Country Fair to be held on Oct. 3.

Traditional

This year's

pine tree

blue and

white.

reparations have been underway for almost a year to ensure that this year's St. Francis Country Fair offers an exciting variety of activities, entertainment and food for the whole community.

First, the annual and traditional quilt raffle is well underway. This year's quilt is in the pine tree pattern, king-sized, in dark blue and white. It was hand quilted by the Amish. Tickets are available now and throughout the fair until the drawing of the lucky winner at 3 p.m. One ticket for \$1, and six tickets for \$5.

And new this year is the Cork Raffle. Franciscans have been saving their corks all year for this exciting new game. How many did they save? You guess and split the pot with St. Francis. One guess for \$1, and six guesses for \$5. Guesses can be made only on the day of the Fair. The winner will be announced at 3

Something for Everyone

Children will love the Kidway Midway, an avenue of tents of entertainment and activities, including:

face painting, arts and crafts, games, hay rides, three moon bounces, magic tricks, petting zoo . . . and more

And for adults:

*The famous Book Booth is back with thousands and thousands of used volumes, all arranged by subject in the church's beautiful nave. Cookbooks? Yes. Travel books? Of course. Beach reading, serious reading, nonfiction, you name it, the Book Booth has it.

*Treasure Trove is the aptly named and greatly expanded place to uncover that item you've been searching for—from jewelry to dishes to lots of surprises—these "pre-loved" items are waiting to be claimed.

*The Kitchen Cupboard offers every kind of homemade goodie, from amazing cakes and cookies to pies and freshly baked bread. There are also frozen meals (meatloaf, chili, quiche) to take home and save for an instant gourmet home-cooked meal.

to find gently worn children's clothes. Kids keep growing, and parents can prepare for that next growth spurt by picking up some bargains among the stacks of children's items.

*The traditional Silent Auction will take place in the parish hall. Come and bid on gift certificates for your favorite restaurant, hair salon, dry cleaner, etc.

This year's auction offers some high-quality items and services and even a few antiques. Time to do some early Christmas shopping. Lots of bargains—if your bid is the highest.

And finally, the whole family will be happy to see that Tombola has returned. This is a traditional English fair game of chance. The player draws a number and wins a prize. Everyone is a winner, but some prizes are a lot better than others.

Entertainment and Food

This year's Country Fair will feature continuous entertainment from 10 to 4 under the Big Top:

Difficult Run Jazz Band, Crèche Singers at 11 a.m., Carousel Puppets "Circus on Strings," Kohn Comedy and Magic and J.C. and the HepCats.

In a new twist, this year's fair has invited food trucks to provide a variety of delicious options for

Sol Mexican Grill of D.C., Mookie's BBQ of Great Falls, Don's Wood Fired Pizza of Sterling, the fabulous Great Falls Creamery

St. Francis' own hot dog stand will also be offering world-class wieners.

There will be a concessions stand open throughout the day to satisfy those cravings for doughnuts, coffee and other goodies. Or simply head back to the Kitchen Cupboard for a brownie or cupcake.

Special Appearance and Blessing of the Animals

The Fair is always held on the first weekend of October, in celebration of St. Francis Day to commemorate the church's patron saint, known for his love of animals and nature. This year will be a special Fair for the parishioners of St. Francis as they welcome their new rector, the Rev. David Lucey. Father Lucey will be there to open the Fair. The next day, Sunday, Oct. 4, St. Francis will hold a Blessing of the Animals at the 9 a.m. church service, and everyone is welcome to bring their pets to be blessed.

St. Francis welcomes the entire community to the Country Fair. The Fair is part of the church's thanksgiving and outreach to the wonderful community of Great Falls. There is no admission fee to the Fair. *Children's Ups and Downs is the spot for parents There is a small, one-time fee for children's activi-

> The St. Francis Country Fair will be held on Saturday, Oct. 3, from 10 a.m. until 4 p.m. on the grounds of the St. Francis Episcopal Church at 9220 Georgetown Pike, Great Falls. For more information, call the church at 703-759-2082 or visit www.stfrancisgreatfalls.org.





"FORE" the Kids Golf Tournament

Benefiting the Boys and Girls Clubs of Fairfax County

Sponsorship Opportunities

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- Your company shown as a platinum sponsor in all media
- Signage at registration desk
- Logo on scoreboard & rules sheet
- Two (2) hole sponsorships
- Opportunity to provide participant giveaways
- Eight (8) golfers
- Sponsor signage and welcome keynote at banquet · Color logo on event banner displayed at banquet
- Twelve (12) raffle tickets

Gold-\$7,500

- Signage at registration desk Logo on rules sheet
- Sponsor signage on bar, box lunch or beverage carts
- Two (2) hole sponsorships
- Opportunity to provide participant giveaways
- Six (6) golfers

- · Color logo on event banner displayed at banquet
- . Eight (8) raffle tickets

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- · Signage at registration desk
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- · Sponsor signage on bar, box lunch or beverage carts
- One (1) hole sponsorship
- Opportunity to provide participant giveaways
- Four (4) golfers
- · Color logo on event banner displayed at banquet

. Six (6) raffle tickets Bronze-\$2,500

- · Signage at golf bag drop
- One (1) hole sponsorship
- Two (2) golfers
- · Four (4) raffle tickets
- · Color logo on event banner displayed at banquet
- . Opportunity to present skills competition

awards or raffle prizes Contact us for other donation opportunities

International Country Club 13200 Lee Jackson Memorial Highway Fairfax, Virginia 22033

http://www.internationalcc.com

Monday, October 5, 2015 **Event Information**

Registration 9:30 am Shotgun Start: 11:00 am Post Tournament Awards Banquet Silent/Live Auction Raffles and Prizes

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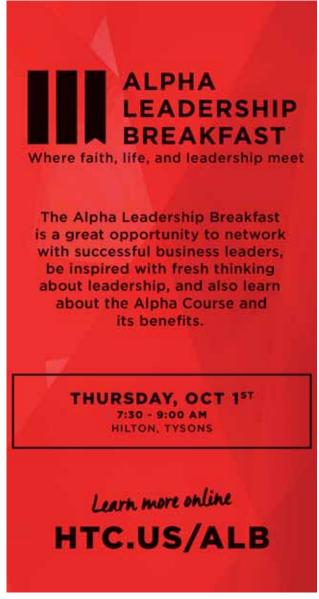
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The Week After

By KENNETH B. LOURIE

The Weak Before

It's not what it was, but it is what it is: not

perfect. But neither is it worse. It's a familiar

acknowledge, because cancer is a bad thing

and one needs to counterbalance that nega-

And for yours truly, many of those good

things involve food (you'll note I didn't say

revolve). I don't eat much (variety), but I do relish (which I don't eat) the redundancy. As

like to joke: I eat about 10 things – repeat-

edly, so if circumstances, lack of availability

or medication/side effects, prevent me from

quences are as I described them last week:

all it's cracked up to be. Not that deriving

pleasure from food is mature, advisable,

prudent course of action, according to

unpleasant. And believe me, "unpleasant" is

good for controlling weight and/or any other

health-conscious weight-watchers; neverthe-

less, for the rest of us down here in the eat-

ing trenches, a satisfying meal is hard to beat

"The Borg," but when food has your name

on it - so to speak - resistance might not be

Ergo my depression, when the week

immediately after chemotherapy, the only

thing that's futile is my attempts to find/taste

any food that does anything other than disappoint. Add in the associated fatigue, diffi-

culty sleeping and lack of initiative, and the

figuratively. Ah, but the next week, this week

in fact, the worm turns (no, I've not resorted

more coefficient. In effect, but not in actual-

ity, my taste buds are thrown a bone. And

once that "bone" begins to taste like something instead of nothing, my mood (but not

my clothes) improve immeasurably. (If only

the latter could improve as much as the for-

mer, how happy my wife would be). Then I

have about 10 days of my atypical "foodish"

Now the challenge becomes not gorging

behavior before the side effects from my

every-three-week chemotherapy infusion

myself in the interim. I have to be honest,

air after being submersed too long under

it's difficult. To me, it's akin to coming up for

water; those first few breaths after reaching

the surface are hardly measured. Quite the

opposite, in fact. That's how I feel, and how

struggle to not overindulge during this next

week or so. It's almost as if I've been shot

out of a cannon; I'm going fast and furious,

ravaging and rampaging innocent food vic-

tims along my way. I realize it's not any way

for a grown man to behave, but this growing

man is a cancer survivor who gets extremely

hungry after a week of not-eating and even

Despite these food issues, this is a more

enjoyable week, with an even better, more

normal (eating-wise) one to follow leading

up to Friday's infusion. And I look forward

to it, mindful however of the eating/taste

exactly how I'd draw it up in the huddle,

but as I've said many times before: I'm just

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers

challenges inevitably to occur. It's not

happy to still be in the game.

begin to take their toll.

less oral-fixating.

week becomes a total drag, literally and

to drinking Tequila), there's less drag and

and even harder to resist. It's not exactly

futile, but it's certainly near impossible.

eating normally – for me, then the conse-

pattern, to be sure, so nothing really has

changed, which is a good thing; and the

kind of "good thing" which I need to

tive with any and all positives.

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Bulletin Board

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to pub-

FRIDAY/SEPT. 25

McLean Art Society Meeting. 10 a.m. - 12 p.m. McLean Community Center, 1234 Ingleside Avenue, McLean. Cynthia Farrell Johnson, an artist working in gauche and acrylics will be the featured presenter. Johnson is on the Advisory Board of the State University of New York. Her talk will be entitled "What Inspires Me!". She has been a U.S. Diplomat working in Africa and South America and has incorporated the bright colors and historic applications in her work.

SATURDAY/SEPT. 26

Community Shredding Day. 9 a.m. - 12 p.m. Parking lot between Whole Foods and Patrick Henry Library, 133 Maple Avenue East, Vienna. Gain peace of mind by bringing outdated personal documents to on-site shredding service provided by TrueShred. Non-perishable canned good will also be collected for donation to Food for Others during this event.

TUESDAY/SEPT. 29

Candidates' Debates. 6:30 p.m. Great Falls Grange, 9818 Georgetown Pike, Great Falls. The Great Falls Citizens Association (GFCA) is sponsoring four debates between key local political candidates. The Grange has limited seating, so residents are encouraged to arrive early to get a seat. For further information visit gfca.org or contact philip.pifer@gfca.org.

TUESDAY/OCT. 13

Money Matters Book Discussion, 7-8:30 p.m. Oakton Library, 20304 Lynnhaven Place, Oakton. "How Money Affects Our Lives" (multi books). 703-242-4020. Free.

TUESDAY/NOV. 10

Red Cross Blood Donation. 8:30 a.m. - 2 p.m. Long and Foster Realtors, 1355 Beverly Road, McLean. McLean is holding a blood drive. Please sign up today at www.redcrossblood.org and search by Sponsor Code: LONGANDFOSTERMCLEAN or call 1-800-REDCROSS to schedule your appointment.

Fire Station Open House. 10 a.m. - 4 p.m. Great Falls Volunteer Fire Station, 9916 Georgetown Pike, Great Falls. Firefighter demonstrations, station tours and fun instructional activities will be available for children and adults alike. Come learn about fire

safety and why it's so important.

ONGOING

The Shepherd's Center of Oakton-Vienna has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule.Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Vienna Toastmasters. 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd., Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

Senior Fall Prevention Classes. 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles.



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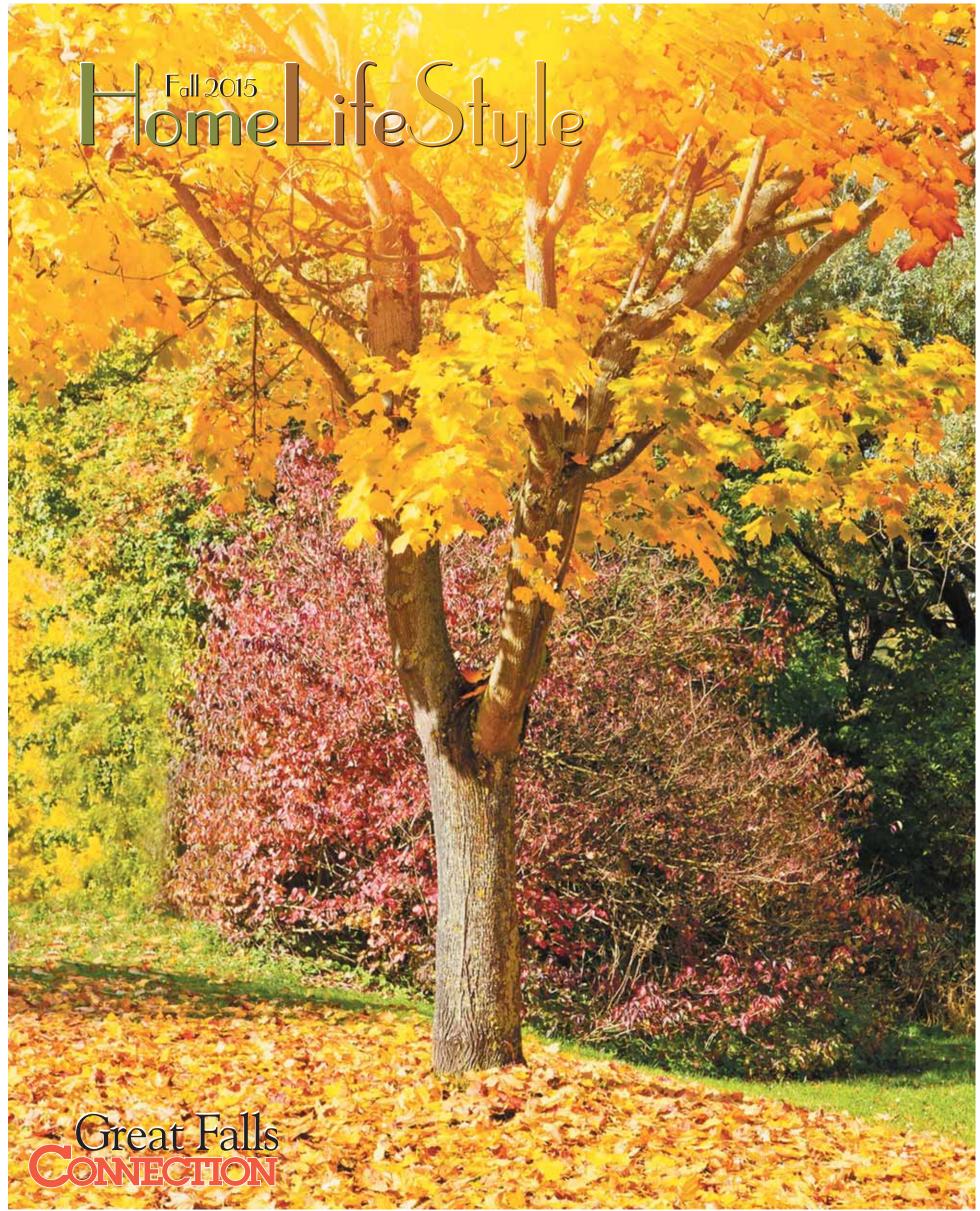
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BOWA kitchen renovation in Arlington features under-counter microwave and beverage center.



BOWA basement renovation includes space for arts & crafts, games and media.

Remodeling Design in 2015: It's all about the Family

Adapting your home so it tracks your family's development over the years.

By Joshua Baker BOWA

lmost every luxury remodel starts with the same question "How can we improve our family's life at home?" But this answer varies as our families grow, age and evolve. And the best designs consider both current and future needs.

For young families, the focus is almost always child-centric. Kitchens are designed with low drawers for easy access to the most important items, like sippy cups and napkins. Refrigerator drawers installed as beverage stations and below-the-counter microwaves allow the "vertically challenged" to help themselves. Study areas are incorporated into family spaces to allow for parent-child interaction at homework time.

Creative storage solutions and child-friendly finishes, like washable wall paint, chalkboard paint in play areas, and custom ceramic tiles featuring kids' artwork in their bath, all lend to a successful design.

In the teen years, the question asked most often is, "How do I create the house where all the kids and their friends want to hang out?" For this age group, creative basement remodels with game areas are most popular, and perhaps not surprisingly, basement bars are often minimized or omitted completely. As opposed to the closed-off theaters of the past, media viewing rooms are now open and designed as multi-purpose spaces that also facilitate informal gatherings and entertaining. For the ambitious, outdoor features, such as pools, patios and fire pits, can create a neighborhood destination. (Though pools and water features are of-

ten delayed until kids are old enough to be safe around water.)

Teen-friendly designs often include a family foyer, an entrance from the garage with plenty of storage for sports equipment, coats, backpacks, etc. Other potential opportunities for teens include creating small, fun spaces like lofts in bedrooms, themed bedrooms, and making sure that there are plenty of USB charging stations.

For empty nesters, remodeling typically involves "downsizing" within the home by planning to use the space more efficiently. Often, one-level living is designed for convenience and to reduce energy use. Heating and cooling systems are zoned so only

the inhabited areas are fully conditioned when in use. Apartmentstyle washer and dryers are right sized for a couple. Smaller, drawer-style dishwashers are also available. And, perhaps now is the time to discuss repurposing spaces that were previously used as game rooms or homework stations into areas to accommodate hobbies and interests.

Almost all design discussions should at least contemplate the potential for boomerang kids (children coming home after college), in-laws, or elderly family members who might join the home. For those wanting more independence and privacy, in-law suites sometimes include private entrances and even a small kitchenette. Sometimes kids' rooms are moved to the basement to add more privacy.

For all of us as we get older, a house that incorporates the principles of universal design, which allow us to live comfortably and safely in the homes we love, is a critical conversation. Design considerations include creating accessibility-friendly baths, kitchens, entrances and passageways and

perhaps reconfiguring to minimize steps. Often, a strategy that comes up is the consideration of the installation of an elevator to facilitate long-time use.

The design priorities for each remodel are unique to the family, but thinking about all the different phases of family life is critical to long-term success.

Josh Baker is the founder and co-chairman of BOWA, an award-winning design and construction company specializing in luxury renovations, remodels and additions in the greater Washington, D.C. area. BOWA has more than 25 years of experience and has been honored with 170 local and national awards. Visit www.bowa.com or call 703-734-9050.



Custom designed cabinetry in this renovated family foyer in Great Falls, VA keeps a busy family organized.



Renovated home office by BOWA features space for the whole family.

Evolution of a Family Home

By John Byrd

tarting in the late 1990s, Paul and sonal residence.

Remodeling, the Carters nursed their vision of an exceptional property with a stunning indoor-outdoor continuum.

This past September, the public was invited to see the results.

Paul and Laurie Carter purchased a new far from Mount Vernon. At 3,700 square feet. it was a perfect spot to settle down and raise their son. The schools nearby were excel-Old Town Alexandria. But there were some things about the property Carters thought they might improve — if they were to stay in residence long enough.

Cramped master bathroom; no family play area: dark rear rooms with no visual continuum; cabinet-cluttered kitchen; builder- remodeling changes reflect the different grade finishes ... Just a few of the perceived stages of our lives, and the lifestyle options ting. shortcomings.

But skip ahead almost two decades, and As Austin's circle of friends expanded, for the whole house remodel that the public was instance, the Carters hired Sun Design Reinvited to see this past September demonstrates the kinds of improvements and uplower level into a spacious family room and grades that can occur when owners continue fitness center complete with a billiards table to occupy, modifying the environment to suit evolving interests.

In fact: it's no longer merely a house. It's During this same time period, Paul and

A sizable master bath with a walk-in shower and changing vestibule was designed so that one partner could shower, dress and slip off to work without rousing the other still-sleeping partner..

the Carter's long-term residence.

"The ideal of long term ownership is the option to create a home that, over time, be-Laurie Carter began transforming a comes more supportive of favored activities simple production house into a per- and aesthetic preferences," says Bob Gallagher, Sun Design Remodeling's Execu-Collaborating closely with Sun Design tive Vice President. "We are finding this kind of on-going commitment to personalizing a residence much more frequently than in decades past.'

Gallagher was at the house Sept. 12 to greet neighbors who wanted to learn more about remodeling in phases. Sun Design had production house in a new neighborhood not guided the Carters throughout nearly every revision over the past decade.

The Carters are quick to acknowledge that their periodic home remodeling efforts have lent; the house was just a few miles from been a logical and sequential response to family needs — beginning with an 18-footby- 36-foot swimming pool installed on their quarter acre lot in 2006.

> Austin, and I could enjoy pleasant summers together as a family," recalls Laurie. "Our we wanted to pursue in day-to-day living."

modeling to convert the home's unfinished and TV viewing area suitable for guests of all generations.

Laurie, both working professionals, sought improvements to the second floor master suite, introducing a sizable master bath with a walk-in shower and changing vestibule. The plan was designed so that one partner could shower, dress and slip off to work without rousing the other partner, who might be still sleeping.

"The new master suite made life more comfortable for both beautifully today."

now empty nesters,



provements and upgrades.

suite of rooms with its lovely poolside set-

The landscaping and mature trees confer a lot of backyard privacy, so the Carters were ously sun exposed decking. The former outlooking for graceful ideas to better integrate indoor and outdoor horizons. "It made no sense not to have a better view and more natural light from the back of the house," she said. "Also, we didn't have a comfortable outdoor dining zone."

Unchanged since the late 1990s, the three rooms on the west-facing rear elevation consisted of a central kitchen flanked by a formal dining room to the right and a family room to the left.

The dining room was sequestered from the kitchen by a floor-to-ceiling wall festooned with builder-grade cabinets. There was one small window above the kitchen sink which was, likewise, bordered by cabinets on two sides. To the left, one entered the family room, which provided an exit to a rear veranda partially covered by a shed roof.

"We had talked about a more open floor plan," Laurie recalls, "But how do you tear down the walls that are holding up the cabinets you use every day?"

As it turned out, this was a good question for Sun Design's Jeremy Fleming, who supervised the Carter's most recent remodeling. "Once the Carters were satisfied that "and it still works the wall between the kitchen and dining room could come down," he adds, "it was More recently, clear that innovative storage solutions would when Austin left for make it possible to further develop a special college, the Carters, visual continuum from inside the house."

To improve natural light, the small kitchen Sun Design's Jeremy Fleming grate the home's rear ture window flanked by two double hung door space comfortable.

To provide for outdoor dining, Fleming extended the rear shed roof over the previdoor dining niche now becomes a viewing area adjacent to a recently installed flat screen TV. With the addition of two overhead rotating fans, the new outdoor space is both intimately connected to the house and visually linked to the pool and well-landscaped setting.

"We couldn't be more pleased with how well the house has evolved over the years," says Laurie. "We look forward to living here long into the future."

John Byrd has been writing about home improvement topics for 30 years. See more stories www.HomeFrontsNews.com



began considering window has been replaced with a three-part **extended the shed roof for shade.** ways to better integrating solution consisting of a 45-inch pic- Rotating fans make the new out-





Maximizing Space

BY MARILYN CAMPBELL THE CONNECTION

onia and Brad Powell felt that some of the spaces in their Vienna home were cramped and over utilized while other areas of their home were barely used at all. They wanted make maximum use of every inch to accommodate their family of five, including children ages 9, 7 and 4.

"[We're] preparing for the coming teenager invasion," said Brad. "In the not

WINN Design + Build built a small addition onto Brad and Tonia Powell's Vienna home to allow for a mudroom to store the family's belongings.

too distant future, [our kids] will be 17, 15, 12. We want our home to accommodate our family well."

Additionally, the Powells felt their 33year-old home looked dated and they wanted to modernize, particularly in the kitchen and bathrooms.

"We wanted the aesthetics of a newly finished home," said Brad, "The look we were going for was nice, but not elaborate or pretentious."

The couple hired Michael Winn, of WINN Design and Build to give their home an overhaul. "One challenge was

[the Powells'] desire to have the project completed before their annual holiday party," said Winn. "This was an aggressive goal. ... Besides, our team was invited to the event so the spotlight would be on us."

The design team, which included an architect, a kitchen and bath designer and an interior designer, worked together to reconcile the project's budget and scope with the Powells' expectations. The renovation plan included gutting the home's exterior and creating an open floor plan.

Contractors removed existing walls to create a chef's kitchen and open up that kitchen to the dining room. The kitchen is painted with Benjamin Moore's Manchester Tan. The white perimeter cabinetry is maple and the countertops are granite. The kitchen also features an island with Wellborn Premier cabinets in cherry-sienna charcoal by Henlow Square.

Walls came down in the family room to create a larger space and new built-in bookcases increased storage. The master and hall bathrooms were renovated as

A new addition and some smart storage choices mean this Vienna home can keep up with a busy family of five.



The kitchen in Brad and Tonia Powell's Vienna home is painted with Benjamin Moore's Manchester Tan. White perimeter cabinetry is maple and the counter tops are granite.

well. The home's exterior space also received a makeover, with new flagstones and two new decks.

"Our main special request was that we wanted a mudroom in our home," said Brad. "We went through many different designs trying to solve this problem." Ultimately, a small addition created space for a new powder room, mudroom, laundry room and pantry.

Maximizing the home's space has "allowed us to live more comfortably and do the things we want to do in the house without falling all over each other," said Brad. "The mudroom ... has had an incredible positive impact on our state of mind. All of the stuff - books, backpacks, sports equipment and cleats – that comes

"We wanted the aesthetics of a newly finished home. The look we were going for was nice, but not elaborate or pretentious."

- Brad Powell

in our house now has a place without constantly being in sight all of the time. It's kind of funny to consider that we did a huge remodel for a mudroom, but that's exactly what we did."





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Adding Curb Appeal

Paint, new windows and other details can add up to a major facelift.

> BY MARILYN CAMPBELL The Connection

hen the owner of a Great Falls, Va., home wanted to update the Tudorstyle abode's exterior without com promising its architectural integrity, he sought guidance from Michael Winn, principal at WINN Design + Build.

Replacing the existing, drafty wooden windows with energy-efficient Pella Architect Series windows was the first order of business.

"It was important to the owner that the new windows retained the architectural details like proper site-lines and true-divided light grilles," said Winn.

The design team also replaced the home's rotten wood trim and water-damaged stucco with fiber cement siding and PVC trim. A neutral and contemporary coat of paint replaced the brown color that's often seen on Tudor-style homes. They extended the roof to create a soffit, which improved the home's aesthetics and function. "The deeper eaves create a



PHOTO BY GREG HADLEY

WINN Design + Build was able to maintain the architectural integrity of this Great Falls, Virginia, home while adding modern updates like energy-efficient windows and new siding.

shadow line which are both more attractive and extends the drip line, keeping water away from the foundation," said Winn.

Other ways to improve a home's curb appeal, says Winn, are upgrading the roof, adding landscape lighting and updating and freshening the paint. "One of the simplest and most economical things you can make to improve the curb-appeal of your home is to freshen up the paint," he said. "Replacing an outdated color scheme with something a little more lively will make an instant improvement and not break the bank."

Paying attention to small details, investing in a solid, well-made front door and adding low-maintenance finishes like composite siding and trim can boost the aesthetic appeal of a home's exterior. "Composite ... materials look just like their traditional wood counterparts, but without the ... maintenance," Winn explained.







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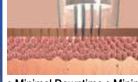


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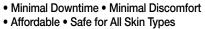
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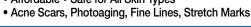












Diversification Could Help Real Estate Market

Home sales have increased, particularly in Fairfax County, which saw a 22 percent uptick.

By Andrea Worker
The Connection

ienna-based realtor Craig Lilly with Long and Foster agreed with how Ken Harney, the moderator for the 2015 Northern Virginia Association of Realtors (NVAR) Economic Summit, described the current year's market trends at the gathering earlier this month at the Fairview Park Marriott.

"His assessment of 2015 is on target with what I am experiencing," said Lilly. "So far, so good."

Harney, a nationally-syndicated columnist, categorized 2013 as the "rebound year" when sales and house prices seemed to be back on a roll after years of post-recession doldrums. Then 2014 started out impressively strong as well, but mid-year the market became more "restrained."

"Last Spring things were rocking," said Lilly. "I think that caused some sellers to price too aggressively too quickly in a market that was changing. That certainly had an effect on the slowdown we saw for the rest of the year."

The data for 2015 is on Harney's side. Home sales have increased, particularly in Fairfax County, which saw a 22 percent uptick in sales. Figures just released by Real Estate Business Intelligence report the second-highest level of August sales since 2006, with inventories remaining fairly healthy and time-on-the-market about equal with the same period last year. The August report also showed the average sales price of single-family homes down slightly (.02 percent), while the average price of attached homes and condominiums rose slightly.

But even those positive numbers didn't keep the summit's panellists from making presentations that leaned decidedly towards the cautionary, for both short-term real estate transactions, and the future economic health of the region.

LOOMING ON THE HORIZON is the spectre of another potential government shutdown if Congress fails to pass even a temporary budget by the end of the month. Describing the region as a "company town," and as such, somewhat "vulnerable" to Congressional activity, panellist Dr. Terry Clower, director of George Mason University's Center for Regional Analysis, said he wouldn't discount the possibility of a shutdown, despite the insistence of others that neither political party would tolerate that turn of events. Additional sequestration during a Presidential election year is also possible, he said. With a laughing



From left — Jonathan Aberman of TandemNSI, Jill Landsman, NVAR VP of Communications, and summit moderator Ken Harney at the 19th Northern Virginia Association of Realtors Economic Summit.

Photos by Andrea Worker/The Connection



Dr. Terry Clower, director of George Mason University's Center for Regional Analysis, provided detailed data on area employment figures, income, job sector changes and more during the Economic Summit. There was considerable note taking during his presentation.

acknowledgement of his "slight accent – I am from Texas," Clower reminded the audience that for a "good lump of the rest of the country, a government shutdown is not seen as a such a bad thing."

But for a region where almost 40 percent of the economy is directly related to federal wages and salaries, procurement and other federal activity, Clower's analogy of the "company town's" vulnerability seems right on target.

The seemingly endless "Federal Reserve Watch" for interest rate hikes was also discussed by Clower, and by Dr. Lawrence Yun, chief economist with the National Association of Realtors.

"A rate increase is coming, probably sooner rather than later, before the end of the year," predicted Yun, but he also believes that any increase will not have an immediate impact on mortgage rates.

That's an opinion that Weichert Realtors Fair Oaks managing director Lorraine Arora



Rob Whitfield, a member of several regional transportation citizens' groups including the Dulles Corridor Users Group, asks a question of the panellists.

shares. "People will still be buying and selling. I think the current situation continues to make people a bit cautious, as Yun suggests, but I agree that we probably won't see much impact on mortgage rates, at least

for awhile," said Arora.

Lilly was more struck by Yun's powerpoints showing homeownership at a 50-year low combined with rental vacancies at a 30-year low and rents at a seven-year high. "There's some things to be thinking about as a Realtor, and really as anyone living and working in this area," he added.

In Yun's research, millennials - who currently represent a large portion of the renters - are actually the most confident about the housing situation, and despite the many obstacles to their entering the market, the majority want to eventually become homeowners. Their achievement of that goal is crucial, according to Yun, who noted that the net worth of homeowners tends to exceed that of renters.

One positive note on real estate trends by Yun that the Realtor attendees appreciated was his belief that the "trade-up" market would probably see an improvement, with potential buyers having more cash-inhand from their current homes' sales with which to make the move. The figures show that many homes that had fallen below their original purchase price have at the least returned to parity, and in many cases even seen a modest increase in value.

Back on the subject of the "company town" dependency, Clower and Yun both argued that diversification of job sectors is critical to the region's future economic success, requiring greater regional cooperation.

SPEAKING OF ROBOTS, drones, artificial intelligence, virtual reality and the "We Work" models of sharing work, living spaces and resources, Jonathan Aberman, chairman of TandemNSI, focused on technological trends and how they would affect our daily lives. Aberman said that any region that doesn't prepare for these changes with an emphasis on affordably "educating people on how to think, rather than just how to do" will be quickly left behind.

Aberman said that more effort is needed to keep the federal dollars spent on technology and related research here at home. "We need to be encouraging our next generation of 'gazelles,' what we call our fast-growth companies and entrepreneurs. And we need to consider that these people will be more interested in data-ways than highways when considering their work options."

To Aberman, that includes rethinking the number of "trophy offices" under construction and in the pipeline. He worries about over-building in commercial properties that sit empty for so long that they cease to be Class A buildings. Before they can be occupied, many are already not up to par for the next wave of change, either technologically, or culturally speaking, he said.

Lorraine Arora tends to agree with Aberman's concerns. "Look at the commercial vacancy rates in Arlington, as just one example," she said. She was also fascinated by Aberman's predictions on technology's influence on society in the very near future.

"It's a little concerning," she said. Technology is good, but I hope we don't get to the point where people just don't leave their homes."