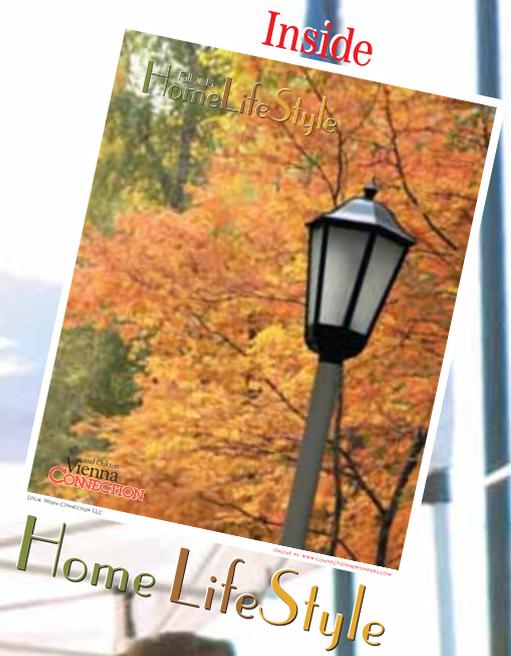


and Oakton Vienna CONNECTION

Donaldson's Run filled the Town Green with classic rock-and-pop music throughout the morning during the Optimists of Greater Vienna fundraiser on behalf of Growing Hope.



Family Fun Day at Vienna Town Green

NEWS, PAGE 3

Runners, Walkers, Wheelers Cross Finish Line in McLean

NEWS, PAGE 4

Joyful and Unconventional

NEWS, PAGE 3



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Education redefined.



Oakton resident Mark Sweeney donated his time and equipment to fingerprint children at the Optimists' Family Fun Day. Eighteen-month-old Michelle Roper of Vienna was a bit apprehensive.



PHOTOS BY DONNA MANZ/THE CONNECTION
Children got to dunk some very familiar faces if the balls hit the "dunking" lever. Caffe Amouri owner Michael Amouri takes his splashes in-stride.

Family Fun Day at Vienna Town Green

Optimists of Greater Vienna host fundraiser on behalf of Growing Hope.

On the morning of Sept. 19, the Vienna Town Green was filled with live music, laughter and children running around "dunking" local familiar-faces in a dunk tank, jumping in a bounce house, getting faces painted or fingers finger-printed, getting a balloon animal, or nibbling on free refreshments while listening to Donaldson's Run perform classic rock and pop ... all courtesy of the Optimists of Greater Vienna and its fundraising campaign on behalf of Growing Hope and childhood cancer research. Growing Hope is a northern Virginia resource for families with a child facing cancer treatment.

Local businesses donated gifts for the raffles and live auction, and refreshments. Dunkin Donuts, Foster's Grille, Manhattan Bagel, Starbucks, Trader Joe's and Vocelli Pizza supplied an assortment of free food. Donaldson's Run donated their time and talents for the third consecutive year.

The only "charge" was to "buy" balls for dunking popular personalities in a tank of water. Virginia House of Delegates Vienna representative Mark Keam was the first "dunk-ee," followed by Vienna Town Manager Mercury Peyton, Optimist president Dick Gongaware, Caffe Amouri owner Michael Amouri, and Madison High School basketball team coach Kristen Stone.

Growing Hope receives 90 percent of the funds that the Optimists raise throughout the year; the remaining 10 percent goes to Johns Hopkins for its



All the children's activities at Family Fun Day were free except for the "dunk tank."

pediatric oncology research program.

The Optimist Club of Greater Vienna supports local youth through scholarships, awards, activity sponsorships and fundraising for childhood cancer research. The club raised \$30,000 this year for its childhood cancer campaign. For more information on the Vienna Optimists, go to www.optimistclubofgreatervienna.org.

—DONNA MANZ



CHIP GERTZOG/COURTESY OF PROVIDENCE PLAYERS OF FAIRFAX COUNTY
From left — Gayle Grimes, Joanna Snitzer, Susan Garvey, Michelle Fletcher, Jayne Victor and Barbara Gertzog in rehearsal for the Providence Players production of "Calendar Girls."

Joyful and Unconventional

Providence Players open the season with "Calendar Girls."

BY DAVID SIEGEL
THE CONNECTION

Where and When

Opening its 18th season, the Providence Players are in a heartfelt, uplifting comic mood presenting "Calendar Girls." It is about women's friendships along with the power of imagination, risk-taking and resourcefulness under trying conditions.

The comic play, about human triumph after a loss, has been on the Providence Players list to produce for several years. The theater troupe is one of the first community theater groups to obtain the rights to produce the show.

"Calendar Girls" written by Tim Firth is based upon a true story; later turned into a movie about unusual events that took place in a small village in Great Britain. A local women's organization wanted to raise funds to help those in need. The group came up with a novel way to get donations; produce an unconventional calendar that soon attracted worldwide interest.

Directed by Michael Donahue, who described it as a "wonderful play with many strong roles for women...with universal themes about changes that can take place in the inner person when there is a need. It clearly shows how one person can and does make a difference in the lives of others."

Many in the 13-member cast are making their Providence Players debuts. Several originally hail from Great Britain knowing of the real life "Calendar Girls" background story.

In a recent interview, cast

Providence Players present "Calendar Girls" at James Lee Community Center Theatre, 2855 Annandale Road, Falls Church. Performances: Thursday, Friday and Saturday 7:30 p.m., and Sunday Matinees at 2 p.m. on Oct. 4 & 11. Tickets \$17-\$20. Call 703-425-6782 or visit www.providenceplayers.org

members described their various roles as colorful, if not quirky characters. All agreed it was a "very empathetic play." Michelle Fletcher, from England, "gets to play a liberating character; who is somewhat of a 'tart' in her own way." Fletcher described her role as "a challenging one with plenty of physical movement and energy."

Barbara Gertzog plays "the trophy, pleaser wife who is learning to throw off the restrictions of her upper class mores." As the play progresses her character becomes "a very believable person." Jayne Victor, Providence Players board chair and actor in "Calendar Girls," described how "the play presents strong friendships among the women characters, as well as how they became comfortable in their own skin."

The cast further includes actors Angela Cannon, Smitty Chai, Bob Cohen, Diana Conn, Susan Garvey, Gayle Grimes, Anne Lloyd, Bob Thompson, Joanna Snitzer and Andra Whitt. Set design is by Patrick David who is creating the inside of small village church hall, along with some special surprises.

The cast nodded in agreement when Gertzog said they wanted "the audience to be mesmerized."

Route 7 Corridor Improvements Fairfax County

Public Information Meeting

Thursday, September 24, 2015, 6 – 8:30 p.m.

Forestville Elementary School

1085 Utterback Store Road, Great Falls, VA 22066

Find out about plans to improve a 6.9 mile segment of Leesburg Pike (Route 7) between Reston Avenue and Jarrett Valley Drive in Fairfax. Proposed work includes widening Route 7 from four to six lanes, intersection improvements, as well as a 10-foot shared-use path on both sides of the road. These improvements will increase capacity, decrease congestion, improve safety, and expand mobility for cyclists and pedestrians in conformity with the Fairfax County Comprehensive Plan.

Stop by between 6 p.m. and 8:30 p.m. to view displays and learn more about the project. VDOT and Fairfax County staff will be available to answer your questions.

Review project information at www.ConnectRoute7.org, at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2950, 800-367-7623 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by **October 8, 2015** to Mr. William Dunn, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email ConnectRoute7@VDOT.virginia.gov. Please reference "Route 7 Corridor Improvements" 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 the project manager at the above phone numbers.

State Project: 0007-029-128,P102,R202,C502,B610
UPC: 52328

Federal Project: DEMO-5A01(439)



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

Whether 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," he said.

"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.

5th Annual Golf



"FORE" the Kids Golf Tournament
Benefiting the Boys and Girls Clubs of Fairfax County

<p>International Country Club 13200 Lee Jackson Memorial Highway Fairfax, Virginia 22033 http://www.internationalcc.com Monday, October 5, 2015 Registration 9:30 am Shotgun Start: 11:00 am Post Tournament Awards Banquet Silent/Live Auction • Raffles and Prizes Closest to the Pin & Long Drive http://www.bgcgw.org/fairfax/5th-annual-fore-the-kids-golf-tournament/</p>	<p>Golf Foursomes \$1,000 Includes Four Golfers Boxed Lunch Post Tournament Awards Banquet Live/Silent Auctions Raffles and Prizes Closest to the Pin & Long Drive Includes: Greens Fees, Cart, Driving Range Individual Golfers \$250</p>
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WEEK IN VIENNA

Weichert, Realtors Recognizes Top Vienna Associate

Bruce Green, regional vice president of Weichert, Realtors, announced that Sales Associate Lex Lianos of the Vienna office was individually recognized for his exceptional industry success during the month of August.



Lex Lianos

PHOTO CONTRIBUTED

A top producer, Lianos led the entire company for sales, the company and the region for resales, as well as the region, which comprises offices throughout Fairfax, Loudoun, Fauquier and Delaware counties, in resale revenue units.

Invite this top neighborhood specialist in to learn about the real estate services that Weichert, Realtors has to offer. He can be reached in Weichert's Vienna office located at 156 East Maple Avenue, or by phone at 703-938-6070.

Vietnam Veterans to Meet Oct. 15

Chapter 227, Vietnam Veterans of

America Inc., invites all veterans, friends, and the general public to attend the Oct. 15 chapter meeting at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna, at 7:30 p.m. Major General Dennis Laich, Army (Retired) will discuss the health and welfare of our all-volunteer military program. His book, "Skin in the Game, Poor Kids and Patriots" is an analysis of this critical national issue. The chapter will be celebrating its 30th Anniversary in fulfilling its founding principle, "Never Again Will One Generation of Veterans Abandon Another." For information, call Len Ignatowski at 703-255-0353 or visit www.vva227.org.

The membership serves as a "Fire Support Base" for veterans who are seeking closure on their Tour of Duty and a renewal of their Vietnam camaraderie. The chapter supports veterans' activities and non-veteran community projects.

Historic Vale Fair Returns Oct. 17

The Vale Club will be presenting Vale Fall Fair on Oct. 17, from 11 a.m. to 3 p.m. at 3124 Fox Mill Road, Oakton. Admission is free. This fair has been held since 1936. Something for everyone: pie eating contest, balloons, bake sale, toys and book sale, crafts, music, Oakton Eagle presentation, instrument petting zoo, barbecue and haunted forest. Kids, bring your Halloween costumes for the parade.

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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)

No 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-archive>.

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.



CONNECTION FILE PHOTO

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

Dear Members of the Northern Virginia 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-

nity, the economic engine of the Commonwealth, is tremendously impacted by federal expenditures.

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 ef-

fects 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 show-downs. 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.

Sincerely,

Jim Corcoran, President & CEO
Fairfax Chamber of Commerce

LETTERS TO THE EDITOR

Powerful and Accountable

To the Editor:

With your focus on the recent death of an inmate, I want to congratulate 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 a great state and county to live in. But, when that turns into front page stories about torture with stun guns and stonewalling we are absolutely going to be punished nationally 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

fix this without turning this region into another crime friendly, revolving door justice, victims last place to live like Maryland and all of New England. We are not Texas but we are not chumps either. We need well regulated law enforcement that is powerful and accountable.

Drake Wauters
McLean

Write

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

Letters to the Editor
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Alexandria VA 22314
Call: 703-917-6444.

By e-mail:
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CALENDAR

Send announcements to 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.

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.

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 5-18.

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. 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.

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

SEE CALENDAR, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM



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.

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 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.1ststage tysons.org.

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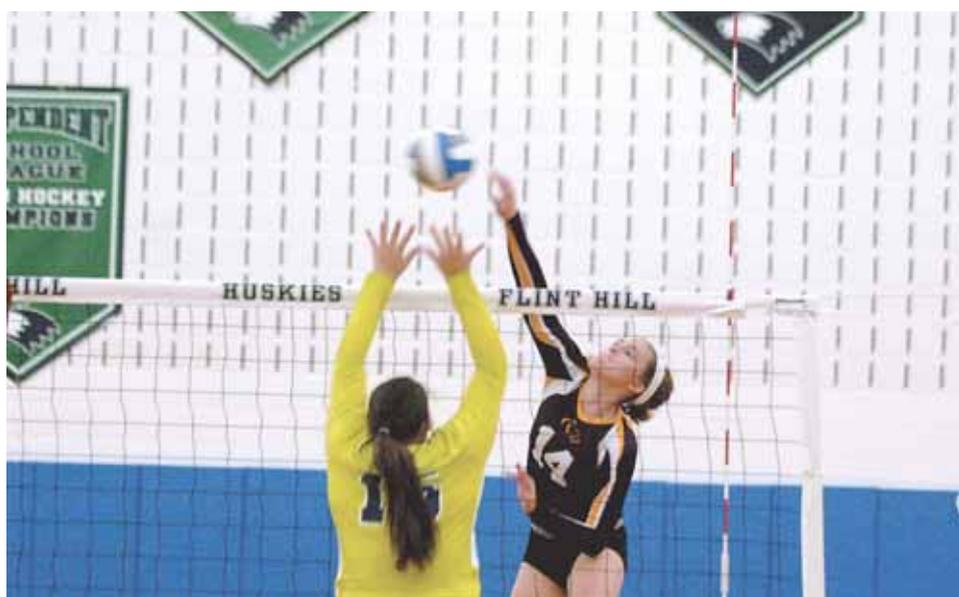
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THE CONNECTION
NEWSPAPERS



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



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

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Oakton Volleyball Beats Flint Hill

Yang finishes with 21 kills, Heier totals 20.

BY JON ROETMAN
THE CONNECTION

First, 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 34-0.

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



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

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 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 fin-



Flint Hill senior Morgan McKnight totaled 26 kills against Oakton on Monday.

ished 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

"It builds confidence. 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."

— Oakton volleyball coach Dan Courain

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.

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CALENDAR

FROM PAGE 7

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/

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

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 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

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

International Rabbit Day

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

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.

Pokemon League. 3 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Age 5-18.

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.

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.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

10/7/2015 Wellbeing Senior Living Pullout
10/14/2015 HomeLifeStyle
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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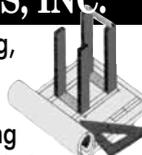
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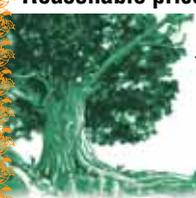
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ABC LICENSE
Intrepid Wines, LLC trading as Intrepid Wines, 1621 23rd St, South, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL(ABC) for a Wine Shipping (Wholesale) license to sell or manufacture alcoholic beverages. Charles W. Fowler III, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE
Water Park Cafe, LLC trading as Water Park Cafe, 1601 Crystal Dr, Arlington, VA 22202. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverages license to sell or manufacture alcoholic beverages. Adel Ishak, Owner
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The Week After The Week Before



By KENNETH B. LOURIE

It's not what it was, but it is what it is: not perfect. But neither is it worse. It's a familiar pattern, to be sure, so nothing really has changed, which is a good thing; and the kind of "good thing" which I need to acknowledge, because cancer is a bad thing and one needs to counterbalance that negative with any and all positives.

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 I like to joke: I eat about 10 things – repeatedly, so if circumstances, lack of availability or medication/side effects, prevent me from eating normally – for me, then the consequences are as I described them last week: unpleasant. And believe me, "unpleasant" is all it's cracked up to be. Not that deriving pleasure from food is mature, advisable, good for controlling weight and/or any other prudent course of action, according to health-conscious weight-watchers; nevertheless, for the rest of us down here in the eating trenches, a satisfying meal is hard to beat and even harder to resist. It's not exactly "The Borg," but when food has your name on it – so to speak – resistance might not be futile, but it's certainly near impossible.

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, difficulty sleeping and lack of initiative, and the week becomes a total drag, literally and figuratively. Ah, but the next week, this week in fact, the worm turns (no, I've not resorted to drinking Tequila), there's less drag and more coefficient. In effect, but not in actuality, 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 former, how happy my wife would be). Then I have about 10 days of my atypical "foodish" behavior before the side effects from my every-three-week chemotherapy infusion begin to take their toll.

Now the challenge becomes not gorging myself in the interim. I have to be honest, it's difficult. To me, it's akin to coming up for air after being submersed too long under water; those first few breaths after reaching the surface are hardly measured. Quite the opposite, in fact. That's how I feel, and how I 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 victims 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 less oral-fixating.

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 challenges inevitably to occur. It's not exactly how I'd draw it up in the huddle, but as I've said many times before: I'm just happy to still be in the game.

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

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

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. \$10. 703-667-9800.



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HomeLifeStyle

Adding Curb Appeal

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

BY MARILYN CAMPBELL
THE CONNECTION

When the owner of a Great Falls, Va., home wanted to update the Tudor-style abode's exterior without compromising 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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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

Almost 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. Apartment-style 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.



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



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

HomeLifeStyle

Evolution of a Family Home

BY JOHN BYRD

Starting in the late 1990s, Paul and Laurie Carter began transforming a simple production house into a personal residence.

Collaborating closely with Sun Design 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 production house in a new neighborhood not 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 excellent; the house was just a few miles from 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-grade finishes ... Just a few of the perceived shortcomings.

But skip ahead almost two decades, and the whole house remodel that the public was invited to see this past September demonstrates the kinds of improvements and upgrades that can occur when owners continue to occupy, modifying the environment to suit evolving interests.

In fact: it's no longer merely a house. It's

the Carter's long-term residence.

"The ideal of long term ownership is the option to create a home that, over time, becomes more supportive of favored activities and aesthetic preferences," says Bob Gallagher, Sun Design Remodeling's Executive 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 guided the Carters throughout nearly every revision over the past decade. Many guests seem surprised at the project's top-to-bottom scope.

The Carters are quick to acknowledge that their periodic home remodeling efforts have been a logical and sequential response to family needs — beginning with an 18-foot-by-36-foot swimming pool installed on their quarter acre lot in 2006.

"We wanted a place where Paul, our son, Austin, and I could enjoy pleasant summers together as a family," recalls Laurie. "Our remodeling changes reflect the different stages of our lives, and the lifestyle options we wanted to pursue in day-to-day living."

As Austin's circle of friends expanded, for instance, the Carters hired Sun Design Remodeling to convert the home's unfinished lower level into a spacious family room and fitness center complete with a billiards table and TV viewing area suitable for guests of all generations.

During this same time period, Paul and 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 of us," Laurie says, "and it still works beautifully today."

More recently, when Austin left for college, the Carters, now empty nesters,



The Carters purchased the original production house in 1998 and have steadily made focused improvements and upgrades.

began considering ways to better integrate the home's rear suite of rooms with its lovely poolside setting.

The landscaping and mature trees confer a lot of backyard privacy, so the Carters were looking 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."

Not surprisingly, the core problem was the home's original floor plan.

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.

"Something as simple as custom-designed cabinets can inspire a completely new, and much more functional, floor plan," Fleming says.

"Once the Carters were satisfied that the wall between the kitchen and dining room

could come down," he adds, "it was clear that innovative storage solutions would make it possible to further develop a special visual continuum from inside the house."

A counter surface with a gas-fueled cooktop range between the kitchen and the formal dining area, thus, provides storage for both the best family china (accessed from the dining room) and everyday cooking necessities (retrievable from the kitchen). A reach-in pantry next to the refrigerator offers supplemental storage. Though the eye-level cabinet clutter has been deleted, Fleming says there's actually been a 35 percent increase in storage capacity.

To improve natural light, the small kitchen

window has been replaced with a three-part glazing solution consisting of a 45-inch picture window flanked by two double hung windows.

Better yet, with its bianco romano granite surfaces, square flat cabinet facings and bright, reflective wall coloring, the new space has acquired a design elegance that was never previously in evidence.

"An open plan that segues to a free-flowing indoor/outdoor component is the very essence of a transitional-style interior design solution," says Fleming. "The formal elements provide definition and balance, yet the clean lines allow a lively visual continuum."



Sun Design's Jeremy Fleming extended the shed roof to cover sun-exposed decking. Two overhead rotating fans make the new outdoor space comfortable even on the hottest day. The couple have meals on the deck throughout summer.



The original kitchen relied on rows of builder-grade cabinets for storage. Eliminating walls initially seemed impossible to Laurie, but custom cabinets by Sun Design's Jeremy Fleming created the opportunity for a wholly different floorplan.



To create the shady spot appropriate for dining, Jeremy Fleming extended the shed roof which is now covered with an architecturally-appropriate seamless metal.

To provide for outdoor dining, Fleming extended the rear shed roof over the previously sun exposed decking. The former outdoor 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 at www.HomeFrontsNews.com.



The home's unfinished lower-level was converted into a spacious family room and fitness center complete with a billiards table and media viewing area.

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Maximizing Space

BY MARILYN CAMPBELL
THE CONNECTION

Tonia 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 too

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

Additionally, the Powells felt their 33-year-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 well. The home's exterior space also received

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



PHOTOS BY GREG HADLEY

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.

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 in our

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

— Brad Powell

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."



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.

Elegant Organization

BY MARILYN CAMPBELL
THE CONNECTION

Design elements can make maintaining organization throughout the school year elegant and stylish as the activities start to aggregate, notices pile up and calendars start to fill.

"Designate a location for baskets for each family member, such as the entryway or mudroom, and use them daily to keep mail [and] school notices ... organized and in one place," said Marika Meyer of Marika Meyer Interiors. Meyer used this technique in a Potomac, Maryland home recently.

"Consider a couple baskets for each person, one for notices and one for objects such as toys that can be taken to

designated spaces throughout the day."

It makes life easier on everyone, even the smallest family members. "I also like to keep my kids' different items for activities in tote bags or bins in our mudroom area," said Jody Al-Saigh of Picture Perfect Organizing in Arlington. "They can quickly grab what they need for soccer or Girl Scouts on their way out the door, rather than searching all over the house for stray items.

"We make it a rule that those items always live in the designated bag or bin," said Al-Saigh. "If uniforms are washed or water bottles cleaned, for example, they are returned to that area when they are clean."

A home's entryway often becomes a depository for shoes, hats, gloves and other items that are removed when busy families come home after a long day. Simple shelv-

Experts offer tips to keep you organized all school year long.

ing can offer a solution with aesthetic appeal, especially with mounds of clutter.

"If there's space within an entry closet, install shelving along the top for hats, gloves and miscellaneous seasonal items so they can be reached easily and not fall out each time you open the door," said Elle Hunter, director of project development, Case Design/Remodeling. "If there is currently a single shelf but room for another, consider hiring a handyman to add that extra storage. It will go a long way."

For larger or double entry closets, consider installing storage bins or shelves for shoes and boots. "There are shoe trays that can work in a pinch, but also consider building in shelving for bonus organization," said Hunter. "In one instance, we installed closets around a bench in a home for ... ulti-

mate ... entryway organization."

If you don't have a closet in the entryway, invest in a hall tree with hooks or a bench with storage, advises Hunter. "These can often be built into an underused space or under the staircase," she said.

The kitchen is often a hub of a busy family's activities. Afternoon snacks are simplified with latest in kitchen and appliance design including beverage drawers or centers. "They make it easy for young ones to grab a juice box or healthy drink by themselves," said Brian Knipp, remodeling consultant with Fred, a division of Case Remodeling. "Consider installing these if you're planning a kitchen remodel any time soon."

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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

Vienna-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

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-in-hand 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 high-ways 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."



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