

HOMES

Whole house remodel with two rear additions is perfect solution for busy working professionals with children

By JOHN BYRD
SPECIAL TO THE FAIRFAX
COUNTY TIMES

Robert Brooks and Julie Griffith, both lawyers, had occupied a 2,800 square foot Colonial in McLean for over 20 years. In the fullness of time, the property proved an ideal place to raise a family, but as their two children grew, the house had gradually come to seem pinched and inadequate. Alas, prizing the good local schools and easy commute to the District, Brooks and Griffith decided against shopping for a larger residence further out. Enlarging the existing house, on the other hand, was an option.

There was much about the existing house that might be improved upon.

For starters, the kitchen was small, dark and dated. The original U-shaped counter surface, which incorporated the range oven and the sink, was like a fortress that made it difficult for the cook to move freely into other rooms when entertaining. Surfaces and storage were restricted. Traffic between the kitchen and other first level rooms did not circulate well.

Upstairs, the master bathroom was too small; owing to rusty pipes and leaks, the suite's tub and shower had been not used in years. Also, the floor space in a teen daughter's bedroom was hardly large enough to accommodate a needed work station.

Meanwhile, given the time-pressed needs of two working parents, the first floor laundry room behind the garage was inconvenient. A powder room just outside the family room was, likewise, in the wrong place.

All of these factors considered, an addition on the home's rear elevation seemed like a practical space expansion plan.

The design would accommodate a substantially larger first level kitchen, and a more spacious master bedroom suite one level



The spacious Brooks-Griffith kitchen/great room in McLean replaces the original 20-year-old galley-style original. As the new heart of the house, L-shaped "open" plan is linked to the backyard through French doors, to a deck and screened porch, and to the new formal dining room via a butler's pantry. It also segues to a front-facing family room with hearth, and to the foyer. As the largest gathering place in the house, it is ideal for entertaining.

PHOTOS BY GREG HADLEY

above. Incremental revisions - such as a site for a new powder room, or supplemental floor space in the teen daughter's bedroom - were also being explored.

Naturally, the nagging question was: what scope of changes will the family's budget allow, and how will a long list of desired modifications be integrated into a whole that is greater than the sum of the parts?

As the family wish list was generating ideas and unanswered questions, Sonny Nazemian, chairman and founder of Michael Nash Kitchens and Homes, entered the picture.

"Several considerations were clear to us from the start," Nazemian reflects. "A design solution that integrates newly built square

footage with a thoughtful re-configuration of interior space typically offers a significant lifestyle enhancement. As remodelers, we look for an architectural context that will allow us to re-deploy out-of-date floorplan features while introducing an alternative that better accommodates individual requirements and a family's social needs. We have found there's very broad interest in this approach to remodeling, especially in the close-in neighborhoods."

Taken as a whole, the Brooks-Griffith program called for two separate additions on the rear of the house. The new construction would be incorporated into a whole house remodel that would include a new front facade and new siding to the entire exterior.

The 12-by-24 two level addition in the middle of the rear elevation would house a first floor kitchen/family room suite integrated with the existing kitchen's footprint as well as a second level master bedroom suite with spa bath and walk-in closets.

A smaller (8-by-24) one level hyphen linking the garage and kitchen was designed to accommodate a mudroom and added storage as well as a new powder room.

A small grilling deck access
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BEFORE: The footprint of the home's original galley kitchen was incorporated into a substantially enlarged "open" plan. To connect the new addition to the existing house, remodeler Michael Nash removed 22 feet of the rear elevation, supporting the second floor with a steel beam mounted on vertical supports.



The master bathroom boasts a large whirlpool tub with a view of the backyard, a large marble shower stall, long double vanity and marble floors.



Multicolor wood flooring in a basket weave pattern lends style and definition to the revised front foyer. The archway into the living room, widened by ten feet, makes the foyer seem substantially larger. Pocket French doors surrounded by built-in bookcases add both function and elegance.

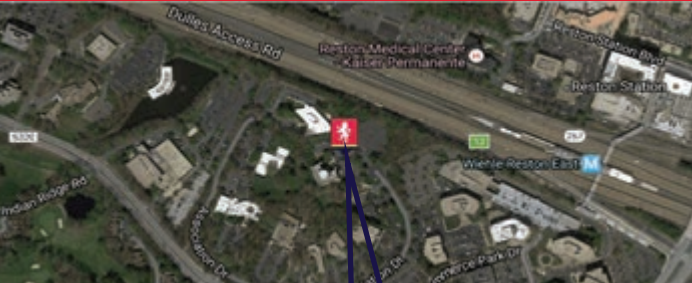




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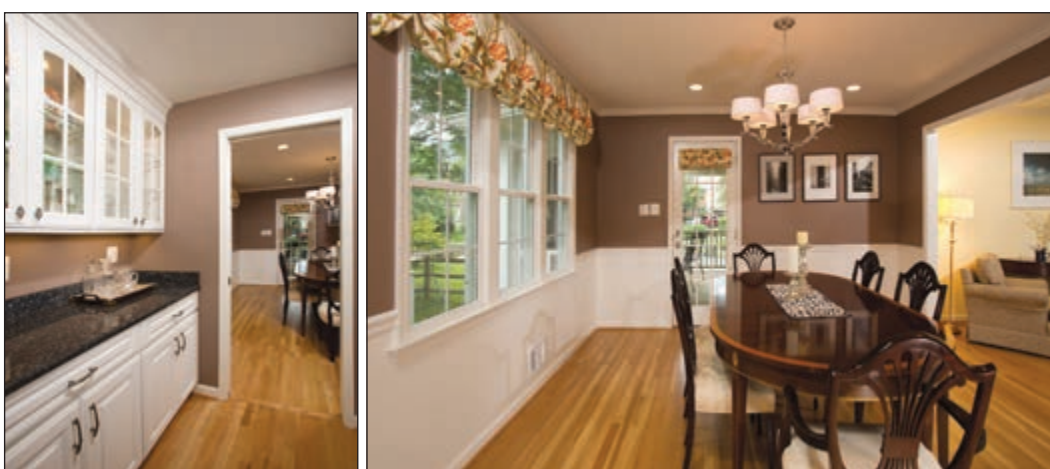
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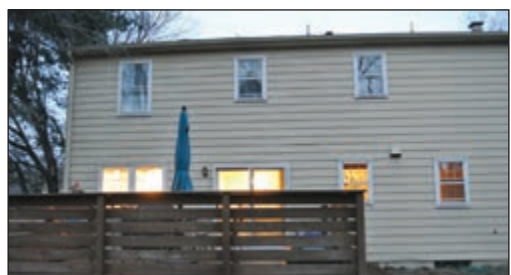
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The butler's pantry is situated between kitchen and the new formal dining room.



The screen porch is accessed from a door off the dining room – a comfortable spot to take in the air.



After opening up the existing home's rear elevation, Michael Nash added a 12-by-24 two-level addenda in the middle of the rear elevation and one level hyphen linking it to the rear of the garage. Decking and a screen porch complete modification. The entire exterior has been re-sided in Hardiplank.



A one-level hyphen linking the kitchen/great room to the back of the garage accommodates a mudroom and a new powder room. From the garage, one now enters the house through the mudroom.

Food for Thought: Parent snack hacks to fight after-school hunger



Hummus Pinwheels

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TIP OF THE WEEK

"How was your day," you ask your child after school. Rather than hearing a funny recess anecdote or story about a tough test, she murmurs back, "I'm hungry."

School days are long, and if your child participates in after-school activities, they're even longer. Busy kids need plenty of fuel to keep their bodies and minds going.

"Considering most kids get just 20 minutes to eat lunch, and some as early as 10:30 in the morning, after-school hunger becomes a big problem," says Laura Fuentes, cookbook author, food blogger and founder of MOMables.

Fuentes developed five simple tips to help fight after-school hunger and keep kids going until dinnertime.

Tip 1: Plan ahead. Adding extras to lunch keeps things interesting for kids, plus helps them feel full for longer. Plan ahead to keep hunger pangs at bay all day.

Tip 2: Have portable snacks ready. A balanced snack that can be eaten on-the-go is a life-saver. Pack the pantry with wholesome options that both parents and kids love. Additionally, don't overlook fresh fruit that is both healthy and portable.

Tip 3: Pack a balanced lunch. Balancing the lunchbox can help ensure kids stay satiated longer. Make sure to include protein, healthy fats and carbohydrates,



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Laura Fuentes, cookbook author, food blogger and founder of MOMables

fresh fruits and vegetables in every lunch you pack.

Tip 4: Make a wholesome breakfast. Many kids come home starving because they haven't eaten enough to fuel their day. Making breakfast part of your morning routine is essential for setting kids up for success.

Tip 5: Rule out thirst. Try tucking an extra water bottle in your kid's backpack and offer a cup immediately when they get home. To encourage kids to drink more water, add a touch of flavor and color by placing fresh orange slices or berries inside their cup.

EASY RECIPE

Hummus Pinwheels
Prep time: 10 minutes
Total time: 10 minutes

- Servings: 2
- 1 cup Sabra Hummus, any flavor
 - 2 large soft tortillas
 - 1/2 cup thinly sliced red pepper
 - 1/2 cup thinly sliced cucumber
 - 1/2 cup thinly sliced cantaloupe
 - 4 leaves lettuce

Spread thin layer of hummus on both tortillas. Divide red pepper, cucumber, cantaloupe and lettuce between tortillas. Roll tightly and secure with toothpicks. Slice into pinwheels and serve.

—Family Features

HOMES

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sible from the kitchen segues to a screen porch built on a side elevation. The porch is also linked to the formal dining room via a side door.

To integrate the two-level addition into the existing house, a 22-foot section of rear bearing wall was removed.

A structural beam flush with the existing perimeter and mounted on vertical I-beams was installed to provide support for the second floor. The solution offers a seamless interface between new and old sections of the house.

"The structural solution invites an open, transitional interior design style," Nazemian observes. "Sight lines are extended and the square footage is enlarged dramatically, yet formal design elements define activity zones that are functionally self-contained."

The first-level "open" floorplan, moreover, allocates the square footage needed for both an expansive L-shaped gourmet kitchen and a butler's pantry situated between kitchen and new formal dining room.

From the food prep island, there is a visual linkage with the hearth in the front-facing family room and with the upgraded front foyer.

Meanwhile, a course of large windows and a double French door invite abundant natural light in all directions. The French doors open into the spacious back yard, offering an indoor/outdoor component.

To augment first level visual continuum, the bearing wall between the family room and the kitchen was also removed, replaced with a large food preparation island and dining counter.

Equipped with a prep sink, dishwasher and glass-facing display cabinets, the marble-surfaced

5-by-10 island, dominates the room. Overhead, a pair of glass and chrome chandeliers provides visual balance at mid-room.

A small refrigerator and storage shelves built into the island faces into the breakfast room; from the family room side of the built-in, there is easy access to TV and media equipment. The island also offers stool seating for four, and buffet-style counter space.

Despite its cutting edge amenities and many work triangles, the kitchen/great room abounds with comfortably-interactive gathering zone well-suited for entertaining.

White cabinetry and soft marble surfaces present a bright, lively finish. Soft subway tiles and blue-tinted glass tile recede softly into a French country ambiance.

Naturally-stained wood floors installed throughout the entire first floor reinforce visual unity.

Upstairs, extensive modifications offer sweeping lifestyle benefits.

There's a larger master bedroom suite with a 130-square-foot walk-in closet.

A new, 230-square-foot master bath room boasts a large whirlpool tub with a view of the backyard, a large marble shower stall, a long double vanity, marble floors and lots of storage capacity.

Linen cabinets and a walk-in closet with small windows located just outside the new bathroom provide abundant wardrobe space.

For added convenience, the former second floor bathroom has been converted into a new laundry room, easily accessible from bedrooms, bathroom and closets.

The teenage daughter's room, as promised, has been enhanced by an 8-by-8 sleeping alcove built over the screened porch, a modification that provides the square footage needed for a larger work station and a walk-in closet

At the front of the house, the formerly cramped front foyer has been tastefully refurbished. Mul-

ticolor wood flooring in a basket weave pattern lends style and definition. The archway into the living room, widened by ten feet, makes the foyer seem substantially larger. Pocket French doors surrounded by built-in bookcases have been installed between the foyer and the living room, adding both function and elegance.

Distinctive interior finishes are everywhere. There's crown molding throughout the first and second floors; shadow boxing in the dining room, hallway and stairway; wood flooring in the master bedroom and closet; and new carpeting on the rest of the second floor are among many refined interior upgrades.

Outside, old siding has been replaced with Hardiplank, trim and fascia board; windows, gutters, roof and downspouts are also new.

New exterior windows in varied shapes and sizes combined with angular corners in selected roof lines enhance visual interest and curb appeal.

The front door is now framed by an arched portico with square columns; a new flagstone walkway links the front door to the driveway.

"As remodelers, we are particularly pleased when we can find budget-sensitive ways to help owners stay in a neighborhood where they've established their roots as a family," Nazemian says. "In this case, we've enhanced the charm of the original house, but it is much more functional and presentable. That's the outcome we seek."

For information call 703-641-9800 or visit MichaelNashKitchens.com

John Byrd has been writing about home improvement for 30 years. He can be reached at www.HomeFrontsNews.com or byrdmatx@gmail.com