

Herndon Teen Heroes Honored

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Herndon Middle School student Roberto Morales Castillo, second from left, saved his family and numerous other families from carbon monoxide poisoning the day of the blizzard in January.

Herndon's Downtown: Get Involved

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Building a Herndon Yoga Community

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NEWS



PHOTO CONTRIBUTED

Founder and president Dave Cintorino, seated left, and his team at Home Escapes, show off some of the beautiful furniture in their 9000-square-foot showroom. The company is celebrating its 30th Anniversary with a ribbon cutting April 9 at a new location.

Home Escapes Opens in Herndon

Home Escapes, a Northern Virginia hot tub and outdoor furniture company, is celebrating both its 30th Anniversary and grand opening in a new location in the Sunset Business Park in Herndon. On April 9 at noon, the company will welcome visitors with door prizes, refreshments and a ribbon-cutting ceremony featuring Herndon Mayor Lisa Merkel.

The store, located just around the corner from Reston Town Center, at 292 Sunset

Park Drive in Herndon, will celebrate its 30th anniversary with significant discounts on virtually all products for a 30-day period. Home Escapes' celebration will coincide with a 3-day community sidewalk sale from Thursday, April 7, through Saturday, April 9, with participation from many merchants in the Sunset Business Park.

To learn more about Home Escapes, call 703-467-1700 or visit www.HomeEscapes.com.

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Two Herndon Teen Heroes Honored

Herndon teenager honored for saving more than 30 families during the blizzard on Jan. 24.

BY KEN MOORE
THE CONNECTION

Herndon Town Council and Fairfax County Fire and Rescue honored Herndon teenager Roberto Morales Castillo for heroism that saved the lives his family and up to 30 other families the day of the blizzard on Jan. 24, 2016.

"The Morales Castillo family was at home during the blizzard on Jan. 24 when the entire family became sick with headaches, vertigo and nausea," said Mayor Lisa Merkel.

"Roberto knew something was wrong," she said.

Roberto called 911 and building management.

When Fairfax County Fire and Rescue responded, emergency personnel discovered deep snow was blocking the vents for the basement appliances which caused carbon monoxide to back into the apartment building.

"This is the silent killer. You can't see it, you can't smell it, you can't taste it," said Fire and Rescue Chief Richard R. Bowers Jr.

"We ask everyone that may be listening to this that if you need to have your carbon monoxide detector checked by the fire and rescue department to please call the department and we will check it out."

Bowers gave Roberto a citizen's life saving award. The Town Council auditorium was packed with his family, fire personnel, and teachers from Herndon Middle School, including principal of the year Justine Klena, director of student services Karyn Niles and multilingual interpreter and parent liaison Paulina Hidalgo.

"The Town of Herndon is extremely proud of Roberto who because of his quick thinking and really heroic actions saved his family and many other families that evening," said Merkel.

"Your initial care for your family until the



Herndon Middle School student Roberto Morales Castillo saved his family and numerous other families from carbon monoxide poisoning the day of the blizzard in January.



Herndon High School student Amanda Aste and her mother Olga Aste were honored by the Herndon Town Council for responsible citizenship and heroism.

arrival of the fire and rescue department allowed us to continue emergency care and transport your family to the hospital," said Bowers. "You contributed to saving your family and more than 30 other families lives."

Councilmember David Kirby gave Roberto a "thumbs up."

Councilmember Steven Mitchell thanked Roberto in Spanish.

"A job very well done," said Councilmember Jasbinder Singh.

"You really are a hero and I hope you all know how thankful all of us are," said

Merkel. "Thanks to Roberto, we have many happy families who are alive and well in Herndon." "It gives me chills to hear what you did," said vice mayor Jennifer Baker. "I'm overwhelmed this evening. I'm so very glad you and your family are here tonight."

"**THE GOOD NEWS** doesn't end there," said Merkel.

She honored Amanda Aste and her mother Olga Aste at the Council meeting on March 8.

Olga Aste had picked her daughter Amanda up from Herndon High School

early on Jan. 8, a day Amanda wasn't feeling well. Driving on Wiehle Avenue near the Fairfax County Parkway, Amanda Aste saw her peer from Herndon High School walking down the side of the street, not dressed properly for the cold, rainy winter weather but clearly with school supplies.

"Hundreds, if not thousands of people, drove right past her," said Officer Mike Murn. Unbeknownst to the mother and daughter, the Herndon Police Department and Herndon School community were already searching for the student.

"This particular day, this child, a special needs student, was feeling very independent that day and wanted to go to school on her own," said Murn.

Her sibling generally drove her to school, said the officer.

"She was going to go out the back door to the bus stop and ride the bus. She had ridden the bus before, knew where the stop was, knew the approximate time the bus arrived but got there late," said Murn. "Still feeling very independent, she decided to walk to school."

Amanda and her mother spotted her peer on Wiehle Avenue.

"She said, 'Mom, this isn't right. I know her,'" said the officer. "They stayed with her, they comforted her until we arrived."

Murn said the temperatures that day hovered near 40 degrees.

"The student's condition could have deteriorated if she had not been found," said Merkel.

"This young lady deserved a huge amount of applause," said Murn.

"So many times in my career, people have come up to me after an event or after the face, and said, 'I didn't think that was right, or something in my gut was wrong,' or 'I thought that was suspicious,' but they didn't take the time to reach out to us," said Chief Maggie DeBoard. "This was a simple incident, but it was a meaningful and impactful one."

"Maybe other people will take the clue, and say, 'Hey that's what we should be doing if something doesn't seem right.' Often times, it isn't," she said.

"Thank you, Mandy, for that 'Trust your gut,'" said Vice Mayor Baker and "for having a responsibility for fellow citizens and for looking out."

"I love that we got to recognize two great citizens today," she said.

Herndon's Downtown: Get Involved

See proposals at the Town's new website at www.herndon-va.gov; click on the "Latest News" tab.

BY KEN MOORE
THE CONNECTION

Herndon residents have a chance to get involved in the future of their town's downtown.

Last month, two companies, The Stout & Teague Company and Comstock Development Services, LC, responded to the Town of Herndon's Request for Proposals to redevelop 4.675 acres of land in historic downtown into "an attractive, mixed-use

downtown."

"The proposals represent very different visions of how our downtown should develop," said Herndon Councilmember Jasbinder Singh, at the Town Council meeting on March 8.

"This will set the stage for the future of the Town, what it would look like, the financial implications for the Town," he said.

"The proposals represent very different visions of how our downtown should develop. One represents, in my view, the small town feel that we approved as part of the Downtown Master Plan," he said.

SEE DOWNTOWN, PAGE 9

OPINION

Money to Treat Addiction, Mental Health Issues

Affordable Care Act could pay for help, better health for 100,000 uninsured people in Virginia with mental illness or addiction issues.

Poor people without health insurance in Virginia are being unnecessarily tortured, in some cases to death, by a General Assembly that refuses to expand Medicaid. They deny healthcare to as many as 400,00 Virginians despite the fact that for the first three years, there would be no additional cost to the Commonwealth, and after that Feds would pay at least 90 percent of the cost.

A new report released on Monday by the U.S. Department of Health and Human Services points to an area beyond preventative medicine and primary care. According to the report, in Virginia, 102,000 uninsured people with a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act. The report estimates that more than a third of low income people in Virginia without health insurance have "behavioral health" needs.

As Virginia and the rest of the nation wrestles with huge growth in heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big

EDITORIAL

obstacles to helping people who are fighting addiction is the availability of treatment when it is most needed. People die as a result. In Northern Virginia, heroin-related deaths increased 164 percent between 2011 and 2013. In Fairfax County, in just one year – from 2013 to 2014 – the number of deaths from heroin overdose doubled. Virginia is one of 14 states identified in a recent Centers for Disease Control reports with significant increases in overdose deaths in the last few years. Nationally, heroin overdose death rates increased by 26 percent from 2013 to 2014 and have more than tripled since 2010, according to the CDC. A mind boggling statistic: In 2014, there were approximately one-and-a-half times more drug overdose deaths in the United States than deaths from motor vehicle crashes.

Turning away resources to treat this eviscerating epidemic ensures that some people who need treatment but cannot access it will die. Turning away this money makes no more sense than sending back federal funding for building rail to Dulles.

Depression and other mental health disor-

ders result in significant economic cost as well. This week's HHS report estimates that if Virginia expanded Medicaid, 16,000 fewer individuals would experience symptoms of depression, which would make them far more likely to be able to work.

Under the Affordable Care Act, states have the opportunity to expand Medicaid coverage to individuals with family incomes at or below 138 percent of the federal poverty level.

Get involved, Budget

Next week, Fairfax County residents will have three opportunities to weigh in on what has so far been a fairly contentious budget season.

Sign up to attend a public hearing at the Fairfax County Government Center on the proposed FY 2017 Budget:

- ❖ April 5, beginning at 4 p.m.
- ❖ April 6, beginning at 1 p.m.
- ❖ April 7, beginning at 1 p.m.

Email your feedback and comments to dmbinfo@fairfaxcounty.gov through mid-April, be sure to copy the Connection to have your comments be considered as a letter to the editor, editors@connectionnewspapers.com,

More information on the budget, and a link to sign up to speak can be found at

<http://www.fairfaxcounty.gov/news2/many-ways-to-provide-your-input-on-the-fy-2017-budget/>.

Congress Must Act on the Growing Opioid Epidemic

BY U.S. REP. GERRY CONNOLLY (D-II)

Our nation is in the midst of an exploding opioid epidemic. This crisis does not discriminate on the basis of a particular community or demographic. Often hiding in the shadows, the death toll is rising across the country.

Our own experience in Virginia mirrors this growing national threat. In Northern Virginia, for example, the Fairfax-Falls Church Community Services Board reported a 22 percent increase in reported use of any opiate between 2011 and 2014. Even more troubling, heroin-related deaths increased 164 percent between 2011 and 2013.

Last week, the House Oversight and Government Reform Committee, on which I sit, held an important hearing on the opioid and heroin epidemic. At that hearing was Don Flattery, a Fairfax County parent whose 26-year-old son, Kevin, died from an opiate overdose after a 13-month struggle with addiction. Mr. Flattery has turned that personal loss into his life's mission. He is a fierce advocate for those who suffer from addiction, serves on Virginia's Task Force on Prescription Drug and Heroin Abuse, and is bringing light to this issue.

While the heroin and opioid abuse crisis is alarming, sadly the path that has led us to this tragic state is very clear. The prescription of



opiates has grown drastically over the past two decades resulting in dependency, addiction, and abuse.

For example, according to the 2016 CDC Opioid Prescribing Guidelines, 20 percent of patient visits to physician offices with non-cancer pain symptoms or pain-related diagnoses receive an opioid prescription. An astounding 259 million prescriptions were written for opioid pain medication

in 2012. That's enough for every adult in the United States to have a bottle of pills.

In 2013, two-thirds of opiate-related deaths were from prescription opioids and one-third were tied to heroin usage. With less than 5 percent of the world's population, the U.S. consumes 80 percent of the world's opioid prescriptions. Other nations use a wide variety of less risky methods to treat pain, especially for chronic pain conditions. As a country, we must be willing to reexamine the way we treat pain.

There are a number of interventions we can take to diminish opioid drug abuse such as the creation of state-run Prescription Drug Monitoring Program databases to better track prescriptions of controlled substances and the development of abuse-deterrents.

We need to better inform doctors as well as patients about the dangers of the medicines they prescribe and improve labeling. Notably the FDA just announced that immediate-release opioid painkillers such as oxycodone and

fentanyl will now have to carry a "black box" warning about the risk of abuse, addiction, overdose and death. The Obama Administration has put forth a proposal, which I support, that includes \$1.1 billion in new federal money to strengthen treatment and prevention strategies.

The American people are looking for Congress to engage in this fight and help stem the crisis. I joined many of my colleagues to urge the House Majority to cancel its two-week recess and immediately take action on the President's proposal. This plan is an investment in our local communities that will save lives and keep families intact. Continued congressional inaction is not an option. Our communities, our families, can no longer wait.

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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

By e-mail: north@connectionnewspapers.com

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NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Abigail Constantino
Editorial Assistant
703-778-9410 ext.427
aconstantino@connectionnewspapers.com

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Ryan Dunn
Contributing Writer
@rdunnmedia

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Don Park
Display Advertising
703-778-9420
donpark@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunc@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



CRIME

Herndon Crime Reports

Notable incidents from the Herndon Police Department from March 14-20.

March 14, 10:07 p.m. Drunkenness (DIP), 700 Elden St.
 March 14, 22:42 p.m. Assault-Simple, 1000 Queens Court
 March 15, 17:20 p.m. Larceny-All Other, 700 Lynn St.
 March 15, 8:02 p.m. Fraud-Wire Fraud, 900 Barton Oaks Place
 March 16, 10 a.m. Capias - Fail to Appear, 700 Lynn St.
 March 16, 9:43 p.m. Drug/Narcotic Violation, Van Buren Street/Park Avenue
 March 16, 10:54 p.m. Larceny-from Motor Vehicle, 1000 Nicklaus Court
 March 17, 3:26 p.m. Assault-Intimidation, 1300 Monroe St.
 March 18, 1:49 p.m. Warrant-Other Agency, 900 Ferndale Ave.
 March 18, 9:40 p.m. Destruction of Property, 700 Elden St.
 March 18, 11 p.m. Destruction of Property, 1100 Criton St.
 March 19, 2:14 a.m. Driving Under the Influence, Dranesville Road/Park Avenue
 March 20, 2:13 a.m. Drunkenness (DIP), 700 Old Hunt Way
 March 20, 10:48 a.m. Drug/Narcotic Violation, 900 Branch Drive
 March 14, 14:14 p.m. Larceny-All Other, 1000 Elden St.
 March 16, 12:23 p.m. Drunkenness (DIP), 1100 Elden St.
 March 17, midnight, Graffiti, 1000 Crestview Drive
 March 17, 4:19 p.m. Assault-Intimi-

ation, 1000 Elden St.
 March 17, 9:55 p.m. Drunkenness (DIP) Alabama Drive/Autumn Place
 March 18, midnight. Drug/Narcotic Violation, 1000 Elden St.
 March 18, 19:23 p.m. Trespass - Banned, 1200 Elden St.
 March 18, 21:49 p.m. Larceny-Shoplifting, 1200 Elden St.
 March 19, 10:42 a.m. Destruction of Property, 1100 Herndon Parkway
 March 19, 11:49 a.m. Drunkenness (DIP), 1200 Elden St.
 March 19, 3 p.m. Larceny-from Motor Vehicle Crestview Drive/Bond Street
 March 19, 11:33 p.m. Driving Under the Influence Sterling Road/Crestview Drive
 March 14, 9:54 a.m. Graffiti, Van Buren/Bike Trail
 March 14, 16:50 p.m. Destruction of Property, 300 Spring St.
 March 15, 11:19 a.m. Larceny-from Motor Vehicle, 600 Grant St.
 March 16, 10:43 a.m. Graffiti, Van Buren Street/Bike Trail
 March 17, midnight, Warrant-other Agency 300 Herndon Parkway
 March 17, 12:09 a.m. Phone Calls-Harassing, 500 Herndon Parkway
 March 19, 2:41 a.m. Larceny-All Other, Spring Street/Victory Drive
 March 20, 1:36 p.m. Larceny-from Building, 300 Elden St.
 March 15, 3:22 p.m. Fraud-Wire Fraud, 400 Pickett Lane
 March 15, 5:24 p.m. Assault-Simple, 900 Alabama Drive
 March 17, 1:36 p.m. Larceny-All Other, 2100 Highcourt Lane
 March 17, 10:30 p.m. Drug/Narcotic Violation, 500 Florida Ave.
 March 18, 4:16 p.m. Drunkenness (DIP), 900 Alabama Drive
 March 18, 4:26 p.m. Assault-Simple, 13000 Worldgate Drive
 March 18, 6:25 p.m. Identity Theft, 700 Birch Court
 March 19, 1:36 a.m. Protective Order Violation, 600 Pemberton Court
 March 20, midnight. Destruction of Property, Van Buren Street/Spring Street

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the

Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. 703-938-2391 or www.epiphanypreschool.com.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

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 Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
 Nursery care provided at 9:00 a.m. service
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571-325-2424

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

New Forms and Horizons: Abstract Art and Sculpture. April 5-May 1. ArtSpace, 750 Center St., Herndon. Featuring contemporary landscape artist Jorge Luis Bernal and sculptor Eric Garner. artspaceherndon.com. 703-956-9560.

Reston Art Gallery and Studio March Group Show. March 3-31. Reston Art Gallery and Studio, 11400 Washington Plaza W, Reston. RestonArtGallery.com.

Joyful Color in Reston. April 7-May 5. Reston Art Gallery and Studio, 11400 Washington Plaza W, Reston. Joan Kelly's colorful acrylic paintings of Reston scenes will be on exhibit in unison with Founder's Week, a celebration of the life of Reston founder, Robert E. Simon, Jr. RestonArtGallery.com.

Herndon Town Calendar

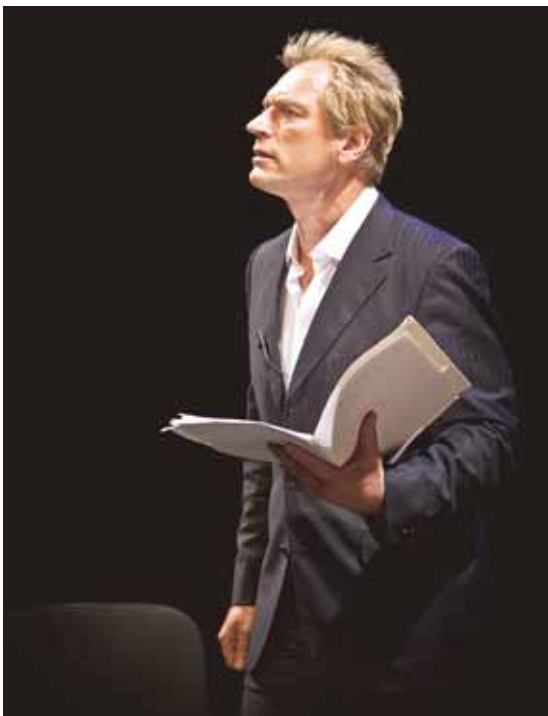
Photography Competition.

Deadline June 7 at 2 p.m. ArtSpace Herndon and the Council for the Arts of Herndon present the Sixth Annual Herndon Town Calendar Photography Competition. Professional and amateur photographers are invited to submit entries to the Herndon Town Calendar Photo Competition. Subjects for all entries must be located within the corporate limits of the Town of Herndon. artspaceherndon.com. 703-956-9560.

"Namaste Nepal." Through April 15. Executive Center 1, 1851, Alexander Bell Drive, Reston. Dawn Murphy's photographic journey demonstrating the experiences of Nepalis during the

Julian Sands in "A Celebration of Harold Pinter, Directed by John Malkovich," at Reston's CenterStage on Saturday, April 2.

PHOTO BY
BALDUR BRAGASON
COURTESY OF BAYLIN
ARTISTS MANAGEMENT



earthquake of 2015. Monday-Friday, 8 a.m.-5 p.m. Free. www.leagueofrestonartists.org.

Emerging Visions: Contemplating Community.

March 15-April 9. Greater Reston Arts Center, 12001 Market St., 103, Reston. Fairfax County high school students the opportunity to work directly with GRACE's curatorial staff to create thoughtful, well-crafted artworks that will be exhibited in the gallery. This year, GRACE is dedicating its celebration of Youth Art Month to Bob Simon's vision for a New Town.

www.restonarts.org. 703-471-9242.

Volunteers. The McLean Community Players seeks volunteers, preferably retirees who can work during the day on weekdays as well as weekends, to build scenery for MCP productions. No experience is required. Training provided. Call the scene shop manager at 703-304-3176 to schedule a visit and talk.

www.McLeanPlayers.org.

Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai

Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

Regina Petrecca's Paintings.

February-March. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Energetic brushstrokes are the hallmark of Regina Petrecca's paintings. Free. www.leagueofrestonartists.org.

All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

Patrick Dougherty Public Art Installation.

Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

Reston Town Center Ice Skating Pavilion – 2015-2016 Season.

November through March. Open daily. 11900 Market Street, Reston. For more information on rates, rentals and schedules, call 703-709-6300 or visit skating@restontowncenter.com.

THURSDAY/MARCH 31

Dollars and Sense. 7 p.m. Reston

Regional Library, 11925 Bowman Towne Drive, Reston. A monthly book discussion group that focuses on business leaders and markets. March's title is "Flash Boys" by Michael Lewis. 703-689-2700.

"Tevye's Daughters: Jewish Women in America."

8 p.m. Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Dr. Pamela Nadell, Chair of the Department of History and Director of the Jewish Studies Program at American University speaker. Free. 703-863-7639.

STARTS FRIDAY/APRIL 1

SingStrong A Capella Festival. 7-11 p.m. South Lakes High School, 1400 South Lakes Drive, Reston. The first night of SingStrong DC is ACA-Idol - the chance for a capella groups to compete for \$1000 prizes - and entertain. \$30. Weekend pass available. 703-517-3520. dc.singstrong.org.

Frankie and Betty Rock n Roll. 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N, Reston. Tongue-in-cheek rock and roll. kalypsoSPORTStavern.com. 703-707-0660.

SATURDAY/APRIL 2

Julian Sands in "A Celebration of Harold Pinter, Directed by John Malkovich." 8 p.m. Reston Community Center CenterStage, 2310 Colts Neck Road, Reston. \$20/Non-Reston; \$30. 703-476-4500. www.restoncommunitycenter.com.

Kite Fun Day. 10:30-noon. 1-2:30 p.m. Frying Pan Farm Park Visitor Center Picnic Pavilion, 2739 W. Ox Road, Herndon. Make a kite and watch it soar. \$10/child. Register at <http://www.fairfaxcounty.gov/parks/fryingpanpark/>.

www.fairfaxcounty.gov/parks/fryingpanpark/.

SUNDAY/APRIL 3

Bluegrass Barn. 7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Patent Pending playing. \$18/\$20. <http://www.fairfaxcounty.gov/parks/fryingpanpark/>.

TUESDAY/APRIL 5

Reston Garden Club. 1-4 p.m. Nature House, Walker Nature Center, 11450 Glade Drive, Reston. Steve Gable, the Perennial and Annual buyer/manager from Merrifield Garden Center will be talking about "Exciting Times" chiefly on perennials. Free. therestongardenclub.com. 703-391-0666.

WEDNESDAY/APRIL 6

IIIT Lecture. 6-7:30 p.m. IIIT Library, 500 Grove St., Suite 200, Herndon. "The Cleric, the Cardinal, and the Qur'an: A Little-known Chapter in the History of Christian Engagement with Islam" by Dr. Paul Shore. 703-230-2846.

THURSDAY/APRIL 7

Best of Reston Awards and Gala. 6 p.m. Hyatt Regency Reston, 1800 Presidents St., Reston. Celebrating the 25th anniversary of the special partnership between the Greater Reston Chamber of Commerce and Cornerstones. cornerstonesva.org. 571-323-9570.

THURSDAY-SUNDAY/APRIL 7-10

Reston Friends Book Sales. April 7, 10 a.m.-8 p.m. Friday, 10 a.m.-5 p.m.

Saturday, 10 a.m.-4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sponsored by Friends of the Reston Regional Library. We have all your favorite children's book authors. For information, email restonfriendspr@gmail.com or call 703-829-5467.

FRIDAY/APRIL 8

Fairfax Volunteer Awards. 8 a.m. The Waterford, 6715 Commerce St., Springfield. Join Volunteer Fairfax, Chairman Sharon Bulova and the Fairfax County Board of Supervisors, and other community leaders to celebrate the work of volunteers. Purchase tickets by April 4. \$50. For information and tickets go to www.volunteerfairfax.org.

Author Talk Linda Frank. 8 p.m. Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Discusses "The Lost Torah of Shanghai." 703-860-4515.

Empty Bowls Fundraiser. 5:30-8 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. For a small donation, guests receive a simple supper of soup, bread, beverage, and dessert, as well as a handmade ceramic bowl to keep as a reminder that there are those in our community with empty bowls. \$25/\$30/\$15. givingcircleofhope.org.

Senior Tea. 1-2 p.m. ArtSpace, 750 Center St., Herndon. Seniors visit the gallery and view current exhibit and have a cup of tea. Free. artspaceherndon.com. 703-956-9560.

The Rhythmic Circus. 8 p.m. CenterStage, 2310 Colts Neck Road, Reston. Innovative performance company infuses its unpredictable blend of hard-hitting tap, high-spirited humor, and finger-snapping tunes into one amazing show. \$20/\$30. restoncommunitycenter.com.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semifinalists in the 2016 Intel Science Talent Search. The students, with their project names in italics, are:

♦ Jake Cui, A Machine Learning Approach to Identifying Ordered Binding Regions on Order-disorder Protein Interfaces.

♦ Tarun Kamath, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

♦ Ava Lakmazaheri, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

♦ Austin Mills, Demonstrating the Development of Heavy Metal Resistance in Non-tolerant Multigenerational Brassica rapa.

♦ Kunal Shroff, The Relationship Between Lethality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

♦ Matthew Sun, Hyperacute Temporal Resolution with a Neural Population for Biologically Plausible Firing Rate Change Detection.

♦ Jason Wei, Improving Lateral Flow Immunoassay Sensitivity by a Palladium-catalyzed Dye Reaction.

♦ Michael You, Two-degree-of-freedom Bubble Oscillations in Elastic Vessels and its Application in Sonar-induced Marine Mammal Injuries.

The 300 semifinalists were chosen from more than 1,750 entrants and will receive matching awards of \$1,000 along with their school.

This is the 75th year of the Science Talent Search, which Intel has sponsored since

1998, providing \$1.6 million in awards and scholarships to contestants.

Michaela Gaughan of Oak Hill has been named to the Dean's List for the fall 2015 semester at St. Mary's College in Indiana.

Herndon residents on the Dean's List at Washington University in St. Louis for fall 2015 include **Azeez Abdikarim**, School of Engineering and Applied Science; **Kate Hao**, College of Arts and Sciences; **Snigdha Srivastava**, College of Arts & Sciences,

Abdulaziz Nabil Alshenaiber of Reston graduated from the University of New Haven with a Bachelor of Science in Computer Engineering from Tagliatela College of Engineering.

Micaela Sturm, of Oak Hill, has been named to the dean's list at Quinnipiac University for the fall 2015 semester

Ryan Gullede, of Herndon, been named to the University at Albany Dean's List of Distinguished Students for fall 2015

Etienne Ying-Hong Dailly, a graduating senior at South Lakes High School in Reston, Virginia, has been named one of more than 4,000 candidates in the 2016 U.S. Presidential Scholars Program. The candidates were selected from nearly 3.3 million students expected to graduate from U.S. high schools in the year 2016.

Margot Cumming and **Zachary Klein**, of Reston, are on the Dean's List for Fall 2015 at the University of Wisconsin-Madison. Cumming is in the College of Agricultural and Life Sciences. Klein is in the College of Letters and Science.

Brenda Kamga, of Reston, is on the Dean's List for the Fall 2015 semester at Mars Hill University in North Carolina.

Ian McConnell, of Reston, song of Elizabeth and Clayton McConnell is on the Dean's List for the Fall 2015 semester at Furman University in South Carolina.

Two Herndon High School AP Physics 1 students, **Ian Boll** and **Cyril Antoney**, created a team named Herndon Space Voyagers and submitted a research proposal to the Association of Space Explorers (ASE), an organization composed of astronauts from 35 countries and have orbited earth.

The team's research proposal was one of the top 15 proposals in the nation that got selected for the 2015 ASE AstroSat Challenge. In the proposal, the team hopes to explore the relationship between pollution, sunlight and global temperatures and create a mathematical relationship between the amounts of visible light received and the measured temperatures and be able to predict where global temperatures are heading. The students are taught by Herndon High School Physics teacher, Shella Condino.

Darcie Cecilia Badger, of Reston, graduated from Fort Hays State University in Hays, Kan. in the summer of 2015 with a Masters of Science in Education, English for Speakers of Other Languages.

Five Herndon High School students are now a part of the 2015 Virginia State Honors Choir, a very prestigious honor that is earned after a competitive audition process that took place earlier this month. The students will perform at the Virginia Music Educators Conference in November in Norfolk, Virginia, alongside representatives from around the state.

The students are seniors **Caitlyn Homet**, **Gabrielle Kubi**, **Jacob Reeves**, **Victoria Schrag** and **Rebecca Wichman**. Their coach and instructor is Ms. Dana Vanslyke, the choral director at Herndon High School.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

APRIL

4/13/2016.....Real Estate Pullout – New Homes

4/20/2016.....A+ Camps & Schools

4/27/2016.....A+ Camps & Schools Pullout

4/27/2016.....Mother's Day Celebrations, Dining & Gifts I

4/27/2016.....Spring Outlook 2016

MAY

5/4/2016.....McLean Day Pullout

5/4/2016.....Mother's Day Dining & Gifts II

5/4/2016.....Wellbeing

Mother's Day is May 8

5/11/2016.....HomeLifeStyle

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Marshall Baseball Starts 4-1

The Marshall baseball team returned from spring break with a 4-1 record.

After starting the season with wins over Wakefield, Manassas Park and Centreville, the Statesmen suffered their first loss — a 9-1 defeat against Mountain View on March 23. Marshall, however, bounced back the next day, beating Fauquier 9-7.

The Statesmen, who finished 5A state runner-up last season, faced Falls Church on Tuesday, after The Connection's deadline. Marshall is scheduled to host Stuart at 6:30 p.m. on Friday, April 1, Edison at 6:30 p.m. on April 5, and defending state champion Stone Bridge at 6:30 p.m. on April 8.

Madison Baseball to Host Oakton

The defending state champion Madison baseball team will host Vienna foe Oakton at 1 p.m. on Saturday, April 2.

Madison went 3-2 during a spring break trip to Sarasota, Florida, suffering losses to Florida schools Canterbury (Fort Meyers) and Venice.

After opening the season with 10-0 wins over Hayfield (March 16) and Yorktown (March 17), the Warhawks started their spring break trip with a 7-1 win over Manatee (Bradenton, Florida) on March 21. The following day, Madison lost 4-2 to Canterbury.

On March 23, Madison defeated Huntsville (Alabama) 2-1 and Palmetto 7-1, before closing its tournament appearance with a 2-1 loss to Venice the following day.

The Warhawks, who returned from spring break with a 5-2 record, faced Fairfax on Tuesday, after The Connection's deadline. Madison will travel to face Washington-Lee at 6 p.m. on Friday, April 1, and will host Oakton at 1 p.m. on Saturday, April 2.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION
Robert Guenther and the Marshall baseball team started the season with a 4-1 record.

Madison Softball Wins Six Straight

The Madison softball team started the season with a six-game win streak before losing to South County 2-0 on March 24 in the Warhawks' final game of the Grand Strand Tournament in Myrtle Beach, South Carolina.

The Warhawks opened the season with a 12-0 win over Hayfield on March 16 and a 12-1 victory over Yorktown on March 18. Madison then won its first four tournament games before falling to Fairfax County foe South County.

The Warhawks outscored opponents 76-8 during their first seven games.

Madison faced Fairfax on Tuesday, after The Connection's deadline. The Warhawks will travel to face Washington-Lee at 6 p.m.

on Friday, April 1, and will host Oakton at 1 p.m. on Saturday, April 2.

McLean Baseball Splits 4 Spring Break Games

The McLean baseball team went 2-2 during a spring break tournament in Prince William County.

The Highlanders competed in the Let's Play 2 Tournament during spring break, with games against Fauquier, Edison, Stafford and Woodbridge. McLean split a doubleheader on March 19, losing to Fauquier 14-4 and beating Edison 8-6 at Potomac High School. The Highlanders defeated Stafford 6-5 on March 22 at Hylton High School, and lost to Woodbridge 6-4



McLean head coach John Dowling

on March 23 at Woodbridge High School, moving McLean's record to 3-3.

"We learned some things," McLean head coach John Dowling wrote in an email, "and I think in the long run will benefit from those games."

Dowling said senior pitcher/infielder Jon Clines and senior infielder/pitcher Conor Grammes have played well for McLean.

Through six games, Clines (VMI) was 2-0 with an ERA of 2.25 in two starts. He allowed 11 hits in 9 1/3 innings while walking five and striking out 13. At the plate, the senior was batting .318 with a team-leading seven RBIs in 22 at-bats.

Grammes (Xavier) led the team with a .400 batting average in 20 at-bats, with two doubles and five RBIs.

Senior Matt Collins, who will play at Harford Community College, hit .308 with a home run and five RBIs in 14 at-bats.

McLean's home opener against South Lakes on Tuesday, after The Connection's deadline, started a stretch where the Highlanders are scheduled to play seven of nine games at home.

"Our schedule has been this way for a couple years now, where we have these long stretches of mostly away/home games," Dowling wrote. "Not sure it's made much of a difference for us, though. We know that on any given day we simply need to execute the things we can control — and when we do that the outcome takes care of itself."

McLean will host St. Albans at 6:30 p.m. on Thursday, March 31 before hosting rival Langley at 6:30 p.m. on Friday, April 1.

SPORTS ROUNDUPS

South Lakes Softball Starts 5-2

The South Lakes softball team opened the season with victories over Langley (4-2, March 15) and Fairfax (3-0, March 17) before winning three of five games during a spring break trip to Myrtle Beach, South Carolina.

The Seahawks faced McLean on Tuesday, after The Connection's deadline. South Lakes will host Yorktown at 6:30 p.m. on Friday, April 1, and will travel to take on Madison at 6:30 p.m. on Tuesday, April 5.

South Lakes Baseball to Host Herndon

The South Lakes and Herndon baseball teams are off to strong starts in 2016, which figures to add excitement to their upcoming matchup.

South Lakes will host rival Herndon at 6:30 p.m. on Saturday, April 2. The Seahawks started the season 6-1,



PHOTO CONTRIBUTED

The sixth grade Reston Seahawks Boys won the Division 2 Fairfax County Youth Basketball league championship with a 61-40 victory over Gainesville on March 6. Reston defeated Vienna and Fort Belvoir to get to the finals. The Seahawks are led by Coach Herb Landsowne and Chris Kennedy.

according to allmetsports.com, winning six straight after a season-opening loss to Langley on March 16. The Hornets started 4-1, including a 3-2 victory over Peters Township on March 24.

South Lakes faced McLean on Tuesday, after The Connection's deadline, and is scheduled to host Yorktown at 6:30 p.m. on Friday, April 1.

Herndon Boys' Soccer Beats South Lakes

The Herndon boys' soccer team opened the 2016 season with a 2-1 win over South Lakes on March 16.

The Hornets faced Briar Woods on Tuesday, after The Connection's deadline. Herndon will travel to face Madison at 7:15 p.m. on Thursday, March 31.

The loss dropped South Lakes' record to 0-2, including a 3-1 loss to Briar Woods on March 14.

The Seahawks faced Fairfax on Tuesday, after The Connection's deadline. South Lakes will host Marshall at 7:15 p.m. on Monday, April 4.

Health Advantage Yoga Center: Building a Herndon Yoga Community

BY SUSAN VAN NUYS

When I began taking yoga classes in 1989, I was looking for an exercise class which engaged my mind as well as my body. I was a computer programmer, and I needed a way to take my mind off of my program when I left work. At that time, yoga was viewed as being a little odd, possibly cultish, but I thought it was fun, and I always came home feeling good.

I took my first class at The Health Advantage Yoga Center (HAYC) in 1994. Betsey Downing, Ph.D., the founder of HAYC, had begun teaching classes at Brown's Chapel in Reston several years before. As her classes grew, she leased space in our current location in Herndon.

My first class at HAYC changed my view of yoga. The previous classes I had taken were mixed-level and not alignment-based, so the classes were either too easy or too challenging, and there were no consistent explanations for positioning various body parts. Often the level of difficulty changed drastically from week to week, and the instructions in one class would completely contradict the instructions of the class the week before.

In my first class with Betsey, she said, "Turn your left foot in to protect your knee." A simple instruction, but for me, it was a

Teachers and staff who have been with HAYC for 15 years or more include (from left) Kelly Cleveland (teacher), Doug Keller (teacher), Susan Van Nuys (owner and teacher), Kelly Kessler (teacher), Janet Kim (teacher), Liz Wright (office manager) and Patricia Pao (teacher).



Susan Van Nuys, owner and head teacher at Health Advantage Yoga Center.

would have made yoga teacher trainings too costly to hold.

In the 27 years that I have practiced yoga, the perception of it has changed. When I bought the studio, the view was starting to shift from offbeat to mainstream. Now there are yoga studios and

classes everywhere, and new types of yoga arise as people blend different styles of yoga or add yoga to other exercise forms.

Over the years, I have changed, too. Though I am still type A, I am more balanced and less stressed with yoga and meditation as part of my daily routine. Each week I look forward to going to the studio and teaching my classes. I have met so many interesting people and watched friendships form and grow. HAYC has become a true community, and I cannot imagine what my life would have been without it.

Susan Van Nuys is the owner and head instructor at Health Advantage Yoga Center (healthadvantagetyoga.com) on Sterling Road in Herndon.

lightbulb moment. There was a reason for each action! As I took more classes at HAYC, I saw that instead of just coming to class and moving, we were being taught. The instruction and poses fit the level of the class, and by the end of each session, I understood more than I had at the beginning.

I continued to take classes at HAYC and after a particularly difficult computer project with months of long hours, I recognized that though I enjoyed programming, this was not how I wanted to live my life. I started practicing yoga at home and realized that yoga was what I truly enjoyed. I took the HAYC Teacher Training Program and began teaching at HAYC in 1997.

In 1999, Betsey moved to Florida. She

continued to manage HAYC, coming back for a weekend or week each month to manage the studio and lead the teacher training program. I approached her about buying the studio in the summer of 2000, and we completed the sale in January 2001.

I had no idea what I was getting into, and I felt very fortunate that the teachers, office staff, and students stayed; five of those teachers and our office manager are still with HAYC fifteen years later. There are also a number of students who started taking classes with Betsey at Brown's Chapel who continue to take classes with us today. Since 2001, we have expanded to fill the entire top floor of our building, weathered the recession, and changed a Virginia law which

Downtown Re-Imagined

FROM PAGE 3

He asked Herndon residents to look at the proposals on the Town's website, "persist" when perusing each proposal and come to an opinion.

"Make up your mind as to which one you like," he said. "I hope you do and let the Town Council, the Town Manager, and everybody else know what your preference is. Upon it, depends the future of the Town."

Mayor Lisa Merkel encouraged the same.

"If one of the projects does bubble to the top and become the one the Town Council and the residents think is the right choice, we hope we will be signing a contract by the end of the year," said Merkel. "I think you will be excited about the possibilities."

Discussion on the project will be ongoing throughout the summer and year.

"I encourage you to look through the projects," she said. "They are two very different proposals but both are very thorough and I hope you will take the time to look through them and let us know what you think."

THE TOWN'S VISION for the redevelopment calls for four-story (mixed-use/residential) and three-story (mixed-use/commercial) structures, a jointly funded public/private parking structure, and an 18,000-square-foot arts center, among other features.

The Town Council and an internal committee will select which proposals qualify for the second phase, a presentation to the public tentatively scheduled for June. The Council hopes to select the top proposal in July, and anticipates awarding a contract by the end of 2016.

The property is located within the town's Heritage Preservation District and has been included in the National Register of Historic Places since 1991.

STOUT & TEAGUE has worked with the Town in planning for development at the Innovation Station on the Silver Line and revitalizing Herndon Commerce Center at 754 Elden Street.

"We look forward to working with town officials and community stakeholders on this game-changing project for downtown Herndon," according to Stout & Teague's proposal. "The project will fulfill the vision of the Downtown Master Plan and stimulate further downtown Herndon development."

In its executive summary, some of the concepts presented by Stout & Teague include: a 31,000, three-story commercial building that incorporates the 18,000-square-foot arts center, 9,500 square feet of retail space and 3,500 square feet of office space; a 100-120-room, four-story hotel as the principal facade on Elden Street; 18-22 townhouses ranging from the upper \$400,000s to upper \$500,000s; a 60-unit condo building with views of the W&OD

Trail and Town Green; and 450-to-475-car garage in the center of the site that will be screened by street-front uses.

Fairbrook Hotels and Tradition Homes LLC and Evergreene Homes have already pledged interest in working with Stout & Teague on the project.

Stout & Teague says it will fulfill the vision of the Downtown Master Plan "and will be a catalyst for further development in downtown Herndon by:

- ❖ Providing an expanded and permanent home for the arts in downtown Herndon.

- ❖ Expanding and permanently housing adequate public parking in a central and convenient location to serve the project and surrounding downtown businesses.

- ❖ Bringing new retail/restaurant uses to reinforce the already established character of downtown Herndon as an entertainment and dining hub.

- ❖ Bringing new residents, hotel guests, and businesses as customers for existing businesses both daytime and evening.

- ❖ Improving the financial position of the Town by adding a significant increment of taxes from a property currently fully exempt and off the tax rolls.

COMSTOCK DEVELOPMENT SERVICES highlighted many of its past and ongoing projects around Reston and Herndon, including transit-oriented development at Reston Station and Loudoun Station, Dulles Town Center, RiverHouse Infill Development in Arlington and Bethesda

Row in Bethesda, Md.

"The collaborative relationship and experience gained throughout the Reston Station and Loudoun Station development processes will be brought to the Herndon Downtown Redevelopment Project and will help ensure success," according to its summary.

"The mix of retail, residential, and Arts Center uses are accessed by a small scale street framework. Direct access is provided from the W&OD Trail into the Arts Walk paseo, which leads into the two public plazas across from the Town Hall and along Elden Street. This offers a development that is nestled into the contextual fabric, enhancing the historic character and heritage of the Town of Herndon."

Comstock's proposal includes 280 residential units, an 18,000-square-foot arts center, 20,000 square feet of retail and approximately 770 parking spaces.

According to its executive summary, Comstock "envisions a mixed-use project that will be multifamily-focused, but will also address the Town's parking and public amenity needs."

"The project will include walkable outdoor space, designed to activate the streetscape and enhance connectivity. The design proposes a vital public realm that will encourage urban, outdoor activity while creating an authentic 'place,' framed by architecturally significant buildings," according to Comstock.

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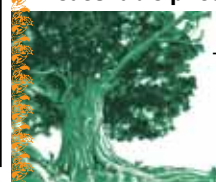
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No Real "APptitude"



By KENNETH B. LOURIE

Or interest, either. However, unless I get in the game somehow, I fear I'll likely be tossed and/or discarded into the dustbin; along with the pay phone, pay toilet, land line, and of particular relevance to me: the flip phone, a.k.a "the stupid phone," as my wife, Dina, is fond of calling it (not a reflection or characterization of the user, though). But of course, that's the problem. I don't have a "smart" phone any more than I am a smart user. So apps are not exactly in my current vocabulary, although they used to be in my pre-Connection vocabulary when I sold insurance. The paper on which answers to questions were written for an insurance company/home office to consider was called an application, commonly referred to as an "app." Perhaps you can appreciate my confusion at not being able to integrate such new technology. After all, I am an old dog; presumably you know it's very difficult to teach an old dog new tricks – regardless of whether you change their food.

Nevertheless, I suppose that if I want to be part of the future (not a cancer reference or cancer-column-to-be, by the way), I can't hold onto the present so tightly and I definitely need to let go of the past. When I watch "smart"-phone users – including my wife, scroll their "smart"-phone screens and then stop on an "app," it all seems easy and sensible. I don't imagine however, that in my hands, with my brain, with my lack of intuition and instincts for such technological two-steps (or one step) the scrolling would get me anywhere. But it does appear as if it would get me there quickly.

I have to admit, I am a bit envious of the scrolling and access to the internet/information "smart" phones seem to offer. Who, what, where, when and why intrigue me. It's the how that intimidates, though. Sure, I'd love to be one touch or a few scrolls away from the answers to any and all questions, but it's the learning curve for the device which scares me. In taking on this task, I feel as if I'll become a modern day Sisyphus – of Greek mythology. But instead of pushing a boulder up a mountain only to have it roll back down before ever reaching the top, I'll be pushing keys and constantly scrolling only to end up back at my cell phone's home screen setting. And since this is not a game – and not "Monopoly," landing on my home screen rather than passing it won't double my pleasure, and neither will I find myself on my intended target/"app." After repeated failures, no doubt I'll begin boiling over my level of incompetence. A "smart" phone needs to be in competent hands; mine are anything but.

If only I could receive 'round-the-clock training (actually, 8 am to about 9 pm); I'd like to think that with that kind of coaching, I would begin to assimilate the device into my head (sort of a reverse Borg effect). I mean, I'm not a complete moron. (Why, are there incomplete morons?) Presumably, after repeated and vigorous instruction, correction, re-instruction and re-correction, I'd likely become the master of this domain. It's not a contest, after all, and I'm probably not going to be graded on a curve, so if there was someone with sufficient patience (maybe patients, too) and perseverance, perhaps there would be a future for me living in the hand-help information age. I just have to repeat five simple words: "The phone is my friend. The phone is my friend. The phone is my friend." APPsolutely!

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

NEWS

Eating Smart

Profile: Jean Janssen, force behind area's Smart Markets.

BY ALEXANDRA GREELEY
THE CONNECTION

Food shoppers should take their collective hats off to Jean Janssen. She is the motivating spirit behind the area's Smart Markets, a collection of farmers' markets that showcase locally grown and raised produce and meats, plus a few temptations, such as hand-made sausages, popcorn, and baked goods (as in divine French pastries).

But once you know that Janssen has been in the food world since childhood, you can understand why these privately run markets are such a smashing success. A native Virginian, Janssen grew up in a family that purchased most of its goods from local farmers or from her grandfather's large garden plot. Also her parents were great cooks, a basic food influence for a youngster.

As an adult, Janssen worked as a caterer in the metro area for 20 years, during which time she often purchased goods from the now-defunct farmers' market in Vienna's Nottoway Park. "When I decided to retire from catering," said Janssen, "the Nottoway market was needing a new market manager. It was a volunteer position, but it sounded like it would keep me involved in the food world." Not only did she take that position, she was later asked to open a new market for Fairfax County on Braddock Road at Wakefield Park, and she ended up managing both markets.

In 2008, however, Janssen decided that the local producers needed better showcasing to improve sales, and that hosting local farmers' markets could be a great community resource. So with the support and encouragement of vendors, she decided to open Smart Markets. "The first market was down street from our present Oakton market," she said, "and I was led there by Nottoway Park shopper who encouraged me to talk to someone at her church. After that, others have come to me and asked me to do a market."

As in any enterprise, there are ups and downs, and as Janssen has found not every location is a good fit, and in one instance, an office property was sold out from under them. "I must deal with that," she said, "because we are on the bottom of the totem pole," since a market sets up usually only once a week. But when an agency or community residents see that a Smart Market helps them, a business may step in and offer space.

Because she does not pay to advertise, word-of-mouth attracts vendors, who then approach Janssen about setting up their stall at one of her locations. Once they start and sell successfully, she urges them to attend more than one market to enhance visibility and sales. "Our vendors do well compared with others," she said, "and we work



PHOTO CONTRIBUTED

Arno's Pastries at the Chantilly Smart Markets.

Jean Janssen's Fettuccine with Mixed Vegetables

Serves 4 to 6 as a main course

This is my very favorite pasta sauce and it can easily be converted to a vegetarian dish with a few substitutions and/or omissions. You can vary the quantity of the individual vegetables as I have done here while adapting from a recipe in the September 1974 Gourmet. You can also adapt it to a winter recipe with good results using canned tomatoes. It's still a great vegetable medley to serve over pasta.

In a large sauté pan, cook two slices of bacon till nearly done but not crisp. Remove bacon, drain, and add 1/4 cup good olive oil to the pan. Add one small onion, two small carrots, two garlic cloves, two radishes, all finely minced, and 1 to 2 tablespoons finely chopped fresh basil. Simmer, covered, for 12 to 15 minutes. Add three cups thinly shredded cabbage, 1/2 pound each of diced zucchini and tomatoes, 2 small green peppers, seeded and diced, and 1/2 cup chicken or vegetable stock. Season with one teaspoon each of salt and pepper. Simmer for another 10 to 15 minutes.

Meanwhile, cook one pound of fresh spinach noodles or packaged fettuccine in a large pot of boiling water with 2 tablespoons salt till done. Drain the noodles and toss them with up to 6 tablespoons butter, 1/2 cup each of Parmesan cheese and the chopped bacon. You may also add some finely chopped prosciutto at this point. Add the vegetable mixture and serve with additional grated Parmesan.

Smart Markets Locations

WEDNESDAY

Reston Station
1900 Reston Station Blvd.
Reston, VA 20190
3 to 7 p.m.
Open April 2016

THURSDAY

Chantilly
St. Veronica Catholic Church
3460 Centreville Road
Chantilly, VA 22051
3:30-6:30 p.m.
Open Spring 2016

THURSDAY

Huntington
New Location to be Determined
Alexandria, VA 22003
3-7 pm
Open Spring 2016

SATURDAY

Oakton
2854 Hunter Mill Road
Oakton, VA 22124
10 a.m.-2 p.m.
Open Year-Round

SATURDAY

Springfield
Springfield Town Center
6699 Spring Mall Drive
Springfield, VA 22150
10 a.m.-2 p.m.
Open Spring 2016

SUNDAY

Bristow
Piney Branch Elementary School
8301 Linton Hall Road
Bristow, VA 20136
Winter Hours - 10:30 a.m. - 1:30 p.m.
Open Year-Round

SUNDAY

Tysons
8400 Westpark Drive
McLean, VA 22012
(NADA Building)
10 a.m.-2 p.m.
Open Spring 2016

with them to help them succeed." Janssen notes that her rules are strict, too, and insists that vendors must arrive early to set up, and must be the owners of the farm or other business to interact with customers.

And, not surprisingly, Janssen has found that fresh, seasonal fruits and vegetables are the biggest sellers. She has also concluded that farmers reap bigger profits from farmers' markets sales than from selling their goods to wholesale merchants. "Small farmers, to exist," she said, "must sell directly to consumers."

Note: For the list of Smart Markets locations, visit the website: <http://smartmarkets.org>.