

Best of Reston Days Away

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How You Get From Carnegie Hall to Reston

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Inspired by Cooking Shows, Grandma's Baking

FOOD & ENTERTAINMENT, PAGE 10

Robert Van Hoecke, Kerrie Wilson, Mark Ingrao and Marion Myers are ready for the Silver Anniversary of the Best of Reston scheduled for April 7 at the Hyatt Regency Reston.



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Center**

Happy Doctor's Day
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DOCTORS!**

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our patients!

National Doctor's Day
March 30, 2016





PHOTOS BY KEN MOORE/THE CONNECTION

Robert Van Hoecke, Kerrie Wilson, Mark Ingrao, Marion Myers and Judy Redpath are ready for the Silver Anniversary of the Best of Reston, scheduled for April 7 at the Hyatt Regency Reston. See www.cornerstonesva.org/BOR or www.restonchamber.org



Wiygul Automotive Clinic will receive the small business leader award. Pictured here are Zack Wiygul, Neil Kelly, Oscar Wiygul, Bill Wiygul and W.D. Wiygul.

Best of Reston Days Away

Cornerstones and Great Reston Chamber of Commerce partnered 25 years ago.

BY KEN MOORE
THE CONNECTION

More than 750 people attended last year's Best of Reston Awards for Community Service. This year's event will be held Thursday, Aug. 7 at the Hyatt Regency Reston.

"The best night out in Reston," said Chamber president Mark Ingrao, of the annual event organized by Cornerstones and the Greater Reston Chamber of Commerce.

Cornerstones partnered with The Greater Reston Chamber of Commerce 25 years ago to create the annual Best of Reston: Awards for Community Service.

The annual Reston event has raised more than \$2.24 million the previous three years. Cornerstones promotes self-sufficiency by providing support and advocacy for people in need of food, shelter, affordable housing, quality childcare, and other human services. The agency has reached out to more than 250,000 neighbors in need. "Through advocacy and support services, we connect our clients to the vital resources they need to help build more stable families and self-sufficient lives and provide a comprehensive array of programs that solve urgent or ongoing requirements for housing, childcare, food or financial assistance," according to Cornerstones.

Last year, Kerrie Wilson accepted a check for \$539,796 on behalf of Cornerstones.

CORNERSTONES AND THE CHAMBER will honor eight individuals and businesses that were selected for the 2016 Best of Reston Community Service Awards.

The Greater Reston Chamber of Commerce and Cornerstones will celebrate the silver anniversary of the event, as they showcase community involvement and corporate philanthropy and engagement, while

Why This Matters: Silver Anniversary

The Greater Reston Chamber of Commerce and Cornerstones have partnered for the annual Best of Reston event for 25 years, showcasing community involvement and corporate philanthropy and engagement, while raising funds to support Cornerstones' mission.

2016 marks the Silver Anniversary of this partnership.

Cornerstones has reached out to 250,000 neighbors in need since 1970. Through advocacy and support services, Cornerstones "connects our clients to the vital resources they need to help build more stable families and self-sufficient

lives and provide a comprehensive array of programs that solve urgent or ongoing requirements for housing, childcare, food or financial assistance."

The Greater Reston Chamber of Commerce is the catalyst for business growth and entrepreneurship by providing quality programs, education, connections and advocacy for our members and organizations in the Dulles Corridor and West Fairfax.

See www.cornerstonesva.org or call 571-323-9555.

See www.RestonChamber.org or call 703-707-9045.

raising funds to support Cornerstones' mission.

Reston Association president Ellen Graves, Kevin Reynolds of Cardinal Bank, and Judy Redpath of VISTA Wealth Strategies LLC will serve as the 2016 Best of Reston Gala Chairs.

EIGHT HONOREES will receive recognition on April 7, including:

Individual Community Leaders
Jim Elder

"A Champion of Sportsmanship for All Seasons: Teaching Reston youth that good sportsmanship and fair play are as essential to playing the games they love as skills, stats and strategy," according to Cornerstones and the Reston Chamber of Commerce.

Leila Gordon

"Putting Community at the Center of the Reston Experience: Inviting all who live, work and play in Reston to participate in the Reston way of living with compassion and creativity."

Small Business Leaders
Beloved Yoga

"Inspiring Community Wellbeing: Providing the tools for self-empowerment, self-healing and self-realization coupled with the belief that giving back to community is powerful when we thrive together."

Wiygul Automotive Clinic

"Jump-Starting Hope for Families and Children: Making a profound difference in lives by quietly and humbly delivering dependable transportation to help people secure and maintain solid employment."

Corporate Business Leaders
Bechtel

"Engineering the Future with Service to Others: Giving employees opportunities to create positive impacts throughout Reston, the Dulles Corridor and the world by encouraging them to follow through on their own purpose-driven interests and passions."

Google

"Search for 'Positive Impact': Find Google in our Community: Bringing its signature

Best of Reston Save the Date

Thursday, April 7
6 to 10 p.m.

2016 Best of Reston
Community Services Awards
Hyatt Regency Reston

To register, see www.cornerstonesva.org/BOR or

www.restonchamber.org

Individual reservations are \$200 and include a pre-event reception, dinner and wine service and dessert.

To register, visit www.cornerstonesva.org/BOR.

Sponsorships are also available. Contact Susan D. Garvey, Senior Director Donor Relations, at 571-323-9576 or Susan.garvey@cornerstonesva.org.

culture of innovation to tackle local and worldwide challenges in education and poverty relief; and the support of returning service men and women and our K9 heroes."

Civic Community Organization

Friends of Reston for Community Project
"The Nature of Reston Has Giving at Its Heart: Harnessing the resources of volunteers and friends to generate \$2 million in community investment so all may enjoy Reston's numerous natural assets."

Vade Bolton-Anne Rodriguez Legacy Award

Amy's Amigos

"Friends Striving to Create a Healthy, Caring Community: Channeling grief into ongoing action, modeling wellness for youth and throughout the community, sharing the tools of action, and passing the torch to the next generation of Reston's leaders."

How You Get From Carnegie Hall to Reston

BY TOM GRUBISICH

About the Author

The author, co-founder of The Connection Newspapers, was a pioneer resident of Reston and is the author of the book "Reston: The First Twenty Years," published in 1985. He is now a resident of Charleston, S.C., where he is co-writing a book on how white and black leaders are confronting the city's nearly 350-year legacy of racism.

In the fall of 1961, New York City real estate developer Bob Simon had \$2 million that was burning a hole in his pocket. It was the money he and his family had made in June of that year from the sale of the Simon family heirloom, Carnegie Hall, and Simon needed to reinvest it within 18 months or pay a heavy capital gains tax.

As the clock was ticking that fall and Simon was looking for investment opportunities, he got a call from his real estate broker in New York City, Jim Felt, who had just heard about what sounded like a very interesting property from a broker who'd come up from Washington, D.C. The visiting broker, Jimmy Salkeld, from the big Shannon & Luchs realty firm in the District, had actually come to Manhattan to see one of his regular clients, Broadway producer Roger Stevens, who dabbled in real estate.

As it turned out, Stevens wasn't interested

in what Salkeld was offering this time – a big farm in Northern Virginia near Washington – but he thought his friend Simon might be, and sent Salkeld to see him.

Salkeld, a rotund man with a big head crowned with black hair that was slicked down with pomade, was the king of commercial real estate deals in Washington. When he went to see Simon, he had a carefully prepared dog-and-pony show. The property for sale, Sunset Hills Farm, was 6,750 acres, ready for development and only 22 miles from the Washington Monument.

THE FARM was called Sunset Hills because of the spectacular view of sunsets over the Blue Ridge Mountains 15 miles to the west. The price had been knocked down to \$12.8 million from \$18 million, and the sellers were willing to take only \$800,000 in down payment and assume a mortgage on the balance with no interest for the first 10 years.

Salkeld was just getting warmed up in his meeting with Simon. He unfurled the map he'd brought with him, and pointed to two lines intersecting in the middle of the property. One, which was solid, was the Dulles Access Highway, which would connect the new Washington Dulles International Airport to the Nation's Capital; the other, which

Simon's vision: There should be lots of woods and lakes and active recreation, ball fields, swimming pools, tennis courts and everything should be within walking distance from where people lived so the car could be put in its place.

was dotted, was the planned Outer Beltway which would girdle the suburban sprawl that was spreading across fast-growing metro Washington.

Salkeld saves his best morsel for last: If Simon had the vision to create a big suburban development on the farm, a major corporation would buy a site for a regional headquarters at one of the corners of the intersecting highways for a million dollars. In other words, Simon would have to put up less money than he would receive for his first land sale.

For several years, Simon had been trying to move beyond the conservative strategy set down by his late father of buying and selling already developed properties in Manhattan. The strategy was financially prudent, but not exciting, and meant there would be no windfall paydays.

The parcel that Salkeld was dangling in front of him in the fall of 1960 was a chunk of land half as big as Manhattan. Simon went down to Northern Virginia to look for himself. It was November, and Sunset Hills Farm's trees were ablaze in vermillion and gold. The only development that intruded on the pastoral landscape was the tiny community of Sunset Hills, which included Virginia Gentleman Distillery and a few houses where distillery workers lived.

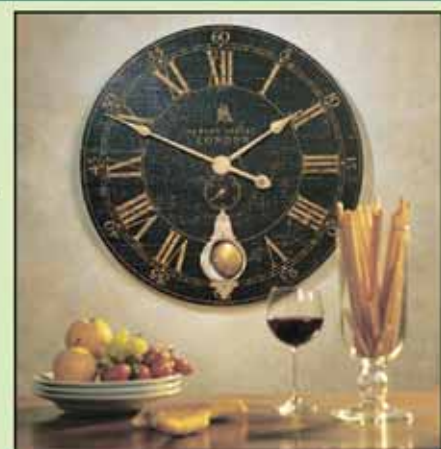
The houses, along with two distillery warehouses, were the vestiges of a failed attempt to start a new community in the last decade of the 19th century. Past the distillery ran Ridge Road, where, 98 years earlier, Gen. Robert E. Lee and his Army of Northern Virginia had passed on the way to their fateful encounter with Gen. George

SEE FOUNDING RESTON, PAGE 13

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SCHOOLS



Scuttle can't hear a heartbeat. Friday night Cast's Scuttle played by Josh Lewis, Sebastian played by Michael Norford, Flounder played by Bridget Brennan, Prince Eric played by Kieran Romano, and Ariel played by Zion Deccio.

'The Little Mermaid Jr.' at Lake Anne Elementary

On March 17 and 18, Lake Anne Elementary School's Musical Drama Club performed Disney's "The Little Mermaid Jr." A large team of volunteers worked with music teacher and musical director Stephanie Draeger to put on this production with 63 Elementary School actors and actresses in fourth through sixth grades. Lead roles were double cast and eight students worked as the stage crew. The LAES community of parents and middle/high school volunteers came together to manage ad-

ministration, costumes, set design, set construction, stage direction, choreography, acting activities, line memorization, props and sound. Disney's "The Little Mermaid Jr." is presented through special arrangement with and all authorized materials are supplied by Music Theatre International, 421 West 54th Street, New York, NY 10019. Script, music and all other material by 2011 Disney Broadway Junior and MTI's Broadway Junior Collection are trademarks of Music Theatre International. All rights reserved.



"Fathom's Below" performed by Thursday night cast's Prince Eric played by Kevin Glenn, Grimsby played by Diego Badia, and Sailors played by Catrina Grant, Mason Miles, Ben Yudkovsky, Joseph Pushkin, Ingrid Larne, Mackenzie Kleczynski, Sasha Green, and Raquel Davis.



"She's in Love" performed by Thursday night cast's Flounder played by Claire Callaway, and Mersisters Isabella Piazza, Megan Luczko, Claire Wilson-Black, Briana Reveron, Laura Echeverri, and Martha Michael.

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Tuesday, April 12, 7 p.m.
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Reston, VA 20191

- Hear reports on the state of the association.
- Learn the results of the 2016 Board of Directors Election.
- Recognize and honor community partners and volunteers.

www.reston.org

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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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COMMENTARY

Words of Wisdom

By KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



Folks back home where I grew up in Page County, Virginia were not known to have a lot to say about events. In fact, they were suspicious of people who talked too much. Someone who talked a lot about themselves was considered a braggart, and there was little need to talk about circumstances beyond one's control. As often is the case, people of few words can pack a lot of meaning into the words they do say. Some of the wisdom conveyed to me in simple words and phrases of the folksy sayings of my childhood came to mind during the recent legislative session.

I was always advised by my parents and others to "Never cut off your nose to spite your face." That, however, is exactly what the General Assembly did this session. Over the last couple of years various reasons have been given for not expanding Medicaid to provide healthcare to the working poor. Some argued that expansion would add to the national debt, but as a self-funded program it does not. It was called too expensive even though Virginia taxpayer dollars that go to the federal government would have covered 100 percent of the cost in the first three years. It was called "Obamacare" as though the President having something to do with it somehow made it bad. The state Medicaid program was audited more than 60 times, and proposed reforms were adopted. The federal expansion would have

freed up more than 150 million in state dollars that could have been used for other programs like the schools. The inaction of the General Assembly to close the coverage gap in health insurance has left more than three billion dollars on the table that could have come to Virginia and as many as 400,000 Virginians without health care. I believe that the old saying, "penny wise and pound foolish" might apply to the General Assembly in the future if it continues to refuse

federal dollars for Medicaid when the 100 percent reimbursement becomes a 90-10 match. Likewise, the failure to invest regularly in infrastructure improvements will cost the state in the future. A greater investment in bridges is especially important. The Metro system that is critically important to Virginia commuters is another example of penny wise, pound foolish policies of the past.

The recent unprecedented closing of Metro in order to identify safety concerns and the finding of a significant number of critical repairs that are needed shows how far behind we are in investing in its maintenance.

"A stitch in time saves nine" is always good advice. I am pleased with the additional funding that the state is providing in early childhood education. Many studies prove the point that investing in children's education early saves money in the future.

Society is more complex than it was in the years of my youth, but the wisdom of that time can still apply to understanding the challenges of today.

BULLETIN BOARD

To have community events listed in the Connection, send to north@connectionnewspapers.com by the Friday prior to the following week's paper.

WEDNESDAY/MARCH 30

Community Meeting Sidewalk Improvement. 7 p.m. Mt. Daniel School, 2328 North Oak St., Falls Church. Residents learn about two projects that include the construction of Great Falls St. walkway from North West Street to Osborn Street; and North West Street sidewalk from Great Falls Street to Brilyn Place. 703-877-5600.

SATURDAY/APRIL 2

Nature House 5K Volunteers.

7:30-9:30 a.m. Walker Nature Center, 11450 Glade Drive, Reston. The Walker Nature Center needs volunteers to help with the Nature House 5K. Volunteers for race marshals must attend an orientation on Friday, April 1 from 6-7 p.m. <http://bit.ly/NatureHouse5K>.

Town Hall Meeting on Climate. 1 p.m. Unity Church of Fairfax, 2854 Hunter Mill Road, Oakton. By Faith Alliance for Climate Solutions and Interfaith Power and Light. Titled "Working Faithfully with Our Leader on Climate Solutions." For registration information go to gwipl.org or faithforclimate.org.

SUNDAY/APRIL 3

Richmond Wrap-Up. 2-4 p.m. Virginia International Conference Room, 4401 Village Drive, Fairfax.

Learn what your area legislator did during the Virginia General Assembly. Hear from state legislators.

Bring your questions. Join the discussion. For more information go to s-a-l-t.org/ or call 703-591-7042 ext. 352.

Stop Hunger Now-Meal Packaging. 10:30 a.m.-12:30 p.m. Dranesville United Methodist Church, 1089 Liberty Meeting Court, Herndon. Help pack meals for distribution in developing countries across the globe. Goal is to pack 10,000 meals. Bring a baseball cap (unless you want to wear a hair net). Lunch provided for all volunteers. Contact dghitchings@verizon.net for further information or visit www.dranesville.org.

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SPECIAL CONNECTIONS CALENDAR

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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

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Missy Edmondson



Debbie Gill



Jon Querolo



Kumar Radhakrishnan



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Rob Allen



Terry Atherton



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Mary Micelli



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Deb Pestronk



Stephanie Randall



Ron Rudison



Karen Swanson



Pat Coit

President's Club



Michelle Chauvin



Pat Gallagher



Kim House



The Bird Team



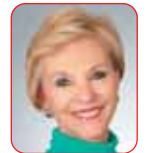
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Cathy Lanni



James MacDonald



Jonna Quadt



Esin Reinhardt



Priya Sastry



Berta Vasquez

Director's Club



Peter Burke



Lisa Carlisle



Elizabeth DiGilio



Karen Fowler



Christina Kliner



Pat Orend



Virginia Rowell



Trudy Severa



Margo Sotet



The Brown Team



Deborah Jackson

Executive's Club



Megan Bailey



Betty Collins



Sam Collins



Gail & Carol Fagan



Annette Ishee



Elias Jabra



Teri Keith



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Please call Virginia Rowell 703-629-4168 or e-mail Virginia.rowell@longandfooster.com

Call Dale 703-408-2626 Dale.Repshas@Longandfooster.com



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Call Lisa Carlisle 571-334-3440 Lisa.carlisle@longandfooster.com



Reston Open the Magnificent Front Door to a Cozy Cottage in the Woods
Stunning home on .50 ac priv treed lot in N Reston. Tastefully updated w/gourmet kit, SS appl, Carrera marble counters, tile backsplash, bay windows in breakfast area & elegant DR. LR w/custom French entry drs, FR w/brick FP wall, beamed ceilings & drs to huge deck. Cathedral ceiling in spacious MBR, 4th BR currently a loft, W/O unfinished lower level ready for your design. Close to shops, RTC & METRO.



Herndon Bright & Open!
Captivating home w/dramatic 2-story foyer & FR w/UL overlook! Stunning remodeled gourmet kit, SS appl, glass front cabinet drs, granite, tile backsplash, updated baths, main lvl w/brick FP, hardwoods, bay & palladium windows, skylights & library. Tremendous MBR ste w/sitting rm, lux MBA w/jetted tub & sep shower. Deck & fenced wooded yd, lower lev rec rm, bar, full BA & 2 dens. Close to METRO.

Marcy Thomas 703-927-2190 mathomas8@aol.com Thomas & Associates



Herndon \$779,900 Charming!
Former model home w/upper & lower front porches & tons of upgrades nestled in the heart of historic Herndon. Largest lot in development has side & rear yd and is prof landscaped, surrounded by tall evergreens w/sprinkler system. The 2-sided FP warms the priv deck outside & the FR inside. Stunning wide plank hardwoods on main lvl, gourmet kit w/hi-end SS appliances, granite & huge island bar that opens to FR w/walls of windows & spacious breakfast rm - perfect for gatherings. Luxury MBR ste with w/closet & designer tile bath. Spacious lvr lvl rec rm, full ba & den. Steps to W&OD Trail, shops & dining. Close to future METRO.



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Inspired by Cooking Shows, Grandma's Baking

Profile: Adam Stein, executive chef at Reston's Red's Table.

BY ALEXANDRA GREELEY

Husky, tattooed, and obviously driven, Adam Stein, executive chef at Reston's newish Red's Table, is all about food and cooking. Even his numerous tattoos are mostly food-centered, with images ranging from Julia Child to caviar to Maryland crabs.

How did all this start? A native of Fairfax Station, Stein said that cooking always fascinated him, even as a child. "I always watched cooking shows," he said, "Including Julia Child, Jacques Pepin and Martin Yan of Yan Can Cook." His grandmother and her baking also played an inspiring role, so that the youngster often made breads and cookies. He was also tasked with making holiday meals and even pea soup.

Although his grandmother's cooking did not include any particular ethnic identities, he and his family ate out constantly, so young Stein got a good sampling of numerous ethnic and American cooking styles. "That helped spur my interest," he added.

After attending Antioch College, Stein moved to Providence, R.I. to attend the culinary school Johnson

& Wales. But he knew from the start that was going nowhere. "There were all kids in the class," he said, "and I already knew all the answers." He then tried to attend the Rhode Island School of Design, but instead wound up working in various local kitchens, getting his first executive chef's position at The Nat Porter in Warren, R.I.

When Stein moved back to the metro area several years ago, he worked for D.C.'s The Queen Vic restaurant, then for Alexandria's Light Horse Tavern restaurant before the owners of Red's Table hired him.

And for sure it has been a beneficial match for both parties. For the owners, Stein is a talented chef who turns out top notch fare with creative spins.

For the chef, he has landed where he can count on farm-fresh ingredients to shape into his favorite American regional dishes "Here we use all local farm goods," he said, "We feature local proteins on the menu and take our cues from the farmers' market, utilizing as much local produce as we can in peak seasons."

He finds his inspiration from local, regional and seasonal sources and he lets all of that play a big role in his cooking. But he wants



Adam Stein, executive chef at Reston's Red's Table.

his food to be as approachable as possible, so his cooking also has a homemade vibe to it.

Take his fried chicken, for example, one of the homiest dishes people always crave. As it turns out, says Stein, it is also the restaurant's most popular dish. "Our buttermilk fried chicken is very popular at Red's," he said. "We dredge it in our house blackening seasoning and then sous vide it before bathing it in butter-milk and a cornmeal crust."

Such dishes explain why the family who owns Red's Table must rejoice with the opening of this gem of a restaurant. For Northern Virginians, Red's is a really convenient place to end up for its picturesque lakeside setting and comfy American food.

Red's Table, South Lakes Village Shopping Center, 11150 South Lakes Drive, Reston. Phone: 571-375-7755; Open daily for lunch and dinner, weekend brunch. <http://redstableva.com>.

Red's Table's Roasted Mushroom Ragout

Serves 4 to 6 people

"In the restaurant we toss this ragout with Strozzapreti pasta and finish with grated fontina and grana padano cheeses, extra virgin olive oil and breadcrumbs," said Stein. This ragout can be added to any pasta or even risotto or farro/grain dishes. This would be a great topping for creamy polenta as well."

1 pound cremini mushrooms, cut

into 1/2-inch slices

1 pound shiitake mushrooms, stemmed and julienned

1 pound oyster mushrooms, roots trimmed and hand-torn into strips

3 tablespoons olive oil

Salt and freshly ground pepper to taste

3 shallots, peeled and minced

2 garlic cloves, minced

1 tablespoon tomato paste

1 cup red wine

1 teaspoon fresh thyme leaves

Preheat oven to 375 degrees.

Toss all the mushrooms in bowl with the olive oil, and season with salt and pepper. Laying them on a sheet tray, roast at 375 degrees F for about 30 minutes, turning the mushrooms once until most of the liquid from the mushrooms has evaporated and some nice caramelization develops; set aside.

In a heavy-bottomed pot or roasting pan, sweat the shallot and garlic over medium-low heat until translucent. Add the tomato paste and stir in well, cooking for about 10 minutes. Add mushrooms to the mixture, and increase heat to medium-high. Add red wine and continue to cook until the liquid reduces to half. Add fresh thyme and taste for additional salt and pepper.

Easter Time at Lake Anne

It must be Easter time at Lake Anne because the Peeps scenes are again on display at the Chesapeake Chocolates shop and Bob Simon Contract Postal Unit. On the left is Fran Lovaas, creator of the Reston Farmers Market Peeps scene (center), with shop owner/postal manager Doris Tyler at the right. The Market scene is complete with farmers tents, baskets of veggies and marshmallows rabbit Market Managers Fran, John, and Keith. The actual Reston Farmers Market, still at Lake Anne, opens at 8 a.m. on Saturday, May 7.



CALENDAR

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

ONGOING

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.

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

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

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 10

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 cappella 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.

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



PHOTO BY BALDUR BRAGASON/
COURTESY OF BAYLIN
ARTISTS MANAGEMENT

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

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.

SATURDAY/APRIL 9

Reston Founder's Day. Noon. Lake Anne Plaza, 11404 Washington Plaza W, Reston. Join the fun, with Reston Chorale as Reston marks its 52nd Anniversary and celebrates the 102nd birthday of founder Robert E. Simon, Jr. Free. www.restonmuseum.org.

Joyful Color in Reston Opening Reception. 1-4 p.m. 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.

New Forms and Horizons Reception. 7-9 p.m. ArtSpace, 750 Center St., Herndon. Features artist Jorge Luis Bernal and Eric Garner. artspaceherndon.com. 703-956-9560.

Book Signing. 2-4 p.m. Reston Museum, 1639 Washington Plaza N, Reston. Reston native Kristina Alcorn will be signing her book about Reston founder Robert E. Simon, Jr. "In His Own Words: Stories from the Extraordinary Life of Reston's Founder, Robert E. Simon, Jr." 703-967-2995.

Science Innovation and Inspiration Youth Conference. 8:30 a.m.-4 p.m. Langston Hughes Middle School, 11401 Ridge Heights Road, Reston. Hands-on activities, presentations. Register at https://projectbest.typeform.com/to/IrJsg8.

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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.

Founding Reston: From Blueprint to Reality

FROM PAGE 4

McClellan and his Union Army at Antietam.

As Simon strolled from the owner's mansion perched on the highest point of Sunset Hills, the crisp fall air was redolent with the smell of corn mash cooking in the distillery's kettles, and squawking, aggressive guinea hens trooped along the road looking for stray kernels of corn. But a short distance away, the future was announcing itself more noisily than the guinea hens.

A formation of bulldozers was smoothing four lanes for the Dulles Access Highway that would move traffic from Washington to the newest international airport in the U.S., when it opened in two years. You didn't need a crystal ball to appreciate the implications if there were an interchange connecting Sunset Hills to the new road.

Salkeld, who lunched weekly with J. Edgar Hoover, the founding director of the Federal Bureau of Investigation, at the old Harvey's Restaurant on K Street NW to exchange the kind of gossip that only the head of an intelligence agency and a broker at a realty company could collect, produced more interest tidbits for the fact-gathering Simon.

He told Simon about the strategic plan approved by President Dwight D. Eisenhower to disperse key federal offices to the suburbs to protect against the specter of the downtown Federal Triangle being obliterated by nuclear attack from the Soviet Union.

With that, he segued to the map the region's planners drew up showing future development extending in spokes through those parts of Maryland and Northern Virginia circling Washington – and how one of those spokes just happened to skirt next to Sunset Hills Farm.

"He was a sensational salesman," retired Shannon & Luchs executive Warren K. Montouri, who trained under Salkeld, told me years later. "He would say anything, do anything, legally, to make a sale."

Already, the suburbs of Northern Virginia were mushrooming. Sometimes soon, they would push out toward Sunset Hills Farm. Balancing the promises and the reality, beholding the unspoiled beauty of Sunset Hills Farm, with its gently swelling hills creased by fast-running streams sheltered by occasional willow trees, Simon was a smitten buyer. By the spring of 1961, all the purchase details were worked out, and Simon was the fee simple owner of Sunset Hills Farm.

Simon had no experience in suburban development, but that didn't stop him from thinking big thoughts about what he would do with his new land acquisition. He was himself a frustrated suburbanite, having moved to Long Island with his first wife, Helen, when he came home in 1946 from military service in the Army in World War II. He loved to putter around his five acres in leafy Syosset, but hated the inconveniences, which included driving the kids to everything. Then there was the drudgery of the often-delayed, hour-long train trips to work in Manhattan.



A year ago: Bob Simon cuts the cake celebrating his 101st birthday on April 11, 2015 at Lake Anne.

Why, Simon wondered, couldn't a suburb combine the beauty of the country with the convenience of the city, so people could live, work and play in one place, without being a slave to the automobile? He remembered, as a young boy, sitting at the family dinner table in the Simon family home on Riverside Drive on the West Side of Manhattan, hearing spirited discussions between his father and Alexander Bing, who was developing the "garden city" of Radburn, N.J., which proposed to answer that very question. Young Bob even helped name some of the streets of Radburn, in which his father was a minor investor.

So, Sunset Hills would not be transformed into another Levittown, which was being replicated across the American landscape as young and fertile American families joined the biggest and most significant migration in the country's history – from the old, rusting cities to the new and shiny suburbs. But neither would Radburn be Simon's model.

The Depression had stopped Radburn's development before it was even close to being half-finished. Beyond a much-publicized, picturesque underpass that separated a pedestrian pathway from a busy road, Radburn had not achieved much of its promise. Simon knew he would have to start

virtually from scratch.

HIS FIRST BLUEPRINT for his city in the suburbs was a simple, and very personal, wish list. Soaking in his tub – his think tank – Simon wrote down what he thought his new, still-unnamed development should have. There should be lots of woods and lakes and active recreation, ball fields, swimming pools, tennis courts, and everything should be within walking distance from where people lived so the car could be put in its place.

The list went on and on. People should be able to choose from all kinds of housing, including high-rise apartments and townhouses, neither of which existed anywhere in the suburbs of metro Washington in the new 1960s. The housing should vary in size and cost so people could move to different dwellings at different stages of their lives.

High on Simon's wish list for services was childcare, run by professionals who were schooled in early child development; furthermore, he wrote down, care should be offered around the clock seven days a week.

Most radical of all, Simon wanted his community to be open to people of all races – this at a time when the biggest suburban developer in the country, William Levitt, required his buyers to sign agreements they

wouldn't sell to non-whites. Astonishingly, where Levitt was imposing his covenant in otherwise progressive New York State, Simon was proposing to bring integrated housing to a state – Virginia – which, only three years before, had enacted "Massive Resistance" to desegregation of its separate white and black public schools.

Simon took his wish list to his company's new executive vice president, who promptly told him it was crazy. So did the first 50 banks he went to for financing. The calculus of suburban development in 1961 demanded that developers get their projects approved by Washington so they could offer low-interest, government-subsidized FHA loans. This is how the wheels of the great postwar suburban migration had been greased.

GOVERNMENT BUREAUCRATS had a thick book of rules specifying exactly how suburban houses should be built and look to keep costs down. Simon's wish list, with its open housing and all its amenities, violated many of the rules. But Simon was unfazed; he, a New York Democrat with connections to powerful people in the party, would convince the new Kennedy administration in Washington to change the rules – simple as that. Besides, didn't Kennedy's own housing experts say that sprawl, which FHA loans had helped to create, was a huge waste of national resources?

While he was figuring out how to change Washington's mind, Simon achieved a breakthrough in his search for money to start development of his community, which he decided, on the advice of his mother and in-laws, after a weekend-long brainstorming session on Martha's Vineyard, to call "Reston" (the prefix coming from his initials). Morgan Guaranty in New York City loaned him \$15 million. With that money, plus \$2 million of his own (and his family's) money from the sale of Carnegie Hall, Simon was able to begin.

He commissioned the firm that designed Radburn, gathered a brain trust to advise him on social issues and hired local attorneys and managers in Fairfax County, where Sunset Hills Farm was located, who knew how to get things done.

A lake was dug and dammed (and named after his new and second wife, Anne), townhouses in a palette of pastels were clustered at the water's edge, within the shadow of a stunning, 15-story apartment tower, and pathways were cleared through meandering stream valleys.

When Simon's first village, Lake Anne, was officially opened in December 1965, it received a torrent of publicity in the news media. By the count of the record keepers at Simon's Reston Inc., there were articles in 64 magazines, 24 newspapers and 22 other media. Even Esquire magazine, the guidebook for how American men should dress, furnish their apartment and imbibe spirits and dine, was intrigued enough to comment on the New Town.

Bob Simon's wish list had progressed well beyond his bathtub.

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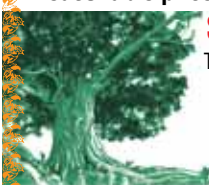
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By KENNETH B. LOURIE

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>.