

# Reston Founder Turning 100, Reston Turns 50

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Robert Simon overlooks  
Washington Plaza at Lake Anne,  
where Reston's opening ceremony  
was held in 1965.

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Senior Living

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# Reston Founder Turning 100, Reston Turns 50

**Robert Simon drinks a martini daily and still thinks about Reston's potential.**

BY REENA SINGH  
THE CONNECTION

**R**eston is still Robert E. Simon's town. The founder of Virginia's first planned residential community is turning 100 - and the town named after him is celebrating its 50th anniversary - this month.

"Community," he said, sitting in Cafe Montmartre. "If you want one word that makes up what Reston is, it's community."

The restaurant is just a short walk from his top floor condo at Heron House, where he can overlook Washington Plaza on Lake Anne - the beginning of his community.

Simon will not become a centurion until April 10, but the community will celebrate his birthday on April 5, Founder's Day. This year is a rare one because Reston is celebrating its own major anniversary milestone as well. Festivities will take place at Washington Plaza from 11:30 a.m. to 2:30 p.m. and end with a lemonade and cake toast to Simon.

When asked about how he feels about turning 100, he just laughed.

"I think it's quite a great thing to manage to survive," he said with a grin. "100 used to be a big deal, but it's not anymore. 110 is a big deal."

Although he has traveled the globe - even into his later years - and has served on boards throughout the community, he is best known as the man who gave a plot of land south of Washington, D.C. a chance - despite all the cattle on the property - and bought it.

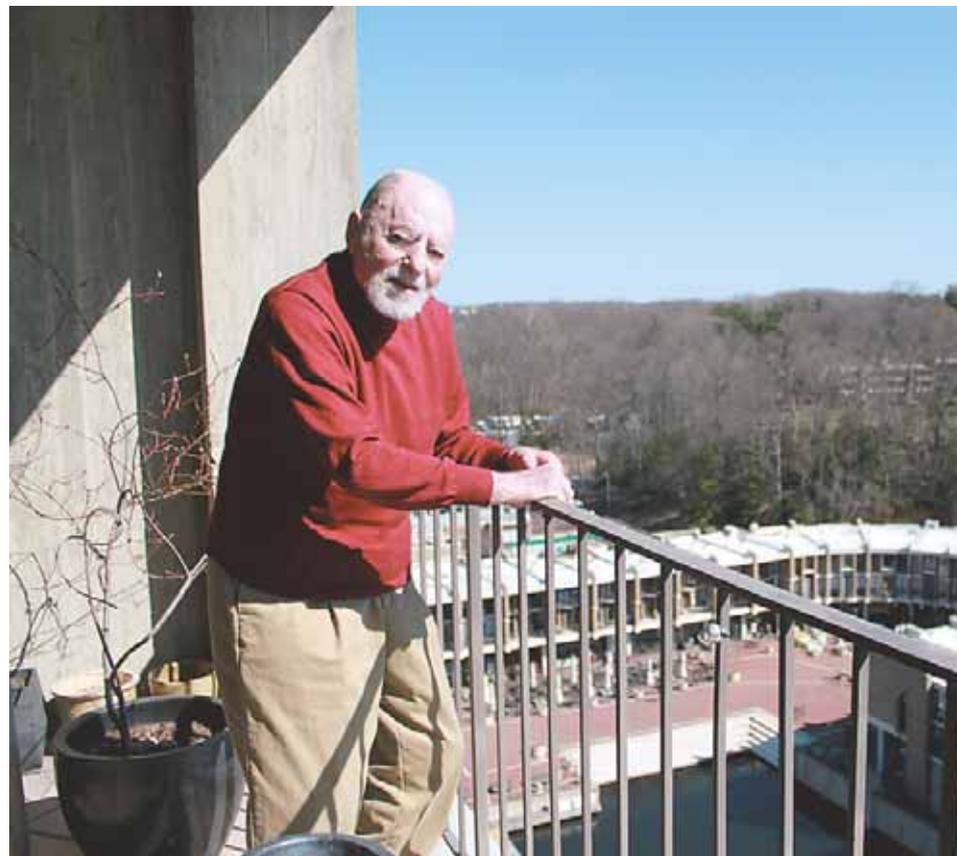
Shortly after the land that would eventually become Reston was purchased, Chuck Veatch, a fresh-faced University of Virginia graduate, joined Simon's development in 1964. Before it was Reston - which was created with Simon's initials with the word "town" added to it - it was known as Palindrome Corp.

"The social fabric started when the construction started, so when [homeowners] moved in, they felt like they were a part of it," said Veatch, owner of Charles A. Veatch Co. "It's about building a community, not just a housing development."

His earliest memories of Simon are of picking up his boss from the airport. He recalls having to stop occasionally to allow herds of cattle cross the road.

"My initial relationship with him was that he was the big boss," he said. "It wasn't until 20 years ago that we became very good friends, close friends."

**LAKE ANNE** was where Reston's opening ceremony was held in 1965. The plaza was packed with ambassadors from all over the



**Robert Simon overlooks Washington Plaza at Lake Anne, where Reston's opening ceremony was held in 1965.**



**Robert Simon shares a sweet moment with his wife, Cheryl, at their Heron House condominium.**

world and important federal dignitaries. Newspapers all over the world wrote about Simon's vision for the community and the plazas he hoped to build all throughout the property. However, he did not get to ride fame for too long.

In 1967, he was fired from the development group and sent packing back to Manhattan - where he grew up - by Gulf Oil.

"What happened was we were going full blast and running out of money," he said.

The group made an agreement with Gulf Oil to get a loan to cover some of the debts Reston was quickly accruing. However, when the consultant came, he took Simon's job.

"They said, 'you'll have to leave,' and he said, 'no, you'll have to fire me,'" said

**"If you want one word that makes up what Reston is, it's community."**

— Robert Simon

Simon's stepdaughter and Reston Museum board member Lynn Lillenthal. "Reston probably would have gone bankrupt if they didn't. We were lucky in a way, but it was brutal."

Many of Simon's visions were kept for the developing community. However, the one he built Reston on did not, he said.

"When I was fired, they did away the idea of the plaza," he said. "There are four village centers here other than Lake Anne, and not one of them has a plaza. It all went out the window."

One of the biggest principles of Reston that did not go away was its progressive nature in a state that was segregated at the time. Reston was one of the only places in the state that had no segregated housing, according to Veatch and local real estate agent Eve Thompson. As long as someone had enough money to buy a home or rent a condominium, they were approved for it.

"That was a major breakthrough," said Veatch. "Reston was a trendsetter, in many ways. It broke a lot of new ground, which is why, I think, it has been revered and studied."

That "breakthrough" brought in people who wanted to be a part of a community like it hoped for.

"Reston has a distinct personality," said Thompson. "It's unique in that it has a very intense sense of place."

**SIMON CAME BACK** in 1993 because he could not think of a better place to retire than the perfect little community he created, one where he was a short walk away from friends and restaurants. He still thinks about Reston's potential, however. When asked about Simon, most people noted how visionary he still is.

"A lot of older people tend to focus on the past, but he doesn't," said Thompson.

Lillenthal said her stepfather has always been an interesting person.

"I admire his qualities of life and his values," she said. "I think that's what he gave to Reston. It's an opportunity to live an A-plus life."

The piano-playing, globe-trotting, plaza-walking founder whose life is nearing a century still drinks a martini every day and never stops thinking about the future. But he does not wonder what Reston will be like in 10 or 15 years. He looks beyond that.

"Fifty years from now, I hope that the village centers will all conform to one central plaza surrounded by dense urbanity," said Simon. "I hope that we'll have a fabulous bus system connecting people with other places and the metro, and I hope we'll have some iconic buildings."

PHOTOS BY REENA SINGH / THE CONNECTION

# A Reston Retrospective

Stories and thoughts by Reston residents as the community turns 50.

BY ANDREA WORKER  
THE CONNECTION

Usually, when you ask a number of people to share their thoughts and opinions on any subject, you get as many different answers as the numbers polled. In asking a rather random selection of residents for their thoughts as Reston celebrates its 50<sup>th</sup> anniversary, coincidentally with the 100<sup>th</sup> birthday of founder Robert E. Simon, you do get some interestingly different perspectives, but you get an uncanny commonality in their musings, as well. Regardless of where in Reston our commentators reside, the descriptors of “community,” “beauty,” “amenities,” “something for everyone,” “a town for all ages,” and “protect our core values” were mentioned by all – and more than once during each Reston retrospective conversation.

Simon’s “New Town Concept” started in the early 1960s when he purchased 6,750 local acres, mostly with money from the sale of the family’s share in the famous Carnegie Hall performance center in New York City. Reston was really born at the village of Lake Anne. It was here that Simon started building using his 7 Goals that included providing the “widest choice of opportunities...for the full use of leisure time...a wide range of cultural and recreational facilities as well as an environment for privacy.” Simon’s vision also called for housing of all prices and styles, where people could remain in one neighborhood for a lifetime if they so chose. Fundamental to the master plan was the development of a community where people could both live and work, something contrary to the urban sprawl and tract communities that marked the bedroom suburb building mentality that boomed after World War II.

When Reston first came into being it was unique for another reason; at a time before the 1968 amendments to the Civil Rights Act banned discrimination in housing, Simon declared his New Town to be open to everyone, regardless of color, and without any restrictions. His decision came with consequences for both Simon and Reston. By demanding integration, Simon seriously limited the pool of potential lenders for the continued development of this dream. His financier, Gulf Oil, pushed him out of his own creation in 1967 when home sales were moving too slowly for shareholders’ likings. The development that followed did not adhere to Simon’s plans for the other Reston Villages. Simon’s vision of vibrant plazas took on more of the traditional strip center persona, and many of the houses, particularly those built in the 1970’s were more of the typical production model, without the architectural differentiation the founder had envisioned. Thankfully, the developers did adhere to their promise to leave – and actually cultivate – the green spaces and recreation areas that were key to Simon’s concept. That’s a promise kept that has meant the world to **Katie Shaw**.



**Katie Shaw is the Director of Reston’s Nature Education Center, and the Executive Director of Friends of Reston. In honor of Reston’s 50th anniversary, Friends of Reston is donating 50 native trees and shrubs to the community to be planted on Arbor Day, April 7.**



**Whatever the weather, Mary Beth Coya enjoys her view. Coya admits there are things about her house that she would like to see different, but she can’t see leaving behind her protected view and the community of friends she has found in her Reston Cluster neighborhood, where she purchased the very first home.**

❖ Shaw, the Manager of the 72-acre Walker Nature Education Center on Glade Drive, like many of those who shared their Reston reminiscing, is a poster child for Reston’s motto: “Live, Work, Play and Get Involved.” She is also a testament to Simon’s



**Kim Williams, owner of Reston-based The Pet Elf, has seen business grow over the years, just like Reston. What’s a key factor in her loyalty to Reston? “Just ask my longtime clients” – like Max. [Pictured here with Williams] “The trails are amazing here. And I think I know just about every inch of them by now!”**



**Bud and Susan Burwell own and operate Reston’s Used Book Shop, a beloved icon at Lake Anne Plaza. It was love at first sight for Susan when she first discovered the village in the 1960s during much of its construction. She vowed she would live there – and she does!**

mission to build a place where people stay. Shaw’s family moved to Reston in 1969, when Shaw was just a toddler. “Back then, Lake Anne was Reston, near where we lived in the Vantage Hill apartments,” Shaw recalls. Starting out at Lake Anne Elementary

School (“My grandmother walked me to my first day of kindergarten.”) Shaw “opened” both Dogwood and Terraset Elementary schools, as the family moved from the Lake Anne District to Hunters Woods. She was part of the first full graduating class of South Lakes High School, attending from seventh – 12<sup>th</sup> grades. “It was nice of Reston to open new schools for me as I grew up here,” she laughed. After graduate school at George Mason, Shaw found her calling, making our natural resources accessible for all to enjoy, and taking up the mantle of the environmental stewardship of all of Reston’s green and open spaces, streams, lakes and forests.

Shaw’s mentor at the Nature Center was Reston resident “Nature Nancy” Herwig, who, in turn, was the protégé of the Nature Center’s namesake, Vernon Walker, hired in 1967 as Reston’s first Nature Center Director. “Our current Center opened in 2009,” Shaw recounted, “but even at the beginning the mandate was set...and Vern was a legend. They called him the Pied Piper of Reston,” said Shaw. “He was famous for leading walks not only through our lands, but all around Reston. Everybody wanted to join in when they saw him walk by.”

Shaw’s first Reston residence was a condo at Lake Audubon. Then she moved to the house she lives in today where she can walk to work just like she walked to school years ago. “There’s one of our wonderful paths right by my house. When the roads are bad in winter I can just haul on my snow boots and walk. And the path is part of the entertainment of living in Reston. You can just sit back and watch the folks along the trail, just like I used to watch the boats on Lake Audubon.”

Shaw speaks a lot about the sense of personal network and community when she talks about Reston. She has witnessed the return of people who moved away, only to come back saying things like “I couldn’t think of any place better when I started my family,” or “So many of today’s jobs are right here in Reston!” “In fact,” said Shaw, “I could skip the class reunions. I see classmates and kids I grew up with all the time.”

Her opinion on all of the changes that she has seen come to Reston? “I grew up knowing that Reston was this experiment, knowing that Reston would be evolving since it was so new when we came here. Change is just part of the deal.” There *are* challenges and annoyances (“The traffic!”) but very little that has come to her hometown has distressed Shaw. “Except for the losses to our tree canopy,” she adds. “That disturbs me. It’s not necessary. We are at a real crossroads now, a new level of urbanization in Reston. Going forward we need to challenge our designers and we need to hold to the values that made Reston a world example,” she declares, holding a binder that is stocked with press releases and stories about awards and accolades for Reston’s progressive environmental planning. “Ask me again in five years if there is anything

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# Reston at 50: Pride in Community

FROM PAGE 4

about our changes that bothers me. We'll see. I hope it's a short list."

❖ Realtor **Tracy Pless**, has fully embraced the urbanization that Shaw mentioned. She originally moved to the south of Reston from a nearby community that "didn't have sidewalks, let alone paved walking trails. No pools. No tennis. I like all those activities so I wasn't very happy where I was. Reston was the natural choice." As Town Center grew, Pless was ready to make her next move. She had her eye on a condo in Reston Town Center two years before the building opened. There was a line around the block when they began taking offers. "Thankfully I was first in line. My clients and me. And I just love it." Pless sees Reston as having become more sophisticated and urban in these last few years. "There's certainly more interest in the arts and theater than when I first came here in the 80s. The growing Town Center and the residents it attracts adds another new dimension and level of diversity to the community. And we have a great mix of young people coming in, as well as the boomers who are thrilled to live someplace where they can just lock up and go when they want and to have all of Town Center available to them without a drive."

She's less than pleased with the traffic situation and is really looking forward to

the opening of the Silver Line. "That's going to be great."

What else sets Reston apart according to Pless? "There's a very open and innovative mindset here. That probably comes from the founding ideals and the people they attracted. I talk with people from other areas who say this and that can't be done in their community. Once I pointed out that we are doing them without all the problems they foresaw. The answer I got was 'Oh, that's just Reston.' And they are right!"

❖ The Reston paths that so please Kate Shaw are also quite familiar to **Kim Williams**, another long time resident. As the owner of her own Reston-based business, The Pet Elf pet sitting service, Williams has walked every one of them with her "clients," although she admits she can still get a bit lost as she navigates those 55 miles of trails. "But it's amazing and beautiful, always changing with every season. There's no where else like this, that's so connected, one neighborhood to another."

Like Shaw, Williams arrived when the family moved here for her father's government job. Williams immediately saw Reston as "a place to stay and put down roots." Her first impression was how green everything was in January and the diversity of the landscape. "And by the 80s when we got here, there was quite a lot here already and it all

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# OPINION

## Why I Support Medicaid Expansion

BY SHARON BULOVA  
CHAIRMAN, FAIRFAX COUNTY BOARD OF  
SUPERVISORS



### COMMENTARY

As the Virginia General Assembly continues to discuss the expansion of Medicaid, the benefits and consequences of doing so have received a great deal of attention. Debates rage in the media, among businesses and around the kitchen tables of ordinary Virginians throughout the state. At our board meeting of March 25 my colleagues and I reiterated, in a bi-partisan vote, our strong support for Medicaid expansion in Virginia, and here's why:

First and foremost, Virginians have already paid for most of Medicaid expansion through our federal tax dollars. Through the year 2022, Virginians will pay \$29.7 billion in Affordable Care Act related taxes and fees to the federal government. The federal government will cover almost all of the cost for Medicaid expansion with tax dollars collected from the states, including Virginia. If Medicaid is expanded in Virginia, the federal government will pay 100 percent of the cost through 2016, decreasing incrementally to 90 percent in 2020 and subsequent years. If Medicaid is not ex-

panded in Virginia, we will still pay those same taxes but will see no corresponding benefit to our uninsured population — rather, our tax dollars will be used to pay for uninsured individuals in other states.

Second, the economic benefits of expanding Medicaid, aside from the obvious return of taxpayer dollars to our state, far outweigh the costs. To put it plainly, not addressing affordable health care coverage in Virginia costs Virginia money. Employed Virginians with insurance already subsidize care provided for uninsured Virginians needing urgent treatment when they show up in emergency rooms. These visits result in higher premiums for employed Virginians as well as increased provider costs. Medicaid expansion would increase less expensive preventative care thus reducing more expensive emergency care. This would not only drive down costs but could also improve the overall health of Virginia residents.

A largely unseen cost of our current situation is the existing financial burden on county-funded safety net providers, including non-

profit organizations that assist lower income residents. The Fairfax-Falls Church Community Services Board estimates that the percentage of clients receiving substance abuse treatment or mental health services who are covered by Medicaid will rise from 38 percent to 50 percent under the proposed expansion, freeing up County funding for other critical needs.

Lastly, Medicaid expansion provides a tremendous opportunity to do more to help our most vulnerable residents. In Fairfax County alone, up to 30,000 low-income residents would become eligible for Medicaid through expansion, including: individuals earning less than \$15,302 per year; families earning less than \$31,155 per year; low-income children who lose Medicaid when they turn 19; and, adults with disabilities not eligible for Supplemental Security Income or Social Security Disability Insurance. Under Medicaid expansion, Virginia's health care delivery system will have the resources needed to provide quality services to those in need.

The Fairfax County Chamber of Commerce and Fairfax County's local hospitals recognize these facts, and have strongly endorsed Medicaid expansion. Let's keep Virginia's tax dollars in Virginia and increase access for uninsured Virginians at the same time.

## Happy Birthday, Reston and R.E.S.

BY JOHN LOVAAS  
RESTON IMPACT  
PRODUCER/HOST



Reston is a special place. It is the product of a remarkable vision which has been largely realized despite obstacles, even opposition.

Robert E. Simon, Jr. inherited well from his New York developer father. He owned Carnegie Hall and sold it. With the proceeds, he bought 6,750 acres of land in Fairfax County. While arranging financing for his planned community, he was turned down by a large corporation which was and still is a household name.

Turned down because Bob Simon insisted his planned community would be open to everyone. Reston was denied an entrance to the Dulles Access Road for the same reason. Diversity was not welcome in 1960s Virginia. Yet, he persevered with his vision which he embodied in his seven goals for Reston, goals I believe should be included in the curriculum of Reston's public schools. His vision was ahead of its time. Mixed

### INDEPENDENT PROGRESSIVE

1967. Alarmed early residents were so concerned that they formed a Reston Community Association (now the Reston Citizens Association) to protect Simon's vision from Gulf Oil and subsequent developers. Those early settlers believed in Simon's community vision and the seven goals.

We've come a long way in 50 years. From land that was largely pasture and fields when he purchased it, we have grown to what should be a "town" (as Simon planned it) of 60,000 residents and a similar number of jobs. But, how have we done qualitatively in achieving Mr. Simon's vision? In a conversation I had with Bob about 15 years ago, he told me he was disappointed in many ways. It certainly hadn't been the financial success he'd hoped for in those

SEE LOVAAS, PAGE 7

## Governor Proposes New Budget

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



In Virginia a governor can serve two terms, but the terms cannot be successive. All newly elected governors of Virginia take office at the beginning of a biennial budget cycle where the outgoing governor has proposed a budget for that cycle. Since the General Assembly is considering the budget when the new governor comes into office, the new governor can attempt to influence the legislature's consideration of the budget.

Governor Terry McAuliffe took office in early January when the General Assembly was already considering the budget for the next two years as proposed by outgoing Governor Bob McDonnell. The Republican-controlled House of Delegates refused to consider any budget amendments proposed by Democrat McAuliffe. As it turns out, however, the House and the Senate could not agree on a budget. The General Assembly adjourned without passing a two-

### COMMENTARY

year budget to take effect on July 1.

Governor McAuliffe immediately called a special session of the legislature to continue work on the budget, and he used the opportunity to propose a budget of his own. The major difference between the budget Governor McAuliffe introduced and the one Governor McDonnell had proposed that was passed by the House was that Governor McAuliffe included closing the coverage gap through the expansion of Medicaid. It was the proper action for Governor McAuliffe to take and demonstrated clearly the positive impact that Medicaid expansion would have on the entire state budget.

As Governor McAuliffe's budget clearly shows, Medicaid expansion frees up a net of \$225 million of current dollars that can be used to give a long-overdue two percent increase for state employees, K-12 teachers and support personnel, and college and university faculty; \$17 million for the line of duty act for families of first responders; an

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## Lovaas

FROM PAGE 6

early days. And, the seven planned village centers—the walkable mixed use places with community plazas as focal points—had not materialized as he had hoped, except for Lake Anne which struggled commercially and Hunters Woods before its redevelopment into a strip shopping center.

Recently, he seems more pleased with his creation, focusing on the very successful Town Center, the wonderful natural areas and paths which enable enjoyment of them, and the redevelopment plans for his beloved Lake Anne. Those plans put forth by Lake Anne Development Partners in consultation with Bob, are faithful to the vision—a charming, walkable village complete with the added density in Bob's original vision. After many years laboring with the bureaucracy and a few not-so-good development concepts, Bob will celebrate his 100th birthday April 10 knowing the plans for the new Lake Anne will go forward. Challenges lie ahead, big ones. The arrival of rail is one. If we plan it well, e.g., by making the station

areas community friendly areas for people to gather and enjoy, they can be icing on a great cake. But, plans could detract if we cut corners on design excellence and making them places for community activity. Likewise, the new master planning process must include community voices and voices for excellence and innovation and the founding principles provided by Bob Simon. If I were grading Mr. Simon on his creation, I would give him an A-plus for exceptional creativity, for caring so much to make the vision a reality, and for giving us a wonderful place to live our lives. Happy Birthday, Reston and Happy Birthday, Bob.

## Plum

FROM PAGE 6

additional nearly \$9 million for mental health; more than \$7 million for pre-K funding and a like amount for land conservation; over \$5 million restored to Northern Virginia schools; and other benefits to Virginians. Most significantly the Governor's budget provides medical insurance coverage for up to 400,000 working poor Virginians and brings back to the state \$5 million a day in federal taxes paid by Virginians.

Last week in a fraternity-like stunt, the Republican leadership of the House marched across the Capitol with the House passed budget to the Senate Chamber that they knew would be empty as the Senate had adjourned in order to hold public hearings on the Governor's proposed budget.

The rush down the hall to the Senate was symbolic of the House Republicans' insistence on passing a bill quickly and without a discussion of a program that absorbs more than 20 percent of the budget.

Clearly they are in a panic about what will happen when the general public becomes aware of the positive implications to the entire budget with an expansion of the Medicaid program.

When compared with the Governor's budget, the budget pushed through by the House majority is woefully deficient. Though not their intent, it was fitting that the House Republican leaders delivered their budget to an empty Senate Chamber.

## LETTERS TO THE EDITOR

### Donate to Diva Central

To the Editor:

On Saturday, March 8, I had the opportunity to volunteer for Reston Community Center's annual Diva Central Event. Since RCC's creation of this program twelve years ago, Diva Central has provided a chance for young ladies in our surrounding community the opportunity to shop and select a beautiful prom outfit, complete with gown, wrap, purse,

shoes, and jewelry, absolutely free, relieving some of the financial burden of what we all know can be a lavish, and therefore, expensive event. The kindness of donors was only surpassed by the joyful looks and expressions of gratitude from the girls and their parents who waited patiently for their daughters to try on as many gowns as they desired, finally selecting "the one." In all, 155 girls attended the event, perusing over 353 items at their disposal with the assistance of 40 volunteers. Kenny Burrowes, the Teen Program Director for the Reston

Community Center who has managed the program for the last three years, thanked all of the volunteers, sponsors, and donors who gave generously to this event and made it such a success. With the season of high school proms just around the corner, if there are any young ladies who are thinking about donating this year's dress and/or accessories after prom, please consider giving them to Diva Central for next year's event.

**Stacy Sevy**  
Oakton

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# CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

## MONDAY/MARCH 31-FRIDAY/APRIL 11

**Artists Honored at LRA's "Winter Dreams" Exhibit.** Monday through Friday, 8:30 a.m.-4 p.m. Parkridge 5 Building, 10780 Parkridge Blvd., Reston.

## TUESDAY/APRIL 1-SUNDAY/APRIL 6

**2014 Fine Art Photography Exhibit.** ArtSpace Herndon, 750 Center Street, Herndon. ArtSpace Herndon's annual Fine Art Photography Exhibit showcases the work of thirty-seven regional photographers. This photography exhibit delivers photographs of astounding colors, extraordinary textures, remarkable faces and breathtaking places; images from a wide variety of artists. [www.artspaceherndon.org](http://www.artspaceherndon.org).

## THURSDAY/APRIL 3

**Meditations for Kind Heart.** 7:30-8:30 p.m. Brown's Chapel, 11300 Baron Cameron Avenue, Reston. These teachings on Buddhist psychology and guided meditations will help us to develop greater peace of mind and improve our relationships through learning to cherish others. [www.meditation-dc.org](http://www.meditation-dc.org). Cost: \$10.

## FRIDAY/APRIL 4

**First Fridays Art House Cinema and Brew.** 7 p.m. ArtSpace Herndon, 750 Center Street,



**Listen to Nora Jane Struthers & The Party Line, a Nashville-based quintet perform Struthers' original story-songs with tight, three-part harmonies, fiddle, claw-hammer banjo, acoustic guitar, bass, and drums, on April 13 at The Bluegrass Barn, 2709 West Ox Road, Herndon.**

Herndon. April's movie, Pan's Labyrinth (2006), the tale of 11-year-old Ofelia's dark fantasies set against the reality of The Spanish Civil War. Rated R. Advance reservations are required, made through our website, 21+, \$10 for the movie and two microbrews. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org)

**Celebration.** 12-3 p.m. Lake Anne Plaza, 11426 Washington Plaza W, Reston. Fifty years after Robert E. Simon, Jr. founded Reston, it continues to flourish and over 50,000 residents call Reston "home." Join the Reston Historic Trust and Museum for Founder's Day as they celebrate Reston's 50th anniversary and the 100th birthday of founder, Robert E. Simon, Jr.

**CrossCurrents: The Americas Ensemble Concert.** 6:30- 7:30

p.m. ArtSpace Herndon, 750 Center Street, Herndon. Life and music weave together in this unique project. The artists of the Americas Ensemble come from places north and south, as do the songs in this concert. From traditional Peruvian waltz to disco, from Mexico to Cuba and finally to the U. S., the musicians' life journeys are traced through the music. Tickets are \$10 for adults (includes Sangria and Salsa Bar) and \$8 for students

**SATURDAY/APRIL 5**  
**Reston 50/100 Founder's Day**

(includes Salsa Bar). Join Dr. Salguero for a pre-concert discussion and demonstration. Bring your acoustic instruments and join the demonstration. Free and open to the public. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org)

## SUNDAY/APRIL 6

**Mr. Vaudeville and Friends with Mark Brutsché.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. Buddy Silver, and alter-ego Mark Brutsché, returns to to prove, once again, that nothing can take the place of live entertainment. \$5 Reston/\$10 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**Dry Branch Fire Squad.** 3 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Dry Branch Fire Squad brings you traditional bluegrass music "on the ragged edge" with soaring vocals and creative work on wood and strings. They are known almost as much for their humor as for their music. \$15. <http://www.drybranchfiresquad.com>.

## WEDNESDAY/APRIL 9-SUNDAY/APRIL 27

**Mind, Heart, Vision Exhibit.**

ArtSpace Herndon, 750 Center Street, Herndon. Every spring Art teachers at Herndon High School invite senior artists to participate in a juried art show. Students show paintings, photographs, drawings, and digital art. Student work is juried by professional artists in the local community. The opening reception will be on Thursday, April 10 from 6-8 p.m. 703-956-6590 [www.artspaceherndon.org](http://www.artspaceherndon.org).

You are invited to Reston Association's  
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Tuesday, April 8 • 7 p.m. • Reston Association, 12001 Sunrise Valley Drive, Reston, VA 20191

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- Learn the results of the 2014 Board of Directors Election.

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# Reston Celebrates 50/100

## A historic year: 50th anniversary of Reston and 100th birthday of its founder, Robert E. Simon, Jr.

This landmark year of 2014 will honor two very special events in the history of Reston, the innovative, award-winning, planned community and New Town that was brought to life in 1964 by the vision of its founder, Robert E. Simon, Jr. (Bob Simon). The first Reston residents moved into their homes at Lake Anne that year, and 50 years later, Bob Simon is celebrating his 100th birthday in the community he created.

Reston is celebrating with commemorative “50/100” events throughout the year and various organizations in the community are presenting special tributes and celebrations of all sizes beginning in March with a special concert on March 23 presented by The Reston Chorale, the April 5 Founder’s Day celebrations, a screening of “The Reston Story” documentary film, and the Best of Reston gala, being held on Bob Simon’s April 10 birthday. All events related to 50/100 in 2014 will be listed on [www.RestonCelebrates.org](http://www.RestonCelebrates.org), and all those featured will be open to the public, some with free admission, and some requiring ticket purchase.

Participating organizations supporting the 50/100 events are Reston Community Center, Reston Association, Reston Historic Trust/Reston Museum, Greater Reston Chamber of Commerce, Reston Hospital Center/Hospital Corporation of America (HCA), Cornerstones, Reston Town Center, and Myers Public Relations, the host of RestonCelebrates.org.

singers accompanied by the Amadeus Orchestra. Presented by The Reston Chorale [www.RestonChorale.org](http://www.RestonChorale.org)

Village Center, 1609 Washington Plaza, Reston.

Celebrating the 100th birthday of Reston founder, Robert E. Simon, Jr. and the 50th anniversary of Reston. Free, and all are welcome.

Presented by Reston Historic Trust [www.RestonMuseum.org](http://www.RestonMuseum.org)

❖ Reston Anniversary Celebration – A Toast to Reston and its Founder, Saturday, April 5, 8 p.m.; Reston Community Center – Hunters Woods (RCC), 2310 Colts Neck Road, Reston

Enjoy a special private screening of The Reston Story (Working Title). Following the documentary, a panel discussion featuring the film director

Rebekah-Wingert Jabi, Reston founder, Robert E. Simon, Jr., and special guests will be held in the Community Room. The evening

will conclude with a toast to Simon’s 100th birthday and the 50th anniversary of Reston. Limited tickets available: \$50 for Reston residents, and \$100 for non-residents at the RCC Center Stage Box Office. Call RCC at 703-476-4500 for more information.

Presented by Reston Community Center – Hunters Woods; film produced by Storycatcher Productions [TheRestonFilm.com](http://TheRestonFilm.com)

❖ Best of Reston Gala, Thursday, April 10, 6 p.m. — Hyatt Regency Reston, 1800 Presidents Street, Reston

Hundreds will gather to celebrate this year’s Best of Reston honorees, and the 100th birthday of Reston founder, Robert E. Simon, Jr., who is also the honorary chair of the event. Ticket information is available online – advance purchase required.

Presented by Cornerstones and Greater Reston Chamber of Commerce; [http://www.cornerstonesva.org/events\\_list/best-of-reston/](http://www.cornerstonesva.org/events_list/best-of-reston/)

Many more events are listed, and event submission forms and criteria are available at [www.RestonCelebrates.org](http://www.RestonCelebrates.org).

### 50/100 Event Highlights

❖ Reston’s 50th: Celebrating the Vision and the Visionary, Sunday, March 23, 4 p.m. — South Lakes High School Auditorium, 11400 South Lakes Drive, Reston, VA 20191

Premiering the specially commissioned work, The Essential Life, by renowned composer Donald McCullough, in a singular performance featuring 100-plus

❖ Founder’s Day – 50/100: Tributes, Performances, Brick Dedication, Birthday Cake, Saturday, April 5, 12 – 3 p.m. — Lake Anne



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## SPORTS



Participants in the Reston Runners March half marathon make final preparations at the starting line. At the end of the day, new course records were made.



Vienna resident Kenyon Ericson sang the national anthem for both the Reston Runners March marathon and half marathon. Ericson also ran in the half marathon.

PHOTOS BY RYAN DUNN  
THE CONNECTION

# Reston Marathon Held Despite Weather

Hundreds participate in race held at Reston.

BY RYAN DUNN  
THE CONNECTION

Despite a continued rain, the Reston Runners held their annual marathon on Sunday, March 30 at South Lakes High School. Reston Runners is a club of 900+ members who share an interest in running, walking, and fitness. Proceeds from this event will benefit the Reston Runners Community Fund, a nonprofit organization that provides scholarships to area high school students.

"This is our second annual marathon and half marathon event," said Neil Knolle, a long time member of the Reston Runners. The race began and ended at South Lakes High School track at 11400 South Lakes Drive in Reston. The marathon course follows two gently rolling and scenic half marathon loops around Reston utiliz-

ing the roads and Reston's paved path system. Approximately 500 people registered for the full marathon and 250 people registered for the half marathon. The marathon had length of about 26.2 miles and the half marathon a length of 13.1 miles.

"All things considered, I think we had quite a good day," said Ellen Hart who has been with the Reston Runners since 2001. "Our volunteers were quite valiant to face the weather, and the runners seemed pleased."

Michael Wardian won the full marathon with a finish time of 2 hours and 44 minutes.

First place in the half marathon went to Matthew Clark, a Reston Runner who completed it in 1 hour and 20 minutes. "Both racers set new course records," said Hart. For more information on the marathon, visit [www.runnersmarathon.com](http://www.runnersmarathon.com).

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## ENGAGEMENT

# Eidson, Mauldin Engaged

**T**eri and John Eidson are pleased to announce the engagement of their daughter Ashley Michelle Eidson to Frank William Mauldin, Jr., son of Diane and Frank Mauldin of Hickory, N.C.

The bride-to-be is a graduate of South Lakes High School and the groom is a graduate of Hickory High School and the University of North Carolina Chapel Hill. Both graduated from the University of Virginia. The couple met while attending the university's first entrepreneurship competition in 2009.

Ashley is a Senior Creative Manager at WorldStrides, a Charlottesville-based educational travel company. Will an Assistant Research Professor at UVa and Chief Technology Officer at Charlottesville-based medical ultrasound start-up Rivanna Medical.

The wedding is planned for August 2014 in Crozet, Va.

**Ashley Michelle  
Eidson and  
Frank William  
Mauldin, Jr.**



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# Reston at 50: Pride in Community

FROM PAGE 5

seemed pretty cool to the girl from Montana.” Williams has taken most of the changes to Reston in stride – although the closure of a Hunters Woods establishment called Fritzbe’s (“It was like the ‘Cheers’ of Reston”) brought some sadness, but she expresses the same concern as Shaw. “We need to keep in mind Robert Simon’s original Master Plan. Reston is the green spaces and thinking about how to connect each new area in more ways than just with cars.”

❖ Those open green spaces and the ability to be surrounded by woodlands while only minutes from everything you might need brought **Mary Beth Coya** and her husband to purchase the very first lot in a new Reston cluster. They - and six other families - all moved in on Memorial Day, 1986. “My mother-in-law lived in McLean and she was horrified by our decision,” Coya remembers. “She asked us why we wanted to move to ‘the end of the earth.’” With no Toll Road and no Fairfax County Parkway and much of Route 7 a two-lane road, no wonder Coya got that reaction. But there have been no regrets. “I have a gorgeous lot. I have watched what I planted grow all these years. Little twigs that are now 30-foot trees. And it’s all surrounded by these walkable communities.”

Coya, the Vice President, Public and Government Affairs for the Northern Virginia Association of Realtors, describes her location as her “little piece of perfection with all of the amenities.” She loves the serenity where she lives coupled with the fact that she has an ever-increasing choice of shops, restaurants and entertainment options within brisk walking distance. “When Town Center came along, suddenly we had parades and festivals and other events that just strengthened the sense of community. In Reston, you get so much, *and* you get it with neighbors who still look out for each other and take time to get together.”

❖ That same sense of community defines Lake Anne, according to **Bud and Susan Burwell**, owners of the Reston Used Book Shop in the Plaza. Susan toured the model homes at Waterview Cluster during their construction in the early ‘60s and vowed that she would live there one day – which she does. Like Coya, Susan Burwell’s family reacted negatively to that goal. “To pay \$22k for a townhouse in the woods! Maybe if it was Georgetown!” But come to Reston Burwell did in 1980. Mrs. Burwell’s words about her home base sound like echoes from other residents interviewed. “It’s part of what makes Reston so different,” she said. “In our neighborhood there are units ranging from 2 – 5 bedrooms. They meet people’s needs at different times of their lives. We have a lot of folks who move up to accommodate growing families, then back down when they are empty-nesters.”

Susan came to Reston first. Husband Bud, a self-proclaimed “military brat” whom she had known in high school had other places to see and things to do before making his way back to Susan and Lake Anne, although he declares their home here to be “my fa-



**Jill Norcross photographed at the Hyatt Regency Hotel in Reston Town Center. Norcross currently chairs the Board of the Reston community service organization Cornerstones. “This is a great community,” enthused Norcross, “a caring community where everyone is welcome and people do a lot to help each other.”**

vorite place I have ever lived.” In 1988 they became a couple, and Bud started working in the bookshop part time, while teaching in the Fairfax County Public School system.

The store has been a beloved part of the Lake Anne landscape since 1978, although the Burwells only took ownership in 1999, buying from the “Two Sues” - Sue Schram and Sue Wensell - who owned it originally. Since one Sue still lives just upstairs and one just around the corner, they keep a rocking chair in the reading room for their use – so you had best be prepared to give it up when one of the “Sues” come in! [Time Out! The interview with the Burwells goes on “PAUSE” as Susan points out the window facing into the plaza. “There goes Bob Simon,” she says. “He’s probably meeting someone for lunch.” “You see him around a lot,” agreed Bud.]

The Burwells like to create an atmosphere in the shop that mirrors the communal sentiment of the village. “Kids come in to sit and read when their parents are eating out here. They play in the fountain in the summer and we give them rubber duckies to add to the fun,” said Susan, while Bud, a musician himself, helps the Friends of Lake Anne by bringing musical events to the Plaza. The shop even hosts the “5<sup>th</sup> Sunday Blue Grass Jam on each of the four fifth Sundays of the year.”

Any concerns about the path that Reston is on? “Sure, we’re nervous about the proposed Lake Anne revitalization,” admitted Susan, “but we’re also optimistic. There’s been a great level of communication all around.” “That’s part of what holds us here,” was Bud’s response. “There’s a lot to look forward to. We need to stick around and



**Reston Association President Ken Knueven and Lake Anne resident ready to jump into the freezing cold lake during the Winter Polar Dip. Knueven thinks there is plenty to celebrate about Reston’s last 50 years, but acknowledges that there’s lots to work on going forward.**

see what’s next.”

❖ Community involvement continued to be the theme when relative “newbie” **Jill Norcross** (she’s *only* been a resident for about 10 years) shared her thoughts on Reston. Norcross worked in Town Center for some time, right after college. Her parents live in Reston. With family ties and having an up close and personal view of the development of the town, she and her husband felt more and more drawn to relocate here from Alexandria. “We live so close to Town Center we can just walk here. We have a pool, tennis courts, playground and trails through the woods right across the street. We looked all around Northern Virginia, but from what we could see, Reston really has it all.”

The diversity of Reston was also a factor in their decision. “We didn’t want our kids to grow up someplace that only had single family houses with no diversity in the cultural make up of the community. We wanted them to have more full and real experiences. Reston was built to provide that.”

Norcross is an affordable housing consultant, working with clients and communities that want to increase affordable housing options in their areas. Easy to see the connection that she developed with local social service agency Cornerstones (formerly Reston Interfaith), where she now serves as Chairman of the Board. Norcross is in a position to see first hand how much still needs to be done to ensure that all of Reston’s residents enjoy the standard of living that has come to be associated with the town. “There are a lot of people who haven’t recovered from the economic downturn, or who have been effected by sequestration.

Poverty can be almost invisible, especially someplace as generally prosperous as Reston, but part of the appeal of Reston is the fact that we have a homeless shelter right in the middle of daily Reston life – not tucked away somewhere. I think that shows the kind of commitment this community has to acknowledging and working on the problems.”

❖ All of the interviewees expressed the need to protect Reston’s founding principles come what may during the next 50 years of the town’s growth, and **Ken Knueven** couldn’t agree with them more. That’s one of the main reasons he became involved with the Reston Association. Knueven has served in a number of capacities and is now in his second term as the President of the nonprofit organization that maintains the 1300 acres of open space, the recreational facilities, paths, and infrastructure of Reston with the Town Center and the Dulles Corridor that encompasses the local Metro Stations of the long-awaited Silver Line, being the exceptions.

Knueven remembers the excitement when Reston was being developed. “Coming out here was like a trip to Disneyland,” he recalls. “There was just nothing like it anywhere else. And when Dulles Airport was built, that made it something out of Star Trek.” The son of a Navy Captain who was frequently stationed at the Pentagon, Knueven spent a lot of his youth in Fairfax County and recalls his Alexandria school class being bussed out to attend the grand opening ceremony at Lake Anne. “That day, and our many family outings to Lake Anne, sold me on Reston even back then. When I got my first paying job and had the ability to buy something of my own, it was here.”

Knueven understands Bob Simon’s wish to provide housing for everyone in all phases of their lives. “I am living proof that Bob’s idea works. I am on my fourth property here in Reston, having chosen different places for different stages and needs. I am in Waterview Cluster now and I love it. I may own other properties in my life, but this one I will always keep in the family.”

Settling into the area and making friends with his neighbors, Knueven soon learned that even “Disneyland” has challenges to face and that pulled him into the Reston Association where he could listen, learn, and do his part to keep Reston thriving. “We are thrilled to be celebrating the 50<sup>th</sup> anniversary of Reston, but with that milestone comes the fact that some of our communities and infrastructure are feeling and showing their age. There’s a lot to be done, and it won’t be easy.”

Like Kate Shaw, Knueven feels mostly positive about the changes he’s seen over the years, but he also recognizes that the changes are now coming on all fronts and with exponential speed. That’s why “it’s more important than ever that the many voices of Reston work together to do what’s best for our common denominator – Reston.” With some 130 homeowners’ associations, the Reston Association, The

SEE RESTON, PAGE 15

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# Thanks, Coach...



By KENNETH B. LOURIE

...my Certified Holistic Health Coach, Rebecca Nenner, that is. (Visit [www.healthcoachdiva.com](http://www.healthcoachdiva.com) for information leading to a healthier lifestyle.) More than a coach, Rebecca is my friend – and has been for many years. A former co-worker at the Connection Newspapers, Rebecca is as passionate about health and fitness as I am about the Boston Red Sox. She has been my guiding hand now for over five years, most especially when I was first diagnosed with stage IV lung cancer back in February, 2009. Although there are no whistles involved in her coaching, there are phone calls, e-mails, YouTube videos, Webinars and miscellaneous other advisories regularly landing in my in box. To say Rebecca has saved my life might be an overstatement, given that I am being treated by an oncologist; however, she has given me an alternate perspective on what I can do to help my body survive my treatment and live like I have a present and a future, a gift if ever there was one.

To say that I was a bad eater (think problem child) would be unfair to any child ever characterized as a “bad eater.” My joke was: I eat about 10 things – all the time: meat and potatoes, bread and butter, bagels and cream cheese, pizza and more pizza; cake, cookies, candy and ice cream; bologna and hot dogs; sugary drinks for breakfast, lunch and dinner; salty snacks. I could go on, but I’m sure you get the picture, as Rebecca certainly did; and presumably you’ve noticed no mention of salad, fruits or vegetables included in my list. I wouldn’t say – or even admit to, intentionally ignoring the produce section in the supermarket but one would be hard-pressed to notice me walking toward that outside-aisle-type area of the store unless it was on the way to the Entenmann’s display. Typically, I shopped in the middle aisles where generally speaking, all the canned, pre-packaged, processed, non-organic, less expensive and shall we say, less healthier alternatives were/are readily available.

Though I had healthy parents who both lived well into their 80s, neither of whom ever exhibited any history of cancer, I was diagnosed with terminal lung cancer at age 54 and a half, a long-time non-smoker to boot. I was given a “13-month to two-year” prognosis at the time. Processing that kind of information doesn’t happen overnight, I can tell you that. But eventually, you begin to sift through your options, traditional and otherwise, and proceed on a course of treatment/action that either stands you pat or changes you. I decided change was necessary and sought out Rebecca’s help.

The goal was to make my body’s blood chemistry (ph balance) as high and as inhospitable to cancer cells as possible by eliminating certain foods (basically everything I eat), and try to increase the oxygen in my blood stream and minimize the acid. The goal: to strengthen my immune system for the fight ahead. This meant – among other avenues – drinking alkaline water (using a machine that converts tap water to alkaline water, highly oxygenated), and following an alkaline diet: 75 percent alkaline and 25 percent acid. In addition to eating different foods than I ever used to (I give myself a “C;” friends who know my eating habits say I deserve an “A”), I take about 40 pills a day: Turmeric and Curcumin, Royal Jelly, Sea Kelp, Ubiquinol, Pancreatic Enzymes, Chinese Chlorella and Spirulina, Red Krill Oil, Juice-Plus multivitamins: Orchard, Vineyard and Garden blends; Resveratrol, probiotics, vitamin C, vitamin D; in addition, I mix/drink baking soda with 8 oz. alkaline water once a day; I mix/drink one tablespoon of Bragg’s Organic Apple Cider, with the “mother,” into my alkaline water once a day; spoon out 4 table-spoons of pureed asparagus twice a day; make fresh fruit/fresh vegetable smoothies once a day which also include flaxseed oil, almonds, hemp seeds, organic blackstrap molasses (unsulfured), and maybe even ginger if I can stand it (it’s very strong). I’ve recently added wheat grass and almond milk to my regimen. Next up will be apricot kernels and whatever else Rebecca tells me – within reason, because I’m still very particular and this whole eating thing is practically impossible for me to maintain.

What does all this stuff do? I don’t really know, but Rebecca does and I trust her. And five years later, I’m living proof. Even though I’m a survivor and a believer, I’m not a very good explainer. As I’m fond of saying, I know sports and chocolate. Rebecca does know more than that, a lot more, and for that, I am eternally grateful – and extremely fortunate to have her in my corner, because this cancer thing is definitely a fight.

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

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## 21 Announcements

**ABC LICENSE**  
Advani, Inc trading as Supper Club of India, 364 Elden St, Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Mixed Beverage Restaurant on Premises license to sell or manufacture alcoholic beverages. Naresh Advani, Member of Inc.  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

## ABC LICENSE

IBG Virginia, LLC trading as Inchin's Bamboo Garden, 13059 Worldgate Dr, Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Vera Kodeboyina, member.  
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**THURSDAY/APRIL 3**  
**Walk in Registration Session.** Crossfield Elementary, 2791 Fox Mill Road, Herndon. 4-7 p.m. Crossfield Elementary School is accepting registrations for the 2014-2015 school year.

**SUNDAY/APRIL 6**  
**Cat Adoption Event.** 1-4 p.m. Reston Petsmart, 11860 Spectrum Center, Reston. www.lostdogrescue.org

**WEDNESDAY/APRIL 9**  
**MOMS Club of Reston.** 10 a.m. YMCA, 12196 Sunset Hills Rd, Reston. MOMS Club of Reston is a social and support group for mothers who primarily stay at home with their children, including those with home-based businesses or who work part-time. Our only membership requirements are for you to be a mom or dad living in Reston. Learn more at momsclubofreston@yahoo.com.

**Lifeline Screening.** Unitarian Universalist Church, 1625 Wiehle Avenue, Reston. Residents living in and around the Reston, Virginia community can be screened to reduce their risk of having a stroke or bone fracture. Packages start at \$149. For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit www.lifelinescreening.com. Pre-registration is required.

**SATURDAY/ APRIL 12**  
**Take Control of Your Blood Sugar.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Certified Health Coach and Pre-diabetes Educator Anita Capizzi, R.N. will present ways to lower your blood sugar levels naturally through diet and exercise. Free.

**THURSDAY/APRIL 17**  
**Women's Club of Greater Reston Meeting.** 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. The guest speaker for the April meeting will be Linda Fuller, owner of Lake Anne Florist, Virginia Wine & Gourmet. Linda will demonstrate the art of flower arranging. Come prepared to be entertained and learn from one of the best. Free and open to the public. (No need to be a Reston resident.) Refreshments provided. For more information, please visit www.restonnewcomers.org or call Sharon at 571-201-8719.

## Reston

FROM PAGE 12

Reston Town Center Association and other groups like the Reston Citizens Association all passionate about their Reston focus, cooperation hasn't always been the name of the game. "But together we are finally getting our seat at the adults' table, and that is crucial for the welfare of all of Reston," said Kneuen. "There's a very encouraging level of cooperation and communication. We may have different missions and different points of view, but as separated as it can seem at times, it is still Reston."

Reston has certainly been fortunate. With its close proximity to DC and the government, with the types of businesses that have come here, the community can be said to have, in large part, been spared from the worst effects of the recent economic woes. But listening to the stories about Reston "back in the day" and what makes so many people determined to "Live, Work, Play and Get Involved" in whatever part of this new "Ur-burb" of Reston they call home, it's obvious that it was more than just luck that got Reston to where it is today. It sounds like the ripple effect from Robert Simon's 7 Goals and the people who settled here can take a lot of the credit.

Tired of winter? Ring in spring with family fun at RCC.

# MR. VAUDEVILLE AND FRIENDS!

with Mark Brutsché



**Sunday, April 6 • 3:00 p.m.**

**the CenterStage • RCC Hunters Woods**  
\$5 Reston/\$10 Non-Reston

Buddy Silver, the self-proclaimed Mr. Vaudeville and alter-ego of local funny man Mark Brutsché, returns to the CenterStage Motion Picture & Vaudeville House to prove, once again, that nothing can take the place of live entertainment. With help from friends and the audience, it's an afternoon of fun that will leave the whole family in stitches.

## EGGNORMOUS EGG HUNT

FREE

AGES 1-8

### SATURDAY, APRIL 12

10:00 a.m. - 11:30 a.m. • Brown's Chapel

11300 Baron Cameron Avenue, Reston, VA • Located across from Lake Anne Plaza

Once again, Reston Association hosts RCC's Egnormous Egg Hunt at the lovely Brown's Chapel Park. Carnival games, entertainment, moon bounces, prizes and a strolling magician will be featured along with our ever-popular egg hunt.

THE EGG HUNT STARTS AT 10:30 A.M. SHARP.

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For more information, please contact Debbie Heron, RCC Youth Program Director, at 703-390-6163

Rain Date: Saturday, April 19 • Rain dates and times are one hour earlier.



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# Senior Living

APRIL 2014

PHOTO BY ALEX MCVEICH/THE CONNECTION



Reston's founder, Robert E. Simon, will turn 100 years old later this month. Simon is pictured here on the celebration of his 99th birthday.

Reston  
CONNECTION



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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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# Senior Living

## Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL  
THE CONNECTION

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

"I had been bothered by a lot of neck pain from arthritis," said Wulchin. "I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion."

A turning point came after she was struck by a passing comment from one of her doctors. "My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it."

Wulchin embarked on a twice-weekly ritual that she describes as life changing. "My gentle yoga classes have been a God-send," she said. "I have less pain now. I still



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

have some stiffness, but I have a better range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American

Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old.

They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants SEE YOGA, PAGE 8

## More Seniors Plan To Age in Place

BY MARILYN CAMPBELL  
THE CONNECTION

The AARP reports that nearly 80 percent of adults age 65 and older want to remain in their current homes as long as possible. That population is growing. According to the Department of Health and Human Services' Administra-

Many local techniques and programs can help seniors stay in their homes longer.

tion on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

"We're showing people how to modify their home so that it is accessible," said said Robert C. Eiffert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. "We're talking about things like adding a ramp to your front door, changing your door knobs and cabinet handles for people who have arthritis in their hands."

"There are wonderful emerging technologies that allow adult children to monitor their parents who live alone," he said. "It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morning, an adult child might think, 'Hmmm, I need to check.'"

Andrew J. Carle, director of the Senior Housing Administration at George Mason

University, recommends First Street for Boomers and Beyond ([www.firststreetonline.com](http://www.firststreetonline.com)) which offers products for seniors and their caregivers. "Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe."

**A LACK OF SOCIAL** interaction and mental stimulation can contribute to depression and mental deterioration, Carle said. Or-

SEE HOW TO AGE, PAGE 6



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University take an educational field trip. Opportunities for socializing and learning are important as one ages.

Reston  
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Senior Living

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# Celebration: Senior Living

## Bob Simon Celebrates 100 Years, Reston Turns 50



1966

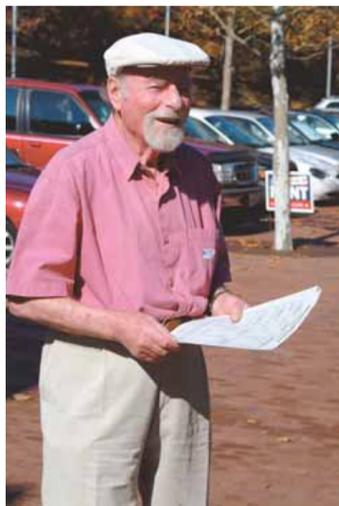
Robert E. Simon Jr., was born in New York City in 1914. After graduating from Harvard, Simon took over the family real estate management and development business. In 1961, with the proceeds from the sale of a family property, Carnegie Hall, Simon purchased 6,750 acres of land in Fairfax County which would become Reston.



1968



1986



2004

### TIMELINE: 100 Years of Robert E. Simon Jr.

**1914:** Robert E. Simon Jr. Born  
**1922:** Robert E. Simon Jr.'s Grand Tour of Europe, School in Paris  
**1925:** Robert Simon Jr.'s Father Purchases Carnegie Hall from Louise Carnegie  
**1931:** Robert E. Simon Jr. Graduates from Horace Mann  
**1935:** Robert E. Simon Jr. Graduates from Harvard  
**1935:** Father, Robert E. Simon Sr. Dies  
**1942:** Robert E. Simon Jr. Enlists in the U.S. Army  
**1946:** Robert E. Simon Jr. Leaves U.S. Army as a Captain  
**1960:** Robert E. Simon Jr. Sells Carnegie Hall to New York City for \$5 million  
**1960:** Robert E. Simon Jr. signs contract to purchase 6,750 acres of farmland and woods located between DC and the airport under construction (to be named Dulles)  
**1962:** Fairfax County Board of Supervisors adopts Residential Planned Community Ordinance (RPC)  
**1964:** Singer Electronics Laboratory and Air

Survey Corporation open for business. First residents move in.  
**1964:** Carnegie Hall Declared a National Historic Landmark  
**1966:** Official dedication of Reston with presentations by Poet Laureate Steven Spender and NYC Parks Commissioner August Hecksher, interior Secretary Stuart Udall and representatives of 37 countries with "New Towns"  
**1997:** Robert E. Simon Jr. returns to Reston and move into condo on 13th floor of Heron House  
**1998:** Robert E. Simon Jr. meets Cheryl Terio, his wife  
**2002:** Reston designated a National Planning Landmark  
**2004:** The first Founder's Day was celebrated on April 17, 2004, on Reston's 40th Anniversary.

**SOURCES:** Robert E. Simon Jr.; Reston Museum Biography of Robert E. Simon Jr.; George Mason University Libraries; Reston Connection Archives.

It would be difficult to find a better example of the vibrancy possible in the so-called senior years than Bob Simon, founder of Reston, who will turn 100 years old this month.



PHOTO BY ALEX McVEIGH/THE CONNECTION  
**2012:** Robert Simon cuts the birthday cake at the annual Founder's Day celebration at Lake Anne Saturday, April 14, on the occasion of his 98th birthday.

### Simon's Favorite Places in Reston

In his own words:  
 ♦ My bed in 1301 Heron House — I love to sleep and nap  
 ♦ Lake Anne Plaza (officially designated Washington Plaza) — Modeled after plazas throughout the rest of the world as the social glue of communities  
 ♦ Jasmine and Montmartre restaurants on Lake Anne Plaza — good food, reasonable prices  
 ♦ Pathways and trails going all around Lake Anne — beautiful views, lovely gardens  
 ♦ Fountain Square in Town Center — a true gathering place with its pavilion for skating in winter and events the rest of the year; restaurants and shops  
 ♦ Nature Center — 70 acres of natural beauty and its Nature House for permanent exhibits and frequent classes  
 ♦ Center Stage at Reston Community Center, Hunters Woods — a fully equipped stage with orchestra pit, seating 300 and offering a full schedule of concerts, plays and events  
 ♦ Reston Regional Library  
 ♦ The park located just East of GRACE [Greater Reston Arts Center]  
 ♦ New tennis courts for small children converted from two regular courts located on Washington Plaza W.



**2008:** Reston founder Bob Simon and resident Lee Rau listen as Jennifer Lapple conducts the Flute Force during its performance on Founder's Day.



PHOTO BY ALEX McVEIGH/THE CONNECTION  
**2012:** Reston residents sing "Happy Birthday" to Reston founder Robert Simon on the occasion of his 98th birthday.



**2007:** Bob Simon with a bust of his father at Carnegie Hall. Simon sold Carnegie Hall, using the money to buy the land that would become Reston.



CONNECTION FILE PHOTOS AND CONTRIBUTED PHOTOS



**2009:** Bob Simon, who had just turned 95, toasts the people of Reston, the town he founded 45 years ago.



**2011:** Mary and David Supley Foxworth of the 'Mallow Drama' bakery watch Bob Simon cut his birthday cake at the celebration of his 97th birthday.



**2008:** Chuck Veatch leads the community in singing "Happy Birthday" to founder Bob Simon.



**2009:** The honored couple, Cheryl Terio Simon and Robert E. Simon Jr., Reston's founder, watch the Reston Community Orchestra's Brass Quintet.



2011



PHOTO BY ALEX McVEIGH/THE CONNECTION  
**2013:** Reston founder Robert Simon blows out his birthday candles as the crowd sings "Happy Birthday" at Lake Anne Saturday, April 13 on Simon's 98th birthday.



**Reston founder Robert Simon gets a 98th-birthday hug from Beverly Cosham during the Founder's Day celebration Saturday, April 13, at Lake Anne.**

## Senior Living

# Aging in Place Gracefully

FROM PAGE 3

organizations like the Osher Lifelong Learning Institute (OLLI) at George Mason University, offer opportunities for intellectual stimulation and cultural experiences for retirees in Northern Virginia.

“OLLI, as we call it, is for people who don’t want to sit around and watch television all day,” said Carle. “Professors volunteer their time to give lectures on art, history, science and other topics. Listening to professors speak about stimulating topics helps keep their brains sharp.”

Jennifer Disano, OLLI’s executive director, says the group has 1,200 members, and is funded by an endowment from the Bernard Osher Foundation. The group’s main campus is in Fairfax, but other campuses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in traditional college classrooms and don’t want the pressure of writing papers and taking tests, but are still interested in learning.

“We have people here who were economists and worked with finance, but in their retired life they want to explore areas ... like art classes or history classes,” she said.

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. “We have a wide variety of professionals and a wide variety of groups that meet,” he said. “We have a group that meets to talk about financial investments. Another group meets every Monday morning at 9 a.m. and looks at the past week’s headlines from the Washington Post, New York Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves.”

**VILLAGES ARE** community-based organizations designed to help members help each other remain independent and in the communities of their choice. “Back in 2000, villages started with a group in Boston, and in 2007 there was a big boom,” said Barbara Sullivan, executive director of Mount Vernon at Home in Mount Vernon. “It is community-based. Every village is different, but they’re there for people who want to age in place.”

Eiffert, of George Mason, says village members define the type and scope of services. “A good starting point when creating a village is to survey the community members to determine their needs,” he said. “We provide technical assistance to community

groups that are interested in putting together a village and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village.”

There are a few different models, including the “Concierge Village,” which is a non-profit model that coordinates access to an array of services through vetted providers, including transportation, home repairs, care coordination and computer technicians. Most also include social and educational activities. Members arrange for services by calling a central phone number, and pay annual dues that can range from \$500 to \$800 for an individual and \$700 to \$1,200 for a couple.

The “All Volunteer” model organizes community volunteers to provide services and support to others. There are no paid staff. In some cases, hours donated by volunteers are “banked” and can be used in the future if the volunteer needs services or assistance. The “Neighborhood Network” is also informal. Groups meet on a regular basis to hear speakers on topics of interest selected by members.

**ANOTHER BIG GAP** is medication management, Eiffert said. “If someone can’t manage their own medication and can’t afford to pay someone to come in to do it for them, that is a service gap that forces people into assisted living facilities.”

Carle agrees that the decision to age in place is complicated. “The first knee-jerk reaction is that when asked, seniors want to stay in their own



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

**Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.**

homes,” he said, adding that those surveys can be misleading: “The surveys are not always credible if you’re surveying people who are 50-plus. I’m 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus.”

In addition, “people don’t always understand the economic, social and safety aspects of it,” he added. “You can create all kinds of technology and universal designs to create a house for aging in place, but a senior might not be able to afford it. It could end up costing far more than the best assisted living facility in town.”

Granny Pods, small prefabricated homes that allow families to house their relatives in small backyard cottages, are another alternative. “These small living units allow you to put an elderly relative in your backyard and hook up to your electricity,” said Carle.



### Local Villages

#### Fairfax County Villages

For more information about current Villages in Fairfax County, call, email or visit the web page of one of the Villages listed below:

❖ **Braddock District Council Aging in Place Program** — Email: [bwallbdc@gmail.com](mailto:bwallbdc@gmail.com)

❖ **Franklin Park Village** — email [e.duggan@verizon.net](mailto:e.duggan@verizon.net) or call 703-534-4964

❖ **Herndon Village Network (HVN)** — 703-582-9482

❖ **Lake Barcroft Village** — [www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)

❖ **McLean Community: A Village for All Ages (MCVA)** — email [mcleancommunityvillage@gmail.com](mailto:mcleancommunityvillage@gmail.com) or visit [www.mcva.weebly.com](http://www.mcva.weebly.com)

❖ **Mosby Woods Village** — [mosbywoodsvillage@gmail.com](mailto:mosbywoodsvillage@gmail.com)

❖ **Mount Vernon at Home Village** — [www.mountvernonathome.org](http://www.mountvernonathome.org)

❖ **Reston for a Lifetime** — [www.restonforalifetime.org](http://www.restonforalifetime.org)

❖ **Reston Useful Services Exchange** — [www.restonuse.org](http://www.restonuse.org)

To learn more, visit the Village to Village Network at [www.vtvnetwork.org](http://www.vtvnetwork.org).

# Senior Living



The Lee Center Dancers, who came in third in a 2013 Senior Olympics line dancing event, are: Kathy Fanelli, Annandale; Neelima Gokhale, Arlington; Inga Ercolano, Arlington; May McWilliams, Arlington; Marcia Diamond, Arlington; Janey Brauninger, Arlington; Melissa Mendell, Arlington; and Bill Wong, Fairfax.

## Northern Virginia Senior Olympics Mission: Living Healthy Longer

“Living healthy longer is the mission of the Northern Virginia Senior Olympics,” said Dave Jerome, of Burke, chairman of the Northern Virginia Senior Olympics. “It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events from sports to board games.”

The 2014 Northern Virginia Senior Olympics will take place Sept. 13-24 at 18 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, men’s basketball, handball, ERG rowing, Wii bowling, ten pin bowling, eight ball pool, horse-

shoes, softball hit and throw, yo-yo tricks, bocce, Frisbee throw, golf, miniature golf, bunco, men’s and women’s basketball free throw, team line dancing, volleyball, badminton, cycling and more. Gold, silver and bronze medals are awarded after each event. All events are open to the public.

Online registration will be available at [www.nvso.com](http://www.nvso.com) after July 1. Registration forms will be available at senior residences, community centers, seniors centers or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration. Registration deadlines are Aug. 29 (mail) and Sept. 5 (online). The Northern Virginia Senior Olympics is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.

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## Senior Living



Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.

# Yoga for All Ages

FROM PAGE 3

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

"The main thing that I hear is that you have to already be flexible to do yoga," said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. "People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, 'If I can't do that, then I can't do yoga.'"

Pradas, whose students are mostly between 50 and 75 years old, said, "Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody."

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

"That is baby boomers going into yoga," she said. "Yoga for seniors is going to be the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for alternative ways of exercise because they are not going to be able to keep up with impact exercises like running."

In fact, she says gentle yoga classes are among the most popular at her studio. "I have students who are as old as 84. We deal with people who can't get on the floor," she said. "We use chairs. We work on balance

because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age."

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and older are among her office's most popular.

"Some of our [yoga] classes fill up within minutes of opening," said Collins. "We have people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill."

Sean .FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it's important to find a class that is a good fit.

"There are many kinds of seniors," he said. "There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions."

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into the community's fitness program. The instruction will be tailored to meet the needs of his clients. "We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors."

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs. "The future of senior housing will include science-based wellness activities like yoga," he said. "Anything that gets us beyond senior activities such as birthdays, Bibles, bingo and bridge is a step up."