

# THE RESTON LETTER

## Wow, Wegmans!

By Elyn Wexler, Staff Writer

At long last, Wegmans opened Feb. 1 at Halley Rise, the 36-acre mixed-use development at the intersection of Reston Parkway and Sunrise Valley Drive. The 85,000-square-foot supermarket includes two levels of indoor and outdoor seating for 200, and a 516-spot underground garage. It is open daily, from 6 a.m. to midnight. Shoppers were enthusiastic. "It's awesome! I'm so excited to have Wegmans here in Reston," said Realtor Debbie Anguizola. Samantha Baker agreed,



Photo by Isadora Guerreiro

pointing out that Wegmans in Reston "just makes sense: like minds with shared values. Looking forward to watching them grow, and continued connection with the community." The unique family-owned grocery chain, which started in 1916 in Rochester, New York, has a cult-like following. It is known for excellent customer service, and a wide variety of products, including large international



Johnny, Chef Vinny's son, enjoys an opening day croissant

Photo by Isadora Guerreiro

foods and cheese sections, a bakery, a deli, and seafood and meat counters. Wegmans-brand products are "higher quality, better tasting and more affordably priced" than comparable brand items,"

according to Wegmans corporate representative Mandee Puleo. They are clearly labeled with a wellness key; colored dots indicate the product's characteristics, such as gluten- or lactose-free, vegan, and heart healthy. Shoppers enter the new urban-style store at its restaurant section, where fresh sushi and poke bowls, pizza, salads and sandwiches, as well as pre-packaged sandwiches and meals are available. The area also has a self-serve soup station, and a self-serve coffee bar with Wegmans' signature coffee and espresso drinks. The produce section features in-season fruits and vegetables, picked daily and delivered directly to the store. Among the local options are tomatoes from Kirby Farms (Ashland), Asian pears from Mountainview Orchards (Alexandria); herbs from Soli Organics (Harrisonburg); and hydroponic lettuce from Fresh20 (Stevensburg). Other area products include Dano's Granola (Chantilly); beers from Virginia-based brewers Honor, Aslin, Mustang Sally, and Fair Winds; Blanchards Coffee (Richmond), Capital City Mambo Sauce (D.C.), and Ashman sauces and marinades (Virginia Beach). The atmosphere is bright and sparkling, with everything artfully displayed and easily accessible. For ease of movement, the store has two sets of elevators, escalators with an adjacent shopping cart conveyor, restrooms on both levels, ample self- and



Executive Chef, Vinny Tacci, helps opening day customers.

Photo by Isadora Guerreiro



Photo by Isadora Guerreiro

regular checkout lanes. Wegmans has earned a reputation for investing in its communities. Prior to opening, the store held a community meeting at the Reston YMCA "to let people know we are here,

and see how we could support them," Store Manager Katie Sullivan said. Representatives from the Y as well as "local high schools, the food pantry, Shepherds Center, the Reston Chamber of Commerce, Reston Association, the local history museum, and more nonprofits, all sat down together," Service Manager Amber Speziale added. "We asked them open-ended questions: What are the biggest needs in this area, how can we make the biggest impact, what can we do for you? We all have a common goal: to make the community better," Sullivan said. The commitment promises to continue. In the spring, Wegmans will give \$1,000 scholarship grants to five graduating seniors from two local high schools, and donate \$1,000 to South Lakes High School's food pantry, and \$10,000 to Food for Others. The store also will donate safe-to-eat and wholesome perishable food daily to Food for Others. The team wants to expand these community connections. "If you look around Reston, you'll see all these amazing buildings, you might assume it's a rich community. It is a wealthy area, but the people here understand that not everyone has the same resources, and there are a lot of programs to make sure everyone in the community gets the help they need - regardless of their race, sex, religious background, everyone is welcome," Sullivan said. "Those values align perfectly with how we operate."

## A Local US Champion Reston-Trained Figure Skater is Men's Champion

There is a national champion among us. Iliia Malinin, an 18-year-old figure skater who trains at SkateQuest in Reston, is the 2023 US men's national figure skating champion. In September, Malinin lit up the figure skating world when he became the first person to ever land a quadruple axel, the sport's most difficult jump, in competition. On January 29, he took home the National Champion title after competing at Nationals in San Jose, California. Malinin, a Marshall High School student, who lives in Vienna, and incorporates his nickname "Quad God" into his Instagram handle "@ilia\_quadg0d\_malinin." He took the title from Nathan Chen,

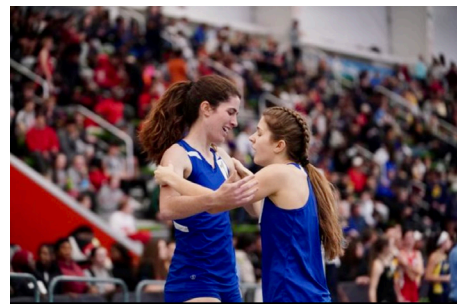
to whom he finished second in 2022. Malinin landed two clean quadruple axels in the short program on Friday and despite missing his first attempt at the quadruple axel in the free skate on Sunday, Malinin beat two-time Olympian Jason Brown by 10.43 points. In 2022, as a nationally unknown skater, 17-year-old Malinin was left off the three-man Olympic team due to his inexperience. The outcome motivated him, and on Sunday he attempted the most ambitious program in history, and was rewarded with the title. Malinin's parents are Soviet-born Olympic skaters who have coached Malinin since he first put on skates, and continue to see him shine.

### education



Broadway Night at South Lakes HS, Herndon High's Cabaret, and beyond

### sports



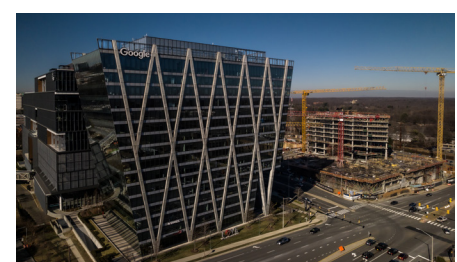
Good news from South Lakes Girls Indoor Track team, and Herndon High swimmers, Reston/Herndon hockey players join teams, and a youth wrestling tournament

### the bulletin



Meet a Reston artist, a Reston chocolatier, think outside the box on Valentine's Day, and see community Valentine's notes

### opinions



How a community responds to a free newspaper, fulfilling New Year's health resolutions in Reston, and similarities between the 1960s Reston Letter and today's

### lifestyle

Featuring a profile on the Running Cedar Park neighborhood, a restaurant review of Pupatella, and housing updates



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# THE BULLETIN

## Who's Next Door? Margarita Reyes, Reston Painter

By Elyn Wexler, Staff Writer

Margarita Reyes never met her illustrious great-grandfather, but his artistic sensibility lives on in her. The Reston-based artist is descended from Pedro Figari, a celebrated early modernist painter who lived in Montevideo, Uruguay, from 1861 to 1938. Reyes' aesthetic bent became evident when she was a child growing up in Montevideo.

"I liked art a lot in school, and did all kinds of things in order to be in front of paper, and draw, or paint, or knit," she recalled. Although her talent was nurtured in art classes at Montevideo's Atelier Sisto Pascale, more formal training took place after she left Uruguay in November 1985.

"I started painting and taking classes regularly when I was here in U.S.," she said, noting that she came

to the U.S. "to explore and find myself, to grow, and become who I am today."

For 27 years, Reyes worked at the Inter-American Development Bank (IDB) in D.C. "I was an assistant to seven bosses, and it was a lot of work," she said. She enjoyed taking the after-work painting classes the bank hosted. During her tenure at IDB, she also earned

an art degree at Montgomery College, and studied oil painting and drawing in Walt Bartman's workshops and classes at the Yellow Barn Gallery in Glen Echo Park. Ten years ago, Reyes

retired, and moved from Bethesda to Reston, embarking on "living the life that I love," she said. That life consists of being at her easel "at least once a week for hours without stop" as well as painting at a friend's house. Her yoga and mindful meditation practice and teaching, she said, "brings me peace in order to focus myself on what I am doing."



Photo courtesy of Margarita Reyes

In Virginia, Reyes has studied with local artists Jill Banks and Sara Sittig.

"All my teachers [have] inspired me, and helped me continue to grow," she said, crediting Sittig as "the

most influential to me about the way I paint now." Reyes described her subject matter as "houses, forests, plants, flowers, some people, mostly realism," she said. "I definitely follow the Impressionists and painters from the 1850s or so."

For artistic inspiration, "I look at magazines, the internet, photos or whatever I encounter that I am attracted to, and start making a sketch, and continue from there," the painter said. "Sometimes I've [worked] from my imagination, but not too often."

Reyes' work has been exhibited in group shows around the metropolitan area, including the IDB, where she won prizes; the Uruguayan Embassy, and Alexandria's Cobblestone Art Gallery.

Among her solo show locales have been the City Tavern Club, Weichert Realtors, and the Reston and Lake Anne community centers.

## Rotary Club and High School Students Pack 10K Meals

By Elysa Birman, Community Service Chair, Rotary Club of Herndon-Reston

The Rotary Club of Herndon-Reston held a Rise Against Hunger meal packaging event on January 28 at Aldrin Elementary School, attended by 50 Rotarians, members of the Interact clubs at from Herndon and South Lakes High Schools, and friends.

They packaged 10,152 meals consisting of rice, soy and dehydrated vegetables to send to a community in need. Rise Against Hunger is an international organization aimed at ending hunger by 2030 through meal packag-



Rotarians weighing and sealing food bags

Photos by Elysa Birman

ing events and sustainable solutions. Rise Against Hunger's current shipment is going to Uganda.

Rotary is a global humanitar-

ian organization founded in 1905 that focuses on serving communities by promoting peace, fighting disease, supporting education, and more.

The Rotary Club of Herndon-Reston is proud to make a difference and will continue to support similar events in the future.

Curious about joining

Rotary or Interact clubs at Herndon High School and South Lakes High School?

For Rotary contact: Membership Chair Dee Cascio Dee@LifeandWorkTransitions.com



Club members packaging rice, soy, and dehydrated vegetables. Photo by Elysa Birman

For Interact club information, contact: Youth Services Chair Richard Ramsburg rerams@aol.com

## Fresh Reston Valentine's Day Ideas

Try Dance Parties, Tea 'n Painting, Singles Dinner, or Winery Specials to celebrate the day

By Holly Weatherwax, Staff Writer

Valentine's Day is often described as a 'greeting card holiday,' but it falls during a month when many of us could use some cheerful social interaction. Whether you choose to celebrate the holiday as a romantic one, or to celebrate your friendships and family, there are many ways to celebrate in the Reston area.

### Fellowship House Dance Party:

You may have seen the new fellowship home that recently opened in Lake Anne: Lake Anne House. There is also a Hunter's Woods Fellowship House. Each year these residential homes for seniors have a celebration for their residents. This year Hunter's Woods will host a dance party with food and beverages. Each resident can invite a



Families from Reston's organization Kids Give Back made Valentines for fellowship house residents. Photos courtesy of Kids Give Back

guest to the party, which will take place February 14 at 2:00 p.m.

Each of these events will allow for volunteers, so if you are interested in helping bring some 'love' to the residents at Hunter's Woods, you can contact Resident Life Director Katherine Alexander at kalexander@fellowshipsquare.org or Curtis Whitlow at cwhitlow@eccdcommunities.org.

### Tea 'n Painting:

What about taking your best friend for a special event at The Lake House? Tea 'n Painting on Feb-

ruary 22 will allow you to spend time together while expressing your creative side! Sip your tea and create a landscape painting. At the end of class, you can take home your final masterpiece. No experience is necessary, and all levels are welcome. Wednesday, February 22 from 2:00-3:30pm at The Lake House. This event is intended for ages 55+.

Register at Restonwebtrac.org.

### Singles Dinner:

If you are single and looking for companionship, the Valentine's Singles Event Dinner at Hidden Creek Country Club might be of interest. Sponsored by the Heart to Heart Dating Service, it will take place on February 11 from 8-11 p.m.



It is advertised for, 'Professional quality singles 30-55 years old,' and is open to the public. Beyond that, the invitation simply requests that you 'Dress to Impress!' You can find out more information and register on the Eventbrite.com website.

### Fleetwood Farm Winery:

Maybe you want to do something a little bit romantic? Why not head out to Fleetwood Farm Winery, owned



Photo courtesy of Fleetwood Farm Winery

by Reston's very own Jamie McClellan and Skip Edgmond? They are offering a special bottle of sparkling Rose, a flatbread of your choice and four special cheesecakes from the Cheesecake Bean. You can enjoy this all at a private table for two.

Reservations are required and can be made by emailing Alex@fleetwoodfarmwinery.com by Wednesday for the following weekend. This Valentine's Special will run for the entire month of February.

Before you dismiss Valentine's Day as another excuse for gifts, consider one of these fun local activities!



REGISTER FOR  
SPRING BASEBALL!  
RHBASEBALL.ORG



# THE BULLETIN

**RESTON TOWN CENTER**  
Horse-drawn carriage rides through twinkling RTC streets  
February 11-14

**SCRAWL BOOKS**  
Story Time with Susan Stockdale  
February 18 at 11 a.m.

**RESTON COMMUNITY CENTER**  
Spring Flea Market: March 4  
register now to be a vendor

## Business Spotlight: Chesapeake Chocolates

By Terri Wright, Bulletin Editor

Chesapeake Chocolates is a hidden gem. It is either steps away, or a short car ride from your home. Nested on a bank of shops facing the inlet at Lake Anne Plaza, Chesapeake Chocolates has all your candy and gift ideas. If you live around the lake or North Point, rather than battle traffic lights and busy parking lots, grab your dog's leash and lace up your sneakers. Just a stroll down the Reston pathways leads to unique customized chocolates and more! The owner, Doris Tyler, has been stirring the chocolate pot for over 25 years.



Photo by Benjamin Burgess

Tyler apprenticed with her sister who owns a shop herself in Massachusetts. And thus, Chesapeake Chocolates was born and ran out of the Tyler home. With a dedicated and loyal clientele, Tyler took the leap to brick and mortar in 2014. She shared rent with the Lake Anne Florist shop. Two years later when the flower shop closed, Doris expanded her footprint into the entire space. Virginia wines, work from local artisans, and shops who benefit those with disabilities.

Chocolate abounds in the small shop. All items at the shop are handcrafted. A glass case near the kitchen displays the impressive selection: truffles, barks, fruit,



Photo by Benjamin Burgess

nut, caramel and crunch varieties. Customers can choose from as few as four chocolates to as much as a two pound box. Seasonal and mainstay molded forms abound: hearts, dogs, trees, bunnies, fish, sailboats, musical notes, and chocolate crabs—which can be bought by the bushel. “We both had ties to the Chesapeake Bay. My husband is from Crisfield, MD, we all enjoy steamed crabs, and we decided chocolate shaped crabs would be one of our signature items,” Doris explained. Beyond being a small business owner, Tyler is a commu-

nity partner. She apprentices and employs residents with disabilities. Chesapeake Chocolates sponsored "Sparc's boat" at the annual Lake Anne Cardboard Boat Regatta this past year.

“I enjoy being a small business owner in Lake Anne Plaza, a small but vibrant community. We've been supported by customers who have become friends, by those who drop off a package at the postal unit and stay to chat, by neighboring business owners who coordinate events and activities with us.”

This Valentine's day share some love and chocolate with your neighbors.



Photo by Benjamin Burgess

## Dedications

**Dedications**  
DO YOU HAVE SOMETHING YOU WANT TO SHARE WITH THE COMMUNITY? IN OUR NEW DEDICATIONS SECTION YOU CAN SHARE:

ENGAGEMENTS      WEDDINGS  
 BIRTHS                DEATHS  
 GRADUATIONS      THANK YOU  
 WELCOMES            GOODBYES

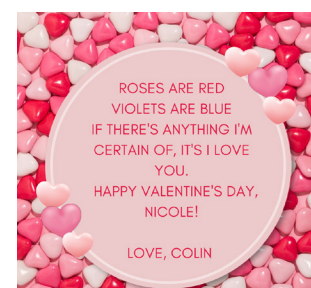
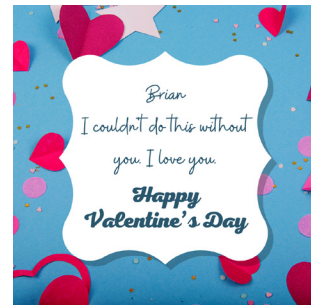
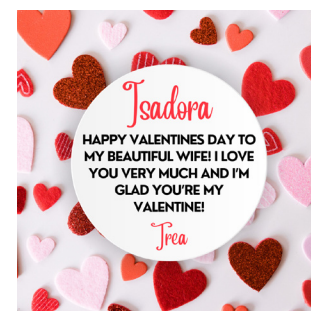
FILL OUT THE FORM OR EMAIL: [dedicationsrestonletter@gmail.com](mailto:dedicationsrestonletter@gmail.com)

## Reston Resident Ellen Miller Cunningham

Ellen Miller Cunningham, age 93, died on December 29, 2022. She was born September 15, 1929 in Braddock, PA. She was the daughter of William and Florence Miller with three younger brothers, who all predeceased her. She was married for 30 years to Joseph E. Cunningham who predeceased her and is survived by their five children and spouses: Marcia (Roland), Michael (Betsy), Rebecca (Peter), Joseph (Heather), and Christopher (Fernanda) and their families. In 1968, Ellen was inspired by a new community concept called Reston and convinced Joe to move there. Ellen worked for Gulf Reston then became a successful real estate broker selling properties. Ellen joined a real estate development company, Driscoll Properties which developed communities throughout



Northern Virginia. She won several awards in the industry including being the first woman to receive The Golden Oval from the American Cyanamid Company. She truly enjoyed meeting people from all of the world and helping them establish a home in the area. During that time, Ellen had a loving relationship with John P. Lawrence with whom she spent the next 35 years until his passing in 2011.



**Runners Marathon of Reston**

**REGISTER NOW**

Run your heart out! Proceeds provide scholarships to local high school students. Half marathon and 5K options

Sunday, April 2  
7:30 a.m.  
South Lakes High School

Hoodies for all volunteers! Great swag for runners!

[RUNNERSMARATHON.COM](http://RUNNERSMARATHON.COM)

**HAPPY VALENTINE'S DAY**

TO EMDAD AND DYLAN  
THANK YOU FOR STICKING WITH ME THROUGH IT ALL AND HELPING WITH MY NEXT BIG ADVENTURE! -MRS. C.

# EDUCATION



This spot among the trees is one of our favorite play spaces at Hunters Woods Cooperative Preschool!  
Photo by Sheri Kelleher



Hunters Woods Elementary 4th grader Andrew Lacoursiere shows his enthusiasm for student-created art and the value of respect. Photo by Meggan Lacoursiere



South Lakes High students who are members of Ink, a non-profit children's book company, pose with FCPS superintendent Michelle Reid. Ink is a non-profit that was started by 17 SLHS students at the beginning of the 2022-23 school year. They are publishing diverse and unique stories to empower the next generation of readers.  
Photo courtesy of Ink



Students and staff at Dominion Christian School had Spirit Week upon return from winter break. Here a 9th grade Piglet, faculty Cruella de Vil and 12th grade Snow White show their school spirit. Photo courtesy of DCS



Local elementary students Nelli Vicek and Gracyn Anderson enjoy SLHS Broadway Night production  
Photo by Karin Vicek



B-I-N-G-O family fun night at Aldrin Elementary School  
Photos from AES Twitter



The cast of A Charlie Brown Christmas, by Herndon High's Theatre Arts 1  
Photo by school board member Elaine Tholen



Cadets in NJROTC at Herndon High School prepare all year long for their Annual Military Inspection. With incredible work and determination, the students passed and are looking forward to another great year. Photo by Alexis Doty

## SPRING 2023

- MY PARENT & ME | 18 MONTHS - 3 YEARS
- ME & MY BALL | 3 - 5 YEARS
- HOUSE LEAGUE | U6 - U10
- SUBURBAN FRIENDSHIP | RECREATIONAL LEAGUE U11 THROUGH U19
- TOP SOCCER | FOR PLAYERS WITH DISABILITIES
- PRE-TRAVEL ACADEMY | U7 AND U8
- TRAVEL PROGRAM | U9 - U19 - COMPETING IN ECNL, RL, EDP, AND NCSL
- SPRING BREAK & HOLIDAY CAMPS
- SUMMER CAMPS

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HOLIDAY CAMPS

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FOR

SPRING 2023

**TRAVEL**

SPRING BREAK & SUMMER CAMPS



Forest Edge Elementary students enjoyed a January skate night at SkateQuest. Photo by Isadora Guerreiro



Dogwood Elementary hosts their second annual Family Hour of Code. Photo from DES Twitter

# EDUCATION

## Hundreds of Our Students Sing, Dance, and Sparkle



At South Lakes High School's 18th annual Broadway Night, the crowd favorite was "You'll Be Back" from the musical "Hamilton," featuring SLHS Senior Christian McIntyre both singing and on the keyboard with an ensemble of back-up singers and dancers. On January 20 and 21, Jessica Irish directed three performances designed to enable beginning through advanced students to showcase their talents in a concert setting. Broadway Night featured 23 Broadway style numbers performed by a total of 250 students from SLHS and its pyramid schools.

Photo by Ben Stanton



Over 100 fifth and sixth grade elementary students from all of the SLHS pyramid elementary schools performed "When I Grow Up" from the musical "Matilda." Vocal coaches were Sean Cator and Heater Smith, and choreographer Jessi Shull. Photo by Ben Stanton



Thirty-seven middle school students from Langston Hughes and Rachel Carson Middle performed "The Telephone Hour" from "Bye Bye Birdie." They worked under the direction of vocal coach Jane Waldrop, the LHMS Choral Director. Photo by Ben

## Herndon High's Cabaret: Time Will Tell



HHS students James Cullatta, Will McClough, Maggie Growney, and Libby Nowak perform Seize the Day from Newsies. Photo by Sara Metcalf



The HHS Cabaret, Time Will Tell, ran three times the weekend of January 28. The show featured songs about time, and stories from different time periods. It was directed by Dana Van Slyke, choreographed by Brandi Weston and Ethan Van Slyke, featured Justin Streletz on the piano, and Jacob Reeves on drums. Scott Pafumi was the tech director. Photo by Sara Metcalf



Herndon High seniors Katie Hancock and Andrew Landrum are featured in the first act finale of Time Warp from Rocky Horror Picture Show. Photo by Sara Metcalf

## South Lakes HS Recognizes Their Sports Boosters

Contributed by Seahawks Boosters



Sponsors gather at halftime  
Photo by JT Schissler

South Lakes Athletics is supported by a school-record 32 sponsors contributing over \$50,000 this year to fund basic needs such as equipment, transportation, uniforms, and field maintenance – including a recent contribution of \$50,000 to help fund the newly-renovated weight room.

On January 27 at the SLHS vs. Oakton varsity boys basketball game, the Seahawks Boosters had their first Sponsor Appreciation Night, headed by Mike Harloff.

The Boosters were treated to a spread of food, SLHS lanyards and name cards, halftime recognition, and surrounded by balloons in their special section of the bleachers.

### 2023 Seahawks Sponsors:

#### MARQUEE SPONSORS (\$5k)

Stang Family Orthodontics  
Matt Benson Long & Foster  
F45 Training

#### BLUE LEVEL SPONSORS (\$2.5k)

Dev Technology  
CR Copeland Real Estate

#### GREEN LEVEL SPONSORS (\$1,250)

Clean Out Kings  
Susannah Palik Long & Foster  
Onelife Fitness  
United Air Temp

#### WHITE LEVEL SPONSORS

Tailored Closet and Premier Garage  
Legler Ice  
Masons Famous Lobster Rolls  
Metro AV  
Virginia Realty School Dot Com



Boosters President and SLHS dad, Terry Redican, with School board member and Restonian Melanie Meren at the event. Photo courtesy of Terry Redican.

# SPORTS

## SLHS Girls Indoor Track Wins NY Meet, Districts

By Laurie Dorzak, SLHS Boosters

South Lakes High School Indoor Track teams competed at Ocean Breeze Freedom Games on Staten Island, NY on Saturday, January 7. The athletic complex is a state-of-the-art track, with avid track and field spectators who packed the stands. This is a huge meet with over 5,000 athletes from 247 teams representing schools from Vermont to South Carolina. The Seahawks girls team won the meet with a score of 20 points. The Seahawks 1000-meter runners



made a loud statement and contribution towards the team win with a clean sweep in the event finishing 1-2-3. The Ocean Breeze Freedom Games meet preview noted, "The event had only one racer who came into the race with a sub-three time of 2:59.79." Junior Bella Harsanyi took first clocking a rare sub-three minutes time winning in 2:56.03 which was more than seven seconds ahead of the second-place finisher. Second and third places were filled by

teammates Caroline Elliott (Freshman) finishing in 3:03, and Catalina Simon (Sophomore) finishing in 3:05, respectively. Personal Records (PRs) and elite performances include:

Aya Ryan, Bella & Catalina, PRs  
Catalina, NY Top 25 time  
Caroline, USA Top 50 time  
Bella, USA TOP10 (#6) time

The Seahawks sealed this win with another outstanding team performance during the 4x800 placing first in 9:43.43. The Ocean Breeze Freedom Games meet preview had touted "South Lakes 4x800 was the seeded favorite at 9:30.00." The winning performance included the talents of Annalise Williams, Caroline Elliot, Catalina Simon and Bella Harsanyi running anchor. The

Seahawks' second 4x800 team of Rebeca Hobson, Juliana Aguirre-Martinez, Johanna Aguirre-Martinez and Aya Ryan finished sixth. Following their big NY win, the team competed in the Concorde District Meet held at Prince George's Sport's and Learning Complex February 2-3, 2023. The Seahawks laid down some Top US and Top MD times plus many PRs and were crowned Concorde District Champions with a top score of 123, 18, and 22 points over Oakton and Madison, respectively, who took second and third. The Boys Indoor team finished third in the Concorde and will join the Girls at the Northern Region Meet on February 13, 2023. Congratulations to exceptional wins and performances! Continued best wishes post-season to Coach Raczeko and the teams.

### Youth Sports Spotlight



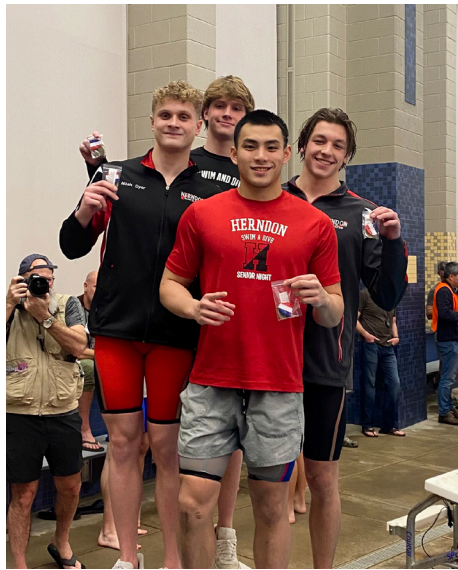
Reston Herndon Hawks wrestler, 9-year-old Benjamin Kamp, holds his ribbon from the Rockin' Robin Ribbon Day Tournament at Meridian High in Falls Church on January 8. Photo by Matt Mariani

## Herndon Swimmers Win Big at Districts

Contributed by HHS Athletics Dept.

Herndon High School swimmers had the best boys district swim meet they've had for decades. The team placed third overall with six Liberty District wins and five District records, one high school record, one All-American, and one All-American Consideration. All boys and girls posted their personal best times in prelims and finals, and the girls came in seventh overall. District winners will swim in Regionals the weekend of February 11. Congratulations to our two event district champions- Noah Dyer and Rian Graham! Congratulations to our boys 200 medley relay and 400 free relay District Champions- Noah Dyer, Rian Graham, Tinn Nguyen and Liam Rayson!

**Noah Dyer** -200 free - District Champion- District record, State qualifying time and All-American Consideration 100 free- District Champion- District record and State



The 200 medley relay and 400 free relay district champions: Tinn Nguyen in front, left to right: Noah Dyer, Rian Graham, Liam Rayson

qualifying time  
**Rian Graham**- 100 fly- District Champion- District record, State qualifying time and Automatic All-American 500 free- District Champion- District record and State qualifying time  
**Liam Rayson**-100 fly- second -State qualifying time- 100 back 7th Region qualifier

**Tinn Nguyen**-100 back 3rd -State qualifying time 100 fly- 5th Region qualifier  
**CJ Ho**- 200 free- 5th Region qualifier 500 free- 5th Region qualifier  
**Danny Saunders**- 200 IM 7th Region qualifier, 100 breast 6th Region qualifier  
**Morgan Wright**-200 free- 8th Region qualifier 100 fly-6th Region qualifier  
**BOYS 200 medley relay** - District Champions- District record, state qualifying time and Herndon High School record - (formerly held by Christian Ginieczki, Dylan Cudahy, Derek Urban, Cale Witmer)  
**Boys 400 free relay:** Noah Dyer, Liam Rayson, Tinn Nguyen and Rian Graham- District Champions and State qualifying  
**Top 16 finishers:** Drew Yost -200 free 13th, 100 fly 13th, Kellan Rayson 200 free 15th, 500 free 11th  
Mitchel Vikhman 100 breast 11th  
Anna Houck 100 breast 11th  
Alicia Saunders 100 breast 12th 16th 200IM  
Deanna Tipler 100 fly 13th , 12th 100back  
Ava Baez 100 back 13th  
Katie Semanchik 100 free 14th  
Simon Cheng 100 back 15th  
Cassandra Buley 500 free 16th  
Mason Leveto 50 free 16th



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or fill out the form this QR code takes you to.



Another way to support us is to place dedications to community members in our new dedications section. See details in The Bulletin section.

## Herndon and Reston Ice Hockey Players Join Forces

By Michael V. Jr. Staff Writer

Hockey players from Reston and Herndon joined forces to take on the Riverside Rams on a Sunday evening in January at the Ashburn Ice House. Although there were two teams out on the ice for the opening puck drop, it looked like three from the stands, as the players from Herndon wore black and red, the players from Reston wore South Lakes blue and green, and the Riverside team wore white, red, and blue. The Rams were firing on offense all evening, outscoring the Herndon and South Lakes crew 9-0, including two shorthanded goals. Herndon Junior Liam Fraim joked that it could have been far worse, saying that team goalie, sophomore Kai Blevins, "stood on his head for the defense and didn't let in 18." Despite the differences in jerseys and schools, the team feels and plays like a cohesive unit. The club genuinely enjoys playing with one

another. About playing with the South Lakes players, Fraim said "It's really fun. It's a whole better experience with them." Junior Jackson Ritter agreed, noting that he's met some of his best friends, including South Lake's captains Collin McKinley and Hagen Moran, who, "are great team leaders." This year's varsity team began playing together in the 2021-22 season, but the team's complex history actually goes back to the 2018-19 season when South Lakes and Herndon middle school teams began playing together with the vision of developing players for the high school teams. Over the past few years, there have been several different team compositions as roster sizes have shrunk and grown. The different teams bounced between the junior varsity and varsity leagues of the Northern Virginia School Hockey League, until rejoining the varsity league last year, though they are not a school-sponsored team. With only one more game left this season, the team has struggled to rack up wins, but according to coach Henry White, the dynamic at practice and on the bench is great. "The team loves playing togeth-

er and a few of the seniors really like to pump up the team," he said. Prospects for the team are good for next season and beyond. Although the team will lose six seniors next year, including two of their

three goaltenders, the team will look to several new additions from the rising 8th graders to join the team in the spring and develop with the team over the next few years.



Reston/Herndon players from left to right: juniors Jackson Ritter and Liam Fraim from Herndon High, and sophomores Hayden White and Robert Converse from South Lakes. Photo by Brian Crosson

# OPINIONS

## Dear Reston Letter Reader...

By Brian Crosson, Guest Writer

...if I may be so presumptuous:

Dawn Crosson, proprietor of this newspaper (to whom I have been happily married for 16 years), stated a fundamental goal of The Reston Letter in last month's inaugural issue: "We aim to supply Restonians with the thrill of reaching into their mailbox and seeing what is happening in their town." The Reston Letter is no more complicated than that. It is a monthly local paper designed to better connect members of our community to one another by sharing events and stories you otherwise may not hear about.

However, based on feedback, we now understand that residents have various pointed opinions about distribution, what content we should prioritize, and even whether The Reston Letter should exist at all. I would like to address these concerns here.

Many have asked how they can subscribe to our fledgling publication. The short answer is that you can't. We will distribute the second week of each month using saturation mail along pre-selected postal routes, at no

cost to Reston residents. Copies are even-ly distributed between north and south Reston, totaling 14,000 residences at current distribution. We plan to expand to all residences in Reston, but that will come with much higher distribution costs. We are operating on a small ad-supported budget, so we are just not there yet. Soon, we hope.

In the meantime, if you wish to receive a copy but are not on one of our current postal routes, keep in mind that we will stash 1,000 copies at key locations such as the Reston Regional Library, Hunter's Woods Community Center, Lake Anne Community Center, as well as at various businesses throughout North Point, Lake Anne, Plaza America, South Lakes Shopping Center, and Reston Town Center. We are also placing copies in the main office of every Reston-based public school.

Or, if you happen to see me shopping at Trader Joe's, just ask for one. I will probably have a few copies in the car. And you can always read our current and

previous issues online at therestonletter.com (and follow us on social media!). Another complaint is that our paper is not "hard-hitting" enough. It is true that we will focus mainly on community content, not mainstream news. While we will include some local news and opinion, we will not publish often enough to keep residents precisely up-to-date on fast moving current events. So if you are hungry for straight-news coverage, include other sources of journalism in your diet.

Finally, we have seen complaints that The Reston Letter is "a waste of paper," and we've even been asked, "How do I unsubscribe?" As noted above, we are not operating on a subscription basis. If you are on one of our postal routes, the paper will be placed in your mailbox whether you are our most enthusiastic booster or most cantankerous detractor.

We wish we could accommodate your request to unsubscribe. But given that we cannot, would it not be better to read a little first? Maybe you'll

learn something about your community, your neighbors, or a local business that would be worth knowing. (I can personally attest that Taco Zocalo, featured in the inaugural edition, is worth a visit.)

If you still cannot bring yourself to give us a chance, remember this: it is only a waste of paper if you treat it like one. If it goes from your mailbox straight into the trash, then yes, it is surely a waste.

So instead, give it away. Leave it on a bus or metro train. Casually abandon it at the Lake Anne Coffee House. Drop it off at your child's school, or at a local community center or library. Weight it down with a rock on a bench at Town Center.

But please do not deprive a neighbor of the chance to read about a South Lakes athlete's great victory, or an Armstrong student's impressive accomplishment, or that spectacular musical everyone was talking about, or the birth of a child, or the passing of a longtime Reston resident.

Because when it comes down to it, you are still part of the community, whether you read our paper or not.



Photo by Reston Letter reader Maia Lucier

## Healthy Living-- and Gratitude For It

By E Zirack, Opinions Editor

Many of us renew our commitment to healthy living with the coming of a new year, often deciding to take something out (sugar, alcohol) or add something in (exercise, vegetables). February is here and some of us have stuck to our New Year's resolutions. Others, not so much. It recently occurred to me how lucky we are to have access to a great number of resources in Reston to help us lead healthier lives. So many of us are incredibly grateful for that.

For wellness focused folks,

Reston is an amazing community to be a part of. The number of gym options alone is awe inspiring; Restonians can choose from Gold's Gym, Onelife Fitness, Life Time Athletic, The St. James, Orange Theory, Epix Athletic Center, CrossFit, F45 Training, the YMCA, along with two community centers that offer fitness classes year round. Several yoga studios facilitate flexibility and a mind-body connection as an antidote to modern life. For hikers and bikers, our trails and bike lanes are second to none in the county and beyond. Tennis courts are sprinkled throughout Reston

for those who know what love means on the court. And access to many neighborhood pools in the warmer months is truly a great privilege.

While access to fresh, wholesome food unfortunately remains a problem in many parts of the country, a food desert Reston is not! In fact, we have a Giant, Whole Foods, Trader Joe's, Harris Teeter, Target, not one, but two Safeways, and a brand new Wegmans. We can also hop across the Reston-Herndon border on Elden to Mom's Organic Market, perhaps the most sustainable regional grocer devoted to

[extremely!] fresh, local, organically produced food in the area. Our farmer's markets offer delectable nourishment in inspiring environments. And for those who enjoy dining out or ordering in, there are so many restaurant options for any health regime, be it vegetarian, vegan, whole 30, paleo, ketogenic, or other diets of choice.

It is a great time and a great place to be alive and well. How lucky we are to live in Reston, a community that simplifies attaining a healthier lifestyle.

Have an opinion to share?  
ezreston@gmail.com

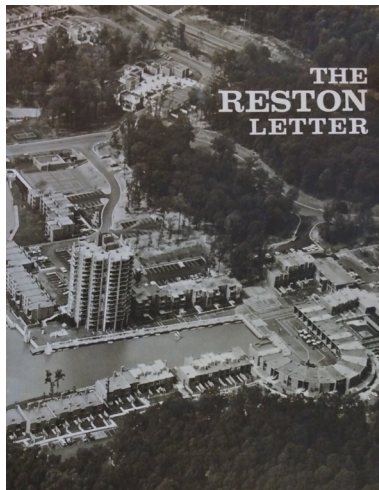
## 'Sturdy, Vigorous, and Buoyant' How a Planned Community Stays Afloat

By Restonian, Local Blogger

In case you missed it, the first issue of The Reston Letter focused on golf, transportation, and education. But that was in 1963, when the first incarnation of the newspaper promoted the development of our plastic fantastic planned community, which was then still just a gleam in Bob Simon's eye. Published by Reston's developers over the next several years as architects drew schematics for sunken living rooms, county planners changed zoning rules, and the primordial waters of Lake Anne rose from "natural springs," the original Reston Letter served as an advertisement for a different kind of living. Sixty years later, it's... not all that different.

One issue welcomed in breathless tones the opening of a Safeway at the mixed-use Lake AnneVillage Center,

after the resident population crossed the 400-person mark. Today, we're breathlessly welcoming a Wegmans at the mixed-use Halley Rise development,



which at one point touted self-driving cars the likes of which our earth-toned forefathers would have seen on the Jetsons. Another talked about what was then called the Reston North Golf Course, pointing out that the plan was to have FIVE golf courses by 1980—the 18-hole South Reston course that has been... in the news lately, plus

three additional "nine-hole layouts," along with a fancy circular stable intended to lure the horsey crowd away from "Great Falls. Today, we're waiting for the next developer suggestion: a putt-putt course on the roof of a parking garage. Speaking of which, another issue point-

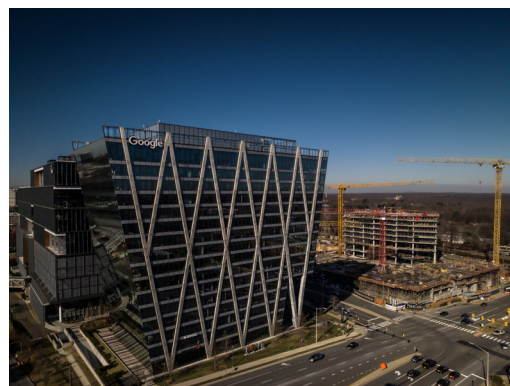


Photo by Benjamin Burgess

ed out the "unusual underground shared parking area" of what was then called the Hill Cluster. That garage barely made it into the new millennium, but we can relive the same excitement and low-key claustrophobia as we wander Level G-97 of the Metro garage at Reston

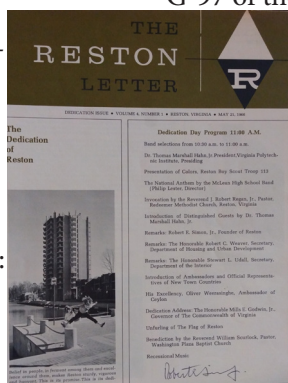
Station. The Letter also touted the "quiet, smokeless Reston Industrial Park," which they thought would draw manufacturers due to its proximity to the W&OD railroad line, as opposed to spandex-clad cyclists and (for a brief but exciting

spell) Ebola. Since it was published by developers, the Letter had tons of advertising slogans. One was "Belief in people... makes Reston sturdy, vigorous, and buoyant." The other, less poetic slogan was, "Reston... where the smart people go when they come to life." That brings to mind the unofficial slogan the kids, most of whom are now grandparents, used to say: "Were not dead, we're Reston," the end.

Read more at restonian.org



Photo by Benjamin Burgess



# LIFESTYLE

## Restaurant Review: Pupatella

By E. Zirak, Opinions Editor

When the Pizza Hut on Wiehle closed a few years ago, Pupatella, a local pizza chain, remodeled the building and set up shop, offering Restonians a taste of Naples.

At Pupatella, authentic, Neapolitan pizzas are made with simple ingredients, baked in 1000 degree wood-fired ovens, and served piping hot in a cozy and upbeat setting.

While the first few bites of Pupatella pizzas might be crisp when served straight off the fire, the texture of Neapolitan pizzas are generally more pillowy and chewy. The dough is made of imported Italian Caputo flour that is unbleached and unbromated, unlike most American flours that are stripped of nutrients and then "enriched" with synthetic vitamins.

The Heirloom San Marzano tomatoes are sweet enough to be the star of a two-ingredient sauce: tomatoes and salt.

The kids can watch while their pizzas are made in the open kitchen and placed in the ovens fired with oak wood.

These bright red ovens were shipped via sea from Naples, featuring bricks made of compressed Mount

Vesuvius volcanic ash, known for heat retention. If the little (or big) ones are thirsty, go to the bar to admire the bright yellow, retro, manual lemon juicer that is used to make fresh lemonade in-house. The limoncello and amaretto are also made in-house.

The topping options are deluxe: marinated artichokes, sauteed mushrooms, roasted red peppers, and caramelized onions are just a few of the options for those who prefer to create-their-own.

If you're interested in more than

pizza, check out their fresh salads or deep fried Napoli street snacks, including risotto balls, potato croquettes, and mozzarella balls. And for the ones who crave sweets after a meal, they have gelato, too.

If you just can't get enough of Pupatella, they are currently hiring! The staff is friendly and helpful, suggesting working there is as satisfying as dining there.

Buon appetito!



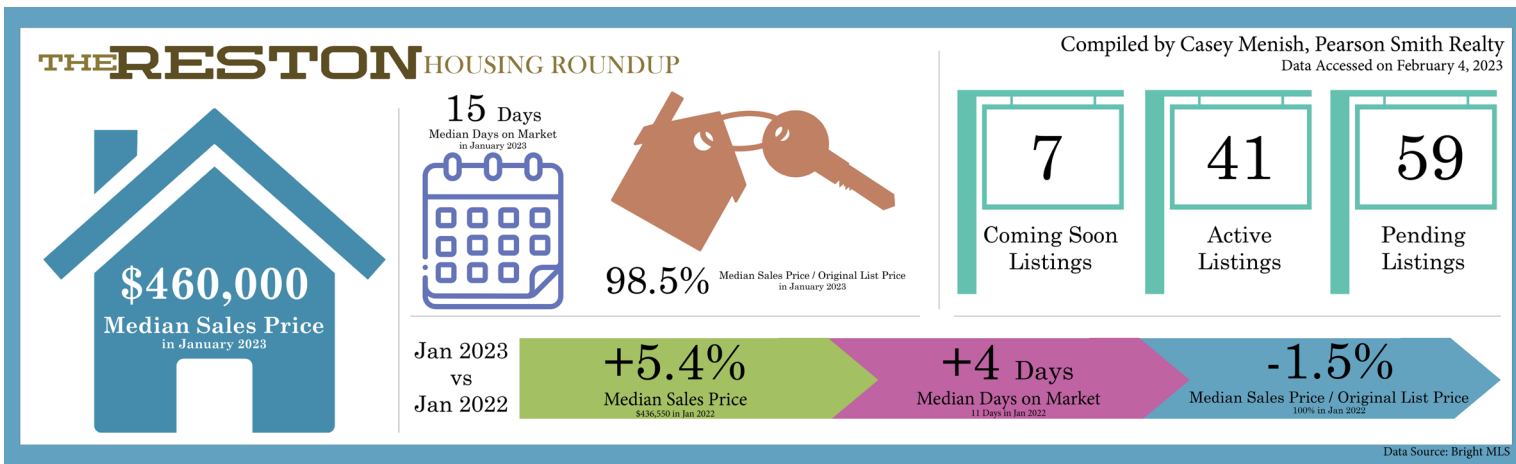
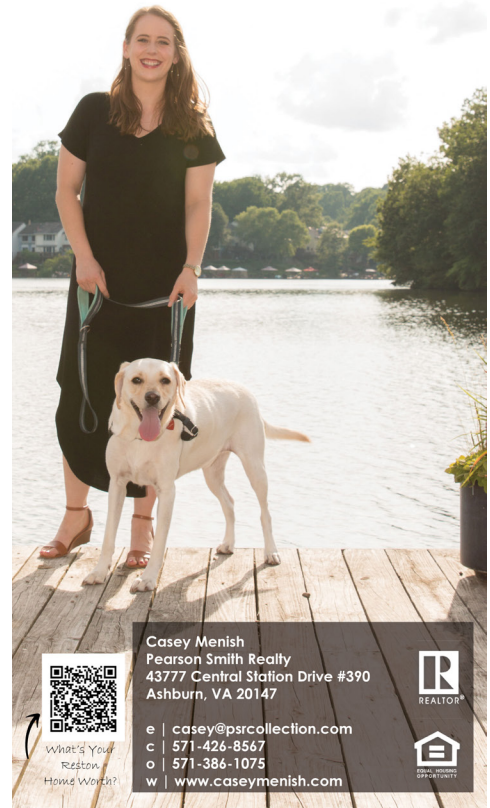
The art on this interior wall of Pupatella was created by South Lakes students. Photo by Benjamin Burgess



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- Casey Menish, REALTOR®  
70+ 5-Star Zillow Reviews



## Reston Neighborhood Profile: Running Cedar Park

By Debbie Anguizola, Reston-based Realtor with Marnie Schaar & Associates of Compass

Tucked behind Lawyers Road on the southernmost edge of Reston lies a special neighborhood. "When we moved here from New Hampshire in 2018, we were attracted by the beautiful wooded running trails; what we found was so

much more — caring people of all ages who have supported us as we have grown from a couple buying our first single family home to a family of four," said Kellyn Dodd.

Not part of a "cluster" and without a formal sign announcing it's name, even long-time residents don't know what to call it. Let's call it "Running Cedar Park" because the neighborhood

backs to an eight-acre park known by that name. The park includes a Little League ballfield surrounded by a verdant forest, and on any given day, visitors can encounter deer, foxes, an array of birds, and even the occasional bear. Whatever you call it, residents like Carl Lee-Llacer will tell you it has "the best neighbors ever." Lee-Llacer started a group chat named "Best

Neighbors Ever" with many of his nearby neighbors. Originally founded as a way to exchange information, the chat group morphed into a daily source of comedy, and

turned loosely connected neighbors into good friends. Long-time resident and avid runner, Doug Kaspar, organized a half marathon for the neighborhood when Covid paused community races. "It was a great way to come together outside and enjoy each other's company," added Kaspar.

People tend to stick around. "It's been a great place to raise our kids with friends



Photo by Richard Huff  
buy another house, moving only a few streets away."

Running Cedar Park offers a variety of single-family homes including: single-level ramblers, classic colonials, spacious contemporaries, and even homes designed by renowned architect Ken Bonner. Eleven properties sold in 2022, ranging from \$710,000 to \$966,111.

**Schools:** Hunters Woods Elementary School, Langston Hughes Middle School, South Lakes High School

### Transportation:

Fairfax Connector 557 and 559 buses run along Soapstone Drive and offer convenient service to the Wiehle-Reston East Metro Station.

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Debbie Anguizola 571-438-7035  
Marnie Schaar 703-509-3107

11943 Democracy Dr. Reston, VA 20190  
o 703-783-7485

[www.marnieschaar.com](http://www.marnieschaar.com)



Neighborhood half marathon Photo by Frank Russell