

THE RESTON LETTER

Live, Work, Play in Reston this Summer

The Farm at Halley Rise

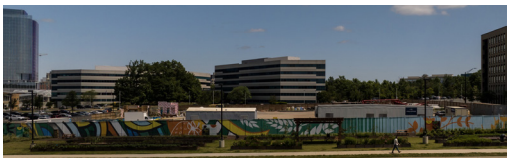
By Megan Schmid, Staff Writer

Looking for a place to connect with nature and each other in Reston? Well look no further. The Farm at Halley Rise, a half an acre urban farm by Up Top Acres, opened Phase I to the public last summer.

Nestled behind the new Wegmans, the farm includes more than 30 vegetable, herb and fruit crops, a native flower garden, meadow, and bug hotel. Phase II just opened and proudly boasts a learning garden, two beehives, a development-wide compost system, and picnic tables.

A greenhouse is also on the horizon.

Partnering with Brookfield Properties, the farm provides Cornerstones' food pantry



Photos by Benjamin Burgess with fresh produce. Cornerstones is a local nonprofit that promotes self-sufficiency by providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services.

The farm donated over 500 pounds of produce to the food pantry last year and is currently on track to donate over 1,000 pounds this year.

In addition to reducing food insecurity, the farm is also on a mission to foster a sense of community. Starting in May, they will be hosting two free events each month

Continued on Page 11



U.S. Army Blues Big Band Performs at Fab Fridays at Wiehle/Reston East Metro Plaza, June 2. Performances vary weekly and will take place all summer. Photo by Benjamin Burgess



Reston Sprint Triathlon, sponsored by CORE Foundation, took place June 4. Read all about CORE on page 4. Photos by Benjamin Burgess



education



New SLHS art installation, student photographer, LANK

sports



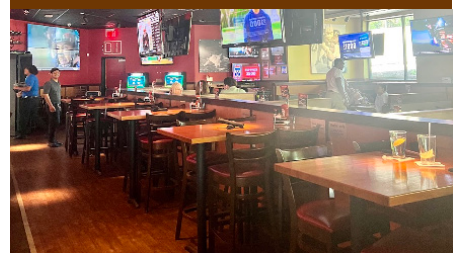
Hornets soccer win Districts and Regionals, South Lakes spring sports roundup

the bulletin



Candidates vie for Ken Plum's House of Delegates seat, community of faith spotlight

lifestyle



Reston's new Stretch Zone, restaurant review, homes and neighborhoods of the month

opinions



Historical names, Lake Anne, ageism, pesticides in our neighborhoods

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The Farm at Halley Rise: growing a better Reston

Continued from Page 1

throughout the growing season.

The most recent event was a Seedling Planting Workshop hosted by Up Top Acres co-founder Kathleen O’Keefe and team member Charlotte Duke.

Attendees received a tour of the farm and went home with three herb seedlings and a wealth of planting, care, and harvesting technique information.

The Farm at Halley Rise is also thrilled to be partnering with Reston Association as a new field trip destination for some of their summer camps.

The children will get hands-on demonstrations in the learning garden with the goal of sending them home with dirty hands and a drive to work toward a more equitable food ecosystem.

On Saturday, July 21, the farm will be hosting their first annual Summer Social.

This free event will include live music, face painting, scavenger hunts, kite deco-

rating, lawn games, and bouquet-making stands.

Register now and bring your family for a fun filled summer day. And continue to visit www.uptopacres.com/events-at-the-farm-at-halley-rise as new events are added each month, like registration for the 21+ older Beer in the Garden event that will be coming this September.

The Up Top Acres team would like to remind the community that they are invited, and encouraged, to visit and take a stroll through the farm at any time. They will be installing QR codes for scavenger hunts, and the picnic tables make the perfect place to enjoy a coffee or meal amongst the blooming flowers.

Don’t forget to pick a fresh berry to get a taste of what growing your own produce could be like!

Halley Rise is planting deep community roots in Reston and we cannot wait to watch them grow.



Kathleen O’Keefe and Charlotte Duke, Up Top Acres. Photo by Megan Schmid

Don't forget to use our beautiful paths!

By Theresa Wright, Staff Writer

Alice Cooper’s 1972 rock classic “Schools out for summer” might be unfamiliar to today’s teens. However, what is not unfamiliar to them is the blissful freedom and opportunity to stretch their proverbial wings during the months of June, July, and August. Reston pools and outdoor spaces conceived all those years ago by Robert E. Simon beckon to many Reston tweens and teens, especially over the summer. Remember all of our paths here in Reston! Get those kids on their bikes or scooters or just their legs, instead of begging you to drive them around. Recreational spaces are the heartbeat of Reston, and the pathway system connects every neighborhood, cluster, and

open space. These well-maintained bike paths, often occupied by dog walkers and joggers, offer an easy thoroughfare to pools, neighborhood playgrounds, tennis and basketball courts, the lakes with kayaks and paddle boats to rent, as well as local shopping centers with their ice cream shops and other hangouts. Named by color (Blue, Green, Pink, Red, and Turquoise) the pathway system encompasses all quadrants of Reston, with connecting paths in between.

Blue Trail runs from Tall Oaks to Lake Anne to North Point at a distance of 3.44 miles.

Green Trail runs between Reston Town Center and Lake Anne at 1.43 miles.

Pink Trail encompasses the North Point

Park loop at just over 4.07 miles.

Red Trail is a loop around Lake Thoreau at 2.1 miles.

Turquoise Trail runs between South Lakes and Hunters Woods Center at the longest, 4.74 miles.

Summer is the time for young Restonians to load up their backpacks with sunscreen, a turkey sandwich, bag of chips, and some hard-earned pocket money– to lace up their sneakers, slip on a pair of slides, hop on a bike, or just head out on foot for a day of adventure. Don’t forget to use and explore the beautiful paths that connect us to each other.

For maps of all the trails in Reston, visit reston.org/reston-trails

Barnes & Noble Returns to Reston

After closing its doors at Reston Spectrum Center 10 years ago, Barnes and Noble is returning with its grand opening on June 14.

The new store is at 11816 Spectrum Center, right next to Harris Teeter, just one block over from its former location, and will include a cafe. The community looks forward to everything the store will bring for Reston readers.

Planting pals

By Lauren Bottom, Guest Writer

Everyone deserves a mailbox full of letters! Letters for Elders (L4E), in partnership with Tall Oaks Assisted Living, Reston, and the Girl Scout Gold Award Project, held a Planting with Pals activity at Tall Oaks Assisted Living on Saturday, May 20. In order to form pen pals, students assisted seniors at Tall Oaks with potting flower seeds and decorating the pots. After, there was a letter-writing workshop for the teens where they wrote a letter to their new pen pal. The event brought a lot of smiles and laughter. Becoming a pen pal is a great way to combat isolation within retirement homes and form new friendships--one letter at a time.

Letters for Elders connects volunteers with senior pen pals in our community and is a Girl Scouts Gold Awards project led by Lauren Bottom from Girl Scout Troop Number 2604. The next event is being held at Tall Oaks on Saturday, June 17, 1:30-3:00 pm for an ice cream sundae social. This is also a fun and easy way for teen volunteers to receive service hours by attending L4E events and writing to their pen pal.

For more information, contact Tall Oaks, Yesica Martinez at 703-834-9800 or email letter4elders@gmail.com.



Photos courtesy of Letters for Elders

THE BULLETIN

RESTON ASSOCIATION
SUMMER KICKOFF POOL PARTY
FRIDAY, JUNE 16, 4-7 P.M.
LAKE NEWPORT POOL

THE FARM AT HALLEY RISE
SUMMER SOCIAL
SATURDAY, JUNE 10
11 A.M. - 2 P.M.

RESTON CONCERTS ON THE
TOWN
RESTON TOWN CENTER PAVILION
SATURDAYS, 7:30 - 10 P.M.

Candidates vie for House of Delegates District 7 seat

By Ellyn Wexler, Staff Writer

The House of Delegates District 7 Candidates' Forum, cosponsored by Cornerstones and The Greater Reston Chamber of Commerce, took place May 17 at Northern Virginia Hebrew Congregation. The candidates -- Mary Barthelson, Paul Berry, Shyamali Hauth, and Karen Keys-Gammarra -- will compete in the June 20 Democratic Party Primary. After brief introductions to the audience of about 200, the four responded to a three-person panel's questions. Their responses revealed their individual areas of expertise, experience, and priorities.

Barthelson, who holds bachelor's and master's degrees in systems engineering from George Mason University, is a Principal Systems Engineer at SAIC, where she designs the architecture of space systems. She also serves as State and Local Policy Director of the Reston Strong community action group. Her interests include helping unhoused and low-income families, advancing STEM education, improving emergency mental health services, and transitioning to sustainable energy.

Berry's academic degrees include a bachelor's in mathematics from Brown University, a master's in political economy from the University of Geneva, and a master's in public policy at the University of Chicago. He is a teacher in Fairfax



Photo by Benjamin Burgess

County Public Schools, and serves on its Career & Technical Education Advisory Committee. In addition, Berry works in data science, and is a Medical Reserve Corps member. He was a budget and policy advisor to Governor Ralph Northam, who appointed him to the Virginia Latino Advisory Board.

Hauth spent a decade in the U.S. Air Force, working in construction management and as an executive officer. She

holds a bachelor's degree in psychology and management from Saint Leo University and a master's in human resource management from Troy University. Hauth served as Legislative Director, Multimodal Transportation, Public Safe & the Arts, for the Hunter Mill District Supervisor's Office. She currently is the Fairfax County Democrats' Co-Chair of the Veterans & Military Families Caucus; the Democratic Asian Americans of Vir-

ginia's 1st Vice Chair, and the Hunter Mill District Democratic Committee's Vice Chair, Outreach.

Keys-Gammarra, a graduate of Tulane University and Washington University School of Law, is a practicing family law attorney who has served as a court-appointed guardian ad litem representing children's best interests. The former Planning Commissioner is a twice-elected At-Large Fairfax County School Board member. A graduate of EMERGE Virginia and member of the George Mason University Carter School of Political Leadership Advisory Council Board, she has been endorsed by retiring delegate Ken Plum.

While the candidates tend to agree on most major issues -- including gun control, housing affordability, transportation, and women's rights -- each expressed a distinguishing priority in answering the "lightning round" question about the first piece of legislation they would support as delegate.

Berry chose a firearms buyback program, noting it would be optional so that the governor would sign it, and Keys-Gammarra opted for an assault weapons ban. Hauth would work on shortening the time for people on the disability waiver waitlist. And Barthelson would stimulate workforce development by facilitating reciprocity with other states that would allow qualified trained workers to work in Virginia.

Obituary

Andrew Harry Goodman (76)

Andrew "Andy" Harry Goodman of Reston, Virginia passed away on Sunday, May 21, 2023 at Reston Hospital Center.

A longtime Restonian -- one of its pioneers -- Andy was born on June 16, 1946 in Norfolk, VA to parents Thomas Robert Goodman and Ruth Legum Goodman, who raised him in nearby Portsmouth. Andy received a B.A. in History from Franklin & Marshall College in 1968 and a J.D. from the University of Virginia in 1971.

As an attorney, he was fiercely committed to his practice and to his clients, and just last year proudly completed 50 years as an active member of the Virginia State Bar. He was also dedicated to community work, having served in the Reston Lions Club since 1975.

Andy enjoyed reading, geography, running errands, and trivia (outcompeting Jeopardy! contestants on a nightly basis). He was an avid fan of all the Washington area professional sports teams, as well as the sports teams from his two alma maters. A real "mensch," Andy will be remembered and sorely missed for his kindness, quirkiness, reliability, intelligence, and, above all, a quick and witty sense of humor that established instant rapport with literally anyone that he encountered.

Andy is survived by his longtime partner Elizabeth Arons; daughter Elizabeth "Bet-



sy" G. Goodwin and son-in-law Matthew M. Goodwin; son Thomas "Tommy" R. Goodman and daughter-in-law Liudmila Batista; granddaughters Sarah A. Goodwin and Hailey R. Goodwin; and brother Jerrold W. Goodman.

Andy is also survived by longtime Restonian Estelle Zedd Goodman, the mother of his children. He is preceded in death by his parents as well as his brother Edward J. Goodman.

Andy's impact on the world was unquestionable, and his unique legacy will live on in the hearts of all family members and the many, many friends that loved him so dearly.

In lieu of flowers, please send donations in his honor to the Reston Lions Club or Legal Aid of Virginia.

Reston's Oakbrook Church

Contributed by
Oakbrook Church

Oakbrook, a non-denominational church, has been serving the Reston area for almost 33 years. Oakbrook is actively pursuing genuine community by learning what it means to love God with all of our heart and to love *all* people. You won't find a statement of faith on Oakbrook's website or in the church literature because Oakbrook believes that statements aren't the point.

Instead, Oakbrook points to Jesus, encouraging people to put their trust in him, to grow in our relationships with him, and to try putting into practice the very things Jesus taught, things like loving our neighbors and our enemies, giving generously to those in need, forgiving others always, and welcoming the stranger, the one who may be different from us living in our midst. Oakbrook Church is a place where every single person is welcomed, accepted, and esteemed as equals -- each and every one a unique, beautiful individual created in God's image--loved, forgiven and embraced by God.

All are welcome to participate in Oakbrook's Food Ministry and Stewards of Creation, regardless of whether or not they attend Oakbrook.

Oakbrook's food ministry has been



serving the Reston/Herndon community for over 10 years. During Covid, Oakbrook delivered over 4000 boxes of food to families in our area. Oakbrook currently delivers food to families who are struggling to access other resources. If you would like to help with Oakbrook's food ministry, please contact Kathy@oakbrookchurch.org.

Oakbrook's Stewards of Creation (SOC) actively protects and restores the environment in Reston and surrounding communities. SOC monitors a section of Sugarland Run, which provides critical data for government agencies to improve the water quality. On Reston's Arbor Day, SOC planted trees, removed non-native species, and cleaned the surrounding areas.

If you would like to be involved with Stewards of Creation, please contact OakbrookSOC@gmail.com.

THE BULLETIN

Helping grow community leaders: Reston's CORE Foundation

By Holly Weatherwax, Staff Writer

Putting together a non-profit can be tricky. There may be an obvious need, and a way to meet that need, but there are many legal and administrative steps that must happen before a non-profit can begin fulfilling its mission. That is where CORE Foundation gets involved. They help committed people with good ideas fulfill their goals by providing mentoring and by supporting back-office and administrative aspects of the project. They help the passionate serve by helping them put in place the infrastructure to achieve their objectives.

Doug Bushée, Chair and Founder of CORE Foundation, had long been involved with volunteer and non-profit organizations in and around Reston when he came up with the idea for a non-profit incubator. He realized, while organizing his own non-profit event, that the tasks involved in setting up an organization (licensing it, paying taxes and promoting it) are not always the same skill set that a philanthropist might have.

At the same time that Bushée was feeling the frustration of trying to put a charity organization together, he also noticed that it seemed like fewer parents were volunteering with their children's activities.

After working through his own process, he began to think about how he could support new local charities.

He quickly determined that by providing back-office and marketing support, as well as mentoring and training to people who had great ideas but who were unsure how to proceed, he could help others to get their non-profits up and running quickly and efficiently.

It seemed clear that if he could help people put together organizations that supported the community, it would follow that there would be more opportunity for people to volunteer in ways that mattered to them.

By helping those who wanted to "give back," CORE Foundation has worked to support and improve local volunteerism by creating engagement, volunteer opportunities and leadership roles. The foundation feels that they are making a visible difference in the community and increasing the rate of volunteerism.

According to Bushée, "The CORE Foundation does more than help those who want to give back; we guide them, create opportunities for them to serve, and help them grow in their desire to improve the lives of those around them.



Photo courtesy of CORE Foundation

"Our work is all about getting people involved and promoting a culture where volunteering is the rule, not the exception. We believe in the power of stepping up to help others when it's needed. But, most importantly, we work to bring people together and collectively improve our community."

Taralyn Tharp Kohler is the CEO of CORE Foundation. In her role, she wears many (many) hats. She is a mentor, a strategist and guide for the CORE Cause Leaders, the name given to the Social Entrepreneurs who are selected to work with CORE. She is also very involved in the day-to-day operations of CORE Foundation.

"At CORE, we are passionate about incubating charitable projects. Our focus is centered around supporting, mentoring, training, and empowering our CORE Cause Leaders, as we bring to life their heartfelt missions. Our commitment lies in providing the tools, resources, and guidance needed to unlock their Cause's true potential making a lasting impact in our community. Together, we ignite the spark and eliminate the barriers and obstacles that hinder the pursuit of doing good," says Kohler.

While the CORE Foundation has occasionally supported non-local charities (think COVID and the war in Ukraine),

their goal is to support charities in the DC Metro area.

Some of the charities that they have supported include: Friends of Lake Anne, Woodworking With A Purpose, Swim Team Dads, Amy's Amigos, Wounded Warriors Golf Classic, Change The World For Girls and NOVA Prism Center & Library. They have also supported a number of events including the Reston Sprint Triathlon, The Reston Superhero Youth Triathlon and the Reston Triathlon.

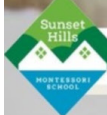
The vast majority of causes supported by the CORE Foundation are run by or serve youth. The CORE Foundation is interested in expanding their portfolio to include charities that support the Elderly and Veterans.

They also see an opportunity to support a charity focused on Music and Arts for Children, which could help children who thrive in the arts to gain confidence and leadership opportunities.

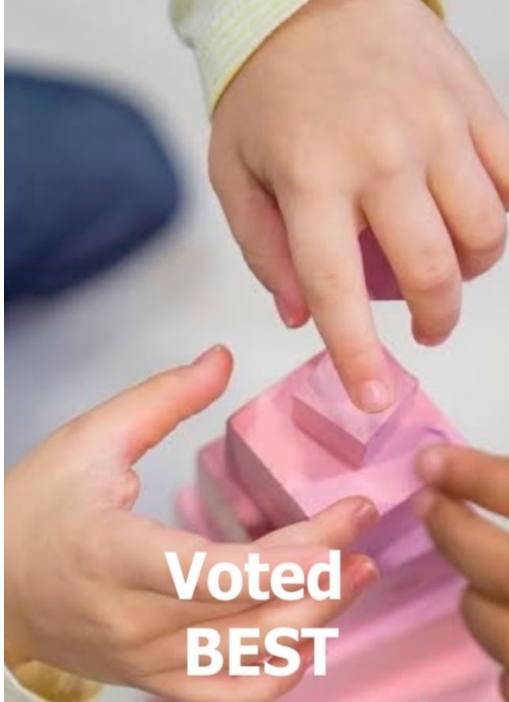
If you are passionate about a cause, but uncertain how to get started, the CORE Foundation website (corefoundation.org) has additional information about the organization, as well as the causes and events that they sponsor.

It also has information about becoming a CORE partner or volunteer. If you are interested in becoming a CORE Cause Leader, there is information on the website to help you get started under the CORE Causes tab.


CORE is more than just a place to kick off a project, it is a vehicle for helping community members do the work about which they are passionate. When they succeed, the entire community benefits.



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EDUCATION

Reston's beloved original preschool: LANK's 58 years of service

By Holly Weatherwax, Staff Writer



Photos Courtesy of LANK

In 1965, Lake Anne Nursery Kindergarten (LANK), Reston's first preschool, opened its doors to the first five students and one teacher. It was important to Reston's founder Robert E. Simon that the new community of Reston prioritized educational opportunities for people of all ages. In order to meet the needs of Reston's youngest residents, the original campus of LANK was opened at Lake Anne, above what is now The Reston Community Center. The school quickly outgrew the space.

In 1972, the AIA award-winning contemporary building, located at the corner of Wiehle Avenue and North Shore Drive was built and it still operates today. In 2000, a wing was added to the school to provide a junior pre-school suite, a multi-purpose room and teachers' conference room.

LANK offers a traditional preschool program for children from two to five years of age. Designed around play-based learning, the daily curriculum might include anything from art to gardening, nature walks to the mud-kitchen. The two-and-a-half acre site lends itself to the LANK curriculum, which focuses on nature. At any time of the

school year, there might be baby chicks, butterflies, or ladybugs for the children to observe as they grow. Sometimes the daily activity includes a hike to the 'beach,' which is a creek located near the school. Having helped educate Reston's children for 58 years, LANK continues to evolve and innovate to meet the educational needs of our community's youngest students.

This year a fun pilot program was put in place. The school purchased rain suits and each student in the pilot class was assigned a suit. Because of the strong emphasis on enjoying nature and outdoor play, the students are now free to enjoy their outdoor time, rain, or shine.

Each summer LANK sponsors three camp sessions in June. A limited number of non-students are able to participate, and although these camps have been filled for 2023, there will be additional opportunities for next June. The themes for this year's camps are: Shark Week (sea creatures), Wiggly Worms (gardening and plants) and LANK Chefs (restaurant play).

As a non-profit school, LANK relies heavily on fundraisers. One of these events, which bolsters the school coffers but also helps the community, is the annual "New to You" sale. The sale is open to the public and it is a great place to shop for used children's clothing, baby equip-

ment, children's furniture, toys, books, and more.

In addition to the sale, there is also an annual auction, which over the years has changed from an in-person gala to an online auction. The parents enthusiastically put together amazing baskets with donations from the other parents and the community. These baskets are won through a competitive bid process, with proceeds supporting the school. It is a fun way to raise money for the school while also sharing different local products and services with the school community.

It was a special treat for me to go to LANK and interview Executive Director Kate Bauer, and Administrative Director Patty Marsh. Patty was at the school when my three children, who are now adults, attended LANK. It was a little emotional to return to the school where they first gained a bit of independence and where all of us, both children and adults, made life-long friends. Since I also grew up in Reston, I remember my brothers and other family friends attending LANK when it was located at Lake Anne. It has been an important part of the community for so many years. It was a pleasure to see that the school has remained true to the values that led to its creation and that it continues to provide a special early education for children in the Reston community.

South Lakes High School STEAM team celebrates "Rise" installation

High schoolers showcase their art project at Lake Thoreau

Contributed by Public Art Reston

South Lakes High School's STEAM (Science Technology Engineering Art Math) Team has been creating temporary public art installations for the Lake Thoreau spillway (a utilitarian drainage platform) in Reston for the past nine years.

Guided by STEAM Team advisor and SLHS Art Teacher, Marco Rando, and proudly supported by Public Art Reston and Reston Association, STEAM Team students gain real-world experience following the same process required for a professional artist to realize public artwork in Reston. Students use all the elements of STEAM to realize its sculptures.

Their 2023 sculpture, "Rise," is inspired by the rapid development of Reston since its founding in 1964.

When Robert E. Simon, Jr. bought the land to develop Reston, it was rural farmland. Simon dreamed of turning his planned community into a modern suburban utopia.

Since then, Reston has grown from a nationally renowned, but relatively small, planned community, into a hotspot for international corporations and contemporary housing developments. But Reston retains its core values and remains an intertwined, multi-faceted place to live. "Rise" represents the growing success of Reston. The precise interpretation of "Rise" is the population growth and literal construction of high-rises and infrastructure. The structure abstractly represents the community's goals of reaching new



Photo courtesy of SLHS STEAM Team

heights in progress, innovation, and diversity.

On Wednesday, June 7, 5-6 p.m. at South Lakes High School's art studio, students invite the community to a presentation of their design journey (via slide show) while treating guests to refreshments.

After a Q & A session, guests will be invited outside to view the sculpture fully assembled in the school's back parking lot. This is a unique opportunity to see the work up close before it is installed.

"The SLHS STEAM Public Art Club affords students many opportunities to participate and collaborate with their community," says Rando. "This community celebration is a great chance for students to converse with the public while commemorating their year of hard work."

In addition to Public Art Reston, Reston Association and South Lakes High

School, this public artwork is sponsored by the Lake Thoreau Entertainment Association, Mary and David Prochnow and Red's Table restaurant, and supporters of the STEAM Team calendar fundraiser.

Public Art Reston was founded in 2007 by Reston civic and community organizations and leaders. A 501(c)(3) non-profit, Public Art Reston documents existing public art, commissions new public artworks and supports the creation of works by other community stakeholders.

Over the past 14 years, its work has been guided by a "Public Art Master Plan for Reston," adopted in 2008. For more information about Public Art Reston's projects and programs, please visit www.publicartreston.org

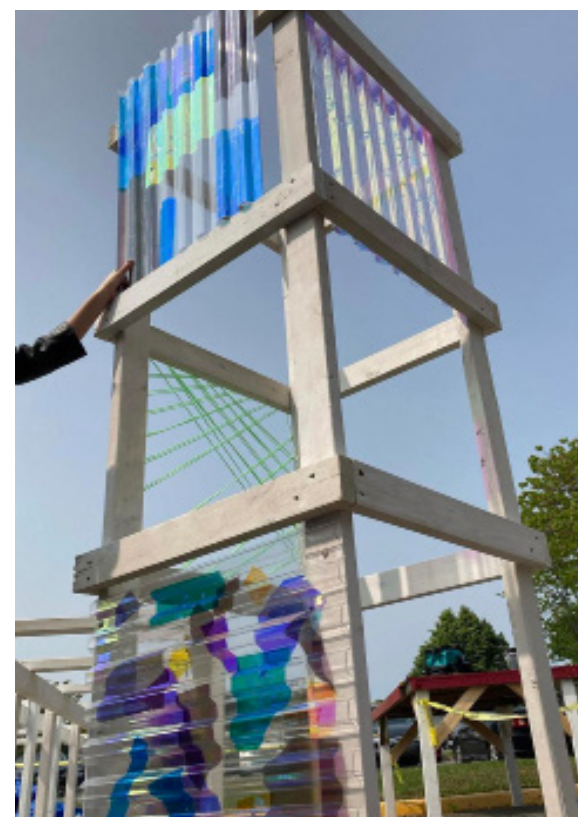


Photo courtesy of SLHS STEAM Team

EDUCATION



Herndon High School students Logan Santoro and Anna Houck, Ava Baez and Brendan Steiger, Cate Brockman and Rian Graham, enjoyed their prom on May 13. Photo by Karen Hawley



Herndon High School's NJROTC program took their cadets on an all-day field trip to the Battleship, USS Wisconsin Museum in Norfolk, VA on May 5. Photo by Becky Hagee



Dominion Christian School bought a building to consolidate their middle/upper school campus and one of their K-6 campuses. The building is at 1545 Dranesville Road. They are also excited to announce the expansion of their Strings program into the middle and upper schools, beginning Fall 2023. Students are gearing up for graduation, and summer plans are in the works for the big move to the new campus! Photo contributed by DCS



Hunters Woods Elementary School 4th graders explored the Chesapeake Bay Watershed locally by visiting the Snakeden Branch stream and Lake Audubon. They tested the stream's pH, phosphate and turbidity, as well as signs of a healthy habitat as part of the Walker Nature Center educational programs. Photos by Laura King



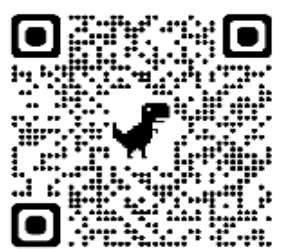
Three teams from Langston Hughes Middle School played three Herndon Middle School teams on May 19 at Herndon High School. Herndon's Girls team and Boys A team narrowly beat Hughes' teams in two loud, exciting contests, while Hughes' Boys B team beat Herndon's Boys B team. Student sections were loud and involved at this fun school event, promising spirited high school rivalry games in the future. Photo courtesy of HMS



Terraset Elementary had Reading Night on May 18 where students and families were able to fill their bags with free books as they head into the summer. Many of these brand new books were donated by the very generous outreach from the South Lakes UPS store and gently used books were donated by Terraset staff. Students picked out their books then went into the cafeteria to read. It was a wonderful evening – sharing the love of books and reading!

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EDUCATION

Terraset Elementary building supervisor departs from school in style

Contributed by Terraset Elementary

Special people deserve special send-offs. The Terraset Elementary community celebrated and thanked their dear Mr. Joel Marques who served formally as Assistant Building Supervisor/daytime custodian yet he was *way* more than that to the Terraset family.

He was a mentor, a relentlessly kind, fun, genuine, hard-working team player who was *all things* Terraset from day one.

They surprised him with a victory parade at the end of his last last shift on May 15.

If the tears and cheers didn't make it clear enough, the community thanks you, and will miss you dearly, Mr. Marques!



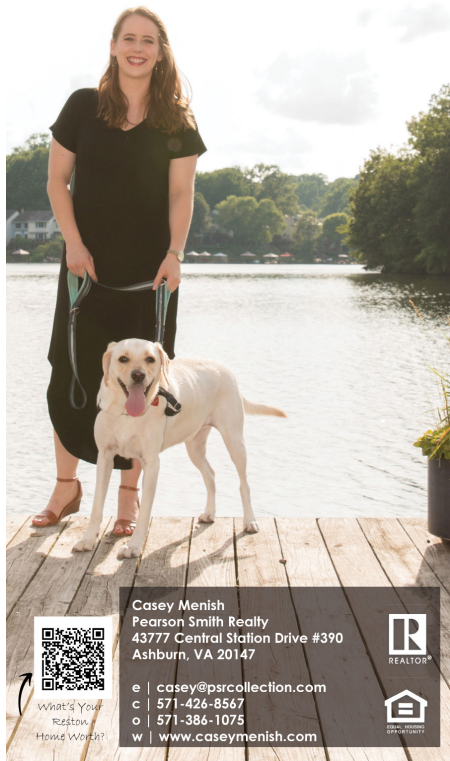
Students say goodbye to Mr. Marques. Photos courtesy of TES



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Meet Seahawk student photographer, Daniella Ramos

By Laurie Dornak, Seahawks Boosters

When you attend a FCPS sporting event, you will see many photographers on the sidelines shooting the action.

Many of the photos shared with The Reston Letter are from these generous individuals. Some of these talented individuals are friends, neighbors, or family members, e.g., fathers who picked up a camera to keep occupied when their students started playing, and a few are professionals. Others associated with the local schools captured the action in an up close fashion. For the past six years, South Lakes student photographers have joined the ranks of this fraternal group, learning from each other and enjoying the rush of sports photography.

Meet 10th grader Daniella Ramos and a sampling of her favorite shots from the spring season. Ramos, a member of the 2023 Girls Basketball JV squad and 2022 JV Softball team, completed her inaugural sports season trying her hand in the fast world of sports photography. Originally interested in taking photos of her dog, she expanded her subjects to the softball team.

Then, looking at the Seahawk team coverage, she decided to focus on the JV teams and started with her former JV softball squad to highlight what turned into a terrific 10-2-1 2023 season.

Ramos's work was seen by other teams and she was soon in demand by other spring sports teams. Getting to as many games as possible is the biggest challenge. "I was super happy to shoot my friends' games," said Ramos. "I overpacked my schedule in the beginning, but then I figured out how to cover two or three games each week, which was a better balance of doing something that was so much fun with my school and family obligations."

Her favorite part of being a school photographer is being in the middle of the action.

Her coverage of South Lakes JV teams met a key team need. She knew many of the student-athletes as classmates and found soccer to be the most challenging to shoot. Her work was featured on many team and Sports Booster social media pages.



Courtesy of Daniella Ramos

Ramos is looking forward to what's next. "I'm grateful for photography and everyone's response to my work. I'm happy that they like it."

"I plan to join the photography club this next school year and continue to work with my uncle and find other mentors to keep growing and expanding my skill set," said Ramos.

The South Lakes sports community is also grateful for Ramos and all the other talented photographers who share their work that highlights the exciting world of Seahawk Athletics with our community.

SPECIAL MESSAGE TO THE GRADUATE SENIOR

JUNE DEDICATION

TO: AYLIN HUMPHERYS

You've never let anything get in the way of your dreams--- the time has come to fulfill them! We love you and are so very proud of you!

-Mom, Brad, B, and Bama

HERNDON HIGH CLASS OF 2023

SPECIAL MESSAGE TO THE GRADUATE SENIOR

JUNE DEDICATION

TO: LAUREN BOTTOM

Congratulations Lauren! We are very proud of you. Good luck at Rhodes College!

-Mom & Dad

HERNDON HIGH CLASS OF 2023

SPORTS

Hornets boys soccer team takes District and Regional titles, sets eyes on states

By Nick Arzani, HHS Head Soccer Coach
Contributed by HHS Athletics Department

The 2023 Herndon Fighting Hornets boys varsity soccer team accomplished big things this year. They won the Liberty District Championship, the Regional Championship, and are playing in the Quarterfinals of the VHSL Class 6 Virginia State Championship. It was a difficult journey to get to this point.

While many high schools in the Northern Virginia area were training for tryouts, HHS was still trying to hire a head coach. A few days before tryouts began they announced Nick Arzani, technical director for Herndon Youth Soccer, as coach. Arzani put together a coaching staff and team that was set to make an immediate impact.

After tryouts, the coaching staff had one week to get the team ready for the opening scrimmages. The Fighting Hornets were victorious in each scrimmage, but it exposed weaknesses to work on to be a postseason contender. The players rallied behind the coaches, adapting to their coaching styles, listening, making the necessary adjustments during training sessions, and building positive and respect-based relationships. As a result, the Fighting Hornets were able to quickly gel as a team.

In their opening game against crosstown rival, South Lakes, they were disappointed with a 2-2 draw.

With a few fans braving the cold March temperatures in the stadium for the home opener, Herndon was dealt the only loss of the season, by Westfields. The loss took wind out of the Hornets' sail, it did not kill the spirit of the team.

The next five games, all away, gave them the opportunity to block out the home crowd noise for a few weeks and focus on building from within. Over the course of the next

four games they were able to win all their games, scoring a total of 18 goals and only allowing three. Things were beginning to click, and the boys were excited to be welcoming fans back at home.

April 19, one month since their only season defeat, the Hornets beat Fairfax five goals to nil. The hometown crowd was loud and exciting, as the winning streak continued.

Their next opponent was the undefeated, 9-0, McLean Highlanders. The stunned Highlanders found themselves down 2-0 within the first 15 minutes of the game, but fought back to tie. With minutes left on the clock, Herndon won and spoiled the Highlanders' perfect season.

As the forward trajectory continued to favor Herndon, they went through the next five district games undefeated



Photo by Erin Grogan

and headed to the Liberty District Finals where they were to face off against, none other than, the McLean Highlanders. McLean had a score to settle. The Fighting Hornets, however, had the home crowd advantage and a District Championship to win. The last time Herndon had won a District Championship was 2012, and the boys knew it was their year to bring it back to Herndon.

Both teams fought hard and the game was tied 2-2 with less than 10 minutes to play. A sloppy challenge saw the only red card of the game given to Herndon and they were forced to play the final minutes with only 10 men. Herndon cleared the ball away from the McLean attack, putting it right in the path of the loose Herndon attacker.

As if it had been foretold, with the outside of his foot, a perfectly stuck ball sailed over the McLean goalkeeper, who was frozen in his stance, and tucked gently into the side netting.

The crowd erupted! McLean had fallen, yet again, 3-2 in the Hornets' Nest. After winning the Liberty District crown, the team went on to win the Regional Championships against Langley 3-1 and headed to States. The first game at States— is the VHSL Quarterfinal matchup with John Lewis High School.

The Hornets have only one graduating player and are poised to continue building their team chemistry and make a similarly strong showing for the 23-24 season.

HHS softball makes big strides

By Jen McGee, Guest Writer



The Herndon High Softball team is all smiles after beating Washington-Liberty 13-10 on April 11. Photo by Jen McGee

The 2023 Herndon High School softball team went 8-10 this season, a drastic improvement from 2022's season of 3-15. There were 20 girls who tried out, and instead of fielding two small teams, second year Head Coach Jordan Foster and assistant coaches Glen Lyle and Hannah Calhoun made the difficult decision to just have one large varsity team. The team was well-balanced with five seniors, one junior, and seven sophomores as well as seven freshmen. Only six were returning varsity players from last year, leading to concerns about how they would do this year.

However, there was nothing to worry about. The underclassmen led the team in hits. Freshmen Katie McGee, Emilia Korsvall, and sophomore Jamie Taggart

combined for a total of 69 hits between the three. Korsvall led the team in homeruns with five, while Taggart had one and senior Jasmine Robinson contributed one as well. Sophomore pitcher Cadence Godshalk and senior pitcher Sam Whale both struck out over 30 batters each throughout the season. While the season ended earlier than they would have liked in the first round of districts, the girls are proud of their improvement and looking forward to next season, hoping there will be enough players for two competitive teams. Caroline Long, senior and four-year varsity player, said, "Playing for HHS softball made me feel like I was a part of a family and that I was helping to build a better program." The whole team looks forward to seeing what they can accomplish in 2024.



2013 Spirit Girls are Champions of The Virginian Tournament
2013 Lazio Boys are Champions in the Virginian Tournament
Photo Courtesy of Great Falls Reston Soccer



Herndon-Reston Youth Baseball Selects

Contributed by Herndon-Reston Youth Baseball League

Herndon Reston Youth Baseball Plays in the Babe Ruth Cal Ripken League. Their teams that move forward like All-Star teams are called the SELECT program. These are all kids that play in the house league, then try out for the SELECT team, called the Hawks. These SELECT teams will be representing their age level at the district/state/regional tournaments throughout June/July.



The Herndon 12U Select team- Herndon Hawks
Photo contributed by HRYB

SPORTS

South Lakes athletes shine

Contributed by South Lakes Boosters

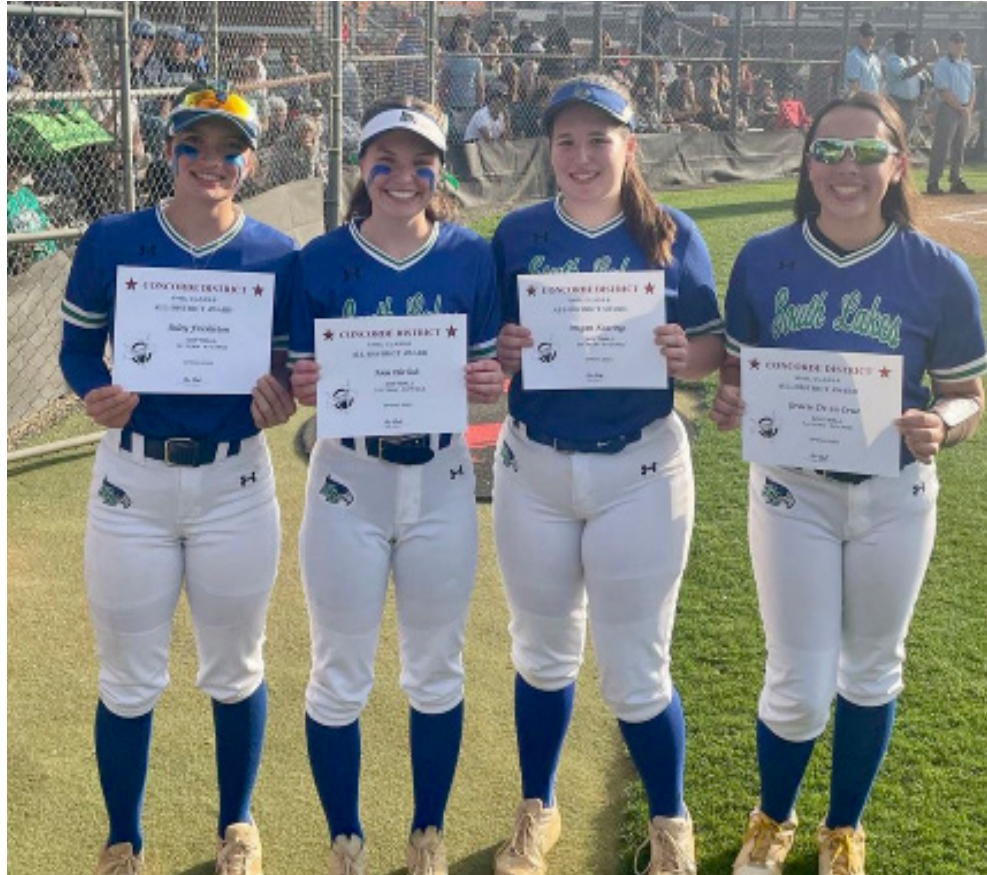
The spring sports season proved to be another exciting session for Seahawk fans. Terrific accomplishments again in the classroom and on the field of play. Some teams are still competing deep into the 2023 postseason as we go to print. A final update on these teams will be available in an update in the July issue. Full highlights will be shared under Quick Links on the South Lakes athletic website.

Seahawk Baseball finished in 5th place during the regular season with a nice round of All Concorde District and All Northern Region honors. All District honors awarded to C.J. Kemmerer (Soph), 1st Team, 2nd Base; Owen Wojciechowski (Jr) 1st Team, At-Large; Chris Fortunato (Sr) 2nd Team, Catcher; Ryan O'Connor (Sr) 2nd Team, 3rd Base; Joe D'Allesandro (Sr) 2nd Team, Outfield; Jonah Neihardt (Sr) 2nd Team, Designated Hitter; Campbell Short (Soph) Honorable Mention, Pitcher. All Region honors earned by Wojciechowski 1st Team, At Large and Kemmerer 2nd Team, 2nd Base.

Seahawk Boys Lacrosse finished in 5th place in the regular season with some terrific All District and Region accolades. Coach Dan Brennan led the pack with Concorde District and Northern Region Asst Coach of Year – the team is grateful for Coach Brennan. All District honors earned by Hunter Piotrowski (Sr) 1st Team, Attack; Caleb Blow (Jr) 2nd Team, Attack; Joe Redican (Jr) 2nd Team, Midfield; Xavier Legler (Jr) 2nd Team, Defense; Deep Murthy (Soph) Honorable Mention, Midfield; Nick Darmory (Sr) Honorable Mention, Defense; Jackson Blow (Jr) Honorable Mention, Goalie; Sean Redican (Jr) Honorable Mention, LSM; Michael Norford (Sr) Honorable Mention, Def. Midfield; Ethan McCrae (Sr) Honorable Mention, Faceoff.

Seahawk Girls Lacrosse had a historic season with an amazing group of student athletes who had the first SL Girls lacrosse

playoff win in 25 years. Placing 3rd in the regular season, the Seahawks made a run postseason and received some nice All Concorde District honors earned by Lia Smurda (Jr) 1st Team, Attack; Brenna Settar (Jr) 1st Team, Midfield; Makenna Kelly (Sr) 2nd Team, Attack; Izzy Bra-



South Lakes first team all-district softball players Photo Courtesy of South Lakes Boosters

bant (Soph) 2nd Team, Midfield; Keira Duggan (Jr) 2nd Team, Defense; Amelia Raffel (Sr) Honorable Mention, Attack; Reese Otwell (Sr) Honorable Mention, Midfield; Sophie Goodiel (Soph) Honorable Mention, Defense; Abbey Henry (Jr) Honorable Mention, Defense; Katherine Russell (Sr) Honorable Mention, Defense. All Northern Region First team honors earned by Smurda and Settar.

Seahawk Boys Soccer had a unique regular season and went deep into postseason play. Placing 3rd with a 7-1-8 regular season, the Seahawks won the

Concorde District tournament championship and finished the Northern Region tournament as quarterfinalist. All District honors earned by Alvaro Acosta Lovo (Soph) 1st Team, Forward; Alex Katsari-Hoefer (Sr) 1st Team, Midfield; Elliot Berg (Sr) 1st Team, Defense; Jonny Jovel-Alvarado (Soph) 2nd Team, Forward; Badr Laghji (Soph) 2nd Team, Midfield; Noah Charvet (Jr) 2nd Team, Defense. Exciting All Region honors

awarded to Acosta Lovo as Co-Player of the Year; with first team awards to Acosta Lovo, Katsari-Hoefer and Berg.

Seahawk Girls Soccer finished 5th in the regular season this year with All Concorde District awards earned by Bridget Brennan (Jr) 1st Team, Defense; Mary-Caitlyn Laquindanum (Jr) 2nd Team, Forward; Emi Kenney (Jr) 2nd Team, Midfield; Mia Branch (Sr) Honorable Mention, Defense; and Nyla Kargbo (Jr) Honorable Mention, Midfield. All Northern Region 2nd team earned by Brennan.

Seahawk Softball finished in 3rd place in the regular season at 15-5-0 and finalists in the Concorde District Tournament and Semi-finalists at the Northern Region tournament. All Concorde honors earned by Gracie De La Cruz (Soph) 1st Team, Pitcher; Ann Ehrlich (Sr) 1st Team, OF; Riley Frickleton (Sr) 1st Team, At Large; Megan Keating (Sr) 1st Team, At Large; Megan Maguire (Fr) 2nd Team, Pitcher; Audrey Jay (Jr) 2nd Team, Catcher; Addie Heath (Jr) 2nd Team, Outfield; Kayla Rudolph (Fr) 2nd Team, At-Large. First team all Northern Region honors earned by Ehrlich and Frickleton and second team honors earned by Keating and DeLa Cruz.

Seahawk Boys & Girls Tennis finished their regular seasons in 3rd and 5th places, respectively. Boys Tennis finished the Northern Region team tournament as quarter finalists. Singles and Doubles postseason tournaments had strong Seahawk representation. In the Concorde District Singles Tournament, Albert Vladimiskiy (Sr) took 3rd place; Ephraim Guthrie (Jr) and Justin Grossberg (Jr) finished as quarterfinalists. Vladimiskiy and Guthrie won the District Doubles tournament and Grossberg and Graham Ishaq (Sr) finished 4th. All Concorde District Honors were earned by Vladimiskiy Singles; Vladimiskiy/Guthrie Doubles; Grossberg/Ishaq Doubles. Vladimiskiy and Guthrie finished the Northern Region Doubles tournament as finalists and Vladimiskiy finished the singles tournament as quarterfinalist.

Seahawk Boys & Girls Outdoor Track and Field had an exciting award-filled season with many new PRs, new school records, State and National level performances. The girls team finished as Concorde District Champions and the boys team finished as District finalists. A proud joint team competed well at the Northern Region meet and both boys and girls took home the Championship. At the time of print, the team was competing at the VHSL Class 6 State Meet in Newport News, VA with the results to be covered in the next issue.

Reston-Herndon Little League Announces 2023 All-Stars

Contributed by RHLL

Little League All-Stars is unlike any baseball tournament in the world. It is the greatest month-long baseball "camp" a ballplayer will get to experience. Kids who have participated on a District All-Star team come out of it infinitely better baseball players. It's a lot of work and a full family commitment for something the kids will remember forever.

District All-Stars (D4). RHLL will enter six teams (one AL and one NL) in each of three district tournaments: for league ages 8-10, 9-11, and Majors. Typically the tournaments see teams play 3-5 games in pool play followed by a four-team, single elimination playoff for the district title. Should a team win the district, they will advance to the state tournament in July. Should a team win the state tournament, they would advance to regionals.

Local All-Stars. RHLL will field a 8-9-10 and a Majors (11-12) Local All Star team. Any player not selected for the District All Star team is eligible to play. These teams will combine AL and NL players. They will compete in a weekend long tournament against other D4 Local teams on June 24 and 25.

8-10 AMERICAN ALL STARS

Chase Ronay #3	Kevin Taheri #13
Cameron Meade #5	Teddy Crosson #14
Jack Chevalier #7	Gregory Burkhalter #17
Jaxon Wynn #8	Henry Green #25
Ryan Gottschall #10	Parker Galus #35
Bradley Clarke #11	Jackson Hooper #99

PH

9-11 AMERICAN ALL STARS

Noah Phillips #00	Eric Donohue #11
Timmy Van Haute #3	Anderson Wilburn #18
Chase Olmes #4	Owen Pinkman #21
Beau Eklund #6	Liam Broadhurst #22
Mason Walles #7	Charles Michael Quillin #25
JJ Hickner #8	Grant Thompson #44

PH

10-12 AMERICAN ALL STARS

CJ Papa #1	Brooks Ronay #16
William Morgan #4	Nicolas Morgan #20
Zach Seifert #5	Jowell Felipe #21
Michael Lamb #8	Nolan Klegin #24
Joel Rodriguez #10	Sawyer Mendolia #27
Nolan Gradishar #11	Syan Sakhia #99

PH

8-10 NATIONAL ALL STARS

Johnny Janis #2	Vaibhav Boini #15
Mason Lasseigne #3	Jimmie Grinnon #18
Sully Thompson #4	Preston Wojciechowski #21
Luke Janis #5	Jaxon Case #22
Braxton Beggan #10	Michael Vito #23
Jack Dellorto #12	Eddie Grinnon #27

PH

9-11 NATIONAL ALL STARS

Will Raikes #1	Calvin Fisher #8
Patrick Barrett #2	Andrew Scardamalia #16
Drew Fineberg #5	Owen Pellerin #23
Jackson Lester #6	Hudson Ross #33
Samuel Seaton #7	Sammy Kashchy #42
Abhimanyu Rajkumar #99	

PH

10-12 NATIONAL ALL STARS

Deagan Gallagher #00	Scottie Grinnon #20
Trip Unverzagt #1	Colton Cestero #21
Jackson Palmer #9	Judah Buchanan #23
Stratton Thompson #11	Max Mayer #25
Kevin Kemmerer #12	Casey Bursch #35
Joe Ivancich #18	Elijah Fortes #42

PH

OPINIONS

Lake Anne: A Few Suggestions

Restonian

Poor Lake Anne, Reston's original town center. Over the years, there have been consultants, charettes, and other conversations about taking its brutalist concrete glory and making something... more. Of course, the real solution has always been the same – build more dense housing around the Plaza, as Bob Simon originally planned, to ensure that the businesses there get enough foot traffic to be economically viable, and maybe deal with some... internal issues that haven't changed a whole lot over the decades. But aside from one legitimately exciting proposal back in ought-thirteen, not much has happened.

Last month, yet another consultant provided two visions for the future of Lake Anne. One envisions Lake Anne more or less sealed in amber as the “original village”—essentially embracing the quirk. The other involves Lake Anne as a “destination landmark,” which would involve adding fun new cultural attractions, such as an amphitheater or giant pickleball arena/farmer's market and maybe a fun parking garage to accommodate the newly teeming masses (sadly, the report makes no reference to a companion parking app).

But why stop there? We forwent our usual consultant's fee to come up with a few additional options:

1. Ye Olde New Towne. The Plaza al-

The negotiation of historical names and history

By J Orisha, Anti-Racist Researcher and Diversity Consultant

In recent years, people have recognized controversial historical influencers and how their representation celebrates oppression. The argument is that a statue or namesake honoring people who made significant contributions to society through domination, reiterates values of racist/sexist/homophobic/and other “ist” and “ism.” It normalizes such beliefs that progress and innovation precede violence and injustice. Examples of communities reacting to such realizations include changing and removing statues and namesakes of oppressors. Another perspective unrelated to inequality is the removal of long-established names. These names no longer “accurately” represent a community's image. Thank goodness Reston doesn't have these two problems. Oh, wait...

Reston Association's Lake Audubon Pool is a delight. Too bad its namesake was a racist. John James Audubon documented around 500 North American birds. He massively contributed to the progression of environmental studies. He also sold and owned enslaved Black Americans. Still, Reston (un)consciously honors him. Conversations are in place to change the name. Reston Association's Shadowood Pool on Springwood Drive is adjacent to Shadowood Condominiums. The residents of these condominiums were historically and predominantly Black and Brown.

2. Xtreme Lake Anne. For the outdoors enthusiast and thrill-seeker. Jump off the concrete statuary into tepid lake water! Mountain bike past the “no bicycles on the Plaza” signs! Take cold showers in the buildings without heat!

3. The Mauve Light District. A while back, an enterprising businessperson had plans to sell exciting nighties and whatnot at the Plaza, but the High Sheriffs put the kibosh on that before the first feather boa was sold. Why not go all in, while still respecting the DRB color palette?

4. The Global HOA Hall of Fame. Come to think of it, that's pretty much the “original village” concept above, the end.

ready has a historic marker, so why not go all out? Instead of donning Colonial garb, paid reenactors could wear leisure suits and paisley frocks and demonstrate how to use a pay phone or 8-track. More fun than candlemaking!

During that period, it was branded a dangerous area. This has since changed. The problem is people assume this isn't a public Reston park but that which belongs to the condominiums. Therefore, the Reston Association advocates replacing the name to Springwood. Here is the dilemma with removing the names of oppressors: there is none when relating to statues and tangible construction. Decentering colonization and the ripples it creates is crucial if America wants to live by its constitution. Names should change under conditions in situations like Reston Association's Lake Audubon pool. If this pool changes names, it is crucial to share the history of the former. If names change without sharing why, it erases history in many ways. I suggest that Lake [insert new name] pool has a clear, large, and kempt historical sign explaining the change and why. Shadowood's name is more complex because the area was once a majority of minoritized people. Removing this name erases and centers whiteness and “neutrality.” Ask who can greatly sway renaming this pool within the Reston Association members. How much power do Black and Brown current and former residents have in this decision? One opinion from a Person of Color doesn't represent all. Who benefits from the name change and why? Is it strictly for proper identification, or is it an evolution sparking a campaign to remove past undesirable representation? Putting historical signage beside this pool reiterates problematic ideals because it needs to be rooted in equitable principles. Has there been consideration to compromise naming it Shadowood-Springwood pool?

Next time you come across an honored name or statue, search beyond their contributions and learn about their ideals. When you change names, you walk a fine line between erasing history and learning from it.

Older and wiser: don't be an ageist

By Scott L. Parkin, Staff Writer

“Age gives me a number and nothing else.” – Dr. William Thomas

He's too old. She's too old. I've caught myself saying that a lot these days. It might be me talking about a tennis player who moves too slowly on Reston courts or maybe it's my own veiled criticism of someone who currently occupies the White House. At age 75, have I become ageist?

While it's true that some people in their 80s experience decline, Lisa Berkman, a professor of public policy at the Harvard School of Public Health, says “People who are doing well and are in the top level of functioning, have the odds of going for another 10 years, of doing really well during this time and making very important contributions.” According to the World Health Organization, ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others based on age. It is a term loaded with negativity just as racism or sexism are.

In our society, we are bombarded with messages and images in media, entertainment and advertising that celebrate America's youth culture. As a result, my instinct (as well as yours?) is to equate youth with strength, speed, good looks and the ability to handle multiple and complex tasks. For many of us, the opposite of each of these descriptions rings true for those whom we perceive as old. That is ageism at its core.

It is not hard to find examples of ageism in today's media. In the May 21 Washing-

ton Post there was an editorial and a column about how there were too many old people in our nation's national politics. While meant to be amusing, a Washington Post column on May 20 by the brilliant Alexandra Petri entitled “The U.S. Senate, It's Senior Living Made Permanent. Join Today!” was anything but. National advertisements regularly highlight the inability of elders to use technology, physical weakness, or mental inferiority. In a 2022 survey by the Age of Majority, most respondents aged 55 and older said that people over that age are represented in unfair ways in advertising and marketing. In many cultures throughout human history, elders have been looked to for their wisdom and experience. Elders teach the young how to exist in the world, are consulted on big decisions and treated with respect and remain integrated into society. Contrast that with a modern society such as our own in which ageism is firmly rooted.

With some intergenerational examples of mentoring or grandparents raising grandchildren, our elders are not looked to for how to live in the world. Older politicians are urged to step aside. Older folks like me are constantly encouraged through marketing and advertising in AARP publications and major media outlets to live in “seniors only” housing.

I need to stop and think twice the next time I'm about to exclaim “they're just too old.”

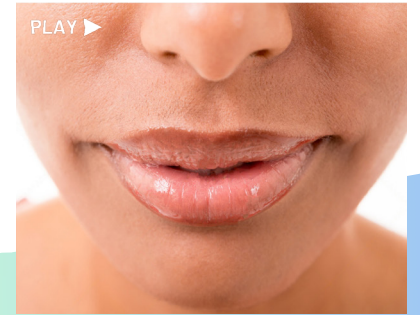
Scott L. Parkin worked in the aging field for nearly 30 years and is vice president of the nonprofit Reston for a Lifetime. A Reston resident since 1986, he began his career in communications as a journalist in Maine.

What's Your Story?

Do you have deep connections to Reston or unique experiences?
If you are 18 or older, please share your history, thoughts, or facts about Reston to appear in a documentary and book.

We strongly welcome the voices of People of Color!

Contact J for more details.



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904-297-8230

Stop poisoning Reston

By Hallie Craig, Guest Writer

Fairfax County has one of the highest rates of lyme disease in the country. Ticks and mosquitoes are undeniably problematic, and pesticides are ubiquitously employed to fight them. Unfortunately, pesticides have been repeatedly linked to cancer and other side effects in humans and pets. This might be an acceptable risk if they actually worked, but in fact they can greatly exacerbate the problem.

I have always considered myself a friend of the environment. I try to reduce, reuse, and recycle. I try to avoid toxic chemicals in my home, and I had a vague idea of the evils of pesticides (including herbicides). Yet when a salesman promised to spray an “all-natural” chemical that would “only hurt the bad bugs,” I fell for it. I now reflect on that decision with deep regret.

As it turns out, these poisons kill everything in their path, including widely beloved insects like bees and butterflies. The poison can also move up the food chain and kill birds, toads, lizards, and other predators. Ironically, it also kills the predators who would otherwise aid us in our fight against pest insects.

I have since learned better. My garden is now a habitat full of native species. It supports a complex web of native insects and

other animals. A host of dragonflies, birds, toads, lizards, and even bats have accepted the invitation to stay and control the “bad bugs.” My children spend hours exploring in the garden, and I don't have to worry that they're being slowly poisoned. Even so, mosquitoes will always persist. Luckily, there are methods of control available which are eco-friendly and demonstrably more effective than pesticides.

-Set up a mosquito trap; this entails setting out a bucket of water with some organic matter like grass or straw and a Bti “mosquito dunk,” which contains a bacteria that is harmless to all other species. This method is recommended by leading entomologist and conservationist Douglas Tallamy.

-Survey your property and remove invasive species like English Ivy and Japanese Barberry which are notorious for harboring mosquitoes and ticks, respectively.

-Consider getting chickens or Guinea fowl, which can eat ticks at a high rate (and turn that protein into delicious eggs).

-And of course, plant native species to create a balanced habitat on your property. For more information, visit xerces.org, homegrownnationalpark.org, and plantnovanatives.org.

We can fight pest species without poisoning ourselves and the world around us.

LIFESTYLE

Stretch it out: new Stretch Zone will help you maintain strength

By Dr. Neil McLaughlin, Certified Chiropractic Sports Physician at Commonwealth Chiropractic and Wellness

One of the most important aspects of musculoskeletal health over time is flexibility and pliability of muscles. I recently finished reading the "TB12" Method, a book by Tom Brady and his longtime trainer Alex Guerrero.

Brady attributes his longevity and fairly injury-free career to adopting principles based on pliability and flexibility of muscles, not just strength and aerobic fitness.

People of any ages, fitness levels and athletic abilities can benefit from adopting principles to improve flexibility and pliability. "Ability allows athletes to achieve,

durability allows them to continue achieving, and pliability makes both possible," Brady says.

In our office we have a high focus on muscle flexibility and pliability.

A lot of doctors and therapists will hand you a sheet of stretches to do at home. We incorporate active isolated stretching into our treatment protocol, taking advantage of interactive stretching with the patient, minimizing working against weight-bearing and gravity, and not having to engage other parts of the body into the stretch.

As massage therapist Peter Sherry, for-

mer Marine Corps Marathon winner and member of Georgetown Hall of Fame, states "strength and flexibility are the key components to maintaining healthy muscles." Injuries and compensation are often the result one or both are lacking.

The problem I see over the years is that as patients feel better and are coming to the office less often they start to lose the benefits they gained. Flexibility like anything else in life, the less you do the more you start to lose over time. This year a new solution came to Reston to change that paradigm. The Stretch Zone came to Reston, offering services related to interactive isolated stretching. When they first opened

I made an appointment to see if this would be beneficial to my patients and myself. I had a session with Jasmine Moorman to see if this was something beneficial for my patients. She was very professional, knowledgeable, and constantly asking for feedback during the session. Jasmine is a Stretch Practitioner whose goal is to help re-educate the nerve muscle reflex, allowing muscles to move more smoothly throughout the stretches.

She wants to help people achieve better range of motion, relieve stiffness and soreness, and enhance posture and activities of daily living.

Amir Gomez, Assistant GM of Stretch Zone with a degree in Exercise Science from VCU states that their goal at Stretch Zone is to " help everyone from professional athletes to anyone looking to improve their flexibility."

We also work with people recovering from hip and knee joint replacements. The amazing thing is people will feel results immediately after a 30 minute session. The first session is complimentary and can be scheduled by calling (703) 822-5296.



Photo by Benjamin Burgess

Restaurant review: Glory Days Grill at North Point

By Steph Drahozal, Staff Writer

Looking for a place to drink beer, hang at the bar, and watch the game with your buddies? Glory Days Grill is the spot for you! Glory Days opened its location in the North Point Shopping Center in Reston in January of 2015.

It replaced the old Blockbuster Video store - anyone else feel nostalgic about those VHS days?

The popular sports chain eatery opened its first restaurant in Burke, Virginia and now has 23 locations in Maryland and Virginia (plus many more along the Eastern seaboard).

It's won countless awards over the years, including the "Restaurant Neighbor

Award, State Winner" which they've won 16 times.

The large menu boasts tons of food options from their popular wings to nachos to burgers to salads to meatloaf and more.

Both their bone-in and boneless wings are fan favorites and you can choose one of their 10 sauces to smother them in.

My personal favorite is their signature Glory sauce (a mix of BBQ, honey, and heat).

One of my other favorite menu items is the cheese fries. I've been ordering these since I was a child, and they are always loaded with cheese and bacon bits.

And the star of the show for their cheese fries and wings alike is their homemade Ranch dressing. There's something about

it - so creamy and light, that makes people just want to drink it.

So much so, that in 2020 they heard our cries and started selling the dressing in eight ounce bowls for people to take home and enjoy (yes, I've done this).

The atmosphere in Glory Days is fun and upbeat, and is the perfect place to catch any sports game.

There are more than 20 TVs throughout the restaurant, so you'll get a great view no matter where you sit.

They have high-top tables, booths, and a well-stocked bar area for you to choose from.

There's also a good-sized patio in the front of the restaurant with plenty of seating. It's perfect for those sunny days when you might feel guilty sitting inside on your couch, because their patio also has TVs so you can watch the game outside!

Cheering on your favorite team while getting some fresh air- it's the best of both worlds.



Photo by Steph Drahozal



Photo by Benjamin Burgess

LIFESTYLE

Lakeside Cluster: Living the Lake Lifestyle

By Debbie Anguizola, Reston-based Realtor of Compass

Located off of Fairway Drive just south of Lake Anne, Lakeside Cluster is a quiet community of uniquely designed patio homes and townhomes crafted around a lakefront lifestyle.

The majority of the homes are on Greenbriar Court, a cul-de-sac street with lush landscaping and mature trees that terminates at Lake Anne.

For Inhye Kim and her husband who moved to Lakeside eleven years ago as a young couple, the lake and trails were the main attraction. "We loved the vintage/mid-century modern vibe of Lake Anne Plaza and felt like we stepped back in time, which was so unique!"

Since having children, Kim loves being walking distance to so many areas including Reston Town Center. "Being able to walk to my kids' school is icing on the cake," added Kim.

Built in 1969, these unique homes have a cool, mid-century modern aesthetic.

Many have been stunningly updated to reveal contemporary show-stoppers worthy of being featured on the annual Reston Home Tour.

The neighborhood has a playground

and large private dock, where residents can store their electric boats, canoes and kayaks.

One resident said she loves living in a community with lake access and friendly neighbors who will happily invite her for pontoon rides on Lake Anne. An easy

stroll to Lake Anne Plaza, residents can peruse the Reston Farmers Market (open Saturdays April to December) and many shops and restaurants. With tennis courts, athletic fields, Reston Association's Blue Trail, and the North Shore pool nearby, there is an activity for everyone.

Lakeside Cluster has 50 homes — 17



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townhomes and 33 patio-style detached homes. As of June 2nd, 1624 Greenbriar is currently listed for sale by Marnie Schaar of Compass with an asking price of \$799,000. In the past year, two homes have sold in the cluster: 1627 Greenbriar for \$822,500 and 1618 Greenbriar for \$925,000.

Schools: Lake Anne Elementary School, Hughes Middle School, South Lakes High School

THE RESTON HOUSING ROUNDUP

\$585,250
Median Sales Price
in May 2023

5 Days
Median Days on Market
in May 2023

102.3%
Median Sales Price / Original List Price
in May 2023

11
Coming Soon
Listings

37
Active
Listings

84
Pending
Listings

May 2023
vs
May 2022

+5.5%
Median Sales Price
\$555,000 in May 2022

+0
Median Days on Market
5 Days in May 2022

-0.5%
Median Sales Price / Original List Price
102.8% in May 2022

Data Source: Bright MLS

Home of the Month: 11990 Market St. Luxury High-Rise Living in Midtown at Reston

By Dave Swartzbaugh & Debbie Gibbons, Realtors

After 26-years in Oakton, Barb & Robert Roubo moved to Midtown at Reston Town Center. Having enjoyed living on over an acre of land it was definitely their time to consider luxury high-rise living in a place that was already their "playground." "Keeping up on the maintenance and the lawn was like a second job," said Robert. They were looking for a change in lifestyle. An "easier life and less chores"

is how Barb described their desired next home.

They discovered their dream in a luxury high-rise building in the heart of the Reston Town Center, with a downtown feeling. As original owners of unit 1312, they watched as the twin towers were being built and moved in upon completion in December of 2006. Their unit is ideally located in the front of the West Tower and has 2,111 square feet with three bedrooms and three full baths. A rarity, this larger model includes a second ensuite bedroom on the other side of the unit offering privacy for family and guests. The unit boasts tall ceilings, walls of windows, upgraded gourmet kitchen, recessed lighting, and hardwood, marble, and tile flooring. The expansive wrap-around balcony offers fantastic outside living space with spectacular views. Unit 1312 also includes dual zone HVAC, allowing customization of temperature comfort from the living area to the bedroom area. Of all the condominium choices in Reston, why this one? "Midtown is the only luxury condominium that offers immediate access to the town center. We can walk out our front door and be in the heart of dining, shopping, entertainment, and the metro.



Photos by Glenda Cherry Photography

Dulles Airport is eight minutes away. This level of convenience and accessibility is unmatched by other condominiums in Reston. It truly is luxury living! We selected this unit because of the incredible privacy, three unencumbered sides, making the unit extremely quiet and the breathtaking southern, western, and northern views spanning to the Blue Ridge Mountains. Another deciding factor was the proximity to the emergency exit (right outside our front door), only eight units per floor, two full sized parking spaces, and a storage unit conveniently located steps away from the West Tower elevator lobby on the G3 parking level," said Barb. Floor-to-ceiling windows in the primary bedroom sitting area make it the perfect location to get lost in the mountain scape and watch the Fourth of July fireworks

displays from western Fairfax, Herndon, Loudoun, and beyond. "We literally set up our lawn chairs and cooler in the sunroom and when one show ends, we move our chairs to another window!" said Barb. Some impressive features and amenities that set Midtown apart from others include 24/7 concierge service, two guest suites, 33 underground guest parking spaces, a private movie theater, swimming pool, fitness center, and two outdoor terraces with gas grills that overlook the park. "Our pool, two-story lobby with beautiful views, and courtyard surrounding the pool is an oasis to enjoy on a summer day or evening. It is all so stunning," said Barb. Listed at \$1.2M by Debbie Gibbons of Weichert, Realtors C: 703-283-2722 debbie@debbiegibbons.com

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