

THE RESTON LETTER

Cardboard Boats Race on Lake Anne



Cardboard boats came from far and wide to the Lake Anne Cardboard Boat Regatta to raise funds for the Reston Museum. Photo by Isadora Guerreiro

By Caroline Ayres, Staff Writer

Residents of Reston and beyond again flocked to Lake Anne Plaza to witness the annual Lake Anne Cardboard Boat Regatta on Aug. 19. Instead of setting sail in vessels designed for the winds and waves of the sea, participants boarded boats made of duct tape, cardboard, and hope; they constructed and decorated the boats

themselves.

Participants created their boats from a list of legal materials – no Styrofoam, flex tape, or pre-treated cardboard allowed – and raced to the end of Lake Anne’s dock, around the halfway marker, and back to the finish line. Since its 2017 debut, the Reston Cardboard Boat Regatta has grown from a creative fundraiser for Res-

ton Museum to one of Reston’s biggest events. The COVID-19 pandemic meant that the competition had to take a hiatus in 2020 and 2021, but in just five years of competition, its popularity has boomed. This year, the 49 competing teams, composed of students, families, and businesses, packed Lake Anne with crowds

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Miss VA Lives in Reston!



Miss Virginia, Ashley Williams
Photo by @AshleyLongCreative

By Caroline Ayres, Staff Writer
Ashley Williams boards the elevator with all the grace expected of the woman just crowned winner of one of the state's most prestigious beauty pageants

She cheerfully compliments the shoes of the older woman standing next to her. The woman grins as Williams exits, floating down the hallway as light as air.

Williams, AKA Miss Virginia 2023, has shown her talents in dance and pageantry, but is also an event coordinator and cheerleader. She moved to Reston last year to pursue her career in events management for a government contractor, and has since fallen in love with the greenery and the community.

“I think the people are very welcoming. It’s very community-driven, family-friendly, even living here at the Town Center; there’s always events for families.”

Ashley started her athletic career early, beginning dance at age 8 in her hometown of Miami. After majoring in psychology at Florida International University, she became an NFL cheerleader for the Dallas Cowboys. They are three years of her life she refers to fondly.

“It’s so cool because it’s one of those things where you’re a part of it, and you forget how big it truly is. It’s the National Football League,” she said.

In that role, she spent time overseas performing for troops which inspired

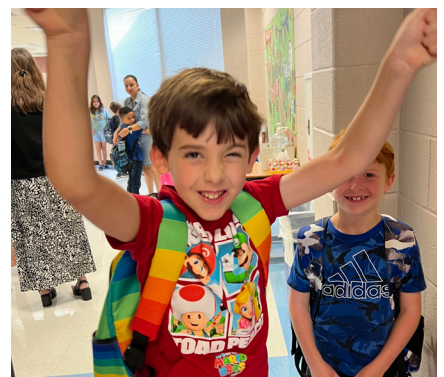
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sports



Reston’s upcoming Baron Cameron Bowl: a history of the Herndon/ South Lakes rivalry football game

education



It’s back to school, a Reston graduate making an impact, a mini-crossword puzzle

the bulletin



Miss Virginia, Who’s Next Door, more cardboard boats, upcoming fall events to look for

lifestyle



Restaurant review on Reston Kabob, garage organization tips, Neighborhood Spotlight on Lake Thoreau

opinions



Saving Reston’s bees, Q & A column with Dr. S.

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Restonian Davida Luehrs Helps Fight Blindness

By Ellyn Wexler, Staff Writer

A diagnosis Davida Luehrs received more than three decades ago changed the trajectory of her life. At age 28, the University of Maryland alumna was working for Marriott Corporation and living in Bethesda. Noticing a decline in her reading vision, she consulted an ophthalmologist, expecting to get a prescription for reading glasses. To her surprise, the doctor told her she had a degenerative retinal disease that eventually would result in blindness. Unable to help further, he referred her to a specialist, the director of the Wilmer Eye Institute at the Johns Hopkins University School of Medicine.

Flash forward to the present, and the long-time Reston resident is well on her way to realizing that dire prognostication. During her disease's slow progression, Luehrs has made every effort to navigate the world as independently as possible. In the 1990s, she underwent white cane training, and four years ago, her guide dog Chub became her partner. Since 2015, she has been a ballroom dancing devotee, initially socially with her husband; now, she is training to compete.

Serving others who deal with vision challenges has become Luehrs' passion. After fulfilling her volunteer duties like coordinating carpools for her three children's scout and marching band activities in 2009 when her youngest of three children graduated from high school, she dove full force into volunteer work for the Lions Club (LC) and the Foundation Fighting Blindness (FFB). "I am committed and steadfast in my desire to reach those with vision issues," she said. "Without being able to drive or read, they may be struggling, suffering, feeling alone and isolated."

Luehrs has taken on multiple leadership roles with the Lions. "With a core mission

of sight preservation, and a desire to assist those in need in any way, I have been serving the Northern Virginia community for five years," she said. "Embracing the LC national KidSight initiative I help coordinate free vision screenings in Fairfax and Loudon counties, with emphasis on those between the ages of six months and six years of age."

She has served in various official capacities, including Reston Lions president, and Northern Virginia chapter president, national trustee, and sight conservation chair. Among the programs the Reston club provides are sight and hearing screening in local schools, churches, and community health fairs, and eye exams and eyeglasses for people who cannot afford them. Old, discarded eyeglasses are collected and refurbished, then distributed to those in need.

The club also sponsors blind and deaf children to attend summer camps, and supports organizations including the Inova Fairfax Hospital Eye Clinic, Leader Dogs for the Blind, Canine Companions for Independence, the state Eye Bank and promotion of eye donations for transplant and research.

Since May 2006, Luehrs has been heavily invested in the Foundation Fighting Blindness, established in 1971 to raise awareness and fund research that would lead to preventions, treatments, and cures for blinding retinal diseases. A founder of the local chapter, she has served as its president and national trustee.

Luehrs remains optimistic, observing that sight-saving research is "exploding across multiple medical areas," citing the gene therapy that has restored vision for children with a more severe form of her disease. Technology, she added, also has contributed to easing some challenges for



Ms. Davida Luehrs is legally blind, and fighting for others in her shoes.
Photo by Benjamin Burgess

blind people, noting the iPhone's Voice-Over gesture-based screen reader.

She recommends that everyone "not take their eyesight for granted," and implement healthy habits, among them, getting regular eye exams, wearing sunglasses outdoors and safety eyewear as necessary for certain sports and jobs, avoiding smoking, taking regular rests

from computer and cellphone screens, and eating a well-balanced diet.

Luehrs encourages Reston residents to support these local organizations, either by becoming a member or volunteering to help at one of their events.

For more information, visit www.fightingblindness.org and www.restonlions.org.



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Miss Virginia Lives in Reston

Continued from Page 1

her to choose military engagement as her platform for Miss Virginia.

After ending her career in the NFL, Williams wanted to transition to a similar role, choosing to get involved in pageantry after serving as a judge for one contest herself. "I was really inspired by the contestants. This is a really great way to enhance your personal development skills."

She said, adding that the Miss Virginia competition was exhilarating, and only left her wanting to do every section over again.

Williams has a passion for getting out into the community that she has chosen to call home. She has advice to share for young girls.

"Especially in the social media age we're living in, it's so easy to look at some-

body else's lifestyle or post and feel inadequate, and I think it's so important to channel that into being influenced in a positive way, whether that's seeing someone's story and seeing that they posted a healthy meal or that they're on a walk," she said. Once you start to compare yourself to someone else, it's already gone downhill."

As she prepares for the Miss USA com-

petition, Williams is poised to become a powerful representative for Reston and the state of Virginia — and she says she's always looking for more ways to get involved in the community.

Williams can be contacted at missvirginiausa.com.

THE BULLETIN

Reston Multicultural Festival
Reston Town Center
September 23, 11 a.m. - 6 p.m.

Do It Your Way 0.5 K
for South Lakes PTSA Food Pantry
Lake Anne Plaza Oct. 15

Reston Association Yard Sale
September 30
9:00 a.m.

Reston Museum's Cardboard Boat Regatta is Unsinkable

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We built and raced

Barbie's Dream House



NOW LET'S FIND YOURS!

Continued from Page 1

eager to watch them earn their place on the high seas.

"I love the energy behind it, the community comes together, and it's so much fun," said Alexandra Campbell, the Reston Museum's executive director.

Teams engineered their boats with themes like Vikings on A Budget, and Alien Invaders. "We're always really impressed. People get really creative," Campbell said. One team built a massive Barbie Dreamhouse boat in homage to the recent movie.

Teams compete in multiple "classes" for the fastest time. Winners were Cowlick for Cadet Class, Deep Challenger for Skipper Class, and Restoration Church for Navigator Class. Restoration Church had the fastest overall time. The competition has more novel awards, such as the Titanic Award for the "most spectacular sinking," which this year went to Red's

Table.

One of the more unique additions to the race is the Super Soaker station, in which people can pay to arm themselves with water guns and fire on the oncoming boats as they race across the water. The station has quickly become a fan favorite with those who come to watch the race, and an extra challenge for the teams to face.

This year's regatta raised more than \$20,000 for the Reston Museum's events and programs dedicated to preserving and sharing the history of Reston.

As fall sets in, and registration for the 2024 race opens, it is clear that the Lake Anne Cardboard Boat Regatta has become a staple example of the town's culture, spirit, and creativity.

It's never too early to plan your theme; pre-registration is already open for 2024 on Reston Museum's website: www.restonmuseum.org



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Barbie's Dream House cardboard boat heads to the finish, as the crowd records the moment at the Lake Anne Cardboard Boat Regatta. Photo by Isadora Guerreiro



Fox 5 DC news team visited Reston on Aug. 25 on one of their "Zip Trips," which are quick visits to cities in the DC Metro area to highlight community businesses and people that make those places special. Photo by Isadora Guerreiro



Fox 5 film crew shoots live from Reston Town Center. Photo by Isadora Guerreiro

THE BULLETIN

South Lakes PTSA Food Pantry Helps Thousands

Contributed by South Lakes PTSA

At a time that food insecurity impacts countless families, South Lakes High School stands out as a beacon of hope, providing a vital resource through the PTSA Pantry. But it's more than just a food bank; it's a hub for community spirit, dynamic learning opportunities, and active student engagement.

"The PTSA Pantry has provided South Lakes with such a resource," says Principal Kim Retzer. "Most people know it for the weekly support for students and families with food insecurities. But it also plays a crucial role in emergency situations, reaching out to families at SLHS and our feeder schools. It also offers authentic learning experiences for our students – be it marketing by DECA, recipe creation by Culinary, or stocking and delivery by our Work Awareness and Transition (WAT) students."

During the second week of school, the PTSA Pantry served 120 student shoppers and 170 families through their curbside service. These numbers are only expected to rise as the school year progresses.

This community-driven initiative has achieved staggering results since its inception in 2017; 1.3 million pounds of food and toiletries have been distributed, and volunteers have dedicated 30,000 hours, reflecting the community's true commitment. 35,000+ orders have been fulfilled, each signifying relief for a family in need.

It couldn't have been done without the continuous support from local businesses, community members, religious organizations, and partnerships like the Capital Area Food Bank, Trader Joe's, Wegmans, and Safeway.

To continue making a difference, the PTSA Pantry seeks the community's support.

Donations are instrumental in sustaining this effort. To contribute, you can find more information or donate on the website.

Please register, bring the family, and join us for the annual FUNdraiser, the Do it Your Way 0.5k, on Sunday, Oct. 15 at Lake Anne. Embrace a fun-filled opportunity where community meets purpose. It's not just about the 650 steps (or the donuts

halfway through) Every step you take is a stride forward for families in need in our community.



Photo Contributed by SLHS PTSA

High School Students Launch Reston Stars Charity



Reston Stars performs at Café Montmartre at Lake Anne. Photo Contributed by Reston Stars

Contributed by Reston Stars

Reston Stars, a South Lakes High School student-led charity project under the CORE Foundation, launched Sept. 7 with a Broadway-themed fundraising event at Café Montmartre, setting its sights on bringing performing arts enrichment opportunities to Reston middle school students, regardless of their family's budget.

A group of South Lakes Theatre Arts students presented a cabaret-style show with a variety of Broadway tunes from the "Golden Age" era to a sold-out crowd. Led by South Lakes students August Rivers, Itsuko Scoville, and Liam

Birch, the initiative is supported by the school's Thespian troupe, and aims to help address inequities in access to performing arts enrichment programs.

"I'm thrilled that our community is coming together to open doors for students who would otherwise not be exposed to performance training and inspiration," stated Rivers, a senior at South Lakes. "Arts opportunity shouldn't be limited by financial means. Thank you to Café Montmartre for donating 10% of dinner sales to support the launch of Reston Stars, to my friends for using their talents to increase opportunity for others, and to all of the attendees, sponsors, and donors who helped make this launch a success." Reston Stars sponsors

to date include Café Montmartre, Kalypso's Sports Tavern, Reston Art Gallery, and My Photography PR.

The event left guests raving, and donating generously to the cause. Grace Yakubisin, a long-time Restonian and Reston Stars supporter said, "The talent at South Lakes is amazing. The opening number even had impressive choreography by Rivers, and you don't see that in most high school theatre programs." The event raised enough to fund four scholarships and donations are still being accepted at restonstars.org.

Key highlights of the Reston Stars initiative include:

Enrichment: Reston Stars will offer scholarships for lessons, classes, camps, and programs, as well as educational resources to empower local students to excel in their performing arts journey.

Engagement: Reston Stars will organize community events, workshops, and initiatives that foster inclusivity, to raise funds to support Reston middle school students pursuing performing arts enrichment opportunities.

Empowerment: Reston Stars will provide support and resources to young talent in our community in various performing arts fields, helping them reach for the stars and pursue their passions. Reston Stars invites community members, businesses, and individuals who share an interest in supporting Reston's youth with performing arts enrichment

opportunities to make a financial donation at www.restonstars.org and contact info@restonstars.org to learn about other ways to support the cause.

Corrections from August's New Business Spotlight:

OmBaked is not a vendor at the farmers market, and the farmers market at Lake Anne is called the Reston Farmers Market, not the Lake Anne Farmers Market.

THE RESTON LETTER

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Reston Bike Club Celebrates 40 Years of Riding in Reston

By Terri Wright, Staff Writer

The Reston Bike Club celebrated its 40th anniversary Aug. 20 with a ride starting and finishing at Reston Town Center, culminating in food and drink for the riders at the pavilion. The club has more than 1,200 members, and sponsors 20 to 30 different weekly rides for riders at any and all skill levels; there are also three women-only rides and those directed toward those new bikers. "Women routinely share their worry about holding others back. These rides help lessen that fear," said Kelley Westenhoff, a Member-At-

Large committee head, who leads several weekly rides including an all-female ride. While many rides occur in and around Reston, the club and its members routinely use routes out west in Loudoun county where riders can escape the density of traffic and congestion. Reston Bike Club is volunteer-led; the club aids and supports local organizations sponsoring and promoting bike activities. \$1,000 grants are awarded to activities furthering bike riding within the community. Information about membership, upcoming rides, and events can be found on the Reston Bike Club website, www.restonbikeclub.org



Photo by Isadora Geurreiro

THE CALENDAR

Late September Festival Will Celebrate Reston's Diversity

By Ellyn Wexler, Staff Writer

It's almost time for the grand and colorful celebration of our community's singular mix of cultures, customs, and traditions! The annual Reston Multicultural Festival is set for Saturday, Sept. 23, 11 a.m. to 6 p.m., rain or shine, at Reston Town Center (RTC). Both admission and garage parking are free.

Leila Gordon, Executive Director of the Reston Community Center (RCC), was part of the group that launched the festival in the late 1990s. "We recognized that diversity is one of our community's great foundational strengths. Reston had -- and still has -- a reputation as a place that welcomes people from all walks of life, parts of the globe, perspectives, ethnicities, and backgrounds. Literally dozens of languages are spoken in our schools," she said.

"The biggest change this year is that we have increased our footprint from one to three stages along Market Street," said Maggie Parker, Director of Offsite and Collaboration for the RCC, which presents the festival in partnership with the Reston Town Center Association.

More than 20 musical, dance, and theater performances will take place on the stages located at RTC Square Park, toward the middle of Market Street, and

at the Pavilion. Among them will be four National Endowment of Arts Heritage Fellows, recipients of the nation's highest honor in the folk and traditional arts. Roen Hufford, of Native Hawaiian descent, will demonstrate the nearly lost art of making bark cloth (ka hana kapa). Virginia-based luthier and bluegrass musician Wayne Henderson will perform, and discuss his craft, making acoustic guitars. The Legendary Ingramettes, an African American gospel quintet, and Tibetan opera singer and dancer Tsering Wangmo Satho will be on hand as well.

In addition, local performers will include Furia Flamenca (flamenco dance), Kalavaridhi (Indian classical dance), Trio Sefardi (songs of the Sephardim), Traveling Players (theater), Raqs el Hob (Middle Eastern dance), Alice Gu-Zheng (Chinese zither music), Mystic Warriors (world music), Minnush (Sephardic fusion), Foley Academy of Irish Dance, Ehsass Band (Hindi), Gin Dance Company (Asian/Eastern and Western blend), Nomad Dancers (world), Feedel Band (jazz and Ethiopian fusion) and Calpulli Mexican Dance Company. Performance times will be staggered, so no one will have to miss anything, Gordon noted.

In between the stages, 30-plus local craftspeople will sell their creations, and community organizations will share in-



formation. There will be activities for children, and even tents where the public can chat with performers. And RTC restaurants "go out of their way to offer festival special options," Gordon said.

"We will highlight our extraordinary diversity, all the different backgrounds and journeys to the United States," she added. "We will celebrate differences that make life vibrant, interesting, and beautiful."

Hero Awards Gala Approaches

Contributed by CORE Foundation

The CORE Foundation announced details for the annual Giving Gala and Community Hero Awards, set for Saturday, Nov. 4, at the Reston Community Center. The "Bright Lights" themed event promises to be an evening of celebration, recognition, and philanthropy, honoring individuals and organizations that have made outstanding contributions to the community.

The CORE Foundation is a Reston-based nonprofit organization dedicated to making a positive impact on communities through philanthropy, education, and outreach programs. The CORE Foundation Giving Gala was established in 2018 as a primary fundraiser for the CORE Foundation.

"We are proud to announce Suzanne Zurn and Jennifer Heffner as the co-chairs of the Giving Gala and Community Hero Awards. Suzanne Zurn, a communications executive and 2022 CORE Volunteer of the Year, has served in leadership roles with several community organizations. Jennifer Heffner, a prominent business leader and dedicated volunteer, brings a wealth of experience in organizing successful events for the betterment of the community. Together, they will lead the efforts to ensure an unforgettable and impactful evening," said Doug Bushée, CORE Foundation Founder.

"We are also delighted to have Miss Virginia USA 2023, Ashley Williams, serving as the Honorary Chairperson of the event. As a symbol of excellence, inspiration, and service, Ashley embodies the spirit of the Giving Gala and Community Hero Awards. Her dedication to making a positive difference in our community resonates deeply with our

mission," Bushée said.

"The Giving Gala and Community Hero Awards will be a night to remember, with inspiring stories, live entertainment, and opportunities to support the CORE Foundation's important initiatives. By attending this event, guests will have the chance to honor local heroes and contribute to meaningful projects that enhance the lives of community members," said Taralyn Kohler, CORE Foundation CEO.

"Don't miss this opportunity to join us in recognizing the remarkable individuals and organizations that have made a significant impact on our community. Together, let's celebrate their achievements and support the CORE Foundation's mission of fostering positive change," said Zurn and Heffner.

Visit the event website at [corefoundation.org/giving-gala-community-hero-awards](https://www.corefoundation.org/giving-gala-community-hero-awards) to learn more about the event, purchase tickets, and explore sponsorship opportunities.



Gala co-chairs Suzanne Zurn and Jennifer Hefner with Taralyn Kohler (middle), CEO of CORE Foundation. Photo contributed by CORE

Be An Informed Voter this Fall

Contributed by Melenie Meren, FCPS School Board Member

Election day is November 7. Have a plan to make informed decisions for our town and state!

BE A VOTER BY NOVEMBER 7, 2023

1. VERIFY YOUR VOTER REGISTRATION STATUS BY OCTOBER 16.

Update or apply for registration online at www.elections.virginia.gov.

2. PLAN HOW AND WHEN TO VOTE: EARLY IN-PERSON AT SELECT LOCATIONS, ABSENTEE BY MAIL, OR ON ELECTION DAY AT YOUR POLLING PLACE

No need to wait for Election Day: early, in-person voting is available at a range of dates and times, from September 22 to November 4!

3. KNOW YOUR CANDIDATES.

Political party affiliations (D or R) ARE NOT STATED on the ballot for all seats. Parties offer sample ballots to review in advance. Also, this fall, take opportunities to meet candidates at events, and learn about them online.

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1 "local" magisterial Member
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3

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1 Sheriff
1 Clerk of the Court (8-year term)

3

FAIRFAX SOIL & WATER CONSERVATION OFFICIALS

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EDUCATION

Making an Impact: Reston Graduates Making Their Mark Featuring Sean Murphy, South Lakes High Class of 1988

By Chuck Cascio, Reston author, former South Lakes High School teacher

What goes through the mind of a young kid in the 1970s living on Tanbark Lane in Reston, walking to elementary, middle, and high school, strolling around Lake Audubon, and making lifelong friends in the Reston community?

For Sean Murphy there were many thoughts that led the 1988 South Lakes High School graduate to work on the "Sentinel" (the SLHS newspaper), earn a master of arts degree in English Literature at George Mason University, and then, in 2017, to leave his position in the dot.com industry to start 1455 Literary (www.1455litarts.org), a nonprofit dedicated to advancing literature, writing, and community.

Murphy says the decision was influenced by his lifelong love of reading and writing and, ultimately, by his tenure "at the Noepe Center for Literary Arts at Martha's Vineyard. There I experienced

how profoundly positive a sense of community amongst creatives can be." With hopes of "helping facilitate ways to connect artists with audiences both virtually and in person," Murphy then developed 1455 Literary.

1455 Literary's mission is "...to serve anyone who appreciates the arts and is interested in the sort of community commonly found only in academia or online book clubs." To achieve that mission, 1455 Literary (named after the year in which Johannes Gutenberg, inventor of the moveable type printing press, began printing books) offers free year-round programming that provides a multitude of opportunities for writers including an annual literary festival that Murphy describes as "a global celebration that has featured hundreds of storytellers, a monthly "Author Series" where writers from around the world read and discuss

their work; an annual "Storyfest"; assorted workshops; a "Young Poet's Contest"; a virtual publication entitled "Movable Type" that features prose, poetry, music, essays, and more.

While running 1455 Literary, Murphy actively pursues his own career as a writer: "I've been publishing freelance essays and criticism since the early 2000s and, in addition to a novel and a memoir, my third book of poetry and first collection of short fiction is forthcoming in 2024." Murphy's passion is fueled in part by what he considers a disturbing trend where "academic and literary worlds" are being neglected: "In an environment where every creative is obliged to advocate for their work, 1455 is an ally—committed to showcasing under-represented artists." In other words, through 1455 Literary, Reston resident Sean Murphy is making an impact.



Photo contributed by Sean Murphy

Channel 9 News Visits Herndon High School on the First Day of School



Herndon Hornets were up extra early on the first day of school to greet Channel 9 News team and FCPS Superintendent for their first day back segment. Photos by Monica Snowden

HS Theatres Announce Upcoming Season

Chorus Begins

By Caroline Ayres, Staff Writer

HERNDON HIGH SCHOOL THEATRE presents... A SEASON OF CURSES 2023-2024

Fools
A COMIC FABLE BY NEIL SIMON
NOVEMBER 17-19

Fiddler on the Roof
APRIL 26-28

PERSEPHONE
VHSL WINTER ONE ACT

South Lakes Theatre Arts
Proudly Presents its 2023-2024 Season:
"Dare to Dream"

The Legend of Sleepy Hollow
November 9th, 10th, & 11th
A superstitious teacher faces ghostly events and a Headless Horseman in the mysterious Sleepy Hollow.

BIG FISH
May 1st, 2nd, 3rd, & 4th
A son seeks to understand his father by unraveling tales of his larger-than-life adventures.

Once again, students at South Lakes are preparing to take the stage for the school's Blue Ribbon winning arts program. The first show of the season is a one night showcase of singing, acting, and the joy of performers returning after a summer away.

The South Lakes High School Chorus will open the doors to the first performance of the year, "Disney Dazzle," at 7 p.m. Thursday, Sept. 21.

The 90-minute show will have students, both in groups and in solo acts, showcasing Disney classics. Featured songs will be chosen by the performers, giving students the freedom to show off their acting chops in villainy, love ballads, and more. They are eager to display their talents in performance as well as their skills in choreography, stage management, tech theater, leadership, and everything else that goes into making a production. "I'm really excited to show people what we're going to do," said Gia Ahuja, one of the showcase's student directors, "It's going to be epic!"

EDUCATION

Students Learn by Doing SLHS Leadership Class Throws Block Party

By Laurie Dornak,
South Lakes High School Boosters

Kids are back to school, reuniting with old friends and making new ones. Friday Night football games, Homecoming parades entertainment by the marching band are core memories for Reston.

South Lakes students help create those traditions and memories as part of an elective Leadership class taught by Dr. Catherine McDermott and Mrs. Jill Pellerin. Students grow critical thinking and problem-solving skills by planning well-established Seahawk traditions.

On August 25, an estimated 500 Seahawks and families attended the long-standing Block Party planned by the Leadership class. In addition to live music, school organization booths, food, games, spirit, and face paint, some teachers and a guest administrator bravely climbed into the dunk tank before the opening football game.

Class Executives Clara Landeryou and Brianna Le were responsible for planning, advertising, and coordinating the Blue Team part of the class. This year, the

popular dunk tank came back into rotation, and while "live" music was ultimately adjusted to "just music", the team established the school colors 'spirit' theme of green and blue to align with the hype squad's plans for the evening's game.

Planning included a map of the booths and teaming with Boosters on food and SLHS spirit wear/season pass sales. A "cool-off" station with a tent for shade and water dispensers was set up on what seemed to be one of the hottest days of the year, the team brought in Kona ICE. As planning continued, the team used reflection and workshop techniques to evaluate and improve aspects of the event.

"The Block Party is a great way to increase student engagement and involvement in South Lakes activities," said Landeryou. "It offers an opportunity for both new and returning students to get to know South Lakes better, and check out clubs, athletic teams and other Seahawk activities to see where they might want to join this school year."

The weather proved to be the most stress-



SLHS students play with body paint at the annual Block Party. Photo contributed by Boosters

ful element of the day. The rains mostly held off til the second quarter, when the heavens opened. The student section was not deterred, cheering in their green and blue gear and paint. Lightning caused a brief game delay, but the Seahawk spirit loudly continued in the gym until the "all-clear" was given to restart the game which ended in a Seahawk victory.

The execs and their Blue Team called the Block Party a success thanks to Seahawk teamwork from faculty advisors, Leadership teammates, dunk tank faculty volunteers, staff and administration

teams. "We created a spirited atmosphere to welcome people back to school and hype them up for the evening's football game," declared the dynamic duo.

The team is hard at work planning the 2023 Homecoming Parade for 5 p.m. Saturday, Sept. 29 in Hunters Woods Shopping Center and end at South Lakes High School. Kickoff will be at 7 p.m.



School patrol, Will Raikes, leads other Aldrin Elementary students to school. FCPS schools opened the school year on Monday, August 21 Contributed by AES



Lucas Hamrick, Armstrong Elementary first grader, poses at a back to school event. Photo by Mary Hamrick

FCPS Changes

This 2023-24 school year will bring with it some county-wide changes. Fairfax County Public School students will experience:

- * Salad bars at all schools
- * Middle school athletics

And an updated Strategic Plan which includes a strong start for all students, reading on grade level by the end of third grade, successful completion of Algebra I by eighth grade.

Dominion Christian School Moves to New Facility

Contributed by Dominion Christian

Dominion Christian School started the school year with a wonderful time of celebration at their ribbon-cutting and facility dedication luncheon. The whole school community gathered for a lovely ceremony and enjoyed a self-guided tour of all the updates to the new North Campus. It was a joy to see the students' excitement at the new space and eagerness to start the school year. Some Dominion students spent hours this summer volunteering to get the North Campus ready to go.



Dominion students help get their new facility ready for a new school year. Photo by DCS

Crossword Corner

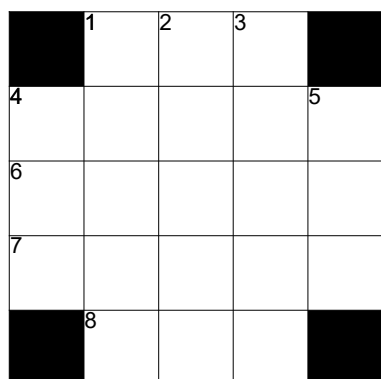
By Reston crossword constructor, Joe O'Neill

It's a Blackboard Jungle out There!

Joe O'Neill

ACROSS

1. Imitate
4. Not intended for kids
6. Things attentive students take
7. Elephantine schnoz
8. Gov't body with an eye on AQI



© RedHand Assocs.

DOWN

1. Love to pieces
2. "___ or shut up!"
3. "Supremes" member Kagan

4. Puny picnic pest
5. Tongue-clucking disapproval

(Answers on back)



Kiddie Academy of Reston's preschool, pre-k and school age children spent the summer tending to their vegetable, sensory, and pollinator gardens! They planted seeds in the spring and harvested and ate fresh produce from the garden. The children have learned about the life cycle of plants and the importance of pollinators and are proud to have earned NWF's National Wildlife Habitat certification.

Contributed by Kiddie Academy of Reston

SPORTS

Get Ready for Year 26 of The Baron Cameron Bowl!

South Lakes and Herndon high schools look to carry the trophy home

By Laurie Dornak,
South Lakes High School Boosters

The groundwork was laid in 1980 for what would become one of the region's fiercest high school rivalries: Herndon and South Lakes. South Lakes opened in 1978 and became the second high school in the Reston area, and in 1980, South Lakes fielded a football team for the first time.

The source of the rivalry seems to have been due to a point of conflict over South Lakes being intended to be the high school for all of Reston, but the community was split in districting. The school boundary redistricting process determined that some of the North Reston students would continue to attend Herndon High School and all South Reston students would attend the new South Lakes High School.

At this time, the schools played in the Great Falls District. Herndon was the heavy favorite in that inaugural meeting and prevailed 28-0 over South Lakes. The games continued to be as big a draw for the community as they were for the student bodies who packed the stands cheering on their teams. This rivalry game was always the season's final game of the season, in mid-November. South Lakes improved, winning the next four contests between the schools, and continued a dominance in the 1980s, winning seven out of 10 contests, but only won once in the 1990s, with a 24-0 shutout in 1991.

More district changes occurred over the next two decades. The Great Falls District was renamed the Concorde District in 1994; and in 1998, the Baron Cameron Bowl was created for the football game between the schools with a nod to Baron Cameron Road, which roughly marks the line between school zones, and also connects the towns. With bragging rights at stake over their cross-town rival, the teams traditionally gather mid-field following the contest. The winning team is

presented with the showcase cup trophy and the well-earned right to retain the prized possession for another year.

Herndon's dominance of the Baron Cameron Bowl in the 1990s continued through 2003 with only one South Lakes victory in 2002, when the Seahawks blanked the Hornets 43-0. More change happened in the 2003-2004 school year as all South Lakes sports teams moved into the Liberty District. This move caused the cup game to be played earlier in the season when teams play their non-district opponents.

In 2009, the contest was described as, an exciting scoring bonanza, in which South Lakes' Darius Smith stunned the buzzing crowd with a 94-yard touchdown return, however Herndon won the game 29-25 behind a powerful running game.

South Lakes came back in 2010, winning the BC Bowl for the first time since 2002. In 2013, South Lakes claimed victory again with closer margins defeating Herndon 10-7. It was the third time in four years that the Seahawks claimed victory and the first time in team history that they had won consecutive bowl games. The Baron Cameron Bowl has been dominated by South Lakes from 2010 to date, with exceptions in 2011 and 2014 for Herndon victories.

Herndon eventually made the move to the Liberty District and most recently over the summer of 2021, South Lakes moved all their athletic teams to the Concorde District. Once again, the Baron Cameron Bowl is played early in the season. Forty-four years later, the rivalry remains as strong as ever with each school's class and each sport passing along the tradition and excitement of these matchups.

"Many of our students at Herndon and South Lakes High schools grew up together. Once they get to school, the rivalry is just understood", said Andrew



The Baron Cameron trophy: the coveted hardware for Herndon and South Lakes

Duggan, South Lakes Director of Student Activities. Players have described playing these games requiring no extra hype or motivation by their coaches. It's the biggest game of the year regardless of the teams' records or district assignments. When the teams prepare for this game, the motivation is innate.

The underlying thing about the Herndon-South Lakes rivalry is the sense of pride the two communities exude each fall. The community looks forward to the game all year. "Always a fun fall event, we appreciate the community support for

our teams at the alternating locations. It's a great opportunity for our athletes to play in front of and hear the roar of large crowds," said Duggan.

"It's the biggest game of the year. Take out the records, previous year end results, and this game will be a clash of two improving teams," said Dan Coghlan, Assistant Director of Student Activities at Herndon, who has plenty of firsthand experience with the Baron Cameron Bowl. In fact, his coach helped start the tradition. "This will be my 24th game as a former player and educator. This day is a chance for the community, school, and alumni to come together as one unit to support our school. We look forward to seeing both school bodies and community members to come represent on Friday! Go Hornets!"

Herndon has a slight historical advantage, but South Lakes is the current keeper of the Baron Cameron Bowl trophy. Of the 25 Baron Cameron Bowl games played to date, the teams have split bragging rights (13/12 Herndon/South Lakes) since 1998. The 26th Baron Cameron Bowl is scheduled for Friday, September 22 at Herndon High School with kickoff at 7 p.m.

Who will take home the trophy and bragging rights in 2023? Come out to Herndon High School to cheer on your team! Use the QR code to order your tickets early to avoid the lines to get into the game. (Code will activate on game day)



Seahawks celebrate winning the Baron Cameron Bowl in 2017

SPORTS

Historic Rivalry Game Set for Friday, Sept. 22 at 7 p.m.



South Lakes students at the 2013 Baron Cameron Bowl Photo by Vita Images



Herndon students at the 2013 Baron Cameron Bowl Photo by Vita Images

Baron Cameron Bowl

1998
1999
2000
2001

2002

2003
2004
2005

2006
2007
2008
2009

2010

2011

2012
2013

2014
2015
2016
2017
2018
2019
2020
2021
2022

2023
at
Herndon High School
7 p.m. Kickoff



Photo by Vita Images



2018 Baron Cameron Bowl in the pouring rain Photo by Dion Seneca



Photo by Vita Images



South Lakes student section at 2017 Baron Cameron Bowl Photo by Vita Images

HERNDON HORNET FOOTBALL

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NO OUTSIDE FOOD/DRINKS

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<https://herdonhornsathletics.com/>



South Lakes players pose with a fly-swatter after beating the Hornets at the 2022 Baron Cameron Bowl Photo by JT Flicks



2017 Baron Cameron Bowl players and coaches meeting Photo by Vita Images

OPINIONS

Bee Kind, Save Our Reston Bees

By Megan Schmid, Staff Writer

If you walked past the Dicksons' home, you would likely spend a few moments admiring their attractive landscaping and lush front lawn. But what lies behind the back gates is even more impressive.

After moving into their Reston home in 2016, Kerry and Ryan Dickson spent eight years transforming their backyard into Dickson Garden Farm. Their enchanting property boasts a garden full of herbs, vegetables, flowers, and vibrant native plants. And nestled within the gardens is an apiary that more than 200,000 bees call home.

With Kerry as the gardener and Ryan keeping the bees, they have fine-tuned their ability to work together to create a thriving ecosystem here in Reston. But growing 200 petunias from seed and harvesting 340 pounds of honey is no easy feat. It is a labor of love and a lifelong hobby that has turned into a quest to educate our community on the importance of bees.

A rise in pesticide use and urbanization has caused the bee population to decline. This loss negatively affects honey supply, and more importantly, world food security and biodiversity. But we all have the ability to reverse the decline and help our insect friends thrive. Below are some tips from the Dicksons on what fellow Restonites can do to help the bees and other local pollinators:

1. Avoid using pesticides. Consider using natural alternatives, such as spraying your garden with light soapy water to ward off unwanted pests, using vinegar to kill weeds, or carefully choosing organic pesticides like neem oil to deal with specific pests or diseases. If you're going to spray your plants, do so at night so polli-

nators are unlikely to encounter whatever it is that you are spraying!

2. Choose nectar-and pollen-rich flowers with a range of shapes, sizes, and colors. Diversity is the key to a good pollinator garden. Because each pollinator has its own techniques for sourcing nectar and pollen, flowers should be as varied as the pollinators that visit them. Choose plants such as Joe Pyes, golden-rods, and milkweeds, to attract the greatest diversity of pollinators.

3. Have several different plants in bloom from early spring through late fall. Some pollinators emerge in early spring, while others don't appear until mid-summer, but they all need pollen and nectar while they are active and rearing their young. To maximize the effectiveness of your pollinator habitat, have a variety of plants in bloom throughout the season. Overlapping bloom times will ensure there is always something in your garden to provide nutrition for pollinators.

4. Plant in drifts. Pollinators are more likely to find plants in gardens that provide larger drifts of color. When you purchase plants, get at least three or more of one kind and plant them near one another. Try using as many native plants as possible to make your garden a favorite destination.

5. Save perennial garden cleanup for spring. Pollinators overwinter in different life stages: eggs, larvae, pupae, and adults. Some overwinter in hollow stems, while others attach to plants or overwinter in the leaf litter. To protect overwintering pollinators, don't cut down your perennial gardens until spring (early April), and keep beds of leaves intact through the winter.

6. You don't need a "green thumb"



Ryan Dickson tends to his bees. Photos by Benjamin Burgess

to help pollinators. If gardening isn't your thing, consider putting out a water source for local pollinators. A shallow dish with rocks or corks to serve as a landing pad for thirsty pollinators works great.

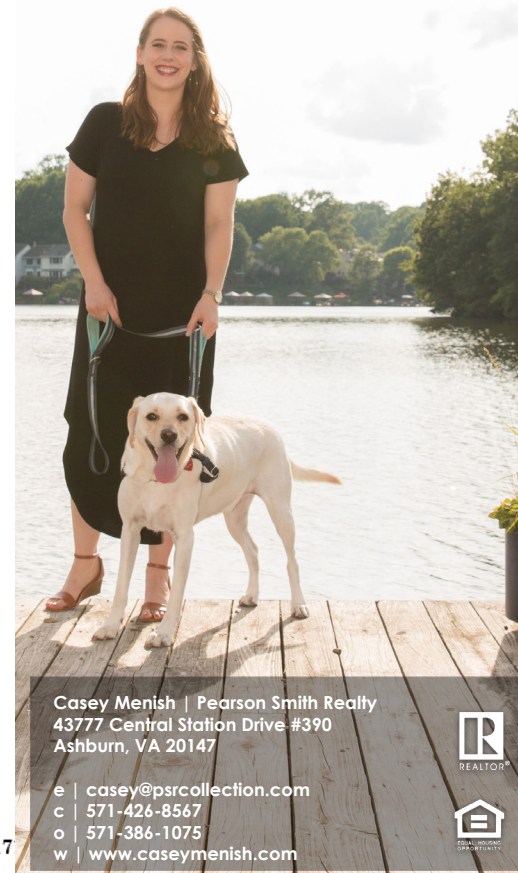
Take pointers from Kerry by following her backyard gardening adventures on Instagram (@theseedfairy). Ryan is available for speaking opportunities at schools and local events to create buzz about bees and the beneficial art of beekeeping. If you are interested in purchasing some of their delicious raw Reston honey or homemade lip balms, contact Dickson Garden Farm at dickson.garden.farm@gmail.com. We can save the bees and live in harmony with them.



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Equal Housing Opportunity

Ask Doctor S.



How can I help my child when she has problems with friends?

ior is outside that circle, but our responses are up to us.

First of all, it is important to help your child reflect on anything she herself may have done to hurt or offend her friend. Did she exclude her? Speak rudely? Give her a mean look? If your child identifies something specific that she said or did, you have an opportunity to teach your child how to make amends.

I am not a fan of a forced apology, but, instead, ask your child to consider what she can do to show her friend that she is sorry and how she might repair the relationship.

After guiding your child through her own potential role in the issue, help her to recognize that most of other people's behavior has very little to do with us personally. If your child is ruminating about a challenge with or loss of a friend and cannot identify a "reason," it can help to talk through some other possibilities for the other child's choices. Maybe that "mean girl" is going through something herself and taking it out on your child (because we do hurt the ones we love the most, for sure). Relationships require at least two people, and it is most often some combination of each person's choices that leads to the rupture and repair.

Sometimes, as in adult relationships,

children need "breaks" from each other. It is okay to encourage your child to focus on what she can control here as well. Spending time with family members or other friends, engaging in hobbies or joining a new group or activity, can help her cope.

Encouraging your child to have connections with people in school, on sports teams, in religious organizations, and in other groups, allows for other social opportunities, and helps a child stay engaged when situations inevitably arise with a particular person.

When is a good time to talk with your child about uncomfortable topics? The two prime times are before bed (often in the dark, when you can lie down or sit next to your child and look up at the ceiling), and in the car. As your child ages, times when eye contact is not required tend to be the most effective.

"Psych"ed about your question and wishing you and your child the best,

Dr. S.



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Children of all ages struggle with friendships, and, since children are hitting puberty earlier than they used to (see A. Ghorayshi's May 2022 New York Times article), many "mean girls" are showing up in early elementary school. Unfortunately, this sort of behavior seems to continue throughout life and is part of women's social relationships, too (I can save that for another time). Girls turn on each other for all sorts of reasons, ranging from how someone looks and talks, to what she wears, and to what her interests are. Your child's "BFF" may suddenly start teasing or excluding your child, leaving her anxious, distressed, and confused.

I often talk with children and teens (and adults) about their circle of control, and holding onto those things over which they have control. Other people's behav-

LIFESTYLE

Environmental Advisory Committee Keeps Reston Green

By Doug Britt, EAC Volunteer

Reston Association's (RA's) Environmental Advisory Committee (EAC) is an all-volunteer organization supporting the RA Board of Directors on all matters pertaining to Reston's environmental quality. Members serve three-year appointments with a maximum of nine years of service. The EAC has been instrumental in influencing Reston's environmental policies and programs and in documenting the status and trends of some of the most important environmental attributes of our community. Among its most significant recent contributions have been the following:

1. Documenting the impacts of climate change in Reston and suggesting ways to make Reston more resilient to future

changes

2. Assessing ways to increase energy efficiencies in Reston buildings and in the transportation sector

3. Preparing a report on the best management practices for controlling invasive plants in Reston,

4. Providing input regarding environmental stewardship into the revision of the Reston Comprehensive Master Plan,

5. Drafting the application that resulted in Reston being selected as the 13th community in the world to be designated as a member of the prestigious Biophilic Cities Network,

6. Drafting and publishing the biennial RA State of the Environment Report (RASER) and associated RASER Recommendations Report Card.

Information about these and other select-

ed EAC work products is available online on RA's Nature and Environmental Overview webpage: <https://www.resto.org/nature-environmental-overview>. The most recent RASER (2022) contains in-depth analyses of 23 separate Reston environmental attributes. The current RASER Recommendations Report Card tracks progress made on more than 100 past EAC recommendations. Future editions of Reston Letters will include tips from the EAC for Reston residents and businesses to help preserve our unique environmental setting in this rapidly urbanizing region. Please look for the Keeping Reston Green column in the months ahead.

If you may be interested in joining the EAC, or just participating in one of its future projects as a volunteer citizen scientist or subject matter expert, please con-

tact Doug Britt (pdbritt68@gmail.com) or Surekha Sridhar (ss.eac@outlook.com). The EAC meets at 6:30 pm on the first Tuesday of the month at the RA Central Service Facility.



Photo by Doug Britt



September: National Preparedness Month

By Sarah Golden, Staff Writer

Ready for a stress-free home remodel?

Kitchens | Basements | Bathrooms | Whole Homes



“I can't recommend them highly enough. They were on time, reliable, excellent communicators and stand by their work.”
- Avery



For many, September means it's time to break out the cozy sweaters, apple-scented candles, and indulge in all things pumpkin. However, Mother Nature often has other plans for September – floods, hurricanes, and heat waves, oh my!

September is National Preparedness Month, and during this time citizens are encouraged to discuss and come up with a plan for when disaster strikes. The Federal Emergency Management Agency (FEMA) recommends you first start by:

Knowing Your Risks

Are you lakeside and more susceptible to flooding? Do you live in a wooded area that might have downed trees and powerlines during a strong storm? Knowing these risks now can help you make the best plan possible for you and your family.

Making a Plan:

Come up with a plan to reach out to your family, friends, and neighbors in case of emergency. Do you have medicine you need to take or a pet to care for? These are important elements to consider when putting together a comprehensive plan.

Taking Action

Don't just think, do! Make sure you have everything in place in case you need to execute your plan. Sample checklists, plan templates, and additional resources can be found on www.ready.gov. Sample checklists, plan templates, and additional resources can be found on www.ready.gov.

This year's National Preparedness Month campaign focuses on the needs of older adults in a disaster. Some older adults are at greater risk of serious outcomes given their mobility and living situations.

If you are an older adult, you have a family member that is an older adult, or if you provide support to older adults, learn more about ways you can best prepare for a disaster by visiting ready.gov/older-adults.

Interested in ways to keep you, your family, and your Reston community safer? Consider participating in a Basic CERT Course. The Fairfax County Community Emergency Response Team, or CERT, is a program that provides training on personal and family preparedness, basic medical response and first aid, fire suppression, search and rescue, and more.

To learn more about the program or to sign up for a course, visit fairfaxcounty-cert.org.



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Five Reasons to Organize Your Garage Now Tips from The Tailored Closet and PremierGarage

Winter is coming...and with it, the usual mix of weather. Here are the top five reasons to organize your garage right now from PremierGarage:

Park your cars indoors.

Parking cars in the garage will save them from outdoor wear and tear, plus allow you to head out without having to warm up your car. If you've got too much stuff on the floor and piled up around the perimeter of the garage, think vertically for storage.

Store lawn equipment safely until spring.

With the colder weather comes a slow-

down in yardwork. Time to store your lawnmower and yard tools away! Rather than putting items in a corner of your garage, consider overhead and wall storage.

Consider storage options for summer fun vs. winter décor.

With the coming of winter, it's time to switch out your summer for your winter items. PremierGarage overhead racks are a great option for swapping out bins and storing them seasonally, while our slatwalls and hooks and baskets provide an easy and useful way to hang umbrellas and chairs.

Install wall cabinetry for long term storage.

Wall cabinetry is a great way to organize power tools, nails, and other items that should be stored away.

Take the opportunity to clean the floor.

Flooring is a crucial component to your garage organization – having a clean workspace, free of debris, oil spills, and other dirt, gives your space more functionality.



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LIFESTYLE

Neighborhood Spotlight: Lake Thoreau

By Debbie Anguizola, Reston-based Realtor of Compass

The first of Reston's two "South Lakes" to be built, Lake Thoreau (originally named Lake Wyeth) was constructed in 1970 as a reservoir. Over the years, it has become one of Reston's most desirable places to live, thanks to its natural beauty and walkable lifestyle, as well as its prime location just south of the Dulles Toll Road and the Wiehle-Reston Metro.

Lake Thoreau is surrounded by multiple communities that enjoy direct access to the lake. These neighborhoods offer a diverse range of housing options, including single-family residences primarily situated along Upper Lake Drive, Purple Beech Drive, and Harborside Court. Additionally, there are townhome communities like Lakeport, Lakewinds, Chadds Ford, Walden, Westcove, and Winterport, as well as condos available at Harbor Point.

In 1998, Dave Prochnow and his family were looking for a lakefront home within walking distance to schools. The Prochnows found what they wanted in Walden Cluster. "Our children finished school long ago, but we've stayed in the same neighborhood because we love where we live, especially the lake lifestyle," said Prochnow. Aside from the obvious activities like kayaking, paddle boarding, and birdwatching, Prochnow and his wife Mary emphasize the "friendly neighbors who look out for each other and are also fun, social people."

The lake cultivates a vibrant social at-

mosphere. Neighbors work together to coordinate many large events, including regular music concerts on the water, a spectacular Fourth of July fireworks show (enjoyed by the larger Reston community), a lively Disco boat party, and frequent impromptu get-togethers.

"Nightly sunset cruises are a highlight, especially when we're joined by our neighbors in our aquatic backyard," said Will Armstrong, who purchased his townhome in 2020 in Lakewinds Cluster and has since been joined by his wife Carrie. A resident of Purple Beech, Kevin Schaar, also enjoys being out on the lake with friends and describes life on Lake Thoreau as "feeling like every day is vacation, but all the city conveniences are nearby." Schaar and his wife Marnie purchased a "fixer-upper" weeks before the pandemic hit in 2020. "After a 20-month long renovation, we couldn't be happier here, added Schaar." The Schaars enjoy lively evenings entertaining friends and family on the lake, but also cherish the quiet moments spent gazing at the continually changing evening sky and peaceful morning sunrises.

Lakefront homes do not come on the market very often. In fact, only two properties directly on Lake Thoreau have sold this year: a two-bedroom townhome-style condo at Harbor Point sold for \$800,000 in February and a three-bed-

room townhome in Chadds Ford sold for \$1,100,000 in May. Non-lakefront properties with lake access typically range from the \$600,000's to \$800,000's for townhomes and \$500,000's for condos.

Lake Thoreau draws residents from the wider Reston community as well, offering a 2.5-mile path that meanders around the lake and its surrounding neighborhoods, and a public launch area for kayaks and paddleboards. Next summer, Reston Association members will be able to take a lakeside dip in the much anticipated renovation of Lake Thoreau pool. The new and improved facility will include ADA access into the six-lane pool, a spacious deck overlooking the lake and pollinator garden, and an expanded bathhouse. Additionally, at South Lakes Village Center, the popular restaurants, Red's Table and Cafesano, provide a serene lakeside dining experience where guests are guaranteed to see a familiar face.

Schools: Terraset Elementary and Sunrise Valley Elementary, Hughes Middle School, South Lakes High School



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Restaurant Review: Reston Kabob

By Steph Drahozal, Staff Writer

Reston Kabob is an immigrant-owned and family-run restaurant, owned by the Shoja family. The family came to the U.S. in the 1980s, fleeing the Soviet invasion in their home country.

The restaurant originally opened in 2003 and was forced to close its doors in July 2015 when the shopping center where it was located was being renovated. It finally reopened its doors in its new location on Sunrise Valley Drive in January 2020.

This is the perfect lunch or dinner spot. The portions are large, which is great if you're hungry, or it can easily be split into two meals. You can choose either a platter, salad, or wrap. There's a mix of proteins to choose from including chicken kabobs, ground beef, lamb, salmon, falafel, and gyro.

The platters are served on a bed of rice with a small salad, side of chickpeas, and fresh tandoori bread. They have several

additional side options including potatoes sauteed in a tomato base, spinach, samosas, and french fries.

Cooked in a tomato and curry sauce, the chickpeas are super flavorful. The basmati rice is always light and fluffy. Homemade tandoori bread serves as the perfect side or wrap for your kebab. The spinach is creamy and the samosas are crispy on the outside and savory on the inside.

My go-to order is a combination platter with both gyro meat and a chicken kebab. The meat is tender, and has that delicious, slightly charred exterior.

For me, the showstoppers are the made-from-scratch sauces. Each dish usually comes with two sauces, but I al-

ways ask for extra.

Their yogurt-based white sauce is thin, herby, and flavorful. I could literally put this on anything. The green sauce has a slight kick and really elevates the meal. Mix them together on your kebab, and it's game over.

The sauces are so good that the restaurant manager, Masoud Shoja, heard the customer's cries for years, so in 2022 they started bottling up their sauces to sell. Now you can take your favorite sauce home with you.

The prices range from about \$10 to \$20. Make sure to check this spot out, and follow my Instagram @ATicketToTaste for more local restaurant recommendations! Reston Kabob: 11830 Sunrise Valley Drive



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THE RESTON HOUSING ROUNDUP

Compiled by Casey Menish, Realtor with Pearson Smith Realty
Data Accessed on September 5, 2023

\$551,000
Median Sales Price
in August 2023

4 Days
Median Days on Market
in August 2023

101.1%
Median Sales Price / Original List Price
in August 2023

17
Coming Soon Listings

30
Active Listings

62
Pending Listings

Aug 2023 vs Aug 2022

+9.1%
Median Sales Price
\$505,000 in August 2022

-8
Median Days on Market
12 Days in August 2022

+1.9%
Median Sales Price / Original List Price
99.2% in August 2022

Data Source: Bright MLS

AP E
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