

# THE RESTON LETTER

## Nova Wild: Reston Native Revives Zoo

By Elyn Wexler, Staff Writer

Tara Campbell Lussier characterizes the state of her life as a whirlwind, and that's just the way she likes it. Since December 30, when the 41-year-old self-described "serial entrepreneur" and mother of four bought the former Reston Zoo, she and her 12-member staff at Nova Wild have worked tirelessly "to reclaim the beloved local gem." The zoo's new moniker came from Lussier's reaction to her purchase. "Six months ago, I would not have imagined that I would ever own a zoo. Once I did, I kept saying, 'This is so wild! It's like that Matt Damon movie' ['We Bought



Blondie the llama at Nova Wild  
Photo by Benjamin Burgess

to work with her. The \$4.5 million price tag included some 200 animals as well as the 30-acre wilderness property. Lussier and her team established that Nova Wild's "driving force would be to put the animals first." As such, Nova Wild's "levels of accreditation are above and beyond federal, state, and local requirements. [It is] accredited by the Zoological Association of America and certified by American Humane." Big plans are in store for the zoo that eventually will include an event space and even glamping.

"We'll be renovating and revitalizing everything," Lussier said, noting that the architectural renderings will be posted on the property when they are ready. In addition, she said, "we'll soon be introducing our adorable new baby animals to the public."

Lussier grew up in the North Point area of Reston, attending Armstrong Elementary and Herndon High, and playing soccer at Baron Cameron Park, about a mile from the then-Reston Zoo, which she visited frequently as a child and later as a parent. Before becoming a Realtor, Lussier was a doula, supporting more than 300 women through childbirth over a 12-year period. When being on-call around the clock became detrimental to her own family life, she and a fellow doula founded Arrow, a family benefits tech venture. In addition to a Self Drive Through Safari (\$10 per person), Nova Wild has partnered with a New York-based light show company to produce "Lumagica: The Great Migration Light Show," open from 4:30 to 9 p.m. Thursday through Sunday, (daily through Spring Break: April 3-7) until April 9. Nova Wild is located at 1228 Hunter Mill Road.

For more information and tickets, visit [www.novawild.org](http://www.novawild.org)



Drone shot of Nova Wild's acreage, Feb 2023. Photo by Benjamin Burgess



The Great Migration Light Show at Nova Wild  
Photo by Benjamin Burgess  
a Zoo," 2011]. And since then, she has realized her choice was spot on. "Every day is so hard – but so much fun," Lussier said. "I'm at the zoo a lot, but I can bring my kids to work, I have an incredibly supportive husband, and the community response has been overwhelmingly positive." As a Realtor, Lussier became aware of the "potential opportunity" for buying the zoo. She was convinced to proceed on the basis of advice from "dear friends in the zoo industry" whose ethics she trusted, as well as "an animal welfare expert in my personal network" willing

## Reston Half Marathon & 5K on April 2

Reston Runners Club Sponsors Local Races for College Scholarships

By Elyn Wexler, Staff Writer

Local athletes of all abilities will be up and running early on the morning of Saturday, April 2. The Runners Half Marathon of Reston will start at 7:30 a.m., with a 5K to follow on the same

course. Both events will start and finish on the South Lakes High School track.

"This is the 10th annual race, which was created and continues to be managed by the Reston Runners, a nonprofit club that encourages fitness at all levels through weekend and targeted race programs," said club member Kimberly Shoop, adding that the race started with a marathon option as well, but transitioned to just a half because of road permit issues.

"The race is put on by runners, for runners," said Jeannie Johns, a Reston Runners board member who co-directs the race with Clyde Rollins. "We try to make it a race that has everything a runner would want. This year, we offer a half-marathon and a 5K. No relay options are included. The 5K is accessible to many people including kids. We welcome families to run it, but do not allow strollers or rollerblades or pets on course," Johns said.

"Next year, we hope to return the race to the original format." The half-marathon course follows two gently rolling and scenic loops around Reston on well-marked paved asphalt paths. Along the way, there will be supportive volunteers and water/Gatorade stops (and porta potties) about every 3.5 miles. Course sentries will direct 5K partici-

pants where to turn around. All participants, volunteers, and their families may partake of the extensive post-race refreshments. The course will remain open for three hours until 10:30 a.m.

"This race is notoriously generous with premiums," Shoop said. Half participants get a ¼-zip technical T-shirt, a logo hoo rag, and a commemorative pint glass, and finishers get a medal, Johns said. 5K participants get a long-sleeved technical T-shirt and the logo hoo rag, and finishers receive a medal. In both the half and the 5K, finishers receive a "stylish medal," and first-, second-, and third-place male and females, and age-group winners receive additional prizes.

"Our volunteers receive a thick, soft, white hoodie, hoo rag, and gloves to keep warm while they attend to runners," Johns added. Johns further noted that "Reston Runners and Runners Marathon of Reston have a strong dedication to giving back," awarding scholarships through the race beneficiary, the Reston Runners Community Fund, to a male and a female student at both Herndon and South Lakes high schools each year.

Register now to participate in the community race on April 2.



REGISTER NOW!



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

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

Hoodies for all volunteers!  
Great swag for runners!



### education



Chess for candy, outstanding principal award, MATHCOUNTS success, upcoming school events, and much more

### sports



South Lakes Boys Basketball is back-to-back regional champs, plus winter sports round-ups from both high schools and a whole page on Reston youth sports

### the bulletin



Meet a Reston author, our indie book store, Good Shepherd Church, a local non-profit for seniors, an Irish dance studio, Reston St. Patty's Day events, and more, in a jam-packed Bulletin

### lifestyle



Featuring a profile on the Old Westbury neighborhood, a restaurant review of Maker's Union, an innovative Reston chiropractor, housing updates

### opinions

The dangers of Roundup, Restonian's monthly musings, and an introduction to The Reston Letter staff

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# THE BULLETIN

## Who's Next Door? Reston Children's Author Terry Jennings

By Dylan Murphy, Staff Writer

In 1959, the Castro Revolution in Cuba launched an exodus of refugees seeking asylum abroad, most prominently in the United States. Among them included Reston's own Terry Jennings, a successful children's author whose childhood was upended by the revolution. Jennings was born in Cuba to a middle-class family, and would undergo a fairly ordinary childhood, with supportive family and friends, and a strong education. But at 12 years old, the trouble began. Small day-to-day changes began to pile up, until Jennings was certain something was unmistakably amiss, that her world was turning upside down. Friends and family had left the country, all almost without warning. Jennings' family could not join them, however, not while her father, who worked for the National Bank at the time, was tethered to the island. His job demanded as much, and besides, he would not abandon his mother, who had refused to go anywhere. They were stuck there, as a result, when the scarcity began. Ration cards, long lines, food insecurity. Jennings normally walked to school by herself, but the morning after the Bay of Pigs invasion, her mother accompanied her. No one was

sure what would happen next. Her father was one of countless others to be arrested, under suspicion of sedition. Jennings and her family had to wait three days before he was released, unsure whether they would ever lay eyes on him again. "It was something my twelve-year old mind couldn't get around, what I would do if he never came home," Jennings explained. There was no further debate over whether to leave, no inclination to give the Castro government a second chance to take her father again. Jennings and her family were some of the 1.4 million Cuban migrants fleeing the revolution, and would have to adjust to a new life in the United States.

"The biggest challenge was the language," Jennings said, "I knew no English. We arrived one day, and the next day I was in an

American seventh grade class where I was the only person in the school who didn't speak English. It was brutal." After a certain point, Jennings decided to embrace her new way of life, to learn English as best as she could.

Throughout her childhood experiences, in spite of all the chaos surrounding her, Jennings developed a strong passion for writing and telling stories. But in a new strange setting, that dream ran into unexpected roadblocks. Small, everyday slights can make a huge difference after



Terry Jennings, Photo by Benjamin Burgess

a while, and one such instance is still stuck in the back of her mind. "One distasteful thing that happened to me is that another teacher told me I shouldn't use the thesaurus when writing my assignments. She seemed to know for a fact that a Cuban kid couldn't have a fifty-cent word as part of her vocabulary. But if she had gotten to know me, she would have known that I was a voracious reader," Jennings said, "Perhaps if she had encouraged me, I would have checked into writing earlier." Jennings came to conclude that "immigrants and a writing career are not great partners." Writing, she observed, had

a lot less security as a means of putting a roof over her head, and she found herself majoring in math and finding a career in business.

But those stories she had played around with in her head never left her. And by the age of fifty, once her children no longer had to depend on her, she chose to pick up a pen and get some of those stories written down. Specializing in children's books, Jennings has published several works since kickstarting her writing career. One of her most recent projects is "The Little House of Hope," which tells the story of a family of immigrants who rent a home in the U.S., and help house other immigrants who need a place to stay. Jennings enjoys the challenge of writing children's books, a task she believes is more difficult than writing ordinary works. "The books have to be engaging from the first page. You have to be very careful about what you say and how you say it. We want to show what a perfect world would be like, knowing that a perfect world cannot exist."

Jennings newest project is a novel in verse based on the time that her father was jailed. It's a story of two friends split by the Revolution.

To learn more about Jennings and her upcoming work, visit her website: [www.terrycjennings.com](http://www.terrycjennings.com)

## Why Not? Reston Woman Begins Acting at 50

By Dawn Crosson, Editor

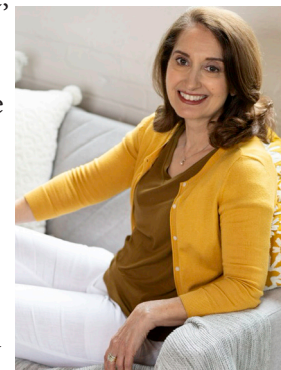
Ever since she was young, Restonian Bellina Lambdin wanted to be an extra in movies. "They call them background actors now," she laughs. She spent her career in sales and marketing and then in cosmetology as a makeup artist, but when she turned 50 she decided to go all in. She started looking for roles through casting agencies and got opportunities to be involved on sets. She worked on the TV series "House of Cards." She got to live on the set for "Game Change" starring Juliann Moore, Ed Harris, and Woody Harrelson. In 2016 she worked on "Jackie," a movie starring Na-



Lambdin (left, in background) as Pat Kennedy

talie Portman as Jackie Kennedy. Lambdin portrayed Pat Kennedy and got to live in trailers on set. "I love all phases, all parts of the business," she says. "You learn all kinds of things sitting in on a major filming process, including set etiquette. She started looking for bigger roles and heard about Cheryl Felicia Rhoads, an actress straight from Hollywood with a knack for teaching. Rhoads had her own acting school in Northern Virginia, after leaving, frustrated by the troubling trends she saw developing in the bursting entertainment mecca of Los Angeles. "I kept getting a lot of scripts to coach that I felt were inappropriate particularly for young girls," Rhoads explained. "The humor I grew up with was stuff anyone

could see but it became something else. I was concerned about how the culture was being too edgy, too violent." That independent attitude appealed to Lambdin and she started private acting lessons with Rhoads. "She's so nice, so welcoming," Lambdin said of her coach. Rhoads had 21 years of experience in Hollywood. Rhoads' extensive resume includes performing with the improv group "The Second City" in Chicago. She tells of workshoping with an 18 year old Eddie Murphy and of her old friend Dan Castellaneta, voice of Homer Simpson. Rhoads has opened doors for larger roles for Lambdin, who portrayed Merle Norman in Rhoads' "Famous Characters" show that airs on a local cable channel. Rhoads wrote and directed the film, "Such a Good Boy," inspired by Lambdin's own



Bellina Lambdin

dog, which won awards at the Christian Film Festival. Lambdin won "Best Actress." She joined Rhoads at her acting school where she assists her and helps others. "It's never too late to pursue your passion," Lambdin says. Her official title now is Actress, Commercial Print Model, and Voice Over Talent. Lambdin credits Rhoads with building her success, and recommends her classes to anyone interested in acting of any type and at any age. Rhoads has some insight into who should pursue acting. "People who have great imaginations— who do impressions, who are storytellers. Even typically shy people can come to life when they imagine they are someone else." Be your mom or your weird neighbor. For information about acting classes and private coaching with Rhoads and Lambdin, go to [www.cherylrhoads.ty-pepad.com](http://www.cherylrhoads.ty-pepad.com). Classes are offered Thursdays 6-8 and Sundays 2-4. Spring session starts March 19th and March 23rd.

## Reston Non-Profit Helps Seniors Age in Place

Contributed by Reston For a Lifetime

Some 50 people attended a presentation about Reston for a Lifetime (RFL) on Sunday, Jan. 29 at the Unitarian Universalist Church of Reston (UUCR). The nonprofit organization's mission is to educate and inform Reston's older adults about aging in place.

Part of a nationwide movement to create what are called villages in which neighbors help neighbors stay in their homes even when they have multiple needs, RFL also encourages neighborhoods in the community to

organize around helping their older residents.

RFL is led by two long-time Reston residents, President Sharon Canner and Vice President Scott Parkin and a seven-member board of directors. During the Sunday event, Parkin recounted the organization's history (it began in 2009). Then, he described its website ([www.restonforalifetime.org](http://www.restonforalifetime.org)) which lists hundreds of mainly government and nonprofit resources with links and phone numbers for each. The site covers topics such as caregiving, healthy aging, housing, long term services and supports, and transportation, in our region. "We are lucky to live in an area rich in



RFL Board of directors, Photo by Benjamin Burgess

the resources that can help anyone age in place," Parkin said. "While we don't offer services such as rides like many villages do, our site lets you know how to find a free ride from a vetted driver to go to a doctor's appointment or

shopping." It has relationships with several community partners such as Shepherd's Center of Northern Virginia and Reston Useful Services Exchange that provide direct services to older adults in the community. The organization is funded by sponsors and donors. RFL is planning a quarterly webinar series this year and more educational events like the Sunday presentation at UUCR. The organization offers a free monthly newsletter with about 800 subscribers; anyone can subscribe online at [www.restonforalifetime.org/news](http://www.restonforalifetime.org/news).



# THE BULLETIN

**RCC Lake Anne**  
Youth Art Month  
exhibit runs 3/6-4/30

**Reston Town Center**  
Lucky Leprechaun 5K  
March 12 @10 a.m. - 12 p.m.

**RCC Lake Anne**  
Diva Central (prom dress event)  
March 25 11a.m. - 3 p.m.

## Business Spotlight: Scrawl Books

By Ellyn Wexler, Staff Writer

Rachel Wood had ample time to ponder during her daily Silver Line commute between her Reston home and her Arlington County job. “When I moved to Reston in 2007, there were two big-box bookstores that subsequently closed, leaving Reston with only a used bookstore,” she recalled. Recognizing both the void the closings left and that she wanted to work closer to home, Wood “began to think more and more about opening a store that would sell new books.” The Ohio native, who earned a bachelor of arts degree in physics at Grinnell College and a master of library science degree at Indiana University, had worked for Arlington as a librarian for five years and as materials division chief for two more. Previously, she had worked at public libraries as well as a bookstore. Wood left her Arlington Public Library job to bring her plan for an independent bookstore to fruition. After attending a workshop on owning a bookstore and a program

for prospective bookstore owners, she set to the task of choosing a name. “I wanted something more contemporary and inclusive than a reference to English literature of the 18th and 19th centuries,” she recalled. She proceeded to “scribble names on index cards and scatter them on the floor, then checked to see if the names were available. “Scrawl seemed to fit what I wanted,” Wood said, noting that “our logo is what I first scribbled on the card.” “We did a pop-up at the Wiehle Metro in November 2015, and in Reston Town Center [RTC] in November 2015,” she said. Since opening its current location on RTC’s Freedom Drive in February 2018, “we have grown steadily. Our policy of offering free deliveries in Reston became our bread and butter during the pandemic.” While Wood acknowledged that “chain bookstores have



Scrawl Books at Reston Town Center, Photo by Benjamin Burgess

a strong presence,” she maintained that “small business owners have a real commitment to what they are doing.” As such, Scrawl has a curated selection of books for all ages, including its very popular fantasy and science fiction selections as well as technical science books “for those who have a nerdy side like me,” Wood said.

When buying books for the shop, Wood said she relies on a combination of intuition, and her knowledge of the interests of her customer base. She espe-

cially likes to consider the work of new and local authors. While Scrawl does stock nonfiction titles that are on the New York Times bestseller list, its fiction selections tend to be more literary. “People can get James Patterson books in the supermarket,” she said. “Our customers do a deeper search, spend more time exploring diverse voices, backgrounds, and points of view.”

Scrawl Books also offers an array of book-related apparel like socks, T-shirts, as well as tote bags, greeting cards from mid-Atlantic makers, jigsaw puzzles, bookmarks, notebooks, reading glasses, calendars and art supplies. The shop’s full inventory is available online ([www.scrawlbooks.com](http://www.scrawlbooks.com)). In addition, Scrawl sends out a biweekly email newsletter, and hosts occasional author events, story times, and book club and craft group meetings. And everyone who completes the Fairfax County Library System’s summer reading program receives a \$10 Scrawl Books gift certificate.

Tucked into a corner on the south side of Reston Town Center’s Freedom Drive, Scrawl may be a bit hard to locate, but as Wood pointed out, “Once customers find us, they are fiercely committed, and we get to know them and their taste in books.”

## Cornerstones

By Holly Weatherwax, Staff Writer

Robert E. Simon had a vision for Reston that it would be a town where people could Live, Work, and Play. As the town grew, it became apparent that, while many people could afford to live in the community, there were people in Reston who found it difficult to make ends meet.

In 1970, six faith congregations met and formulated a plan which later became Reston Interfaith Housing Corporation. At that point, the idea was to take advantage of HUD grants to help with the development of housing that was affordable. As the mission evolved and broadened, the organization became simply Reston Interfaith and, 12 years ago, Cornerstones.

It became clear that it was more than

just housing that families and individuals needed to maintain their independence and dignity in the community.

Eventually the mission of the organization grew into what it is today; an organization which offers stability, empowerment, and hope for Northern Virginia’s most vulnerable populations. No longer limited just to serving Reston, today Cornerstones is providing support throughout the community. While you may be familiar with the name, you may not know the breadth of programs that Cornerstones provides.

Housing Services is a large focus of the organization. The Embury Rucker Community Shelter, affordable rental housing, foreclosure prevention counseling and support for homeless veterans, all fall under this program.

The Food, Financial and Urgent Assistance Program is one of the ways that Cornerstones is very visible in the community. Within this program are the Food Pantry, emergency financial assistance and evacua-

tion prevention services, and hypothermia programs.

A family cannot work if they don’t have great childcare and support for children. The Affordable Childcare and Youth Services Program includes the Laurel Learning Center, Youth Programs, STEAM enrichment academic programs and before-and-after school care.

The Community and Family Strengthening program aims to help people regain and maintain their independence and includes the Pathway to Sustainable Employment, Opportunity Neighborhood and the Community Resource Centers.

While some of the support for Cornerstones comes from government grants, much of their budget comes from private and corporate donations. Local companies can support their mission by corporate volunteering or by making donations directly to Cornerstones.

As individuals, there are plenty of ways to get involved. This spring, Cornerstones is implementing a new program to bring fresh food to those in need. If you regularly attend the Lake Anne Farmers Market, you might be interested in working as a liaison with Cornerstone to obtain food donations. Once Cornerstone has the fresh donations, they will be putting in place an organization to get the fresh food to those who need the support and they will need volunteers for that distribution.

There are also opportunities for tutoring and after school help, as well as event help. If any of those sound like a good fit, or if you would rather do something else, attending the Volunteer Orientation is the first step.

More information about opportunities and to register for an orientation: [www.cornerstonesva.org/volunteerops](http://www.cornerstonesva.org/volunteerops)

## Céad Míle Fáilte! One Hundred Thousand Welcomes to Ireland...in Reston

Contributed by Shannon Foley Dilles, Reston Resident & Owner of Foley Academy of Irish Dance

Let’s go green for the month of March and celebrate St. Patrick’s Day by sharing in all facets of Irish culture, from food to music and dance. St. Patrick’s Day is on Friday, March 17, 2023, and Restonians won’t need to travel to the Emerald Isle to experience everything Irish. Throughout March, you will be able to enjoy Traditional Irish music and dancing.

**Irish Dancing at Herndon Fortnightly Library**

Foley Academy of Irish Dance will perform at 2pm on Saturday, March 11, 2023. Foley’s youth performance troupe features a variety of traditional

and modern Irish Dance routines, as well as Céilí dances performed by the Regional Champion Céilí Teams. Free Admission.

**Lucky Leprechaun 5k**

Feeling lucky? You will when you run like a leprechaun in the annual Lucky Leprechaun 5k in Reston Town Center at 8am on Sunday, March 12, 2023. Pre-registered runners receive a commemorative race shirt, a one-of-a-kind finisher medal, a race bib, photo overlays, and a digital finisher certificate. Afterward, enjoy a fun-filled celebration at the finish line, as well as great awards for the top finishers. Registration Fee. <https://www.prraces.com/luckyleprechaun/>

**Jimmy’s Old Town Tavern**

Enjoy a weekend of traditional Irish cuisine, libations, music, and dancing at

Jimmy’s 26th Annual St. Patrick’s Day Celebration, starting on Friday, March 17 at 11am. A special edition St. Pat’s shirt will be available for purchase, and the first 400 guests will receive complimentary souvenir pins. Faith Herndon will be playing your favorite Irish tunes from 1-3pm, and then RadioNV will continue the festivities from 5-10pm. On Saturday, March 18 at 3pm, Foley Academy’s Irish Dancers will get your toes tapping with a high-energy performance that you won’t want to miss! <https://www.jottnew.com>

**St. Patrick’s Day Shenanigans**

Enjoy the luck of the Irish with music, stories, and a craft to mark the day at Reston Community Center Hunters Woods on Friday, March 17, 2023

from 10-11am. Perfect for families with children ages 2-5 years old. Bring a friend and wear your best Irish-themed attire! Registration fee.

**Kalypso’s Sports Tavern**

Enjoy traditional Irish cuisine and festivities at Kalypso’s the whole weekend. The menu features Corned Beef & Cabbage, Guinness Lamb Irish Stew, Shepherd’s Pie, Reubens and other classics, as well as your favorite Irish beverages. Bring the family to Lake Anne Plaza for Irish-inspired activities. The Lake Anne Leprechaun will be arriving with party favors at happy hour. There will be two musical performances - a special acoustic performance by Adrian Chadwell from 5-8pm; Shorty Slim from 8:30pm-12:30am.



# THE BULLETIN

## Foley Academy of Irish Dance: Five Years in Reston

Contributed by Shannon Foley Dilles

From the moment she danced her first “point-and-point step,” Shannon Foley, Director/Owner of Foley Academy of Irish Dance, knew she wanted to open her own Irish Dance school. Foley started taking Irish Dance lessons at the age of nine after attending several Céilí (Irish social gatherings) and Irish festivals with her family. Foley became particularly interested after seeing a performance at the Old Town Alexandria Irish Festival. That same evening, her parents enrolled her in classes. From that point forward, Shannon’s interest in Irish Dance, as well as the traditions and culture preserved within the dancing, evolved into a passion; it is this love for Irish Dancing that she hopes to pass on to future generations.

After receiving her TCRG (Irish Dance Teacher) Certification, Foley formally opened Foley Academy of Irish Dance in December 2017 in Reston. She felt Reston has strong sense of community and dedication to diversity, and that



the dancers can bring joy to their community through their dancing. Initially, classes were held in Brown’s Chapel and then at the South Lakes High School dance studio a few times per week. But as Foley Academy quickly grew and Shannon started offering more classes in the evenings and on the weekends, the dancers needed a dedicated studio. After only one year of operation, Foley



U12 Girls Regional Championship Céilí Team

Academy acquired a 40ft x 30ft studio space, and about two years later moved into an even larger space that is 55ft x 35ft with a sprung floor, Harlequin Reversible™ dance mats, mirrors, dedicated parent waiting room, and the latest audio, visual, and livestream technology.

Now in its 5th year of operation, Foley Academy continues to expand its performance and competition opportunities

so that dancers are fully engaged in all available experiences. The dancers are continuously recognized for excellence within their community, as well as for their solo and Céilí team dancing at Regional and National Irish Dance competitions.



Foley Academy dancers at Lake Anne Plaza

Dancers compete locally around the east coast, as well as at the Regional, National, and World Irish Dance Championships. At the most

Foley Academy dancers perform throughout the year around Reston and Herndon, and dance in several parades, including the Ballyshanners Alexandria St. Patrick’s Day Parade, the popular Reston Holiday Parade, and the Herndon Homecoming Parade – where their group received the 2022 Best in Parade award for their creative “Under the Sea” themed performance. You can also catch their performance troupes at Reston Library several times per year, Herndon Fortnightly Library,

the Reston Multicultural Festival, and Reston Founders Day. During March, the dancers also share their love of Irish Dance with residents at the Sunrise Senior Living Reston Town Center and the Kensington Reston. In addition, all Foley Academy dancers participate in two recitals each year to showcase their talents for their friends and family.

As a certified Irish Dance school with An Coimisiun Le Rinci Gaelacha (CLRG) in Dublin Ireland, and member of the Irish Dance Teachers Association of North America (IDTANA) and the IDTANA – Southern Region, Foley Academy dancers from Beginner through Champion can participate in Feiseanna (competitions) as soloists and together on Céilí teams.

Dancers compete locally around the east coast, as well as at the Regional, National, and World Irish Dance Championships. At the most

recent 2022 Southern Region, Foley Academy had four Céilí Teams win first place in their age divisions. The teams prepared for this major competition for over six months, with several practices per week. That combination of technical training with an outstanding performance sealed four Regional Céilí Championship titles for Foley Academy.

Foley Academy classes run year-round, with four sessions to welcome New Beginners. The 2023 Spring Session registration is currently open for New Beginner youth classes on Mondays (ages 5-7) and Wednesdays (ages 7+). Drop-in tots (ages 3-5) and adult classes (ages 18+) are also offered throughout the year. No experience is necessary to enroll in New Beginner classes at Foley Academy, and you don’t have to be Irish! May the road...and the dance floor...rise up to meet you!

**Foley Academy of Irish Dance**  
Irish Dancing Lessons

**Spring 12-Wk Session \$190**  
March 13, 2023 - June 15, 2023

**Head Start Class for Youth New Beginners:**  
Sunday, March 5, 2023 from 9:30-10am

<https://www.foleyirishdance.com/2023spring/>

**New Beginner Class Options:**  
Mondays ages 5-7  
Wednesdays ages 7+  
5:30-6:30pm  
Classes in Reston, VA

shannon@foleyirishdance.com | www.foleyirishdance.com | 703-375-9369  
11260 Roger Bacon Dr., Reston, VA 20190

**Happy 6th Birthday Sadie!**  
We love you to pieces!

**DELEGATE KEN PLUM,**  
**THANK YOU FOR YOUR DECADES OF SERVICE TO RESTON!**  
- YOUR GRATEFUL NEIGHBORS AND CONSTITUENTS

## Community of Faith: Good Shepherd Lutheran Church

Contributed by Good Shepherd Lutheran Church

Good Shepherd Lutheran Church and Pre-School, located at 1133 Reston Ave., Herndon, VA, is a member of the Lutheran Church Missouri Synod. Organized in 1970, we initially met at the Baptist Church at Lake Anne in Reston. In 1977 we built our first church on Moorings Drive, adjacent to Lake Anne Plaza. Having outgrown the Moorings Drive property, we moved to our current location in 2008.



Sanctuary at Easter

### Statement of Beliefs

Lutherans believe that people are saved through faith in Jesus as their savior. There is nothing we can do to earn salvation. It is a gift from God. Jesus bore our guilt and suffered the judgment that we deserve when he died on the cross. Through Jesus, we are freed from the terrible consequences of

our sin: eternal death and separation from God. The Holy Spirit leads us to faith and enables us to participate in the Kingdom of God, wherein we fulfill our true purpose: to honor God and to work together with the rest of God’s creatures for the good of the whole creation. The risen Jesus will return to bring the Kingdom of God to fulfillment.

### Volunteer Opportunities/Services to the Reston Community:

We believe that we are called to actively share the Good News of Jesus

Christ through word and deed. One way we share is by serving one another and our neighbors in our community and throughout the world. When the pandemic closed area schools, GSLC opened our doors to one of our partners, the South Lakes High School Food Pantry. Each week thousands of pounds of food are received, packed, and distributed to South Lakes High School from our church building. More than 300 SLHS Pyramid families and students are served each

week through distribution and the on-site pantry at the high school. We also support Cornerstones including the North County Hypothermia Shelter, the Embry Rucker Shelter and the emergency food pantry. In addition, our congregation supports The Closet of the Greater Herndon Area, Weekend Grocery Packs for Dranesville Elementary, Helping Hungry Kids and many other agencies dealing with homelessness and food insecurity.

Our congregation supports missions both at home and abroad. Each summer our High School Youth embark on a mission trip in the Mid-Atlantic region with Group Mission Trips. During this week, participants serve low income, elderly, or disabled residents of a community through home repair, light construction, painting, and so much more.

### Service Times/Offerings:

Worship is an integral part of life at Good Shepherd. We are committed to growing spiritually by gathering each

week for prayer, praise, and thanksgiving, and through lifelong learning.

**Sunday Worship schedule:** Outdoor Worship service - 9:30 a.m.

Indoor Worship Services -8:00 a.m. and 11:00 a.m. Both traditional and praise service styles are offered. The 11:00 a.m. Worship Service

is livestreamed and recorded and is available on either Facebook Live, YouTube, or Vimeo. Sunday School is at 9:30 a.m. for kids, youth, and adults. Beyond Sunday we have Middle and High School Youth Groups, and a number of Life Groups, offering additional fellowship and chances for adult education. Good Shepherd Preschool is open to all God’s children ages 2.5 – 5 years old. We will operate in the fall from 9:15 a.m. to 3:15 p.m. with multiple class choices for families. Open enrollment.



GSLC youth group at summer camp



# EDUCATION

## Reston Ideaventions Academy Places High in MATHCOUNTS Fairfax



8th grader Isaac Tennyson advances to the MATHCOUNTS State Competition by finishing in second place.



Reston's Ideaventions Academy for Mathematics and Science's MATHCOUNTS team

Contributed by Ideaventions Academy

The Ideaventions Academy for Mathematics & Science MATHCOUNTS team had a great time at the Fairfax Chapter competition, held at Chantilly High School on Saturday, February 4.

The team placed 3rd in the Fairfax Chapter, and the following team members were among the top 25% of the competitors:

Isaac Tennyson (8th grade) placed second, Matthew Halliday (8th grade) placed 14th, and Jai Lorvidhaya (8th grade) placed 34th.

## Herndon Middle's Outstanding New Principal

Contributed by Herndon Middle School

Monika Vereb, principal at Herndon Middle School, was awarded with the FCPS Region 1 Outstanding New Principal Award. She is now in the running against 4 other regional nominees for this year's FCPS Outstanding New Principal Award. This award will be given out in June. Herndon Middle School is proud of all the great work Monika Vereb is doing! Fun fact: Vereb attended Herndon Middle School herself.



Contributed by Hunters Woods Cooperative Preschool

The trails are one of our favorite things about Reston. There's so much to see when we're out for a walk in the woods! Last week we stopped by The Little Art Gallery In the Woods to contribute some original works.

## Dominion Christian Science Olympiad Team

### Heads to States

Contributed by Dominion Christian School

Dominion's middle school Science Olympiad team earned a 5th place trophy at their regional tournament and is heading to the state tournament at UVA in March. The 12-member team competed with 30 other Virginia teams in 20 science and engineering events. Every member of the team earned at least one medal as a top six finisher for their event, from forensic chemistry to testing their bridge or trebuchet.



Armstrong Elementary girls: K, 1st, 4th, and 5th graders perform at the school talent show in February.



Armstrong Elementary 5th grader, Drew Fineburg, performs a guitar solo at the school talent show in February.



Contributed by Maria Wojciechowski

While learning about community helpers, and to celebrate Valentine's Day and Kindness Week, preschoolers at Hunters Woods Elementary made cards for their families and sent them off with our favorite USPS Mail Carrier!

DCS students Science Olympiad team members at work



# EDUCATION

## Ink Books: South Lakes Students Start Book Publishing Business

By Terri Wright, Bulletin Editor

Generation after generation laments the immaturity of teenagers and wonders where the world will head with them in charge. And yet, a closer look at an enterprising group of young people at South Lakes High school reveals the exact opposite; there are motivated, creative, empathetic and ambitious young people forging new paths using time-honored models. Ink Children's Books, a non-profit company formed from the Entrepreneurship Club at SLHS offers a window into the next wave of Reston go-getters.

Under the initial stewardship of a teacher sponsor, the Entrepreneurship Club gathered in mid August 2022 to map out business models. Upon deciding on one central idea, student members built and launched this year's non-profit.

Formed by a team of 18 students, Ink Children's Book aims to tell stories. Their mission is a simple one: provide a platform for young, up-and-coming author's to tell and disseminate stories for everyone in the community. The founders

know that every person has a story to tell. In crafting the initial business model, all members pitched a story to get the ball rolling.

The first author, SLHS junior Katlynn Wong and Product Co-VP, rose to the top. Ink Children's books also worked with another SLHS student, junior Brianna Le, on the artwork. These two combined to write, craft, and create "Odd Lunch Out." Orders can be placed on the company website and or purchased at SLHS events in the near future. This initial publication rolls off the presses at the end of February.

As a non-profit, Ink's proceeds go back into the production and publication of each book. Any excess earnings are donated to a charity of the author and illustrator's choice. Earnings from "Odd Lunch Out" will go to benefit One Tree Planted organization and Girls Inc.

Darya Rengaswamy, a marketing team member, confirmed that Ink Children's Books will continue after the school year concludes. While previous Entrepreneurial Club projects dissolve at the school year's end, Ink Children's Books "Once we got the

business up and running we quickly realized this was going to be something bigger than we originally envisioned and we foresee this as something which doesn't go away. We plan to keep it for as long as we can."

In fact, the next titles are already in production. Members Mia Cralle, a product team member, and Cameron Theis, Sales VP, and his brother are the artists behind the second and third publications.

Ms. Rengaswamy shared how the company leans on company member creations to work out the "process and to really solidify how the entire publication system can work best."

Most recently the Ink members met with



Photo courtesy of Ink

students at Belvedere Elementary school about their company and the process of writing and publishing books.

"Hearing the student comments really reassured us that our company can and will have an impact" on the community.

## Grants Awarded: School-Based Mental Health Staff and Tobacco Prevention

Contributed by Melanie Meren, FCPS School Board Member

The U.S. Department of Education has awarded the first year of a five-year grant to Fairfax County Public Schools for \$13.5 million, to support a School-Based Mental Health Services Grant

project. The goal of the grant program is to increase the number of credentialed mental health service providers delivering school-based mental health services to students with demonstrated need. With the funding, FCPS will focus on enhancing the division's recruitment and retention practices for mental

health professionals, including school counselors, school psychologists, and school social workers.

Congratulations to Langston Hughes Middle School on being awarded a \$1,000 grant for a Healthy



Lifestyles Tobacco Prevention Campaign. 12 FCPS schools received National PTA grant funding. Hughes is the only school in the county to receive the tobacco awareness grant and only one of two middle schools to receive funding through a grant.

### FOUR THINGS YOU MIGHT NOT KNOW ABOUT ST. PATRICK'S DAY

**1** THE SHAMROCK IS NOT THE SYMBOL OF IRELAND- THE OFFICAL SYMBOL OF IRELAND IS THE IRISH HARP.

CONTRIBUTED BY SHANNON FOLEY DILLES

**2** LEGEND SAYS SAINT PATRICK DROVE ALL THE SNAKES FROM IRELAND, BUT THERE IS NO EVIDENCE THAT SNAKES EVER EXISTED IN IRELAND.

**3** THE SHAMROCK WAS USED TO TEACH THE HOLY TRINITY. SAINT PATRICK USED IT WHEN HE FIRST INTRODUCED CHRISTIANITY TO IRELAND.

**4** CORNED BEEF AND CABBAGE IS A POPULAR MEAL MADE ON ST. PATRICK'S DAY, BUT THERE'S NO CORN IN CORNED BEEF. THE LARGE GRAINS OF SALTS USED TO CURE THE MEAT IS NICKNAMED "CORN."

## High Schools to Host Elementary School Basketball Showdowns on March 17

**6TH GRADE BASKETBALL GAME**

Lake Anne Elementary School  
vs  
Forest Edge Elementary School

South Lakes High School  
Friday, March 17

6pm - Doors Open  
6:30pm - Game Opening + National Anthem  
6:45pm - Teachers Game  
7:20pm - 6th Grade Girls Game  
8pm - 6th Grade Boys Game

Lake Anne Elementary vs. Forest Edge Elementary

**SAVE THE DATE**

**When:** Friday, March 17th @6pm

**Where:** Herndon High School

**What:** Basketball Games & Community Fun!



Aldrin Elementary vs. Armstrong Elementary



# EDUCATION

## Herndon High Students are All-Virginia Instrumentalists



Congrats to HHS All-Virginia instrumentalists! Orchestra: Concert Band: Left to right: Jenna Ainge (horn), Luke Demers (tuba), Aakash Natarajan (bass) 1st Alternate: Adam Short (trumpet)

Photo by Kathleen Jacoby



HHS chess showdown. Photos by Ophelie Butts



It all started with a Spanish teacher, candy, and a love for chess. Herndon High's chess club had an eventful and suspense-filled chess tournament over five days with 20 students participating. Jensen Hoffman took home the win and all the candy that was on the line.

Photo by Ophelie Butts



Forest Edge Elementary students begin their Math Madness Competition for the month of March.

Photo from Twitter



Lake Anne Elementary principal Jill Stewart and assistant principal Brittany Rogers served up pancakes on Valentine's Day.



Rachel Carson Middle School's Advanced Theater students performed children's stories at Fox Mill Elementary School

Photo from Twitter



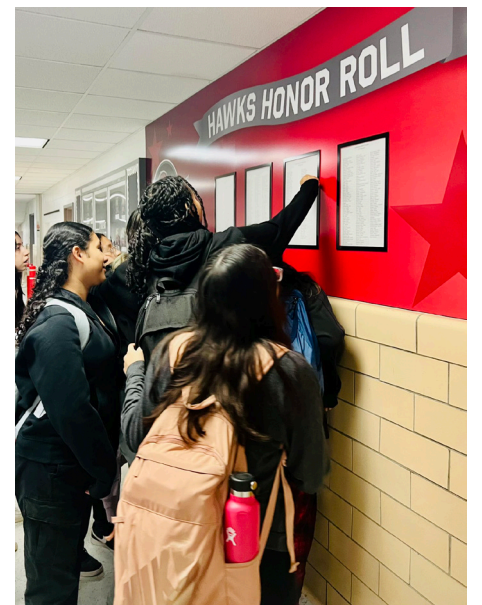
Children's book author, Debra Shumaker, shared her book, "Peculiar Primates" with Preschoolers through 2nd graders at Hunters Woods Elementary School.

Photo from Twitter



Fairfax Fire and Rescue visited Forest Edge Elementary on March 1.

Photo from Twitter



Herndon Middle School students search for their names on the Honor Roll.

Photo from Twitter



Dogwood Elementary hosted "Learning Under the Stars PreK-1 Literacy night for kids and families in February

Photo from Twitter

SOUTH LAKES HIGH SCHOOL THEATRE ARTS PRESENTS

# BRIGHT STAR

MUSIC, BOOK, & STORY BY STEVE MARTIN  
MUSIC, LYRICS, & STORY BY EDIE BRICKELL

MAY 4TH, 5TH, & 6TH AT 7:30 PM  
MAY 6TH AT 2:00 PM  
PREVIEW SHOW: MAY 3RD AT 7:00 PM

SPONSORED BY RESTON COMMUNITY CENTER  
PRESENTED WITH SPECIAL ARRANGEMENT WITH THEATRICAL RIGHTS WORLDWIDE

South Lakes Theatre Arts presents Bright Star, a musical by Steve Martin & Edie Brickell, May 3rd-6th. The show is directed by Michael Viola and stars Abigail Jamison, Henry, Carter, August Rivers, Maddie Bobko, and Joshua Lewis.



# HIGH SCHOOL SPORTS

## South Lakes Winter Athletes Excel

By Laurie Dornak, SLHS Boosters

The winter sports season was an exciting time for Seahawk fans. With terrific accomplishments both in the classroom and regular season, athletes continued competing deep into the 2023 post-season. In the classroom, 210 student athletes out of 355 total, were recognized for carrying a 3.5 or higher GPA. Full highlights can be found under Quick Links on the South Lakes Athletics website.

**Seahawk Wrestling** had a great showing at the Concorde District Tournament with five wrestlers qualifying for the Northern Regional Tournament. Aiden Sanders (Soph) and Jayden Loveranes (Junior) qualified for the 6A VHSL State Tournament with Loveranes taking 2nd place, 130 weight class.

**Gymnastics** compete as a team and in individual events. Seahawks finished 4th in the Concorde District Tournament. Individual competitors, Taryn Dougherty (4th Floor) and Amalie Wyatt (1st Vault, 3rd Beam, 6th Floor, 5th all-around) qualified for the regional meet. Dougherty took 5th on Floor and Wyatt was Region champ on Vault, Beam, Floor and a State meet qualifier.

**Girls Basketball** welcomed new Head Coach Rob Robinson this season. Robinson's Seahawks finished 3rd in the regular season and at the Concorde District Tournament. As a Region quarterfinalist,

the Seahawks were recognized with All District honors -- First team Jessica Dornak, second team Renee Timbers, HM Mia Branch, All Defense Team Bridget Brennan. Dornak was named All-Region first team.

**Seahawk Swim and Dive** had an exciting award-filled regular season with many PRs, new school records, and state level performances. Girls and Boys finished in 2nd and 3rd place, respectively in the Concorde District Championship meet. At the Northern Region meet, the girls tied for 5th place and the boys finished 9th. At the VHSL 6A State meet, the Boys 200 Free Relay (Jackson Harriot, Nathan Vikhman, James Harriot, Josh Bordovsky) took 6th

place and broke the school record with a time of 1:26.17. Bordovsky took 9th in 50 Free, breaking the school record with a time of 21.37. The Girls 200 Free Relay (Ashlyn Diederich, Sophia Kennedy, Veronika Owen, Clara Landeryou) took 5th breaking another school record with a time of 1:38.06!

**Seahawk Indoor Track and Field** also had an exciting award-filled regular season with many PRs, new school records, State, and National level performances. The girls team was the Concorde District Champions; the boys team took 2nd place in the district. Both boys and girls teams brought home Northern Region finalist trophies for the case and sent a team to the VHSL 6A State meet. Girls 4x800 relay (Annalise Williams, Catalina Simon, Caroline Elliott, Bella Harsanyi) stood top of the podium with a new school record 9:17.69 in an impressive race coming from 3rd/4th place to win the race! In the 1000M Run, Harsanyi took 1st with a PR and new school record 2:53.74.

**Boys Basketball** had an outstanding season and continue to compete at the state tournament. Finishing in first place regular season, the Seahawks competed and won both the Concorde District Tournament and Northern Region Tournament. Seahawks were recognized with All District honors



@chipmcrephotography



Junior Jayden Loveranes won 2nd place in the 130 weight class at 6A VHSL State Tournament. Photo by Jenn Loveranes

--Jordan Scott POY, Brian Kennedy Defensive POY, 1st team Aiden Billings, Brian Kennedy, and Sol Vita, 2nd team Tyler Andre, James Zschunke, All Defense Team Sol Vita – and Coach Desmond received Coach of the Year. Region honors went to Scott POY, 1st team Billings, Kennedy, 2nd team Vita and Coach Desmond Coach of the Year. The team advanced to the State Tournament as the top seed from Concorde. Great season, Seahawks!



SLHS Boys Basketball won both the district and regional tournaments for the second year in a row and made it to the first round of the state tournament.

Photo by Andrew Duggan

**Indoor Track and Field** did well this winter. Gillian Bushee won the VHSL Class 6 State Championship in both the 1600m and 3200m races! Other Hornets who competed at States were Jasmine Robinson- 2nd place in the shot put and Tea Geary- 9th in the 3200m. The boys 4x4 relay of Eli Haynes, Carson Hulka, Mikail Kapadia and Cameron Elliot placed 11th at States. For the Regional Champion-



Gillian Bushee and Tea Geary at Regionals

ships, Robinson won the shot put and set a new school record. Bushee won the 1600m race title, and Geary placed 2nd in the 3200m. The boys relay team placed 3rd at Regionals. Robinson was the Liberty District Champion in the shot put and Bushee won the 1600m and 3200m races and set a Liberty District record. The MVPs for the girls were Jasmine Robinson and Gillian Bushee. Zoe Bailey won the sportsmanship award.

The MVP for the boys was Eli Haynes and the Sportsmanship award went to David Orellana. A great winter season for the Hornets!



Jasmine Robinson was Liberty District champion in shot put, 2nd at states, and girls team MVP

## Herndon High Winter Sports Round-up

By Jonathan Frohm, HHS Athletics Department and social media

**Girls Wrestling** at Herndon fielded its very first team this year. Alyssa Landrum placed 1st at the Montgomery Blair Girls Invitational, 1st at the Riverbend HS Invitational, and 6th at the Girls State Tournament. Serena Halwani, Alyssa Landrum, and Eja Gatewood each participated in the state tourney at Unity Reed. Allysya Landrum was the MVP and Eja Gatewood was the winner of the Sportsmanship Award.



Alyssa Landrum wins a match, Photo by Susie Landrum

**Boys Wrestling** Varsity finished 3rd place at the Liberty District Championships and advanced nine wrestlers to the Regional Championships and five wrestlers to the State Championships. Brady Calderwood was 1st in District, 2nd in Region, 3rd in States - 144lbs. Brady is a three-time state qualifier. He won a record number of matches in a season and notched his 100th career victory.

**Girls Basketball** had a strong season, reaching double digits in wins with 10. After a run through the regular season, the team lost a hard fought game in the Liberty District Tournament to Marshall on a

last second shot. Annelise Castillo was First Team All District, Second Team All Region, and won the HHS Sportsmanship Award. Aylin Humpherys also made First Team All District, All District Defensive Team, Second Team All Region, and was the HHS MVP. Natalie Branson and Diarra Diagne were Second Team All District, and Regan Giulano made the All Rookie Team

**Boys Basketball** had an exciting season with freshman, JV, and varsity boys all in action. Over the holidays the team traveled to Middletown Maryland for a holiday tournament, where they defeated the host school Middletown, 53-49. After the break it was on to the regular season and tournament in the Liberty District. Awards went to Dayvon Demby as Second Team All District and HHS MVP. Luke McDermott made All District Defensive Team and won the HHS Sportsmanship award.

**Gymnastics** had 16 girls on the team and the Hornets hosted their first meet in the big main gym, as floor plates for the uneven bars have been installed. Caitlyn Allain, Emily Horyczun, Abby Kloehn, and Emily Snowden each competed in the All-Around Competition at the Liberty District Championships. Caitlyn Allain advanced to the Northern Region on Vault by placing 6th at Districts and finished tied for 10th place at Regionals. Other gymnasts who participated in one or more events at districts were: Lexi Geissler and Caitlyn Losapio (Vault) Sophia Dietz and Atlania Molina (Bars)

Atlania Molina and Caitlyn Losapio (Beam) Caitlyn Losapio and Sophia Dietz (Floor) HHS MVP was Caitlyn Allain and the HHS Sportsmanship Award went to Taylor Jameyson.

**Swim and Dive** team had a strong season. They broke and set records left and right. Eight boys went to states and the team took 4th place in the state out 48 schools. In the boys 200 medley relay, Noah Dyer, Rian Graham, Tinn Nguyen and Liam Rayson finished first and are state champions, setting a meet record, all time best VA time, automatic all-American time, and new school record. The same four swimmers finished 2nd in the boys 400 free relay. Dyer is the state champion in the 200 free for the 3rd year in a row, with all-American time and new HS record. He came in 2nd in the 100 free, breaking the HS record.



HHS swimmers and coaches who went to the state tournament

Graham was 2nd in the 200 IM and 2nd in the 100 fly with a new HS record. Nguyen came in 6th in the 100 back and 15th in the 100 fly. Rayson came in 9th at the 100 fly and 11th in the 100 back. At districts, the girls came in 5th in the 200 medley relay with Deanna Tipler, Anna Houck, Morgan Wright, and Katie Semanchik.



# YOUTH SPORTS

## Reston Raiders 16U Hockey Team On Pace for Nationals

By Matt Scodellaro,  
Reston Raiders 16U Coach



Photo contributed by Matt Scodellaro

Tucked away in a quiet part of a busy stretch of Reston is an ice rink where hockey dreams are coming true this season. The Reston Raiders 16-and-under AA Blue team recently claimed the Chesapeake Bay Hockey League season and playoff titles and is now setting its sights on a State Championship that would carry with it a ticket to the 2023 USA Hockey Tier II National Championships in Amherst, New York at the end of March.

The Raiders 16UAA team completed the sweep of CBHL titles over the last

weekend in February by defeating the Tri-City Eagles, 3-2, in a tense championship game. The local team overcame

a 2-1 deficit heading into the final period, by scoring the game winning goal with only four minutes remaining in the contest. The Raiders now stand at 40-11-4 on the season and have earned the top seed in the best-of-three Virginia State Playoffs, which begin when the Raiders will host Game one on Saturday, March 11th at SkateQuest. They will play the top 16U Ashburn Xtreme

team. This is the second consecutive year that the Reston Raiders have won both the CBHL season and playoff titles at the 16U AA level.

In addition to the local success, this year's team has also gone skate-to-skate with some of the best competition in the country, having finished second at the Buffalo Harborcenter Cup and reaching the semi-finals of the CCM Motown Tournament in Detroit.

Most of the players on the team have spent their entire youth hockey careers with the Reston Raider organization, starting in the Initiation Program as early as four years old and now, after many years of honing their craft as hockey players, the team is looking forward to an opportunity to fulfill the ultimate dream of bringing a national championship back to Reston.

## Great Falls Reston Soccer Club

Contributed by GFR Soccer Club

### Mission

To engage and impact our community by providing our youth enrichment, team spirit, friendly competition, and life skills through sports.

### Vision

Aspire to be an outstanding educational-athletic organization that provides a high-quality experience for every athlete regardless of means or abilities. A high-quality experience is one in which every athlete is coached using the principles of positive coaching, has fun playing the game, feels like an important part of the team regardless of performance, learns life lessons that have value beyond the playing field, and learns the skills, tactics and strategies of the game and improves as a player.

### Values

#### 1. Strive for Excellence

Encourage each player to always do their best as they learn to master the fundamentals. This does not just apply to athletic skills, but in all areas of life: volunteering in the community, working hard in school, or doing chores at home.

#### 2. Recognize Potential in Everyone

As parents and coaches, it's our job to help kids find their sweet spot. Every child has potential in something, and if you can recognize that, you will see a child's potential become reality.

#### 3. Celebrate Every Victory

There are victories in every game and in every event if you are looking for them. Don't let them get overlooked as you strive for championships and record-breaking stats. Sometimes those

small victories are the only thing that keep kids from giving up.

#### 4. Leadership

We value the powerful leadership of a coach. Coaches serve as a trusted mentor to help navigate people throughout the land mines of sports and life. The impact of coaches and their influence on athletes will far transcend the boundaries of "playing sports."

#### 5. Develop Leaders

Our goal is not just to develop good athletes. It is to develop leaders. Kids will not be playing sports all their lives, but they can

be lifelong influencers. Our coaches have their ears and their eyes on them; we don't want to waste the opportunity to make leaders of your kids.

#### 6. Don't Take the Game Too Seriously

Practices and games don't always have to be all business. Lighten up! Have some fun. There is a time to laugh and a time to be serious. Find the fun balance.



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## Herndon Reston Youth Optimist Club Sports

Contributed by HRYOC

The Herndon Reston Optimist Club has been supporting youth programs in the Herndon and Reston communities for over 60 years. Currently, they support six sports. All are run by volunteers. The HROC also offers youth sports scholarships which ensure all kids, regardless of economic status, can play in our sports leagues.

**Baseball:** (HRYB) is a Babe Ruth league within the Cal Ripken Baseball Organization. HRYB welcomes boys and girls of all abilities that are between the ages of 3 and



HRYOC baseball players

12. HRYB is the only house league in Western and Northern Fairfax County that offers 70-foot base paths and a 50-foot pitching distance in their Majors league. Another unique opportunity to HRYB is Machine Pitch. HRYB also offers Buddy Ball, where players with disabilities are paired with a Herndon High School buddy. For higher level players aged 8-12, HRYB also offers the Herndon Hawks Select travel ball

program. Registration is currently open.

**Basketball:** Haley Smith Basketball, also called (HOYHB) provides youth of all skill levels an opportunity to enjoy a positive basketball experience. Our developmental recreational house league is open to girls and boys in 1st through 12th

grades who are residents of Fairfax or Loudoun Counties. An adapted basketball program called "Buddy Basketball" is available for youth in grades 1-8 who have disabilities where high school students and adults

help them learn to play basketball. For players looking for a more competitive league, travel basketball (HOYTB) is offered.

**Cheerleading:** (HOYC) is a recreational/development program for children 5 - 14 years old. The program provides a rewarding and fun experience with an emphasis on both teamwork and individual accomplishment.

**Field Hockey:** (HRYFH) provides a year round opportunity for children in 3-8 grades. HRYFH serves as a player-centered youth development program.

**Football:** (HOYFF) is a recreational/developmental youth flag football league. The program focuses on skill development, equitable player participation, teamwork, and good sportsmanship. All boys and girls in grades K thru 8 are eligible to play in the league; players are grouped into divisions based on their grade. There are no geographic or school attendance boundaries.

**Lacrosse:** (HRYL) plays in the Northern Virginia Youth Lacrosse League and is open to boys and girls in grades K - 8. Registration is open.

In addition to these opportunities for children to play sports, HROC offers opportunities for children as young as 5th grade to have their first jobs as referees or umpires, and they award college scholarships to three players who participated in HROC programs and demonstrated a commitment to serve their communities. More information can be found at HerndonOptimist.Org.

## Reston Herndon Little League

Reston Herndon Little League is the only Little League and largest youth baseball program in the Reston Herndon area. Register your player for the spring season today! We have divisions for players aged 3 to 12 years old. Our Blastball division for 3 and 4 year olds is absolutely FREE. Blastball is the perfect way to introduce your player to baseball. Uniforms and equipment is all provided.

At the end of the season for the Triple A and Majors players, Little League All-Stars teams are formed. They practice and compete against local all-star teams in the month of July. The Reston Warriors are a travel team associated with Reston Herndon Little League; tryouts for Warriors are held each August.

QR code for registration is located below.



**REGISTER FOR  
SPRING BASEBALL!  
RHBASEBALL.ORG**





# OPINIONS

## Roundup Kills the Weeds. It May Kill You, Too.

By E. Zirak, Opinions Editor

We need to talk about glyphosate.

Glyphosate is the key ingredient in the weed killer known as Roundup, which was produced exclusively by Monsanto until their patent expired in 2000, at which point other brands also began to include glyphosate. Monsanto was acquired by Bayer in 2018. For some, the sight of this bane shelved at the local hardware store or in a neighbor's shed brings the blood to a boil; for others, there are happy visions of a picture-perfect dandelion-free yard to compete with the Joneses.

While glyphosate is polarizing for those with and without yards, let's be crystal clear about the facts: glyphosate/Roundup is a dangerous chemical with piles of evidence linking exposure to it with serious diseases. Scientists have found that exposure to glyphosate increases the risk of some cancers by over 40 percent. Multiple lawsuits have been settled and Monsanto has paid billions of dollars to victims. Yet this weed killer remains on the market and continues to be the most commonly used herbicide in the world with millions of pounds used every year on public and private lands.

While you won't find glyphosate on the ingredient list of your hummus or your kids' Cheerios, the Environmental Working Group has found detectable levels of glyphosate in these foods,

among others. Don't worry, though, Kellogg's plans to "phase out" use of glyphosate in its products by the end of 2025.

Dr. Zach Bush, a triple board certified MD and cancer researcher in Charlottesville, has mapped out the intersection of glyphosate and cancer as well as other chronic diseases. His findings on glyphosate indicate that it is not only devastating to the soil, but as a water soluble toxin, it has permeated and contaminated our waterways: "Water is the inherent foundation to life. The surface area of earth is 70% water; the human body is 70% water. Glyphosate moves through and damages the ecosystem, contaminating even the rainfall and the air we breathe. Humans and other species are less resilient because of it."

According to Sierra Club, the nation's largest grassroots environmental organization, glyphosate exposure has even been linked to a decline in pollinators, including honeybees. Studies demonstrated that bees exposed to glyphosate were more likely to die prematurely.

Many nations across the globe have banned glyphosate or strictly limited its use. In the United States, multiple grassroots movements have banned glyphosate in their communities, prohibiting its use in parks, schools, and other places. Upon learning this, I wondered how we could ban glyphosate in Reston.

It turns out that Virginia is a Dillon Rule state, meaning cities, counties, and

towns need authorization from the State to enact almost any policy. We can't just ban glyphosate in Reston without explicit permission from the General Assembly.

Another roadblock to banning glyphosate in Reston: invasive running bamboo is extremely difficult - though not impossible - to eradicate without the highly poisonous glyphosate. An environmental advisor at the Reston Association confirmed that there are few tools in their toolbox to combat bamboo.

A new Fairfax County ordinance went into effect in January of this year requiring residents to remove bamboo that may spread beyond their property line, risking penalties if they fail to do so. As a result, it is unfortunately likely that glyphosate use will only increase in our region.

What does this mean for those of us concerned with this ubiquitous killer in our community? I asked glyphosate researcher Dr. Stephanie Seneff how we could ban glyphosate if even the environmentalists in our community say we need it to combat bamboo? Her simple and brilliant response: ban it with an exception for bamboo.

We don't have to resort to use of glyphosate for anything other than bamboo, and even with bamboo, there are strategies, albeit labor intensive ones, for those who are willing to put in multiple rounds of work. For all other weeds and invasive plants, there are cheap and effective natural alternatives, according to a longtime Reston resident and Virginia VCE Master

Gardener/Audubon-At-Home Ambassador. Here are his recommendations: Put the following ingredients into a spray bottle and gently shake before use: 1/2 teaspoon dish soap  
2 tablespoons of table salt  
2 cups of 45% concentrated vinegar  
"Spray only on the leaves, avoiding overspray. Sunny days will be best, when it won't rain for several days. It works best in the fall, when the leaves are under stress but before any perennial types start to lose their leaves, or in the spring, when the leaves are young and new. This solution will kill anything you put it on, so don't use so much that it contaminates the soil. We have used it on invasive Japanese honeysuckle to great effect. We also had an area of poison ivy that was in close proximity to where people walk and kids play. Both applications worked well, with brown leaves by the end of the day."

As we approach warm spring days spent tending to our yards, please consider the implications of using glyphosate/Roundup on the health of humans and that of the earth, including our soil, water, air, and pollinators. Next time you're tempted to spray glyphosate or another chemical, think of the bees that may die upon exposure; think of our children and how it might affect their health. If you or your cluster employ a landscaping company to manage the grounds, tell them you don't want them spraying a toxicant that will harm the environment and their workers. Vinegar and dish soap don't cause cancer. Glyphosate does.

## The Hateful Eight: Ranking Reston's Most Wanted Invasive Plants

By Restonian, local blogger

We Restonians are a pretty amiable bunch. We don't hate anyone or anything, except maybe for paid parking. And invasive plants. Way back in ought-eight, the Reston Association declared war on eight species of invasive plants, saying they are just as destructive to our community's moral fiber as white landscaping stone. More recently, some kindhearted out-of-towners were so concerned about the invasive plants encircling Reston National Golf Course that they offered—out of the kindness of their own hearts!—to put up a bunch of massive condos just to eradicate them. Just like in some 1980s police drama, some English Ivy crept up and strangled their long-time partner on his last day before retiring, and they vowed to avenge his memory. But we digress. We're here to ask the tough questions: Are those eight invasive plants really so bad? And why can't we get the app to validate our parking? Oh, wait—wrong tough question. Let's offer our verdicts, one by one:

**1. Barberry.** Isn't this a store in Reston Town Center that sells overpriced raincoats? Actually, it's worse: it's an OUT-LET in Loudoun County. Verdict: The factory seconds bin for them.

**2. English Ivy.** Let this climb the walls of an older Reston townhouse and you soften the Brutalist feel with some Ye Old Timey vibes. But do you think across the pond in Olde Blighty, the folks in Milton Keynes, or whatever



they call their New Towns, get worked up over "Reston ivy?" Verdict: A full English breakfast.

**3. Bamboo.** Often used along property lines. Virtually indestructible. Verdict: Replace them with bollards.

**4. Chinese and Japanese wisteria.** Pretty enough, but Wisteria Lane was the name of a street in another plastic fantastic planned community—the one on Desperate Housewives. Verdict: Too much drama.

**5. Oriental bittersweet.** We'll tell you what's bittersweet—driving by the spot where the Macaroni Grill once stood. Verdict: No endless breadsticks for you.

**6. Flowering pear tree species.** Flowers are fine. Pears are fine—tasty, even. But together? Verdict: That ain't right.

**7. Burning bush.** Usually these are portents of unpleasant journeys, like having to wander in the desert for 40 years or drive to Tysons. Verdict: A fistful of pennies to pay the tolls.

**8. Nonnative Bush honeysuckles.** According to something we Googled on Bing dot com, their fruits are considered "junk food" for many animal species. Verdict: Let them grow around the McTacoNoLongerAHut and nowhere else, the end.

Read more at [restonian.org](http://restonian.org)

## The Reston Letter's Reception

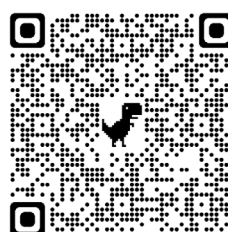
By Dawn Crosson, Owner/Publisher/Editor

The support I have gotten from the community since starting The Reston Letter has been mind-blowing. The number of emails thanking me for what I'm doing, the resumes sent by people who want to help, the enthusiasm in wanting to contribute has been such fun to receive. Since the publication of the first issue I have met so many Restonians who believe in my mission and want to help that it keeps be going. As a full time teacher, I am too busy to do this alone, and barely scraping enough funds together each month to publish, but I am fortunate to have willing volunteers taking pictures, writing articles, helping sell ads, editing, managing social media, that we've got this operation running fairly smoothly. Thank you to all of you who read the paper, who reach out to contribute, follow us on social media, and who advertise with us.

Please consider donating, helping contribute, or buying ad space with us to support our community-unifying cause by keeping the paper alive. Thank you to my wonderful staff and to you, a welcoming group of neighbors!



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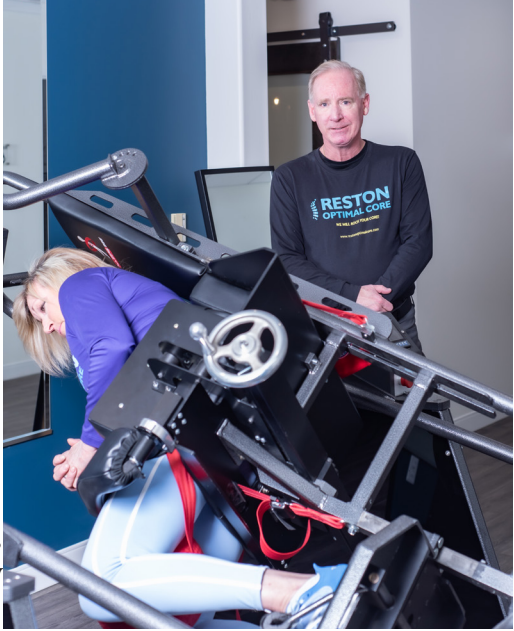


# LIFESTYLE

## AllCore360° Revolutionizes Core Therapy and Fitness

By Elyn Wexler, Staff Writer

Two years ago, Neil McLaughlin added a unique piece of equipment to his Reston Optimal Core practice. The veteran Certified Chiropractic Sports Physician says the \$100,000 AllCore360° has produced substantial improvements in core strength, balance, posture, and proprioception for the more than 50 people who use it regularly. Retired Atlanta-based chiropractor Scott Bertrand, who developed the AllCore360° in 1984, described his apparatus as “a rotating 360-degree plank.” The machine, he explained, “optimizes the body by moving it gracefully and efficiently through space against gravity.”



McLaughlin and the AllCore360°  
Photo by Benjamin Burgess

“When we treat and challenge the core in the manner it was designed to function, we see dramatic results in very little time in many, many cases. From scoliosis to cerebral palsy, we make a difference,” Bertrand said. “The pleasant side-effects of core optimization include weight loss, more energy, better posture,

and oftentimes, the elusive six-pack.”

“Almost everyone can do it,” McLaughlin said about the no-impact machine that engages more than 50 deep core muscles from chin to pelvic floor. Users range from “elite athletes like Clemson University Football, PGA Golfers in Georgia ... [to] the other end of the spectrum. I have had two people paralyzed from the waist down who were able to benefit.” Since each 10-minute no-impact session proceeds at the same speed, it’s very time-efficient for busy people,” McLaughlin pointed out. “The only thing that changes over time is the angle: the stronger you get, the lower the angle you go. If you start by sitting at 90 degrees, the maximum is to get down to 0 degrees.

McLaughlin said his wife Kim is among the few people able to do the entire 10 minutes at 0 degrees. “When I first heard about AllCore360° from Neil, it sounded too good to be true,” Kim said. “Being a triathlete and a gym rat, I found it hard to believe there was a machine that could do more than I could do in the gym.” During Kim’s first session, about two years ago,

she recalled, “I felt things in my body and muscles I have never experienced before. Since then, I have been addicted to AllCore360°, and do it regularly three times a week to supplement my gym workouts.” Despite “serious leg and back orthopedic issues,” Joe Cella, 74, had done two years of consistent twice-weekly sessions, and he, too, can do 10 minutes at 0 degrees.

“The machine has been a tremendous help in increasing my fitness level, and has enabled me to increase my regular strength and cardio fitness routines as well as continue to enjoy playing golf,” Cella said. “It was also very helpful in my rehabbing after total knee replacement surgery.” Ann Null, 65, has been using the apparatus for more than a year.

“I’ve been active all my life, most recently as an endurance cyclist,” she said. “I credit my regular use of AllCore360° with improving my posture, balance, and strength.” McLaughlin added that Null “would use the machine everyday if I let her. She does it five times a week, and never misses a session.”

In her late 40s, Rachel Sasse started out with an impressive fitness record including a TKD black belt, motorcycle road racing, 14 years of ultimate frisbee, as well as a marathon and a half-marathon in her early 40s. When she “first went to Doc Neil in 2021,” she was experiencing severe back pain. After some chiropractic adjustments, McLaughlin recommended using the then-new-to-his-practice AllCore360° to help her back by strengthening her core.

Sasse remembers being skeptical. “It seemed like a gimmick,” but “I was willing to try anything so I could keep snowboarding with my son.”

As a result, Sasse said her back got “much better,” and she was “hooked,” using the apparatus three times a week.

“I kept dropping the degrees until I hit zero for a couple of the turns, and then I said, ‘just put it to zero the whole time’ to see if I could do it. And I did, but not without tremendous effort!”

Sasse continues to test herself. “While rotating on the machine, you can hold your shoulders crisscross, clasp your hands in prayer, or for even more of a challenge, keep your hands up as you rotate around (that’s supposed to be 20 percent harder). My next evolution is holding a weight in my hand at zero degrees the whole time.” No wonder McLaughlin has nicknamed her “the Ninja.”

For those who want to experience AllCore360°, McLaughlin offers the first two sessions free. Thereafter, The Program is designed for people who will use AllCore360° as their primary core strength training; three times a week is recommended. A six- or 20-pack-age option is intended for people who continue to work out regularly at a fitness facility and use AllCore360° to enhance their core strength in sessions that complement their schedule. Call 703-609-2117.

## Home Tour: A Glimpse of Reston's 'Creative Spirit'

By Casey Menish, Staff Writer

The Reston Home Tour celebrated their 20th anniversary in 2022, and the committee is gearing up for their 2023 event. The Tour serves as a fundraiser for the Reston Museum.

Marnie Schaar, a Realtor with Compass Reston, was the Chair of the Reston Home Tour for four years from 2017-2021. Schaar said that during her time as Chair they would strive to feature a variety of homes, neighborhoods, and architectural styles.

Some homes are selected “not really for the remodeling, but for their art and collections inside the home,” said Schaar. Beyond the homes themselves, Schaar

believes that sometimes the most interesting part of the Tour is learning about the homeowners, whose stories are featured in the event’s booklet.

The search for homes to feature in the Tour can be a treasure hunt. Schaar shared that when she was Chair she would drive through neighborhoods and look for homes with dumpsters out front that would suggest they were working on a home renovation.

Schaar even opened her own home to the Tour in 2021, an Acorn Deck House on the western shore of Lake Thoreau, that went through a major overhaul and was completely renovated over the course of 20 months.

Bonnie Haukness, a Realtor with Long and Foster Reston, was the Chair of the Reston Home Tour for ten years from 2007-2016. She shared that the first ever version of the home tour was in 1993 and it was sponsored by the Reston Land Corporation, the main developer of Reston. It was touted as a “salute to creative spirit” and featured the works of local artists in the builder model homes.

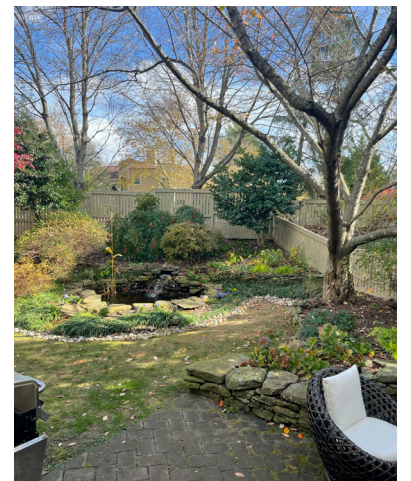
The first Reston Home Tour, as it is now known, was in 2002 sponsored by the Reston Historic Trust.

During her time as Chair, Haukness would try to avoid letting the event become just a tour of “a bunch of fancy homes.”

“I always tried to make it representative of Reston and of Bob Simon’s wish for Reston to be an all inclusive space,” said Haukness.



Kitchen and dining room at Lesando home, Hook Road, from 2022 tour  
Photo by Casey Menish



Backyard at Peebles Home, Beacon Place, from 2022 tour  
Photo by Casey Menish

## Reston Team Tennis

By Tyrone Gillum, Guest Writer

Tennis offering in Reston is second to none with 50 outdoor tennis courts, 24 lighted courts and eight well maintained clay courts. There is also Reston Team Tennis (RTT) that is a tennis league that last nearly 8 months during the year.

Joining the RTT league is a perfect way to learn tennis, meet people/players and enjoy an outdoor activity during the summer months. Our team has been playing for 10+ years placing in the middle of the road in the stand-

ings yet having super fun while learning the mechanic of tennis. When Covid hit our team nearly disbanded. Only a few players remained and we each then played on other RTT teams for a year. After one year of that we decided to get the band back together. Heavy recruit-

ing and getting most of our former members back “Team Tyrone” was formed. It is our pleasure to announce that in our first year of the remix team we won the 2022 RTT League Championship. The most positive thing was all the fun, celebrating, partying, and camaraderie we enjoyed during the season and gaining lifelong friendships. It feels good to win but even better the lifelong friendships we made was the real winner.



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# LIFESTYLE

## Restaurant Review: Maker's Union at Town Center

By Steph Drahozal, Staff Writer

When the American Tap Room closed at the end of 2019, a new restaurant took its place in August 2020. A Reston-based company, Thompson Hospitality, wanted to bring a modern pub with a local twist to Reston Town Center.

With this in mind, Maker's Union "Pub for the People" emerged. The restaurant aims to bring a fun and approachable menu using local in-



Photo by Steph Drahozal

gredients whenever possible. They make their very own 'Makers IPA' and 'Makers Salt' oysters, and locally source produce and Virginia-roasted coffee.

The bar is vibrant with lots of energy and plenty of TVs for you to catch that weekend's game. Its calming lighting makes it the perfect spot for a date



Frickin' Good Fried Chicken Sandwich



Hickory House Smoked Salmon



Blood Orange Mules

Photos by Steph Drahozal

night, or a fun gathering with colleagues. You can also chill with your friends in the lounge area, or sit outside (and bring your pup!) on the patio on a sunny day.

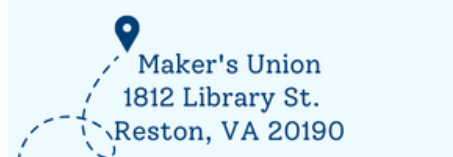
There are different menus for each time of day – whether you're up early on the weekends and want brunch (served from 10 am - 3 pm), or are a night owl and are looking for a decadent dinner. The brunch menu includes classics with a twist like their Cornflake-Crusted French Toast and Maryland Crab Cake Eggs Benedict.

Their dinner menu has something for everyone. Their Spinach and Artichoke Dip is a must-have appetizer, and the Hickory House Smoked Salmon is cooked perfectly and paired with a thick and creamy mushroom risotto. Other favorites are their Nashville Hot Chicken Tenders (or sandwich), the Yellowfin Ahi Tuna Poke Bowl, and their delectable Mac & Cheese (which you can top with either crab or

lobster if you're feeling fancy).

In addition to the food, they also have a variety of beer, cocktails, and mocktails. Their house specialty is the Makers Maple Old Fashioned, and my personal favorite is the Blood Orange Mule.

Maker's Union also has lots of fun events going on throughout the year, including live music every Friday and Saturday from 8-11 PM, drag brunches, an upcoming St. Patrick's Day celebration, and more. It's also a great place to book a semi-private event. They've hosted parties, baby showers, fantasy football drafts, and more. If you're looking for a great ambience with delicious food and drinks in Reston Town Center, look no further than Maker's Union!



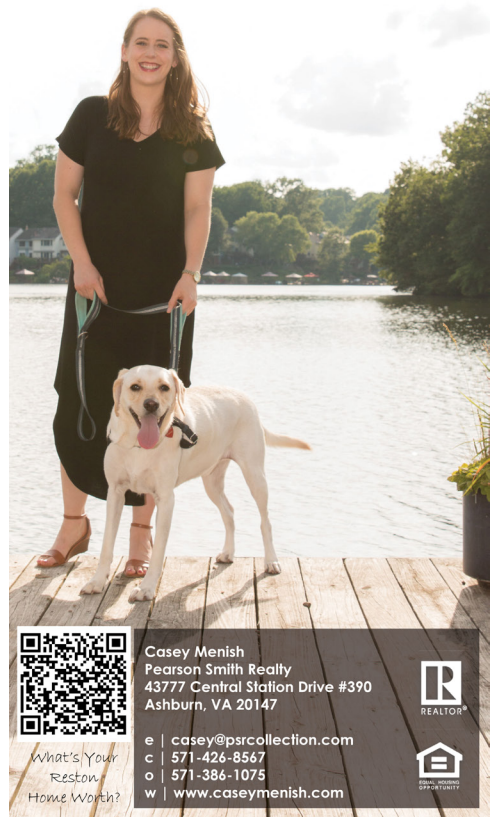
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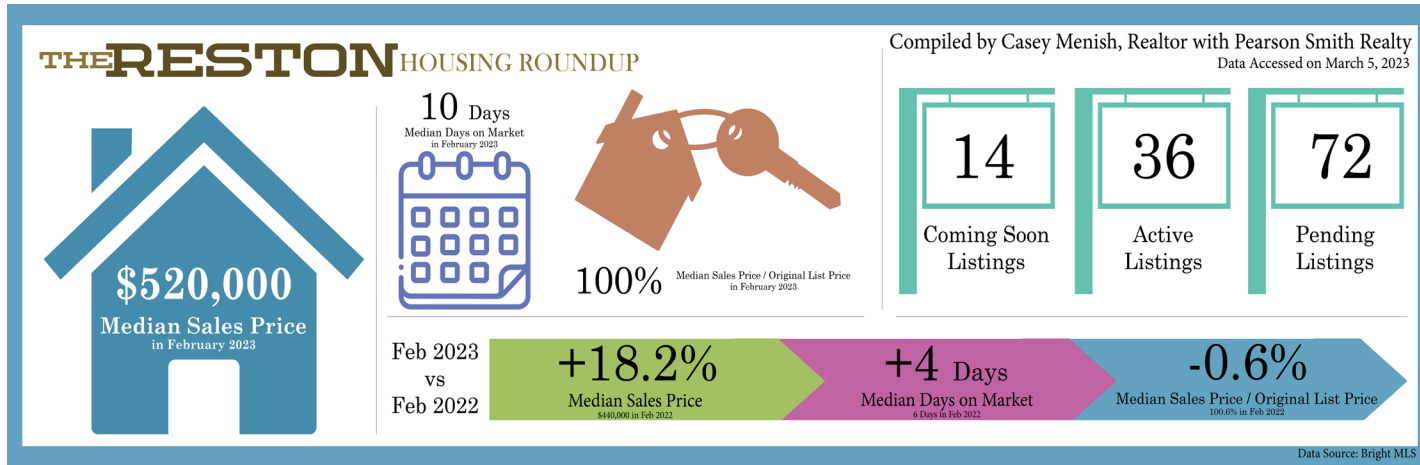
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What's Your Reston Home Worth?



## Neighborhood Spotlight: Old Westbury

"It's Like Living in a Cruise Ship"

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

Reminiscent of a quaint New England village, the Old Westbury Cluster exudes charm and succeeds in capturing the traditional aesthetic of colonial "Salt Box" style architecture.

Old Westbury features 58 single-family homes, adorned in traditional paint colors and topped with classic cedar shake shingles. Shaughnessy Pierce moved to Old



Sunset over Old Westbury  
Photo by Mariana Meyers

Westbury in 2006 with her husband Dave. A young family with an infant, they were looking for a walkable neighborhood with easy access to great amenities.

"We liked that it was within walking distance to schools, shopping, pools and both Lake Thoreau and Lake Audubon," said Pierce. "We love how welcoming and social our neighbors are; the kids tend to play outside in the front, which organically created a friendly atmosphere for adults to connect," she added.

Located near Ridge Heights Road and South Lakes Drive, the community is comprised of two streets, Cobblestone Lane and Salt Kettle Way, which are connected by a walking path.

"Between pickleball, shuffleboard, movie night and game night (think multiple TVs in the street for outdoor viewing), it's like living on a cruise ship," joked Trevor Paradise. Trevor and Tracy Paradise lived on Cobblestone Lane for eight years. In 2019, they moved to a larger home in Leesburg but couldn't stay away for long. Three years later, they found themselves at an open house on Cobblestone Lane, made an offer, and returned to the neighborhood.

"The location is wonderful, but the people are even better — this is home," added Paradise.

Homes in Old Westbury don't go on the market very frequently. And they tend to sell almost as soon as they are listed. Only three properties sold in the past year, ranging in price from \$699,900-\$780,000.

**Schools:**  
Terraset Elementary School  
Langston Hughes Middle School  
South Lakes High School



Street hockey could break out at any time in Old Westbury.

Photo by Shaughnessy Pierce

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**Transportation:** Multiple Fairfax Connector-jfbuses, including the 557 and RIBS 2 buses, offer convenient service to the Wiehle-Reston East Metro Station and other local attractions.