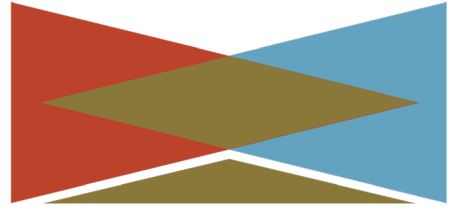


THE RESTON LETTER



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Reston Turns 60 Years Old



South Lakes Drumline kept the beat at Reston's 60th birthday party on April 6 at Lake Anne. Local authors spoke and shared their books at Founder's Day. Photo by Paul Thomas

Curtains to Rise on Reston Community Players' 'The Prom'

The Modern Musical Opens April 19

By Ellyn Wexler, Staff Writer, Editor

Lights up, curtains drawn, and Center-Stage at Hunters Wood Village Center is set to present heartfelt performances of the Reston Community Players' [RCP] spring musical, "The Prom."

The 58-year-old, all-volunteer nonprofit community theater has proven successful with its musicals. It won seven WATCH Awards [Washington Area Theatre Community Honors] – including the group's highest honor, Outstanding Musical, for its fall 2023 production of "Avenue Q." It also took the Leta Hall Outstanding Ensemble in a Musical, and Outstanding in a Musical awards for Music Direction (Sara Watson, David Jaynes), Cameo (Brittany Washington), Set Decoration and Set Dressing (Alecia Bennett Nault), Properties (Mary Jo Ford), and Lighting Design (Ken and Patti Crowley).

"The Prom," winner of the 2019 Dra-

ma Desk Award for Best Musical [in New York theatre], features catchy tunes and Broadway-style choreography. It tells the story of a high school girl barred from attending prom with her girlfriend. Hoping for good publicity, four washed-up Broadway stars swoop in to champion her cause against the small town's citizens.

The production's Director Elizabeth Mykietyan has been involved with RCP for decades, most recently as director, board vice president, and a WATCH judge representing RCP. She directed RCP's 2020 production of "The Game's Afoot," which earned several WATCH nominations and wins.

"The Prom" has "such an amazing script and wonderful music," Mykietyan said. "This modern musical is extremely pertinent today regarding acceptance of everyone in our daily lives who may be

different or unique to one group, but in reality, are not.

"We all want to be included. We all desire to be seen as we are inside and out. And most important, we all must have love."

As director, Mykietyan said, her challenge is "conveying the story with genuine emotion and keeping the entertainment value present."

"This story is so important to every single person in every single town because I would bet money each of us can relate -- whether we are part of the LGBTQIA+ community, parents unsure of how to listen and learn about their kids, or a neighbor who just does not know the facts," Mykietyan said. "They say 'it takes a village' to raise kids... This story takes that a step further, showing it takes a village to educate the neighborhood with kindness

Continued on page 4

the bulletin



Skatequest's offerings, new tea shop at Lake Anne, Bronze Bob, New community calendar

sports



South Lakes winter sports wrap-up, softball award, HHS Morgan's Message club

education



STEAM teams, upcoming high school musicals, Notes4Notes, Kristina Alcorn makes an impact

lifestyle



Seniors continue giving, Eve's Garden restaurant review, Keep Reston Green, REACH

opinions

Restonian suggests key name changes, Dr. Sherwood on teens leaving home

RESTON COMMUNITY PLAYERS PRESENTS

THE PROM

The Musical

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THE BULLETIN

Elden Street Tea Shop to Open at Lake Anne

By E. Zirak, Staff Writer

Tea aficionados in Reston have a new place to sip their favorite brews when Elden Street Tea Shop opens its doors at Lake Anne Plaza this month. The tea shop is relocating from its original home in Herndon, bringing its large tea menu and eclectic vibe to the historic district.

While the name might be a bit confusing, as the business has never actually been located on the namesake street in Herndon, the moniker will remain. The shop first launched in November 2018 as a pop-up tea and board game lounge in downtown Herndon before moving to a brick-and-mortar location up the street.

For owner Rachel Rozner, opening the shop was the realization of a long-held dream to serve her community. After seven years of commuting to her job at NIH, she was eager for a career change that would allow her to connect more with Herndon. "I loved Herndon and wanted to contrib-

ute to the community in some way," said Rozner. "And historic districts like downtown Herndon and Lake Anne really lend themselves to the quaint, cozy vibe you want in a community tea shop. That's part of why the transition to Lake Anne Village felt so natural for us."

That quintessential tea house experience is exactly what customers can expect at the new Lake Anne location. In addition to more than 80 different tea offerings, including 20 custom blended varieties, the space will feature quirky design elements like a teapot chandelier, a retro Japanese pachinko game, and a "tea library" displaying different varieties.

Elden Street Tea Shop will also have amenities that encourage lingering and connecting over a warm cup, including counter seating and cozy couch areas for reading or catching up with friends. As a non-alcoholic establishment, other drinks like kombucha and "mocktails" also will be

on the menu.

For those who need an extra jolt alongside their tea service, the shop occasionally will offer coffee, but only prepared in a French press. Rozner said the aroma of the brewing beans can overpower the more delicate scents of the teas.

Elden Street Tea Shop curates blends to suit any time of day, season, or mood. Currently, due to the season's allergens, a favorite is tulsi basil, also known as holy basil. As manufacturers of compostable tea bags and custom loose blends, the shop offers corporate gifts or custom labels for individuals, such as for baby or bridal showers, and birthdays.

"Our motto is 'steeped in kindness,' and we build community through tea. We're about taking a tiny tea leaf and turning it into an event: afternoon tea; unique themed events once a month; and a Tea Festival coming up on May 4 with tea ceremonies and demonstrations and more

than 50 vendors from all over the world," Rozner explained.

With its charming, relaxed environment and focus on high-quality teas, Elden Street Tea Shop seems poised to integrate seamlessly into the fabric of Lake Anne.



Scan the QR code to listen to an interview with Rachel.



Reston, On Ice: Our Own Skatequest Offers Activities for Everyone

By Sarah Golden, Staff Writer

Picture this – it's 1997, Spice Girls "Wannabe" is at the top of the charts, gas is a mere \$1.22 per gallon, and you were just invited to the most epic of all '90s kids celebrations – the ice rink birthday party. For just a few hours, you and your closest buddies load up on pizza and skate to

your heart's content.

Regardless of your age, this nostalgia can be enjoyed at Reston's Skatequest, located on Michael Faraday Court right off Sunset Hills Drive. The rink, which has been in operation since the early '90s, caters to every level of skater. The large public skating rink which offers classes, themed open skate nights, and, of course, the infamous and always awesome ice rink birthday party. If you host your party at Skatequest, you can expect your own party room, pizza, soda, decorations, and two hours of coach-assisted skate time. Those that may be a little timid about skating need not worry – there's an edge to hold on to and coaches to help with their "ice legs."

The more serious skater has a lot of options at Skatequest. They offer both ice skating and hockey summer camps for various ages and abilities. The summer Fun Camp, which requires no previous skating experience, has a mix of indoor and outdoor activities. Half and full day figure skating and hockey camps are available for summer and holiday seasons. Make sure to sign up early, though. The spring break camp sold out quickly. Skatequest hosts one-on-one hockey and skating lessons year-round as well.

Skatequest is home to several professional, high school, and adult figure skaters and hockey players. The Reston Raiders Hockey Club offers two in-house club seasons each year, including a learn-to-play program for little ones as young as age 4 who are interested in learning to play hockey (no previous skating skills needed). Each age group also has multiple travel teams that have historically been very successful, and several professional hockey players grew up in the club, including Garrett Roe, whose father, Larry Roe, founded the Reston Raiders. This season the upper 16U and 18U teams were Virginia state champions and com-



Classes, school events, open skates, and party options make Skatequest a great Reston destination. Top photo contributed by Skatequest, other photos by Benjamin Burgess

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Continued on page 3

THE BULLETIN

Reston Citizens Association Offers Opportunities to Make Your Voice Heard

By **Connie Hartke, Reston Citizens Association Outreach Committee**

The Reston Citizens Association [RCA] is the only community-wide, non-partisan, and action-oriented organization in which everyone that lives, works, and plays in Reston has a voice.

“RCA provides the opportunity to get involved in serious issues and teach people how to interact with our state and local governments,” said RCA President Lynne Mulston. She also serves on the Reston Planning and Zoning Committee, which reviews Reston projects before moving to the County Planning Commission.

Participation is not limited to areas that fall under RCA membership. Residents of Deepwood, Reston Town Center and much of the northern and western edges of Reston are wel-

come. We are all Restonians, regardless of master HOA (or no HOA) and every group’s input is valued.

There are plenty of ways to get involved! RCA is accepting applications for candidates to fill vacancies on its Board of Directors. Becoming a board member is a great way to get involved, learn a lot, and add a bit of distinction to one’s resume.

The website RCAreston.org lists meetings of its various committees, among them, transportation, land use, Parks and Recreation, as well as opportunities to volunteer, share expertise or get mentored. The website’s 411 tab includes a short synopsis of key facts and figures to help Restonians make educated and informed decisions regarding county or local topics.



L to R: Michele Silver, Dennis Hays, Connie Hartke, Shawn Endsley, Gary Maupin, Supervisor Walter Alcorn, Lynne Mulston, Jerry Volloy, Rich Hoffman, Joe Leighton. Photo contributed by RCA

Skatequest, cont'd from page 2



peted at Nationals.

Prefer to take in your ice from afar? Ten high school hockey teams call Skatequest home as well. During the regular season they play on Friday nights, and they tend to bring in a crowd, so be sure to get your fellow hockey-lovers together, grab some treats from the concession stand, and watch a good game. During the shorter spring season, games are scattered on different days. Herndon South Lakes hockey team (HSL) is high schoolers from the Herndon and Reston area who play on a combined team. This spring, they play most Sunday afternoons at Skatequest.

Those who follow professional figure skating might be familiar with Ilia Malinin, who was crowned world figure-skating champion on March 23 this year. Malinin practices at Skatequest along with several other career figure skaters. His self-proclaimed nickname is “quad god” – a title reserved exclusively to him as the first and only person to successfully land a quadruple Axel. A quadruple Axel is 4.5 rotations in the air – it sounds hard because it is hard. During his winning skate at the world championships, Malinin landed a record-breaking six quads.

At its heart, Skatequest is a staple of the Reston community and a great place to get together with friends and family or to join a team. To learn more about their upcoming events, theme nights, camps, lessons, the Raider’s club, or party offerings, check out their website: www.skatequest.com

Reston’s ‘Untold Stories’: The History of Bronze Bob

By **Caroline Ayres, Staff Writer**

Since its inception, Reston has been known not only for living, working, and playing, but also for its dedication to art and creativity. Of all the paintings, murals, sculptures, and other art that bespeckles Reston’s acreage, Bronze Bob stands out as the most legendary.

Sitting on a park bench at the edge of Lake Anne, the unassuming sculpture has grown to become almost as central a part of Reston history as the man it was modeled after – Reston founder Robert (Bob) Simon.

Sculptor Zachary Oxman created the statue, officially called “Untold Stories,” but affectionately dubbed “Bronze Bob” by the community. The sculpture was unveiled, to Simon’s surprise, at the Reston Festival (now known as Founders Day) in 2004.

Oxman, a 1986 South Lakes High School graduate who holds a bachelor of fine arts in sculpture from Carnegie Mellon University, grew up in Reston. Another of his sculptures, a bronze and stainless steel piece, “Convergence,” was installed outside



In March, sculpturist Zachary Oxman told his story of creating Bronze Bob at the Reston Museum. Photo by Isadora Guerreiro

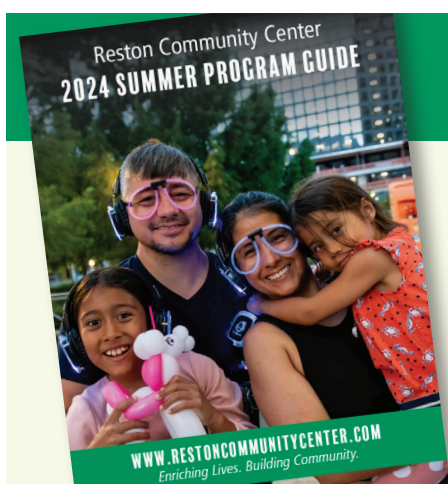
the Aperture Apartments in 2017.

The making of Bronze Bob is a story in and of itself. First, Oxman took a covert picture of Simon sitting on a bench. He proceeded to model Simon’s face and body in clay. He used a technique called wax casting; a mold is created from clay and wax into which melted bronze is poured. The mold is later broken to reveal the sculpted bronze cast inside. The sculpture was created in pieces, then welded together into the form Restonians see today.

Although the sculpture originally was colored a shade known as “Classic French Brown,” today, after years of hugs, high fives, and pats on the head, some spots have turned more of a golden bronze. Still, aside from

a brief kidnapping for a senior prank, and a small incident with someone painting Bob’s eyes, the statue has remained remarkably unscathed for the two decades that it has sat at Lake Anne. “Doing public art, vandalism is always something you worry about,” said Oxman, remarking that he is honored that his piece means enough to the community to protect it from such acts.

Even as Oxman has moved on to creating new pieces for new areas, his legacy, along with Robert Simon’s, will live on in “Untold Stories.”



Join Reston Community Center For a Summer Full of Fun!

Registration Opens at 9:00 a.m.

Wednesday, May 1 (Reston)

Wednesday, May 8 (Non-Reston)



THE RESTON LETTER

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Restonian

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Debbie Anguizola

COMMUNITY CALENDAR

14 APRIL	Free Shred Event	16 APRIL	Design Dialogues: Coffee & Conversation with Anna Gibson	19-20 APRIL	Reston Community Players: Prom- The Musical	20 APRIL	Rides for Refugees: Chipotle Fundraiser
25 APRIL	Why Not Today? Connects Luncheon	27 APRIL	Reston Farmers Market Lake Anne 8 a.m.-noon	1-5 MAY	Friends of Reston Regional Library: Big Spring Book Sale for Grownups	3-4 MAY	Reston Community Players: Prom- The Musical
4 MAY	Reston Water Safety Day	4-5 MAY	Tea Festival at Lake Anne	16 MAY	Reston Plant Swap	18 MAY	Connections Concert

Sunday, April 14 Shred Event 9:00 a.m.-noon at South Lakes High School stadium parking lot Shred time-sensitive documents for free	ets-872614823427) Free	Thursday, April 25 11:30 a.m.- 1 p.m. Kalypso's Why Not Today? Connects luncheon Make connections with your neighbors and hear from a guest speaker and sponsor. \$40 register at https://vipelink.com/dyhpz6u	Saturday, May 4 Noon-2 p.m. at Reston Community Center Reston Water Safety Day Register at this link (https://bit.ly/4cEyHF1)
Tuesday, April 16 5-7 p.m. at AKG Design Studio Design Dialogues: Coffee & Conversation with Anna Gibson: in-studio with high-end interior designer, Anna Gibson. Register at this link (https://www.eventbrite.com/e/design-dialogues-coffee-conversations-with-anna-gibson-tickets-872614823427)	Various dates: April 19-20, 26-27, May 3-4 (8 p.m.) April 28, May 5 (2 p.m.) Reston Community Players: Prom Adults \$30, Student and Seniors \$25	Saturday, April 27 8 a.m.- noon Lake Anne parking lot Reston Farmers Market opening day	Saturday and Sunday, May 4-5 12:30-6:30 Tea Festival at Lake Anne Tuesday, May 16 6-7:30 p.m. Plant Swap 2025 Fulton Place Bring a pest-free houseplant to swap register: https://bit.ly/3vK7bVS Thursday, May 18 4 p.m. Hunters Woods Community Center, Connections Concert \$25- adults, \$18 seniors

RC Players, cont'd from page 1


for all.”
“I cannot share enough how amazing this cast and creative team have been, working on this so very hard since January,” she added, noting that “the leads —Colleen Lynch and Chelsea Zeidman— are absolutely stunning as the young couple, Emma and Alyssa.”
Making her RCP debut as Alyssa, Zeidman, has been involved in Northern Virginia theater for six years. “The Prom’ holds a special place in my heart because it tells a story of acceptance, love, forgiveness, transparency, and hope,” she said.
In real life, the Virginia Tech alumna wears multiple hats: she’s an elementary school teacher, fitness instructor, and children’s party company performer. She relates “deeply” to her “complex character” because she, too, “thrives on being involved in a number of different activities and strives to be the best at all of them.”
Although “The Prom” is set in Edgewater, Indiana, “the themes of repression and lack of acceptance resonate

all over, even in Northern Virginia,” Zeidman said. “Portraying Alyssa has been both rewarding and challenging, requiring me to capture her larger-than-life story authentically while also portraying these experiences through the lens of a 16-year-old.”
“Above all,” she said, “I feel a profound responsibility in representing a character from the LGBTQIA+ community, striving to share Alyssa’s story in a way that resonates positively with our audience.”
After years of performing followed by a decade-long hiatus of parenting her four children, Melanie McCleery returned to community theatre to win a WATCH Award for Best Featured Actress in a Musical for her role in Prince William Little Theatre’s 2018 production of “9 to 5.”
McCleery, who plays the diva Dee Dee Allen in RCP’s “The Prom,” saw the musical during its first week on Broadway. “I immediately fell in love with the show! The high-energy, wonderful music, larger-than-life characters, dancing, and overall message was musical theatre wrapped up in a bow.”

Tony Award-winning actress Beth Leavey’s portrayal of Dee Dee captivated McCleery. “[I saw her] doing character work I could relate to --animated facial style, comedic timing, broad and brassy, and over-the-top,” she recalled. I knew I needed to play the role one day!”
Now that she has taken on her dream role, “I’m in love with this character because she gets to be a part of the problem and solution,” McCleery said. “We shall see how I can bring Dee Dee to life! I’m having fun searching for sequins, feathers, and leopard prints.”
“The cast,” McCleery added, “is wonderful, welcoming, and very talented. We hope to bring this important story to light, and take the audience on their own journey.”
Reston Community Players presents “The Prom: The Musical” from April 19 to May 5 (8 p.m. Fridays, April 19 and 26, May 3; Saturdays, April 20 and 27; 2 p.m. Sundays, April 28 and May 5, at CenterStage at Hunters Woods Village Center, 2310 Colts Neck Road. For tickets, \$25 to \$30, visit <https://restonplayers.org/>.

Community Calendar


Scan the QR code below to access The Reston Letter's "Upcoming Community Events" calendar submission form and share your event!

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EDUCATION

Notes4Notes Drive Shows Reston's Generosity

By: Caroline Ayres, Staff Writer

Fleets of South Lakes Chorus students sacrificed sleeping in on the morning of Saturday, March 16. Instead, fueled by excitement determination and donuts, they volunteered to take to the streets of Reston. This strange army of teenagers rolls around once a year for the annual SLHS Chorus Notes4Notes fundraiser.

Notes4Notes is the SLHS Choir's march across Reston from 9 a.m. to 4 p.m. in search of donations to fund concerts, purchase sheet music and other supplies, and defer costs of class trips, which, in the past, have taken them everywhere

from Florida to Carnegie Hall. This year, SLHS chorus is traveling down to DisneyWorld for a competition; it will be the first time they have traveled since the pandemic. The trip's costs were deferred significantly by the generosity of the community during last year's Notes4Notes fundraiser. This year, the community once again proved its support for the arts by donating over \$7,900 to the choir program during the event and after using QR codes.

SLHS Choir students were excited to be able to help their program thrive, with the generosity that the community showed them: "I really enjoyed it, espe-

cially because I knew that it was a fundraising event and it was for a good cause because it's providing future and current chorus students with opportunities," said Alina Cook, who participated in Notes4Notes with several of her friends. "There were very few people who didn't give us money, and I think that people are really interested in supporting opportunities for younger generations to make the world a better place."

Restonians showed their passion for keeping arts programs afloat, as well as for helping students, a fact for which SLHS Chorus students could not be more grateful.



If you would like to donate, please use the secure QR code to access the online donation forum. The South Lakes Chorus Program invites the community to attend it's many concerts, the schedules for which can be found at: <https://www.southlakeschorus.org/calendar/>



Aldrin Elementary held a successful STEAM night for students and families in March. Photos contributed by AES



Forest Edge and Lake Anne players brought their enthusiasm to the big gym. Photos by Charlotte Geary and Isadora Guerreiro

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Elementary Basketball Battles: Forest Edge vs. Lake Anne

By: Caroline Ayres, Staff Writer

South Lakes' drumline boomed through the high school's hallways at 2:40 p.m. March 14. They paraded the boys basketball team around to the cheers and applause of students, as state champions.

Four hours later, a basketball game kicked off in the South Lakes gym; only the competitors were a little bit shorter. Though no one there was going to States, the excitement permeating the air was just as high, if not higher. This game, while only one match, is more important to those attending it than almost anything else in the world; this is the Lake Anne Elementary vs. Forest Edge Elementary basketball game.

The festivities started with a joint performance of the national anthem, featuring both Forest Edge and Lake Anne choirs. This was followed by a teacher "obstacle course," which involved (among other things) sliding underneath a rope maze, shooting three pointers, and

racing to stack buckets. The evening also featured performances from both Lake Anne and Forest Edge pep squads, with Forest Edge getting a little bit of help from some special guests. "We're assistants for the Forest Edge pep squad!" said Madeline Miller of her and three of her friends from the South Lakes Cheer Team, who volunteered to help out, "I love it; it's so cute!" she said. "The little kids are very sweet."

After performances from both schools' pep squads, along with some further rallying of either side, the basketball game kicked off, electrifying the South Lakes gym. Games between elementary schools have been a longstanding tradition in the area, drawing in not only elementary schoolers, but their whole families, with students ecstatic to participate in the events. "I went to Forest Edge however many years ago, and now my sister's cheerleading!" said Sally Hassan, who attended the game with her family. "She was really excited actually," said Hassan as she stood outside waiting for the game to

start after a concession break, "She kept trying to spoil [the routine] for me!"

Both sides held their own concessions and merch stands. Proceeds will be used in part to fund sixth grade graduations for both schools. They were grateful for the help they received to put the event together: "We have a great group of volunteers between the Lake Anne PTA and the faculty," said Valerie Jenkins, a board member for the Lake Anne PTA and one of the volunteers at the game. At the end of the day, the score of the game (though key to bragging rights for a whole year), is just a number. The real reason the tradition carries on year after year is because of the memories it creates, and the community it builds. Reston elementary schools await next year's games, and for those who are graduating and moving on to middle school and one day high school, who knows? Maybe one day they'll be parading through the hallways holding a state trophy.

EDUCATION

South Lakes STEAM Team and Hunters Woods Fellowship House Seniors Collaborate on Art

Contributed by Public Art Reston

Now in its 12th year, the South Lakes High School STEAM [Science Technology Engineering Art Math] Team has extended its community engagement to Hunters Woods Fellowship House [HWFH], a senior living apartment complex in Reston. The team has initiated a collaborative art program aimed at curating exhibits for the facility's new gallery space. These workshops have attracted active participation from both students and residents, with some sessions led by students, some by residents, and others facilitated by third-party instructors.

This student-led initiative originated in 2022 when HWFH Financial Director Mark Fleming approached STEAM Team advisor Marco Rando. The idea was to curate art shows for the newly established gallery space following a building renovation. Rando, along with colleague Dr. Matt Ravenstahl, proposed that students take on curatorial roles and serve as workshop instructors, thereby enriching the art education curriculum with practical, community-engaged experiences. This would provide "the real-world experience element required in engaging the community through a creative public art dialogue," Rando said. "Students have been given the responsibilities of curating the art exhibition starting with the workshops, hanging the exhibit, and

presenting the opening."

The workshops conducted thus far have explored various themes, including cultural expressions, personal memories, mask designs, and calligraphy with a Valentine's Day theme. Artwork produced in a Feb. 8 workshop focused on calligraphy and brush painting Chinese characters led to an exhibition that opened Feb. 22.

"This collaboration plays an important role in the lives of the elderly, as it brings together the younger generation and the elderly to create beautiful works of art," said Dasha Soldatenkov, one of HWFH's youngest residents. "I get to experience the unique bond between people of all ages, from teenagers to the elderly." Her favorite was the "Generation to Generation" exhibit, which she described as "a chemistry equation where different elements come together, creating a chain reaction of who I am."

"Being able to work with the students from South Lakes and their teacher has brought many residents, like myself, happiness and gratitude," said HWFH resident Yang Cho. "My favorite was the lovely calligraphy art exhibit. As a student of the calligraphy team at HWFH, I found great satisfaction in being able to practice with and teach other students about calligraphy."

"I have enjoyed every aspect of it because I am able to share my creative ideas and bring them to life. The planning process is very collaborative between the stu-



Fellowship House residents worked on calligraphy and brush painting Chinese characters. Photo by Public Art Reston

dents and the adults, brainstorming themes, materials, and choosing the perfect dates for the events. The workshops are amazing spaces to let the residents and students come together as they spend their time learning how to use art materials and create beautiful pieces of work," said Julisa Obregon, one of the students that organizes the art workshops and gallery openings.

The May workshop, the last for this school year, will continue this collaborative effort, with students and residents working together to create art for an exhibition.

Share a Dedication!

Congratulate your graduate via The Reston Letter's June issue AND a social media post!

Spread the Love Today!



Langston Hughes Middle School basketball players got to play against Rachel Carson Middle in the South Lakes gym in March. Photo by Isadora Guerreiro

Crossword Corner

By Reston crossword constructor, Joe O'Neill

Joe O'Neill, a 40-year Reston resident, is a retired former English professor and IT executive who recently began writing and submitting crossword puzzles to major U.S. daily newspapers. Joe's puzzles have appeared in the New York Times and Wall Street Journal. This is O'Neill's ninth crossword puzzle creation, made specifically for The Reston Letter readers!

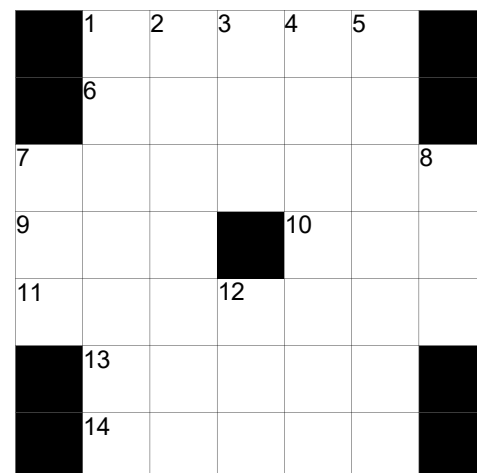
Down and Up

ACROSS

1. Scorn (with "at")
6. "___ espanol?"
7. Romantic approaches
9. Astonish
10. Org. that "crowned" Mike Tyson and Tyson Fury
11. Beef, or what pols may "toss" to supporters
13. Regretful ones
14. Smell, taste, or touch, e.g.

DOWN

1. April weather said to lead to 4-Down?
2. Arrived, like a payment deadline
3. U.K honor David Bowie declined
4. May bloomers?
5. Beliebers, e.g. (collectively)
7. Hertz offering
8. Took a load off?
12. "It's raining __," The Weather Girls' only hit



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EDUCATION

South Lakes High School Theatre Arts Presents "Big Fish"



Contributed by South Lakes Theater Student PR Committee

South Lakes High School Theatre Arts is excited to announce their heartwarming spring musical, "Big Fish," on May 2, 3, and 4. Full of imagination and emotion, "Big Fish" is the story of Edward Bloom, a charismatic storyteller whose fantastical tales captivate his son, Will, while also making him question what's really true about his father's life stories. Will reflects on his father's larger-than-life stories, leading to an exploration of family, legacy, and the power of storytelling. Under the direction of Michael Viola, South Lakes' talented cast and crew bring this whimsical world to the stage, complete with memorable characters like a friendly giant and a witch who can see the future. The scenes feature the magical settings of Edward's tales, with projections and special effects used to transition seamlessly between stories and real life.

"Each rehearsal reveals a new aspect of the show that makes it feel more complete. I can't wait for an audience to experience it," said Grace, a cast member.

Featuring music and lyrics by Andrew Lippa, "Big Fish" is based on the book and Columbia Motion Picture by John August, and the novel by Daniel Wallace.

The South Lakes High School Theatre Arts program has a long-standing tradition of excellence. In 2023, they won 10 Cappies and 2 Brandon Victor Dixon awards, including Best Musical in both awards shows. These achievements, and so many more, showcase the program's commitment to high-quality productions that challenge the cast and crew.

We welcome you to join us for this beautiful show that celebrates imagination, the complexities of family bonds, and the incredible impact of the stories we tell. Tickets are available now for purchase online. <https://www.etix.com/ticket/v/15621/south-lakes-high-school-theatre>

Making an Impact

Kristina Alcorn

By Chuck Cascio, Author and Former South Lakes Teacher

In the mid-1990s, Kristina Alcorn attended the annual Hunter Mill Democrats Lasagna Dinner in Reston and found herself seated with, among others, Robert E. Simon Jr., Reston's founder. "He was regaling our table with stories from his remarkable life," Kristina recalls. "I was so charmed I asked if I could record his stories. He agreed and we spent the next two years meeting every week or so." The result of those meetings was "His Own Words: Stories From the Extraordinary Life of Robert E. Simon, Jr.," a book that has become a treasured piece of Reston's history.

While Kristina's interest in Simon was stimulated by that meeting, her background in Reston surely contributed to their friendship. Her family lived in Stratton Woods, where Kristina attended Dogwood Elementary School, and when she was in sixth grade, they moved to a community across the street from the then brand-new South Lakes High School, from which Kristina graduated in 1986. Reston provided what she calls "a free-range childhood that made us resilient, resourceful, and creative. Reston certainly shaped my political beliefs and a desire for involvement and activism."

Her commitment to activism is clear in the support she provides for her husband, Walter Alcorn, twice elected to the Fairfax County Board of Supervisors as the Hunter Mill District representative. "In the first campaign, it was all hands on deck," Kristina says. "We

organized fundraisers, knocked on doors – our daughter, Delia, knocked on 2,000 herself – stuffed envelopes, ran phone banks, and a million other tasks. In his most recent campaign, we had an incredible amount of support, especially from our neighbor Joanne Collins. She and her crew took on every task with military precision and aplomb."

Always looking for a meaningful challenge, Kristina recently found herself engaged in the unique work of GrantExec, a company founded by her son, Ryan, whom she says, "started GrantExec to democratize the grant-seeking process. His company helps startups, nonprofits, small and large businesses painlessly find grants that align with their goals and funding needs." This unique capability helps organizations navigate the massive amount of research and steps required of grant-seekers.

"About six months ago, Ryan asked me to join the company and run the grant writing division," Kristina says. "It's been amazing to watch him grow the company and to help local nonprofits like Food for Neighbors win grants to fund their laudable programs."

For a time after graduating from Longwood University, Kristina lived in Arlington. "I loved it," she says, "but it just couldn't compare to Reston. Growing up here, you take for granted all the things that make Reston special – the natural beauty, miles of trails, lakes, the quirky charm of Lake Anne. Everywhere else seemed to be missing something. When Walter and I got married, we decided to move to the place that has it all."

Living in a townhome in North Point for 22 years, Kristina says, "We



Kristina Alcorn

hit the lottery with our neighborhood! Our neighbors are some of our dearest friends – we've helped raise each other's children, shared cherished holiday traditions, and supported each other through everything life has thrown at us. Now people are asking us where we want to go to retire. Why would we leave? Reston is the embodiment of 'It takes a village...' No doubt, those words would make Robert E. Simon Jr. smile.



Scan the QR code to hear Kristina on The Reston Letter podcast!



Fusion Academy Reston brought astronomy class to the real world solar eclipse on April 8. Photos by Gretal French and Tony Sabia



Last month the fourth-grade classes at Dominion Christian School performed "The Lion, the Witch, and the Wardrobe" for the Lower School community. Photo contributed by DCS

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SPORTS

South Lakes Winter Athletes Continue Their Excellence in 2024

By Laurie Dornak, Seahawk Boosters via Athletics

The 2024 winter sports season picked up where fall left off with more excitement and championships from South Lakes athletics teams than Seahawk fans could imagine. Getting it done in the classroom and regular season competition, 325 Seahawks successfully competed deep into the 2023 postseason. In the classroom, 218 student athletes were recognized for carrying a 3.5 or higher GPA.

Boys Basketball –The Seahawks made a clean sweep finishing first place in the regular season, Concorde District, Northern Region and VHSL State tournaments. The Washington Post All Met selections included Jordan Scott (1st team), Brian Kennedy (HM) and Mike Desmond (COY). Individual awards included: Jordan Scott (State, Region and District POY, District All Defense Team), Brian Kennedy (1st team All State, Region and District, District Defensive POY), Sol Vita (2nd team All Region, 1st team All District, All District Defense Team), Tyler Andre (2nd team All District), James Zschunke (2nd team All District), Merrick Rillstone (HM All District), Aid-

en Billings (HM All District), David Rochester (HM All District), and Mike Desmond (State, Region, and District COY).

Girls Basketball –Seahawks finished 6th place in the regular season and postseason Concorde District awards went to Bridget Brennan (2nd team), Alia Terrell (HM), and Mackenzie Kingswell (All Defense Team).

Wrestling –Seahawk wrestlers competed at all levels from Concorde District to VHSL State tournaments as follows: Aiden Sanders (138 lbs. 6th place VHSL State, 1st Place Northern Region, 2nd Place Concorde District), Jayden Loveranes (144 lbs. 2nd Place VHSL State, Northern Region and Concorde District).

Gymnastics –Seahawk gymnastics placed 3rd at the Concorde District tournament, qualifying athletes to Northern Region and VHSL State meet in the individual events as follows: Ava Adams (VHSL State Qualifier Beam, Region Beam 3rd place, District Beam 4th place), Taryn Dougherty (VHSL State Qualifier Vault and Floor, Region Vault 2nd place, District Vault 3rd Place), Amalia Wyatt (VHSL State qualifier Beam, Floor and All-Around, Region All-Around 3rd Place, Beam and Floor 1st

place; District Beam and Floor 2nd Place; District All-Around 3rd Place).

Swim & Dive –Seahawk boys and girls swim & Dive team qualified athletes at all 3 levels of post-season competition. Starting with the boys team, they finished 17th in the VHSL State, 8th in the Northern Region and 3rd in the Concorde District championships. The girls team finished 20th in the VHSL State, 9th in the Northern Region and 4th in the Concord District championships.

VHSL State finishes were 200 Medley Relay - 13th Place - Nathan Spurrier, Ken White, Nathan Vikhman, Eli Koh; 200 Free - Jackson Harriot (7th); 100 Free - Jackson Harriot (13th); 500 Free- Matthew Kauffman (9th); 200 Free Relay - 14th Place- Elijah Koh, Nathan Vikhman, Ryan Leaman, Jackson Harriot; 100 Breast - Ken White (13th); 400 Free Relay - 12th Place- Matthew Kauffman, Ryan Leaman, Jackson Harriot, Ken White; 100 Fly - Veronika Owen (6th), Heidi Gilman (11th); 200 Free Relay - 9th Place - Morgan Kass, Heidi Gilman, Clara Landeryou, Veronika Owen and broke the

Continued on page 9

Morgan’s Message at Herndon High School

By Emilia Korsvall, Student Writer

A new club at Herndon High School aims to bring awareness to the importance of mental health among student athletes. More than 50 Herndon students have joined Morgan’s Message, an international organization that strives to eliminate the stigma surrounding mental health for athletes at high school and college levels.

Morgan’s Message is dedicated to the memory of Morgan Rodgers, a Duke University lacrosse player who died by suicide at age 22. After a devastating injury, Rodgers struggled with her self-worth and felt isolated from her teammates and the sport she loved. She suffered in silence before taking her own life in 2019. The organization, which is represented in 45 states, as well as Canada, England, and Germany, elevates mental health to the level of physical health among young athletes.

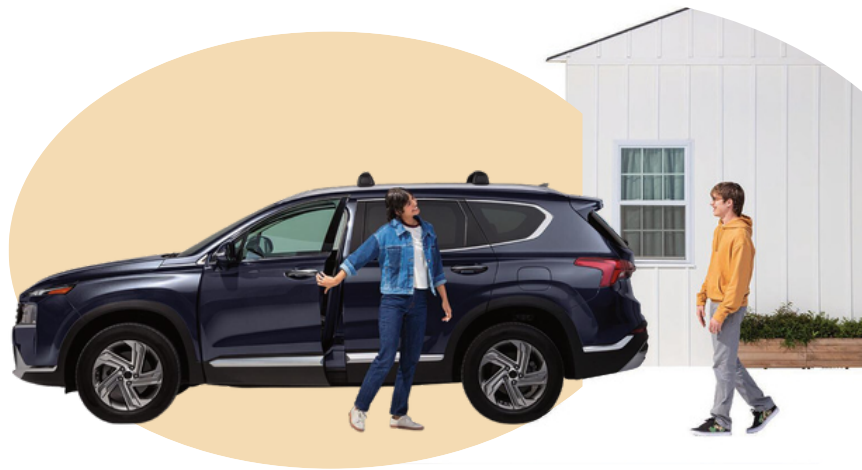
In March, the Herndon club worked with the softball and girls lacrosse programs to dedicate home games to spread the message throughout the Herndon community. On March 20, Herndon held a softball game dedicated to Morgan’s Message. “Being an athlete competing at a high level, it can be difficult to draw the line between being mentally tough and knowing when to seek help,” said chapter co-founder Cadence Godshalk at the game. Godshalk teamed up with fellow juniors Avery Schopp, Analiese Jones, and Bree Lizama to start the Herndon chapter.

Players wore Morgan’s Message shirts with the slogan, “Taking a shot at mental health.” Prior to the game, a spokesperson for each team gave a short speech about the importance of normalizing conversations surrounding mental health. “I hope that anyone who listened or watched the game and was struggling with mental health realizes that there is a safe space for them at Herndon and that it is okay to be dealing with that stuff,” said Jones.

Herndon joins other Fairfax County high schools in bringing Morgan’s Message to its community. “Our overall goal is to bring awareness to student athlete mental health and create a community of student athletes throughout all of the sports at Herndon,” said Schopp. “We want to normalize the conversations around the struggles of balancing athletics and everything else.”

Herndon athletics play an important role at the school and the goal of the new club is to provide student athletes with the support they need to be successful physically and mentally.

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SPORTS

HRYS Jeff Dalling Scholarship Recipient Announced

By Laurie Dornak, Seahawks Athletics Boosters

Spring season is a great time to be out on high school softball diamonds. Friday, March 15 was one of those nights for the cross-town rivalry game as the season started. This year, Herndon hosted South Lakes and Herndon Reston Youth Softball (HRYS) for some youth night activities before the opening pitch.

HRYS loves seeing their current and former HRYS and Rogue players on the field, playing the game they love and they also enjoy announcing the recipient of the 2024 Jeff Dalling Scholarship. Congratulations to South Lakes senior Mackenzie Kleczynski, the 17th recipient of the Dalling Scholarship. Veronica

Aparicio, also from South Lakes High School, was another exceptional candidate this year.

HRYS (www.hrysfastpitch.com) has provided opportunities for girls of all abilities (ages 4 to 18) to develop skills at all levels across several different programs for approximately 20 years. The scholarship was established in memory of Jeff Dalling, a long-time coach and HRYS board member who gave freely of his time and talents to HRYS teaching the joy of the game and just as importantly how to handle victory and defeat. Wanda Dalling shared, "As the years go by, I am more and more impressed by all the activities the girls do and by how much the league is improving. I appreciate the Commissioner, Tim Boone, and the HRYS Board's dedication to HRYS

and its programs."

HRYS is proud to have supported these young ladies during their softball careers and is impressed by the amazing young women they have become. As for the game, Meagan Maguire drove in four runs on three hits to lead the Seahawks past the Hornets 6-0. Maguire doubled in the third inning, scoring two runs, and doubled in the fifth inning, scoring two.

Gracie De La Cruz earned the win for the Seahawks. The right-handed pitcher surrendered three hits and no runs over five innings. Maguire threw two innings of shutout ball for the Seahawks in relief. The righty allowed no hits, striking out three and walking none. Nylah Osman collected two hits for the Seahawks in four at bats.



Treasurer Jody Keating awards the scholarship to Mackenzie Kleczynski. Photo contributed by Seahawks Athletics

South Lakes, cont'd from page 8

school record with a time of 1:38.04; 100 Breast - Lauren Wagner (9th); and 400 Free Relay - 12th Place- Veronika Owen, Lillian Swartzbaugh, Morgan Kass, Clara Landeryou.

Northern Region finishes were 200 Medley Relay - 11th place Nathan Spurrier, Andrew Fritz, Elijah Koh, Alex Hejmo; 200 Free - Matthew Kauffman (9th); 50 Free - Ken White (8th), Jackson Harriot (10th); Diving - Colin Keehner (19th), Zachary Hansing (20th); 100 Fly - Nathan Vikhman (13th); 500 Free - Jackson Harriot (4th), Matthew Kauffman (7th), Darius Damian (14th); 200 Free Relay - 8th Place- Elijah Koh, Alex Hejmo, Nathan Spurrier, Nathan Vikhman; 100 Breast - Ken White (3rd); 400 Free Relay - 7th Place- Matthew Kauffman, Ryan Leaman, Ken White, Jackson Harriot; 200 Medley Relay - 7th Place - Morgan Kass, Maya Nelson, Veronika Owen and Clara Landeryou; 200 IM - Amanda Wagner (14th); 50 Free - Clara Landeryou (6th); Diving - Jaida Schramm (9th); 100 Fly - Veronika Owen (3rd), Heidi Gilman (5th), Clara Landeryou (12th); 500 Free - Haley Caicedo (11th); 200 Free Relay - 10th Place - Heidi Gilman, Aimee Pimentel, Lillian Swartzbaugh, Zariya Khan; 100 Back - Veronika Owen (8th); and 400 Free Relay - 4th Place - Veronika Owen, Heidi Gilman, Morgan Kass, Clara Landeryou.

Concorde District finishes were 200 Medley Relay - 5th place Nathan Spurrier, Ken White, Nathan Vikhman, Jackson Harriot; 200 Free - Jackson Harriot (2nd), Matthew Kauffman (8th), Darius Damian (14th), Alex Hejmo (16th); 200 IM - Nathan Spurrier (10th), Ryan Leaman (12th), Daniel Murphy (14th), Ben Ingersol (16th); 50 Free - Ken White (7th), Nathan Vikhman (11th), Elijah Koh (13th); Diving - Colin Keehner (8th), Zachary Hansing (9th), Nathan Winfree (11th); 100 Fly - Nathan Vikhman (6th), Elijah Koh (9th), Janah Medler (15th), Daniel Murphy (16th); 100 Free - Jackson Harriot (4th), Ryan Leaman (11th), Andrew Fritz (16th); 500 Free - Matthew Kauffman (7th), Darius Damian (9th), Andrew Williams (12th); 200 Free Relay - 4th place Jackson Harriot, Elijah Koh, Nathan Vikhman, Ken White; 100 Back - Nathan Spurrier (9th), Connor Pierce (16th); 100 Breast - Ken White (2nd), Andrew Fritz (15th), Ben Ingersol (16th); 400 Free Relay - 3rd Place - Elijah Koh, Alex Hejmo, Andrew Fritz, Ryan Leaman; 200 Medley Relay - 5th Place Morgan Kass, Amanda Wagner, Veronika Owen and Clara Land-

eryou; 200 Free - Morgan Kass (5th), Haley Caicedo (11th), Edie Chaddock (12th); 200 IM - Veronika Owen (6th), Heidi Gilman (8th), Amanda Wagner (10th); 50 Free - Clara Landeryou (6th), Zariya Khan (9th), Aimee Pimentel (14th), Charlotte Holmquist (15th); Diving - Jaida Schramm (6th), Jordan Boswell (12th), Vita Zolotareva (17th); 100 Fly - Heidi Gilman (2nd), Clara Landeryou (5rd), Maya Nelson (11th); 100 Free - Zariya Khan (9th), Lillian Swartzbaugh (10th); 500 Free - Veronika Owen (4th), Haley Caicedo (5th), Edie Chaddock (13th); 200 Free Relay- 3rd Place - Morgan Kass, Heidi Gilman, Clara Landeryou, Veronika Owen; 100 Back - Morgan Kass (5th), Lillian Swartzbaugh (11th), Charlotte Holmquist (13th); 100 Breast - Amanda Wagner (5th), Maya Nelson (7th); and 400 Free Relay - 4th Place - Lillian Swartzbaugh, Haley Caicedo, Heidi Gilman, Zariya Khan.

Indoor Track and Field - Seahawk boys and girls Indoor Track and Field teams qualified athletes at all 3 levels of post-season competition. The boys team competed at VHSL State Championship and won the Northern Region and Concorde District Championships. The girls team completed a hat trick winning the VHSL State, Northern Region and Concorde District Championships. Washington Post All Met accolades went to Carolline Elliott (1st Team), 4x800 Relay team of Aya Ryan, Catalina Simon, Caroline Elliott and Bella Harsanyi (1st Team), Bella Harsanyi (HM) and Scott Raczko, All Met COY.

VHSL State finishes were 55 Meter Dash: Miles Jackson 1st, Finn Middleton 2nd; 300 Meter Dash: Miles Jackson 1st, Finn Middleton 2nd, Marcus Coker 4th; 500 Meter Dash: Miles Jackson 2nd, Aiden Bednarz 8th; 1000 Meter Run: Cole Casey 3rd, Manuel Aguirre Martinez 8th, Jason Raffel 9th, George Hood 10th; 1600 Meter Run: Manuel Aguirre Martinez 1st, Jason Raffel 2nd; 3200 Meter Run: Charlie Wilkins 10th; 55 Meter Hurdles: Finn Middleton 2nd, Cliff Trapp 7th; 4 x 200 Meter Relay: 4th; 4 x 400 Meter Relay: 1st; 4 x 800 Meter Relay: 1st; Long Jump: Blake Jackson 1st, Miles Jackson 6th; Triple Jump: Blake Jackson 4th; Devonne Dover 9th; Pole Vault: Kenji Urano 6th; 55 Meter Dash: Sofi Pehrson 6th; 300 Meter Dash: Bella Harsanyi 3rd, Precious Mensah 8th; 500 Meter Dash: Caroline Elliott 1st, Aya Ryan 2nd Elizabeth Brabant 7th; 1000 Meter Run: Catalina Simon 1st, Bella Harsanyi 11th; 1600 Meter Run: Caroline Elliot 1st, Catalina Simon 2nd; ; 3200 Meter Run: Catalina Simon 4th; 55 Meter Hurdles: Sofi Pehrson 2nd, Ella Laban

3rd; 4 x 200 Meter: 5th; 4 x 400 Meter Relay: 1st; 4 x 800 Meter Relay: 1st; Long Jump: Sofi Pehrson 6th; Triple Jump: Ella Laban 1st, Sofi Pehrson 7th; and Shot Put: Maeve Hartley 1st, Mona Bouyboud 7th. Northern Region finishes are 55 Meter Dash: Miles Jackson 1st; 300 Meter Dash: Miles Jackson, 1st, Finn Middleton 2nd, Marcus Coker 4th; 500 Meter Dash: Miles Jackson 2nd, Aiden Bednarz 7th; 1000 Meter Run: Cole Casey 3rd, Manuel Aguirre-Martinez 8th, Jason Raffel 9th, George Hood 10th; 1600 Meter Run: Manuel Aguirre Martinez 1st, Jason Raffel 2nd; ; 3200 Meter Run: Charlie Wilkins 10th; 55 Meter Hurdles: Finn Middleton 2nd, Cliff Trapp 7th; 4 x 200 Meter Relay: 2nd; 4 x 400 Meter Relay: 2nd; 4 x 800 Meter Relay: 1st; Long Jump: Blake Johnson 1st, Miles Jackson 6th; Triple Jump: Blake Johnson 4th; Pole Vault: Kenji Urano 6th; 55 Meter Dash: Sofi Pehrson 6th; 300 Meter Dash: Bella Harsanyi 2nd, Precious Mensah 8th; 500 Meter Dash: Caroline Elliot 1st, Aya Ryan 2nd, Elizabeth Brabant 7th; 1000 Meter Run: Catalina Simon 1st, Bella Harsanyi 11th; 1600 Meter Run: Caroline Elliot 1st, Catalina Simon 2nd; 3200 Meter Run: Catalina Simon 4th; 55 Meter Hurdles: Sofi Pehrson 2nd, Ella Laban 3rd; 4 x 200 Meter Relay: 5th; 4 x 400 Meter Relay: 1st; 4 x 800 Meter Relay: 1st; Long Jump: Sofi Pehrson 6th; Triple Jump: Ella Laban 1st, Sofi Pehrson 8th; and Shot Put: Maeve Hartley 1st, Mona Bouyboud 7th.

Concorde District Finishes were 55 Meter Dash: Miles Jackson 1st, Finn Middleton 2nd; 300 Meter Dash: Miles Jackson 1st, Finn Middleton 2nd, Blake Jackson 6th, Marcus Coker 8th, Aiden Bednarz 10th, Paul Taylor 13th; 500 Meter Dash: Miles Jackson 1st, Aiden Bednarz 5th, Joseph Redican 10th; 1000 Meter Run: Manuel Aguirre Martinez 1st, George Hood 5th; 1600 Meter Run: Manuel Aguirre-Martinez 4th, Jason Raffel 6th, Cole Casey 9th; 3200 Meter Run: Charlie Wilkins 6th, Kian Beumer 8th, Nicolas Hernandez 11th; 55 Meter Hurdles: Finn Middleton 1st, Cliff Trapp 3rd; 4 x 200 Meter Relay: 1st; 4 x 400 Meter Relay: 3rd; 4 x 800 Meter Relay: 1st; High Jump: Miles Jackson 5th, Devonne Dover 8th; Long Jump: Blake Jackson 1st, Miles Jackson 2nd, Devonne Dover 10th; Triple Jump: Blake Jackson 1st, Devonne Dover 5th, Miles Jackson 11th; Pole Vault: Kenji Urano 3rd, Connor Kehde 7th; Shot Put: Finn Wilkins 8th, Timaeus Picarelli 9th; 55 Meter Dash: Sofi Pehrson 2nd, Anna Dooley 5th, Melanie Velasco 7th; 300 Meter Dash: Bella Harsanyi 3rd, Precious Mensah 5th, Elizabeth Brabant 9th; 500 Meter Dash: Bella Harsanyi

1st, Aya Ryan 2nd, Elizabeth Brabant 4th, Precious Mensah 7th, Keira Malzahn 9th; 1000 Meter Run: Caroline Elliot 1st, Catalina Simon 2nd, Bella Harsanyi 3rd, Aya Ryan 4th; 1600 Meter Run: Caroline Elliot 1st, Catalina Simon 2nd, Irene Ha 11th; 3200 Meter Run: Catalina Simon 1st; 55 Meter Hurdles: Sofi Pehrson 1st, Ella Laban 3rd, Anna Dooley 7th; 4 x 200 Meter Relay: 2nd; 4 x 400 Meter Relay: 2nd; 4 x 800 Meter Relay: 1st; High Jump: Sofi Pehrson 10th; Long Jump: Sofi Pehrson 4th, Ella Laban 5th, Anna Dooley 7th, Maeve Hartley 14th; Triple Jump: Ella Laban 1st, Anna Dooley 3rd, Sofi Pehrson 4th; Pole Vault: Eleanor Hood 8th, Ella Laban 8th, Juliana Aguirre Martinez 8th; and Shot Put: Maeve Hartley 1st, Mona Bouyboud 2nd.

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OPINIONS

Restonian

It's Time for Some Name Changes – No Fooling

By Restonian, Reston Blogger

Because it's April, there were of course the requisite April Fool's jokes on that social media thing the kids all seem to love, if by "kids" you mean folks with smartphones and mortgages, and the soul-crushing jobs required to pay for both.

But we digress. One of the best of this year's April Fool's crop was a photo of a street sign on our beloved Temporary Road, doctored so it read "Permanent Road." And for sure, no 100-foot-long stretch of asphalt 'round these here parts has arguably generated as much head-scratching as this one. And we get it, Reston! You're scared of commitment. But all these decades later, you're stuck with us – and vice versa.

However, that's not the only name in our plastic fantastic planned community that might benefit from a little updating. Consider:

New Dominion Parkway – The fancier part of Temporary Road, on the other side of Reston Parkway. Way back when

Reston Town Center was just a handful of buildings surrounded by a sea of surface parking, we saw this street name and were duly impressed. This wasn't the stuffy old Dominion, the Virginia of the capital of the Confederacy -- no siree Bob (Simon), it's the *new* Virginia! Instead of cotillions, there's chain dining. Instead of plantations, paid parking. No notes.

Wiehle Avenue – A road named after the village which was named after the man who decided to build a town with one viable business (a distillery). But it's so 19th century! Maybe we should update it to honor the last name of a more recent town founder, or at least his initials. Nah, that would be crazy.

Old Reston Avenue – A sharp right turn off Temporary Road, this stub of a road still has an official "Virginia Byway" sign hinting at its old-timeyness. But besides the ruins of the aforementioned distillery, there's not much old-timey about it these days, except maybe for the hot dogs rolling ceaselessly under the warmers at the gas station at its other end.

American Dream Way – So named for the one-time headquarters of a mortgage company, it will soon be the only way into a gated community of townhouses and tiny green spaces -- but only if you can afford it! Again, no notes.

Baron Cameron Avenue – Honoring the Sixth Baron Fairfax of Cameron, born in 1693. But this is America, by gum, and we don't bow down to royalty. Let's change it to his given name, Tommy "Gridlock" Fairfax.

Sunrise Valley/Sunset Hills – One is north of the other, not east or west, so these names don't really work from a geographical standpoint. So why not make fans of mid-century musicals happy, and change their names to Sunrise Valley/If I Were a Rich Man and Sunset Hills/To Life?

Colt's Neck Drive – Appropriate when Reston's fancy octagonal horse stable was nearby, but the stable is long gone and so are the horses, give or take the occasional runaway from outside Reston's borders. How about something that better reflects

today's flora and fauna, like Invasive Ivy Parkway?

Olde Crafts Drive – Someone will have to explain this one to us, along with its neighboring Barrel Cooper Court and Gunsmith Square. Are there Colonial Williamsburg-style demonstrations of barrel coopering, whatever that is, and musketry, whatever that is, every weekend? Do you get issued a tri-cornered hat when you move in? Does the DRB put you in the stocks if your door is the wrong color? So many questions.

Opportunity Way, Visionary Way, Inspiration Street, and Progress Street – These are the names of the new streets surrounding the even newer skyscrapers adjoining Reston Town Center. Given their names' vaguely Soviet state-sanctioned optimism vibe, we guess Glorious 10 Year Plan Drive and Tractor Surplus Exceeded Parkway were taken.

Links Drive, Golf Course Drive, and several others – Write your own joke here, the end.

Ask Doctor S.

Preparing To Launch

High school graduation season is upon us, and, by now, your soon-to-be graduate has hopefully solidified post-high school plans. Longtime psychologist Laurence Steinberg's new book, "You and Your Adult Child" (Simon & Schuster, 2024), is a must-read for anyone learning to navigate parenting adults (which can last a long time), as he outlines many ways to show up emotionally, educationally, financially, professionally, practically, and

otherwise. Whether your child is heading to college, taking a gap year, entering the military or work force, or is undecided, how do you as a parent support your young adult child?

Most neurotypical 16-, 17-, and 18-year-olds are actively pulling away from their parents and seeking independence. They want their parents to listen to them above all else, not lecture, shame, give unsolicited feedback or advice, or solve their problems for them – *unless they ask directly*. It is critical to support their decisions and not try to control them in most cases, as this can be the last stretch of time when they will be living in your home. **Focus on preserving and improving the relationship above all else.**

Once your teen hits high school (and even earlier in many cases), natural consequences are by far better teachers of behavior than parental consequences (e.g., yelling or taking away a privilege). If your teen has not learned to keep his/her/their room tidy, do laundry, or practice proper hygiene, trust that someone else, such as a roommate, will teach that lesson. If your teen performs poorly in school or misses a curfew, please do not "punish" him/her/ them by taking away the phone (more on children and cell phones in a future issue). In a few short months, your child may be in a 12x19 college dorm room with ac-

cess to the phone 24-7 and will have to figure out how to juggle the cell phone with a multitude of other demands. If your teen chooses clothing, piercings, and hair colors (or a tattoo once they turn 18) that you dislike, remember that one of the key tasks of adolescence is to try on many hats and develop a sense of self. If your child prioritizes socializing over personal and household responsibilities, be present and available when your teen feels overwhelmed, frustrated, or disappointed.

Avoid statements like "I told you so," "You're lazy," "What's wrong with you?" and "You never listen" (and please do not give your child the silent treatment), as I promise you that your teen is already feeling all sorts of emotions about a choice. If you do "lose it" and make one of the above or other comments that you regret, please apologize to your teen. Remember that you are still a role model for how to treat people when we have hurt them, and a meaningful apology from a parent can be a very helpful way to demonstrate repair in a relationship and maintain a connection.

It is never our job as parents to keep our children "happy" and pain-free; it IS our job to prepare them to be independent, functional adults, and that includes allowing them to feel disappointment, sadness, anger, fear, and a host of other emotions that are all part of being human. Trying to prevent our children from feeling and

expressing all emotions does an immense disservice to them, and has lifelong consequences to their mental health, self-worth, and relationships. Yes, it can be gut-wrenching to witness our child suffering. That is okay, and, if you really struggle with allowing emotions and needing to "fix" your child's problems, you ought to consider working through your own history and challenges with emotion with a professional.

Launching a teen is a bittersweet time for sure. Lean on family, friends, co-workers, and others who may be going through this for the first time, or seasoned parents who have sent teens into adulthood. May your celebrations be filled with love, laughter, and light for the winding road ahead.

Psych'd to see you next month!

Dr. Sherwood is a longtime Clinical Psychologist in Herndon/Reston. Read more about her at oakhillpsychological.com. Please check out our website soon for new therapists joining us this summer.



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LIFESTYLE

Reston Seniors Continue a Lifetime of Giving

Contributed by Christy Brudin from the 2024 Positive Aging Sourcebook

Some people are born with a servant's heart. They may give quietly, humbly, and endlessly. Or they may be willing to make a scene to ensure someone else gets seen. No matter how they give back, their generosity and compassion make the world a better place.

Two of these natural philanthropists live at Hunters Woods at Trails Edge, a full-service senior living community in the heart of Reston. Given its prime location and excellent programming, Hunters Woods is a natural draw for accomplished residents who have traveled widely and given generously.

Resident Marie Mercer, who was a social worker and a minister's wife, has dedicated her life to the betterment of others. Her career has included working for refugee resettlement programs and international adoption foundations. She spent several years living in both the former Yugoslavia and Russia. During this time, Marie and her husband, Charles, also welcomed five children and consistently involved them in their community service work.

Upon returning to the U.S., the Mercers settled in Reston near their youngest son and his growing family. After Charles fell down the stairs, the couple decided they needed a home without stairs. "We wanted to stay in this community, so we looked around and found Hunters Woods, and thought it would be perfect for us," Marie remembered.

A few months after they moved, Charles passed away. "Everyone here was so kind and helpful to us during his illness. I am so glad we were here during that time,"

Marie said.

Marie remains active in her church and the larger community, and was instrumental in improving pedestrian safety in the area. She spearheaded an effort that led to a new crosswalk, and continues to lobby for additional safety measures including a traffic light.

After the neighborhood bus shelter was damaged, Marie took matters into her own hands. "Someone smashed the Plexiglass," she recalled. "It was left with thick shards of Plexiglass, and I was worried someone would get seriously injured."

When her letters to the Fairfax Connector received no response, Marie returned to her activist roots. "I decided to demonstrate. I thought that might get some attention," she said. "I made a little sign about how this was a dangerous and shameful place, and I stood out there so everyone could see it."

After several days of protesting, a bus driver noticed Marie's sign. "When they sent someone from the county out to meet me, he said they would take care of it. I asked if I could retire from protesting. He said, 'Yes.' I left, and I thought that was it."

Unfortunately, Marie's fight wasn't over. She got a call a few days later informing her that the shelter had been removed rather than repaired. "I told them that wasn't what I wanted! We needed a shelter," Marie said. She was informed that a new shelter would be coming. Ever vigilant, she continued to write a weekly letter reminding the county of the missing shelter until it arrived a month later.

Marie is always ready to get involved when she sees unmet needs or inequalities. Recently, she joined her daughter to

protest the ongoing injustices in Myanmar. "I always think of Dr. Martin Luther King who famously asked, 'What are you doing for others?'" Marie said. "That is the most important question of all."

Gillian Sescoc has a similar guiding philosophy. "I've always done volunteer work. It is so important to give back as much as you can in life," she said.

A native of England, Gillian enjoyed a long career in the intelligence community. She met her husband, Vince, while stationed at the American Embassy in London. After marrying, the couple spent five years in Frankfurt and then had temporary assignments throughout the Middle East and Europe. They eventually moved to America and settled in Reston, where they continued volunteering.

For years, Gillian served as a regional president of Hadassah, a Jewish women's volunteer organization that supports education, advocacy, youth development, and medical care. In that role, she led more than 4,000 women in different states to advocate for important causes including women's health care.

After her term was up with Hadassah, Gillian decided to do something local. She is now heavily involved with Cornerstones, a Reston-based nonprofit that helps those in need with food, shelter, affordable housing, and quality childcare.

Gillian teaches an American Citizenship class for Cornerstones. Her class helps immigrants pass the exam required for citizenship. Prior to an illness, Vince also volunteered with Cornerstones, helping immigrants compose resumes and prepare for job interviews. "More than 200 men and women from 36 dif-



Marie Mercer and Gillian Sescoc continue to give. Photo contributed by PAS

ferent countries have become citizens of the U.S. through my classes," Gillian said. "Vince and I were proud to receive a Best of Reston award six years ago for our efforts."

For Gillian, this way of giving back to the community is incredibly rewarding. "I wasn't a citizen when I arrived in the U.S. either, so it's great to be able to help others achieve this milestone. My students teach me so much. Whenever they pass the exam, we have a big celebratory lunch. It is really special, and it really feels like a family."

For Gillian and Vince, Reston is a true community — like a large extended family. The couple had been living in a home near Reston Town Center for decades when Vince had a severe stroke. Initially, they used live-in care to help with his medical needs, but the expense became burdensome. Nearly four years ago, Gillian noticed Hunters Woods right in their neighborhood, and decided it was time to move. The Sescocs have benefited from the care and activities. "They help Vince tremendously," Gillian said. "People are very nice and so helpful. I've made some good friends here, and I enjoy going to exercise classes and playing games with my friends."

Restaurant Review: Eve's Garden

By Sarah Golden, Staff Writer

This writer loves Vietnamese food, so when I heard that there was a trendy Vietnamese spot in Reston I hadn't experienced, I knew I had to check it out. Eve's Garden is a contemporary Vietnamese restaurant located right off Sunset Hills, just down the road from the Wiehle Metro station.

When you walk in, you immediately notice the beautifully decorated interior. If I were trying to impress a first date, this is certainly the type of place I would take them.

We started off the meal with drinks. Although the wine selection was not extensive, everything we chose was lovely. I also opted for the Garden of Eve cocktail, a gin drink featuring some lovely tropical flavors. The drink arrived with a rim of what I thought was sugar, given the tropical profile, but it was salt, which was a bit of an unpleasant surprise. The basil paired magnificently with the pineapple, so I would definitely order it again — without the salt rim.

We ordered appetizers next, which is where Eve's Garden really shines. There were so many delicious sounding options, we had a hard time choosing. However, we opted for the animal fries, a poutine-esque dish featuring a delicious spicy mayo; the pork belly buns, which tasted almost like deconstructed pho (in a very good way), and the shrimp spring rolls. Although the spring rolls were



nothing special, we devoured the other two.

We were slightly less impressed by the main course. Living in northern Virginia, we are fortunate to have access to excellent Vietnamese cuisine. Eve's Garden is probably not the place to get an authentic experience. We ordered the Enchanted Forest, a rice and grilled meat dish reminiscent of the traditional Vietnamese *Cơm tấm*; Duck L'Orange, and the Exotic Crab Curry Rice. The Crab Curry Rice was the real star of the show; it elicited several jaw-drops. Although we were expecting actual curry, what we got — a sauceless rice with a flavor-bomb of crab, what tasted to me like Old Bay, and hints of traditional Indian curry flavors like cumin, coriander, and turmeric — was divine.

The remaining dishes didn't quite meet the mark. The duck was cooked well, but it lacked the traditional orange sauce that accompanies Duck L'Orange. The dish as a whole, which featured raw onion, chives, and orange slices, lacked cohesion. Additionally, the Enchanted Forest paled in comparison to its traditional




Left: Eve's Garden spring rolls Above: Enchanted Forest. Photos by Sarah Golden

counterpart.

We were hoping for something a bit more interesting and unique for dessert, but were met with some average options, including apple pie, bananas foster, and cheesecake. We opted for beignets, which are impossible to say no to, but they were no longer available, so we left a little unsatisfied.


If you're looking for traditional, home-style Vietnamese food, Eve's is not your place. However, that's not really what Eve's is about. It's selling an experience — unique fusion food and fun cocktails in a gorgeous space. And in those areas, it meets the mark. I plan to return for their happy hour, grab another one of their lovely wines, and devour an appetizer or two.




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LIFESTYLE

REACH!: Celebrating Adversity, Diversity, and Inclusion with Every Step

By Megan Schmid, Staff Writer

Festival Ballet Virginia (FBV) is a nonprofit, high-quality, pre-professional dance company in residence at the Greater Washington Dance Center in Reston. Company members are selected each year via audition, and dancers range in age from 10 to adult (30+).

On May 10 and 11, FBV returns to the Reston Community Center CentreStage presenting 'REACH!: Celebrating Diversity, Inclusion and the Adversity that Makes Us Stronger.' "We have some exciting works that we are presenting," says Gretchen Vogelzang, Artistic Director at FBV. "The first is 'Rainbow Etudes.' This work was created by renowned choreographer Donald McKayle. Festival Ballet Virginia has been granted the rights to perform the work for three years. This represents a considerable investment by the company and one that will truly enrich all who see it!"

The second work is entitled "Symphony of Psalms," which Vogelzang choreographed. "This four-section

piece, set to the riveting and complex music of Igor Stravinsky, represents the stages of grief all culminating in a beautifully uplifting 'coming together.' The dancers work through shock, denial, anger, and the ultimate healing from trauma by relying on each other," Vogelzang explains.

The third work is "Comme Je Suis," choreographed by Stephanie Dorrycott, examining acceptance in its purest form. And the fourth and final work is "CMD: DSQ-dystopia" by Mychal Keels. This piece, inspired by the history of telecommunications, acts as both a critique and an exploration of communication and the human condition in the technological age. It will leave you asking, what does it mean to stay connected when we are connected to everything at once? And how do we disconnect from the machine, to make deeper connections with each other?

Don't miss this opportunity to see a high-quality dance production, presenting thought-provoking, and



Photo contributed by Festival Ballet Virginia

important works here in Reston! Tickets go on sale April 26 and can be purchased directly at the box office or online at <https://restoncommunitycenter.com/event/festival-ballet-virginia-reach>. Proceeds go to Festival Ballet Virginia for the development of future programs for our community.

Keeping Reston Green

Reston's State of the Environment

By Reston's Environmental Advisory Committee

In 2017 the Reston Association (RA) Board of Directors asked its Environmental Advisory Committee (EAC) to perform an environmental assessment of Reston to help guide future policies and programs to protect and improve the community's important environmental attributes. The resulting report, now known as the Reston Association State of the Environment Report (RASER), is updated and published every two years.

The most recent RASER (2022) analyzed 23 environmental attributes, describing their existing conditions and status. Traffic light icons are used to convey the status of each environmental attribute evaluated. The RASER also contains a chapter that describes Reston's general environmental setting including its physiography, climate, geology, and population.

The 2022 RASER indicates that Reston has many valuable environmental attributes, but also is facing a host of environmental threats. Some of these threats,

to name just a few, include stormwater runoff, improper fertilizer and insecticide applications, invasive species, habitat loss, improper outdoor lighting, deer over browsing, obstacles to greening the infrastructure, lack of recycling options, and lack of a coordinated plan to help Reston become more resilient to climate change and adapt to changes it cannot control.

Based on the analyses documented in the RASER updates, the EAC also provides a set of recommendations for dealing with the environmental threats identified. These recommendations are provided to the RA Board of Directors and listed in a companion document entitled: *RASER Recommendations & Report Card*. At the end of each calendar year (including the years when RASER is not updated) the EAC assesses what, if any, progress has been made toward the implementation of past recommendations, and this information is presented in the report card component of the companion report. Currently there are 98 active RASER recommendations being tracked in the report card.

Good conditions	Fair conditions	Poor conditions	Undetermined conditions
<ul style="list-style-type: none"> Air Quality Drinking Water Wastewater Treatment Hazardous & Toxic Wastes Environmental Education & Outreach Biophilic Cities Network 	<ul style="list-style-type: none"> Streams Lakes & Ponds Urban Forests Meadows Wetlands Landscaping & Urban Agriculture Birds Wildlife Management Light Pollution 	<ul style="list-style-type: none"> Stormwater Management Solid Waste Management Climate Change Energy Efficiency, Renewable Energy, Transportation 	<ul style="list-style-type: none"> Mammals Amphibians & Reptiles Invertebrates Noise Pollution

Traffic light status of each of the 23 environmental attributes evaluated in RASER 2022

The 2022 RASER, its separate Executive Summary, and the companion RASER Recommendations & Report Card for 2023 are available online at RA's Nature and Environmental Overview webpage: <https://www.reston.org/nature-environmental-overview>. The 2024 RASER is in preparation and is expected to be available in early 2025.

Correction:

In our March issue we incorrectly identified D1 Training as D1 Fitness. The new Reston business is located by Trader Joe's in North Reston, and is called D1 Training.

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Answer Key

Down and Up

	1	2	3	4	5	
	S	C	O	F	F	
6	H	A	B	L	A	
7	C	O	M	E	O	8
9	A	W	E		10	W
11	R	E	D	M	E	A
13	R	U	E	R	S	
14	S	E	N	S	E	

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SPECIAL NEEDS DENTISTRY

Dental Care for Children with Special Needs

At Smile Wonders, we treat children with special needs with care and compassion, giving them the same high level of dental care as all our patients. Here are ways we accommodate Children with Special Needs:

- Customized Accommodations**
- Personalized Appointments**
Schedule appointments in the same room, same time, same dental assistant at each visit to establish routines and familiarity.
- Visit Flexibility**
Split visits to make short quick visits to reduce anxiety. Or schedule longer appointments and distracting or causing over stimulation. They can wear headphones and connect to televisions mounted to the ceiling or listen to their favorite music. It helps them to relax and avoid having to listen to the normal sounds associated with a dental office. They are also free to enjoy our other play areas.
- Quiet Rooms**
Many children with special needs feel safe in their own rooms and defined safe space at Smile Wonders. There are no other children playing and distracting or causing over stimulation. They can wear headphones and connect to televisions mounted to the ceiling or listen to their favorite music. It helps them to relax and avoid having to listen to the normal sounds associated with a dental office. They are also free to enjoy our other play areas.
- Specialized Equipment**
We adapt our dental equipment and techniques to children with special needs, such as those who cannot stand or sit motionless, creating a more pleasant visit to the dentist. We also provide a frequency schedule as well as tricks and recommendations for modified brushing routine for each child.
- Collaboration With Other Providers**
Dr. Ribika at Smile Wonders works with area Developmental Pediatricians, Occupational Therapists, or Speech Language Pathologists to provide a "Visual Social Schedule" at home. "Oral stimulatory exercise" or coordinated appointment with "Sensory Diet" prior to dental appointments. This personalized activity plan gives children the sensory input they need to reduce anxiety, remain attentive, focused and organized throughout their day.
- Sedation Dentistry**
Children that have mild behavioral and cooperation concerns, we can use Nitrous oxide (laughing gas) to help with reducing the gag reflex a mild level of sedation. Children that have moderate level of behavioral concerns and extensive dental needs can be evaluated for eligibility to be treated with use of In-office IV sedation under the supervision of our Board Certified Anesthesiologist - Dr. Andy Tran of Olympic Anesthesia, PC.

Smile Wonders
 11790 Sunrise Valley Dr #105
 Reston, VA 20191
www.smilewonders.com

Contact: Smile Wonders
 If you are looking for a pediatric dentist experienced with special needs children, schedule your appointment with Dr. Ribika Jaji at Smile Wonders today.