

THE RESTON LETTER

Spring is Here: Soak Up What Reston Offers

Reston's Arts Festival is Returning to Town Center in May

By Ellyn Wexler, Staff Writer

A "full footprint" is in store for the Tephra ICA Arts Festival this year, representing a complete return to its pre-pandemic norm, said Festival Director Hannah Barco. For this 32nd year, the festival will feature 207 contemporary artists and artisans from across the country, including 72 new-to-the-festival artists and 100-plus returning

Continued on Page 11



Reston Town Center's Mercury Fountain reopened this year after the fountain and surrounding space was given its first upgrade in more than 30 years. Visitors to Town Center can enjoy the new look and feel of the iconic fountain area this spring. Photo by Benjamin Burgess

Community Gardening

By Molly O'Boyle, Volunteer Garden Plot Coordinator, Reston Association

As you drive around Reston, you may have noticed the community garden plots throughout town. There are five gardens with plots available to Reston Association members who would like to grow their own food and flowers. These gardens are placed over the Columbia Pipeline since no buildings or trees are allowed over the pipeline.

There are also some gardeners who, like me, have been gardening for decades. Two gardeners in my garden, Hunters Woods II (by the Hunters Woods pool), have rented a plot since the late 1970's when they were first constructed! Every year there are many new gardeners who undertake learning about their plot, the watering, the weeding, and meeting others with the same interest in gardening.

Just like most residents of Reston, the gardeners are a mix of nationalities. This allows us to learn so much from each other, share our unusual or bountiful produce with each other and to learn about each other's cultures. In my garden, we have Taiwanese, Indian, Chinese, Peruvian, African-American, Latina/Latino and Caucasian gardeners. We have some gardeners who are second generation gardeners, some who bring their toddlers and some whose homeschooled children assist in growing their own produce.

Our gardeners are former and current teachers, retirees, fully employed people, single folks, grandparents, and parents who want to get away from the kids for a bit. Everyone gets their vitamin D while enjoying the sun and soil, listening to the birds, watching the bees, engaging with the spiders, insects, bees, and the worms.

Some gardeners come before work at 6:00 a.m. and some enjoy the cooler evenings in the summer.



Everyone who rents a plot is given the code to enter any time during daytime hours.

No matter how long we have been gardening, there is always something new to learn!

Because we are a community of gardeners, 15+ years ago, Reston Association and the Garden Plot Coordinators created an "All Gardeners Meeting." We bring in speakers to talk about plants, weed ID, edible weeds, insects, soil, new varieties of plants, as well as new gardening techniques. With COVID times, we have adapted and have had successful Zoom meetings with our gardeners.

Here are some ideas of what a Reston vegetable or flower gardener may be interested in at this time of the year.

Container Gardening: with limited space in apartments, townhomes, and some shady homes, look to containers for color and for food production. Mix it up and plant lettuce or kale with your flowers in pots. As those plants die back in the heat of the summer, your flowers will be filling in the extra space.

Foodscape Your Garden Beds: just as above, you can incorporate vegetables

Continued on Page 4



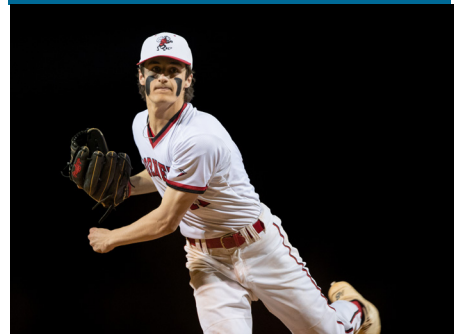
Molly O'Boyle in her garden plot Photos courtesy of Molly O'Boyle

education



Dogs in school, spring clean-up days, our poets, high school musicals

sports



High school baseball teams, youth sports, and Reston Triathlete goes professional

the bulletin



Reston authors, an Eagle Scout, Community of Faith spotlight, and more

lifestyle



Our neighborhood spotlight, housing roundup, festival details, and a review on Cooper's Hawk Winery and Restaurant

opinions

Going native in your yard, planning for your future, voting for Reston animals, and a call for your Reston stories

★ ★ ★

SUMMER SWIM REGISTRATION IS NOW OPEN! (AGES 5-18)

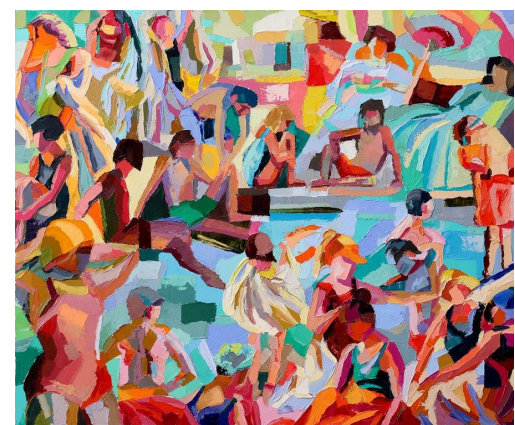



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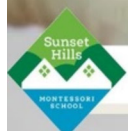
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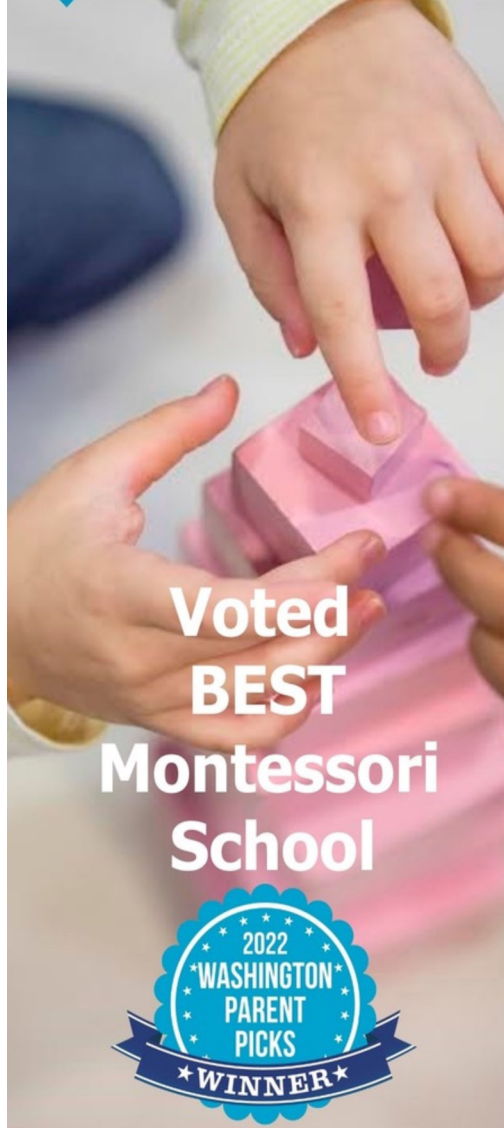
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"Neighborhood Pool" by festival artist Lauchlan Davis, Courtesy of Tephra ICA Arts Festival



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THE BULLETIN

Red's Table Hosts Book Signing For Reston Authors

By **Chuck Cascio, Reston Author**

Reston is all about community, and one of the many events exemplifying that occurred at the iconic Red's Table Restaurant in South Lakes Village Center on April 13.

I was fortunate that evening to be one of three Reston authors featured (along with former South Lakes High School graduates Sean Murphy and Danny Olmes) in an event that attracted an enthusiastic audience of literary fans who asked thoughtful questions, purchased books, and, of course, enjoyed the great menu at Red's.

What made the evening extra special for me was that Sean and Danny were students at South Lakes High School during the time that I was teaching there, as was Ryan Tracy, the founder of Red's. A few years ago Sean, who had been one of my English and journalism



Sean Murphy, Chuck Cascio, and Danny Olmes
Photo by Benjamin Burgess

students, started 1455 Literary--a nonprofit that provides a variety of support for writers at all levels--and Danny and I connected a couple of years ago when he was developing his recently released book, *Memoirs of an Ordinary Guy*.

My own focus that night was my latest work as editor of *Never Ask "Why" Football Players' Fight for Freedom in the NFL*, the late Ed Garvey's inside look at the struggles

football players endured in the 1970s and '80s when he was the executive director of the National Football League Players Association.

The book, published by Temple University Press and released in January, drew many insightful comments from the audience as did the works featured by Sean and Danny. In short, there is nothing more meaningful to authors than having the support of their immediate community, which made the event extremely enjoyable for me and my fellow authors. Thank you to Red's and to all of the people who attended the event.

Chuck Cascio and his wife, Faye, are long-time Reston residents who both taught at South Lakes High School for 18 years. Visit Chuck's website at www.chuckcascioauthor.com for a look at his various works as well as his blog.



JOIN OUR TEAM



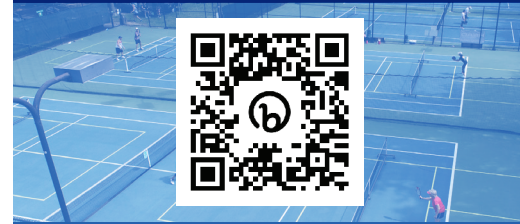
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SPARC To Host Pancake Breakfast Fundraiser in June

Contributed by SPARC

Founded in 2006, SPARC is a nonprofit that provides Northern Virginia adults with severe disabilities who cannot work enduring learning opportunities, social connections, and a rightful and meaningful place in a safe and caring environment so they may enjoy their best and most productive lives. SPARC is hosting its second annual Pancake Breakfast on June 10. The family-friendly event raises funds to support SPARC's cost-effective, unique program serving young adults who have aged out of the special education support provided by the K-12 system and are not eligible for other community-based programs that serve individuals with severe disabilities.

"SPARC provides outstanding programming for people who are isolated due to

severe disabilities. We rely on fundraising to ensure that our clients who have limited resources have ongoing access to our engaging and educational programs," explained SPARC Executive Director Debi Alexander. "Our Pancake Breakfast helps us fund our work while raising awareness of our clients' needs, dreams, and potential." SPARC hosts centers that operate five days a week at various county locations in Fairfax and Arlington with staff-led programming based on a curriculum rooted in therapeutic recreation principles that consist of continued education/leisure learning, skill building, exercise, excursions, cooking, music, art, lectures, discussion groups, and more. SPARC's clients require support with daily living activities and without SPARC they are often neglected and forgotten. SPARC's monthly cost per participant is \$750. If

the SPARC participant instead attended a Medicaid provider, the taxpayer cost would average \$30,000 per year.

The June 10 fundraiser helps defray the costs of running these centers. Several hundred guests are expected at the event, which takes place from 7:30 a.m.-1 p.m. at the Church of the Good Shepherd located at 2351 Hunter Mill Rd in Vienna. SPARC's Breakfast includes a silent auction, games, and food. Hunter Mill District Board Supervisor Walter Alcorn will present awards to the Volunteers of the Year. Sponsorships start at \$250. Individual tickets cost \$10 and a Family Pack (two adults and two children) is only \$25.

To sponsor, donate or purchase tickets for SPARC's Pancake Breakfast, visit <https://sparcsolutions.org/> or call 571-407-1807.

Friendly Instant Sympathetic Help: FISH

By **April Elliott, Herndon-Reston FISH, Inc.**

In 1969, a Reston family experienced a house fire and several of their neighbors came together to help. After noticing a lack of resources in the community to provide emergency assistance, the idea for FISH was formed. Based loosely on a concept started in England in 1963, FISH (Friendly Instant Sympathetic Help) started as a volunteer-run telephone hotline providing emergency financial assistance to residents in the greater Reston-Herndon area.

Today, Herndon-Reston FISH has a small staff of six and a large contingent of volunteers that work tirelessly to fulfill its mission to help residents cope with

short-term financial crises by responding immediately to requests for rent, utilities, medical prescriptions, car repairs, and other emergency needs. HRFISH helps clients avoid utility cut-offs and provides the financial assistance needed to avoid evictions thereby preventing homelessness.

In Fiscal Year 2022, HRFISH's Emergency Assistance Program provided over \$273,000 in financial assistance to 2,300 individuals by assisting with rent, utilities, medical needs, car repairs, and other needs. Most of these families fall into the lowest income brackets. HRFISH works closely with partner agencies like Fairfax County's Coordinated Services Planning to keep residents' short-term crises from becoming long-term problems.

Every December, HRFISH's annual Holiday Food and Gift Program works with local elementary schools to identify families experiencing financial distress. Last year, HRFISH provided nearly 3,500 pounds of non-perishable food, \$5,000 in grocery gift cards for fresh food to 235 families, as well as gifts to 500 children. Supplemental Nutrition Assistance Program (SNAP) and Medicaid benefits have recently been reduced or ended for many residents in our area. These changes will significantly impact low-income families'

budgets as they face rising food prices. With funding from a Fairfax County Food Assistance Program grant, HRFISH continues to support food security challenges by providing families with \$150 to \$200 in Safeway or Giant grocery gift cards.

HRFISH operates The Bargain Loft Thrift Store located at 336 Spring Street in Herndon. The Bargain Loft gives community members access to gently used household goods, women's clothing, and more at reasonable prices. Net proceeds from The Bargain Loft support HRFISH's Emergency Assistance Program. Last year, the Fairfax County Board of Supervisors recognized The Bargain Loft as they celebrated 40 years in operation. The Bargain Loft offers volunteer opportunities for residents of all ages. Volunteering at The Bargain Loft is a wonderful way for adults to make new friends and for students to earn community service hours.

HRFISH relies heavily on donations from local businesses and private community members to make their operations successful. There are several ways you can help. Consider volunteering your time in-person at The Bargain Loft or at an event. Lend a hand from home as an Emergency Assistance

HERNDON-RESTON FISH, INC.

Volunteer reviewing cases. For details, please visit HRFISH's website at www.herndonrestonfish.org. There you'll find more information about HRFISH as well as ways you can help your neighbors in need.

After a three-year hiatus due to the pandemic, the annual FISH Fling Gala returns to an in-person event at Hidden Creek Country Club in Reston on Sunday, May 7, 2023. Join the celebration with a fun evening that includes dinner, entertainment, and both live and silent auctions. Individual and business donations are welcome and sponsorships for the event are available.

For more information about tickets, donations, or sponsorships, please contact FISH's Executive Director, Mary Saunders, at mary@herndonrestonfish.org.



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FISH Volunteers organizing food
Photo courtesy of FISH

THE BULLETIN

RESTON PRIDE FESTIVAL
LAKE ANNE PLAZA
JUNE 3, 12:00-6:00 P.M.

TEPHRA ICA ARTS FESTIVAL
RESTON TOWN CENTER
MAY 20, 10:00 A.M.- 6:00 P.M.
MAY 21, 10:00 A.M. - 5:00 P.M.

TAKE A BREAK CONCERT SERIES
RESTON STATION
THURSDAYS
STARTING JUNE 1, 7:00 P.M.

Community of Faith Spotlight: United Christian Parish

Contributed by United Christian Parish

In the early 1960s, two men had visions for an area in Northern Virginia. New York real estate entrepreneur Robert E. Simon had a dream for a multi-racial town where residents could live, work, and play together. United Methodist minister Rev. Robert Regan, Jr. dreamed of a multi-denominational church, following Jesus' prayer, "That they all may be one." Both dreams were advanced in 1964, when the first residents moved into the new town of Reston, a community planned to include 35 churches, 32 of them Protestant. That year, Rev. Regan was sent by the area United Methodist bishop to organize a church, and the first service was held in the DeLong Bowman House, then the residence of Robert Simon. Two years later, ground was broken for the Redeemer Methodist Church, the first church building in Reston, located on North Shore Drive.

Church unity was a theme at that time and discussions were held among Protestant denominations. In 1971, five agreed to combine in Reston: the United Methodist Church, United Church of



UCP building, Photo courtesy of UCP Christ, the Christian Church Disciples of Christ, and two associations of Presbyterian churches which later united.

The United Christian Parish was officially chartered in 1973 with two congregations, in Lake Anne and Hunters Woods, and a membership of 781. Over the next 50 years, UCP built two additional church buildings and had three ministers concurrently, representing different denominations. In 2002, for financial reasons, two of the buildings were sold and an addition added to the Redeemer building, where the church now meets. The activities and programs of the 50 years would fill volumes. To name a few: 1) Creating, with five other churches, Reston Interfaith, now Cornerstones, the area's leading social service organization. 2) Co-sponsoring

the creation of FISH, Friendly Instant Sympathetic Help. 3) Opening a small grocery store in the Hunters Woods shopping center to help Fellowship House residents after the nearby Safeway was closed. 4) Holding annual joint Thanksgiving Eve services with other Reston faith communities of all denominations

since 1988. 5) Holding a united Protestant-Roman Catholic-Jewish-Muslim prayer service the evening of 9/11/2001. Creating Works Sunday, an annual summer event involving some 25 faith communities working together on projects. 6) Currently being involved in activities supporting stronger gun laws and equal rights for persons who are Black, gay, lesbian and transgendered. 7) Making mission trips to Maryland, West Virginia, Tennessee, Puerto Rico, Haiti, and Rwanda. While members of the United Christian Parish do not always think alike, they agree on most things, including the joy of celebrating the accomplishments of the past 50 years and the hopes for the next half-century!

Worship service is at 10 a.m. each



Members of UCP Children's Choir
Photo courtesy of UCP

Sunday, followed by classes for all ages - Bible study classes meet online during the week.

Statement of Faith: We believe in one God and in the commandment of his son, Jesus Christ, to love and to serve people. We have always been multi-racial in our staff and membership. We have helped create most area social service organizations, and we have reached out to other Reston worship communities - Protestant, Roman Catholic, Jewish, Buddhist, Unitarian -- which have joined us in annual services and service projects. We continually offer opportunities to the community at large to participate, such as in blood drives and food drives. While our parent denominations differ on some things, our core beliefs in a God of love, mercy, and service unite us.

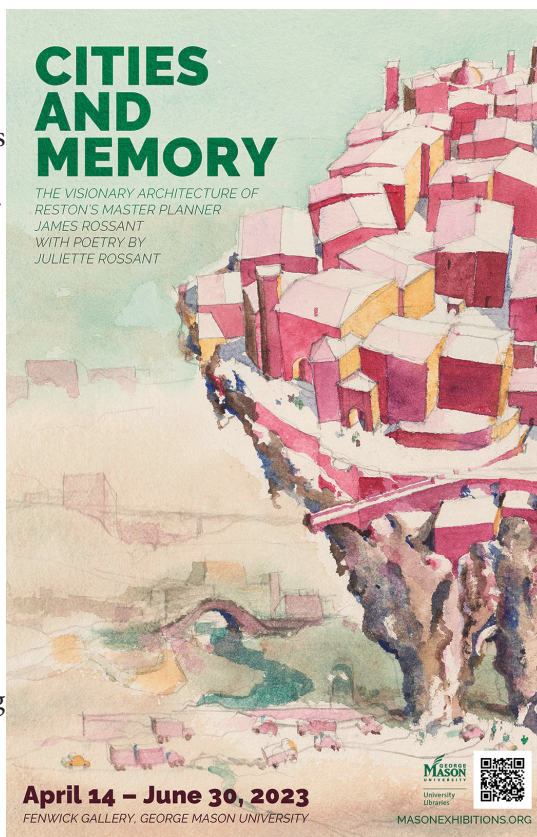
GMU Celebrates Painting of Reston Master Planner

By Raphael Chambers, Guest Writer

Be sure to catch "Cities and Memory," a new exhibit featuring paintings of Reston's Master Planner James Rossant. It also offers poetry reflecting his art by daughter Juliette Rossant, a Reston resident. The show runs from April 14 to June 30, 2023, at George Mason University's Fenwick Library Gallery.

Restonians know Rossant's work from Lake Anne's playful sculptures to Washington Plaza's architecture, including Heron House. James Rossant (1928-2009) was a pivotal architect in the New Towns movement in the U.S. in the post-World War II era. New Towns aimed to address problems of urban overcrowding, air pollution, and decay by creating innovative suburban communities amid harmonizing urban amenities like parks. The plan catapulted Rossant's career. In 1957, he had joined the firm of Mayer & Whittlesey as a Harvard-graduated architect. Robert E. Simon Jr. contracted the firm's successor, Whittlesey & Conklin, to develop the Reston master plan. Rossant's master plan led to partnership in successor firm Conklin Rossant. Rossant went on to design buildings like the Myriad Botanical Gardens in Oklahoma City and plans for other cities including Tanzania's new capital at Dodoma. He appears in the 2015 movie "Another Way of Living: The Story of Reston, VA."

This exhibit grants a rare chance to glimpse how Rossant's imagination worked. Whether buildings or landscapes, Rossant followed fantastical processes that help viewers understand the architecture realized in Reston. The exhibit also includes selections from the Conklin Rossant archive of Reston, housed at GMU.



Rossant's subjects in this exhibit vary widely: modernist portraits, imaginary cities, and pastoral landscapes. Uniting them is his deep commitment to realizing utopian ideals and visions. In "City Built by a Cooperative in Italia - People who Share" (2004), red townhouses form a vertical horseshoe shape. Buildings in "Green City 1" (2008) look like vegetables and cacti—reminiscent of anthropomorphic shapes of the Lake Anne fountain. Bushes in the landscape of "Painting with Paint Tubes" (1997) literally squeeze themselves out of paint tubes.

As described by architectural critic Joseph Giovannini, Rossant's drawings in this exhibit "fly off the grid, off the wagon of rationality, into a surrealism and humor of imagination liberated from the

right angle and architectural propriety. These drawings peel back the conscious control of a [Walter] Gropius student to peer into the subconscious, revealing perhaps the child within. These are temperamentally joyous drawings, propelled by curiosity and a spirit of exploration."

Juliette Rossant's poems are ekphrastic: they are responses to her father's paintings. The poems examine memories and reflections about her father's life and ideals as artist and architect. They also amplify her father's keen sense of play, whimsy, and intimacy.

In 1991, Conklin Rossant donated their architecture archive for Reston to George Mason University's Special Collections Research Center in Fenwick Library. Selections from those archives appear in this exhibition. They offer a glimpse into how Rossant integrated his visionary ideals into the built environment.

Details are online at <https://www.masonexhibitions.org/exhibitions/cities-and-memory>



Poets spoke at an event at the exhibit on May 4
Photos by Juliette Rossant



"Pink City, USA" by James Rossant
Courtesy of Juliette Rossant



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THE BULLETIN

Who's Next Door? Reston Author, Evelyn Grundy

Grit and Strings

By Rosemary Faul, Staff Writer

Violins are powerful instruments. On one hand, they can set your teeth on edge; on the other hand, their music can pierce your heart with emotion.

Evelyn Grundy understands this. It was in Seattle at the NW Folklife Festival where she first fell in love with the stringed instrument, a discovery made at a musical instrument auction. Lonely and broken, the violin needed a home and Grundy gave it one.

When she turned eight she began taking violin lessons. Soon, the lessons were traded in for a backpack that she threw on, traveling with her parents across Europe. Though she stopped playing for a while, she did not lose her love for the instrument. Eventually she picked it up again in Singapore where she studied the viola until graduating from high school. Through the



Photos courtesy of Evelyn Grundy

years, she loved it, played it, and cared for it- then set it aside. When her son started to show an interest in playing the violin, Grundy witnessed firsthand the grit and determination it takes to play it.

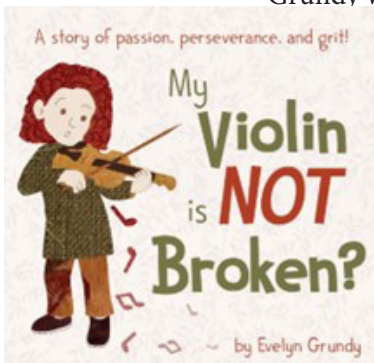
The frustration, the starts and stops, the crying involved in violin playing led Grundy to an idea for a children's book – a book that goes beyond violin playing and holds valuable lessons for all of us.

My Violin is Not Broken? is a story of encouragement for

young people who may be feeling the stress of learning to play a musical instrument, feel frustrated and alone, or are simply having a bad practice day. From cover to cover it is the sunshine and hope youngsters (and their cheerleader adults) need to be courageous and keep trying. Intended for anyone who has ever wanted to quit something hard, Grundy has also garnered an adult following including a few octogenarian learners who have found inspiration in her story. From young to old, with its beautiful, unique illustrations, this book will be sure to delight. Grundy hopes to spread her message of grit to elementary schools, libraries, farmer's markets, and summer camps- any place where youngsters gather to play, listen, and dream. She is especially interested in reaching underserved music students and has previously partnered with El Sistema, USA



Evelyn as a child



during her Kickstarter campaign. While Grundy is busy promoting My Violin is Not Broken? she is also writing another children's novel.

Find her first book and supporting learning materials at www.violinpicturebook.com and follow her progress on Facebook and Instagram!



Everyone deserves a mailbox full of letters! **Letters for Elders**—in partnership with Tall Oaks and the Girl Scout Awards Project—connects volunteers with senior pen pals in our community. **You can join us!** Become a pen pal, make new friends, and bring encouragement to others.

Letters for Elders Project
Saturday, May 20 • 1:30 to 3:00 p.m.

Hosted by Tall Oaks Assisted Living: 12052 N. Shore Drive, Reston, VA.

Activities will include:

- Project Overview and Ice Breaker
- Meet Your Pen Pal + Planting with Pals Activity
- Letter Writing Workshop
- Snacks and refreshments provided

Scan the QR code to sign up today! →



The Letters for Elders Girl Scouts Awards Project is led by Lauren Bottom, Girl Scout Troop Number 2604. For more information, contact Yesica Martinez at 703-834-9800.

Presented in partnership with:



@letter_4elders

Eagle Scout Supports Troops

By Terri Wright, Staff Writer

Myles Brown, a 17-year-old junior at South Lakes High, has been an active member of the Boy Scouts of America since second grade. During COVID, the longtime member of Troop #1313 used his extra free time to earn merit badges.

As with any long-serving Boy Scout, Brown began planning for the final and most rigorous of all merit badges, the Eagle Scout rank, as a way to in his words, “cap off the entirety of my scouting experience.” In planning for his merit badge, Myles brainstormed where and how he could contribute to the community in a meaningful way. “One of my major goals was to help veterans. I am gracious to those who have served our country.” Through the veteran’s hospital in Washington, D.C. Brown initially planned and laid the foundation for raising money, purchasing supplies, and ultimately creating and packing hygiene and comfort kits (hard-to-find toiletries and candy treats) for soldiers stationed overseas. Right before the project could begin, the Veterans Administration connection fell apart. Brown, however, was



Myles Brown assembled 1,744 hygiene and comfort kits for troops. Photo by Laura Brown

Myles eventually joined with Operation Gratitude and from there the project took off. His goal was to produce 400 hygiene and 400 comfort packages from a fundraising base of \$1,100. Brown harnessed the use of social media to get the word out to the community. This took another unexpected turn, but this time the turn was a positive one.

“I was sitting in English class and discovered someone had donated \$1,000!” In total, Brown raised \$2,444,

well surpassing his goal. With the help of a group of volunteers he gathered and supervised, Brown set up an assembly on his driveway for the production

of the kits. Brown and his team crafted 800 hygiene and 944 comfort kits to send to deployed U.S. troops.



Brown and his assembly team Photo by Laura Brown

not deterred by this initial setback. He pushed ahead with finding another organization with which to partner. “There was a big takeaway from that bump; pay attention to every, little detail.”

Community Gardening

Continued from Page 1

any sunny space you have in your yard. With the encroaching deer population, you will definitely have to protect your plants, but you will also be rewarded with some surprises!

Deer: do not like anything in the Allium family. Daffodils are the main one, but you can plant onions in your own garden too. Make sure the soil is nice and loose with good drainage. They can also be grown in pots. Same with garlic, if you get them in the ground in the fall and plant them deeply.



Photos courtesy of Molly O'Boyle

Rainbow Swiss Chard: can make a marvelous, colorful edible for a pot or in a garden bed. They produce all year long too!

Nurseries and garden centers: will have seedlings on their shelves up until late May. You can give dwarf peppers or container-sized tomatoes in a pot a try. You can even look for seeds for container zucchini. (I will grow this in 2023 as an experiment.)

Herbs: are perfect for small spaces. There are 20+ varieties of mint on the market! Rosemary, sage, thyme, basil, and parsley grow well in small spaces, including in pots.

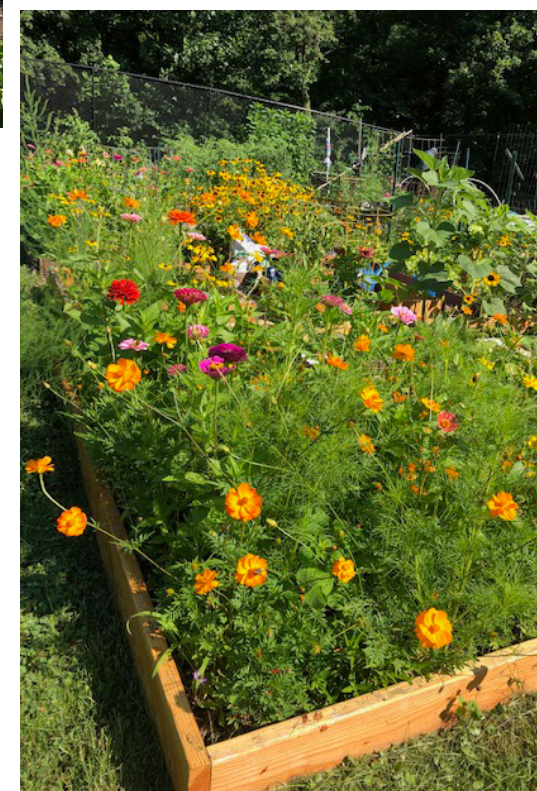
Remember, you don't have to do a lot to incorporate one, two, five vegetables

into your outdoor living space. You just must remember to give them enough sun and water to flourish. And, if you plan on going away this summer, make sure you have someone to take care of your plants when you leave home.

Take a chance and see what you can grow this year at your home. If you are interested in applying for a rental garden plot through RA, you can email gardenplots@reston.org. There are waiting lists at each garden but we generally have turn-over every year, so why not get on the list?

If anyone would like to come and visit any of the gardens, you can reach out to the Garden Plot Coordinator for that garden for a tour.

There is a sign posted at each garden with our contact information. We love to have children and curious adults visit to learn about how food grows and to share what we might have available!



EDUCATION

Heeling House and Sunset Hills Montessori School

Sunset Hills Montessori Embraces Community Service and Helps Kids Learn Animal-Assisted Interactions

Contributed by Sunset Hills Montessori School

On a recent visit to Sunset Hills Montessori School, children could be found measuring, weighing, and calculating averages of growth, as well as making projections for further study based on past data gathered from their research. What may not have been expected is that all of this intensive study, compiled and recorded in their student logs, was accompanied by wagging tails and laughter!

The monthly visit from the Heeling House puppy, Maui, who the class is sponsoring, perfectly embodies Sunset Hills Montessori school, celebrating its 29th year here in Reston. SHMS has always emphasized community service as an integral part of its curriculum. This year, the elementary program of 1st through 4th graders is teaming up with Heeling House. This local non-profit organization trains therapy dogs to provide Animal Assisted Interactions for children with special needs.

"When Maui arrives in class, he is wearing his service vest, so we all know to wait before petting him because part of what



Students at SHMS listen and learn with the Heeling Project on April 26
Photo by Benjamin Burgess

we are helping him to learn is that when he is working, he can't play," explains first-grader, Solomon Fausett. Once the vest is removed, the students can weigh, measure, and pet their special classroom visitor.

Led by educators Roze Gesquiere and Renata Berkley, and supported by Misty Sherman, Alex Sanchez-Ovaje, and Vivian Hosley, the students are using their Heeling House project to give back to their community and hone their math skills by tracking and analyzing growth and training progress as part of their hands-on philanthropic work.

Students also gain practical experience with marketing, fundraising, and accounting activities as they support Maui's

training. "We are thrilled to partner with Heeling House this year," said Gesquiere. "Our students are learning important life skills, such as responsibility, teamwork, and empathy, while positively impacting their community." A recent Movie Night, held at the school, was an example of their collaborative approach to fundrais-



Photo by Benjamin Burgess

ing, which brings the SHMS community together.

The Heeling House project aligns with the Montessori curriculum, emphasizing social awareness, responsibility, and leadership development. "I love having Maui visit our school," said 4th-grade student Mia. "He's so cute, and it's fun to see him grow and learn new things. It's also cool to know that we're helping him become a therapy dog so he can be there for kids who need him."

According to Heeling House's founder and owner, Kathy Benner, the partnership with SHMS is an excellent opportunity to promote the organization's mission and raise awareness about the benefits of Animal Assisted Interactions. "We are delighted to work with SHMS and its students," said Benner. "By training dogs to become therapy animals, we can improve the lives of children with special needs and provide comfort and joy to those who need it most. I have been so impressed by this group of children. Their insightful questions and thoughtful comments during our group discussions have really made this partnership amazing."

The SHMS Heeling House project is just one example of how the school is committed to instilling a sense of social awareness, responsibility, and leadership in its students. Through hands-on philanthropic work, students are learning important life skills. "We are proud of our students and their commitment to making a difference," said Berkley. "Our hope is that this experience will inspire them to continue giving back and to become active, engaged members of their community."



Photo by Benjamin Burgess

Art From Students: Featuring Our High School Poets

Both South Lakes High School and Herndon High School publish annual literary magazines through their creative writing classes. These two talented young poets were among the winners chosen for publication by creative writing staff.

"I Wonder if the Sun Gets Tired"
By Rachel Smith, South Lakes Senior

I wonder if the Sun gets tired.
If, when she rises in the morning,
casting golden warmth on our faces
and rousing us from slumber,
she wants nothing more than to go back to sleep.

I wonder if she groans in the mornings,
longing to stay swaddled in blankets of clouds.
If she waits around for winter
when her sister, the Moon,
lingers just a while longer in the sky.

I wonder what her laugh sounds like.
Warm, friendly. Round and soft.
A gentle melody sung by an old friend
or an embrace from a mother.
I think it would rival a nightingale.

I wonder if she sees us,
hustling around as small as ants,
basking in her rays,
soaking up her sunshine,
as if it was the sweetest drink in the universe.

I wonder if she wishes she could join us
as we play beneath her watchful gaze.
Pining to dance with us, to dine with us,
deciding that it will never be,
unaware she already plays a part.

I wonder if the Sun gets tired.
I hope she never does.



Rachel Smith is a senior at South Lakes High School. She has been writing ever since she was old enough to hold a pen. Her future plans include studying writing and theatre at the University of Mary Washington and finding a rich husband so she can have enough money to own her own library.
Photo courtesy of Rachel Smith

"The Intent of Words"
By Morgan Kohles, HHS Freshman

A friend once told me
that we speak with other's hearts,

that we don't speak how we feel.
We speak how others listen.
We speak how others care.
We speak how others understand.

How we speak is not how others hear;
you could speak of a water drop

while others hear a torrential downpour
because it matters not what you say,
but how others listen,

for the weight of your words could cause a small
rip,
which could burst the seams of their emotions
wide open.

You may think your words to be sparks in the
wind,
but to others they could set a forest on fire
in their poor fragile hearts.

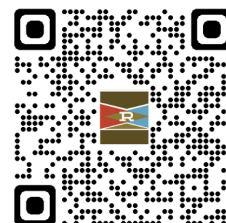
For words are not the same to all who listen,
for the spark of your words
could cause an eruption,

causing others pain
while you chatter away with your words
that are not the same in the ears of others.

Morgan Kohles is a freshman at Herndon High School. He is a euphonium player in the Herndon High School band and plays Mellophone during Marching season. He loves everything aeronautics and space related.
Photo Courtesy of Morgan Kohles



Visit our website to find out more about our mission, to read online copies, and to help sponsor this community project.



EDUCATION



Aldrin Elementary staff welcomed future Eagles and families during Kindergarten Orientation on Thursday, April 13. Photo contributed by AES



Mr. Curtis for coordinated a Beautification Project. Students in grades K-6 joined volunteers from @ TeamBrightspot in beautifying Aldrin's environment. Dr. Reid, superintendent, and Melanie Meren, school board member, met with Aldrin's Green Team to discuss how they're teaching others about environmental sustainability and school yard habitats. This year they're working on improving Aldrin's habitats and reducing their waste production. Photo by AES



Hunters Woods preschoolers are embracing spring: gardening, swinging, climbing, and more! To find out more about a free playtime, email LStanton@hunterswoodspreschool.org. Photo by HWP



Aldrin Elementary third graders took a field trip to Colvin Run Mill. Students learned all about simple and compound machines. Photos contributed by AES



Dominion Christian School third graders explored the architecture of the Library of Congress in D.C. Photo contributed Dominion Christian

Reston Student Wins Highly Selective Scholarship



Mia Enriquez

Graduating senior, Mia Enriquez, from Ideaventions Academy in Reston, was selected among the thousands of applicants to the College of William & Mary as one of the eight 1693 Scholars.

This highly selective scholarship includes full tuition, fees, room & board, as well as a \$5000 research stipend.

The program seeks "students who demonstrate both outstanding academic promise and the desire to engage with and enrich the world around them -- individuals with imagination, insight and conviction."

"Stuff the Bus" Event Stuffs the Bus Again



Principals of South Lakes High School feeder schools drove around in a school bus to all the schools to collect food for the South Lakes Food Pantry in their "Stuff the Bus" their annual event on May 5. They ended up at the high school where students helped unload the food. Photo by Benjamin Burgess



South Lakes High Schoolers enjoyed their Prom on April 29. Photo courtesy of Laurie Dornak

HUGHES VS. HERNDON
BASKETBALL CLASSIC

LANGSTON HUGHES MIDDLE VS **HERNDON MIDDLE**

FRIDAY, MAY 19, 2023
 DOORS OPEN AT 5 PM | GAMES BEGIN AT 5:20 PM
 Herndon MS and Hughes MS Students and Families ONLY
 Location: Herndon High School

EDUCATION

Hunters Woods Elementary Spring Clean-up Project, Wellness Fair

By Megan Schmid, Staff Writer

Hunters Woods Elementary School Hosts Wellness Fair and Spring Clean-Up Event On Saturday, April 29th, Hunters Woods Elementary School kicked off their busy day with the first annual Wellness Fair. Vendors included Inova, Oak Marr Rec Center, The Reston Community Center, Reston Karate, Beloved Yoga, Mobility NetWorks, and Tisseront Orthodontics.



Brenda Wulff (Reston Garden Club) and Kristie Gaibler, Photo by Megan Schmid

Brian Silva, a Physical Education Teacher at HWES, was the mastermind behind this successful event.

"I am hoping to introduce our students and their families to some of the organizations surrounding the school that can provide health and wellness opportunities." And provide opportunities they did. Activities included a bicycle safety course, a Teddy Bear Clinic, yoga sessions, and karate demonstrations.

Vendors also provided information on nutrition, dental health and water safety.

One of the more popular tables was run by seven pediatric residents and medical students from Inova Children's Hospital. Shevani Sahai, MD, a Pediatric Resident, shared that they were excited to be there to get children comfortable with going to the doctors office. "Some kids have never even seen a doctor before, so we are here to show them some of our medical tools



Inova Children's at HWES Wellness Fair Photo by Megan Schmid

and make sure they know that going to the doctors does not have to be a scary experience."

Fueled with new breathing techniques and healthy snacks provided by Wegmans, the Wellness Fair sponsor, students and their families then convened outside for the Spring Clean-Up Event.

Led by Kristie Gaibler, the HWES School Beautification Chair, the school grounds received some TLC to prepare for the growing season. The volunteers came armed with rakes, edgers, wheelbarrows, and trimmers to tackle numerous landscap-

ing projects around the school. The Reston Garden Club also participated in the cleanup event and generously provided tools, plants and hands-on instruction to the young and budding gardeners.

With help from students, staff, local businesses and community organizations,



HWES students at Spring Clean-Up Photo by Megan Schmid

Hunters Woods Elementary School organized two impactful events, both demonstrating just how deep our community roots are. Children walked away smiling while practicing yoga poses with dirt under their little fingernails.

What more could you hope for? Bob Simon would be proud.

Spring Musicals Showcase our High School Theatre Programs



Hope Hill, Mateo Pinover, and Chloe Brokesh in KISS ME, KATE! Photo courtesy of HHS Theatre

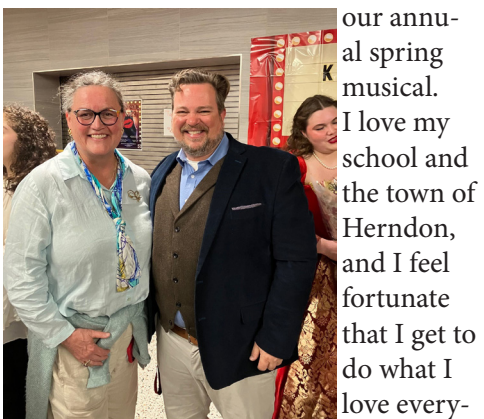
KISS ME, KATE!

Contributed by Herndon High School Theatre Department

Herndon High School Theatre enjoyed a successful production weekend, April 21-23, with four public performances of Cole Porter's classic musical, KISS ME, KATE!

There were over 50 CAPPIES (Critics and Awards high school program in the National Capital Area) in attendance on Friday night, and they gave it rave reviews, including a standing ovation. Also in attendance was our very own FCPS Superintendent, Dr. Michelle Reid. Accompanied by Herndon HS principal, Dr. Liz Noto, they gave the cast and crew plenty of kudos in lobby after the show.

Theatre Director Scott D. Pafumi said, "I was pleased to see so many community members, students, and staff come out to



Herndon Theatre Director Scott Pafumi and FCPS Superintendent Dr. Reid Photo courtesy of HHS Theatre

our annual spring musical. I love my school and the town of Herndon, and I feel fortunate that I get to do what I love every-day within arts education."



Herndon High School Theatre's KISS ME, KATE! cast on stage Photo courtesy of HHS Theatre



Hope Hill and Josh Wise played leads roles in KISS ME, KATE. Photo courtesy of HHS Theatre



Andrew Landrum and Bo Chatterjee in KISS ME, KATE. Photo courtesy of HHS Theatre



August Rivers, Sitina Tochtermann, and Caitlin Quigly in Bright Star. Photo by Marisol Yanguas



South Lakes High School Theatre's Bright Star cast on stage Photo courtesy of SLHS Theatre

Bright Star

Contributed by Parents of South Lakes Theatre Arts

On May 3rd through 6th, the South Lakes Theatre Arts program dazzled audiences with their spring musical "Bright Star," which marked the FCPS premiere of the 2014 musical written by Steve Martin and Edie Brickell. Over 100 students participated in the production and dazzled audiences with harmonious bluegrass melodies, skillful storytelling, and breathtaking technical elements. "Bright Star" also marks director Michael Viola's first musical at SLHS. Viola called the final product an "Appalachian Fairytale" and the whole experience one of the "most rewarding" of his career.

The show's success was a testament to the incredibly talented, dedicated, and passionate technical production team, cast, and musicians. The lights, costumes, sets, props, makeup, and sound were primarily designed, constructed, and operated by students. Under the musical direction of Mr. Bryan Baldwin, SLHS Orchestra teacher, the orchestra pit featured a dozen student musicians, and many were featured as part of the show with solos. In fact, senior Charlie Moore learned the

banjo over the past few months just for "Bright Star." With praise pouring in from all corners, Ms. Valerie Winter, SLHS Assistant Principal, said the show was "the best I've ever seen." Clearly, the South Lakes Theatre Arts program has managed to create a memorable experience for all who attended "Bright Star," proving that the future of performing arts at South Lakes is indeed shining bright.



Bright Star performers Photo by Marisol Yanguas



Henry Carter and Abigail Jamison in Bright Star Photo by Marisol Yanguas

SPORTS

Herndon and South Lakes Baseball Teams Repeating Success

By Michael V, Junior Staff Writer

The Herndon and South Lakes High School baseball teams entered the 2023 spring season each coming off excellent 2022 seasons. After strong regular seasons, the two teams faced each other in the 2022 regional final game that went to 11 innings. Although Herndon won the game, both teams progressed to the State tournament, with Herndon ending their season in the state championship game against Freedom High School. Despite a 2-1 loss, Coach Steve Frank called the season “historic.”

The Hornets and Seahawks coaches began the 2023 season looking forward to working with many new student athletes joining their teams. Coach Frank noted that although the team has several returning pitchers who delivered valuable innings last year, there are “lots of new faces in the field and lineup.” However, the team also includes eight returning seniors, four of whom are committed to colleges to play baseball next year.

The Herndon team spent the winter and early season prepping their physical and men-



Hornets Senior Liam Wilson will play at Wake Forest University next year. Photo by Kent Arnold



South Lakes Senior Ryan O'Connor will play ball at Dickinson College next year. Photo courtesy of Seahawks Baseball

tal games. In addition to off season training, all of the varsity and junior varsity players were given the Make Your Bed and asked to share their takeaways with their teammates. According to Coach Frank, the team is coming together well as a group, and really enjoys their time together in the weight room and bonding over monthly lunches at Santini's.

Across town, South Lakes graduated seven of their players from the 2022 season, including two starting pitchers, but the young 2023 team is having a great run so far, and opened up the season with a 7-1 start. According to Coach Spencer, many players have stepped into new roles and delivered results in key moments. “Starting pitchers Owen Wojciechowski (Jr) and Campbell Short (So) have been outstanding on the mound and Chris Fortunato (Sr) has been excellent behind

the plate.” Even with new rosters, Coach Frank's and Coach Spencer's goals are to pursue winning seasons and position themselves well for their conference and regional tournaments.

But ultimately, Coach Frank said, it's not just about the baseball. “My number one goal is to provide a great experience for all the players, regardless of [their] role or wins and losses.”



Senior Hornets on senior night: Liam Wilson, Aiden Smith, Jack Morgan, Sam Fairhurst, Sam Green, Connor Godschalk, Jack Gattoni, and Mitch Maurer
Photo by Emma Collie



Seahawk seniors on senior night: Christopher (CJ) Smith, Jonah Neihardt, Gunnar Philbert, Ryan O'Connor, Jeffrey (Jake) Price, Joseph D'Alessandro, Christopher Fortunato, and Benjamin Beausoleil
Photo courtesy of Maria Wojciechowski

South Lakes' Signing Day

By Laurie Dornak, Seahawks Boosters

South Lakes High School Athletics celebrated their Spring 2023 collegiate commits on “Signing Day”, Wednesday, May 3. As the students, families, friends, coaches, and teammates, gathered in the high school cafeteria, Assistant Director of Student Activities Sierra Traynham was in her element. “I love signing day,” she beamed. Nine student athletes from varsity baseball, cross-country/track and field, football, girls basketball, and swim and dive teams were honored.

Hosting the event, ADSA Traynham welcomed the crowd talking briefly about what this day meant to everyone in the room. She highlighted what these student athletes have accomplished and what it took to get where they were going. Lastly, ADSA Traynham reminded the students to remember “their village” as they moved on to the next level. “Once a Seahawk, always a Seahawk” seems to resonate with the students.

Inviting each commit to the table at the front of the room, each student offered a few words about their journeys, appreciation to their families, friends, coaches, and teammates, and shared their plans for college academics and athletics. Chip McCrea Photography captured each signing moment and the family and team celebrations that followed.

Congratulations to the following Seahawks as they continue their academic and athletic careers at these terrific col-



Seahawk seniors at Signing Day
Photo by Chip McCrea

leges and universities:

Chris Fortunato and Gunnar Haywood (baseball) committed to Stevens University and Richard Bland College of William & Mary, respectively.

Eliot Soderholm and Annalise Williams (cross country/track and field) committed to Paul Smiths College and the University of Lynchburg, respectively.

Harris Adam and Jeremiah Wyatt (Football) committed to Albright College and Stevens University, respectively.

Jessica Dornak (girls basketball) committed to Christopher Newport University.

Ashlyn Diederich and Ethan McCrea (swim and dive) committed to the University of Mary Washington and Randolph-Macon College, respectively.

Reston Represents at Penn Relays

By Laurie Dornak, Seahawk Boosters

The historic Penn Relays took place on April 27, 28, and 29 at Franklin Field in Philadelphia. Hosted by the University of Pennsylvania, the Penn Relays bring in top high school, college, and professional fields from the US and the world to compete on one of track and field's most prestigious stages. A meet that boasts being the scene of numerous American and world records, this year marked the 127th running of the Penn Relays, involving approximately 15,000 athletes.

The Relays traditionally go on rain or shine and these athletes braved the rain all weekend. Aside from the wet weather, a schedule change happened this year to showcase the girls competing on Friday and Saturday while the boys competed on Thursday and Friday. The change creates equal opportunity to be in front of big crowds. Roughly 30,000 specta-



Penn Relays
Photo courtesy of SLHS families



South Lakes track and field girls at the Penn Relays
Photo courtesy of SLHS families

tors were jammed into the lower bowl of Franklin Field.

Scott Raczko, South Lakes track and field head coach, led his team to compete in the high school divisions across six events. Congratulations to the Seahawks who represented Reston so well and competed at such a high level in these events: Daniel Miles, Koray Boybeyi, Andrew Thepvongs, Miles Jackson, George Hood, Jason Raffel, Evan Gibbons, Manuel Aquirre-Martinez, Anna Dooley, Sofi Petron, Kate Krull, Alyssa Cephas, Aya Ryan, Precious Mensah, and Ella Laban.

Also, Caroline Elliott, Catalina Simon, Aya Ryan, and Bella Harsanyi took second place in their heat with a time of 9:19.31 qualifying for the Championship of America Final. The Seahawks finished 8th out of 12 teams with a time of 9:17.99, setting another PR and currently ranked the number one team in the state of Virginia.

SPORTS

Youth Spring Sports: Reston Has a Lot to Offer, Outdoors and Indoors



South Lakes High School baseball hosted a Youth Night for Reston Herndon youth baseball leagues. Little Leaguers got free admission and got to run on the field and high five the Seahawks players before the game on a beautiful night for baseball May 5.
Photo by Benjamin Burgess



Great Falls Reston Soccer Club teams are off and running. Photo courtesy of GFR



Herndon Reston Youth Baseball's Buddy Ball League pairs high school volunteers with players with disabilities to help them learn and enjoy the game.
Photo by Katherine Thompson Allen



Reston Hoops opened its inaugural season of co-ed volleyball this spring. Photo by Jen Bowen Falcone



Reston-Herndon Youth Lacrosse League is off to a strong start. Photo by Mary Hamrick



Lucas Hamrick and others began spring house hockey with the Reston Raiders. Photo by Mary Hamrick



Buddies Teddy Crosson and Parker Galus kicked off Little League season at the parade.



Great Falls Reston Soccer Club players take a break.



Reston-Herndon Little League held its annual Opening Day Parade through the streets of Reston Town Center on April 15. Baseball players from every division, Blastball through Majors (ages 4-12), got to dress up, make banners, throw candy, and walk with the high school baseball players to celebrate the opening of the 2023 season.



Reston Professional Triathlete Finishes First in His Second Pro Race

By Matthew Reider, Guest Writer

On April 15, 2023, Reston's own Ryan Luczak completed his first Triathlon as a professional athlete with a time of 56 minutes, 48 seconds. The race, part of the 2023 America's Cup Series, took place in St. Peters, Missouri. This was the first race in Luczak's career as a professional triathlete, and he is now one of fewer than 500 professionals in the "elite men" category of the sport, which is organized by the USA Triathlon organization.

Just two weeks later, Luczak finished in first place in his second professional appearance, finishing in 53:25 at the Richmond U23 Elite & National Development Race on April 29.

Luczak's path towards becoming a Triathlete started on the paths and pools of Reston, where he grew up a few blocks from the Lake Newport Pool. His father is also a triathlete, and Luczak would accompany his dad on training runs.

In his mid teens, Luczak participated in



Ryan Luczak is Reston's own professional triathlete
Photo courtesy of Ryan Luczak

the Reston Youth Triathlon, and he would continue to perform well in Reston events. "I really got interested when I started college, and that's when I started with a trainer."

At the age of 20, he set the Reston Sprint Course Record on August 18, 2021 with a time of 53:34, and has been improving ever since. "I always enjoy the Reston races, as this community always has a variety of locations for running and biking that I use to train," Luczak said. He will continue to be based in and train in the Reston area and is always looking for training partners.

Kevin Mallon, of Endorphin Fitness' Loudoun/Fairfax location, has been Luczak's coach for the last few years. Mallon indicated, "[we] have a program for youth athletes as well as adult online coaching. I create the training plans that Ryan has been using." Mallon also mentioned Luczak's perseverance: Luczak failed to get his "pro card" on two sepa-

rate occasions; once he was ill the day of a qualifying race, and on one occasion he managed to significantly cut his foot during a transition. Despite these setbacks, Luczak qualified as a professional by finishing first at the Claremont "Draft Legal" National Triathlon Development Race in Florida on March 10th, 2023.

Luczak is currently a Senior at Virginia Tech. After graduation, he will be working towards an MBA from William and Mary, in an online program that allows him to continue training. "My immediate goals are to continue to participate in the America's Cup Triathlons, with a goal of being named to the U23 or adult national team for potential Olympic Qualifying." Luczak is a new professional athlete, and his family currently

finances the training and travel expenses required to participate in triathlon races across the Americas. Winning a race generally results in a payout of a few thousand dollars at most.

Luczak is now looking for sponsors and supporters - any company can sponsor Ryan, or provide him with a product to advertise. Prior to becoming a professional, Luczak participated in four or five sprint or Olympic triathlons per calendar year. He already has six scheduled for this summer.



Photo courtesy of Ryan Luczak



Photo courtesy of Ryan Luczak

Foley Academy of Irish Dance

Irish Dancing Lessons

Summer Session
June 19 - August 3, 2023

Head Start Class for Youth New Beginners:
Saturday, June 17 from 12-12:30pm

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

Summer Flex Schedule - 5 Weeks of Classes Available
Attend as many classes as you would like!
New Beginner Class Days/Times Vary
Classes in Reston, VA

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11260 Roger Bacon Dr., Reston, VA 20190

OPINIONS

Will Reston Go To The Birds?

Or the Foxes? That's Up to You

By Restonian, local blogger

In a campaign that's already more contested than the typical race for an RA board seat, we're being asked to vote for an animal to serve as an "icon" for Reston. You see, the Friends of Reston, Public Art Reston, and the Reston Association decided that rhomboid-shaped high rises, apartments whose "contemporary" names lack vowels, and buildings painted the same color as embarrassed Smurfs

aren't "iconic" enough to capture the essence of our plastic fantastic planned

community. So they're asking us to pick a "fun creature" as an icon for Reston, much as cities used to put up statues of various animals (like DC's donkeys and elephants, or the Outer Banks' wild horses). More recently, the folks at a certain Town Center tried to capture a similar bit of lightning in a bottle by asking folks to pick cute names for two nesting falcons, only to brutally censor the overwhelming winners—"free" and "parking." (No truth to the rumor that the two misnamed birds subsequently wound up as a dinner special.)

But we digress. Reston's earthiness makes up for its lack of timeliness, so this month we're being asked to choose between a blue heron, a woodpecker, and a fox as our Official Icon (tm). The winner

will be "fabricated into a cast" (think Han Solo at the end of *The Empire Strikes Back*) and auctioned off to support future public art projects in Reston. That's great, but why limit ourselves to these three options? The contest welcomes write-ins, so here are a few suggestions:

- **Deer.** We see them everywhere around Reston, and as an added bonus, we occasionally get to shoot at them with arrows. Rad!

- **Mosquitos.** The constant companion of our lake-focused Live/Work/Play lifestyle. As an added bonus, the statue's proboscis could clench a written DRB

- warning about improperly painted gutters.
- **Geese.** Loud. Aggressive. Annoying! We'd put the statue on Level G-96 of the Metro parking garage as inspiration for drivers battling for the last spot at 8:59 am.

- **Spotted lanternflies.** These invasive critters are multiplying faster than new developments along the Toll Road.

- **Weasels.** Spotted at every county zoning meeting, the end.

This is real! Vote early and often for your favorite animal to represent Reston: blue heron, woodpecker, or fox at www.surveymonkey.com/r/GTVZYX7.

Restonian

of our lake-focused Live/Work/Play lifestyle.

THAT'S MY POINT

Time for a Plan: Know Your Options

By Scott L. Parkin, Staff Writer

Reston doesn't have a cemetery, a funeral home, or a nursing home. Could our community be a place where no one ever dies? Where all are forever young? That's a pretty good beginning for a Stephen King novel.

At lunch the other day at Lake Anne Coffee House, a friend I've known since high school was surprised to learn that Medicare does not cover expenses related to living in a nursing home. He, like most older Americans, doesn't know much about the issue. There are millions more who don't want to think about it. There are troubling facts that should make many Reston boomers approaching age 80 in a few short years start thinking about how they will cope with long-term care when and if they need it:

1. Medicare does not pay for custodial long-term care in assisted living or a nursing home and it contains a very limited home health care benefit.

2. Medicaid will pay for long-term care only if you have "spent down" your assets. In other words, you need to become or be poor to get financial help from the federal and state government to pay for your care.

3. The average cost of long-term care in a Virginia nursing home is above \$80,000 a year. Assisted living's average cost is about \$58,000.

4. Around the clock home care or home health care can cost a Virginia family more than \$200,000 or more in a single year.

5. The average savings of those in the baby boom generation (those Americans born between 1946 and 1964) is about \$150,000.

6. By 2029 there will be 14.4 million middle class elders; it's estimated that 54% of them will not have the means to pay for such care.

7. Only 10 percent of Americans have long-term care insurance. It can be very expensive depending on your age and health, and a handful of companies offer it. Virginia offers a tax credit to those who have it.

If, like my friend, age 80 is on the near horizon, it's never too late to start planning. Perhaps the first step is to talk with family about their willingness to help if and when the time comes. Educate yourself about local options such as who offers home care or home health care and how much it costs. Check out and compare our community's several assisted living options. Find out where there is a nursing home that offers high quality care. Incorporate costs into the plan and consider what you can afford and for how long.

While there are some state governments have sought creative ways to tackle paying for long-term care (especially for those who are still working), there has been minimal Congressional or Presidential interest in adding another benefit program for the elderly. That may change, but in the meantime, most aging boomers need to educate themselves and plan for how they are going to pay for it.

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

Here's My Story

By J Orisha, Anti-Racist Researcher, and Diversity Consultant

I am Black and reminded of it every day. When I moved to D.C. to attend university, I lived in the Foggy Bottom neighborhood. I would get stares of aversion, comments overflowing with microaggressions, and unacceptable service. When COVID-19 hit, I moved to Fredericksburg, Virginia, and experienced my racialized identity two-fold. Later, I moved to downtown Bethesda, Maryland. Coming back from the club one night, a woman from my apartment was entering the building. In my crop top, mini-skirt, and high heels, I hustled as fast as possible to reach the door. "Excuse me, can you hold the door, please?!" I daintily yelled. She turns around and smiles, "Oh, are you delivering?" I was appalled but not surprised. I am always seen as an outsider in predominantly white spaces.

After getting accepted into George Mason University, I moved to Reston, Virginia. I qualified for the WDU program, so I was ready for my presence to be questioned. I waited. I waited. Nothing. I was confused.

When I am merely 5-10 miles outside of Reston, racism starts. Whenever I am at Walmart, I get asked if I know where "---" is. And every time I am wearing a nice outfit. I can wear a Gucci gown and still look like I know what aisle the soy milk is on. But once back in Reston, nothing. At The Reston Museum, I learned about Robert E. Simon's creation of Reston, VA. Reston was a planned city that welcomed integration during a time when Virginia fiercely excluded People of Color. Could that be why people didn't care that I was Black? Is it because the prejudices for wealth overruled the biases against race? Needing to explore this, I wanted to know

Create Your Own Natural Habitat

By Hallie Craig, Guest Writer

Is there any visitor more welcome than a native songbird? Americans spend \$20 billion annually attempting to attract or view birds. Yet ornithologists agree that American bird populations are roughly half compared to fifty years ago, and the decline continues.

Native songbirds depend on a complex food web. They require native seeds and berries for survival, as well as native insects, which require native plants for food and habitat. Insects and birds pollinate and spread seeds in turn. A few of our native insects, like the adorable carpenter bee, are generalists and can utilize a wide range of plants; most are specialists, like the famous monarch butterflies.

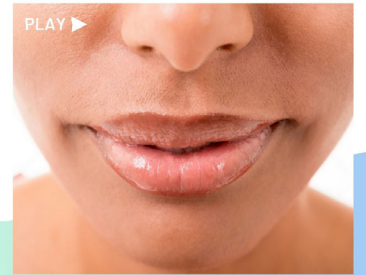
Our garden at home once held colorful but lifeless rows of azaleas, day-lilies, daffodils, and knock-out roses amongst a sea of mulch and unnaturally green lawn. Despite the promise of birdseed and artificial nectar, birds were rare visitors. When a salesman promised to spray an "all-natural" chemical that would "only hurt the bad bugs," I fell for it. I didn't know that those pesticides kill practically

What's Your Story?

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

We strongly welcome the voices of People of Color!

Contact J for more details.



jrobin61@gmu.edu

904-297-8230

if Restonians felt the same way, particularly Restonians of Color.

Specifically, I am asking:

a) How do Restonians make sense of their emotional attachment to Reston?

b) Can Reston's policies inform other cities on practices to create tangible outputs for equity and inclusion?

To answer these questions, the Reston Virginia Oral History Research Project seeks to capture and preserve the oral histories of people based in Reston, VA. Unlike traditional interviews, which consist of a set questionnaire structured to answer the researcher's specific questions, oral history allows folks to answer questions in ways that foster their memory recollection. These stories will be used for my dissertation, book, and documentary.

You are the experts of Restons. If you want to share your histories, I would love to listen. - J Orisha

everything, including birds and their source of food. Since I began skipping the poisons, shrinking the lawn, and replacing the foreign plants with beautiful native species, I've seen a startling increase in wild visitors. Bees, caterpillars, and butterflies feast on the beautiful buffet of leaves and flowers. Hummingbirds sip nectar from phlox. Cardinals and cedar waxwings come to pick at chokeberries and rudbeckia seeds or to prey on insects. Our yard has become a habitat.

When you are beautifying your garden this season, consider the wildlife, too. Skip the poisons and foreign ornamentals. Look for native plants; better yet, try to avoid hybrids or cultivars that have names in quotes, e.g., red bud "forest pansy." Cultivars are typically bred for beauty at the expense of wildlife value. Google to make sure each plant is actually native to Virginia (or at the very least, not invasive).

For more information, reach out to the Master Gardeners and Master Naturalists of Northern Virginia, and join "Virginia Native Plant Society Group" and "Pollinator Friendly Yards" on Facebook. Let your yard become a habitat too.

LIFESTYLE

Reston Arts Festival Returns Full Force May 20 and 21

Weekend to feature contemporary artists, interactive art installation, free performances

Continued from Page 1

ones. The 2023 festival – slated for Saturday, May 20 and Sunday, May 21 at Reston Town Center -- also marks the 50th anniversary of Tephra Institute of Contemporary Art, “a dynamic cultural institution with a rich history in providing innovative experiences around contemporary art,” said Barco, who is also Tephra’s associate curator. “The festival is produced as a fundraiser for Tephra ICA, and art sales directly benefit the participating artists. All other proceeds support Tephra and its year-round exhibitions and educational programming, which are almost always free and open to the public.”

Three jurors reviewed and rated each artist’s application individually on the basis of quality, originality, craftsmanship, and booth display. American University Fine Arts adjunct professor and multimedia artist Charles Phillippe Jean-Pierre; Baltimore-based fiber artist Katie O’Keefe; and Virginia Commonwealth University associate professor of glass Bohyun Yoon invited the top-rated artists in each of 10 categories to participate.

In addition to the artists showing and selling their handmade original work, Barco added, “we are thrilled to be returning to the full Family Art Park experience” in Town Square Park, including “a variety of exciting creative activities for participants of all ages.” Foremost among them, Public Art Reston [PAR] is bringing in Philadelphia-based teaching artist Jessica Eldredge to do an interactive temporary installation.

During a site visit to the park, “Eldredge not only observed visual affinities between the forms and materials of her upcoming public art activation, ‘Infinite Prayer,’ with the nearby 50-foot steel sculpture, Sue Wrbcican’s ‘Buoyant Force,’ but also further synergies with the artists



Tephra ICA Arts Festival’s Family Art Park will feature “Infinite Prayer,” an interactive temporary installation by Philadelphia-based teaching artist Jessica Eldredge. Photo courtesy of Tephra ICA

in current shows at Tephra ICA and its satellite gallery,” noted Phoebe Avery, PAR’s Public Art Manager. “Both Hoesy Corona’s ‘Hacia la Vida’ [Toward Life] exhibition and the Hillary Waters-Faille show use fabric.”

Eldredge, who said her “work uses color and pattern to explore the endless possibilities of structure and beauty,” plans to “evolve” the project she initiated last spring at The Center for Emerging Visual Artists’ Art in the Open on Philadelphia’s Schuylkill River Trail. After dipping cotton gauze into fiber-reactive dyes, the artist wrings out and unfolds the gauze, places it between two sheets of paper, rolls over it with a brayer, and pulls off the gauze, thus creating both a colorful gauze piece and a monoprint.

“I’m interested in structure and variation,” Eldredge said. “Each piece [of gauze] is different in color and shape.” She hangs the gauze on tomato cages. “The people in Philadelphia said the gauze pieces looked

like prayer flags,” she said, explaining the source of her activation’s name.

Eldredge pointed out that her art transforms the medicinal use of gauze by repurposing it. “It’s not for actual physical healing, but rather to provide spiritual healing.”

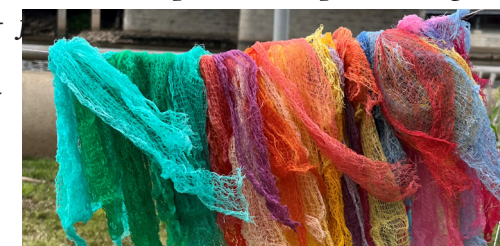
Reston festival-goers will be encouraged to dip gauze into muffin tins filled with food coloring, then “clip their gauze onto the tomato cage to add a ‘prayer’ to our installation.” For some of the gauze pieces, the artist will add a diluted glue solution to the color to allow the gauze to maintain shape under the likely windy conditions. “My intention,” Eldredge explained, “is to invite people to pause and experience moments of joy and reflection.”

The festival also will feature performances. At 1 and 4 p.m. both Saturday and Sunday, the Reston Community Center will present Hoesy Corona’s “Hacia la Vida,” a site-specific performance that explores climate change-caused migration and displacement. The performers will proceed through the streets in intricate sculptural costumes Corona created to

make their bodies both anonymous and hyper-visible. The Baltimore-based Latinx Queer artist aspires to humanize the immigrant figure and celebrate nature’s power and beauty.

And The Reston Concerts on the Town series will kick off the summer season with a free concert by Dance Candy from 8 to 10 p.m. Saturday in the Pavilion. As a Sip & Stroll event, audience members may purchase alcoholic beverages at participating restaurants to bring to the concert – along with their chairs, snacks, kids and dogs. “We are encouraging audiences ‘to make a day of it’ by coming for the festival and staying for the concert,” Barco said.

The hours for the festival are 10 a.m. to 6 p.m. on Saturday, and 10 a.m. to 5 p.m. on Sunday, rain or shine. **For information, visit <https://www.tephraica.org/>**



Eldredge’s gauze pieces, “like prayer flags” Photo courtesy of Tephra ICA



The Reston Concerts on the Town Series will present a free concert by Dance Candy on Saturday evening at the Tephra ICA Arts Festival. Photo courtesy of Tephra ICA

Restaurant Review: Cooper's Hawk Winery & Restaurant

By Steph Drahozal, Staff Writer

Over the last six years, Cooper’s Hawk has become a staple in Reston. Ever since the national chain opened their 30th location on Sunset Hills Road in 2017, the restaurant has never ceased to be busy.

Cooper’s Hawk founder and CEO Tim McEnery wanted to open a restaurant with a wine-driven dining experience, inspired by Napa Valley’s Wine Country. He wanted to be able to go to just one restaurant and do a wine-tasting and then have a delicious dinner afterwards.

Cooper’s Hawk not only crafts its own wine (from vineyard to bottle), but it also designs each food item on their menu to pair specifically with wine. Their team travels the globe looking for the very best grapes (from California to France) and nurtures each wine according to its individual needs to craft the best



Wine tasting Photo by Steph Drahozal

wine possible.

In addition to their award-winning wine, Cooper’s Hawk also has an extensive food menu. Executive Chef Matt McMillin has created a 110-item menu of American-fusion dishes featuring flavors from around the world. Each dish is made from scratch with fresh peak-of-season ingredients, and labeled on the menu with a number to guide you to its perfect wine match.

The menu has a wide variety of food items including pasta, seafood, salad, burgers, sandwiches, steak, and more. It also changes slightly throughout the year as they add seasonal specials.

It has a section called “Life Balance” which aims to accommodate guests looking to enjoy mindful portions when dining out. Each item on this menu is 600 calories or less.

I have never eaten something at Cooper’s Hawk that I didn’t like. The flatbread appetizers are thin and crispy and the salads are big and loaded with toppings.

One of my favorite appetizers is the Drunken Shrimp which is bacon-wrapped shrimp served with a tequila lime butter sauce and fresh guacamole. I like to follow that up with the Parmesan-Crusted Mahi Mahi which is served with broccolini, mashed potatoes, and delicious lemon



Parmesan-Crusted Mahi Mahi Photo by Steph Drahozal

butter with capers.

You also can’t go wrong with any of the pastas or risottos. The pastas are rich and creamy and so tasty. The Country Rigatoni is one of my go-to’s and it comes with Italian sausage, mushrooms, chicken, and roasted grape tomatoes all served in a tomato garlic cream sauce.

The Reston location is large, boasting 9,365 square feet of dining room seating, a bar area, an outdoor patio, a separate wine-tasting bar, private dining space, and retail items for sale. Cooper’s Hawk also

has a wine club where members can receive a different wine every month (either at home or in the restaurant), monthly free wine tastings for two, access to member-only events, and other discounts.

Cooper's Hawk Winery and Restaurant
12130 Sunset Hills Road
Reston, VA 20190



Country Rigatoni Photo by Steph Drahozal

LIFESTYLE

Neighborhood Spotlight: Longwood Grove Spectacular Homes and an Amiable Feel

By **Debbie Anguizola**, Reston-based Realtor of Compass

On the north side of Reston directly across from Baron Cameron Park, lies Longwood Grove, a horseshoe shaped street with six connecting cul-de-sac streets. It is a community of spacious single-family homes that includes traditional colonials, contemporaries, and executive-style estate homes. The neighborhood is bounded by Baron Cameron Avenue to the south and Wiehle Avenue to the west.

While the homes are well-appointed and the flowering archway of cherry trees each spring is spectacular, "the best part is the neighbors!" says 20-year resident Joanne Taylor. "We have quite an international group and enjoy neighborhood barbecues and Halloween parties," added Taylor.

Jill Gallagher describes the neighborhood as multigenerational, diverse, and friendly. "My kids were babysitters for several fam-

ilies in the neighborhood and now those kids are my cat sitters," added Gallagher.

It's no surprise that Longwood Grove has an amiable feel. The people there are welcoming and maintain a lively social calendar, which includes an annual Chalk



Chalk Fest photo by Jen Johns

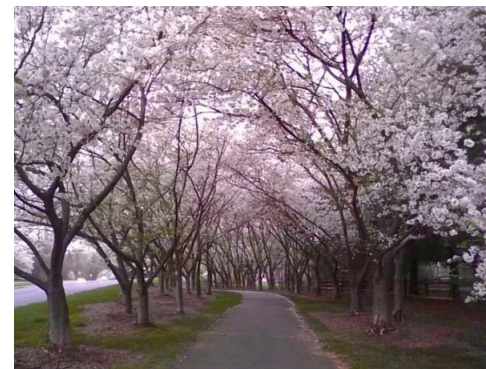
Fest, frequent lemonade stands, and holiday fun such as the Gallagher family's much-loved giant Christmas Snoopy! And you can acquire or borrow almost anything through the Longwood Grove Facebook group.

Longwood Grove is comprised of roughly 118 homes that are always in high demand and typically sell for upwards of \$1,000,000. The homes were constructed from 1983 to 1993 by several builders including Gulick and Van Metre.

Three properties sold in the past year; a 4-bedroom colonial on Longwood Grove Drive for \$1.08 million and two executive homes on New Bedford Lane for \$1.32 and \$1.4 million.

As of this writing, there are no homes listed for sale. However 11204 Longwood Grove Drive, an updated 4-bedroom, 2.5 bath colonial (listed by Marnie Schaar of Compass) is coming soon and is expected to hit the market around May 11th.

Schools: Aldrin Elementary School
Herndon Middle School
Herndon High School



Flowering cherry trees at Longwood Grove
Photo by Jill Gallagher

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THE RESTON HOUSING ROUNDUP

Compiled by Casey Menish, Realtor with Pearson Smith Realty
Data Accessed on May 2, 2023

\$536,500
Median Sales Price
in April 2023

5 Days
Median Days on Market
in April 2023

102.8%
Median Sales Price / Original List Price
in April 2023

18
Coming Soon Listings

28
Active Listings

107
Pending Listings

Apr 2023 vs Apr 2022

-1.6%
Median Sales Price
\$545,000 in April 2022

+0
Median Days on Market
5 Days in April 2022

-0.2%
Median Sales Price / Original List Price
103.0% in April 2022

Data Source: Bright MLS

Home of the Month: 1524 Chatham Colony Townhouse with an Addition

By **Dave Swartzbaugh**, Realtor with Weichert, Realtors Reston

Spencer & Casey Mann had spent many months searching for their first home in Arlington and Falls Church. They were having to compromise on the number of bedrooms and condition in order to fit

their budget. Soon after starting to look in Reston and touring an end unit townhome in the Chatham Colony Cluster near Lake Anne, their house hunt was over. "I remember walking outside and telling our Realtor, 'we want to make an offer,' right after we toured the inside," said Spencer. "Finding one with a two-level addition was a game changer," added Casey.

The home they were about to make an offer on had a rare two-level addition, substantially increasing the curb appeal and useful interior space. The front door enters into a large Foyer with room to remove shoes, store the kids scooters and a big coat closet. "From an entertaining standpoint, having a place for everyone to drop their stuff really helps, especially with a lot of kids," said Spencer.

The addition and renovations were done by a previous owner and are for the most part holding their value nearly two decades later. The rear two bedrooms were combined to make one Primary Suite, leaving two additional bedrooms in the front. This allowed space for a walk-in closet and sitting area. The Primary Bath keeps the original footprint of

the toilet & shower. Turn to the right into the addition which includes two separate vanities and a large corner jetted tub, all of it encased in windows allowing plenty of southern exposure. "I love the master bath, the light, double sinks, and all the windows around it. It really is awesome," said Casey. Anything you don't love? "I don't love the corner tub, I would rather have a bigger shower!"

Having recently added a third child to their household the thought of more updates and converting back to a four bedroom has been considered. "The extension gives us plenty of options to switch back if we want, the bath in a dedicated area leaves space for living," said Spencer.

As they consider their next steps it's easy to appreciate their current home and cluster. The efficient townhouse floor plan offers plenty of space and the super friendly neighborhood is hard to beat.

Chatham Colony Cluster
Year Built: 1971
Above Grade sq ft: 1880
Schools: Forest Edge ES, Hughes MS, South Lakes HS



1524 Chatham Colony's interior addition
Photo courtesy of Dave Swartzbaugh



1524 Chatham Colony's exterior addition
Photocourtesy of Dave Swartzbaugh

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