

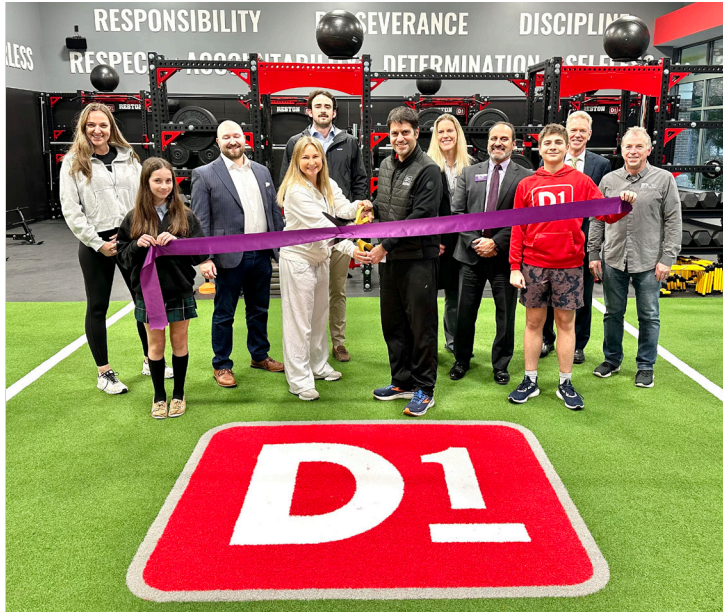
THE RESTON LETTER

D1 Training Opens in Reston

By Sarah Golden, Staff Writer

What may often come to mind when you think of Reston are its many lakes, beautiful walking trails, planned communities, or, if you're a true Restonian, the Ice Cream Sandwich from Red's Table. What you may not know is that Reston is home to some exceptional athletes, including two Olympians. That legacy of athletic excellence is sure to be continued by Pablo Smiraglia, the owner of Reston's newest athletic and fitness facility, D1 Training.

D1 Training is not your average fitness studio. Classes are led by professional coaches and focus on developing the core tenets of athleticism, not just getting in a good sweat. It's a workout with a purpose – to help both athletes and the



Owner Pablo Smiraglia and family, with GM Brooke Knauss, held a D1 Training ribbon-cutting on February 12 with local business leaders. Photo by Isadora Guerreiro

health-conscious alike achieve their strength, speed, agility, and conditioning goals.

Those who may think these classes aren't for them because they haven't played a sport for

years, perhaps decades, can rest assured – D1's approach is highly tailorable and considers not just ability, but age-appropriate conditioning. Classes for adults typically include

a combination of turf work and weights to help build dexterity as well as some of the muscles we begin to lose as we age. However, if you're a big fan of "leg day" or you're trying to tone those summer arms, interested parties can check out the schedule ahead of time and pick a class that best suits their goals.

In addition to adult classes, the most notable difference in D1's approach is its focus on developing child athletes. Children as young as 7 can begin to fine-tune and enhance the skills they are learning in their individual and team sports in a gym setting. The Rookie training program, which is aimed at 7 to 11 year olds, focuses on conditioning, building coordination, and getting kids moving and

Continued on page 2

South Lakes Boys Basketball Team Crowned Virginia State Champs



Seahawks boys basketball earned the Virginia State title for the first time in school history in Richmond on March 9. Photo by Isadora Guerreiro

By Laurie Dornak, Seahawk Boosters with South Lakes Athletics

South Lakes boys basketball team made history this past weekend claiming the VHSL Class 6 State title at the Siegel Center on the campus of VCU on Saturday, March 9. It was the first in the program's history, one that the athletes, community, and school have waited on for 46 years and that had much hype around it all season. The 2024 state championship was earned via a commanding 65-39 win over Patriot High School.

The Seahawks had a steady season leading up to this magical moment that left

coaches and players speechless when asked, "How does it feel?" as they jumped up and down and grinning from ear to ear. South Lakes (26-2) and Patriot (23-5) were Northern Virginia's top-ranked teams this season and when they met in December for an early season game, Patriot beat South Lakes by 11 points.

As most teams do, the Seahawks had their own forming, storming, and norming to sort out. Two losses in pre-district play got their attention and so did the leadership of Senior Tyler Andre who delivered a speech to the team individually and collectively in January. He pointedly shared what it meant to be a team that

played unselfishly– that played for each other and that they could not rest on their talents, but had to work hard together. Coaches love when teams lead from within. These Seahawks experienced a tipping point as they came together with their "ONE TWO THREE TOGETHER" huddle break, Tyler's speech had sunk in. The Seahawks had a "next play" mentality. Much work, discipline, and sacrifice by players and coaches, the incredibly deep roster is a credit to the success of the final game of the season. "This year we took everything one step at a time, won the quarter, won the half, won the game,

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the bulletin



Traffic gardens, non-profit leader of the year, Great Clips cancer charity, Rides for Refugees

sports



Seahawks boys basketball historic season, HHS winter sports, Seahawks indoor track and field

education



HMS Robotics event, Aldrin vs. Armstrong Basketball Games, HHS NJROTC

lifestyle



2024 interior design trends, St Patty's Day events, Reston trail feature

opinions

Cananda Geese, Restonian, and Dr. S.

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THE BULLETIN

Shear Love: Cindy's Legacy & Great Clips Fundraiser

By Megan Schmid, Staff Writer

Over Valentine's Day, Cindy's Legacy, a Reston-based nonprofit organization, partnered with Great Clips in South Lakes Village Center to raise \$550 for cancer patients in need. It was an act of shear love.

Cindy's Legacy was founded in honor of Cindy Martin, a beloved Restonian, long-time community hairstylist, and mother of three who lost her battle with brain cancer in 2011. Cindy not only had to undergo intense treatments to battle cancer; unable to work and lacking adequate health or disability insurance, she also had to navigate the muddy waters of doctors, hospitals, health insurance providers, patient advocacy groups, and government assistance organizations. Very few provided the help that was so desperately needed.

The cost of cancer is enormous, and Cindy's family vowed that no one should have to wade their way through admin-

istrative nightmares, and endure added mental, physical, or financial stress while fighting a deadly disease. That is what motivated them to start a charity that will lend personal and financial support to cancer patients and their families, enabling them to focus on one thing: surviving.

"We are here to support our community at large," said Stacy Brooks, Cindy's daughter, a South Lakes High School alumna and founder of Cindy's Legacy. "If cancer patients can't get groceries on the table or can't pay for a prescription, we are here to help."

Grants from Cindy's Legacy come in the form of gift cards to assist patients with utilities, gas, transportation, lodging, groceries, prescriptions, or other medical necessities. Grants are made possible by donations and fundraisers, like the Shear Love Valentine's Week Fundraiser with Reston's Great Clips.

For three days, Great Clips donated 25

percent of each hair service to Cindy's Legacy. Great Clips opened its Reston location in 2022 and is run by franchisee Sean Carroll. "We are very lucky to be partnering with Sean and Great Clips. My mom was a hairdresser in and around Reston for over 30 years. Everyone knew and loved her, so partnering with a salon just makes sense. And Sean gives back to so many people in need," Stacy said.

Great Clips offers free haircuts to anyone who wants to donate their hair to Wigs for Kids, an initiative that helps kids and young adults experiencing hair loss. Clips of Kindness is another program run by Great Clips, providing free cuts to anyone losing their hair due to cancer treatment.

"During her treatment, the only time my mom ever cried was when people were raising money for her," Stacy said. "We had overwhelming support from strangers. That kind of pushed me to do this. They gave us their hard-earned money. I



Cindy's Legacy at Great Clips
Photo by Isadora Guerreiro

want to be able to do this for others."

Cindy's Legacy hosts an array of charitable events throughout the year to support their mission. Their Sip, Savor & Support charity wine tasting and silent auction event is scheduled for the fall. If you are interested in a fundraising event, partnership, or would like to donate, visit info@cindyslegacy.org.



D1 offers a neat, light-filled space for athletes. Photo by Benjamin Burgess

D1 Training, cont'd from page 1

jumping in a safe space. Athletes in the Developmental group, ages 12 to 14, begin their introduction to the weight room. Here, kids begin to build the essential muscles that help them grow strong, as well as learn proper form when working with weights to reduce the risk of future injury. The Prep program, aimed at high-school students ages 15 to 18, focuses on high-level performance and agility.

Safety is a top priority for Pablo and his team at Reston, so they take into consideration necessary accommo-

dations and don't unnecessarily push their young athletes into blindly "playing-up" when they're not ready. Just as important as safety is the confidence that D1 instills in its young athletes. Testimonials shared by the parents of student athletes say that their children's experience at D1 is fun, helps them connect with other children in a team setting, increases awareness of their body, and builds self-confidence. Pablo is a Reston resident and has been an active member of the community for more than 15 years. He decided to open D1 in Reston when he noted that nothing quite like D1 has ever been in Reston before. He feels the facility presents an opportunity to engage with Reston families with a new, exciting, and science-backed approach to fitness.

Still unsure if D1 is right for you and your kids? Pablo says, "come check us out!" D1 Training is offering kids and adults their first class for free. The facility, which is located across from the Bank of America off of Bracknell Drive and Stevenage Road, right near Trader Joe's, is open Monday through Saturday. Classes are offered at various times throughout the day. To see the full class schedule and request a free class, visit www.d1training.com/reston.

Local Nonprofit Puts Northern Virginia Refugees on Road to Self-Reliance



Jacqui Olkin, President of Rides for Refugees, stands in front of car recipient's car as he starts it.
Photo by RFR

By Jacqui Olkin, President, Rides for Refugees

Rides for Refugees, a Reston-based charity founded by lifelong Restonian Jacqui Olkin, recently presented four local refugees with free cars, allowing them to get to work and become self-reliant.

The charity provides cars to low-income, legal refugees throughout the United States. They accept tax-deductible monetary and vehicle donations to support their mission. "Vehicles mean opportunity for refugees — to find gainful employment, work for themselves, and become financially independent," Olkin said. "Our applicants are very motivated and employable; they just need cars."

Lack of transportation often limits employment opportunities for low-income refugees. Even where public transportation exists, it may be prohibitively expensive or not operate where and when needed.

The local car recipients are Afghans granted protected status or special visas by the federal government. Car recipient Mohamed and his family lost their home and savings when they fled Afghanistan so their daughters could be educated.

Mohamed, an attorney, is using his new car to work as a delivery driver while interviewing for contract management jobs. "Rides for Refugees has given me hope," said Mohamed. "Not only for myself, but for all my family. Having this car, I can get more professional jobs."

The other local car recipients are Zed, a college graduate who assisted U.S. military personnel; W.K., an engineer; and Tee, an attorney and women's rights activist. Tee's family tried to flee Afghanistan on the day the Taliban assumed control of the country, but they were separated in the crowds, and only Tee and a sister were evacuated. The new car will enable her to work as a medical assistant while she saves money to re-train as an attorney. She will share the car with her sister, who wants to complete her college degree and start a business. "Receiving this car from Rides for Refugees is not just about the vehicle itself, but also about the newfound freedom and opportunities it brings," Tee said.

For more information about Rides for Refugees, or to make a monetary or vehicle donation, visit www.ridesforrefugees.org or contact hello@ridesforrefugees.org.

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THE BULLETIN

Discover Traffic Gardens: Inspired in Dublin, Born in Reston

By Ellyn Wexler, Staff Writer

Fionnuala Quinn has fond memories of school field trips to the Clontarf Traffic School in Dublin, Ireland. Its miniature versions of real traffic situations allow children to learn the rules of the road.

Clontarf served as inspiration for the Reston resident's eight-year-old business, Discover Traffic Gardens. A traffic garden, Quinn explained is "a fun play and learning space consisting of reduced-sized streets and scaled-down traffic elements assembled into a network. It is a small world for active play and a purpose-designed space for children to learn bicycling skills and roadway safety."

Its purpose? "Traffic gardens introduce kids to traffic rules and interactions, and through the knowledge and self-awareness developed, make them better and safer users of the transportation system as they practice and get older," Quinn said.

Working for a firm specializing in biking and pedestrian design was among Quinn's "overlapping activities" that led to creating her business. There, the civil engineer "stumbled upon 'safety towns' in the U.S.," which were like Clontarf,

but "often one-off endeavors, lacking the comprehensive design guidance typically seen in almost every other construction project."

At the same time, Quinn was running an engineering program – "developing STEM activities focused on street and community design" – at Hunters Wood Elementary School. "Bob Simon, the visionary behind Reston, came in several times over the years to engage with the fifth- and sixth-grade girls, discussing Reston's design principles," she recalled. "I knew from this experience that kids loved street design activities."

Simultaneously managing a bicycle advocacy organization in Fairfax County, Quinn added, gave her "valuable insights into national trends and initiatives in the field."

As a result of these three experiences, Quinn said, "I identified significant gaps in addressing children's needs within biking and pedestrian design topics as well as a complete lack of information regarding the planning, design, and research into traffic gardens."

The idea of a pop-up traffic garden originated on the street in front of Quinn's Reston house. "During the 2020 lock-

down, kids were stuck home, and everyone was strictly avoiding contact, so I figured that a traffic garden would be a fun outdoor contact-free activity," she recalled.

Using duct tape and spray chalk, she created her do-it-yourself traffic garden. "This simple setup quickly became popular among local kids, and became a destination for some families," Quinn said.

"I rashly made a commitment to create a new street layout every week, which turned out to be a lot of work, but kids looked forward to the new designs," she added. "It was fun and social (properly distanced) during what was a bit of a bleak time for kids."

Now, "four years on, I still have kids stop me and ask me to put out portable traffic signs and tape on the street," Quinn noted.

When Quinn shared photos of the traffic garden on Instagram, people across the country inquired about replicating the idea. "In response, I wrote a 20-page guide with instructions, which I continue to sell on my website," she said. Later, she wrote four "more comprehensive versions" of the guide for several U.S. cities and communities.

Quinn also "worked with manufacturers to create scaled-down traffic stencils,



Quinn's Traffic Gardens have spread across the country. Photo contributed by Fionnuala Quinn

and I offer starter kits containing the DIY supplies," she said. "Some cities even purchase these kits in bulk to distribute to local community groups, further expanding the reach and impact of the pop-up traffic garden initiative that was born in Reston."

Quinn and her family moved to Reston in 2018 for the community and the transportation network. "I had long realized that Reston was the best place in Fairfax County for a lifestyle where you could choose to walk, bike, or use transit for everyday trips," she said.

"We live a six-minute walk from Lake Anne Plaza where we love all the activities and events, and we chat and interact with neighbors and community members every day. Reston community life is exactly what we hoped it would be."

CALL FOR NOMINATIONS

By Reston Citizen's Association

Reston Citizens Association [RCA] is seeking nominations for four open seats on its Board of Directors. Two District seats, including a Hunters Woods District Director, and a North Point District Director as well as two At-Large Directors.

Founded in 1967, RCA is a non-profit, tax-exempt 501(c)3 corporation serving the more than 63,000 people who live in Reston. It 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 comprises a maximum 13-member Board of Directors elected by Reston residents, or appointed if there are no contested seats, with the Directors serving three-year terms.

RCA has three overarching goals: To educate the community by monitoring, analyzing, and reporting on issues affecting Reston and its future; to engage the community by actively listening and communicating with Reston residents in writing and in public meetings, and to facilitate the

voice of the citizens by representing the community and advocating at local, county and state level meetings and forums as well as with all other relevant stakeholders.

Among other meaningful and impactful issues identified by Board members and citizens are RCA-sponsored election candidate debates/forums, representation on the Comprehensive Plan Task Force and related working groups (Transportation, Open Space, Parks and Recreation, and Land Use), and analysis of and stated positions on key issues that affect all our lives such as proposals for "Sports Tourism," a Town Center Parkway Underpass, preserving Reston's two 18-hole golf courses, opposing a Reston casino, and keeping Reston a planned community.

If you are interested in getting involved with this active board to advocate for Reston citizens in improving and protecting Reston as a planned community, please complete a CANDIDATE APPLICATION FORM no later than May 10, 2024. Questions? Call 703-662-1687.

Women Helping Women Reach For The Stars

By Peggy Hoover, P.E.O.

Chapter AL of Philanthropic Educational Organization [P.E.O.] has been right here in Reston since 1973. Its mission is to celebrate the advancement of women; educate women through scholarships, grants, awards, loans, and stewardship of Cottey College, and motivate women to achieve their highest aspirations.

In addition to the educational opportunities, P.E.O. provides a framework of support and community for all members. Virginia has 72 P.E.O. Chapters. Through membership, P.E.O. has brought together more than half a million women in the United States and Canada and helped more than 122,000 women pursue educational goals.

Women seeking financial help for their education work with P.E.O. members to guide them through the application process. Many area women have benefited from the financial help they have received, but P.E.O. members don't stop

there. They stay in touch with students through their educational journey with notes of encouragement and an open door for communication. Recipients throughout the country contact the organization with heartwarming stories of how P.E.O.'s help changed their lives.

Money for the scholarships comes from the fundraising that members work on throughout the year and from donations. The two main fundraisers are selling White House Ornaments and creating May Baskets for May Day.

To learn more about P.E.O. visit us at peointernational.org.

THE RESTON LETTER

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THE BULLETIN

Restonian Named Leadership Fairfax's Non-Profit Leader of the Year for 2023

Contributed by Northwest Federal Credit Union

Restonian Taralyn Tharp Kohler was recognized by Leadership Fairfax as the Non-Profit Leader of the Year on Feb. 29 at the Northern Virginia Leadership Awards at the Reston Community Center. Kerrie Wilson, CEO of Cornerstones, presented the award.

"Taralyn's visionary leadership and distinctive influence have been instrumental in my commitment to over 100 hours of volunteering for the CORE Foundation," said Jennifer Heffner, who nominated her. "I have observed her exceptional ability to unite businesses,

individuals, and faith-based members, fostering community growth and helping neighbors in need. Over her six years as CEO, Kohler provided visionary leadership to the CORE Foundation, overseeing a remarkable 400 percent growth that transformed it into a prominent local non-profit."

Kohler's prowess is evident in the groundbreaking CORE Cause Program, offering nonprofit business management to more than 50 charitable projects. She personally mentored and onboarded diverse initiatives, turning charitable ideas into impactful projects. Her training efforts have motivated many individuals in fundraising and nonprofit leadership,

creating a ripple effect of motivation within the community.

In 2023, Kohler received recognition through the President's Volunteer Service Award Program as a Lifetime PVSA Recipient for completing 4,000-plus service hours. In addition, she has instilled a legacy of giving in her children, Quinton and Kailyn, volunteering with them through the National Charity League and the Young Men's Service League. Kohler was a Girl Scout leader for seven years. She also was named the 2023 Patriot Pride winner by her alma mater, The John Carroll School.

Kohler recently accepted the opportunity to lead and transform the Northwest



Taralyn Kohler with Chris Matschat at awards ceremony

Federal Credit Union Foundation. Her departure from CORE signifies the conclusion of a chapter where she leaves a sustainable model for the incoming leadership to build on.

Reston Regional Library hosts:

Life, the Universe, and Everything: A String Theory Way
Saturday, March 16, 2024
11:30am - 1:00pm

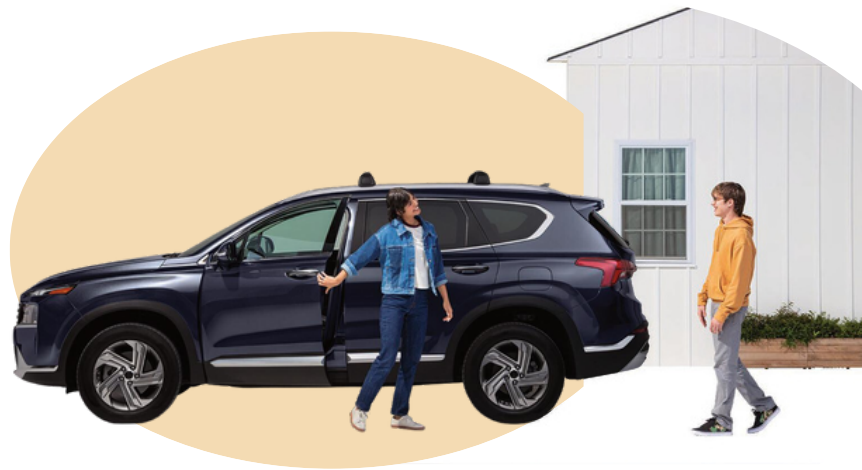
Join us for a talk with scientist and author Dr. Howard Jeffrey Bender as he gives a light description of String Theory, including applications in biology, astronomy, and physics. We'll see how our consciousness and personality may be affected, how our universe has developed, and how Dark Matter may be explained. He also shows how String Theory concepts might help us better understand ourselves and might provide material to help with our own creative ideas.

Registration required via <https://librarycalendar.fairfaxcounty.gov/event/11888745>



Image from Fairfax County Public Libraries

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THE BULLETIN

Spotlight on Faith: Washington Plaza Baptist Church

By Zita Collins Rose, Moderator,
WPBC Church Council

Washington Plaza Baptist Church [WPBC] is a progressive American Baptist church located on Lake Anne Plaza. It was the first church in Reston, a part of Robert E. Simon's design for the new town named for him.

At that time there were only 47 residents, none of whom were Baptist. As the town grew, so did membership. During building construction, the church met in various places, often outgrowing them. Groundbreaking for the new church building took place in July 1967, and the first service was held in July 1968.

Washington Plaza Baptist is an inclusive Christian Community whose worship, communion, and fellowship are open to people of all faiths. It is a safe place for all people to worship regardless of race, creed, age, cultural background, gender or sexual orientation. The church has held weddings for same-sex couples, supporting its continuing involvement in Reston PRIDE.

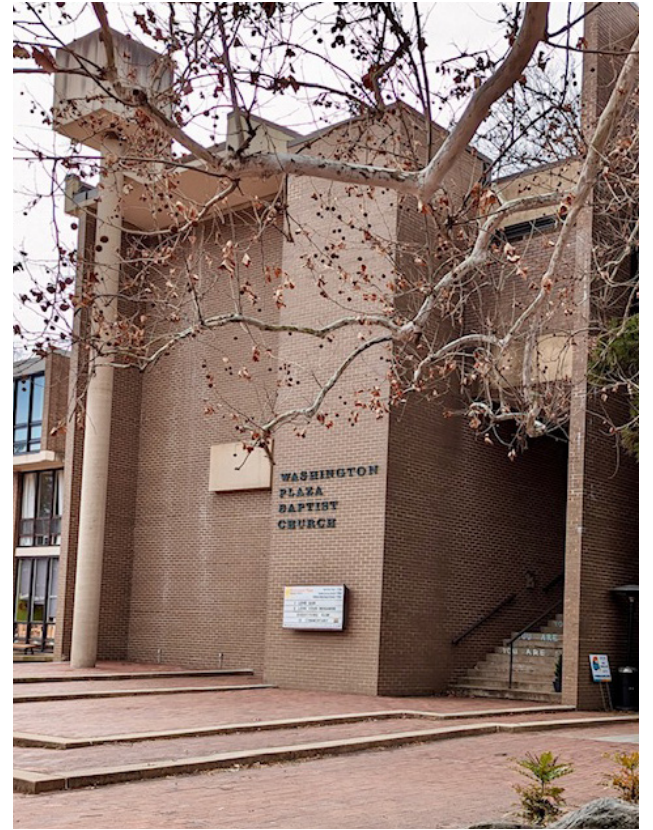
The church community affirms that all have access to the love of Christ and service to God. Involvement in

the community includes in-church activities such as the Mitten Tree, where mittens, gloves, scarves, and socks are contributed for the Embry Rucker homeless shelter. A church member also sews pillows and pajamas for the shelter's children.

WPBC has offered classes to the community, and has held free concerts and events, like Christmas Concerts and Fall Cabarets. The church has participated in many events on the plaza, opening its fellowship hall for performers, and having tables for Founder's Day and Jingle on the Lake. Several church members are Polar Dippers, including our oldest member who at 90 dipped her toes in for the cause!

The first Sunday of every month is Missions Sunday, where the church supports local causes, such as Embry Rucker, Cornerstones, and Artemis House, and global causes, such as earthquake victims in Turkey and Syria, Mississippi tornado victims, and disaster relief in Maui.

Sunday Service is at 11 a.m. at 1615 Washington Plaza West. WPBC Zoom Fellowship and Prayer is at 7 p.m. Wednesday at <https://us02web.zoom.us/j/84192869385>



Washington Plaza Baptist Church is a prominent fixture on the plaza at Lake Anne. Photo contributed by WPBC

The Big Boomer Show Coming to Cafe Montmartre

By Jerry Katz

Get your tie-dyed shirts, love beads, and dancing shoes out for the "Big Boomer Show" on April 13 at 8 p.m. at Café Montmartre in Lake Anne. The Moonlight Cabaret Singers will be performing songs from the 50s, 60s, and 70s for your dancing and singing pleasure.

The five group members will be singing songs made famous by Sonny and Cher, Elvis, Teresa Brewer, Elton John, The Platters, The Carpenters, Sam Cooke, Bill Haley and

his Comets, and many more memorable artists. Audience members can participate in several games like Name That Movie Theme Song and The Boomer Match Game. For a special treat, you'll be amazed by the prognostications of Karnac the Magnificent.

The Moonlight Cabaret Singers have been performing at Café Montmartre for the past 15 years entertaining audiences with a variety of shows with themes such as Broadway, Hol-



Moonlight Cabaret Singers Photo by Jerry Katz

lywood, Simply Sinatra, The Fabulous Fifties, Cole Porter and an annual Winter Holiday program.

There's no cover charge or minimum. Reservations are a must as the shows often are sell outs. Contact Jerry Katz for reservations at 703-731-7792 or Jerry@moonlightCabaret.com.



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Enjoy Our Local Chorale

Contributed by Reston Chorale

The Reston Chorale will wrap up its 2023-24 season with three concerts and events: "Everlasting Love" will be presented on Saturday, March 23. Two shows, at 4:00 and 7:00 pm, will feature classic love songs ranging from the Beatles to Broadway. On Saturday, May 11, from 10:00 am to 3:00 pm, The Res-

ton Chorale and The Reston Garden Club will offer "Gardens of Note," with self-guided tours of six beautiful Reston gardens plus pop-up musical entertainment. A "Star-Spangled Salute," a free patriotic concert, is slated for Saturday, May 25 from 7:30 to 9:30 pm at Reston Town Center. For tickets and information, visit RestonChorale.org.

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Hunters Woods
- Gardens of Note tours
Sat. May 11,
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EDUCATION

Herndon High's Parents Plan Annual All Night Grad Party

By Holly Weatherwax, Staff Writer

Herndon High School is moving into graduation season, which means preparations are underway for an important tradition for our graduates. The All Night Grad [ANG] party provides a drug and alcohol-free safe space for the 2024 graduates to celebrate.

Every public high school – and many private schools – in Fairfax County sponsors an ANG party. More than 8,500 students attended the first ANG party June 15, 1961 at Disneyland. Locally, these parties have been a hallmark of graduation since the late 1980s. Herndon threw its first party around 1988.

This year's Herndon ANG party will take place on the evening of HHS graduation, June 5, from 10:45 p.m. to 5 a.m., at the Herndon Community Center. The graduates-only party requires that se-

niors and their parents sign a permission slip/contract to participate.

"The All Night Grad party is important to me as a Herndon graduate for the memories that it creates, and for providing a safe and fun environment for the kids on their graduation night," said Community Events Fundraising Chair Erin Ritter. "I want these kids to have the best night to celebrate their hard work and to send them off to their next journey."

Designed to keep the graduates busy all night, activities will include a casino, an inflatables obstacle course, a hypnotist, and sumo wrestling. Prizes will be awarded.

The ANG committee is hosting a spring plant sale to raise funds. Orders will be taken on the ANG website, and plants will be picked up on April 28 at the school.

On April 13, the committee will sponsor



Herndon's ANG party was held at Herndon Community Center last year. Photo by Mara Watt

an event at Carpool in Herndon. There are plans for several evenings with Guest Bartenders at Jimmy's in downtown Herndon. Check <https://herndonang.org> for details about times. All events are open to the public.

The committee has obtained donations and sponsors, but more are needed. If

you have a company or organization that would like to sponsor, either as a corporation or personally, email ANG-party2024@gmail.com or donate on the website, <https://herndonang.org>.

For details about all events, and to get more information, follow [hhs.allnightgrad](https://www.instagram.com/hhs.allnightgrad) on Instagram.

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HHS NJROTC: Fostering Leadership Skills for 40 Years

By Alexis Doty, HHS NJROTC Parent

Herndon High School's NJROTC is celebrating its 40th year helping cadets become the best they can be.

The program's number-one goal is the next step: getting the cadets ready for what comes after graduation for each cadet, whether it's military, college, a trade, or the start of a career or a job. The second goal is providing leadership opportunities and preparing the cadets and unit for the Area Manager Inspection (AMI), where each cadet is inspected and the unit presents their abilities and plans to Area 4 Manager Lieutenant Commander Wilson.

So far, this school year, the battalion has participated in the Homecoming parade and rifle meets, hosted several blood drives, welcomed veterans at Dulles Airport for the Honor Flight and took several full-day field trips to military-related monuments and museums.

What many cadets know and love about NJROTC is that it's more like a family than a class. A good percentage of them take part in extracurricular activities – drill, color guard, rifle; they come early and stay late to practice, and often are called to perform on holidays, weekends, and for senior nights for sports teams and school events.



HHS NJROTC cadets (L to R): Karl Sequeiros, Minh Anh Pham, Ashly Arce Santos, Kayla Doty. Photo by Alexis Doty

With 175 cadets in this year's program, the unit qualifies as battalion size, which means ample opportunities for leadership in addition to the top four cadets in charge of the battalion. "The class is amazing! The friends I've made are people I will know, love and remember for the rest of my life," said Student Commanding Officer Doty. "It is fantastic to see the underclassmen rising up into leadership positions, and I'm so excited to be a part of the interview process in the selection of the next year's top cadets and staff."

Making an Impact

Kim Brophy Retzer

By Chuck Cascio, Author and Former South Lakes Teacher

While attending elementary through high school in Reston, Kim Brophy Retzer could not have imagined that she would someday be principal of one of those schools. But 12 years ago, Kim was named principal of South Lakes High School, the school from which she graduated in 1989, and she was eager to meet the challenge.

"The idea of leading a school in a community that helped shape me was both exciting and full of opportunities," Kim says. Through her years leading SLHS, she says, "The greatest rewards for me are the individual ones – seeing that student you work with who has struggled and at some point, turns a corner to find success. Whether it be overcoming a family situation, adjusting priorities or sometimes just maturing."

Kim's childhood experiences in Reston range from "remembering the Reston Carnival as an event that we looked forward to and weekends at the roller rinks. As a South Lakes graduate, many of my memories center around fabulous Homecoming parades, packed gyms for basketball, and fun times during major

snowstorms when we learned we would walk a lot further to see friends than we normally would!"

Those memories and the growth Kim has seen in Reston influence decisions she makes in addressing the daily challenges the SLHS staff and students face. A major focus of Kim's has been to implement initiatives with a direct impact on students most in need of support.

One example is the Advancement Via Individual Determination (AVID) program that the South Lakes staff implemented several years ago. "This program allows us to provide support to students with college readiness skills and support with the application process for post-secondary opportunities," Kim explains. "We have had a 95 percent or better four-year college acceptance rate for the seniors involved in this program."

Another seemingly simple creation that Kim says serves as a reminder of the diversity within SLHS and the importance of embracing those differences is the "We Are..." mural, also known as the "Unity Wall," that students created inside the school's main corridor. "It is a constant reminder that the South Lakes community is filled with diversity, defined in



Kim Brophy Retzer

many ways that we must embrace. It is important that students of all types are both welcomed and recognized."

Kim acknowledges that the rapidly changing world of technology adds to the daily challenges of educators today. "Social media is an ongoing challenge," she says. "We must continue to work to teach responsible and ethical use of technology, including social media. Also, the impact of Artificial Intelligence on education adds to the continual effort to ensure that we embrace technology as a resource for good."

As a major goal in continuing to make a positive impact, Kim says, "I would love to move to standards-based grading. To do that, we must rethink how the curriculum in each course is organized, what skills are assessed, and how learning is measured."

RESTON RUNNERS

WALK • RUN • LIVE

Half Marathon & 5K Races

Sunday, April 21 @ 7:30am
Located: South Lakes High School

Proceeds provide scholarships to local high school students

runnersmarathon.com

EDUCATION

Commanders Quarterback Packs Food for Reston's Dogwood Elementary Students

Contributed by NWFCU

Washington Commanders quarterback Sam Howell joined Northwest Federal Credit Union [NWFCU] Foundation employees on Feb. 27 to assemble weekend meal bags for local children in need. "I was excited to be able to lend a hand to this vital cause," Howell said. "Doing what I can to help hunger in my communities is important to me, and being able to partner with the NWFCU Foundation in this effort is an honor."

The 250 meal bags were distributed to Dogwood Elementary School as

part of a larger effort to help students in need sustain their nutrition through the weekend. Northwest has partnered with Helping Hungry Kids [HHK] since 2020 when food insecurity in the community came to their attention during the pandemic.

Northwest supported these efforts by providing space for food storage and food bag assembly with its employees volunteering alongside the Commanders quarterback. "Our mission at Northwest is to better the communities in which we live and work," President and CEO Jeff Bentley said.

"During the pandemic when students

were learning from home, they relied on the schools to provide food," said NWFCU Foundation Vice President Taralyn Kohler. "When HHK lost access to their space during lockdown, Northwest offered them a new home, and an impactful partnership began."

"The partnership is integral to our mission of feeding elementary students on the weekends," said Kate Brown, HHK's co-director. "We are so grateful to the foundation for their commitment."

Since the program's inception, the need has increased from 250 food bags weekly to 600-plus food bags.



Quarterback Sam Howell packs food for students. Photo by Benjamin Burgess

Annual Armstrong vs. Aldrin Basketball Showdown



Armstrong and Aldrin elementary schools played their annual basketball game at Herndon High School on March 1. The Armstrong girls team defeated Aldrin with a score of 13 -10. The Aldrin boys team evened out the bragging rights, defeating the Armstrong boys with a score of 23 -18. Armstrong staff won the three-point shootout 42-21. (L to R) Mr. V's boys team, Aldrin and Armstrong principals Mr. Quinn and Mr. Wolfe, players from Aldrin girls team. Photos contributed by Armstrong and Aldrin Elementary Schools

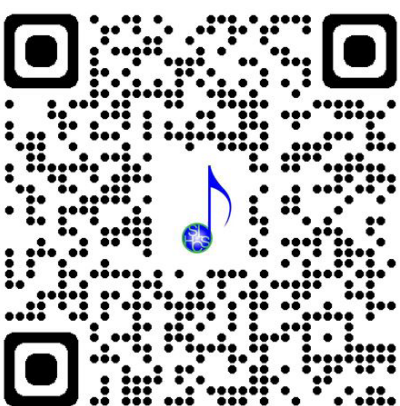
SLHS Chorus

The South Lakes High School Chorus will be hitting the neighborhoods of Reston on Saturday, March 16th from 9 am to 4 pm for their Notes4Notes Chorus FUNdraising day! The South Lakes High School Choral Program has continuously been awarded the VMEA "Blue Ribbon" for Superior ratings.

The money raised will be used to:

- Support our chorus ensembles and a cappella groups
- Purchase choral materials and supplies
- Offset field trip costs
- Assist with scholarships

This fundraiser is sponsored by Parents for Choral Arts (PCA). If you would like to contribute to the Choral program, please scan the QR code to securely donate by credit card.



The Dominion Christian School's middle school team placed seventh in the Science Olympiad Regional Tournament. They are excited to compete in the state tournament at the University of Virginia later this spring. Photo contributed by DCS



Award-winning Herndon High Robotics team demonstrated at an event at Herndon Middle School to support the momentum provided by a recent GOOGLE grant. Students were able to work on math-STEM activities and drive robots. Dr Reid, FCPS superintendent, was in attendance, among the mayor of Herndon and school board member Melanie Meren. Photos by Isadora Guerreiro



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FOREST EDGE vs. LAKE ANNE
6TH GRADE BASKETBALL GAME

MARCH 15TH
SOUTH LAKES HIGH SCHOOL
DOORS OPEN AT 6PM
GAMES BEGIN AT 6:30PM

Our Minds Matter
Combining with art to promote mental health awareness

Herndon High presents
Playlist of our Lives

Herndon Auditorium
March 15
7:00 PM

SPORTS

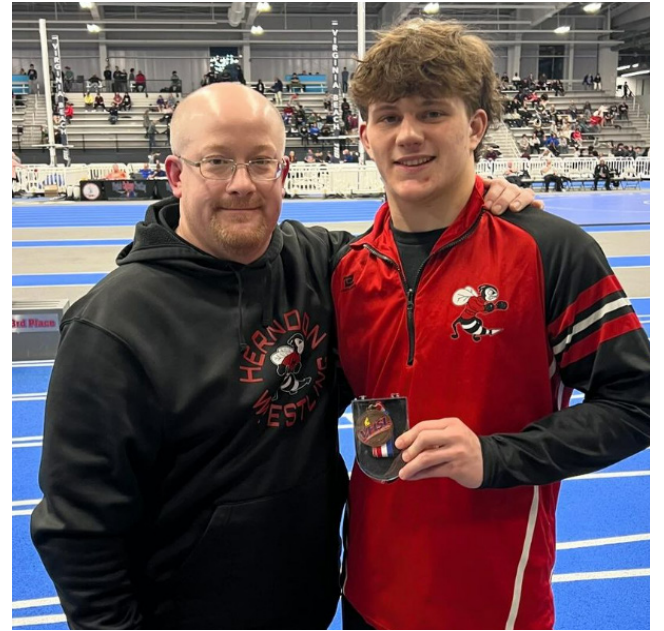
Herndon High School Winter Sports Recap

Contributed by HHS Coaches

Herndon Swim and Dive had a fantastic season. It was great to have new athletes join the team, many of whom made an immediate impact. Many of the swimmers swam new events in the regular season dual meets and the divers (many first timers) tried throwing new dives. The athletes put forth a great amount of effort and sportsmanship day in and day out. The team was led by senior captains Ava Baez, Simon Cheng, Aanya Diaz, Rian Graham, Anna Houck, Madison Raikes, Liam Rayson, and Deanna Tipler. Our girls team had some wonderful additions this year including Ariel Indrisano and Daniella Ramsey, who joined our season MVP Morgan Wright and raced for many top finishes during the regular season. Our boys finished the season strong at states in the final year for Head Coach Kathy McLaughlin (19 years) and Assistant Coach Amy Keefe (18 years). Liam Rayson and CJ Ho swam individual events at the state championship meet and scored points for the Hornets. The biggest star and season MVP was senior captain, Rian Graham. Rian swam to two first place finishes at the Liberty District meet in the 200 free and 100 free earning 1st Team All District honors. In the Northern Region meet, Rian again was a two-time champion winning the 200 free and 100 back earning 1st team All Region honors. He was also a double state champion in the 200 free and 100 fly earning 1st team All-State honors. His time in the 100 fly qualified him as an automatic All American and his time in the 200 free and 100 back was an All American consideration time. Rian will be attending the University of Louisville and swimming for their team next year. It was an amazing season and Herndon wishes the seniors nothing but the best! Go Hornets!

Herndon Boys Basketball achieved its highest win total since the 2019-2020 season, notching notable victories over Yorktown, Langley, Meridian, and Heritage. Luke McDermott ('24) made 2nd Team All Liberty District and, for the second season in a row, was named to the All Defense Team. Toby Haire ('25) made 1st Team All Liberty District and earned 2nd Team All Northern Region 6D honors. Cash Xeller ('25) was recognized as our Scholar Athlete of the Year after maintaining a 4.08 GPA, and Ryan Buenaventura ('27) received our Team Player Award.

Indoor Track & Field finished at the VHSL State Championships on Feb 26 & 27 with eight individuals and a relay team qualifying for the State Championships in Virginia Beach. Andrew Janetsky qualified running a time of 9:38.48 in the 3200m; 4:28.47 in the 1600m. Bo Chatterjee qualified running a time of 4:27.15 in the 1600m. Meghan Sullivan qualified running a time of 11:11.34 in the 3200m. Evelyn Cherry qualified in the girls pole vault jumping 9'-6". Ian Mahoney, Avery Williams, Hamza Hawa, and Blake Johnson qualified in the 4x200 relay placing 3rd place at Regional Championships. The Herndon Track and Field Team had



Alyssa Landrum came in third at the VHSL Girls Wrestling State Championships and Brady Calderwood came in third place at VHSL Boys Wrestling States. Landrum on the podium and Calderwood with Coach Drummond. Photos contributed by HHS Athletics

a successful season with the boys finishing 3rd overall and girls 7th, at the Liberty District Championships.

Hornets Girls Basketball team worked hard this season after graduating five seniors and returning only two major contributors from last year's team. Herndon's young team started off slow with a starting lineup comprised of two seniors (one junior and three sophomores), but as the season progressed the team grew together and was able to string some wins together, finishing sixth in a strong Liberty District. Some of Herndon highlights were senior Julia Griffith buzzer beater shot against Justice High School, Senior Clara Clayton and Sophomore Nina Whale making Liberty District 2nd team All-District, and Sophomore Regan Guliani making the Liberty District All-Defensive team. Next season, Herndon Girls basketball is excited for a promising season as they look forward to returning nine underclassmen from this year's team.

Herndon Wrestling had another great season, finishing the season with a 12-10 record in dual meets including winning our 3rd straight (and 5 of 6) over South Lakes. We had 2 (1 male and 1 female) wrestlers compete in the prestigious Beast of the East Tournament at the University of Delaware, which features top teams from around the country. Alyssa Landrum placed 4th in her weight class to earn All-American status, while Brady Calderwood won matches against quality competition but was unlucky in his bid to become an All-American. The team finished in the top 4 out of 16, in both of its team dual tournaments and had multiple placers in all the individual tournaments the team attended. Our girls team finished the season with two female Liberty District champions while all four Hornet Lady wrestlers finished in the top three, while also placing two Hornets at the VHSL Girls State Championships. Alyssa Landrum placed 3rd while Eja Gatewood placed 6th, marking the first time in Herndon history that two girls placed at the state tournament. Alyssa will continue her wrestling career at Marymount University next

season. Our boys team finished with three Liberty District finalists and one champion (Brady Calderwood, now a 3x Liberty District Champion). Seven Hornets qualified for the Northern Region Tournament, with five of those placing in the top 5. Tanner Robertson and Brady Calderwood represented Herndon at the VHSL 6A State Tournament, with Brady placing 3rd for the second year in a row, and Tanner finishing the tournament with a 1-2 record while battling a back injury all tournament. Herndon finished the season with five wrestlers winning 75% or more of their matches, five wrestlers winning 20 or more matches on the season, and five wrestlers losing 10 or fewer matches. Brady Calderwood led the team with a 41-5 record (following up a 48-4 campaign last season), Tanner Robertson a 34-10 record, Shawn Fakhra a 29-8 record, and Alyssa Landrum finished with a 20-5 record. Brady also broke a 25 year old school record for career wins, finishing his career with 145, after breaking the single season win record last season with 48 wins.

HERNDON TRACK & FIELD

STATES 2024
FEB 26-27



EVELYN CHERRY
POLE VAULT



BO CHATTERJEE
1600M



ANDREW JANETSKY
1600M
3200M



MEGHAN SULLIVAN
3200M



BLAKE JOHNSON HAMZA HAWA
IAN MAHONEY AVERY WILLIAMS
4X200 RELAY

★
★
★

SUMMER SWIM
REGISTRATION OPENS ON
APRIL 6! (AGES 5-18)




Seahawk Indoor Track Champs Soar

By Laurie Dornak, Seahawk Boosters with Coach Sloane & team

The Seahawks Indoor Track and Field Teams never stopped improving this season and topped the podium at the Concorde District and Northern Region meets. They showcased multiple individual and team championships, and finished the regular

season with the girls winning and boys taking 4th at the VHSL State meet. The Seahawks have 12 runners who qualified to compete in the Nike Indoor Nationals (NIN) held at the historic Armory March 8-10.

Throughout the season, the girls 4x800m and boys 4x200m teams reclaimed school records, at 9:05.49 and 1:29.26, respectively. While winning District

and Region championships are terrific bragging rights – these athletes made a statement. The girls team won the Concorde District title marking the 11th season to do so by a resounding 110 points. Two weeks later the girls successfully defended their Northern Region title. The boys team also had an impressive District victory which they topped

Continued on page 9

SPORTS

Basketball, cont'd from page 1

and that was how we went through the whole season. This game was nothing different," Senior Brian Kennedy said of the championship game.

While the State Championship is top of mind, the Seahawks pulled off a full sweep this season. Their Concorde regular season (10-0) was just as perfect as the football team's 2023 season. In post-season play, South Lakes won the Concorde District tournament and collected the Northern Region tournament trophy before heading into the VHSL State tournament. For a little perspective, there are approximately 55 teams in class 6 and the Seahawks are now ranked at the top of the Concorde District and 3rd in the state MaxPreps rankings.

The team is graduating nine seniors and celebrated Junior Jordan Scott's 1000th career point on February 9. More accolades for the team followed for Concorde District and Northern Region (State pending): Brian Kennedy (All District Defensive POY, All District First Team, Northern Region First Team); Sol Vita (All District Defensive Team, All District First Team, Northern Region Second Team); Tyler Andre and James Zschunke (All District Second Team); Aiden Billings, Merrick Rillstone and David Rochester (All District Honorable Mention); Jordan Scott (All District Defensive Team, All District POY, Northern Region POY) and Mike Desmond (All District Coach of the Year, Northern Region Co-Coach of the Year).

There was an amazing exodus from Reston on Friday night. The community showed up to send off the team after practice while Chad Ricardo, Fox5DC, covered the send-off and provided a preview of the game. Reston Hoops platers, parents, and fans carried signs and collected autographs while leading the never-ending "Let's Go Seahawks!" chant. On Saturday morning, Seahawk fans and a Hype Squad bus took off for

Richmond. Dressed in white t-shirts with "Wired Differently" on the back and waving white rally towels supplied by the Seahawk Boosters, their voices could be heard loud and clear over the live stream.

The game was electric. The Seahawks delivered a very businesslike performance that was dominant from the first quarter. Kennedy (16 points) hit a three-pointer at the buzzer before halftime that caused a roar of the crowd. Brian showed up with his usual energy delivering mad defense as he had all season and layups that were balletic as he soared to the basket.

Scott finished with a game-high 23 points (9-for-12) shooting with a broken thumb on his shooting hand that didn't seem to slow him down. He took flight in the 3rd quarter to the delight of the crowd dunking on a Patriot defender that seemed to seal the win. Scott said about the Championship, "It's historic. There's been a bunch of great players and great teams, and they've never done it."

Sol Vita, Kennedy's backcourt mate, was steady throughout. Billings and fellow senior forward David Rochester bullied Patriot down low. South Lakes shot 55.8 percent, holding Patriot to 27.8 percent. "Being the first [South Lakes Boys Basketball] team to win a state championship feels surreal," Aiden Billings said. "You can't really believe it [happened], but it's amazing."

Everyone knows that defense wins championships. With Kennedy, the 2x Concorde District Defensive POY, Billings setting screens, and Rochester getting rebounds, the Seahawks showed they are a defensive team. Coach Desmond said, "It's really cool as a coach to watch the kids enjoy some success."

While they may have made a really difficult achievement look easy, the Seahawks showed that it took sacrifice, work, discipline, and elite teamwork as they brought back the hardware to Reston. Let's Go Seahawks!



Senior Brian Kennedy scores two of his 16 points in the championship game. Photo by Isadora Guerreiro



Want to hear the Seahawks thank the Reston community? Check out our podcast!

Track, cont'd from page 8

off with the Northern Region title.

Individual Region champions include Miles Jackson (55m, 300m), Blake Jackson (long jump), Manny Aguirre-Martinez (1600m), Maeve Hartley (Shot put), Ella Laban (triple jump) Caroline Elliott (1600m, 500m), Catalina Simon (1000m), Girls 4x400M relay (Precious Mensah, Izzy Brabant, Aya Ryan, Elliott), Girls 4x800m relay (Jojo Aguirre-Martinez, Keira Malzahn, Ryan, Harsanyi), Boys 4x800m relay (George Hood, Cole Casey, Jason Raffel, Aguirre Martinez) In a true team effort, the girls team made up of 9 athletes won their first VHSL Class 6 State title since 1988. With a score of 49 points, the Seahawks won the title by 6 points over West Springfield. The 4x800m relay team ran the first sub-9 at 8:55.79 setting a new VA State record. The Seahawk team said that "every single girl on this team puts so much energy and effort into this sport every day and it paid off BIG TIME!"

The girls 4 x 800m relay laid down a VA State record of 8:55.79 which ranked them #2 nationally, a US#2. Elliott won the 1600m in a superb 4:49, and Simon placed 5th in 5:01, both new PRs. Elliott also won the 1000m in 2:51, with Harsanyi placing 2nd in 2:53, both PRs. Ryan placed 7th in the 500m in 1:16, a PR. The girls 4 x 400m relay placed 4th which was the final race and caused them to earn the overall team state title! At the VHSL State meet, the boys team placed 4th overall. Miles Jackson broke his own 300M record 3 times this season with a time of 34.56. Coach Sloane said,

"I'm really proud of the boys 4 x 800m team coming off 3rd in the VA State Championship in 7:58.69". Very close to the school record of 7:55, the team was named All State. The 4x400m relay team (Finn Middleton, Marcus Coker, Joe Redican, Miles Jackson) took the win with a time that was 2nd fastest in South Lakes school record. The 4x200m team (Coker, Middleton, Blake Jackson, Miles Jackson) also qualified for the national meet with their state performance earning All State recognition with the 4x400m relay Seahawks.

In early March, South Lakes track sent Seahawks to compete in the NIN wearing "the familiar blue and white of South Lakes," said the MC. At NIN, everyone is at the top, so these were fast races. The girls team competed in the DMR (distance medley relay) placing a very close 2nd to a very strong Florida team and earning a silver medal. The 4x800m team (Elliott, Harsanyi, Ryan, Simon) took 3rd earning bronze and their second All-American accolade.

The 4x200m team (Coker, Middleton, Miles Jackson, Blake Jackson) ran a blazing 1:29.52 (.57 behind first and .03 faster than third) taking the silver and All-American recognition. The boys 4x400m team (Middleton, Coker, Redican, Miles Jackson) aiming to surpass the South Lakes school record finished about .5 seconds off the record and 11th at NIN based on time.

"The South Lakes boys 4 x 800m relay team just missed the school record of 7:55.55. I am super proud of these 4 guys going for it," said Coach Sloane. He continued, "Even though they came up



SLHS 4x 200 team competed at Nike Indoor Nationals (L to R) Blake Jackson, Marcus Coker, Miles Jackson, and Finn Middleton. Photo by Trent Middleton

just short of All American (top 6) and the school record, they put themselves up there in position to make a statement and gave it the best shot as a team. And it was just good racing. In the relays, it's so difficult to get every single piece in the right place, and each leg has a responsibility."

Hood led off the first leg fighting through to run 2:03. Casey took the handoff and moved the team up slightly to finish his leg in 2:00, a new PR. Raffel continued the third leg and moved the team up with a 1:58 effort, off his PR of 1:57. The clock read 6:01 as he handed the baton to the anchor Aguirre-Martinez who closed the gap on a big pack ahead and led it for a moment. He split a superb 1:54, a new PR and fought through to finish 4th in the heat (3 heats) which got the team 7th overall based on time.

Coaches Raczko and Sloane are proud of how their student athletes prepared,

and what they accomplished at the District, Region, State and National levels and look forward to an exciting outdoor season.

Spring 2024 Season



Great Falls Reston Soccer

- 3-5 years | Me & My Ball
- U6-10 | House League
- U7 & U8 | Pre-Travel Academy
- U9-U19 | Travel | ECNL RL, EDP and NCSL
- U11- U19 | Suburban Friendship League
- Disabilities | TopSoccer
- Spring Break, Holiday and Summer Camps

Register for the 2024 Season!



OPINIONS

Homegrown Recipes from Reston's Salad Days

By Restonian, Reston Blogger

While doing our usual extensive research (doomscrolling), we came across a picture one of those dog-eared charity recipe compilations you always see at your aunt's house called "From Reston With Love." Compiled back in Reston's salad days (get it?) by a local nonprofit (or, based on the name, maybe an espionage cell), we can only imagine the delicious homegrown recipes included inside! So we will.

Cluster cream pie. Pretty standard dessert fare, but was it really necessary to warn would-be chefs that using brightly colored sprinkles instead of drab brown ones would result in a lien against your kitchen?

Silver Line steak. Delicious, but expect lengthy delays while you're waiting for it to cook.

RTC \$2/hr cookies. Like the apocryphal Neiman-Marcus cookie recipe (it wasn't) everyone swears cost \$250 (it didn't), these delectable treats just speak to elite dining, except maybe for the part where you have to download an app before you start baking or someone in an electric scooter comes by and clamps your oven shut.

Oysters casino. A definite crowd-pleaser, but according to Virginia law, it can now only be served in an abandoned car lot in Tysons.

Cucumber salad a la RELAC. Best to eat it quickly, as our favorite jet-age lake-powered cooling system might not keep it fresh.

Sand trap sandwiches. Perfect for taming your hunger after a long day on the links, but be prepared to be told it's a waste of space on your dinner plate that could be better used by more nutrient-dense fare -- and that the lettuce is actually an invasive plant.

Ashburn ahi tuna. Like our neighbors to the west, a bit on the pricey side, it looks the same no matter where it's served, and it hasn't been trendy since 2004.

Fox fricassee. In honor of Reston's beloved mascot. Delicious! Speaking of which, when was the last time anyone saw it?

Mac and cheese. Sadly, we longtime Restonians know the recipe was lost to time when a certain midscale chain eatery closed its doors forever, taking our hearts with it, the end.

Ask Doctor S.

Food For Thought

In March, many of us look forward to warmer weather and start to make summer plans. While many advertisements now feature a wide variety of body types, it is hard to avoid messaging to "Get ready for bikini season!" and "Shape up for summer!" Our teens are even more vulnerable to these ads, as their social media feeds are full of messages linking a "healthy" lifestyle, diet, or skincare routine with a "beach-ready" body or appearance.

Parents, too, play a critical role in their child's body image. Mothers are particularly influential of young girls' body esteem and eating behaviors¹. When parents themselves focus excessively on diet and appearance, their child is listening and watching. While my psychotherapy practice does not treat clients whose presenting problem is an eating disorder, I have seen countless adults and teens (and, unfortunately, younger children) who struggle with weight, emotional eating, food addiction, and poor body image, often because of messages they were given—directly or indirectly—in childhood. Parents who routinely comment on their child's lack of nutritious food choices, count calories out loud, comment on "unhealthy" or "bad" ingredients in food, remark on their own or their child's physical appearance or body, or are frequent dieters themselves, run the risk of their child internalizing messages about being overweight or eating "too much," developing self-destructive habits, and leading to lifelong struggles in their relationship with food.

If your child is gaining weight or making poor food choices, encourage more of the healthy options instead of restricting less healthy foods (i.e., rather than limiting or prohibiting what your child chooses, offer additional healthy choices along with it, so you are adding, not taking away). Identify a trusted adult, ideally a pediatrician or primary care doctor, to start any weight-related conversations with your

child. If your child is in therapy, a therapist is also an option! Many mental health professionals, including me, refer clients to local nutritionists, who can be excellent resources as well. It is possible that a physical issue such as a thyroid disorder (your child should be checked if there is any family history) is contributing to the problem.

Our children, particularly as they approach adolescence, are all on the path to adulthood. As a result, they will often choose something around which to assert their independence (and most often that "something" is what parents decide is important, such as homework, clothing, friends, or food). As parents, choose your battles wisely. If you make food an "issue," it will be an issue and your child will find ways to defy you because that is developmentally your child's task. Instead, provide your child with a variety of healthful food choices (and some not-so-healthful is okay, too); talk with your child as a toddler and preschooler about how all bodies are different and change and develop at different rates; and, most importantly, strive to model balance and self-care as a parent. That way, you give your child a solid foundation for a relationship with food for years to come.

Please keep your questions coming. Psych'd to see you next month! -- Dr. S.

Dr. Hayley B. Sherwood is a longtime Clinical Psychologist in Reston/Herndon. To learn more, please visit www.oakhillpsychological.com. Please check out our website for information about our NEW PRESCRIBER!

¹ Handford CM, Rapee RM, Fardouly J. (2018). The influence of maternal modeling on body image concerns and eating disturbances in preadolescent girls. *Behavior research and therapy*. 100: 17-23. <https://doi.org/10.1016/j.brat.2017.11.00>

Keeping Reston Green

Encourage Canada Geese to Move On

Contributed by Reston Environmental Advisory Committee

Canada geese (*Branta canadensis*), while native, are "migratory" waterfowl; traditionally they've overwintered here and migrated north in the spring to breed. This pattern is essential as the summer months are when our aquatic vegetation is supposed to recover and grow so it can support our diverse variety of other native waterfowl species. Over the years, we've unwittingly created an easy life for the geese, providing abundant food and removing most predators, encouraging some of them to forgo their migratory ways and instead, become year-round residents.

This change has several negative consequences. First, Canada geese are the biggest, baddest birds around, and often drive other birds out of their territory, limiting the available nesting opportunities. In addition, their young are bigger and stronger than the other waterfowl species and can easily outcompete them to become the dominant species on the lake. Perhaps their most devastating characteristic is their ferocious summertime appetite, steadily nibbling back the soft newly sprouted aquatic vegetation to stubs. This aquatic vegetation supports an abundance of small fish and aquatic invertebrates, which migratory div-

ing ducks feed on

It is difficult to see the negative impacts of the Canada geese without seeing how the natural environment thrives without them. And it is hard to imagine that the adorable goslings (baby geese) are a problem. The need to control the population of resident Canada geese seems counterintuitive to many; most of us think of conservation in terms of promoting wildlife, but often it involves removing the source of negative impacts, even if that source is another wildlife species.

To control the resident Canada geese population using humane measures, endorsed by The Humane Society, Reston Association (RA) annually implements an egg oiling program where they locate nests throughout the spring and summer, coat eggs in vegetable oil (making them non-viable), and return them to the nests so the adults continue to sit on them rather than laying new eggs. Before laying season ends, RA staff return to the nest to remove the eggs, allowing the parents to move on, but not giving enough time to create a new nest.

This effective method of limiting flock growth depends on the community's cooperation; RA must obtain landowner approval prior to coming onto private property to oil eggs. Just one or two landowners on a lake can undermine the program's effectiveness.

One of our most visually stunning species, wood ducks, recently made a comeback on our lakes, but because their young are small, they are vulnerable to predators such as snapping turtles for an extended time. It's not uncommon to watch a mother duck with a clutch of 10, slowly have her chicks picked off one by one by predators, leaving only one or two chicks to survive in the end.

Canada geese chicks not only start off larger, but also grow more quickly, rapidly surpassing the size where predation is a threat. It's not uncommon for a single pair of Canada geese to successfully fledge six or eight young. A single pair can out compete the entire population of wood ducks on a lake. Additionally, as these



Photo contributed by Reston's EAC

chick's parents are resident rather than migratory, there's an increased chance their young will also become resident. Thus, in just a few years the population of resident geese can overwhelm other native species of waterfowl, while continuing to deplete our aquatic habitats.

So, as members of a responsible, ecologically minded community, what actions can we individually undertake to help? Here are a few:

- Notify watershed specialist Calvin Dickens (watershed@reston.org) for geese that appear to be sitting on nests.
- Allow the RA to access your property to humanely oil goose eggs.
- Haze geese on your property to help them move on. Don't hurt them; just make them feel less welcome.
- Grow tall, thick shoreline vegetation. RA provides advice for shoreline plantings - contact watershed@reston.org.
- Don't feed geese; make them work for a living.

Finally, one of the most important actions landowners on the lake can take is working with the RA to restore and protect their shoreline.

Not all Canada geese are bad, just those who have become a little too comfortable here, and perhaps those that just need a little encouragement to move on.

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LIFESTYLE



Irish Eyes are Smiling Around Reston: St. Patrick's Day Celebrations & Traditions

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

Embrace the emerald hue throughout March and join the merriment of St. Patrick's Day! As March 17 approaches, there's no need to chase rainbows for a taste of Ireland right here in Reston. Our neighborhood eateries will be dishing out delectable Irish fare, from the hearty traditional breakfast to the comforting embrace of Champ and Shepherd's Pie. And the lilt of Irish melodies and the clackety-clack of dancing shoes will accompany your culinary journey at various Reston and Herndon festivities. So, don your greenest garb, save the dates, and raise a toast – or as the Irish say, Sláinte!

Lucky Leprechaun 5k

Feeling lucky? Get your green on and celebrate St. Patrick's Day in Reston Town Center at 8 a.m. Sunday, March 17. Run live or virtually. Pre-registered participants receive a commemorative race shirt, a one-of-a-kind finisher medal, a race bib, photo overlays, and a digital finisher certificate. Enjoy free race photos available for download after the live race, as well as great awards for the top finishers.

Registration Fee | <https://www.prraces.com/luckyleprechaun/register/>

Irish Dancing at Reston Library

Foley Academy of Irish Dance will perform at 11 a.m. Sunday, March 17. Foley's youth performance troupe features a variety of traditional and modern Irish Dance routines, as well as Ceili dances performed

by the Regional Champion Ceili Teams. <https://librarycalendar.fairfaxcounty.gov/event/11424027>

Free Admission | 11925 Bowman Towne Dr, Reston

Jimmy's Old Town Tavern

Enjoy a weekend of traditional Irish cuisine, libations, music, and dancing at Jimmy's Annual St. Patrick's Day Celebration. Starting on Saturday, March 16, Foley Academy's Irish Dancers will get your toes tapping at noon with a high-energy performance you won't want to miss! Irish music, food, and drink specials will continue through March 17, with live acoustic music featuring Faith Hendon and Radio N.V. on Sunday from noon to 8 p.m.

<https://www.jottnew.com> | 697 Spring St, Herndon

The Old Brogue

Start the festivities at 8:30 p.m. Saturday, March 16 with an exhilarating Irish Dance performance by Reston's Foley Academy Champion dancers. On Sunday, March 17, Katie's Coffee House will serve breakfast from 7 to 10 a.m., followed by The Old Brogue celebrating its 43rd Anniversary with a St. Patrick's Day Pub Bash. Doors open at 10 a.m. with traditional Irish beers and live entertainment by Dan Barry and The Galway Gamblers. Also enjoy The Snuggery's Irish Concerts for Lunch or Dinner while Tam McGeady and the Mostly Irish Band play beloved Irish melodies. Reservations & Tickets: <https://oldbrogue.com/saint-patrick-s-day-2024> | 760 Walker Rd. Great Falls

Spring Cleaning Tips for a Clutter-free Home

Contributed by Synergy Design and Construction

Spring is in the air, which means it's the perfect time to welcome the new season with a clean and refreshed living space. Here are five spring cleaning tips and tricks for decluttering and organizing your home.

1. Set Goals

Before getting started, define your goals. Are you looking to create more storage, minimize visual clutter, or improve functionality? Having a clear purpose will help you stay on track. Also, think ahead about the supplies you'll need to achieve these

goals. Garbage bags, bins, labels, and cleaning products allow you to move quickly and efficiently.

2. Minimalist Mindset

Embracing a minimalist mindset can be tough since it means letting things go. Before you start the decluttering process, imagine if you will miss an item once it's gone. If the answer is no, donate, recycle, or throw away what no longer serves a purpose.

3. Start Small

To ensure you don't get overwhelmed, tackle one area at a time. Begin with a drawer, a small corner, or a single shelf

and gradually work your way through the home. This way, you'll find it easier to stay focused and feel great after even a small amount of effort.

4. Rotate Seasonal Items

Maximize your available space and ensure easy access to your current season's items by storing off-season clothing, decor, and accessories in labeled bins or vacuum-sealed bags. Rotating your things will also give you the feeling of having brand-new belongings whenever you switch them out.

5. One-In-One-Out Rule

For every new item you bring into your

home, consider getting rid of something old to maintain a clutter-free environment. Before making a purchase, ask yourself if it will really add value to your life. By being mindful of your shopping habits, you'll create an intentional and organized living space.

Inspired and Want to Take Your Organization to the Next Level? Contact our friends at The Tailored Closet and Premier-Garage (703) 707-0009 for all your closet and garage organization needs.

Ready to take on a Home Remodel Altogether? Check out our work at RenovateHappy.com

Turquoise Trail Review

By Caroline Ayres, Staff Writer

Whether or not you believe the groundhog from Pennsylvania, one thing is certain: spring is coming soon. And as meteorological spring starts on March 1, Restonians will finally get to open their windows and visit Reston's 55 miles of trails.

It's difficult to find someone in Reston who hasn't at one point or another found themselves walking through Reston's woods, around its lakes, or through one of its parks. However, many of us stop in the walkways that run through our own backyards, and never venture further to

discover the amazing sites on Reston's trails.

In the spirit of starting somewhere colorful for spring, make your way to the Turquoise Trail, sandwiched between Lawyers and Glade roads.

The partially paved trail offers something for everyone along its nearly four-mile long loop through the South Reston woods. One of the longer Reston trails, it follows the Glade Stream as it meanders through the thicket, offering views of several picturesque bridges over Glade Creek, crosswalks across Soapstone and Steeplechase, and as spring rolls around, some of the prettiest flower patches.

Interesting natural phenomena include archways created where trees have bent over the trail. It's a wonderful place to hear the spring peepers, baby frogs filling the woods with their croaking. As the trail gets closer to Twin Branches, the creek turns more into a marshland, where visitors will find all manner of flora and fauna.

The Turquoise Trail also has its fair share of secret locations hidden in the underbrush, as well as several small playgrounds and swing sets tucked between the trees.

For a map of Reston's trails, visit <https://www.reston.org/reston-trails>.



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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. Several have appeared in the Wall Street Journal and one is upcoming in The New York Times. This is O'Neill's eighth crossword puzzle creation, made specifically for The Reston Letter readers!

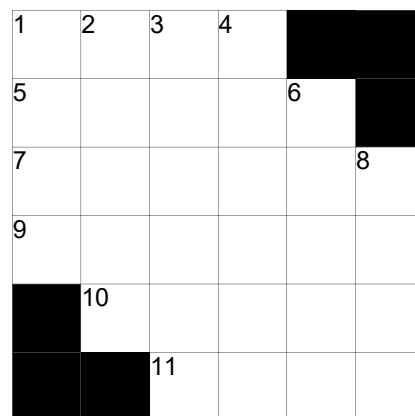
Spring's Just Around the Corner

ACROSS

1. What March is said to go out like
5. "Because ___ so!"
7. Hemingway's "___ and the Sea"
9. Japan Airlines hub
10. San Francisco footballer, for short
11. Frisbee, for example

DOWN

1. What March is said to come in like
2. Talking big cat in Narnia?
3. Prado Museum home
4. Bahamas island chain that becomes a swimsuit if its third letter is changed to K
6. Sees regularly
8. Undercover drug cop



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LIFESTYLE

Interior Design Trends for 2024

By **Debbie Anguizola, Realtor at Compass**

As a Realtor, I am often asked for advice on home remodeling projects, whether it's picking out a pleasing paint color that will have staying power or determining what upgrades will most likely appeal to today's homebuyers. For that reason and because it's fun, I am always on the lookout for design inspiration that serves to beautify spaces, while also adding a touch of personality.

I asked Reston-based interior designers Allison Romero and Amy O'Connor, of A&A Design, to help identify several key home design trends that have risen in popularity and are likely to dominate our Pinterest feeds this year. Here is what's trending.

Wallpaper

Wallpaper is making a huge comeback. Adding instant pizzazz, it's the perfect way to express individuality and infuse a space with character. Expect to see wallpaper in unconventional spaces like ceilings, accent walls, and even on the inside of closets, adding a playful surprise and touch of whimsy. "Our client was looking for that 'wow' factor and want-

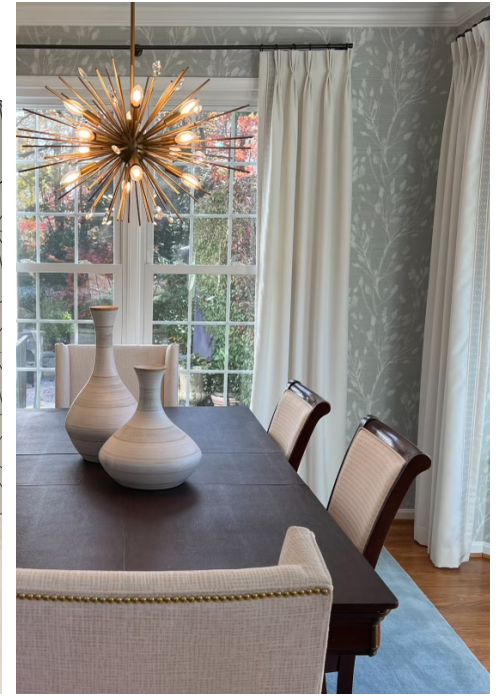
ed to feel energized while working in her home office," said Romero in reference to her client's eye-catching wallpapered ceiling.

Bold Lighting

Bold lighting brings a sense of drama and flair to interior spaces. An oversized pendant in a dining area creates an instant focal point for guests and doubles as a piece of art. Homeowners are getting creative with lighting outside the dining room as well. In bathrooms, for example, there's a departure from standard builder-grade fixtures in favor of sculptural sconces that add charm and character. Floor lamps with unique textures and shapes also serve as stylish accent pieces, helping to tie a room together.

Neutral Paint and Furnishings

Neutral warm tones are regaining popularity in paint and furnishings, replacing the cooler grey tones that have dominated households in recent years. "People are craving warmth and texture back in their homes," Romero said. This movement toward muted earthy colors and soft organic materials reflects a desire to cultivate harmony and tranquility in our spaces while nurturing our bond



Photos courtesy Allison Romero

with the outdoors. A&A Designs suggests shades like soft beige, warm taupe, gentle blush, terracotta, as well as subtle blues and loamy greens.

Pet Specialty Spaces

Pets have always been seen as family members, and many homeowners are now incorporating dedicated spaces for their furry friends into their remodeling projects. Teddy's family, for example,

recently completed a kitchen and mudroom renovation and added a dog shower with designer tile. It's both practical and beautiful!

These trends are all about creating authentic living spaces that reflect our unique spirit while nurturing a warm and comfortable refuge. But remember, trends are fleeting, so do what makes you happy!

Reston to Celebrate Founder's Day

Contributed by Reston Museum

Reston Museum will celebrate the 20th Anniversary of Founder's Day on April 6, 2024. The event will be held at Lake Anne Plaza from 12 p.m. to 4 p.m. Founder's Day began as a celebration of Reston's Founder Robert E. Simon's birthday, and celebrates the ideals he advocated for in the planning of Reston—the legacy which Restonians still enjoy today.

Lake Anne Plaza is filled with the music of performers, exhibits, family-friendly activities and vendors, and for the first time, a book fair to celebrate the wonderful bookshops, authors, and educators in the Reston community.

Community organizations interested in participating as book fair

vendors should contact alex.campbell@reston-museum.org for the application. If an application is approved, a small fee is required to have a booth. Space is limited, and priority is being given to local literacy-focused nonprofits. Local nonprofits and local food vendors will be given second priority.

Learn more at reston-museum.org/event-details/founders-day-2. Founder's Day is presented by Reston Museum and Reston Community Center with support from Public Art Reston and hosted by Lake Anne Plaza. Founder's Day Community Cleanup is managed by Volunteer Reston.

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Spring's Just Around the Corner

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