

THE RESTON LETTER

The St. James Adds Rooftop Pickleball



The St. James Performance Club opened its rooftop pickleball courts at its Reston Town Center location. Photo by Benjamin Burgess

By Ellyn Wexler, Staff Writer

What's in a name? While many similar enterprises include some form of the word "fitness" or "gym," The St. James Performance Club's function may not be immediately apparent.

And despite the "saint" in its moniker, the club has no religious affiliation – unless you are among those for whom working out involves divine inspiration.

Co-founders and co-CEOs Craig Dixon and Kendrick Ashton named their business to acknowledge the Court of St. James's, the British empire's official royal

court that chartered the College of William & Mary in 1693. That's where the two men met as undergraduates.

The St. James, as its members affectionately refer to the state-of-the-art performance training, recovery, and lifestyle club, is located in Reston Town Center (RTC). Many of its members can see its exterior from the balconies or windows of their high-rise residences or offices.

To create this second facility in Virginia, the company renovated the two-level almost 25,000-square-foot space Crunch Fitness vacated in December 2021 and opened April 30, 2022. This summer they

added four rooftop pickleball courts.

St. James' flagship 450,000-square-foot Springfield location has been operating since 2018, and a 50,000-square-foot Bethesda club opened in January 2023.

David Hoyer has been at The St. James Reston from the start, elevated to the general manager role from membership sales manager just three months ago. Prior to opening, 400 founding members had signed up, he said. There are about 1,200 members now.

The St. James focuses on wellness, fitness, and conditioning, with spaces, equipment, and programs that **Continued on Page 3**

sports



Reston Swim Team Association's All-Stars break records, high school boosters overview

education



United Christian Parish Preschool, back-to-school messages from your principals, and a crossword puzzle by a Reston artist

the bulletin



Superhero Youth Triathlon, OmBaked at Lake Anne, Synergy Design and Construction

lifestyle



Restaurant review on Tiki Thai, travel tips, Neighborhood Spotlight

opinions



Second monthly Q&A from Dr. S, Restonian's ideas for public art

Reston's Butterfly Garden



Photo by Dan Asher

By Holly Weatherwax, Staff Writer

Sometimes all it takes is an idea, some vision, and most important, cooperative butterflies. When the neighbors in the Summit Chase community, located off Lake Newport Road in North Point, tired of looking at a flower bed overgrown with weeds, someone suggested converting it into a butterfly garden.

The plan took off in 2019 when John Nusbaum and Allan Cartwright connected with DeBaggio's Herb Farm and Nursery in Chantilly, where they got advice about and purchased plants that attract butterflies. After DeBaggio's closed, the neighbors began working with Abernethy & Spencer Green-

house in Purcellville.

The original goal was to attract monarch butterflies, and to that end, they planted dill, parsley, and all types of milkweed, in addition to other perennials and annuals. They created two food sources, one to attract pollinators and one to feed the monarch caterpillars. Over time, they added spice bush to attract swallowtail butterflies. And last year, they planted a pawpaw tree to attract the zebra swallowtail. Through the years, they have added and removed plants as they learned how each works to attract the butterflies,

Continued on Page 2

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Butterfly Garden

Continued from Page 1

and which are difficult to maintain. Now they estimate they have 25 to 30 varieties of plants, both annuals and perennials.

On a recent Sunday afternoon, some of the neighbors – Nusbaum as well as Dan Asher and Heidi Weiss – who have been responsible for the butterfly garden’s success talked about its evolution. They noted that through the years, as they learned more about the butterfly’s needs, they added and swapped out plants, and even added a second butterfly garden, close to the first. But maintaining it required too much upkeep for just such a small group. It is a labor of love, but the fact remains that it requires significant labor.

The first three years of the garden were a resounding success. The garden was built and the butterflies came. This year, the butterflies are not as abundant, but the neighbors hope that it’s just a blip.

Asher created the two large butterfly signs – one depicting a Monarch, the other, a Swallowtail. The neighbors provided chairs where visitors can enjoy the garden and peruse a laminated guide that identifies the butterflies.

The garden is accessible via a walking path, or driving on Lake Newport Road toward Fairfax County Parkway and making a left on Autumn Ridge Circle; when approaching the circle’s roundabout, the garden is on the right.

The group has produced a beautiful calendar to raise funds for the butterfly garden. For more information about buying a calendar or even just visiting, contact Dan Asher at bgreston@comcast.



Photos of the Reston butterfly garden by Dan Asher are used in a calendar to provide funding for the garden.

Reston's Superhero Youth Triathlon a Big Success

Contributed by CORE Foundation

The Reston Superhero Youth Triathlon, part of the CORE Foundation's "Racing in Reston" series, was held on July 16 at Ridge Heights Pool.

This multi-sport event began with a swim at Ridge Heights Pool and was followed by an age appropriate bike ride and run on Reston paths. This annual event brought together more than 200, youth ages 6-17 along with volunteers, partners, and law enforcement.

Five para-athletes also participated, including youth from the Fairfax Falcons Paralympic Sports Team, a wheelchair basketball team.

Through the years, CORE Foundation has provided more than 350 participation scholarships to free and reduced lunch youth along with para and adaptive athletes. This year was no exception.

The theme of the day was to create an inclusive environment where barriers to participation were eliminated.

Special accommodations were made where appropriate to accommodate special needs.

Volunteers Rhonda Cooley and Karen Austin witnessed an act of kindness during the race from one athlete to another. A para-participant was struggling uphill near the end of the race as the pavement was wet and his wheelchair tires were slipping. Rhonda and Karen kept a watchful eye from a distance, ready to assist if needed.

Another young participant noticed her peer's difficulty and selflessly offered help.

She pushed him all the way to the top of the hill.

Moments like these exemplify the true essence of why CORE creates opportunities like this — to unite and support all in our community.

All participants and their families celebrated their achievement at the finish line party complete with snow cones by KONA Ice and coffee treats by the Dunkin' Cruiser.

Visit the official event website www.racinginreston to register, learn more about sponsorship opportunities, or sign up as a volunteer.



Photos by Isadora Guerreiro



THE BULLETIN

LAKE ANNE BOAT REGATTA
LAKE ANNE PLAZA
AUGUST 19, 1 P.M.

SYNERGY DESIGN AND CON-
STRUCTION OPEN HOUSE
SEPTEMBER 15, 1- 5 P.M.

RESTON ASSOCIATION
YARD SALE
SEPTEMBER 30, 8:30 A.M.-1 P.M.

Synergy Design and Construction Creates Sacred Spaces

By Kathy Gambrell, Guest Writer

Synergy Design & Construction founder and CEO Mina Fies walks into her Reston office with a big smile. She brings along the sense of calm and purpose that she has infused into her design-build firm nestled on Bowman Green Drive.

The firm, which offers a unique home renovation experience that focuses on communication, relationships, and impact, is celebrating 15 years of creating sacred spaces for families in the Reston community.

Fies grew up in Springfield, Va., and eventually went to work in a friend's design-build firm where she found her passion: blending the business experience she had acquired in sales, marketing and finance with creativity and an innate desire to take care of others.

In 2007, Fies moved to Reston, and by 2015, she opened the doors of Synergy's first office space on Sunset Hills Road.

Since then, Fies has distinguished herself as a leader in a traditionally male-dominated industry where women only make up about 10.9 percent of the entire U.S. construction workforce.

Fies is committed to approaching home renovations differently.

She noticed that homeowners were often reluctant to start a remodeling project even though they were unhappy with the home where they lived. It is important to Fies that her clients learn how to use their residential space effectively.

By soliciting their feedback on how they want to feel in their home, she helps them create the "vibe" they desire. "It was crazy that people were living in homes they



Synergy will host an open house on September 15 with Crumbl Cookie gift cards for readers. Photo by Benjamin Burgess

didn't like," she said.

Fies wants to dispel those fears about the remodeling process, and make the experience more enjoyable.

Often families are displaced for weeks, if not months, having to fit their lives around contractors and construction debris, unable to have any measure of normality.

Problems such as construction delays, communication issues between homeowners and contractors, disruption to daily life, and the emotional stress around unexpected changes in the project also can arise, she said. Synergy mitigates those obstacles by ensuring effective communication between the designers creating the project renderings and the workers on site.

When Fies started, her team executed the designs and contracted out the construction work; she said that formula didn't work. While homeowners were happy with Synergy's design work, follow-through on the construction side was difficult. "We

found they weren't following our plan," Fies said. To fix that problem and ensure that project goals and vision were understood end-to-end, she took control of the construction process by hiring a team instead of depending on contractors.

A core part of Synergy's mission is taking care of the homeowners during what could be a stressful remodeling process. In the past, the team has prompted homeowners and their families to become more invested by writing their goals on the walls of the room set for renovation.

Fies' team helps organize the residential space to give homeowners some sense of normalcy during the project. In one instance, she set up hot plates in separate areas so her clients would have a space to fix meals while their kitchen was under construction. Once a project is complete, her team performs a "space clearing" by burning sage in the home to dispel the negative energy left by the chaos of con-

struction and replace it with positive energy and calm, serving to deepen the family's alignment with the new space.

The firm's numerous community efforts include being a Reston Swim Team Association annual Gold Sponsor, and supporting South Lakes High School theater and baseball, the Reston Home Tour, the Cornerstone Back to School and Thanksgiving drives, and the Reston Community Center's DIVA Central that provides prom dresses and accessories to students needing formal wear.

In gratitude for the Reston community's support over the past 15 years, the firm will give away \$15 Crumbl Cookie gift cards to the first 15 Reston Letter readers who stop by their office (11741 Bowman Green Drive) to say "hi" on Friday, September 15, between 1 and 5 p.m.



Ready for a stress-free home remodel?

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

RenovateHappy.com

The St. James Performance Club at Town Center

Continued from Page 1

enables members to train like athletes. Catering exclusively to adults, the club does not offer childcare or membership for those younger than 12 years old. (Youth High Performance (strength and condition small group trainings) are available to youth and high-school-aged athletes, including non-members.)

New members receive four complimentary one-hour personal training sessions, he noted, to "have an individualized plan right way." During these sessions, the member's goals are identified, and factors like mobility, body composition, and injuries are assessed. Two levels of membership are offered, one for the single club, the other for all three clubs. Reston members get two free passes a month to use at the other locations.

The St. James has high-end cardio and strength-building equipment; most of the machines "are through Technogym, an Italian-made premium brand that is high quality in comfort, technology, and ease of use," Hoyer said. The SYNRGY 360 appara-

tus with multiple training spaces, belts and pulleys, solid-steel weight plates, and Hammer Strength equipment with five Olympic platforms, are also on the floor.

The group fitness schedule offers 70-plus 45-minute classes a week, all designed to build strength, burn fat, or foster recovery, Hoyer explained. The more than 20 formats include Infantry Camp, Tabata, Cycle, Sculpt and Strength, Hard Core HIIT (high intensity interval training), The Track (treadmill), PIYO (Pilates/Yoga combination), Barre, various forms of Yoga, Mat Pilates, and Performance TRX (suspension training).

Recently launched is The St. James Pickleball Club, consisting of four courts on the Purple Garage's seventh-floor rooftop. Hours are 3 to 8 p.m. on Fridays, and 9 a.m. to 5 p.m. Saturdays and Sundays. Next to the courts is a turf space where there are lawn games for socialization; occasionally, group classes will be held there, too.

For recovery, there's a sauna, and members can check out Hyperice massage guns, vibrating spheres and foam rollers at the

concierge desk. Refrigerated eucalyptus-scented towels are available outside the luxurious locker rooms, which are equipped with Molton Brown bath and body products. A Vim & Victor café offers "grab and go" drinks, snacks, and bars.

Among the RTC apartment dwellers with a view of the club, Kathy Gambrell's assessment is "The St. James here in Reston is so great!" She "loves that the classes are fun and geared toward increasing endurance and strength," and has found "the other members and staff very supportive It's great being around other people who are serious about their workouts." Since joining in April, Gambrell has lost about 15 pounds. Now her goal is "to get strong enough to compete in 5k and 10K races again -- and perhaps do a Spartan obstacle race with my son."

The St. James is within walking distance for Janice Skoloff, too. The name is key for her. "It sounds like a church. Ironically, it is my 'church,' meaning I get so much from being there. The classes are

amazing; the instructors have so much positive energy. The bathrooms and locker rooms are always clean. I can't say enough about The St. James. I have gotten so much stronger due to being so motivated by the instructors and classes."

Club hours are 5 a.m. to 11 p.m. Monday through Thursday; 5 a.m. to 9 p.m. Friday, and 6 a.m. to 8 p.m. Saturday and Sunday. The club validates up to three hours of free parking at RTC's Purple Garage. Strivers x, a mobile app, enables members to take a virtual class any time from any location.

Note: The St. James will take over Reston Town Center for the Personal Best Quest 5 Miler on Sunday, Oct. 8. The "beyond the standard 5K" event is designed to push all participants, from beginners to advanced runners, to set a specific personal goal for the event and to train to reach their personal best on race day.

THE BULLETIN

New Business Spotlight: OmBaked at Lake Anne

By Casey Menish, Staff Writer

Tucked along the Lake Anne boardwalk you'll find OmBaked, Reston's very own CBD boutique. The shop has been carefully curated by owner Radhika Murari, who you may know as "thepeanut butter lady." Murari has a line of artisanal Om-Made peanut butter - Virginia made with Virginia peanuts. The peanut butter is CBD-free and Murari mentioned that occasionally customers would "hurry past me and say 'we're not interested in CBD, just here for the peanut butter.'" But with time, on return visits, they would try CBD products as well.

Murari has lived in Reston for decades and says that "being run by 'the peanut butter lady' gives legitimacy to OmBaked," as customers know her reputation. CBD novices can rest assured that their first visit to OmBaked will include a warm welcome from the staff and an education on the various types of CBD. Murari explains that "CBD is a general term for the compounds derived from hemp, it's for people who want to explore the possible benefits of CBD without the high of THC." Ireland DiBacco said that she teaches first-time customers with a card that explains the difference between full spectrum, broad spectrum, and so on. "People know the pain points in their lives," said Murari, and that helps direct them to the section of the store with products they might need, whether that is to Chill, Move, Think, or Sleep, or even the Furbabies section for pets. Customers come in for a variety of reasons. Research indicates CBD may even help support people on addiction recovery journeys and folks who have social anxiety. OmBaked welcomes four-legged friends as well. Customers report that their CBD dog chews are helping puppies and senior dogs alike improve their mood.



OmBaked carries an assortment of selfzers, gummies, tinctures, creams, lip balms, chocolates, and more. There are many ways to consume CBD, and many ways to find relief. Each product on the floating shelves was thoughtfully selected by Murari herself over the course of many months. All the companies that made the cut have certificates of authenticity, have been tested by independent third-party laboratories, and she does not carry any smoking or vaping products. For additional help ensuring CBD products comply with state laws and consumer safety requirements, OmBaked tapped into the expertise of Virginia NORML, a non-profit organization that is the state affiliate of NORML, the National Organization for the Reform of Marijuana Laws.

The beautiful space was built out by Kat Willer of Revision Remodel, and the focal point shelves were built by Clint Sly, local craftsman. As they installed the float-



Owner Radhika Murari and her staff are ready to help (L) Murari helps a customer (above).
Photos by Isadora Guerreiro

ing shelves, on the inside of each shelf Sly and his associate wrote notes, "just messages of love and abundance, supercharged with love" said Sly. And you can tell that love and positivity exudes from the inside out at OmBaked.

The shop has a deeply Reston-based community feel, from a woman working on her laptop under OmBaked's signature pink sunbrella with a view of the lake, to her daughter decorating a rock for the garden. Inside the store employees who have been friends for a decade, neighbors, clients of each other's small businesses, parents of classmates from Reston schools, and more mingle, making small town connections. "Wait, are you really THE peanut butter lady?" a woman asks. Move over Cheers, because when it comes to Reston, OmBaked is where everybody knows your name.

DiBacco works at OMBaked because they have "the same ideals and how I want to carry my life." DiBacco loves to work at OmBaked's booth at the Lake Anne Farmers Market, so follow the

music to the purple tent and the friendly gal saying hello to every passerby. Parker Tremaine decided to work there because she has an interest in plant-based and cannabis medicine. Tremaine enjoys working with first-time customers, giving them a smile, asking about their day, and helping them find just the right product.

What does the future hold for OmBaked? OmBaked's space was built out to potentially become a cannabis dispensary when the laws are changed to allow that. Next time you visit Lake Anne, be sure to pop by OmBaked ... where everything sparkles ... especially the people.

CBD products are not for use by or sale to persons under the age of 21. CBD products should only be consumed as directed on the label and should not be used if you are pregnant or breastfeeding. Consult with a health professional prior to using CBD in combination with any medications or other dietary supplements. These products are not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA.

Here's Waldo: Shop Local!

By Naaisha Mahajan, High School Intern

Each year, Candlewick Publishing chooses up to 300 book sellers nationwide to host a Where's Waldo event.

This tradition started in 2012 in Falmouth, Massachusetts.

This year Scrawl Books, Reston's independent bookstore, was one of the lucky businesses to be chosen.

Scrawl Books partnered with other small businesses in the area and together they created a Waldo passport.

During the month of July, you could go to the 17 businesses and find six-inch cardboard standees of Waldo.

Once contestants found Waldo in ten places, they could turn in their marked passports to Scrawl Books for a grand prize drawing.

Looking for Waldo in various stores was a thrilling experience, as contestants raced to find Waldo to get stamps on their passports.

I enjoyed going to different stores and connecting with the community on this fun quest.

At the party on July 31, kids and adults bonded, looking for the 25+ Waldos hidden around the store. There were activities and games such as Waldo Says, a variation of Simon Says, and prizes from the



grand prize drawing were given out. Scrawl Books hopes to be chosen again by Candlewick Publishing and hold a couple of events each month such as book signings and book clubs.

As Leah Grover, communication and events manager at Scrawl Books said, "Who doesn't love getting to meet the people who wrote the books that they love?"

Grover also plans on doing something similar for Small Business Saturday in November, as she felt that this created better relationships in the small business community.

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EDUCATION

Bus Passes Offered Free for Fairfax Students

By **Caroline Ayres, South Lakes High School Intern**

Fairfax County students have more transportation options available than a school bus. For the fifth year, the Fairfax Connector is offering free Smartpasses for all middle and high school students, including those who attend private institutions or are homeschooled.

The process for getting a Smartpass has been streamlined: download the application from the Fairfax County website (www.fairfaxcounty.gov/connector/student-pass), or pick up a form in their school office; fill it out; have a parent or guardian sign it; and then turn it in to a

school administrator. The Smartpass gives students access to buses from 5 a.m. to 10 p.m., seven days a week, and is good until the student graduates.

Langston Hughes Middle School student Aaron Kapani Johnson uses the bus all the time to go from his house to meet up with his friends at places like the Reston YMCA Teen Center, and other local hangouts. This frees his mom up and allows Aaron to learn responsibility and have the independence he craves. "My favorite part about the bus is that they have frequent stops so you'll never have to walk too far to get where you want to go, and the bus times that they tell you are accurate, usually never off by more than

5 minutes," Aaron said. He also said most bus drivers don't even make students show their bus passes, just let them hop on.

With more than 90 branches across the county, the Connector offers riders more access than other public transportation like the Metro. It's a great option for students who want to stop somewhere on the way home. Not only does it free students from having to pay for gas, but it also helps the environment. The Connector is working to transition from purely fossil-fueled buses to hybrid and electric varieties, and expects to be a carbon-neutral bus fleet by 2035.



SLHS student Aaron Kapani Johnson boards the Fairfax Connector. Photo contributed by Johnson

A Message From Reston Principals

Dear Students and Families,

As summer turns its final pages, we eagerly await the start of a new school year, filled with promise, discovery, and boundless potential. We are excited to welcome all of you back to school for what will surely be a year of growth, success, and memorable moments.

Every student, from our youngest at elementary school to our high schoolers at South Lakes, is an integral part of our South Lakes family. Each of you brings your unique talents, enthusiasm, and spirit, enriching our community in countless ways. We are eager to see familiar faces and meet those of you who are new to our pyramid.

To kick off our year, we held a series of open house events where you'd have an opportunity to visit your school, meet your teachers, and get a glimpse of the exciting journey that lies ahead. We hope

everyone made it out to the elementary school open houses, and that South Lakes parents can make it out to their open house on **August 25 3:15-4:30 p.m.**

As we start this new school year in the vibrant community of Reston, VA, let's remember that each of us has a role to play in our learning journey. As you step through the doors of your respective schools, bring with you a spirit of curiosity, kindness, and resilience. We look forward to kicking off an amazing year together. Here's to a fantastic 2023-2024 school year!

Best Regards,

South Lakes Pyramid Principals

(Dogwood, Hunters Woods, Forest Edge, Lake Anne, Sunrise Valley, Teraset, Fox Mill, Langston Hughes)



South Lakes Pyramid principals for 2023-24 school year, photo contributed by FCPS Media Relations

A Reston Crossword Constructor

Joe O'Neill, a 40 year Reston resident, is a retired former English prof and IT exec who recently began writing and submitting crossword puzzles to major U.S. daily newspapers.

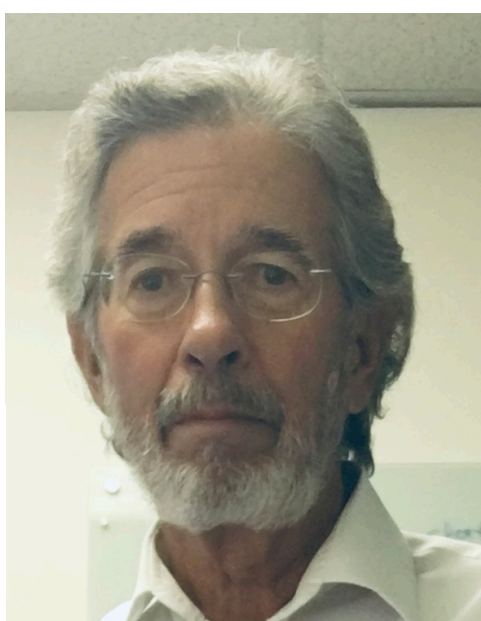
Several have appeared in the Wall Street Journal and one is upcoming in the New York Times. Enjoy O'Neill's first crossword challenge for Reston!

ACROSS

- 1 Bubbly tea
- 5 Face-to-face exams
- 7 Rhea's role in "Cheers"
- 8 Really got to
- 9 "Scooping since 1928" ice cream brand

DOWN

- 1 Florida resort city that means "mouth"
- 2 Speak grandiloquently
- 3 Revealed, as one's soul
- 4 Quell, as concerns
- 6 Exams for srs.



© Red Hand Associates

Answers will be posted on social media at the end of the month.

Dominion Christian's Summer Fun



Photo contributed by DCS

Dominion Christian School had quite the summer moving into our new K-12 facility in Herndon.

The new space houses a gym, a large auditorium/sanctuary, ample classroom and office space, and a practice field.

This facility is the new North Campus for Dominion, and the South Campus (K-6) will continue to serve the Oakton area.

At the end of every year, the whole Dominion community gathers for the Historical Festival (see picture), an exciting day full of friendly competition and lots of fun.

We are looking forward to being together again soon, and heading back to school in this new building will make the start of the school year even more thrilling!

EDUCATION

Three Weeks, No English, No Phone: French Governor's School

By Lucas Menendez-Hassel, Guest Writer

The Virginia Governor's French Language Academy is a three-week full-immersion program that takes place at Washington and Lee University. The environment is much like college; students sleep in dorms, dine in the food halls, and take courses.

All students signed a pledge that they will not speak any English until after the closing ceremony. Students were divided into different French speaking countries including France, Belgium, and Senegal. These countries are used mainly as an organization system, but also for smaller competitions within the academy.

Students worked 8 a.m. to 10 p.m. daily, except for Sunday mornings when they are allowed 30 extra minutes of sleep. Every other day, Monday through Saturday, students took courses on subjects like art

history, becoming a writer, or even on the what and what not to say in French. Some days, language classes were offered, ranging from Swahili to Arabic.

Every couple of days, time is dedicated to "l'atelier créatif," a choice students made prior to entering the academy. Options included chorus, theater, art, blog, and podcast. For the art, theater, and chorus classes, students prepared for an exposition at the end of the program. For the podcast, students grouped together to share their experiences at the academy on a local radio show. The blog choice consisted of students taking photos and writing brief excerpts to upload and share with friends and family.

One of the greatest aspects of the academy was that students from different academic disciplines engaged with each

other. In events such as the International Ball, the Talent Show, the Olympics, and the World Cup, all students interacted and shared their newly-acquired skills and knowledge.

Other events were exclusively for the French Academy students. On one evening, dedicated to cheese, students learned how to eat this piece of French culinary culture. In addition, there was a trip to the Virginia Museum of Fine Arts, where docents brought to life pieces of art from the art history course, and a day trip to the lake, which served as a sweet escape.

What could be seen as three weeks less of summer was a wonderful opportunity. Students having their lives revolve around a language from their native tongues is a challenge that comes with

great rewards. Not only do students leave with a better understanding of the French language and culture, but also with new friendships and memories likely to last a lifetime.

Governor's Schools aren't just limited to language. Depending on students interests, there are programs for technology, marine science, humanities, and even for agriculture. If interested, students can ask their teachers or counselors about starting the application process, and/or do further research on the Virginia Department of Education's website by searching up: Summer Residential Governor Schools.

Lucas Menendez-Hassel is a Herndon High School student who attended Virginia Governor's French Language Academy in July.

United Christian Parish Preschool Nationally Accredited

By Sarah Golden, Staff Writer

As any parent will tell you, sending off your little one to school for the first time – or even the second, third, or fourth time – can be difficult. The staff at the United Christian Parish Preschool [UCP] know this all too well, which is why they've implemented a program sure to put any parent at ease. The UCP academic program has been validated by the National Association for the Education of Young Children [NAEYC], a nationally recognized accreditation board, and balances

educational rigor with social and emotional learning.

NAEYC-accredited programs have been thoroughly vetted to ensure they meet the association's high standards. These standards address areas most parents would expect from a top-notch preschool – things like ensuring physical safety, student health, strong curriculum, and experienced and dedicated staff.

However, NAEYC goes a step further to focus on cultivating emotionally-intelli-

gent children through establishing strong student-teacher-family relationships and community connections.

UCP staff are passionate about UCP's NAEYC-backed program. And families of "children who participate in an NAEYC-backed education," said UCP Director Ginger O'Rourke, "can expect growth in all areas of development that strengthen the helpful characteristics of empathy, tolerance, and compassion."

Both O'Rourke and Assistant Director

Tracie Lambakis refer to UCP as their "happy place." This sentiment is supported by the considerable presence of veteran staff at UCP, and the numerous families who opt to enroll their children there for the entirety of their preschool education.

Curious about whether UCP is right for your family? Visit ucppreschool.org for more information about the NAEYC program, UCP's curriculum, and registration options.



Photo by Robin Sgambati



Photo by Robin Sgambati

Reston Museum's Cardboard Boat Regatta



AUGUST 19TH, 2023 AT 1 PM LAKE ANNE


Let's Build Community One Boat Race At a Time

HELP US PRESERVE THE HISTORY OF RESTON!


TEAM CATEGORIES:

- KIDS
- FAMILIES
- BUSINESSES


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



Fools
A COMIC FABLE BY NEIL SIMON
NOVEMBER 17-19



Fiddler on the Roof
APRIL 26-28



TELEPHONE
VHSI WINTER ONE ACT

SPORTS

South Lakes Boosters: Geared Up for a Spirited Year!

By Laurie Dornak, SLHS Boosters

South Lakes Boosters, Inc. (Seahawk Boosters), a registered 501(c)(3) corporation, is at the heart of the active South Lakes High School (SLHS) athletics program.

Come to any sporting event and you will see many Boosters in action, sharing their Seahawk pride by enthusiastically cheering on the green and blue.

Most importantly, you will see the results of their volunteer efforts.

As the school year and fall sports seasons begin, Seahawk Boosters invites you to check out @SeahawkBoosters on social media (~ 4400 followers) for highlights of Seahawk athletic programs, upcoming sports and fundraising events, and some community pride and joy.

Seahawk Boosters is a volunteer-run organization that provides financial, advi-

sory, and volunteer support to the SLHS Activities Office and to more than 20 Seahawk athletic programs.

“Seahawk Boosters are an integral part of South Lakes Athletics and a terrific support arm to the DSA office,” said Director of Student Activities Andrew Dugan.

Through fundraising and volunteer efforts, Seahawk Boosters liaise within and across the high school and Reston communities with the goal of creating connections to provide a broader and richer set of sporting experiences at SLHS.

Funds raised through Booster season passes, concession sales, spirit wear sales, and corporate sponsorship subsidize facility improvements, new uniforms and equipment, investments in technology, student scholarships and training for

coaches.

“Last year, Seahawk Boosters donated over \$100,000 to Athletics,” said Seahawk Boosters President Terry Redican. “We are pleased to contribute to an environment where student athletes succeed. Our athletes look sharp in new uniforms regularly procured, and the DSA team keeps the facilities modern and campus welcoming.”

Much of what Seahawk Boosters accomplish is the result of “many hands making light work” via their shared school spirit and sense of community that resonates with student athletes, their parents, and local businesses.

“We appreciate all the help from our wonderful community. But there’s still room for others to support our team. We would love more Seahawk fans to be in-

involved,” Redican said. Welcoming fresh ideas, Seahawk Boosters is ready to engage your support.

Among the opportunities to support the Seahawk boosters are becoming an individual member or a corporate sponsor, participating in Seahawk events, volunteering, buying spirit wear, and visiting the concession stands during home games and special events.

There are many places within this energetic organization to share talents, interests, and support.

Interested in becoming a sponsor? Please send us a message on social media @Seahawk Boosters or to SeahawkBoosterMarketing@gmail.com. Seahawk Booster volunteers look forward to hearing from you.

Herndon High Athletics Boosters: How to Get Involved

Contributed by HHS Boosters Parents

The Herndon High School Sports Boosters is in place to support our student athletes. Athletic programs at all Fairfax County Public Schools are funded by gate receipts and sports booster clubs. (Fairfax County only covers coaches, officials, and transportation to games.)

Last year, HHS Sports Boosters raised \$140,000 for HHS Athletics.

We raise money through memberships, spirit wear, and concessions. We donate funds to Herndon Athletics for uniforms, balls, goals, safety equipment, weight room equipment, scoreboards, sound systems, gear, awards, multiple college scholarships, and more.

Join Sports Boosters and receive great benefits while supporting HHS Athletics. There are many levels of membership and every bit supports our student athletes.

Membership Benefits

Game Admission: For all regular season home games, for all sports, your membership covers your ticket fee.

Booster Bucks: Redeem your Booster Bucks via our online spirit wear store. Once you purchase your membership, you will be emailed a coupon code to use on the site.

2023-2024 Membership Levels

Hornet Family Sponsor -NEW!

\$1,000 membership fee | 6 game passes | \$100 Booster Bucks

Invited on the field at Sponsor Night, and listed as a Family Booster Sponsor on social media and Thank You Family Sponsor Banner at the stadium and gym

Super Hornet Plus -NEW!

\$500 membership fee, 6 game passes, \$75 in Booster Bucks

Super Hornet -\$350 membership fee | 4 game passes | \$50 in Booster Bucks

Hornet -\$250 membership fee | 2 game passes | \$40 in Booster Bucks

Stinger -\$150 membership fee | 1 game pass | \$25 in Booster Bucks

HHS Student -NEW!

\$75 membership fee | 1 game pass | \$10 in Booster Bucks

HHS Faculty/Coach -\$10 membership fee | 1 game pass

Future Hornet -(For families with ONLY elementary and middle school children, no HHS students)

\$150 membership fee | 4 game passes | \$25 in Booster Bucks

Herndon High Athletics Boosters are always looking for local businesses to be sponsors for our sports programs.

For more information on a business sponsorship or how to join HHS Boosters, please contact the Boosters president:

HHSsportsbooster.president@gmail.com

Also, follow on social media:

Facebook: Herndon Sports Boosters

Instagram: @hornetboosters

Twitter/X: @HornetBoosters



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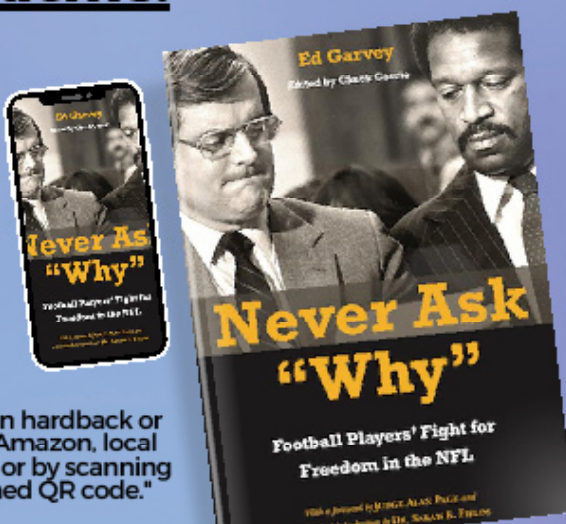
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SPECIAL EDITION SPORTS

Reston Swim Team Association All-Stars Shine

Contributed by RSTA, Photos by Isadora Guerreiro

To conclude Reston Swim Team Association's 50th Summer Swim season, top swimmers were selected to compete in an annual all-star meet. Swimmers were permitted to participate in up to two individual events and up to two relays. In addition, RSTA announced the 2023 Kim Klarman Award and Kevin Coffey Spirit Award winners.

Kevin Coffey Spirit Award

RSTA presents the Kevin Coffey Spirit Award annually to a swimmer (or swimmers) on each team who participates regularly in practices and meets and who has exhibited exceptional team spirit, sportsmanship, reliability, and dedication to RSTA's goal of providing a positive swim experience for all swimmers. The award is given in memory of Kevin Coffey who was part of RSTA for 15 years as a swimmer and a coach, and personified the criteria on which his memorial is based.

This year, RSTA is pleased to recognize the following swimmers with the Kevin

Coffey Spirit Award:

Autumnwood Piranhas - Anna Houck and Mitchell Vikhman

Lake Audubon - Brenna Scanlan and Riley Lender

Lake Anne Stingrays - Charlotte Hamilton

Lake Newport - Eliana Briceno

Glade Dolphins - Lauren Wagner

Ridge Height Sharks - Abby DeAngelo

North Hills Hurricanes - Saxon Joyner

Hunters Woods Marlins - Evelyn Wagner

Kim Klarman Award

In honor of Kim Klarman's devotion to RSTA, "The Kim Klarman Award" is given to an individual or individuals who truly make a difference to RSTA and to the community at large with a commitment to long term service.

In the recipient's honor, the league donates a check for \$250 to a charity of the recipient's choice. This year's winner is Katy Slater!



Shaughnessy Pierce, RSTA President (L) presents Katy Slater (R) with the 2023 Kim Klarman Award

Overall League Standings

1. GLADE	6-0-0
2. AUTUMNWOOD	5-1-0
3. LAKE NEWPORT	4-2-0
4. NORTH HILLS	3-3-0
RIDGE HEIGHTS	3-3-0
6. LAKE AUDUBON	2-4-0
7. LAKE ANNE	1-5-0
8. HUNTERS WOODS	0-6-0



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- Casey Menish, REALTOR®
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All Star Meet Records

Glade 15-18 Girls 200 Medley Relay broke their own *RSTA league* record from 7 days ago. The previous record was 2:07.20 The new record set by Kaitlin Mahon, Lauren Wagner, Clara Landeryou and Amelia Pimentel is 2:04.88.

Autumnwood 15-18 Girls 200 Medley Relay broke a team record from 2008. The previous record was 2:21.28. The new record set by Sylvia Thompson, Anna Houck, Morgan Wright and Sophia Kennedy is 2:17.58.

Glade 9-10 Boys 100 Medley Relay broke a team record from 2016. The previous record was 1:28.50. The new record set by Samuel Seaton, Aidan Kelly, William Seaton and Bohdan Krasij is 1:25.15.

Glade 11-12 Boys 100 Medley Relay broke a team record from 2018. The previous record was 1:16.25. The new record set by Joseph Clarke, James Dubesa, David Landeryou and Shawn Wiemer is 1:14.23.

Glade 15-18 Boys 200 Medley Relay broke a team record from 2016. The previous record was 2:04.69. The new record set by Connor Pierce, Ethan McCrea, Seth Huber and Marco Anguizola is 2:02.73.



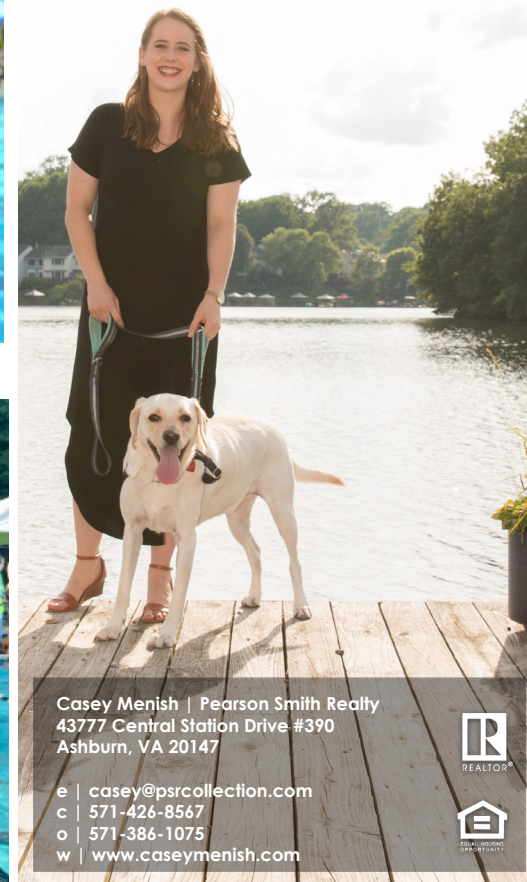
Autumnwood 15-18 Girls 200 Medley Relay Team



Glade 15-18 Girls 200 Medley Relay Team




Lauren Wagner broke her own Glade record from 2 weeks ago. The previous record was 34.90. The new record is 34.59. Lauren set this team record an astonishing 5 times this season, starting with Week 1, when she broke her own record from 2022.




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SWIM TEAM ALL-STARS

All-Star Meet Results

Contributed by RSTA, Photos by Isadora Guerreiro

Girls 8 & Under, 25-Meter Butterfly

1. Livernois, Evelyn (LN)
2. Zhang, Claire (HW)
3. Cassidy, Megan (AW)



Evelyn Livernois (Lake Newport)

Girls 9-10, 25-Meter Butterfly

1. Hamilton, Claire (AN)
2. Morais, Olivia (LN)
3. Cassidy, Clare (AW)



Claire Hamilton (Lake Anne)

Boys 11-12, 50-Meter Butterfly

1. Kerr, Daniel (AW)
2. Xie, Grant (AW)
3. Hamilton, Lachlan (AN)



Daniel Kerr (Autumnwood)

Girls 11-12, 50-Meter Butterfly

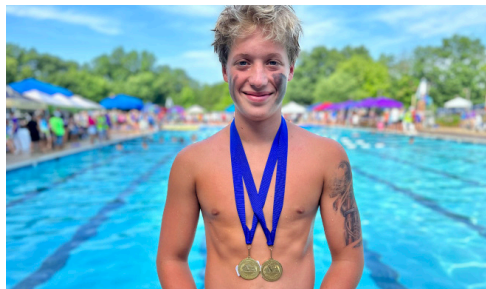
1. Harris, Josie (GL)
2. Hu, Elizabeth (AN)
3. Swartzbaugh, Ella (GL)



Josie Harris (Glade)

Boys 13-14, 50-Meter Butterfly

1. Bertoni, William (AN)
2. Pierce, Andrew (RH)
3. Wagner, Cole (RH)



William Bertoni (Lake Anne)

Girls 13-14, 50-Meter Butterfly

1. Wagner, Amanda (GL)
2. Grilliot, Ava (HW)
3. Holmquist, Charlotte (AN)



Amanda Wagner (Glade)

Boys 15-18, 50-Meter Butterfly

1. Vikhman, Nathan (AW)
2. Cao, Bradley (AN)
3. Xu, Raymond (HW)



Nathan Vikhman (Autumnwood)

Girls 15-18, 50-Meter Butterfly

1. Landeryou, Clara (GL)
2. Wright, Morgan (AW)
3. Mahon, Kaitlin (GL)



Clara Landeryou (Glade)

Boys 9-10, 50-Meter Backstroke

1. Yang, Michael (HW)
2. Clark, Sammy (AW)
3. Rasmussen, Henry (RH)



Michael Yang (Hunters Woods)

Girls 11-12, 50-Meter Backstroke

1. Martin, Camille (GL)
2. Light, Willow (NH)
3. Robinson, Kate (LA)



Camille Martin (Glade)

Girls 11-12, 50-Meter Breaststroke

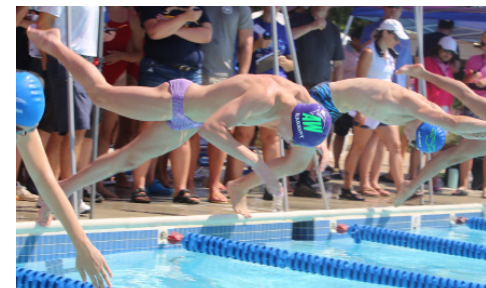
1. Gocong, Heidi (RH)
2. Gray, Caroline (AW)
3. Hiller, Maika (LN)



Heidi Gocong (Ridge Heights)

Boys 15-18, 50-Meter Breaststroke

1. Harriot, Jackson (AW)
2. Huber, Seth (GL)
3. McCrea, Ethan (GL)



Jackson Harriot (Autumwood)

Girls 9-10, 50-Meter Breaststroke

1. Branham, Maeve (LA)
2. Morais, Olivia (LN)
3. Spigarelli, Briella (LA)

Boys 11-12, 50-Meter Breaststroke

1. Xie, Grant (AW)
2. Cohen, Eli (AW)
3. Davis, Charles (NH)

Boys 13-14, 50-Meter Breaststroke

1. Harriot, Erik (AW)
2. Kramer, Nathan (GL)
3. Cramer, Aaron (AN)

Girls 13-14, 50-Meter Breaststroke

1. Wagner, Amanda (GL)
2. Elster, Fiona (HW)
3. Cohen, Lily (AW)

Girls 15-18, 50-Meter Breaststroke

1. Wagner, Lauren (GL)
2. Houck, Anna (AW)
3. Pimentel, Aimee (GL)

Boys 8 & Under, 25-Meter Freestyle

1. Unadkat, Landon (NH)
2. Lake, Bode (LA)
3. Huskey, Jameson (GL)

Girls 8 & Under, 25-Meter Freestyle

1. Gocong, Kinsey (RH)
2. Laurenzi, Avery (AW)
3. Zhang, Claire (HW)

Boys 9-10, 50-Meter Freestyle

1. Clark, Sammy (AW)
2. Ryan, Teague (NH)
3. Dougherty, Logan (RH)

Girls 9-10, 50-Meter Freestyle

1. Niland, Avery (HW)
2. Branham, Maeve (LA)
3. Nistler, Anna (GL)

Boys 11-12, 50-Meter Freestyle

1. Skelton, Finn (HW)
2. Cohen, Eli (AW)
3. Davis, Charles (NH)

Boys 8 & Under, 25-Meter Butterfly

1. Clark, Benny (AW)
2. (Tie) Briggs, Sam (HW)
2. (Tie) Unadkat, Landon (NH)

Boys 9-10, 25-Meter Butterfly

1. Ryan, Teague (NH)
2. (Tie) Seaton, Will (GL)
2. (Tie) Starr, Tommy (AW)

Boys 8 & Under, 25-Meter Backstroke

1. Clark, Benny (AW)
2. Tugultayev, Ilyas (LN)
3. Austin, Theo (NH)

Girls 8 & Under, 25-Meter Backstroke

1. Gocong, Kinsey (RH)
2. Livernois, Evelyn (LN)
3. Farber, Savannah (GL)

Girls 9-10, 50-Meter Backstroke

1. Hamilton, Claire (AN)
2. Miller, Layla (NH)
3. Briggs, Ada (HW)

Boys 11-12, 50-Meter Backstroke

1. Skelton, Finn (HW)
2. Clarke, Joseph (GL)
3. Kerr, Daniel (AW)

Boys 13-14, 50-Meter Backstroke

1. Bertoni, William (AN)
2. Branham, Conor (LA)
3. Kerr, Adam (AW)

Girls 13-14, 50-Meter Backstroke

1. Swartzbaugh, Lilly (GL)
2. Holmquist, Charlotte (AN)
3. Lammers, Sarah (LA)

Boys 15-18, 50-Meter Backstroke

1. Ho, CJ (NH)
2. Vikhman, Nathan (AW)
3. Spurrier, Nathan (AN)

Girls 15-18, 50-Meter Backstroke

1. Mahon, Kaitlin (GL)
2. Czenas, Katie (NH)
3. Wagner, Lauren (GL)

Boys 8 & Under, 25-Meter Breaststroke

1. Tugultayev, Ilyas (LN)
2. Musgrove, Caleb (HW)
3. Hill, Archer (LA)

Girls 8 & Under, 25-Meter Backstroke

1. Laurenzi, Avery (AW)
2. Anguizola, Amelia (GL)
3. Mandruleanu, Grace (LA)

Boys 9-10, 50-Meter Breaststroke

1. Yang, Michael (HW)
2. Kelly, Aidan (GL)
3. Rasmussen, Henry (RH)

Legend:

AN – Lake Anne
 AW – Autumnwood
 GL – Glade
 HW – Hunters Woods
 LA – Lake Audubon
 LN – Lake Newport
 NH – North Hills
 RH – Ridge Heights



OPINIONS

Getting to Know an Art: And Modest Suggestions for More

Restonian

Blogger, Staff Writer



It is a truth universally acknowledged that here in Reston, we have more public art than you can shake a stick (of appropriate length, materials, and colors) at. It seems like every time a new building goes up, the developer sticks some fancy, if slightly undersized, Art in front of it (a nice gesture, but we'd like them to pay RA dues as well). If not by the developer, it is a creative installation by our Public Art Reston organization, which makes our community unique. So if you haven't walked around recently, there are a ton more Arts to see. And we'd like to suggest even more!

North Reston: The newest section of our plastic fantastic planned community has the least public art. There's a yellow "dinosaur-like sculpture" in Lake Newport Park, and some whimsical bike racks called "Duck Duck Goose" closer to the lake itself. Those are great, but that doesn't have to be all! A pyramid of orange Home Depot paint buckets towering over Reston Parkway could serve as a symbolic (and functional!) gateway to the neighborhood. Need a bucket? Take a bucket! Have a bucket? Leave a (hopefully empty) one!

Lake Anne: The OG, as the kids haven't said in years, includes lots of concrete abutments with evocative names like "Pyramid," "Pulpit," and "Sun Boat." They're all vaguely reminiscent of things you'd see on 1970s album covers your weird older brother or cousin always wanted you to listen to. Let's liven things up a bit, and add some Art featuring soft materials and more colorful pastels—things you might, you know, find on 1980s CD covers.

RTC: In honor of some semi-recent unpleasantness with the community, we'd suggest a flaming dumpster full of smoldering parking tickets, but that would be Wrong, Childish, even!

South Reston: We've always enjoyed the rotating sculptures created by South Lakes students on the Lake Thoreau spillway, but apparently there's also a "configuration of rocks and trees" on the far side of Reston Parkway we must check out someday. Our favorite Art, "The Portal Seats of Memory," nicely honors the Marcel Breuer building that got torn down for some midscale townhouses and condos. Not saying nothing, but someone should be checking with the artist about his ability to chisel some golf clubs out of marble, the end.

Learn more about Reston (and Fairfax County) public art at <https://artsfairfax.org/publicartlocator/> and about Public Art Reston at <https://publicartreston.org/>

That's My Point

Scott L. Parkin, Staff Writer



Not Elderly: An Elder

It was my job for many years to write about people who were far older than I.

Early in my communications career, I sometimes used "seniors" and "older adults" interchangeably to describe those aged 65 and older. But that changed.

Starting in 2009, my staff and I began to use "Media Takes: On Aging," a style guide published by the International Longevity Center and Aging Services of California. It recommended using the adjective "older" before the words "adult," "people," "American," or "individual." It also advised using "senior" or "elderly" sparingly – and never to describe an individual.

A study of older consumers by MedicareAdvantage.com writers found that the word "elderly" as a descriptor was disliked by 57 percent of 65-and-older respondents. Even more offensive were terms like "ancient," "geriatric" or "old-timer." Nearly 20 percent didn't like being called a "senior."

According to an article on this topic in The Atlantic, "older adult" was

the winner in an NPR poll of listeners about the best descriptor, but only 43 percent of respondents liked it, and only 30 percent preferred "senior."

My good friend, author Dr. William Thomas, believes that the best term to describe those of us who are older (and no longer considered middle-aged) is "elder." The word is common in some Native American communities and is an honorific.

In their communications, AARP is apt to use "people 50 and up" or "people 50 plus" versus general descriptors. The New York Times typically uses "people in their 70s" or "people over 80" instead of "older adults" or "elderly."

I think using the phrase "older adult" to describe a large group that is anything but monolithic works best in writing or in conversation. It is by far the least offensive. It also beats "senior," which, for me, best describes someone still in high school. And it is far better than "elderly." At 75, I personally prefer being called an "elder."

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

Ask Doctor S.

"What are some ways I can help my rising kindergartner deal with the changes and potential anxiety that come with beginning 'big kid' school?"



Dear Kindergarten Parent:

Setting the stage for "big kid" school is an important task for parents. I am a huge fan of books whenever there is an upcoming significant and/or stressful life event. The American Psychological Association (www.apa.org) has a phenomenal collection called "Magination Press," where you can find books on just about every topic written in developmentally friendly language. Many of your child's favorite characters – like Clifford and Baby Shark – have their own books about the first day of school as well. Read aloud to your child as long as you can, and introduce simple chapter books when your child is ready. If possible, drive or walk by your child's school, and visit your child's classroom before the first day.

While you shop for school supplies, allow your child to pick out clothes, supplies and lunch snacks – and not everything has to be organic or "healthy." Be sure to pick up a large white board, which will come in handy as your child ages. White boards are invaluable tools for parents to help teach their child to keep track of assignments, chores, and other commitments.

Children thrive when they are given routine and structure, and parents play important roles in modeling self-care. Even taking an extra few minutes to sit down and drink your coffee and eat breakfast helps teach your child the importance of fueling his or her body before tackling the day.

After your child has settled into the school year, start thinking about age-appropriate chores and break them down into three categories: before school, after school/before dinner, and after dinner/before bed. Depending on your individual child's maturity, many young elementary school agers can manage responsibilities such as picking out clothes/getting dressed independently, setting and clearing the table, emptying lunchboxes and backpacks, sorting and putting away laundry (including hanging up towels), brushing pets, and wiping down surfaces. I generally recommend starting with three chores during each time, with each one written on the white board as a reminder. This also mini-

mizes nagging. Screen time can be earned if schoolwork and household chores are completed, and, in general, ought to be limited to one hour per day during the school week at this age.

If possible, try to schedule playdates with other children. Take any opportunity for your child to work on socializing. Talk with your child about respect, responsibility, and self-control, and the difference between telling and tattling. Again, books can be great resources for teaching these concepts.

Remember, kindergarten/early elementary school is not only a time to learn math facts and reading, but also to teach your child how to behave in school and around other people. It is not necessary to drill your child on the day, or react if your child does not eat lunch for a while. It is also not necessary to enroll your child in multiple after-school activities.

"Psych"ed about your question and best wishes for a successful start to the school year!

Dr. S.

Hayley B. Sherwood, Ph.D., is a longtime Clinical Psychologist in Reston/Herndon, specializing in tweens, teens, adults and families. Please visit her website at <https://www.oakhillpsychological.com> for more information.

Please submit your questions for Dr. Sherwood to info@therestonletter.com Include "Dr. S" in the subject line.



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This is How to Plan Your Travel

By Mike Ball, Reston Travel Advisor

Save time and money with these travel tips from you Cruise Planners travel advisor. Whether you're looking to fly across the globe, sail to exotic destinations or road trip close to home, Mike Ball is here to help you plan the perfect vacation.

Use a Travel Professional – Why spend four weeks planning your one-week vacation? A travel advisor saves you time and helps you plan the perfect vacation. Travel advisors have access to the best deals, value-added amenities and incentive programs to make your vacation even more enjoyable. Best of all, you don't have to pay travel agents for their services.

Book Early – Don't wait for last-minute deals. Cruise lines, hotels and resorts often reward those who book ahead with

discounted rates and add-ons. When cruising, planning in advance means you'll have more options to choose from when selecting layout and location or looking for connecting rooms. If rates go down after you've booked, your travel advisor is often able to adjust your price, so booking early means getting the vacation you want at a great price.

Book a Bundle–You don't have to search a million sites to find the best price for everything. Your travel advisor can save you money by booking airfare, accommodations, transportation and tours as a package.

Travel During the Off Season – Save money by traveling to a destination during the off season or "shoulder" sea-

son – right before or after peak season. With fewer travelers visiting a destination during the off season, you'll have faster access to typically busy tourist attractions and accommodation rates are usually lower, giving you more bang for your buck. Check with your travel advisor to see if changing your dates by a few weeks can help you save money.

Travel Local – Look for travel opportunities in your own backyard. Consider a road trip or "staycation" or sail on a cruise from a homeport near you. In addition to the popular cruise ports in Miami, Ft. Lauderdale, New York City and Seattle, cruises leave from ports all over the country such as Los Angeles, Baltimore, Galveston, Tampa, and Charleston.

Go as a Group – Whether you're plan-

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ning a family reunion, friends' getaway, a special interest group or a wedding, you may be eligible for a free cabin when traveling in a group of eight or more staterooms. Plus, groups can often get perks such as free meeting rooms, cocktail parties, special amenities and onboard credit.

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Restaurant Review: Try Tiki Thai Reston

By Steph Drahozal, Staff Writer



Tiki Thai Reston may be as close as you get to feeling tropical island vibes without leaving the area.

After the wild success of Sense of Thai St. in One Loudoun, the owners wanted to share the love in Reston. Tiki Thai opened in Reston Town Center West in December 2020, self-described as the area's "first premier tiki bar."

Tiki Thai combines elements of Polynesian and Thai culture, and is decorated to represent that, filled with bold colors, greenery, and Tiki wall designs. Its vibe is lively and fun, filled with gatherings of friends and date nights.

The menu features Thai-inspired dishes from noodles to rice to curries. It not only has well-known dishes like Pad Thai, Ka Pow Fried Rice, and Panang Curry, but also a variety of unique dishes including four types of Thai-inspired tacos, four spicy salads, and a Pu Pu Platter (Heaven beef, Phuket ranguons, coconut shrimp, spring rolls, and grilled whole wings).

As I am typically an adventurous eater, my favorite item on the menu might be a surprise. Instead of one of the exotic dishes, my go-to dinner at Tiki Thai is Pat Pad Thai. The owner's recipe is just so good!

You can get it with chicken, pork, steak, or shrimp.

In addition to their tasty food menu, Tiki Thai's drink menu has 16 signature cocktails as well as a selection of beer and wine. Most of the cocktails are tropical and fruity (many are rum-based), and they come in fun glasses and mugs! The best drinkware by far is the Magic Kingdom mug, which is in the shape of Mickey Mouse.

My favorite drink is the Wilshire (tequila, elderflower, cucumber, lime, Flowery Boy honey, and Thai basil). Super refreshing, and almost too easy to drink, it's perfect for a hot summer day. I only wish it came in a more exotic cup.

If you want to stick around after dinner, the bar gains a whole new life after dark. Some evenings, they have a DJ, and a dance floor emerges. I've even seen them set up beer pong! And when the weather is nice, there's cornhole and other games outside on the patio.

Tiki Thai is clearly popular, so I recommend making a reservation. Come ready for a good time!
Tiki Thai Reston
12100 Sunset Hills Rd Suite 107

Drink More Water

By Neil McLaughlin,
Certified Chiropractic Sports Physician

While most athletes and people realize the benefit of water in their diet, many are unaware that electrolyte balance – especially sodium – is equally important. Electrolytes are responsible for overall fluid balance, blood pressure control, and kidney function, as well as normal muscular and neurological function.

If someone is sweating and starts to dehydrate, only drinking water can compound the situation, as it results in lower electrolyte levels and percentages in the blood, which in turn may lead to complications that affect kidney function, blood pressure, and even brain function. In serious situations, death may be the result.

Hyponatremia is the common electrolyte abnormality that results from an excess of total body water when compared to total body sodium content.

Fortunately, there are many options for maintaining optimal levels of water and electrolytes. In 1965, recognizing that football players were collapsing in training although plenty of water was available, a team of scientists at the University of Florida College invented Gatorade to combat the situation.

The only way to know what will work for a particular individual is to try the various options. Liquid IV, Pedialyte, Gatorade and Powerade offer lighter versions of their products, including Gatorade's Propel, a water with zero calories, but infused with electrolytes. When Gatorade or Powerade are the only options, I recommend cutting them an equal amount of water. To gauge safe intake levels based on activity level and propensity to sweat, people with health conditions – like high blood pressure – should consult their physician.



LIFESTYLE

Neighborhood: Golf Course Square/View and Newbridge

By Debbie Anguizola, Reston-based Realtor of Compass

Encircled by Reston National Golf Course, the Clusters of Golf Course Square, Golf Course View, and Newbridge form an enclave of attractive, predominantly 3-4 bedroom townhomes, built in the early 1970's.

Located just south of the Dulles Toll Road and west of Soapstone Drive, this neighborhood of roughly 275 townhomes creates an inviting and friendly community featuring a neighborhood pool, tennis courts, and beautiful natural surroundings.

Laura Hayes and her husband were attracted to the neighborhood "because of the beautiful trees, open spaces, and surrounding golf course." They have enjoyed the community for the past twenty years. "With great amenities such as the Newbridge pool, tennis courts, trails, and many playgrounds, along with supportive neighbors who look out for each other, it has been the perfect place to raise our son," added Hayes.

Ruwan Arseculeratne bought a home in Golf Course Square in 1997 as a bachelor. When he married his wife Cici, they decided to stay because they loved the location. It's close to everything and there is no cut-through traffic. The Arseculeratnes also



Golf Course Square During National Night Out; Photo by Laura Hayes

chose to raise their two children here. "It's been an incredible neighborhood to raise a family; the pool has been great and the neighborhood hosts many social events including chili cook-offs, giant slip and slides, and Polar Express parties," added Cici.

An extremely social community, it seems like there is always some type of social or community event taking place. Recently the community's Neighborhood Watch group coordinated a National Night Out event, which included visits from Hunter Mill District Supervisor Walter Alcorn, school board representatives, police officers and canine units. With events like winter caroling, star gazing in the field, bonfires and s'mores, and outdoor yoga, it's no wonder residents tend to stay put.

Townhomes generally sell from the mid-\$500,000's to \$700,000.

Two properties have sold so far this year for \$560,000 and \$559,000 — both were 3-bedroom, 3.5-bathroom units on Golf Course Drive.

As of this writing, there is one home listed for sale — 2029 Golf Course Drive, for \$574,888.

THE RESTON HOUSING ROUNDUP

\$539,000
Median Sales Price
in July 2023

Compiled by Casey Menish, Realtor with Pearson Smith Realty
Data Accessed on August 3, 2023

5
Days
Median Days on Market
in July 2023

101.9%
Median Sales Price / Original List Price
in July 2023

6
Coming Soon
Listings

32
Active
Listings

65
Pending
Listings

July 2023
vs
July 2022

-2.6%
Median Sales Price
\$553,490 in July 2022

-2
Median Days on Market
7 Days in July 2022

+1.9%
Median Sales Price / Original List Price
100.0% in July 2022

Data Source: Bright MLS

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"When I read the first issue of The Reston Letter I found it refreshing that Dawn was putting her time and energy into covering Reston people and events. Since then I have become a contributor and advertiser. Not a day goes by without a patient or friend saying they saw me in The Reston Letter. It's helped me promote my practice, giving me local exposure I hadn't had before. The Reston Letter has become a great contribution to the Reston community and all we stand for!"

-Neil McLaughlin
Certified Chiropractic Sports Physician (CCSP)

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