

# THE RESTON LETTER

## Reston Runs: 249 Finish Half Marathon, 5K

Contributed by Reston Runners

Reston Runners' 10th Annual Runners Half Marathon and 5K Race was held Sunday, April 2. Saturday's packet pickup weather was threatening but race day was sunny, windy, and cool: good weather for runners, but tough for volunteers. All the jitters disappeared once the races began. Runners, age 5 to 84, had a wonderful time racing on the scenic but challenging Reston paths. Congrats to the 167 Half Marathon finishers and 82 5K finishers! Runners finished with huge smiles and received finishers' medals. Awards were given to the top three overall male and female finishers, as well as the top three male and female finishers in each age group. "First Half Marathon Ever" top male and female finishers also won awards. Reston Runners encourages fitness and welcomes all to join them on scheduled runs.

Reston Runners thanks their volunteers, sponsors, Reston Association, and South Lakes High School. Entry fees and

generous donations from top tier sponsors, Stride, Reston Wealth Management, and Acorn Financial Services, allowed them to donate \$5,000 in scholarships to Herndon and South Lakes High School student athletes and athletic departments via the Reston Runners Community Fund.



Reston Runners began at South Lakes High School track  
Drone photo by Benjamin Burgess



Happy, on-course runners take on the Reston paths. Photos by Brogan Mutarelli

## Farmers Market to Open April 29

By E. Zirak, Opinions Editor

Twenty six years ago, Friends of TOMATO (The Organic Market At Tall Oaks), led by Debbie Sphrentz, wanted to start a farmers market in the Tall Oaks shopping center. The Giant Food grocer at Tall Oaks squashed the idea. And so the Friends of TOMATO gained the support of the Lake Anne Condominium board to bring the market to what was then an almost deserted weekend destination with so much charm and potential.

When Debbie Sphrentz approached The Reston Association seeking a market master to manage the market, John Lovaas volunteered, and the rest is Reston history. The operation continues to be a labor of love; Mr. Lovaas remains a volunteer and other aspects of the operation, including the website, are also managed by dedicated volunteers.

Delegate Ken Plum has only missed market Saturdays when out of town, since having joined Robert E. Simon and John Lovaas at the market's inauguration in 1998. Many local politicians have been spotted at the market, shopping and chatting with constituents, including Terry McAuliffe, Mark Warner, Tim Kaine, Jim Moran, Janet Howell, among others.

The Reston Farmers Market at Lake

Continued on page 2

## Come to the Cabaret!

### Players Win Awards, Kick Off New Production

By Ellyn Wexler, Staff Writer

The Reston Community Players invite everyone to come to the "Cabaret" on weekends from April 28 to May 14 on the Reston Community Center's CenterStage at Hunters Woods Village Center. And what a production it promises to be!

The 57-year-old, all-volunteer nonprofit community theater has won many accolades. Nominated for 42 WATCH Awards [Washington Area Theatre Community Honors] for its four-production 2021-22 season, RCP took home 13 at the March 19 awards ceremony – the most won by any of the 27 participating companies. Nine of them went to the evening's biggest winner, "A Little Night Music." In January, Broadway World's 2022 Washington DC Awards conferred its Best Theatre For Young Audiences Production (non-professional) on the RCP Apprentice Program's 2022 production of Disney's "Newsies."

Beyond the kudos, the players are hard at the work of treading the "Cabaret" boards under the direction of Duane Monahan. It is the community theater stalwart's third time working with RCP, having taken on the role of Bert in "Mary Poppins" (2016), and directed and choreographed "Thoroughly Modern Millie" (2018). He has worked in the D.C. area community and professional theater for

more than 30 years.

"I especially enjoy working in community theater. I love the process of bringing a volunteer group of people together to sing, dance, act, build, design, and manage a production just for the love of theater," Monahan says. "You never know who you'll meet, or what their background is. Some of the connections you make will be lifelong."

Monahan is excited about directing and



Reston Players Quintet Photo courtesy of Reston Players

co-choreographing the classic Kander and Ebb musical. "We had 63 people audition for 16 roles; the level of talent was inspiring! The show itself was first performed in the 1960s, and has gone through several iterations since then. Our production will be based on the 1998 Broadway revival."

"The show takes place in Berlin in the early 1930s during the rise of Nazi-ism," the director continues. "The action centers around the Kit Kat Klub, a seedy night club. You'll meet the various characters of the show, and see how each is confronted with a moral or ethical decision. Some tackle these situations head on; others turn

Continued on page 4

## education



Previews for spring high school musicals, 4th grade field trips to Colonial Williamsburg and Jamestown, a 16 year old Reston composer, and other school highlights

## sports



Softball scholarship, basketball all-stars, dance world championships, hockey national tournament, and Reston Swim Team Association summer nostalgia

## the bulletin



Prepare for 2023 Founder's Day, Reston farmers market opening, read about your library, Food For Neighbors, a review of Reston Players' Cabaret, and more

## lifestyle



Our neighborhood and house spotlights, housing roundup, a restaurant review on Taste of Istanbul, and pickleball injuries

## opinions

The benefits of aging in place, importance of arts in Reston, and how living in Reston has ranked over the years

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**SUMMER SWIM REGISTRATION OPENS IN APRIL! (AGES 5-18)**

More about Reston swim teams on page 9



# THE BULLETIN

## Reston Farmers Market Season Opens on April 29

continued from page 1

Anne is one of ten markets in Fairfax County sponsored by the Park Authority, who vets farms and farmers to ensure the products are produced locally and that vendors sell what they produce themselves.

Mr. Lovaas thinks he knows why this market has been such a spectacular success. “Restonians are farmers market people; fresh food, raised locally, is a priority.”

Patrons frequently ask Mr. Lovaas: is the produce raised organically? Families often prefer food raised without GMOS, synthetic fertilizers, pesticides, hormones, and antibiotics. While many farmers don’t have official organic certification, most do their best to minimize use of chemicals and to incorporate



Photo courtesy of John Lovaas

able strategies: “We make our own rich compost, and apply rock powders, natural minerals, and sea products to ensure that our food is nutrient dense.”

Mike Smith grew up in a conventional farming community witnessing first hand the detrimental impact of mono-culture crops on farmers and the environment. Today, he operates **Shenandoah Valley Produce**, where fruits and vegetables are grown from GMO-free seeds without the use of toxic chemicals. Their promise to customers: “While we are not “certified organic”, we pledge to meet or exceed those of industrial organic farms.”



Photo courtesy of John Lovaas

sustainable practices.

Mark Glascock of **Glascock’s Produce**, for example, was named West Virginia conservation farmer of the year in 2011 because of his environmental practices, specifically for his excellent conservation and cover cropping strategies. But you wouldn’t know it passing by his stall. This humble and hardworking farmer takes pride in being a third generation farmer, but doesn’t have much time to gloat or advertise his techniques.

**Potomac Vegetable Farms** is also committed to green practices; the barefoot and mud spattered stall manager assures patrons they don’t use pesticides on the farm. Instead of pursuing organic certification, they settled on the term “ecoganic” to communicate their standards without spending heavily for the regulator’s stamp. According to their website, they favor sustain-



Photo courtesy of John Lovaas

**Honey Brook Farms** is another more recent addition to the market. The family has nine children, all part owners, who help produce grass fed beef, forest raised

pork, free range chicken and eggs, all free of GMOs. They also offer naturally sweetened and sprouted baked goods, teas, raw honey, bone broth, and more.

For raw, A2 milk, Virginians can participate in their cow share program. Their website expresses their commitment: “Our family is grateful to provide our community with sustainably grown products using organic and holistic methods as stewards of God’s beautiful Creation.”

A certified organic family dairy farm will debut at the Reston Market this year. In addition to milk, butter, kefir, and yogurt, **Coulter Farms** will offer 20 varieties of cheese. While most American milk comes from Holstein cows, this farm’s Jersey cows produce milk with significantly higher protein, calcium, phosphorus, and B12.

Jersey milk is also higher in butterfat, meaning richer flavor! Their milk is not homogenized, so cream will rise to the top, and is gently pasteurized to kill off pathogens while maintaining nutrients and enzymes. The Mennonite family behind this operation has seven children, some now grown and married, who all contribute on the farm.

**Grateful Gardeners** is a husband and wife team who started a full time flower business after growing disillusioned with their nine to five jobs. She was a practicing attorney for 22 years and he has a Ph.D. in Neuroscience and now they grow beautiful flowers using organic methods. “No-till and cover crop practices teach us that if we simply add in soil organic matter via compost and mulches, build on that

each year, and fix nitrogen in the off season, our soil stays healthy and requires little use of artificial fertilizers, if at all. And the plants respond with



Photo courtesy of John Lovaas

superior immune systems, and more fruitful harvests.”

This is just a sampling of the goodness that awaits at the Reston Farmers Market at Lake Anne. The market began with nine vendors, seven of which still remain with the market 26 years later.

On April 29, when the market opens this year, there will be 34 stalls for patrons to visit.

As the website states in bright green letters: “Come and meet your friends at the Reston Farmers Market.”



Photo courtesy of John Lovaas

## Capital Harmonia: Women Inspiring Women

Contributed by Capital Harmonia

A 10-year anniversary is a perfect time to celebrate, to look back at achievements and to plan ahead. Capital Harmonia, a community women’s chorus, was formed in 2013 with the goal of bringing music written for women’s voices—and in particular by women composers---to the public and to organizations that support and promote the concerns of women.

We are a group of 20 women singers from the DMV area, several from Reston and Herndon, from different social and cultural backgrounds and ranging in age from high school to beyond retirement, but who all share the same love for singing and sharing our voices with others. Throughout the past 10 years, we have performed without remuneration for organizations that support women and their

families, including Cornerstones, The Women’s Center, Women Giving Back, The League of Women Voters, House of Ruth, the Avon Walk for Breast Cancer, and numerous assisted living facilities, bring music to their residents and staff, and to community events and fundraisers, sharing the empowering and uplifting power of music.

We perform the complete spectrum of music written for women’s voices—from inspirational works based on poetry and

other texts to Broadway and Pop songs... It’s not unusual to hear us perform music



Photo courtesy of Capital Harmonia

set to the moving words of Alice Parker, Maya Angelou, Naomi Morena, Eleanor Roosevelt and Leymah Gbowee next to music made popular by The Highwomen, May Erlewine Holly Near and Rachel Platten.

Capital Harmonia is directed by Dr. Mary Ann East, an accomplished music educator, soloist and a leader in directing

choral opportunities for singers of all ages. We also have a magnificently talented collaborative pianist, Rachel Thompson, who is also a licensed music therapist that enhances the musical leadership of the ensemble.

On Sunday April 30 at 4pm, Capital Harmonia will hold its Annual Choral Festival, hosting the Talmadge Singers from Hollins University. We will perform separately, together, and celebrate 10 years of music-making to help women. This event is free and open to the public at Community of Faith United Methodist Church in Herndon.

A milestone such as our first 10 years has also made us reflect on our future. We are committed to bringing joy through music and hope to expand our partnerships with area organizations.

If we can help you help others, please contact us through our website: [www.capitalharmonia.org](http://www.capitalharmonia.org)



# THE BULLETIN

FOUNDER'S DAY  
LAKE ANNE PLAZA  
APRIL 15 12:00-4:00 P.M.

RESTON FARMERS MARKET  
OPENS 2023 SEASON!  
LAKE ANNE PLAZA  
APRIL 29 8:00 A.M.-12:00 P.M.

RESTON ASSOCIATION  
COMMUNITY YARD SALE  
RA PARKING LOT  
APRIL 29 8:30 A.M.- 12:30 P.M.

## Reston Founder's Day Set for April 15 at Lake Anne Plaza

By Holly Weatherwax, Staff Writer

Mark your calendars for April 15 when our RESTON community will come together to celebrate Founders Day!

The community was officially founded on Robert E. Simon's birthday, April 10, 1964 (his 50th birthday) and he named the community using his initials. Founders Day, a celebration which formally began in 2004 in celebration of Simon's 90th birthday, will occur annually in the general time frame of his birthday.

This year the event, which will take place at Lake Anne Plaza, has been reorganized and designed with activities for everyone in the community to enjoy.

The day will kick off with a community volunteer effort, organized by Volunteer Reston. From 10 to 11:45 a.m. volunteers will clean-up the area, making sure that it shines for the events later in the day. Advanced registration to volunteer is required. If you are interested in being part of the team, go to [Reston.org/AboutRA/VolunteerReston](https://Reston.org/AboutRA/VolunteerReston) and scroll down to Adult or Minor volunteer applications. Fill the application out online, selecting Founders Day 2023 Community Cleanup as your preferred site location.



Founder's Day on April 15 will have activities for everyone in the community. Photo courtesy of Reston Museum

From 12 to 12:30 p.m., the Opening Remarks and Brick Dedications will take place with the opening remarks given by Chuck Veatch, an integral early resident of Reston and a member of the Reston Museum board. Additional community leaders will be present for the Opening Remarks.

Beginning at 12:30 p.m., local community performances will take place on the plaza. Those performances will continue

until 4 p.m. Enjoy local musicians and dancers as they celebrate Founders Day on the Plaza.

In addition to live entertainment, there will be a number of other events taking place. There will be local food trucks in the parking lot and the opportunity to meet with local community organizations and representatives.

A ribbon cutting is scheduled for 12:45

p.m. to launch the new Free Little Art Gallery. If you are not familiar with the Free Little Art Gallery, it is similar in concept to the Free Little Library; patrons can drop off and select art works for sharing within the community. The ribbon cutting and the placement of the Free Little Art Gallery will be in front of the Reston Museum.

At the Community Center, there will be an all day exhibit by the League of Reston Artists. From 1:30-2:15 p.m. there will be a celebratory cake for everyone to enjoy. From 2:30 to 3 p.m. there will be a local author book signing and program (author to be announced).

The Reston Museum will be debuting a special exhibit called, 'Teetotalers & Moonshiners: Prohibition in Virginia, Distilled.' The exhibit, which will be on loan from the Library of Virginia, will be accompanied by Bowman Distillery artifacts from Reston's own former distillery. There will be a Public Art Reston art activity at Reston Museum and the Reston Art Gallery & Studios.

Before you head home for the day, don't forget to take a selfie with Bronze Bob and post it to your favorite social media using #foundersday. Live, work and play, Bob Simon's Way!

## Food For Neighbors: Hunger is Closer Than You Think

By Holly Weatherwax, Staff Writer

The lightbulb moment came one day when Karen Joseph, who at the time was the Herndon Middle School president, was sitting in a counselor's office. As they tried to have their conversation, students kept 'popping in.' The counselor would hand them a granola bar and they would be on their way. After this happened several times, Joseph said, 'What is happening here?'

The counselor shared with her that there were students in the school who did not have enough food at home to get through the evening or the weekend. She was using her hard-earned salary to provide a small snack for them.

Joseph went home and began researching programs that might be available to help her children's middle school support their students.

What did she find? There weren't any programs designed specifically for students. Programs designed to attack food insecurity were largely intended to assist families.

The more she dug into this, the more certain she became that this was something that was desperately needed.

In 2016, Joseph and her husband Mark founded Food For Neighbors. They started out locally, collecting bags of food from nearby neighborhoods with very specific requirements. Their intent was to make available a large food storage bag to students who faced food insecurity over the weekend.

Food collected included things like granola bars, macaroni and cheese cups, instant oatmeal cups, peanut butter crackers, ramen cups and chocolate milk.

Now six years later, you may have been out on a Saturday morning and won-



Karen Joseph with HMS staff Photo courtesy of Karen Joseph

dered what the red bags on your neighbor's front steps were, it was likely a Food For Neighbors Red Bag collection day.

An army of volunteers is routed throughout the community to pick up these bags and bring them to a sorting center. More volunteers sort the contents into different bins for later distribution. The bins are moved to different locations based on current needs in each local community.

While the organization started out supporting one middle school, the effort has quickly grown to support 50 schools in our area. The next drive will have approximately 2,000 households donating red bags. The organization now supports 5 different programs: The Red Bag Program, Holiday Meals, Grocery Gift Cards, Pantry Program (setting up the actual pantries in

schools) and Personal Hygiene.

In April, Joseph will be inducted to the Fairfax County Public Schools Hall of Fame for her efforts on behalf of FCPS students.

Since she grew up in the area and graduated from Fairfax County's Annandale High School and Virginia Tech, she could not be more proud of this award.

Why has Food for Neighbors taken off? Because there is clearly a continuing need and there are volunteers who understand that they can help bridge that need. A student who is hungry is not going to focus on their education. Quite simply, having food helps kids stay in school.

**There are a number of ways that you can support Food for Neighbors.**

- 1. Sign up to fill a red bag.** The bag program takes place 5 times a year, during the school year.
- 2. Volunteer to drive, sort, or work for the organization.**
- 3. Donate a grocery store gift card to support families during the holidays and at times of real need.**
- 4. Organize your company to collect food for one of the drives or get your management to donate money.** Corporate donations are always welcome.
- 5. Are you a grant writer? They would love to have your help!**

The next Red Bag Day is scheduled for April 29. If you would like to receive a red bag (it comes with a list of items that you can pack in it) or if you would like to volunteer, the website is [www.foodforneighbors.org](http://www.foodforneighbors.org).

Remember, hunger is closer than you think.



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Karen Joseph with Centreville Leadership Team Photo courtesy of Karen Joseph



# THE BULLETIN

## Come to the Cabaret!

Continued from page 1

a blind eye; and still others choose to become active participants. One character sings a song entitled, 'What Would You Do?' It's my hope that the audience leaves our show with that question in mind: 'If I were confronted with that situation or choice, what would I do?'"

The production's two leads reflect the actors' varied levels of experience. There's relative newcomer Evan Zimmerman, a 23-year-old South Lakes High School alumnus currently studying musical theater at George Mason University. He takes on the role of the depraved master of ceremonies that actor Joel Grey portrayed in both the 1966 stage version and the 1972 film adaptation. Zimmerman says he auditioned for "Cabaret" because the musical "has



Best Actress nominee, Katie Cramer

but also do justice to this amazing cast... I have no doubt that with this cast and the guidance of our kick-butt creative team, who've already shown that they are pulling out all the stops with this production, this will be a show you don't want to miss."

Veteran Claire Jeffrey, who has been involved in D.C.-area theater since 2010, says it is "an absolute dream come true to take on" the role of nightclub singer Sally Bowles – the part Liza Minnelli made iconic in film. Jeffrey previously acted in RCP's "Legal Blonde" (2012), "Rock of Ages" (2017), "Aida" (2017), and "Annie" (2019). Jeffrey has no formal training beyond a few college courses in theater and music, although she has performed "in musicals, plays, and choirs since elementary school. I've done most of my learning, most of my training, right here doing shows. Every choreography rehearsal, every song I learn, every scene I work on is a chance to get better and grow."

The RCP community, she says, "is a friendly, warm, special group. It is run by a very professional and talented board, and it's one of my favorite places to do shows. The dedication from everyone who volunteers at RCP is unwavering. We all do it because we love it, because it brings us joy."

"The last few years have been hard for everyone across the board, particularly for people who love to do theater. We lost the opportunity to be in front of an audience, to share the connection that live performances build in the community," Jeffrey adds. "To finally have that opportunity and connection back is an amazing feeling, and it's not something that any of

us take for granted."

"I am so grateful to be back, to be singing, to be dancing, to be preparing this show for the public," she says. "Every time I pull into the parking lot at the rehearsal space, I just think 'thank you, thank you, thank you for this chance to do what I love.'"

RCP Board President Joey Olson notes that this post-pandemic production will mean reinstating RCP's opening night party as well as its concession, with proceeds to the RCP scholarship program for high school seniors who will study the performing arts in college.

For tickets, visit <https://restonplayers.org/>.



Best Actress nominee, Carolyn Heier  
Photos courtesy of Reston Players



Games Afoot cast-- Best Play Nominee  
been on my bucket list of dream shows ever since I first heard about it in high school. It's such a beautiful, and unapologetic work of art that pulls no punches in order to really hit its message." It is his first leading role. As for RCP, he adds, "I had seen a handful of their productions before...and each time, I was blown away by the professionalism and quality."  
For Zimmerman, "There is a lot of pressure in making sure that I not only do RCP, the material, and myself justice,



Games Afoot-- Best Play Nominee/Full Production Team  
Photos courtesy of Reston Players

## Arts Festival Coming to Town Center

Save the dates for the 32nd Tephra ICA Arts Festival to take place Saturday, May 20, 10 a.m. to 6 p.m., and Sunday, May 21, 10 a.m. to 5 p.m., rain or shine, at Reston Town Center. It was formerly called Northern Virginia Fine Arts Festival. More than 200 fine and craft artists will exhibit and sell their unique, handmade works.

The three jurors who selected the most accomplished artists from around the nation to present their works at the Festival will honor the top 10 artists at the Festival Cocktail Hour.

The festival also will feature one-on-

one experiences, performances, and special events. Among the highlights will be Latinx Queer artist Hoesy Corona's site-specific performance, "Hacia la Vida," which explores migration and displacement caused by climate change at 1 and 4 p.m. both days.

In addition, a Family Art Park will offer free art projects as well as a place to relax.

Garage parking is free on weekends. For more information, visit <https://www.tephraica.org/festival>.

## Your Book Donations at Work

### Contributed by Friends of the Reston Regional Library

The Friends of the Reston Regional Library (FRRL) recently announced the awarding of one-time grants to four local organizations that support and promote literacy in the community. These grants are intended to strengthen literacy education in our community by narrowing the gap between learners' needs and organizations' financial resources. Ranging from \$11,000 to \$30,000, the grants will be given to support hands-on programming that directly impacts literacy. The four grant recipients and their programs are:

**All Ages Read Together:** Free preschool for children and families in under resourced communities

**The English Empowerment Center** (formerly Literacy Council of Northern Virginia): Programming for adult and family English Language Learners

**The Loudoun Literacy Council:** Early Intervention Family Literacy programming for at risk preschoolers

**Literacy Volunteers of America – Prince William County:** Development and execution of a health literacy program for English Language Learners

FRRL Board President Brian Jacoby said, "We have been so impressed by the work these organizations are carrying out. The proposed programs, both long-established and new, will bring much needed literacy support to participants. The results will last a lifetime. We're honored and privileged to be able to be a part of it."

The Friends of the Reston Regional Library have been supporting the Reston community since the regional branch first opened in 1985. Incorporated as an independent 501(c)(3) in 2001, FRRL is an all-volunteer non-profit organization that raises funds, primarily through sales of donated books, to support and promote the Reston Regional Library, the Fairfax Library system, and literacy programming

and materials in the community. Donations of good condition, gently used books, especially children's books, are always needed.

For more information visit: [www.RestonLibraryFriends.com](http://www.RestonLibraryFriends.com)



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www.RestonLibraryFriends.com



# EDUCATION

## Four Spring Musicals Hit Our School Stages!

HMS performed *Legally Blonde Jr.* two weekends ago, while HHS, SLHS, and LHMS's curtains are about to rise.

### Bright Star Preview

By Erin Gibbens, SLHS Theatre parent

Step back in time and experience the magic of "Bright Star" at South Lakes Theater, where a talented student cast and crew will transport you to a bygone era. This captivating production of the Broadway musical written by Steve Martin and Edie Brickell, is directed by Michael Viola and weaves together Americana, bluegrass, and nostalgia to create an unforgettable tapestry of sights and sounds to tell this story of love and redemption set in the Blue Ridge Mountains during the 1920s and 40s.

The moment theatergoers cross the threshold of the themed entrance, they are greeted with a dazzling array of period-perfect costumes, an intricate set and lighting design, and mesmerizing special effects that rival any Broadway spectacle.

But it's the heartfelt performances of this extraordinary student cast that truly shine. The remarkable chemistry among the actors adds to the magic, making every moment feel genuine and touching.

They'll tug at your heart-strings throughout this sentimental tale and leave you feeling uplifted, as they belt out tender ballads and



Bright Star cast takes a break. Photo courtesy of Erin Gibbens

and dance lively square dances, backed by an infectious bluegrass score with student musicians playing banjos, fiddles, and accordions.

Come see Abby Jamison as Alice, the literary editor who meets an aspiring, charismatic writer, played by August Rivers, returning home to North Carolina after World War II. Their bond leads Alice to confront her past, unveiling a stunning secret with the power to transform their



lives. Jamison's and Rivers' portrayals are tenderly visceral and evocative. Henry Carter's performance as Jimmy Ray is endearing and spirited. Josh Lewis plays the complex Mayor Dobbs with convincing authority. Liam Birch confidently portrays the nurturing, down-to-earth Daddy Cane. And Maddie Bobko is enchanting as warm-hearted Margo. These are just a few of the 100+ students in this stellar cast and crew.

Experience the magic of "Bright Star" and let your spirit soar with the talented students of South Lakes Theater. This is truly a must-see event! Tickets will sell out quickly.

**Bright Star Show Times:**  
 May 4th, 5th, and 6th - 7:30 p.m.  
 May 6th - 2:00 p.m.  
**Preview Show: May 3rd - 7:00 p.m.**

**Tickets:** <https://www.etix.com/ticket/v/15621/south-lakes-high-school-theatre>

\*While the production is family-friendly, the story includes mature themes.

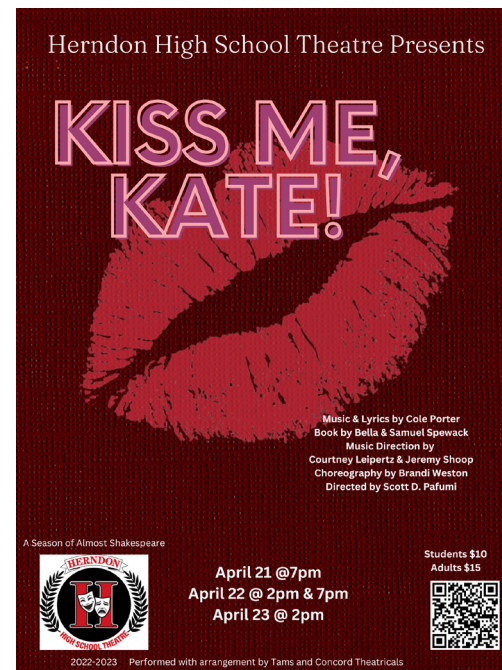
### Kiss Me, Kate! Preview

HHS Theatre

Join Herndon High School Theatre for their Spring Production of Kiss Me Kate! The classic musical by Cole Porter tells the story of Shakespeare's *The Taming of the Shrew*. Producer and director Fred Graham attempts to put on his own musical version of the Shakespearean play, all while 'taming his own shrew', his leading lady, Lilli Vanessi. Graham attempts to control the conflict both on and off stage between he and Lily, who just so happens to be his ex-wife, as they prepare for the show's opening night in Baltimore.

Meanwhile, his other leading actors, Bill Calhoun and Bianca, run up some trouble of their own. Bill just can't seem to shake his old ways, even with his big break from Mr. Graham, and his gambling debts catch up to him in the form of two scene-stealing gangsters. Will the show go on? Will the shrew be tamed? There's only one way to find out!

Come see the students of Herndon High School put on one of the classics of Broadway. Starring Josh Wise as Fred Graham, Hope Hill as Lilli Vanessi, Will McClough as Bill, Chloe Brokesh as Bianca, and Andrew Landrum and



Bo Chatterjee as the gangsters. With a cast and crew of more than fifty Herndon Hornets, this is not a show to miss!

Directed by Scott Pafumi, assistant director Erin Grogan, choreographer Brandi Weston, vocal director Courtney Leipertz, and music director Jeremy Shoop.

**Performances at Herndon High School,**  
 April 21st at 7:00 p.m.  
 April 22nd at 2:00 p.m. and 7:00 p.m.  
 April 23rd at 2:00 p.m.



Herndon Choir and Drama students and chaperones explored New York City the end of March. Photo courtesy of HHS



Langston Hughes Middle School is getting set to present *Frozen Jr.* this month. Show times April 27, 28-- 7:00 April 29-- 3:00 p.m. & 7:00 p.m.



Herndon Middle School Theatre performed *Legally Blonde Jr.* in March. Photo by Michelle Blanchet



HMS performers in *Legally Blonde Jr.* Photo by Michelle Blanchet



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# EDUCATION

## Reston Fourth Graders Visit Colonial Williamsburg and Jamestown



Aldrin Elementary 4th graders in front of the ships at Jamestown. The class took a field trip to Jamestown and Williamsburg, and even brought Aldrin's service dog. Photos contributed Aldrin Elementary



Armstrong Elementary 4th graders watch as a Powhatan reenactor shows the students how they burned canoes out of logs, and the kids touch pelts much like what they would have brought back from hunting trips. Photos contributed by Armstrong Elementary



Students got to see their Virginia history up close and personal. Other area 4th graders are also preparing for the trip.

## Eyes on the Horizon: Students Explore College Through AVID Program

By Melanie Meren, Hunter Mill District Representative on the Fairfax School Board

Over 100 students at Langston Hughes Middle School shared their research about colleges across America to as many parents, educators, and family members.

What brought them together is the AVID program, which stands for "Advancement Via Individual Determination," an elective at Langston and other local middle and high schools. AVID is inspired by a global nonprofit organization aiming to narrow the opportunity gap among diverse groups, through inquiry-based, student-centric instruction.



It empowers students to refine academic skills, participate in collaborative study groups, and engage in peer-led activities.

At the college fair, students honed their communications skills by trying to "recruit" visitors to vote for their presentation. Short games, school swag, and

snacks helped sweeten the pitch at the table-top presentations.

Kristina Burke, AVID Coordinator and teacher at Langston, proudly shared that the presentations reflected students' passion and creativity. While some of the components were graded,

students also received flexibility so they could include elements that were "outside the box". Ms. Burke said that she wanted to avoid students thinking, "Did I check all the boxes and get all the points?"

The AVID approach at Hughes includes refining students' academic, organizational, time management, and critical thinking skills. They use the 5-step Cornell note-taking process, inquiry-based

learning paired with the IB program, academic discourse activities like Socratic seminars and philosophical debates, effective annotation reading/writing strategies, and the One Binder Organizational System, impacting the entire Hughes school community for life-long achievement.

Teachers use AVID tools to enhance learning and connect more authentically with their students, leveraging students' backgrounds and experiences to master content in a personal way. AVID students outperform national averages in key success measures, learning to think critically and collaborate, and have higher graduation and college enrollment rates, according to a UCLA study.



AVID photos courtesy of Melanie Meren

### Hughes vs. Herndon Basketball



## HUGHES v. HERNDON BASKETBALL CLASSIC

Langston Hughes Middle School will square off against Herndon Middle School in a basketball game on Friday, May 19 at Herndon High School



What: Herndon Pyramid Concert

When: April 11, 2023 at 7 pm

Where: Herndon Middle School

### Pyramid Concert 2023

Herndon Middle School Auditorium  
Tuesday, April 11, 2023 at 7:00 PM

Come and attend the Herndon Band Pyramid Concert with family and friends! To mark the 75th Anniversary of the Pride of Herndon band, a special composition has been commissioned by the HHSBPA, which is being performed for the first time with the elementary and middle school students at the Pyramid Concert. This event is free for all.



# EDUCATION

## South Lakes Student Debuts Original Composition at Reston Orchestra

By Megan Schmid, Staff Writer

“To this day, I am still amazed to hear that some people do not know that Reston has an orchestra. Reston has an orchestra!” Linda Ackerman, the Business Manager of the Reston Community Orchestra, said jovially. Linda is on a mission to ensure that every household in our community is aware of the very talented group right in our own backyard. A goal that she has been working diligently towards for over five years.

Founded in 1987, the Reston Community Orchestra (RCO) is an all-volunteer ensemble devoted to music and the community. They offer five free/affordable concerts per season and perform an entire spectrum of orchestral music including baroque, classical, romantic, and contemporary compositions.

This year, the spring concert was dedicated to acknowledging talented youth in our community and featured the “The Tragedy of Macbeth”, an original composition by 16-year-old student Colin Surabian. Surabian began playing the double bass in fourth grade, although he originally wanted to play the violin. Thankfully his dad convinced him to try the bass and he hasn’t looked back since. Over the years, he has been in several orchestras including RCO, McLean Symphony Orchestra, the American

Youth Philharmonic Orchestra, All-District Orchestra (District XII), All-Region Orchestra (North Region), and the 2023 Virginia All-State Orchestra. In addition to orchestral work, Surabian formed a jazz trio with friends from South Lakes High School, and a rock band, Out of Order, in which he plays bass guitar.

“For my 10th grade end of the year project, I was given the option to do an analytical project or creative project. Shakespeare’s Macbeth really resonated with me, so I chose that. We always do different analyses of the text and write essays, but since we were given a creative option, I wanted to take advantage of it. Also, I always wanted to write a composition before but didn’t know where to start. The story of Macbeth gave me that starting point and from there I began writing music,” Surabian explained.

While most of his time was spent brainstorming, the actual writing took

him about a week. “I was writing several hours a day,” he said. After completion, he shared it with his conductor at the Reston Community Orchestra, the late Maestro



Colin Surabian, 16 year-old composer  
Photo by Benjamin Burgess

Dingwall C. Fleary, Jr. “Maestro Fleary immediately programmed it into the spring concert! It meant a lot to me. And it was really cool playing my own piece because I really understood what it was supposed to sound like,” Colin said thoughtfully. “I didn’t have to worry about interpreting the era and the composer and trying to mimic the certain style that might be true.”

While Colin’s piece was met with great success, he has plans to make it even better. “I see myself writing more. First, continue expanding upon Macbeth, extending each section, and expanding the piece to a full orchestra. I would also love to compose a new piece for RCO’s spring concert next year if they would let me.”

And when asked if he got a good grade

on his final project, he chuckled and replied “Yes, I got a perfect score and my teacher was very impressed. I invited her to the concert, and she surprised me and came with her daughter. She saw my vision come to life with all the elements of the story in the concert.” But his teacher was not the only one blown away by Colin’s work. Linda Ackerman also attended the concert and enthusiastically said, “Colin’s piece was amazing! It was a heavy piece but very good. And the other orchestra members responded well. It was a big success and hopefully we will have more from him.”

What’s next for our young and talented composer? “I’m going to be visiting Northwestern, Yale, Harvard and Berklee College of Music. I do want to continue with music but at the same time, I want to study science and engineering,” he said.

The Reston Community Orchestra’s future, they will have their season finale concert on May 21st. And if you’re interested in being on stage instead of in the audience, RCO is always looking for new members. There is no formal audition process, so just come and play! Rehearsals are held every Monday at the Reston Community Center from 7:30-9:30pm.

For more information about the Reston Community Orchestra or to purchase tickets for the season finale performance, please visit <https://restoncommunityorchestra.org/>.



4th graders at Hunters Woods Elementary School were thrilled to be visited by Miss Kelly from the Walker Nature Center! She shared a wonderfully engaging, hands-on, lesson about Reston wildlife!

Photo by Maria Wojciechowski



Students from Hunters Woods Cooperative Preschool love to take a walk to Walker Nature Center on a sunny day to check to see if the tadpoles in the pond are getting closer to being frogs.

Photo courtesy of Diane Ross



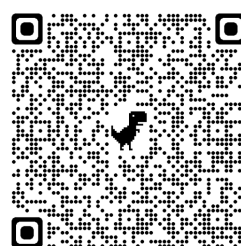
Herndon elementary student and his Herndon High mentor, Nana

Courtesy of FCPS News



Rigor, Relationships, & Respect is the Lake Anne Way! Students at Lake Anne Elementary hard at work  
Pictures contributed by LAES

Share your school news with us!



Armstrong Elementary’s PTA held Family Fun Night on Friday, March 24. The Family’s had a great night enjoying the moon bounce, game truck, prize wheel and bingo.

Photos courtesy of Armstrong Elementary



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# HIGH SCHOOL SPORTS

## Local Softball Scholarship Recipient

By Laurie Dornak, SLHS Boosters

Opening day in high school softball meant a cross-town rivalry game to get the season started. South Lakes versus Herndon was also a great game for Herndon Reston Youth Softball (HRYS) to announce the recipient of the 2023 Jeff Dalling Scholarship. Congratulations to South Lakes Senior, Megan Keating, the 16th recipient of the Dalling Scholarship! Six exceptional candidates were considered this year, five of whom played in the South Lakes vs. Herndon varsity game.

HRYS ([www.hrysfastpitch.com](http://www.hrysfastpitch.com)) has provided opportunities for girls of all abilities (ages 4 to 18) to develop skills at all levels across several different programs for approximately 20 years. The scholarship was established in memory of Jeff Dalling, a long-time coach and HRYS board member

who gave freely of his time and talents to HRYS teaching the joy of the game and just as importantly how to handle victory and defeat.

The 2023 applicants include Herndon seniors Jessica Daly and Lucy Taylor, South Lakes seniors Riley Frickeleton and Ruth Kelly, and Alicia Saunders. HRYS is very proud to have supported these young ladies during their softball careers and is impressed by the amazing young women they have become.



Senior Megan Keating receives Dalling Scholarship on March 14

“Megan Keating and our other five applicants are wonderful representatives of HRYS. The HRYS Board couldn't be prouder to have had an impact in their lives”, said Commissioner Tim Boone.

South Lakes took the opening day win and Megan topped off her night by hitting a home run into the Virginia night sky so familiar to players on both teams.



Hornets and Seahawks softball teams faced each other a cold opening night. Photos courtesy of SLHS



## Fast Fab: Four All-Americans

By Laurie Dornak, SLHS Boosters

South Lakes Girls Indoor Track qualified for the 2023 Nike Nationals held at The Armory, New York City. On March 11-12. The team sent two entries to NYC for the 800m and a 800m Relay (800mR) races.

The 800mR team is comprised of freshman Caroline Elliot, sophomore Catalina Simon, senior Annalise Williams, and junior Bella Harsanyi. They entered the meet as the 2023 Virginia State Indoor Champions, #11 in the Nation and as the #2 seed team. Running another new school record of 9:07.54, the team finished second, earning All American honors.



South Lakes Nationals qualifiers

Photo courtesy of SLHS

In the Championship relay, Caroline ran the first leg in 2:18 (PR) handing off to sophomore Catalina who ran a 2:16 (PR). Catalina handed off to senior Annalise running the 3rd leg in 2:21 (PR) and Bella anchored with a blazing 2:11. The Seahawks took 10 seconds off their previous school record set at this year's Virginia State Championship.

In the Championship 800m race, Bella competed individually. She placed 5th overall with a new PR of 2:10, claiming another school record and All-American honors.

The girls worked well together having made incredible progress with matching performances this indoor season. Congratulations on your success this season good luck during the Spring Outdoor season – Reston can't wait to see what you will do!



Congratulations to Emma Marino / Herndon Girls Lacrosse - awarded the 2017 Lou Petersen Memorial Award for Leadership and Sportsmanship. Photo from Twitter

### GAME RECAP

**VARSITY**

HERNDON

6

SOUTH LAKES

**GAME STATS**

**GODSHALK - (W) 4IP 2H 1R 4K 2-4 2B(2)**

**FAIRHURST - (SV) 3IP 2H 4K 1-1 HR 2RBI**

**MAURER - 1-4 2B 1R**

**SMITH - 1-3**

**JV**

HERNDON

11

SOUTH LAKES

**GAME STATS**

**JACKSON BEASLEY - (W) 4IP 2H 4K**

**SPEAK - 2-3 2B 3RBI**

**C. MORGAN - 2-2 2B(2) 1RBI**

**HENDERSON - 2-3 2RBI**

Hornets and Seahawks baseball faced off on March 17 Graphic courtesy of HHS

## NVWBCA 18th Suburban Classic All Star Game

By Laurie Dornak, SLHS Boosters

After the excitement of the high school season, post season basketball is full of all-star games for seniors – one last hurrah with friends and competitors from their high school careers – and showcase events for seniors and underclassmen from the DMV and mid-Atlantic area. Varsity players from Herndon High School and South Lakes High School Boys and Girls Varsity squads represented at two premier events last month.

The 18th Suburban Classic All-Star game was held on March 19th at Oakton High School, hosted by Coach

Fred Priester. Sponsored by the Northern Virginia Women's Basketball Coaches Association (NVWBCA), twenty Senior Varsity players nominated

from the Northern Region and Occoquan Region squared off for a 3 point contest and an All-star game. All Region awardees were recognized again and two NVWBCA scholarships were awarded.

The NVWBCA and their member coaches continue to work tirelessly to promote and grow women's basketball. The all-star game, player awards, recognition program, and scholarship program continue to be a force in the re-growth of the game.

Participants from HHS were Annelise Castillo and Aylin Humphrey representing the Hornets, and from South Lakes High School, Jessica Dornak and Renee Timbers representing the Seahawks.

The Northern Region squad was coached by Coach of the Year, Jo McLane from Centreville.



Players from left to right, Jessica Dornak and Renee Timbers from South Lakes, Aylin Humphrey and Annelise Castillo and from Herndon High School

Northern Virginia Womens Basketball Coaches Association

## 2022-2023

### NVWBCA ALL-STARS

Graphic by NVWBCA

## 2023 Roundball Classic

By Laurie Dornak, SLHS Boosters

The 16th annual Roundball Classic, presented by Visit Hagerstown, showcased the best high school basketball players in the Mid-Atlantic Region.

The Roundball Classic featured over 400 players from 170 different public and private schools in Maryland, Pennsylvania, West Virginia, Virginia and Washington, D.C, in 13 games played on March 25-26. South Lakes Boys and Girls Varsity squads represented on both days: Jessica Dornak



Tyler Andre and Coach Desmond

played on the Freedom Stars for the Shooting Stars game, coached by Troy Bolyard, Head GBB Coach Walkersville, MD. Renee Timbers played on



Brian Kennedy and Coach Desmond

the National Stars squad in the Mid-Atlantic Showcase coached by Kevin Murphy, Head GBB Coach Williamsport, PA. Brian Kennedy played on the National Rising Stars squad in the Rising Stars Shootout coached by Eric Stubbs. Tyler Andre played on the National Future Stars squad in the Future Stars Shootout coached by KC Hutzell.

### 2023 Athletic Scholarships

South Lakes High School Boosters in conjunction with the Dev Technology Group are offering \$1,500 scholarships to two female and two male senior athletes:

**Female Athletic Leadership Seahawk Embodiment Scholarship**  
(Two scholarships at \$1,500 each)

**Male Athletic Leadership Seahawk Embodiment Scholarship**  
(Two scholarships at \$1,500 each)

**Eligibility:** Seniors in all SLHS athletic-related groups or teams, including team managers.

**Process:** Students submit application via email to [SLHSBoosterScholarship@outlook.com](mailto:SLHSBoosterScholarship@outlook.com) with cover page and essay (please submit separate packets for each sport).

**Application Deadline:** **Tuesday, April 25, 2023. No late submissions will be accepted after 11:59pm Tuesday, April 25, 2023.**

**Information/Contact:** Applications available at [www.southlakesathletics.net](http://www.southlakesathletics.net)

Send applications and any questions to [SLHSBoosterScholarship@outlook.com](mailto:SLHSBoosterScholarship@outlook.com)

Students or their families do not have to be members of the SLHS Booster Club. The \$1,500 financial award will be paid directly to the college of choice.

**THE RESTON LETTER**

Read all about our mission and goal to bring this free publication to all Reston residents:

Donate to our mission:



# YOUTH SPORTS

## Foley Academy Heads to Irish Dance World Championships

**By Shannon Foley Dilles, Reston resident and owner of Foley Academy of Irish Dance**

Following much success at the most recent Regional and National Championships, 14 Irish Dancers from Foley Academy in Reston will attend the An Coimisiun le Rinci Gaelacha (CLRG) World Championships, which runs April 2 – 9 in Montreal, Canada. They will represent Foley Academy and the Southern Region USA in two Ceili Team events (U13 Girls 8-Hand and U16 Girls 8-Hand), and one of the dancers will compete as a soloist in the Boys U13 Championship.



Foley Academy Girls Ceili Team  
Photo by Shannon Foley Dilles

To prepare for the World Championships, the dancers have been attending practices 3-4 days per week since January to strengthen their technique, stamina, and overall performance for each routine.

The Ceili Team dancers learned two traditional dances – The Cross Reel and St. Patrick’s Day. Dancers from around the world perform the same sequence of movements for the dances as defined in Ar Rinci Ceili (the official handbook of Ceili Dances approved by CLRG) and are ranked on technique and uniformity. Foley Academy’s U13 soloist has two rounds



Oliver Harman  
Photo by NOVA Portraits

(Hornpipe and Reel), and based on the scores from these dances, the top half of the dancers in the event will compete a final 3rd round to determine the overall placements. Most of the dancers on the team started as beginners with Foley Academy in 2018/2019, some as young as 7 years of age, with the dream that one day they would be dancing at the World Championships. After several years of honing their craft to reach the championship level, the team is ready to turn their dream into a reality, and they are looking forward to putting their best foot forward on the Worlds stage!

To learn more about Foley Academy or to enroll in classes, visit: <https://www.foleyirishdance.com>

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

**Summer Session**  
June 19 - August 3, 2023

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

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

Summer Flex Schedule - 5 Weeks of Classes Available  
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## Swim Team in Reston: A Neighborhood and Family Tradition

**By Terri Wright, Staff Writer, Former Reston swimmer, lifeguard, and parent of swimmers and lifeguards**

Cheers, honking, whistles, and clapping around Reston neighborhood pools on Saturday mornings in June and July means just one thing: swim season is here! Reston Swim Team Association’s developmental league dates back to 1972.

Now, over the course of the summer, close to 900 swimmers, ranging in ages 6-18 participate on eight teams: Autumnwood, Glade, Hunters Woods, Lake Anne, Lake Audubon, Lake Newport, North Hills, and Ridge Heights.

Originally comprised of six teams around the community, boundaries were drawn, from neighborhoods within walking and bike riding distance. School communities and families regularly reconnected each summer on the pool deck. Over time, some pools have closed and others have opened, boundary rules have changed, but still each spring, young people gather at the pools to race and enjoy truly friendly competition.

Summer swim team involves entire families—boys and girls from ages 6-18—to compete with one another. Entire families from the same block gather at the Reston pools for evening practices before school is out for the summer

and for six meets over the course of most summer Saturdays. Each year new coaching assignments are released and longtime friends and siblings find themselves on opposite sides of the pool deck cheering and racing one another. Kristin Coffey a Newbridge swimmer from 1975-1984 and a coach from 1984-1990 remembers, “pulling thrown pool furniture out of a



Siblings Kevin and Kristin Coffey

pool after a meet! And competing with my brother (Kevin Coffey) in Newbridge vs. Ridge Heights!”

What makes RSTA unique from other summer leagues in the DMV area is a tiered scoring system. The developmental nature of the league allows every level of swimmer to contribute to the point scoring. “No matter who you were, you could score points for your team,” Joanna Rossetter who swam and coached for RSTA from 1986 to 2001 recalled.

Many times



Glade Gators, circa 1985 Photo courtesy of Kimi Tae Reynolds

coaches spent the rest of their day working on deck as lifeguards for Reston Association, nee RHOA. Longtime Reston resident Jennifer Dawson remarked on her lifetime affiliation with RSTA, “I started as a Hunters Woods Mud Sucker [in 1979] and I think I ended my coaching career there too. Although as a RA guard, I attended many more after I aged out. My three kids all went through HW until my oldest was thirteen. Miss my summer family.”

Emily Jean Clark began her summers swimming at North Shore. She now is a team manager for Autumnwood, the same team where she still holds team records. “Yes, you know I’m right back where it all began!” As her three children are boys those records will need to be smashed by someone else’s kids!

RSTA participation for families often spans decades. RSTA President Shaughnessy Pierce, “first learned about the league when my kids were babies and neighborhood kids were swimming at Ridge



Terri Wright, Linda Hill, and Emily Clark, RSTA volunteers

Heights. My oldest started out as a Shark in first grade, and his brothers joined him when they were old enough. I was one of a team of managers at Ridge Heights for several years, and served two years as a board member representing Ridge Heights before becoming President this fall.”

Like clockwork, after Memorial Day, the parking lots and side streets will begin to fill up early Saturday mornings. Those up on morning walks will hear the beep of the electronic starter, the splash of a race beginning, and the delighted cheers of friends and family as a new summer season begins.

Friendly competition is only a part of the magical nature of summer swim league. Brie Fensterwald Allis warmly recalls swimming for North Shore and later Lake Newport with, “great memories from that time from riding bikes to practice, driving coaches crazy, night meets, relay teams, the ice cream Brothers Benny, Freddie, and Samman, end of my Clark with grandma and former season parti- RSTA coach Linda Hill es and so much more. Our summers revolved around swim team.”



Brothers Benny, Freddie, and Samman, end of my Clark with grandma and former season parti- RSTA coach Linda Hill es and so much more. Our summers revolved around swim team.”

## Reston Hockey Team Makes History Playing in National Semi-Finals

**By Matt Scodellaro, 16U Reston Raiders Coach**

The cherry blossoms were in full bloom and the birds were celebrating the return of spring to Northern Virginia this week, but for a group of hockey players and their families, there was no place they would rather be than a still-wintery Buffalo, New York, site of the 2023 USA Hockey Tier II 16-and-Under National Championships. The Reston Raiders 16U Blue AA team, fresh off a Virginia State Championship and regular season and playoff Chesapeake Bay Hockey League titles, had been preparing for a long postseason run at the first National title in Reston history. The Raiders weathered some late winter Western New York snow and sleet, but arrived

in time for their first game on March 30 against the champions of Montana, a game in which they quickly knocked out any nerves about playing in the National Championship tournament, to dispatch the Treasure Staters 6-0. That was followed by a tense affair against the New England Wolves, representing New Hampshire, which the Raiders outlasted



Raiders celebrate a goal by Jack Spies in the quarter finals  
Photo by Joe Scodellaro

6-4. The Raiders took on the Fort Wayne Force, the best of Indiana, in their final preliminary round game with a chance advance undefeated to the quarterfinals. The Raiders had many chances, but had trouble finding the back of the net, holding a lead late into the third period before finally sealing a 2-0 win with an empty net tally. With a 3-0 pool play record, the Reston boys were set up to play against the Atlanta Fire in a National quarterfinal match. The two teams were familiar with one another, having played in an October tournament in Detroit, a game in which the Raiders clawed back from a 3-0 deficit to win 4-3. This time

around, the Raiders had the better step, took an early lead and did not look back, blanking Atlanta 3-0. The Raiders had now climbed into rarified air: a date in the National semi-finals against Alaska’s best, the Valley Thunder. Alaska scored an early goal and added two more in the second period, and for the first time in five tournament games, the Raiders found themselves playing from behind. Reston cut the lead to 3-1, but despite a valiant effort, couldn’t prevent Alaska from potting two empty net goals to send the Raiders home.

It was a remarkable season for the 16U Blue AA team, as they finish 46-13-4, but more importantly, they represented the Reston Raiders Hockey Club and the State of Virginia with distinction on the National stage. 9



# OPINIONS

## The Arts: Alive and Well in Reston

Excitement and Promise for New Reston Arts Center

By Andrew M. Lee, Guest Writer

Since its founding, the Reston Community has long recognized the importance of diversity and the arts. The Reston Community Center has been a key player in promoting and supporting the arts, bringing national acts, and celebrating local talent across disciplines to enrich the lives of our youth and families. These artists and musicians bring life into our neighborhoods and schools while improving and accelerating arts access for more communities.

There is excitement about the promise of the new Reston Arts Center, which is expected to be a hub of innovation and creativity, celebrating the arts and creating opportunities for young people through the arts. The center will feature galleries, classrooms, and performance spaces, providing opportunities for local organizations, artists, and community members to showcase their work and engage in creative pursuits. The location is set for across the street from the new RTC metro station.

Imagine what our arts and culture sector could generate in terms of eco-

nomie and cultural impact with increased sustained investment. Moreover, the arts offer significant educational and community-building benefits for not only Reston residents but our region as well. By providing opportunities for young people to engage in artistic and musical pursuits, the Reston Arts Center will help to foster creativity, critical thinking skills, and self-expression. At a time when so many arts programs are being reduced, we need to continue to invest in and support the arts. The arts remain one of the most powerful tools to bring us together to set aside our differences and bring us together - it makes us more understanding and accepting and inspire us to move beyond ourselves. By supporting and promoting the arts, Reston can continue to thrive and inspire future generations to see themselves as the artists and art lovers of tomorrow.

*Andrew M. Lee is a Reston resident and Artistic/Executive Director of DC Strings Workshop.*

Have an opinion to share?  
ezreston@gmail.com



Photos by Benjamin Burgess

## We're #28! Or #1! Or #50! Reston Ranked, Over the Years

By Restonian, local blogger

If you believe the various clickbait lists churned out by ill-tempered AI robots toiling away for websites and magazines, Reston has shot up and down the charts more than a novelty record by a pirate metal cover band.

The most recent rankings, from something called Niche dot com, put Reston at #28 in its list of Best Places to Live in Virginia. The top ranking went to some neighborhood called "Colonial Village" in Arlington, which another clickbait-generating AI decided to illustrate with a picture of Colonial Williamsburg. Apparently candlemaking demonstrations rank highly in the bot's criteria, so maybe we should dedicate a little-used corner of RTC to Colonial Reston, complete with demonstrations of how old-timey suburbanites booted horses which overstayed their time in the paddocks.

But we digress. It's been a crazy ride for our plastic fantastic planned community. Here's a recap of some of the more memorable times Reston has shot up and down the charts.

**2021:** Reston was named the #1 place to work from home in the U.S. by Money magazine, which said it was "practically designed with the remote employee in mind." Who knew sunken living rooms and wall-to-wall shag carpeting provided the perfect Zoom room acoustics?

**2020:** A big time "dub" for Reston, as the kids haven't said in years—Washington Business Journal ranked us #15 in the region's hot neighborhoods for home sales. Why is #15 so exciting? Because Ashburn was ranked #16—scientifically proving that we're ONE BETTER than that particleboard nirvana to the west. And this was even before we got a Wegmans!

**2018:** Number one again, baby, with a bullet! This time it was Money's list of Best Places to Live in Virginia, meaning we beat out communities like Miner's Lung, Oysterman's Boot, and Big Box Nexus Off I-95 Exit 437B.

**2016:** Money put us at #28 nationwide—but lumped us in with a bunch of other communities as "Hunter Mill." They also called out all the tech jobs at a place called "AOL," which we'll have to get out our trusty dial-up modem to learn more about.

**2015:** Reston was ranked #50—but for credit card debt, according to CardHub. With an average \$7,168 credit card bill, that's a lot of extra rounds of breadsticks at our midscale chain eateries.

**2012:** Perhaps the apex of Reston's Reston-ness: a Top 10 hit. Money ranked us 7th nationwide, saying one big plus is that you shouldn't expect "cookie cutter homes here... houses of all shapes and sizes sit next to one another." Definitely true, but not of all different colors.

**2010:** We'll end with what was rock bottom for Reston, even worse than the times we were snubbed by cloverleaf intersections like Centreville and Manassas Park. Reston's evil Maryland planned community doppelganger, Columbia, was ranked the 2nd best place to live in the country by Money. Why evil? Columbia used to have a street called "Satan Wood Drive," which it changed at some point—something to keep in mind as Temporary Road celebrates multiple decades of weird, but demonstrably less troubling, existence, the end.

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



## THAT'S MY POINT

## I Plan to Age in Place

By Scott L. Parkin, Guest Writer

I often receive slick mailings from life plan communities in our area. They are filled with photos of happy elders, handsome model apartments and many amenities designed to attract me, a 75-year old Reston resident, to contemplate a move. But I'm one of those people who would rather not.

In simple terms, I want to age in place. The U.S. Centers for Disease Control and Prevention defines aging in place as "the ability to live in one's home and community safely, independently, and comfortably regardless of age, income or ability level." The AARP says that 90 percent of those over age 65 want to remain in their own homes for the long term. Only 29 percent said they plan to relocate to another community.

My family has lived in Reston since 1985. We have owned and lived in three townhouses here and sold our last in 2016. My spouse and I now live in an apartment building (not senior housing) where a small percentage of residents are older adults, but there are many middle-aged and younger residents here as well. We feel lucky to live in a diverse community within a community where there are regular social events that include more than those with silver manes. I work out in a gym with younger people and ride the elevator with people of all ages, including children and their dogs. We are within safe and accessible walking distance of shopping, dining and natural surroundings.

I am a friend and student of Dr. William Thomas. The author of many books on aging, he is perhaps best known for efforts to change long-term care from the

ground up, founding the Eden Alternative and the Green House Project. In his writings, he emphasizes that in many other cultures throughout human history, families take care of their own. Elders remained integrated into the community regardless of age or infirmity, looked to for their wisdom and respected by all.

According to Thomas, in industrialized societies like our own, it is rare for elders to live out the last years of their lives "within the embrace of extended family." Our culture idolizes youth, fears aging and isolates older adults in "seniors only" housing or institutions. When families are faced with a parent or grandparent in decline, they may look to nursing homes "where a loss of place carries with it a potentially lethal loss of meaning."

While life plan communities look nice, it's unlikely that my spouse and I will be interested any time soon. However, we are fortunate to live in an area with many housing options and very lucky we can still make choices about how and where to spend our "elderhood."

My plan should I need long-term care or assistance with daily living is to try to live here in our apartment or someplace that is "warm, smart and green" (like a Green House should our community ever build one) for as long as possible. As Thomas has written, "the gift of place is the gift of meaning." I'll try to find the care I need in the community and stay in Reston, aging in place.

*Scott L. Parkin worked in the aging field for nearly 30 years. He began his career in communications as a journalist in Maine.*

**THE RESTON LETTER**

**The Reston Letter  
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# LIFESTYLE

## The Perils of Pickleball

By Neil McLaughlin, Reston Chiropractor, Owner of Reston OptimalCore

In the last several years, pickleball has surged in popularity, and with that, pickleball injuries have surged as well. A study in the Journal of Emergency Medicine documented approximately 19,000 pickleball injuries in one year. 90% of injuries affected people over 50 with a

**"THE WORST INJURY THAT WALKED INTO MY OFFICE WAS A PLAYER WHO ARRIVED LATE TO A MATCH AND RAN FROM THE CAR WITH NO WARM-UP TO PLAY. A FEW MINUTES INTO THE MATCH: 'BOOM!' RUPTURED ACHILLES TENDON THAT REQUIRED SURGERY. DON'T BE THAT PLAYER!"**

-Dr. Neil McLaughlin, Reston chiropractor, and owner of Reston Optimal Core

nearly equal ratio of 50/50 of females and males. Studies have indicated the number of injuries requiring visits to the ER for pickleball and tennis to be about equal for players over 60. Over 50% of pickleball players are over age 55, making them more susceptible than younger players to injury.

Numerous injuries can be sustained from playing pickleball. Everything from strains/sprains, fractures, concussions, spinal injuries, joint injuries, foot injuries like plantar fasciitis of the arch, Achilles tendonitis and tears; the list goes on and on.

We will concentrate on some of the most common pickleball injuries we see in our practice on a daily basis and how to manage them.

Dr. Pickleball (yes, Noa Sariban, DPT has coined that moniker) talks about "FOOSH" injuries meaning Falling On an Outstretched Hand. This can lead to wrist sprains and fractures, separated shoulder (sprained AC joint), rotator cuff injuries, and labral tears of the shoulder cartilage. Most of these injuries will require orthopedic, PT, or chiropractic intervention for healing and rehab.

## Preventative or Rehab Exercises

Buy a length of a closet dowel that you would hang hangers on. Cut a segment about shoulder width wide. Attach a cord, rope to the center that reaches the ground. Then attach a light weight to the cord (3-5 pounds is a good start for most).

**1. To Increase Strength of the Wrist Extensors-** Hold the dowel shoulder length apart, arms outstretched, with hands face down and weight sitting on the ground. Slowly roll the weight up, alternating hands, then slowly roll back down. Repeat 10-15 times depending on strength. Start with one set and when you can do three sets at this level you can then increase weight.



**3.** The major cause of pickleball injuries to older competitors is related to balance and tripping injuries. Here is how to improve that and lessen the risk!

Stand next to a wall arm length away with the elbow fully locked out.



**2. To Increase Strength of the Wrist Flexors-** Hold the dowel shoulder length apart, arms outstretched with hands now turned face up. Roll the weight up with same parameters alternating hands, then slowly reverse. Repeat 10-15 times.



**4.** Lift the outer leg from the wall up to waist level and hold for 10 seconds. Do three times and then turn around and do the same for the opposite side.

The goal is to get where you can stand on one leg for 30 seconds without holding onto the wall at all.



Photos by Benjamin Burgess

One of the most common injuries in pickleball is shared with tennis, once dubbed "tennis elbow." The propensity of injuries has coined a new term: "pickleball elbow." It is a tendonitis of the muscles/tendons of the wrist extensor muscles where they attach and pull at the lateral aspect of the elbow. Also "golfers elbow" is common with the muscles and tendons of the wrist flexor muscles where they attach on the medial side of the elbow.

In our office we utilize treatment modalities including ultrasound, electrical muscle stimulation with moist heat, therapeutic stretching, core strengthening to help speed recovery, healing, and to help prevent future episodes. **What can you do manage prevention, treatment of these injuries on your own or in conjunction with a health care provider?**

**1. Ice Massage-** for soft tissue injuries like plantar fasciitis, Achilles tendonitis, elbow injuries as described above: Get some small bathroom size Dixie cups, fill with water and freeze. Peel back the top of the cup to expose the ice and rub the ice directly on the injury site in circular or figure 8 pattern for 5-6 minutes a few times a day, and as soon after practicing or playing as possible. Heat is not appropriate for acute injuries but is beneficial to sore muscles or arthritic joints prior to practicing or playing. It helps to increase blood flow and give relief of symptoms.

**2. A tennis elbow strap/brace** may also provide relief while playing.

**3. Preventive exercises or post injury rehab** for strengthening wrist flexors and extensors.

## Reston Restaurant Review: Taste of Istanbul

By E. Zirak, Opinions Editor

As our thoughts and prayers continue for those affected by the earthquakes in Turkey and Syria, we decided to visit A Taste of Istanbul, a family run restaurant on the edge of Reston Town Center serving authentic Turkish food.

This is a quintessential mom-and-pop eatery, but grandma made an appearance too, stepping out of the kitchen to wave at the kids at our table.

I confess that weekday paid parking had prevented me from attempting a weekday lunch at RTC, but the first hour is free in the nearby garage. The second hour, though the food arrived so quickly we didn't end up needing it, was only \$2.

The diversity of items on the menu at Taste of Istanbul meant everyone in our party, from vegans to carnivores, had several options. Vegetarian and vegan entrees include falafel, red lentil soup, baba ghanoush, hummus, all served with thin, chewy pita bread.

For the meat lovers, there is plenty to choose from, including beef, chicken, and



Photo by E. Zirak

delectably seasoned lamb. They even offer fresh calf liver seasoned with red pepper and parsley, in case you need a boost, as liver is one of the most nutrient dense foods known to man.

There is a large selection of delicious pide, Turkish flatbreads served with a

variety of toppings, including vegetables, cheeses, and meats. Lahmacun is another popular flatbread option similar to pide, just thinner and crispier.

Other than the flatbreads, the doner kabob is a definite customer favorite. Doner kabob features meat slowly roasted on a rotating vertical rotisserie. Upon ordering, the chef cuts thin slices with a special tool designed for this purpose, to serve with rice or in a wrap with salad and tzatziki sauce.

The kabobs came with a nice portion of rice with chickpeas, and an assortment of raw and grilled vegetables, all seasoned beautifully.

The kids and adults in our party all left satisfied, knowing that we will return regularly to this local eatery. We highly recommend visiting A Taste of Istanbul to sample for yourself flavors ranging from the familiar to the exotic.



Photo by Benjamin Burgess



Photo by Benjamin Burgess



Photo by E. Zirak

**Taste of Istanbul**  
1862 Explorer Street  
Reston, VA 20190

## For a Healthy and Happy Pickleball Experience

1. Recognize physical limitations related to age, experience, conditioning, and ability!
2. Work on improving balance and proprioception (body awareness)
3. Improve core strength and stability
4. Warm-up properly! Jog lightly 5-10 minutes: light sprints forward and back pedaling, lateral movements for "cutting" movements while playing.

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# LIFESTYLE

## Neighborhood Spotlight: Wescott Woods

By Marnie Schaar

Just south of Leesburg Pike, on the west side of Reston Parkway, is Wescott Woods — a unique and welcoming community with a strong sense of togetherness. The neighborhood includes 63 single-family homes located on two main streets, Northwind Drive and Night Star Way. When asked what makes Wescott Woods special, homeowner Martha Janowski said: “The people. It is a tight-knit community of residents who are always



Easter egg hunts are just one of the traditions at Wescott Woods. Photo by Christine Misleh

doing something together.” Cherished activities include an Easter egg hunt, a fall chili cook-off, and a long-standing book club.

Residents appreciate the absence of any through traffic, which creates a safer environment for kids to ride their bikes and play outside. That was especially important to Christine Misleh, who shared “it was very important to me that my children be able to go outside and play but still be under the watchful eyes of the community.” Misleh added: “we also have a lot of fun – from happy hours to Halloween, we always find reasons to come together and celebrate.”

Wescott Woods is one of the few single-family home communities that not only belongs to Reston Association, but also has their own cluster association.

A perfect blend of contemporary and colonial architecture, the neighborhood features four different models, which range in price from \$950,000 to \$1,200,000.

Wescott Woods is also ideally located, with quick access to Route 7 and the Dulles Toll Road, and only a mile from North Point Village Center.

**Schools:** Aldrin Elementary, Herndon Middle, Herndon High

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**THE RESTON HOUSING ROUNDUP**

Compiled by Casey Menish, Realtor with Pearson Smith Realty  
Data Accessed on April 4, 2023

**\$515,000**  
Median Sales Price in March 2023

**6 Days**  
Median Days on Market in March 2023

**100%**  
Median Sales Price / Original List Price in March 2023

**18**  
Coming Soon Listings

**25**  
Active Listings

**85**  
Pending Listings

Mar 2023 vs Mar 2022

**-1.9%**  
Median Sales Price  
\$525,000 in March 2022

**+1 Day**  
Median Days on Market  
5 Days in March 2022

**-3.4%**  
Median Sales Price / Original List Price  
103.4% in March 2022

Data Source: Bright MLS

## Home of the Month: 2503 Red Clover Court

### Expanding the Galley Kitchen

By Dave Swartzbaugh, Realtor with Weichert, Realtors Reston

Steve & Janet Werner purchased their 1st home together in 2003 moving here from Capitol Hill. They were drawn to the south Reston neighborhood off Soapstone by the dense tree canopy, schools, and a quiet cul-

de-sac ideal for raising their future family.

“We loved the traditional look of the house, the red brick with black shutters, the formal dining room. And the schools and the neighborhood were terrific. What we didn’t love was the kitchen,” said Steve.

Their five bedroom colonial offered plenty of space but the 1969 era floorplan soon proved a bit challenging for them. The traditional galley style kitchen was often tight to work in especially while entertaining during the holidays.

The desire to renovate the kitchen came early in their ownership but expanding out the rear of the house like many neighbors had done was unworkable given the exterior stairs leading up from the basement. In 2019 they hired a local architect to draw up plans & a contractor w/ extensive neighbor referrals to execute.

“We didn’t think when we moved in that it would take us 16 years to get it done, but we couldn’t be happier with how it turned out,” Janet said.

The key to finding room for an expanded kitchen was found in relocating the powder room & pantry from their original central location to the back left

corner of the house in the old laundry room. Laundry was moved upstairs to make room.

Freeing up the space in the middle of the house allowed the width of the kitchen to nearly double. The wall into the DR was removed and replaced by an elevated bar/countertop which further opened the space. Entry from the center hall & sitting room were both widened & a long covered center island could now fit. “It was a spectacular success,” said Steve.

A large screened in porch was also added off the DR so they could better enjoy the summer months & also increase their entertaining space. Regrets? -- “Our only regret is that we didn’t do it sooner,” said Janet.

**Property Summary-**  
**Model Name: The General**  
**Above grade square feet: 2,240**  
**Year built: 1969**  
**Elementary School: Hunters Woods**



Red Clover galley kitchen before renovation



Red Clover galley kitchen after renovation



Red Clover Court exterior  
Photos courtesy of Dave Swartzbaugh

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