

THE RESTON LETTER

ChalkFest 2024 Brings Vibrant Art and Community Spirit to Reston Town Center

By Ellyn Wexler, Staff Writer

Public Art Reston's ChalkFest transformed Reston Town Center into a vibrant explosion of color and creativity on Oct. 20, drawing more than a thousand visitors. About 300 artists—ranging from professionals to amateurs, alongside families and children—turned Market Street's pavement squares into stunning canvases.

Penny Hauffe, a seasoned chalk artist, recalls stumbling upon a chalk festival at Lake Anne around 12 years ago. Since then, both she and her husband Phil Erickson have embraced the chalk art scene, even creating driveway masterpieces during the pandemic.

"I love everything about a chalk festival," Hauffe said, highlighting the thrill of public engagement, honing her 3-D skills, getting wonderfully filthy with chalk, and witnessing the creativity of others. "Regular participation has led to chalk art jobs for me at other events and businesses," she added.

Ben Morse, another featured artist, was once hesitant about chalk art due to its messy nature. "I always tried to use it like a pencil," he explained. But with more experience from art school, he grew to embrace the medium. Since 2015, Morse has been a regular at ChalkFest, often drawing animals. This year,



On Oct. 20, 300 artists displayed their artwork on the streets of Town Center for over a thousand guests to enjoy during Public Art Reston's ChalkFest. Photo by Stephen Reider

his award-winning zebra captivated the crowd.

A panel of judges, including artist/South Lakes STEAM Team teacher Marco Rando, artist/Reston Community Center [RCC] art instructor Tracie Griffith Tso, and South Lakes High School seniors Izzie Brabant and Haley Caicedo, evaluated the creations. Hunter Mills Supervisor Walter Alcorn, RCC Executive Director Bebe Nguyen, and Arts Fairfax President Stuart Holt announced the winners.

The People's Choice awards went to Francis Deppner (first), Brianna Camp (second), and Ben Morse (third). In the Amateur Artist category, Suticha

Mungkurnkarn took first place, followed by Vesna Cottrel and Abigail Sherwood. For Professional Artists, Brianna Camp claimed first, with Troy Wingard and Penny Hauffe rounding out the top three. Family & Kids winners included Andrew Gordon, Ross Horio, and Sayuri Horio.

The event wasn't just about chalk! Face painting and live music by Bach to Rock Herndon added extra charm to the unseasonably beautiful day. All proceeds from the event will support future public art projects and programs. To check out the winners' work, visit <https://publicart-reston.org/chalkfest-2024-winners/>.

See pictures of winning entries from 2024 ChalkFest on page 2

Reston Practice Incorporates Concierge Approach to Women's Healthcare

The Reston Letter Staff

For women in Reston seeking a uniquely personalized approach to healthcare, Physicians for OBGYN Care offers a concierge model designed to provide individualized attention at every stage of life. Founded by OB/GYN physicians Dr. Manisha Patel and Dr. Kathleen Rausch, this practice focuses on creating close, lasting doctor-patient relationships with an emphasis on patient-centered care. With 40-plus years of combined experience, the doctors have brought a new healthcare option to the Reston community, one that seeks to redefine how women experience OB/GYN care.

Concierge medicine is a model of care that emphasizes quality time with patients and improved accessibility. At Physicians for OBGYN Care, this approach allows for extended appointments, same-day scheduling for urgent needs, and 24/7 direct communication with doctors. Patients benefit from an environment where doctors take the time to address concerns thoroughly, an experience often missing in traditional



Dr. Manisha Patel (pictured) and Dr. Kathleen Rausch are now providing more personalized care for patients. Photo by Benjamin Burgess

medical practices with more limited appointment times.

Dr. Patel, who has been practicing locally for more than two decades, emphasizes the importance of building trust. "I want my patients to feel supported throughout every phase of their healthcare journey," she said, highlighting the practice's commitment to continuity

Continued on page 2

the bulletin



Another vendor feature, ChalkFest winners, yoga for stress, Reston Museum events, community calendar

sports



Hockey in NOVA, Reston Hoops fundraiser, Herndon South Lakes hockey schedule

education



Jennifer Chu makes an impact, fall festival pictures, upcoming high school plays, crossword

lifestyle



High Heeled Hostess throws parties, grilling in the fall, what to do with leftover pumpkins, getting your home ready for winter

opinions

Small business lessons from Dr. S and friendly competition ideas from Restonian

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THE BULLETIN

MEET OUR LAKE ANNE CRAFT VENDORS!

Philip Lilienthal – Global Camps Africa



A different kind of vendor: Philip Lilienthal sells crafts from South Africa to raise money for his camps.

By Sarah Golden, Staff Writer

Every weekend, locals gather at the Lake Anne market to pick up vintage jewelry, handmade candles, and unique hand-quilted scarves. While these items add charm, one vendor offers something life-changing.

Reston resident Philip Lilienthal, founder and president of Global Camps Africa, runs a nonprofit dedicated to empowering South African youth with the skills and resources needed to transform their lives. He and his team organize youth camps near Johannesburg that blend the fun of traditional camp activities—playing sports, crafting, singing, and dancing—with essential life skills. For example, campers in yoga classes learn not only poses but also techniques for managing stress and building resilience. Those in arts and crafts get to express creativity while learning the value of individualism and self-expression.

Lilienthal explained that these experiences also allow campers to challenge myths and stereotypes they may have internalized. Many come from underprivileged areas still shadowed by apartheid's legacy. Although South Africa has changed in recent decades, Lilienthal noted that many children are still not raised with the idea that the world is their oyster. When campers learn a new skill they were once told they couldn't do, it sparks a new line of thinking: If I could do this, what else is possible? This

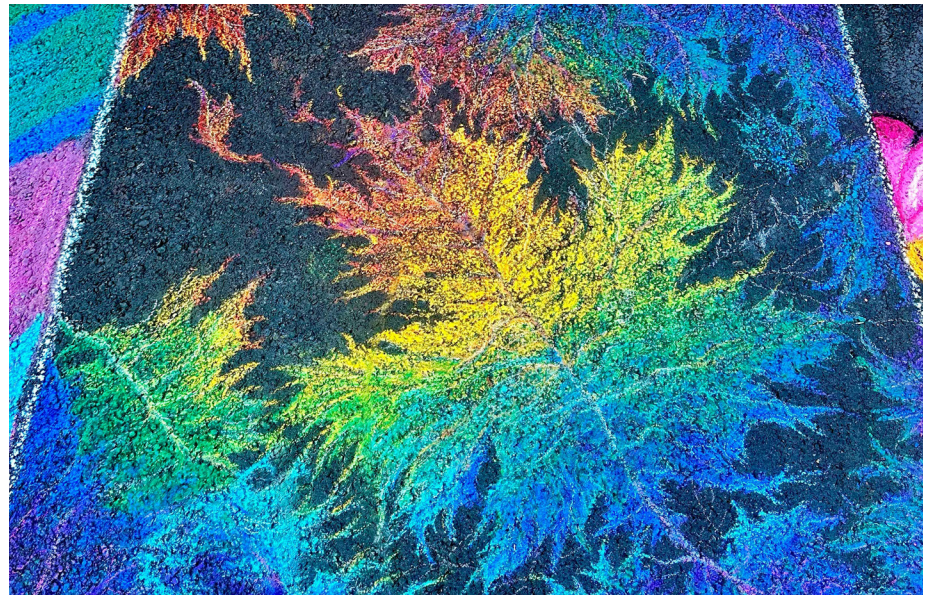
opens the door to a world of possibilities. The impact of these camps is visible almost immediately. After just eight days, 80 to 90 percent of campers report seeing the world differently. Since its founding 21 years ago, Global Camps Africa has welcomed more than 21,000 young people. For many, the camp experience has sparked change not only in their lives but also in their communities.

This positive impact is a testament to the camp's educational programs as well as the dedication of its volunteers. About 200 people from all over the world assist in running the camps, helping campers connect with individuals they would never meet otherwise. Some of the camp's most successful graduates go on to join its leadership program, becoming counselors themselves. Many come to the U.S. as summer camp counselors and then bring new skills and experiences back to their communities in Africa.

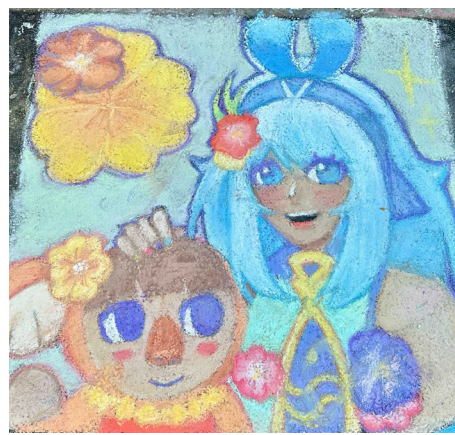
Although most of Lilienthal's work for Global Camps Africa is overseas, Reston remains his home base. Several years ago, he set up a booth at the Lake Anne market to sell South African crafts—both to raise funds for the camps and to share the nonprofit's mission with fellow Restonians. Market-goers can stop by to learn more about the camps and get involved.

Can't wait until Saturday? Learn more about Global Camp Africa's work at www.globalcampsafrika.org.

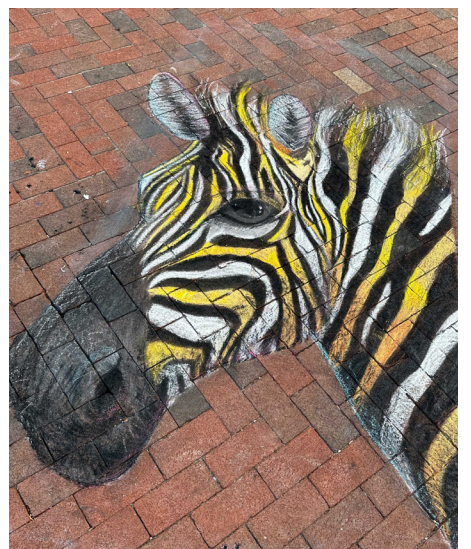
All photos of ChalkFest winners below contributed by PAR



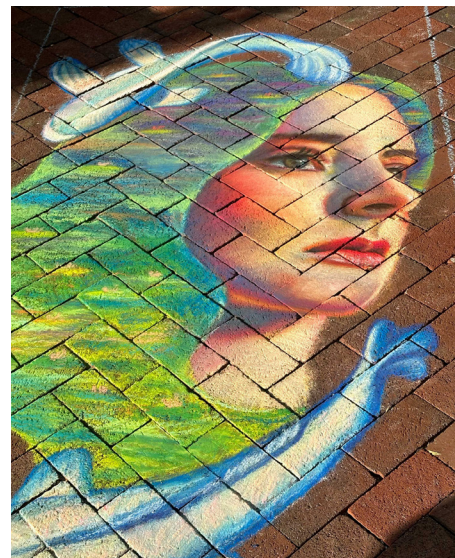
Amateur Artist, 1st place: Suticha Mungkurnkarn



Family & Kids, 1st place: Andrew Gordon



People's Choice Awards, 3rd place: Ben Morse



Professional Artist, 1st place: Brianna Camp



Professional Artist, 3rd place: Penny Hauffe



Jingle on the Lake



Ring in the holiday season with Santa during this **FREE Event at Lake Anne!**

- Join us for a Boat Parade bringing Santa and his elves to the plaza at 12 P.M.
- Get your perfect Christmas gift at our Christmas Market (8 A.M. to 4 P.M.)
- Celebrate with our school choirs (Lake Anne Elementary, Sunrise Valley Elementary), the Reston Stars, Conservatory Ballet performances, the Vienna Singing Princesses, Ukrainian Christmas Songs, crafts, food, children's activities, and much more!



Saturday, December 7

12:00 P.M. - 4:00 P.M.

1609 Washington Plaza N, Reston



Women's Healthcare, cont'd from page 1

of care from adolescence through pregnancy, menopause, and into senior years. Dr. Rausch shares this philosophy, describing her focus on providing thorough and thoughtful care to support overall well-being.

The practice offers a comprehensive range of services, including preventive screenings, contraception guidance, adolescent gynecology, fertility support, and menopause management. Physicians for OBGYN Care is also experienced in obstetrics, with particular expertise in high-risk pregnancies. Both physicians prioritize being present at every delivery for their patients, reinforcing their commitment to individualized and attentive care.

Dr. Patel is a board-certified osteopathic physician, known for her holistic approach to care and extensive experience in gynecology and obstetrics. Dr. Rausch, also a board-certified OB/GYN, has expertise in high-risk pregnancies and adolescent care.

The practice, located at 1800 Town Center Drive in Reston, is currently welcoming new patients. Call 571-250-5502.

THE BULLETIN

Beloved Yoga in Reston Hosts Free Event for Election Stress Relief

By Terri Wright, Staff Writer

On Saturday evening, Nov. 2, as the sun dipped below the horizon and election season neared its close, Beloved Yoga's Maryam Ovissi welcomed the community to a free event aimed at stress relief and healing. The event combined art, yoga, meditation, and sound healing—an inviting mix designed to ease the anxiety many feel around elections.

"This gathering is a response to the palpable stress surrounding the elections," Ovissi said. "By offering this event for free, we hope to support collective healing and cultivate peace. Everyone is welcome in this inclusive, diverse space."

The evening began with a reflective art activity led by Susan Knoblauch and Heather Hagaman. Participants were asked to reflect on what they could offer to the world, independent of election outcomes. "What do you want to give to the world, no matter the outcome on Tuesday?" they asked, prompting people to explore their personal intentions and positive contributions.

Afterward, attendees rolled out their mats, gathered props like bolsters and blankets, and prepared for movement and meditation. Ovissi guided the group in breathing exercises and gentle stretches, allowing everyone, regardless of yoga experience, to find a sense of calm and grounding. Together, the group moved mindfully, focusing on balance and quieting the nervous system—an antidote to the constant stimulation of today's world. Then, Reggie Hubbard, founder and "chief serving officer" of Active Peace Yoga, led a powerful 45-minute sound meditation. "I'm not playing music," he explained. "I'm playing sound for you all." Hubbard invited participants to consider four principles for reducing anxiety: a clear mind, an open heart, a sense of community, and a regulated nervous system.

For the remainder of the evening, the group sat comfortably,



Beloved Yoga plans to host more free community events. Photo by Isadora Guerreiro

breathing deeply and allowing the sounds to resonate. Hubbard's words—"When we work on ourselves, we're healing the world. The world changes when we change ourselves"—captured the spirit of the evening. The meditative soundscapes he created provided a tranquil backdrop for each person's individual reflection and peace.

As the sound meditation drew to a close, one participant, a Gen-X-er, felt a familiar lyric echo in her mind from Depeche Mode's "Enjoy the Silence": "All I ever wanted / All I ever needed / Is here in my arms." The words served as a perfect conclusion to an evening devoted to calm, connection, and self-reflection.

Beloved Yoga plans to offer more community events open to all, continuing their mission of fostering wellness and peace.

Reston Museum Launches Exhibit: A Retrospective of the Original Reston Farm Market, 1976–1997

Contributed by Reston Museum

Visitors can journey back to the original Reston Farm Market at the Reston Museum's photography exhibit, which runs through January. The exhibit showcases the market's rich history, from its opening in 1976 to its change in ownership in 1997.

At the exhibit's opening on Nov. 10, Hall Kern, the market's founder and owner for 23 years, joined traveling educator Tomas Eaglebear of the Apache

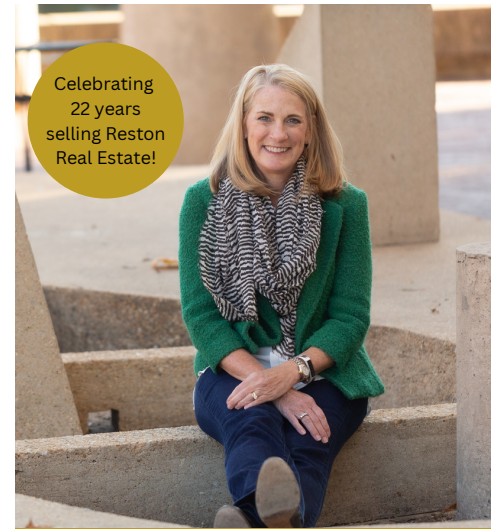
Nation to share stories about building and managing the market, offering insights into its evolution. The display includes Kern's photos, capturing the market's early days.

Dressed in full regalia, Eaglebear—accompanied by his grandson, Lucio Shash—spoke about organizing celebrations of indigenous culture at the market's annual fall festival. These festivals brought together indigenous nations, from Apache to Aztec to Piscataway, through storytelling, dance,

drumming, and vibrant performances.

"So many happy memories were made at the Reston Farm Market," said Lisa Watts, the museum's executive director. "This exhibit is sure to delight everyone who visited, whether they came for fresh produce, flowers for their gardens, or the perfect pumpkin for their fall displays."

Admission to the Reston Museum at Lake Anne Plaza is free, and it's open Tuesday through Sunday, from 11 a.m. to 4 p.m.



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We will obtain wish lists from the elementary school age kids to be "adopted" for the holidays and will buy gift cards for middle and high school siblings. We ask that you spend at least \$100 per child. Gift cards for siblings will be \$100 as well. If \$100 is too much for your budget, please consider donating a smaller amount that can be combined with others.

How Can You help?

There are 2 ways to participate. Shop a wish list or donate for us to buy gift cards (or both!)

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THE BULLETIN

Kevin Bacon Plays Reston

Hollywood actor Kevin Bacon and his brother Michael Bacon performed at Reston Town Center Oct. 12 at The Washington West Film Festival. The festival featured the Bacon Brothers as part of its four-day film festival at locations in Tysons and Reston. "Kevin Bacon embodies the intersection of philanthropy and film that is at the heart of this festival, and it's an honor to partner with his charity, SixDegrees.Org, to help foster children right in our backyard," said Brad Russell, founder of the Washington West Film Festival.

The Bacon brothers have played music together since they were young boys, and they formed a band in 1995. Since then, the Bacon Brothers band has gone on to release 12 studio albums

and has toured throughout North America and Europe. Their genre is a mix of folk, rock, soul, and country, known to Bacon Brothers fans as FOROSOCO. The exploration continues with the band's twelfth release, Ballad Of The Brothers. It's a record that highlights not only the similarities between Kevin Bacon (known worldwide as an A-list Hollywood actor) and Michael Bacon (celebrated as an Emmy-winning composer) but the differences, too.

"We're proud to partner with Washington West Film Festival and the Reston Town Center Association to bring this incredible act to the Pavilion stage," said Sapna Yathiraj, Marketing Director at BXP. "It's an honor to be a part of it."



The Bacon Brothers performed on Oct. 12 at the Pavilion at Reston Town Center. Photo by Benjamin Burgess

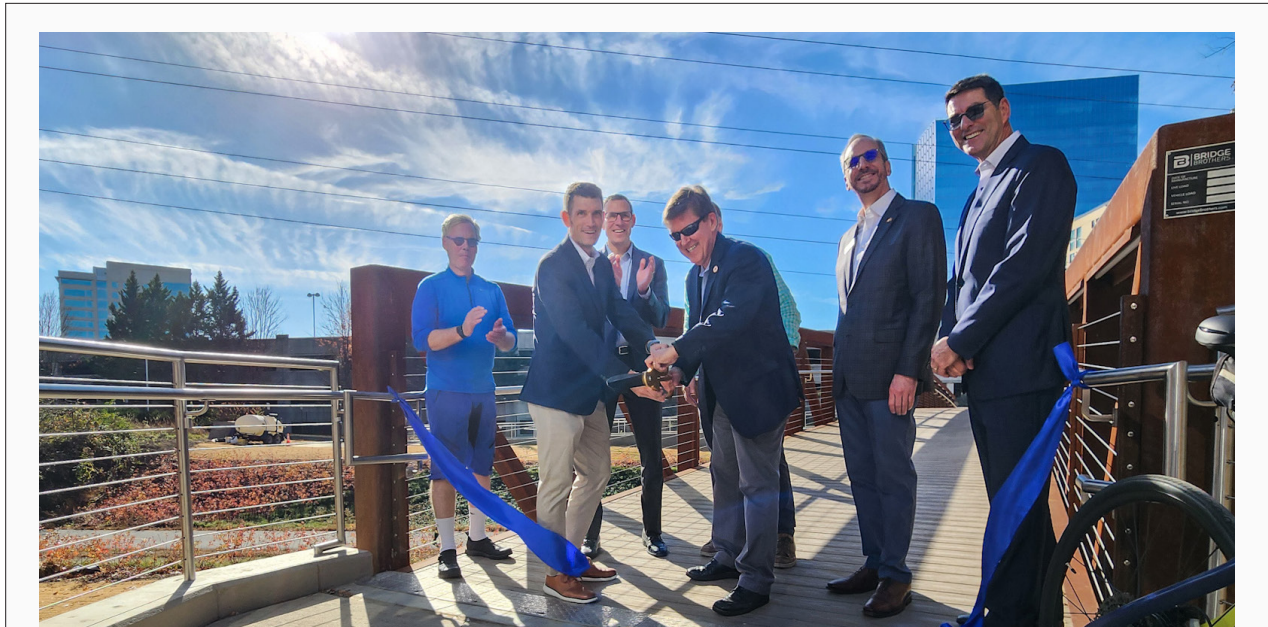
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BXP, the Northern Virginia Regional Park Authority, and Hunter Mill District Supervisor Walter Alcorn commemorated the official opening of the new pedestrian bridge at Reston Town Center on Nov. 6. The bridge spans over the W&OD Trail and provides an important link between the Reston Town Center and the Reston Town Center Metro Station.

Photo by Benjamin Burgess

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On Oct. 26, Reston-area registered dietitian Robyn Engman brought together advocates and drummers for a rally to promote a plant-based diet for breast cancer prevention.

Photo by Robyn Engman

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Photo by Patricia Kovacs

THE BULLETIN

Reston Museum Presents Restonians on Jeopardy!

Contributed by Reston Museum

Join the Reston Museum for an exciting evening featuring Restonians who have faced their nerves and conquered the buzzer on America's favorite trivia show. Panelists will share their journeys to "Jeopardy!," including what it takes to prepare for the big stage, behind-the-scenes stories, and the thrill of tackling tough questions with millions watching.

"Ever wondered how they master lightning-fast answers or the secrets of strategic wagering? Now's your chance to ask," said Lisa Watts, the museum's executive director. "Whether you're a 'Jeopardy!' fan or just looking for a fun community night, this promises to be an unforgettable event."

The evening also will feature a special "Reston Jeopardy!" game, where the audience can test their own trivia skills. Answer correctly, and you might even win a prize!

Hear from our hometown heroes about their time on the show, and how they handled everything from tricky buzzers to final wagers. Wrap up the night with a Q&A session where you

can ask the stars your most pressing "Jeopardy!" questions. Come for the fun, stay for the stories, and leave with a deeper appreciation for the Restonians who took their talents to national television.

This Reston Museum program will take place on Wednesday, Nov. 20, from 7 to 9 p.m., at the Joann Rose Gallery at the Reston Community Center, Lake Anne Plaza. Admission is free, but space is limited. Be sure to RSVP early at restonmuseum.org/events/restonians-on-jeopardy.



Reston Association presents:

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COMMUNITY CALENDAR

14 NOV	High School theatre plays begin: Radium Girls and MacBeth	15 NOV	Celebrating Creativity: A Night of Photography With East 27 Creative	20 NOV	Restonians on Jeopardy	29 NOV	Holiday Parade
29 NOV	Christmas Tree Lighting	5 DEC	Reston Regional Library Holiday Sale	5 DEC	Winter Fest Dec. 5 - 9	7 DEC	Gifts from the HeART Shopping Event
7 DEC	Jingle on the Lake	7 DEC	Reston Community Orchestra: Winter Delights	8 DEC	Reston Town Center Run With Santa 5K	20 DEC	Festival Ballet Virginia: The Nutcracker

<p>Nov. 14-17, Herndon and South Lakes High School theatre arts Radium Girls (14th-16th) and MacBeth (15th-17th) For more details, see pg. 7</p> <p>Friday, Nov. 15, 6-8 p.m. Celebrating Creativity: A Night of Photography With East 27 Creative AKG Design Studio</p> <p>Wednesday, Nov. 20, 7-9 p.m. Restonians on Jeopardy Reston Community Center at Lake Anne Plaza Listen to Restonians discuss their experiences on Jeopardy. RSVP Here: https://www.restonmuseum.org/events/restonians-on-jeopardy</p>	<p>nians-on-jeopardy</p> <p>Friday, Nov. 29, 11 a.m. Holiday Parade Reston Town Center</p> <p>Friday, Nov. 29, 6 p.m. Christmas Tree Lighting Reston Town Center</p> <p>Thursday, Dec. 5, Friends of the Reston Regional Library Holiday Sale Over 30,000 books available during this annual event. For more information, see pg. 6</p> <p>Thursday-Saturday, Dec. 5-9, 5-9 p.m. Winter Fest Brown's Chapel Park Tickets free for RA members,</p>	<p>reserve tickets online here: https://www.reston.org/269/Winterfest-2024</p> <p>Saturday, Dec. 7, 10 a.m. - 3 p.m. Gifts from the HeART Shopping Event Reston Community Center at Lake Anne Plaza</p> <p>Saturday, Dec. 7, 11 a.m. Jingle on the Lake Lake Anne Plaza Paddle with Santa on Lake Anne! More details on pg. 2 and here: https://www.facebook.com/events/1634712113927534/</p> <p>Saturday, Dec. 7, 4 p.m.</p>	<p>Reston Community Orchestra: Winter Delights United Christian Parish Join RCO for their annual Winter concert. Details here: https://restoncommunityorchestra.org/event/holiday-concert/</p> <p>Sunday, Dec. 8, 8 a.m. Reston Town Center Run With Santa 5K</p>	<p>Register here: https://www.prraces.com/run-withsanta/register/</p> <p>Friday-Saturday, Dec. 20-21, Festival Ballet Virginia: The Nutcracker Richard J. Ernst Cultural Center Buy Tickets Here: https://www.simplenetix.com/e/the-nutcracker-presented-by-festival-ballet-tickets-179594</p>
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Community Calendar

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

EDUCATION

South Lakes High School Presents: Radium Girls – A Compelling Tale of Courage and Justice

By Erin Gibbens, South Lakes Theatre

South Lakes Theatre Arts students bring history to life with their production of "Radium Girls," a powerful play by D.W. Gregory. The show will run from Nov. 14 to 16 at South Lakes High School.

"Radium Girls" recounts the tragic and inspiring story of early 20th-century female factory workers who suffer severe health issues from handling radium-laced paint. Led by the determined Grace Fryer, they fight a powerful corporation in their pursuit of justice and to raise awareness of their plight. The play delves into themes of resilience, corporate accountability, and the impact individuals can have in sparking change.

The talented cast features Sitina Tochtermann as Grace Fryer, with Lily Ingraham

and Lucy Gould as her friends Kathryn and Irene, each grappling with the effects of radium exposure. Liam Birch portrays Arthur Roeder, head of the corporation, while Jahlil Greene plays Tom Krider, Grace's love interest, and Isaac Garcia appears as Edward Markley, the corporate lawyer.

Directed by Michael Viola, the show weaves historical authenticity with gripping drama. "Radium Girls" is more than just a historical play—it's a story of courage and the pursuit of justice against all odds. The cast and crew are excited to share this powerful production with the South Lakes community.

Tickets are available online: https://www.etix.com/ticket/v/15621/south-lakes-high-school-theatreperformance_id=66567901&country=US&language=en



Sitina Tochtermann, Iman Hassan, and Isaac Garcia rehearse for Radium Girls. Photo by Erin Gibbens

Friends of the Reston Regional Library: Piecing Together the Puzzle and Book Sales

By Megan Schmid, Staff Writer

The Friends of the Reston Regional Library is an independent 501(c)3 non-profit organization, driven by an active team of volunteers who support literacy in the library and our community through blood, sweat, and book sales. The Friends receive over 80,000 lbs. of donated materials (books, puzzles, and games) for their seven sales each year. It takes 30 volunteers over 25,000 hours to sort and clean 40 tons of donations. It is a job they proudly do because literacy is invaluable.

The book sales provide financial resources for the library and our community. They fund the wonderful literacy programs, materials, and events held at Reston Regional and other libraries in our area. "There really isn't money in the Fairfax County Public Library budget for

programming. So, when you see a children's story time, musical event with an outside performer, watch a movie, eat snacks, or talk with an expert speaker, these things are paid for by the Friends of the Library or outside grants," explained Eileen Evon, the PR and Community Outreach Chair. "We regularly buy furniture, equipment, and supplies for the branches, and fund staff appreciation and events year-round. We also have given almost half a million dollars directly to the library system to purchase more books for the catalog."

The annual sales include the Mystery Sale, Spring Kids, Young Adult, and Teachers Sale, Big Spring Sale, Back to School Sale, Big Fall Sale, Puzzles and Games Sale, and the Holiday Sale. With over 30,000 books on display at the big sales, there is something for everyone. You will often find teachers stocking up on books for their classroom (a great alternative

to Amazon), grandparents shopping for presents, children discovering their next favorite series, or collectors searching for signed books or first editions. The donated items that do not sell are shared with other library Friends groups, and local charities, giving them another chance to find the right home.

"We are proud to be able to provide this much support for the library. But we are equally pleased to keep these wonderful used books out of the trash and recycling bins, and to offer our community a chance to find books in good condition for a steal. Our book sales are more than just fundraising opportunities. They are communal events," said Eileen. "We believe the library is an essential resource worth supporting, and we couldn't do what we do without community involvement. Readers can help by donating books, speaking up for libraries, shopping our sales, joining our dedicated volunteers, and telling their friends to do the



Photo by Friends of Reston Library

same."

To donate, simply drop your items in the wooden donation bin at the front of the library. Larger donations should be taken to the side and placed in the donation cart in the loading dock area. The library opens at 10 a.m. and donations are accepted daily.

Book it to Reston Regional on December 5 for the start of the Holiday Sale. Visit RestonLibraryFriends.com for more information on how you can donate or volunteer, sign up for their newsletter, and view future book sale dates.



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Langston Hughes Middle School performed their fall choir concert in October. Photo contributed by LHMS



Dominion Christian School's community gathers together for the annual fall picnic. "It's always a fun time, and we love the way the older students plan fun activities for the younger children. From pumpkin and face painting, to lots of games and a pie eating contest, it's always a joy to be together." Photos by Sarah Wishard

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EDUCATION

Making an Impact

Jennifer Chu Helps and Heals

By **Chuck Cascio, Author and Former South Lakes Teacher**

Jennifer Chu was a physically active child who increasingly focused on gymnastics as she grew up in Reston; however, things did not always go well: "As with most athletes, I suffered injuries, and physical therapy was a key component to helping me heal from those injuries."

The healing process intensified Jennifer's "interest in how our bodies work, which led to my desire to help people." As a result, after graduating from South Lakes High School in 1991, Jennifer received a Bachelor of Science in Education degree with a concentration in Sports Medicine at the University of Virginia and then earned a Master of Science in Physical Therapy degree at Duke University.

"I have always wanted to help people heal and feel better, and PT helps people with their most basic needs," she says. Jennifer pursued those desires by found-

ing ITR Physical Therapy in Bethesda and McLean in 2001, where female pelvic health is a unique need that she focuses on: "I was amazed to learn how deeply pelvic physical therapy can help people. It is an important, basic need. This need and losing my mother to cancer when I was 18 played a large part in drawing me so deeply to this specialty."

Her mother's death also influenced Jennifer's desire to move back to Reston after briefly living in Falls Church. "I wanted to be near my father and brother who were still living in Reston at the time," she says. Though her brother has moved to Ashburn and her father to Great Falls, Jennifer and her two daughters now live "in the same house my family and I moved into when I was in elementary school, and my daughters go to the same schools I did!" Settling in Reston has provided Jennifer with opportunities to "connect with some Reston residents who are also still part of this

community, and it has been a gift for my kids to live here and enjoy Reston's lakes, swimming pools, swim teams, the Young Actor's Theatre, and so much more."

Jennifer attributes a significant portion of her passion about her work to growing up in Reston: "Reston feels like a community based in nature, and that helped me realize how important being in nature is for me. I have traveled a decent amount and every time I return home, I am always amazed at how beautiful our community is."

Jennifer's passion for providing healing has her contemplating opening a third ITR facility: "Some people with health-related issues simply can't make it to McLean or Bethesda. With the booming population in Reston and west of here, there is a big need for experienced therapists who specialize in pelvic therapy."

Expanding her work is important for Jennifer because "it has provided one of



Jennifer Chu

the greatest blessings in my life. My team offers a safe space where people are seen, heard, and helped with problems that can often be quite personal and intimate. There is nothing like helping a person get pregnant, or a person in chronic pain to feel better, or a postpartum person to live the active lifestyle they desire. Knowing that so many people need this kind of help keeps us motivated and rewarded."

Crossword Corner

By **Reston crossword constructor, Joe O'Neill**

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

Joe's puzzles have appeared in the New York Times and Wall Street Journal. This is O'Neill's 16th crossword puzzle creation, made specifically for The Reston Letter readers!

For the Birds

ACROSS

- 1. Egg's partner
- 4. Half a Latin dance?
- 7. QB Manning or inventor Whitney
- 8. How no one wants their turkey served?
- 9. Where many guys watch football on Thanksgiving
- 11. Eco-community
- 12. Bedrock's Fred or Barney
- 14. Thurman of "Kill Bill"
- 15. Self-image
- 16. Give a "turkey" of a movie a bad review
- 17. Wall Street market indicator, with "The"

DOWN

- 1. Haw's partner
- 2. Home of the Rosa Parks Museum
- 3. Kia Carnival or Honda Odyssey
- 4. Overstuffed a turkey or studied all night?
- 5. "Try it!"
- 6. Amazement
- 10. Iowa college or Olympian miler Sebastian
- 12. Putter's target
- 13. At present

1	2	3	4	5	6
7			8		
9			10		
	11				
12					13
14			15		
16			17		



Connection Buddies at Langston Hughes Middle is a mentoring program supporting students with intellectual disabilities. This year they have 20 students helping as buddies. Buddies assist with reading books, playing games, talking, and helping with school assignments. Photo by Mark Blocker



Langston Hughes Middle School held their 2nd Annual Fall Festival with games, costumes, food, and fun. Photo contributed by LHMS



Armstrong Elementary had a wildly successful Walk and Roll to school day on Oct. 9. We are grateful to Chick-fil-A at North Point Village for the delicious breakfast snacks! - Leah MacDonell, PTA President

South Lakes Theatre Arts
presents
Nov. 14, 15, & 16 - 7:30pm
Nov. 16 - 2:00pm

Radium Girls

Radium Girls, by D.W. Gregory, is based on the true story about female dial painters in the 1920s who were poisoned by their factory's radium-based paint. This heartbreaking story reveals corporate greed and denial while highlighting the immense strength of the human spirit in dire circumstances.

Scan the QR code to purchase your tickets

SPORTS

Northern Virginia Scholastic Hockey League Provides High School Hockey for Reston and Herndon Student Athletes

By Matthew Reider, Staff Writer

With winter on the horizon, ice hockey teams representing area high schools are competing on ice sheets across northern Virginia each Friday night. Local public school systems do not recognize ice hockey as an official sport, but there are non-affiliated middle school, junior varsity, and varsity programs every season. One such team is the Herndon-South Lakes (HSL) varsity team, a combined team of rival schools, created as a provisional team. This year, HSL is a member of the Adams Division of the Northern Virginia Scholastic Hockey League, a division that also includes teams representing Madison, Oakton, Langley, and Chantilly/McLean. The local HSL team has had some strong seasons in recent years, and is looking forward to the upcoming season, having won their first two games.

The division exists due to the vision and dedication of parents, coaches, and volunteers that have run the Northern Virginia Scholastic Hockey League [NVSHL] since 2001. Before that, local teams had to cross the river and participate in Maryland's school-based league. Jeff Nygaard helped set up the NVSHL as a separate entity and participated as a board member for many years. According to its website, the NVSHL exists to "provide opportunity for northern Virginia high school students to participate in the sport of ice hockey while representing their respective schools."

The website is sponsored by the NHL's Washington Capitals, who provide hosting and victory medals for the season champions each winter—and have a trophy cabinet at their Medstar Iceplex practice facility honoring the league. Student-athletes with a strong academic performance are recognized with annual

NVSHL All Academic Honors, and each year players are nominated and selected as All-League performers for their respective positions.

When it began, the NVSHL's goal was to have a hockey team for each area high school. In 2001, there were two 12-team divisions of varsity teams, and the middle school program was added in 2012. As the number of high schools continued to grow, the number of players available for each team became limited. The league has accommodated these issues by allowing two schools to combine to field a full roster. Herndon and South Lakes is the local team for students who live in Reston and Herndon. They wear their own school colors and logos similar to the high school logos, but their jerseys are the same style.

This winter, the league will have 13 single-school teams and eight provisional teams. The teams are broken into

four divisions of five or six teams who play each other from November to January, with playoffs finishing up the season mid-February. All want to add their school's name to the "Capital Cup" trophy, which was on display at the annual meeting in late September.

Gary Pouliot, the league's executive director, has been involved since day one. "I've been coaching at Stonebridge since 2021, and a lot has changed, but it is still important to the players," he said. "It might not be the highest level of hockey competition, but it means a lot to the student-athletes to represent their school."

Games are on Friday nights at local rinks and it is a social event for students to come out and support their team. Check out the website at <https://www.capitalcup.com/nvshl> for schedules and standings.

Herndon South Lakes Hockey

2024 – 2025 Schedule

Nov 15

9:40 P.M.
SkateQuest – Olympic

Heritage/Rock Ridge HS @
Herndon/South Lakes HS

Nov 23

9:30 P.M.
Ashburn Ice House – West

Herndon/South Lakes HS @
Independence HS

Dec 6

9:30 P.M.
Haymarket Iceplex – North

Herndon/South Lakes HS @
Kettle Run HS

Dec 13

7:55 P.M.
SkateQuest – Olympic

Oakton HS @
Herndon/South Lakes HS

Dec 20

9:20 P.M.
Ashburn Ice House – West

Herndon/South Lakes @ John
Champe/Lightridge HS

Jan 10

7:55 P.M.
SkateQuest – Olympic

Herndon/South Lakes @
Chantilly/McLean

Jan 24

7:55 P.M.
SkateQuest – Olympic

Dominion/Potomac Falls HS @
Herndon/South Lakes HS

Jan 31

7:55 P.M.
SkateQuest – NHL

Langley HS @
Herndon/South Lakes HS



HSL (Herndon South Lakes) is the local high school NVSHL hockey team for students who live in Reston and Herndon. Photos by Bradley Biesel

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SPORTS

Reston Hoops and Volleyball Host ‘Swish and Serve’ Fundraiser

By Matt Reider, Staff Writer

The sounds of friendly competition filled the South Lakes High School gymnasium on Oct. 27, as community members gathered to raise funds for osteosarcoma research, a common type of bone cancer that primarily affects children, teens, and young adults. Coaches, players, friends, and families from Reston Hoops and Reston Volleyball united for the “Swish and Serve” fundraiser, supporting MIB Agents, a leading pediatric osteosarcoma nonprofit. Despite medical advances, the standard treatment for this disease has remained unchanged for more than 40 years.

Among those present was Buddy, a 10-year-old Reston resident diagnosed with osteosarcoma at age 5. His journey has been challenging; he has undergone more than a dozen surgeries and an amputation below the knee.

Last year, Buddy’s mother Kat coached the Reston Volleyball program, balancing her son’s needs with her team’s. Reston Volleyball stepped in to support her, with Elaine Turner, the program’s administrator and an event organizer, pointing out that Khuong Mulvaney—a former George Mason University player and a Reston Volleyball founder—played a central role in initiating the fundraiser. “Khuong just told Kat to spend time with her son and began brainstorming ways the commu-

nity could help,” Turner said. Although planning began in early September, the event took place in October, slightly beyond Cancer Awareness Month.

The fundraiser operated entirely on voluntary donations, with no cost for participants. Athletes had three minutes to sink as many free throws or serve as many volleyballs as possible. Coordination and accuracy were essential, and in the volleyball rounds, emphasis was placed on quality over quantity. The leaderboard was composed of servers assisted by multiple ball retrievers, ensuring continuous play without delays.

Support from Reston Sports was robust, with volunteers managing registrations, promoting the event, and participating. Many volunteers came from the Yuniverse Foundation—founded by three South Lakes students in 2018—and were easily spotted in their bright yellow shirts as they helped set up and run the activities. Mulvaney expressed appreciation for the volunteers, noting, “They’re here to support us, and we’re committed to supporting our Reston Volleyball volunteers just as strongly.”

After the event, Kat announced that the fundraiser had raised more than \$6,000 for osteosarcoma research. Contributions are still being accepted on Buddy’s fundraising page through MIB Agents; visit mibagents.org/family-funds/buddy.



‘Swish and Serve’ raised more than \$6,000 for research. Photos by Stephen Reider

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OPINIONS

Restonian

It's Off to the Races!

By Restonian, Reston Blogger

By now, you've probably heard about the epic drag race between a Lamborghini and a Cybertruck that took place on Rt. 7 in Tysons Corner (given the traffic, they probably both reached a breakneck three miles per hour before hitting a traffic light). While that's all well and good for an area that's angling to replace a used car lot with a casino and all the classy activities associated with them, we in Reston deserve some excitement too! So what can we race?

County planners vs. the DRB. The classic tortoise vs. hare contest. While the planners chase every potential development with dollar signs popping out of their eyes like cartoon characters, the DRB can argue for hours over the positioning of a downspout. The only loser? Our patience.

Cyclists vs. muffler-free cars. Aerodynamic spandex and the fancy new bridge over Wiehle Avenue give the bikers a slight edge, but the folks that roll coal around Reston for hours in cars that sound like someone dropped a roll of quarters into a leaf blower win on decibels.

Roundabouts vs. RTC. If

planners get their way in re-designing the intersection of Wiehle and Sunrise Valley, you'll be able to spin around in circles until you reach Warp 2 and literally turn back time. The other will put a butterfly on your car, essentially stopping time.

Spotted lanternflies vs. English ivy. An epic battle of invasive organisms! One flies, the other crawls, but only one is addressed by official recommendations to "squish" it. Clear winner.

Developers vs. golfers. An eternal battle dating back to the 1980 cinematic masterpiece *Caddyshack*, the golfers have the upper hand... for now. Just watch for the pesky gopher, and by gopher we mean "the aforementioned county planners with dollar signs popping out of their eyes like cartoon characters."

Terraset vs. an inert iron rod. Reston may not rate a rad drag race with a Cybertruck, but our favorite semi-subterranean elementary school bears an uncanny resemblance to one (really, just Google it). It might not move quickly, but we'll take the elementary school over the inert iron rod, the end.

Ask Doctor S.

Seven for Seven: Life Lessons from a Small Business Owner

This week marks seven years since I opened my small mental health practice. As I reflect on the many "lightbulb moments" and lessons I've gained over the years, I'd like to share some of these insights with you. My hope in "paying it forward" is to remind us all that we achieve much more when we communicate openly, lean on one another, and offer support.

Teamwork really does make the dream work. I wouldn't be where I am today without the guidance, wisdom, and support of family, friends, colleagues, staff, and this community. I'm grateful every day for those who have been by my side throughout this journey and continue to show up. I'm equally grateful to the people in our community who trust us with their mental health needs.

Self-care is not selfish. Taking care of ourselves goes beyond a spa day or a lavish vacation. It's okay—necessary, even—to prioritize ourselves, to rest, play, and laugh as much as we need and can. Taking a mental health day now and then, and allowing our children to do the same, gives us time to reset and recharge.

Setting boundaries is essential in every relationship. Boundaries communicate what's acceptable and what isn't, and they also improve our mental health and mood. It can be uncomfortable when others set boundaries, but it's our responsibility to "stay in our lane" and respect the limits that those important to us have established.

Some people are only in our lives for a season. We lose connections for many reasons—breakups, ghosting, job changes, differing views, relocation, and more. Grieving the loss of loved ones who have passed, as well as relationships with people who are still "out there" somewhere, can be extremely painful, especially when closure is missing.

"I am sorry" is an action. Apologizing when

you've hurt or wronged someone can go a long way. Rupture and repair are part of all relationships, and we benefit from looking inward at our choices to help preserve those bonds. "Sorry" without the "I am" is not a real apology, and "I am sorry" without changed behavior isn't either. Forcing apologies (parents, this includes making your child apologize) often creates resentment. I'll dive deeper into the power of apologies in a future issue.

I am not for everyone, and everyone is not for me. Not everyone will like you, and that's okay. After all, you probably don't like everyone you meet either. Instead of people-pleasing, enabling, or loving others at the expense of your own self-worth, focus on what's within your control. We all need community for our mental well-being, so find your people (it doesn't need to be everyone) and nurture those relationships.

Teaching is one of the best ways to learn. In addition to caring for my clients, supervising new clinicians has been deeply rewarding and enlightening. Explaining, mentoring, and guiding others keeps me on my toes and reminds me that each of us has something to share with others.

Psych'd to see you next month! – Dr. S



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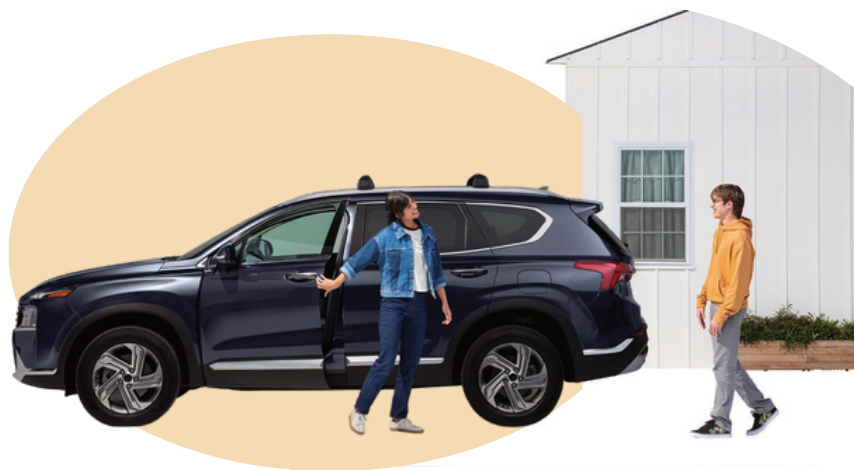
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LIFESTYLE

Inside Art

By Louise Seirmarco-Yale,
Reston Artist



Through the lens of art, November brings us Thanksgiving, which transforms into a vibrant celebration of American culture that emphasizes gratitude, abundance, and community. The portrayal of these themes in various artistic mediums not only enriches our understanding of the holiday, but also invites us to reflect on the beauty that comes from giving thanks and sharing with each other.

At its core, Thanksgiving embodies gratitude, an inherently beautiful sentiment. Artists often depict scenes of shared meals, familial bonds, and the joy of giving thanks, reminding us of the emotional richness this holiday brings.

Thanksgiving is a definite part of the American identity, rooted in the early 17th-century harvest feast shared by Pilgrims and Native Americans. This narrative of cooperation and gratitude is celebrated in countless works of art throughout history, as well as at tables across America.

Norman Rockwell captured the essence of Thanksgiving, portraying the traditional meal and the warmth of family and community that define this holiday. People often take photos of their own families celebrating Thanksgiving dinner together. Later, these photos are often revered like the works of art they are.

The autumn harvest is a powerful symbol of abundance, and many artists draw inspiration from the season's vibrant colors and plentiful offerings. The golden hues of corn, pumpkins, and apples reflect the physical bounty as well as the idea of nourishment—both for the body and the soul. This connection is often portrayed through rich, warm palettes in paintings and crafts, celebrating the season's gifts. Consider the still life paintings of the past and how inviting they seem to us. Oh, to taste one of those grapes!

An enduring symbol associated with Thanksgiving is the cornucopia, or "horn of plenty." Originating in ancient Greece and Rome, the cornucopia represents abundance and nourishment. It has become a quintessential icon of the Thanksgiving table, depicted overflowing with fruits, vegetables, and grains. In art, the cornucopia is a powerful visual metaphor for the wealth of the harvest and the importance of sharing that wealth with others.

Thanksgiving is a holiday steeped in history and tradition; it offers us a unique opportunity to explore the intersection of art and culture in America. As we gather to celebrate the harvest and express gratitude, the visual representations of Thanksgiving reflect the beauty and significance of these themes. Let us honor the artists who have captured these moments giving us visual memory of what is important.

As folks around the country are being grateful for each other, for life in general, and for the bountiful things in life whether physical or spiritual, remember to see Thanksgiving as a form of artistic expression wherever you find it. And enjoy! Life is art and art is life.

Louise Seirmarco-Yale is a Reston artist, speaker, Louise Seirmarco-Yale is a Reston artist, speaker, teacher and author of "Art. You Be The Judge. Reawaken your Instincts and Enjoy Art On Your Own Terms." Louise and her book will be at the Holiday Gift Shopping Event at Lake Anne RCC on Saturday, Dec. 7, 10 a.m. to 3 p.m.

Getting Your Home Winter-Ready: Interior Design Tips to Infuse Your Home with Warmth and Comfort

Contributed by Synergy Design and Construction

As the weather grows colder and thoughts move towards holiday preparations, it's essential to bundle up your home for the winter season. Beyond adding seasonal decor, preparing your living space for the colder months can elevate comfort, improve functionality, and ensure your home is ready for whatever winter throws your way. Here are some design and remodeling considerations to infuse your home with warmth and coziness.

Cozy Textiles

Create a welcoming ambiance with soft and plush textures such as faux fur blankets, knit throws, velvet cushions, and shaggy rugs. These elements not only add warmth but provide tactile comfort to your space. Remodeling your living room? Consider built-in shelving to neatly store these cozy additions, keeping them accessible and organized while enhancing your home's style.

Natural Elements

Bringing nature indoors doesn't just add beauty; it promotes a sense of calm. Incorporate wood, stone, and seasonal plants like Winterberry Holly and Poinsettia to enrich your space. If you're remodeling, think about integrating natural stone accent walls or wooden ceiling beams to add a timeless, warm touch that harmonizes with your seasonal decor.

Earth Color Palette

Infuse your space with deep reds, browns, oranges, and yellows for a warm and inviting ambiance. Fresh paint is an easy way to transform a room, but if you're planning a larger renovation, consider reimagining your kitchen or living area with warm-toned cabinetry or custom built-ins that complement your decor while boosting functionality.

Inviting Seating

Opt for plush seating like oversized armchairs, deep sofas, and cozy ottomans to create a relaxing haven. For those who entertain frequently, Synergy can design built-in seating nooks or reconfigure your space to maximize comfort and flow. A well-thought-out layout ensures everyone feels at ease, whether gathered around a game or enjoying a holiday feast.

Fireplace Ambiance

A fireplace is the heart of a cozy home, but if your space lacks one, consider adding a modern electric fireplace during your next remodel. Whether it's a sleek new feature or a classic, stone-clad upgrade, fireplaces not only warm up your space but also serve as a stunning focal point. And remember, a fireplace upgrade can increase your home's value and energy efficiency.

Prepare Your Home for Winter

Winter can bring challenges, from frigid temperatures to ice-cold drafts, but a

thoughtfully remodeled space ensures your home is a cozy sanctuary. At Synergy, we're here to help you not just decorate but also transform your home for year-round comfort. Whether it's sealing drafty windows, improving insulation, or rethinking the layout for maximum coziness, we've got you covered.

Ready to winter-proof your home? Contact Synergy today to discuss your next remodeling project and ensure your space is ready for the season! <https://www.renovatehappy.com/contact/>



Photo contributed by Synergy Design and Construction

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Grillin' and Chillin'

By Phantom Foodie

The weather may have cooled, but our appetites are still fired up. With football season in full swing, it's time to talk grilling and hearty proteins. This edition is all about cooking up something special at home—and has nothing to do with pumpkin spice.

Instead of a typical review, we're taking a little fall break to savor the season outdoors, heading to the porch grill to share some autumn favorites.

Grilling is an art—from choosing the perfect cuts of meat, poultry, or fish to marinating and adjusting cooking times and temperatures to suit individual tastes. And with options like propane, charcoal, and electric grills, there's a setup for everyone. For many Reston properties, propane grills are off-limits, but I've found a great solution in the infrared patio bistro electric grill. Just plug it in,

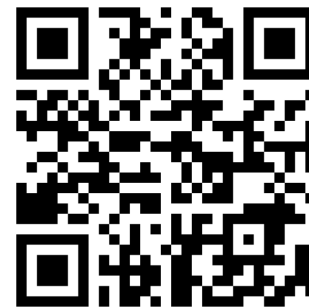
heat it up, and enjoy consistently even cooking every time. It's easy to maintain and clean, making it a fantastic starter grill for aspiring grill masters. For seasoned grillers with more space or fewer restrictions, I recommend the Blackstone flat-top grill for its versatility—it's perfect for smash burgers, breakfast dishes, and more.

No grill? No problem. Try a stove-top-to-oven approach with a cast-iron skillet: sear your protein on the stove, then finish it off in the oven. It's a simple, effective way to bring the rich flavors of grilling indoors.

For a twist on the traditional burgers and dogs, try some new alternatives. Here in the DMV, we know and love half-smokes—half pork, half beef—made famous by Ben's Chili Bowl in D.C. (and now available at local Giant stores). Pair one with a side of chili, crinkle fries, or tater tots topped with local [District] mambo sauce.

Or, go for a barbecue sauce burger with crispy onion straws and sweet corn on the cob. For a healthier option, consider an Impossible plant-based burger or a turkey burger. Add some international flair with Thai pork seasoned with fish sauce, or if you're a seafood fan, try cedar-plank salmon or grilled swordfish served with steamed jasmine rice.

Have a favorite recipe to share or a request? Let us know! Engage with us:



Disclaimer: No affiliations or paid endorsements for brands listed. Food for thought.

LIFESTYLE

Throw a Fabulous Party with Help from High Heeled Hostess

By Sarah Hickner, Staff Writer

In a world that often feels like it's ripping at the seams, Noelle Sharbaugh and her husband, Andy Hoyle, are stitching it back together—one dinner party at a time. “My husband and I are passionate about entertaining and creating events that bring people together around the dinner table,” Sharbaugh said. “Our dinner parties are extravagant, themed, and meticulously planned, leaving our guests in awe of the experience.”

A little pandemic magic (or perhaps the combination of extra time and endless scrolling) propelled them to local fame in the Facebook group Northern Virginia Foodies. During the shutdown, Hoyle, with time on his hands, began crafting “a menu a day.” He posted photos of these daily creations, showcasing his culinary artistry and Sharbaugh’s stunning tablescapes, and the group quickly became captivated.

These daily menus were just a preview of the couple’s unique dinner experiences, which aim to delight all five senses. Hoyle starts planning months in advance for special gatherings like Thanksgiving, Mother’s Day, or themed parties. From cocktails to dessert, he meticulously prepares each dish. Sharbaugh’s canvas is the table itself. “To me, the table is a blank canvas,” she ex-

plained. “It’s about crafting special moments, and the right place settings are essential to making that experience unforgettable.”

Sharbaugh credits her love of hosting to her Italian heritage, where family meals are cherished traditions. She and Hoyle aim to create lasting memories with two simple rules: put phones away (after snapping photos of the food, of course) and steer clear of work or politics. They are onto something; a University of Oxford article notes that “the more often people eat with others, the more likely they are to feel happy and satisfied with their lives.”

For those intimidated by the thought of months-long planning, Sharbaugh and Hoyle have made it easier with a website inspired by the Northern Virginia Foodies community’s requests for advice (and leftovers). HighHeeledHostess.com empowers aspiring hosts to elevate their gatherings, offering a range of resources—from free guides to premium digital tools.

Their Thanksgiving Playbook is a comprehensive resource, complete with recipes, shopping lists, a detailed timeline from the Saturday before Thanksgiving through the big day, templates for menus and place cards, and checklists to ensure every detail is covered.

In addition, High Heeled Hostess offers seasonal ta-

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NOELLE SHARBAUGH HIGH HEELED HOSTESS

blescape ideas, delicious recipes, a blog, product recommendations, and practical tools to make hosting a joy. Sharbaugh hopes to equip others with everything they need to create beautiful, memorable gatherings, just as she does for family and friends.

As the holidays approach, many of us will be welcoming loved ones into our homes. Inspired by Sharbaugh and Hoyle, let's bring people together, one extraordinary dinner party at a time. Visit <https://www.highheeledhostess.com/> for more!

Leafy Legends and Pumpkin Potions: Halloween Compost Tricks for Spring Treats

Contributed by Reston Environmental Advisory Committee

This Halloween, don't let your pumpkins and crunchy falling leaves meet a grim end! Instead, turn those eerie leftovers into compost magic with a creepy compost brew that will have your garden thriving when the frost melts.

Pumpkins: Smash, Don't Trash!

After the last trick-or-treaters leave, don't let your Jack-o'-lanterns rot away. Smash up those plain pumpkins and toss them in your compost. With a pulpy smash, your pumpkin will break down faster than a ghost disappearing into the night, adding valuable nutrients to your pile.

Important Note: Only compost pumpkins free of wax, glitter, paint, bleach, or hair spray. These materials don't break down easily and can add unwanted chemicals to your compost—spooky for all the wrong reasons!

Falling Leaves:

Nature's Crypt Keeper

Those crispy, haunting leaves are more than just spooky decor; they're the ideal “browns” to mix into your compost. They balance out the slimy “greens” like pumpkin guts or food scraps, helping your compost thrive. For the right balance, use at least three times as many leaves as pumpkin.

Spooky Fact: Leaves don't just boost



Photo contributed by EAC

your compost efficiency; they also attract the right creatures (like worms and microbes) to help decomposition. It's like magic—only better because it's science!

Creating Your Compost Cauldron

Layer your leaves and pumpkin bits like a wicked spell—alternating dry, dead materials with fresher, wet ones. If you don't have enough leaves or want to spice up the mix, try adding one part cardboard from Amazon boxes (tape removed), twigs, old soil, and newspaper. Stir it up about three

times a month through winter (just like a witch's brew), and watch your pile transform into rich, black compost by spring.

Pro-tip: Use containers destined for landfill, with smaller ones for easy planting and large ones for veggies.

This year, let your Halloween pumpkins and leaves cast a spell of nourishment on your garden. With a little spooky flair, you'll conjure up free compost magic just in time for spring.

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A Bookish Dream
A Mountain Home
and the Faith of a Married Soul
SARAH HICKNER

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- **Book:** Finding Gideon
- Written by book club president Sarah Hickner!
- The book is available on Amazon, Barnes and Noble and Scrawl Books.

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Answer Key

For the Birds

M	O	D		N	V	P
O	G	E		A	M	U
N	V	M	E	V	A	C
	E	M	O	I	B	
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M	V	R		I	L	E
V	H	C		M	V	H