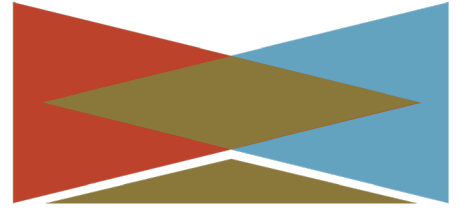


THE RESTON LETTER



Reston Youth Triathlon Empowers Young Athletes

Contributed by CORE Foundation

The Reston Youth Triathlon (RYT) delivered an exciting day of swimming, biking, and running for athletes, ages 6-17, on July 14. Beginning at Ridge Heights Pool and ending at Hughes Middle School, this event showcased the determination and spirit of 228 participants. The RYT features age-appropriate swimming, biking, and running distances, providing all participants, including para and adaptive athletes, with a challenging yet achievable goal.

The event ensures that every athlete feels like a winner by emphasizing participation over competition. All athletes received a medal, T-shirt, snow cones, and finish-line snacks.

This year, nearly 15 percent of participants competed with donated equipment or on scholarship, underscoring our commitment to inclusivity and community support. "Our goal is to make multisport racing accessible to all young people," said Jen Dryzga, Race Director. "The generosity of our community in providing scholarships and equipment donations ensures that every child has the opportunity to challenge themselves and discover their strength."

The RYT is part of CORE Foundation's Racing in Reston series, designed to create fun and challenging experiences for athletes while giving back to the community. The next race, the Reston Triathlon on Sept. 8, is now accepting registrations. This Olympic-distance event continues its lega-



228 kids participated in the Reston Youth Triathlon in July. Photo by Isadora Guerreiro

cy with a 1500-meter Lake Audubon swim, a 25-mile bike ride, and a 6.2-mile run on Reston's paths.

Visit racinginreston.org to register or learn about volunteer and partnership opportunities. Community support is crucial to the success of all Racing in Reston Events. CORE Foundation, a Reston-based nonprofit, produces the Racing in Reston series to benefit charitable initiatives. This year, the foundation raised over \$85,000 to support projects that address societal needs, build community, and enable positive change.



Armstrong Elementary's Gabe King completed the triathlon. Photo by Isadora Guerreiro

Cardboard Boat Regatta Celebrates Creativity



Reston Museum's annual Lake Anne Boat Regatta drew a huge crowd on Aug. 10. Visitors voted for their favorite life-size cardboard boats, and participants raced their unique creations along the boardwalk of Lake Anne Plaza. After several dreary days of hurricane drizzle, residents were happy to enjoy the festivities and celebrate the community's creativity on a beautiful day in Reston. The event is Reston Museum's biggest fundraiser. All proceeds from registrations and sponsors go to support the museum. Photo by Benjamin Burgess

the bulletin



Lake Anne's neighborhood rock garden, new museum director, business feature on Golden Bond Permanent Jewelry, Rotary Club's citizen of the year

sports



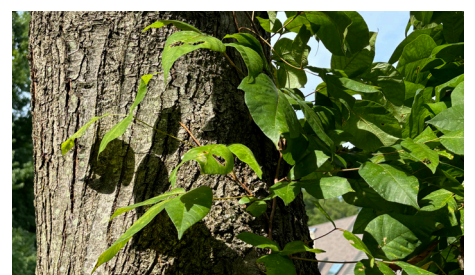
Reston Swim Team Association's all-star meet highlights, youth golf camp at Reston National, and Volkswagen's new futsal court for Reston

education



Meet South Lakes High School's new principal, Making an Impact column, SLHS food pantry's milestone, Lake Anne Elementary's mural

lifestyle



How to live with poison ivy, what to do if animals get into your house, restaurant review of Bento House, book club's next book details, Art Inside column

opinions

A response to golf course development article, Restonian's tribute to 60 years of Reston, Dr. Sherwood shares ideas for teachers

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THE BULLETIN

MEET OUR LAKE ANNE CRAFT VENDORS!

Kim Ibanez – Harlow’s



Kim Ibanez started her baking company after the birth of her second child, Harlow. Although the namesake of her company is her second child, Kim says Harlow’s is a whole family business with simple origins.

Ibanez’s husband encouraged her to take up baking as a hobby. She quickly fell in love with the art of baking, and decided to take her passion to the people of Reston.

Harlow’s features traditional, yummy treats like triple chocolate chip cookies and Tahitian vanilla cupcakes. Ibanez also likes to experiment with fun, unique flavors like champagne raspberry, inspired by the flavors of her own wedding cake.

However, where Harlow’s really shines are the Filipino bakes. Her Pandesal – Filipino dinner rolls – come in both original and Ube flavor. Ube is a purple yam that has semi-sweet, nutty flavor and makes baked goods a beautiful, vibrant purple color; they are a Harlow’s fan favorite. Ube lovers should check out the Ube angel cake and Pandesal.

Those visiting the Lake Anne Harlow’s stand shouldn’t pass up the opportunity to try out Harlow’s Halo-Halo, a Filipino delicacy which means “mixed” in Tagalog. Typically, the dish features shaved ice, evaporated milk, and toppings like coconut, ube, and diced fruit. It’s a sure-fire way to keep cool during these unbearably hot Reston summer days.

Ibanez appreciates the sense of community at the Lake Anne Market, and the strong support Restonians give small businesses. She hopes to open her own store front some day, but for now, be sure to catch her at the market each Saturday. Check out her bakes at @HarlowbyKim on Instagram, Facebook and her website: Home | Harlow’s (harlowsbykim.wixsite.com)

By Sarah Golden, Staff Writer

This summer, The Reston Letter is highlighting some of the vendors that participate in its The Reston Farm-

ers Market at Lake Anne. This month, we’re featuring two women-owned Reston businesses that are bringing their unique products to Restonians.

Karyn Knueven – Knueven Soap



Several years ago, Karyn Knueven, a long-term Reston resident, was feeling unfulfilled in her job. She had been declared legally blind in her 20s and, although she went to college, she ended up in a field for which she was overqualified, in part due to her impairment.

But that job introduced her to something that would change her life: YouTube. She began watching tons of soapmaking videos and, although there’s an element of danger with a legally blind person working with lye, she thought “I could do that.” and the element of danger made things a bit exciting.

Once she started, Knueven couldn’t stop. She found ways to challenge herself and up her skills, to the point that she felt it was time to take her abilities to market – literally. Lake Anne Market was the first place Knueven sold her soap. She began focusing on natural, plain soaps, and has since expanded to more fun and funky designs and scents, including watermelon soap. Some of her soaps are miniature works of art, featuring beach sunsets and adorable cats.

She also has expanded into candle making, using recycled punch cups and glassware to create eco-friendly candles. She’s so passionate about the environment that she offers candle refills; once you’re done with your candle, you can bring the glass back to her and she’ll fill it back up, wick and all.

Knueven’s love for soapmaking and the environment is matched only by her love of people. She consistently participates in events that allow her to give back to the community. Each holiday season, she takes part in Gifts of the HeART at the Reston Community Center. Ten percent of her proceeds go to Cornerstones, a local non-profit that provides housing, food, and financial support to Fairfax County residents.

Unless there’s a downpour, you can find Knueven at the Reston Farmers Market at Lake Anne each Saturday. She loves connecting with locals, so come say hi. If you’re curious about her products, visit www.Knuevensoap.com, @knuevensoap on Instagram or Facebook.

Gogo’s Lemonade Stand Returns

By Terri Wright, Staff Writer

For the last four years Diego (Go-go) Valle and his father have busied themselves all summer to prepare for what has become an annual end-of-summer-back-to-school event: Gogo’s Lemonade Stand.

The stand has been open this week (Aug. 12-15) from 11 a.m. to 7 p.m. in South Reston at the corner of South Lakes Drive and Ridge Heights Road. Valle donates the profits to the local non-profit, Readers are Leaders, that pairs struggling readers with high school student athletes as mentors. Preparation for the event takes weeks. It is not uncommon for cases of lemons to be found in and around the kitchen counter at Valle’s home in the weeks leading up to the big week. Each lemon is split and juiced in the original stand juicer. Lemon syrup is the basis for every

Continued on page 3



Photo courtesy of David Michealson

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Photo of Judy Collins by Miller Mobley

THE BULLETIN

New Executive Director Takes the Helm of Reston Museum

Contributed by Reston Museum

The Reston Museum's Board of Directors welcomes Lisa Watts as its new executive director. Watts' appointment marks the end of a comprehensive search process led by a dedicated board committee.

"We are delighted that Lisa has accepted our offer to lead the museum," said board chair Carolyn Flitcroft. "We were impressed by Lisa's management experience as well as her exceptional com-

munication and customer service skills. Lisa's boundless energy and enthusiasm will strengthen our outreach to the community, build awareness, and bring substantial value to the museum's work."

Watts' previous employment provided her with extensive experience in business management, event development, fundraising, and customer service.

"I am honored and excited to join the Reston Museum as its executive director," Watts said. "I have developed a deep

appreciation for what makes the museum so special, and I look forward to exploring how the museum can bring even more benefits to children and families living in Reston."

"The museum is an important resource with a mission unique to the community," she added. "I aim to shine an even greater light on the critical value of the museum through our programming, events, and exhibits."



Photo contributed by Reston Museum

Lake Anne Neighbors Create Beautiful Rock Gardens

By Holly Weatherwax, Staff Writer

Reston is full of hidden treasures, but one of the most unexpected and beautiful might be the rock gardens on Orchard Lane.

Located just a short walk from Lake Anne Plaza, and found by crossing the Van Gogh bridge and following the sidewalk that winds around the lake, some of the rock gardens are in the front yards of the townhomes and others in community spaces. All are designed with the idea of 'flow,' inspired by the homes' lakefront location.

Lifelong Restonian Ket Vongsavath is the rock artist behind these rock gardens. The 13-year Waterview Cluster resident originally started a rock garden project to brighten his own dark front yard. After removing some ground cover, and, inspired by trees he had seen in Rome, Italy, he decided to 'lift' his boxwoods. Left with an unattractive patch of dirt beneath an arch of boxwoods, he decided to create a 'hide and seek' space in the gap. What started with three rocks, which he considered a failed attempt at improvement, evolved into stunning rock gardens.

For his first rock garden, Vongsavath tried to create a flow to match Mother Nature and the lake. All the designs ultimately flow to the lake. The idea of creating art with rocks evolved as he delved further into the project. The concept of 'Zen relaxation' further inspired his creativity.

While the first project was purely visual, these rock gardens now have a secondary

purpose. They have become a way to address poor drainage, and fill in where plants do not grow easily.

Along the way, Vongsavath partnered with another local resident to add visual interest and color to the creations. Michael Amico creates painted stones for the displays. The first one he made was a dragonfly for Vongsavath's front yard, but as time passed, the many painted rocks have varied - including Ninja Turtles and ladybugs. A popular rock, Bluey, is currently out for updates. Amico says that creating a rock takes between one and two weeks, but some take longer like the rainbow fish, which can take as long as six months.

As Vongsavath's talent and interest have grown, he has taken on projects for his neighbors. In his townhouse row, each yard has a different 'theme.' One celebrates an interest in abstract art, another a passion for yoga, and still another, a love of flowers.

They gardens are designed on paper; then Vongsavath handpicks the rocks from local quarries. Using a fabric liner to keep out weeds, he sets the stones by hand. Compression is good for the stones, so he doesn't object to young children stepping on the gardens.

There are other fun additions to the gardens like tipped and/or broken flowerpots, planters created with cement and old tee-shirts, a fountain created with bamboo harvested from Hickory Cluster, and hands made of cement and vinyl gloves. There are also rocks set up on a nearby sewer that



Imaginative rock garden features line Orchard Lane. Photos by Isadora Guerreiro

children, and other fans, can manipulate and create.

In their day jobs, Vongsavath works in IT and Amico is a pediatric nurse. These projects allow them to use their creativity in ways they don't often get to do day-to-day. Vongsavath has experienced a reawakened passion for art and painting, beyond the garden, and now spends some of his free time on his own art.



Gogo's, cont'd from page 2

glass. Their basement freezer is stocked and ready to go.

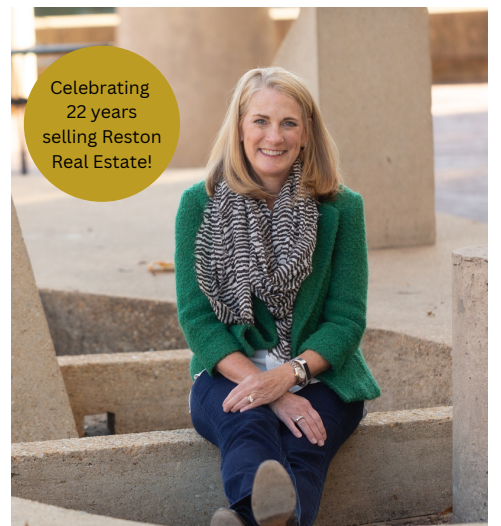
A cash register was added to the stand after year two, and during year three a square reader was added to provide a cashless payment option.

But not all lemonade stand stories are romantic. Valle's father recalled his favorite lemonade stand moment was rather chaotic. One night the empty cash register went

missing, but they posted online about it and kept going.

"We were busy filling a large 40 drink order and Fairfax County police officers arrived to ask about our business permit. While working on handling those two things simultaneously, teenagers returned with our missing register!"

This year Michaelson Railey Improvements will sponsor the lemonade stand and has pledged to match all sales.



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THE RESTON LETTER

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THE BULLETIN

The Rotary Club of Herndon-Reston Celebrates its Citizen of the Year

By Casey Menish, Staff Writer

The Rotary Club of Herndon-Reston named Renee Gorman its 2024 Citizen of the Year. Gorman is the founder and president of She Believes in Me, a local non-profit that “serves vulnerable children and their families who face a wide variety of challenges on a daily basis.”

Gorman was a Fairfax County Public Schools counselor for 25 years, and finished her career there working at a Title 1 school. “A lot of these kids have parents working multiple jobs, and entire families living in one bedroom,” said Gorman.

She realized it was difficult to give a student 15 minutes in her office and then put them right back in the classroom. That limited time was exacerbated by COVID-19 when counselors were cut off from their students and Gorman was even more concerned for their welfare.

During the pandemic, She Believes in Me volunteers would “deliver emotional support packets to the homes of the children to keep them emotionally healthy, spiritually uplifted, and show them that there was a consistent adult in their life,” Gorman explained.

She Believes in Me partners with seven schools in the Herndon/Reston area. Each month, they focus on teaching students a different life skill; a liaison program provides food resources, and a recently launched teen

leadership program enables teens to visit community corporate partners and learn about potential job opportunities and careers.

Both Gorman’s father and brother were involved in the Rotary Club. When they heard about the work her organization was doing in the community, they invited her to speak at a breakfast meeting. “From that, it catapulted them to get more involved; they gave us a grant, and volunteered,” Gorman said. Lions Club volunteers helped by “hands-on mentoring children at our life skills even. They also provided some of the inspirational activities we needed each month, and they continue to connect me with other community partners that help leverage what we do.”

The Citizen of the Year Ceremony took place in April, and Gorman said that “the entire night was really about those people getting up and speaking about She Believes in Me and how it impacted them, and endorsing the organization.”

The award was a surprise. “I had no idea the magnitude and honor that came with being chosen. I don’t think that really hit me until I realized that evening really was all about the organization. I was so honored that they recognized the work that was being done.” Gorman said. “Their honoring me inspires me to do more.”

Having the Rotarian “stamp of approval” gave She Be-



Renee Gorman is the Rotary Club's Citizen of the Year.
Photo courtesy of Jane Nash and Igor Birman

lieves in Me” credibility. “Because the club is so well-regarded, they open a lot of doors. If they have vetted you, people feel confident in your work.”

Gorman’s has a message for The Reston Letter readers: “I want them to know that Fairfax County appears to be rich in resources, and everybody living comfortably. Yet when we pull back the curtain, there are families and children that need our help, and that’s what we do. We go to the doorstep of those most vulnerable, and provide emotional support for the children, and resources for the family.”

Visit shebelievesinme.org to learn about volunteer opportunities and how to offer financial support.

Unique Permanent Jewelry Studio in Lake Anne is Making Jewelry Personal

By Aleyna Akyuz, Intern

In a world where fashion trends and fads are constantly evolving, Golden Bond has found a way to make lasting memories and connections through unique pieces that are built to last. Specializing in permanent jewelry, CEO and owner Lexie Badawy describes jewelry as the “golden bond between everyone; it crosses all ethnicities, races, colors, socioeconomic statuses etc. It unites people together,” hence the name.

Permanent jewelry is unique compared to traditional jewelry because it is welded directly onto the wearer. In Badawy’s own words, Golden Bond is designed to be “experiential,” starting with the selection of an affirmation card that the customer can keep. After choosing chain and charm options, customers receive a Golden Cleansing Care Kit to maintain their jewelry.

The studio, located in Lake Anne, of-

fers a variety of metals, including sterling silver, 14-karat gold fill (referred to as “modern gold”), and solid gold. Badawy caters the material to the customers’ preferences and needs, ensuring that everyone can find something special. The team works with private parties and retail businesses, recently collaborating with well-known brands like Reformation and Anthropologie.

The actual welding process is quick, taking as little as two minutes. Badawy explains that an important part of the process is that it is therapeutic for the customer. She loves hearing the personal stories of her clients, from birthstones representing loved ones to transforming sentimental pieces into new creations.

Badawy shared a story about a customer who brought in her late parents’ jewelry to be transformed into new pieces. The studio created matching permanent bracelets and clasp bracelets for her and her husband, as well as

a necklace.

While working as a high-end hair colorist in New York City in 2020, Badawy had a severe accident that left her physically unable to continue in that field. After rehabilitation and healing, she discovered permanent jewelry. As Badawy says herself, she’s always had a thing for power tools and pretty things.

Although she had anticipated that permanent jewelry would be a creative hobby, her deep-rooted work ethic wouldn’t allow her to stop there. It didn’t take long before she grew it into a thriving business. In just one year, the business has achieved remarkable success. From its first pop-up event in July 2022 to winning the Best of Modern DC Luxury Award for Best Permanent Jewelry and Events, Golden Bond continues to thrive.

For more information visit <https://goldenbondjewelry.com/>



Photo courtesy of Golden Bond

Looking at Tephra ICA’s Former Director’s Artful Legacy

By Ellyn Wexler, Staff Writer

During Jaynelle Hazard’s time as executive director and chief curator of Tephra Institute of Contemporary Art [Tephra ICA], she guided the Reston-based non-profit through a rebranding that focused on engaging with artists and audiences. Effective Aug. 1, she took on a new challenge -- as director and chief curator of the Georgetown University Art Galleries-- making it the optimal time to look at her legacy.

According to Tephra ICA’s board of directors, “Jaynelle and her team have made our content stronger, our reach greater, and our practice more just. Simply, she has made us better.”

“To fill that out a bit,” said Robert Goudie, Reston Town Center Association’s Executive Director, “Jaynelle led our rebranding, extended our reach regionally and nationally with our content, and new and deepened community, corporate, and university partnerships; strengthened our team; made our practice more just with leading-by-example equity commitments; earned exceptional third-party praise and affirmation from the media, artists who exhibited with us, and arts leaders; and set forth an ambitious and inspirational vision for the future with our 50th campaign, which is centered around identifying and building out our next home.”

Hazard’s leadership exemplified a blend

of artistic vision, community engagement, and organizational acumen. Her dedication to advancing the arts not only enriched Reston’s cultural landscape, but also left a mark on the broader discourse of contemporary art. A steadfast commitment to fostering creativity, inclusivity, and meaningful engagement with the community defined her tenure.

Under Hazard’s stewardship, Tephra ICA curated thought-provoking exhibitions that challenged conventions. From avant-garde installations to immersive multimedia experiences, each show pushed the boundaries of contemporary art while resonating with diverse audiences.



Photo courtesy of Tephra ICA

Continued on page 5

THE BULLETIN

Tephra, cont'd from page 4

Among Hazard's accomplishments was showcasing the art world's underrepresented voices. She sought out collaborations with emerging artists from marginalized communities, providing them with a platform to share their narratives and perspectives. Through these efforts, Tephra ICA became a catalyst for social change, using art as a powerful tool for advocacy and awareness.

Hazard spearheaded educational initiatives aimed at nurturing the next generation of artists and art enthusiasts. Through partnering with local educational institutions, Tephra ICA developed outreach programs that introduce young people to the transformative power of art, inspiring creativity and critical thinking. In addition to her work within the local community, Hazard positioned Tephra ICA on the global stage through strategic partnerships and international exhibitions. She fostered collaborations with renowned artists and institutions worldwide, ensuring that Tephra ICA remains at the forefront of the global contemporary art scene.

Hazard also oversaw significant advancements in Tephra ICA's infrastructure and operational sustainability. Through strategic planning and effective management, she secured funding and resources to maintain the institution's sta-

tus as a premier cultural institution, fostering its continued growth and impact.

The Chesterfield County, Virginia native accepted the job at Tephra ICA in March 2020, "just when the stay-at-home pandemic advisory came out," she recalled. "My interviews were virtual."

Her academic credentials include a bachelor's degree in fashion design and merchandising from Virginia Commonwealth University, and a master's in art business from Sotheby's Institute of Art. Professionally, as director of exhibitions at Lorton's Workhouse Art Center, she developed, implemented, and oversaw contemporary art programming.

"I was brought in to rebrand and revitalize the group previously known as Greater Reston Arts Center, to reimagine the 46-year-old organization's mission," Hazard said. The original acronym -- "GRACE" -- had implications that did not communicate the organization's identity or reach, and a name signaling a local institution could limit fundraising appeal, she explained.

In contrast, stakeholders agreed that the Greek word "tephra" struck an appropriate chord. Its definition, posted on the Tephra ICA website is "matter from geothermal eruptions that lands upon, nourishes, and changes the surrounding environment ... emphasizes the institution's belief in the combustibility of creativity

and the generation of ideas and growth the arts can provide."

One of Hazard's first actions on the job, she said, was hiring a graphic designer to design a logo with a font, style, and color that reflected the organization's evolution, capturing its goals and missions. In addition, she appointed an equity task force, composed of arts professionals and artists with experience in fairness and impartiality. Four goal categories -- metrics of success -- were specified: artists and audiences; accessibility; hiring, appointment, training and retention; and accountability. "While we made significant progress, it's an ongoing process," Hazard said.

Hazard also launched the capital campaign celebrating Tephra ICA's 50th year. "The drive will help build a seed fund to get Tephra ICA into a new home, still several years away, but the thought process has begun," she said. "We've grown out of the space, and a larger space will enable us to accommodate and display a higher caliber of art and get accreditation from the American Alliance of Museums."

"Tephra ICA will remain in Reston," she

added.

Hazard was instrumental in establishing The Alloy Project, an annual fundraising initiative that offers new collaborative artworks for purchase through an online auction and ticketed evening cocktail event. This year, to celebrate the 50th anniversary, 10 artists who have been significant to Tephra ICA's legacy during the past decade were invited to show how working with the Tephra ICA curator made each other stronger. The event is set for Oct. 3.

"My time at Tephra ICA has been a great adventure," Hazard said. "It has been the highlight of my career, so far, and I feel truly privileged to have built upon founder Robert E. Simon's vision for Reston, and lead a pivotal chapter of this institution's story."



COMMUNITY CALENDAR

21 AUG	Pups in the Pavilion	22 AUG	Take a Break Concert Series	23 AUG	Fab Fridays Concert Series	28 AUG	Silent Dance Party In the Dark
5 SEPT	Art & Ambiance: An Exclusive Artist Reception w/ Jenn Griffith	6 SEPT	Theatre in the Park: 'Good Witch/Bad Witch'	7 SEPT	Reggae on the Lake	8 SEPT	Visual Arts Con't: Sandra Doyberg's 'Unbounded'
13 SEPT	Silent Dance Party	14 SEPT	Second Annual Beer in the Garden	14 SEPT	RCC Community Coffee	28 SEPT	RA's 85-Family Community Yard Sale

Wednesdays, through September, 5-7:30 p.m.
Pups in the Pavilion
Check out the details here: <https://www.restontown-center.com/event/3782/>

Thursdays, through August, 7-8:30 p.m.
Take a Break Concert Series
Halley Rise, 2025 Fulton Place
Free for all ages.

Fridays, through August, 7-8:30 p.m.
Fab Fridays Concert Series
Reston Station
Free for all ages.

Wednesday, August 28, 5-6:30 p.m.

Silent Dance Party In the Dark
Reston Town Square Park
Free for all ages

Thursday, September 5, 5-8:00 p.m.
Art & Ambiance: An Exclusive Artist Reception with Jenn Griffith
AKG Design Studio
Register here: <https://akgdesignstudio.com/event/art-ambiance-an-exclusive-artist-reception-with-jenn-griffith/>

Friday, September 6-8, 7:30-9:00 p.m.
Theatre in the Park: 'Good Witch/Bad Witch'
Reston Town Square Park
Free for all ages

Saturday, September 7, 1-9:00 p.m.
Reggae on the Lake
Lake Anne Plaza
Free for all ages

Sunday, September 8, 2:00-4:00 p.m.
Visual Arts Continued: Sandra Doyberg's 'Unbounded'
Reston Art Gallery and Studio

Friday, September 13, 5-9:00 p.m.
Silent Dance Party
Reston Station Metro Plaza
Free for all ages

Saturday, September 14, 12-3:00 p.m.
Second Annual Beer

In The Garden
The Farm At Halley Rise
Tickets are \$10
Register here: <https://www.eventbrite.com/e/2nd-annual-beer-in-the-garden-tickets-957427319887>

Saturdays, beginning September 14, 9-11:00 a.m.

RCC Community Coffee
RCC Hunters Woods
Free for all ages

Saturday, September 28, 8:30 a.m.
RA's 85-Family Community Yard Sale
12010 Sunrise Valley Drive
\$45 for RA members
\$55 for non-RA members

Community Calendar

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



EDUCATION

Meet the New Principal of South Lakes

By Caroline Ayres, Staff Writer

South Lakes High School's new principal, Carlos Seward, is committed not only to leading, but also to listening. He wants the community to know that "I don't want to be *the* principal, I want to be *your* principal."

Seward, who replaced former principal Kimberly Retzer, hosted multiple meet-the-principal events in late July. He offered information about himself and his values, and opened the floor to the community's questions.

Seward received his principal train-

ing at William & Mary, and previously worked as a principal in Rappahannock County. Although Rappahannock County and Reston are vastly different in many ways, both are tight-knit communities.

Seward acknowledges he will be jumping into new experiences at the start of the school year, but is learning everything he can to prepare. However, he's undeterred and eager to embrace it.

"Here's the difference between me and the other people on Earth," he said, grinning at the crowd of parents, students, and staff members. "I'm drinking from the firehose, but I'm thirsty."

Describing himself as "realistically positive," Seward made it clear that he is just as committed to kindness and community as he is to keeping the school safe and orderly. "I believe in structure. I believe in systems. I also believe in compassion," he said.

Seward said he prefers to spend time around the school instead of in his office, and wants to prepare South Lakes students for the "Three E's" – employment, enrollment, and enlistment." He is committed to ensuring that every family's investment in education is looked after at South Lakes.



Principal Seward

Making an Impact

Anita Virmani Whitehead

By Chuck Cascio, Author and Former South Lakes Teacher

In the mid-1980s, after her family had moved 15 times, sixth-grader Anita Virmani found herself living in Reston's North Shore Court cluster on Hidden Creek Golf Course. There Anita (now Anita Whitehead) says she relished the "stability and community, a diverse group of individuals, where kids felt comfortable going to everyone's house and sledding together on King Kong Hill. We did a regular 'cluster cleanup,' and I also babysat because I was one of the few teenagers in the cluster."

The importance of community has stayed with Anita, a 1991 graduate of South Lakes High School in her 23 years at the prestigious multinational professional services firm KPMG. During the past four years, as president of the

KPMG U.S. Foundation, Anita has led work whose goals she describes "through three different lenses, 'Give. Serve. Grow.'"

Anita explains these goals as follows: "We *give* to provide philanthropic support to nonprofit organizations and to build trusted collaborations to transform communities; we *serve* to empower our people to volunteer in their communities; and we *grow* by continually expanding markets we serve." The foundation has committed \$125 million to various organizations and other nonprofits focused on increasing access to education and opportunity, advancing mental health and creating community vitality.

A psychology major at Virginia Tech, Anita spent her summers working at the Sunrise Assisted Living facility in Sterling. Her care for the elderly was inspired, in part, because "I could not interact with my grandparents as much as I would have liked since they lived in India. Working at Sunrise gave me the opportunity to be with the senior population."

Anita earned a master's degree in health administration at Indiana University,

where she worked with the university's Department of Medicine, an experience that led to a position at "the George Washington University Medical Center, and gave me the opportunity to move back to Reston." In addition to continuing her passion for caring for others, the jobs at Indiana and George Washington also "taught me financial management skills, and I became interested in a career in consulting that could provide me with vast experiences."

Anita took her financial skills and her background in various levels of care to India where "I was keen to go work for a big firm there, or to work in the U.S. for a firm's healthcare group." KPMG then entered her life, and "placed me in a practice supporting non-profits, which gave me the opportunity to travel the globe doing grant assessments" in Latvia, Lithuania, India, Zambia, South Korea, and elsewhere.

"Those experiences made me keenly aware of the great work being done across a whole host of issues such as vaccine development, clean water, women empowerment, and education," Anita says. "It



Anita Virmani Whitehead

provided an opportunity to understand the inner-workings of non-profits, corporate philanthropy, and how to build a practice around this, which opened the doors to my work now leading the KPMG U.S. Foundation."

Anita remains driven by her belief that "by continued emphasis on working together and leveraging new ideas and technologies, we can address complex social challenges more effectively," all of which is part of an ongoing process of giving, serving, and growing.



Reston Association Season 4 and 5 Pool Schedule Update

Several RA pools will see increased hours through the remainder of the pool season.

SCAN QR CODE FOR FULL POOL SCHEDULE



SLHS Food Pantry Celebrates Two Million Pounds of Food

Contributed by PTSA Food Pantry

The South Lakes High School PTSA Food Pantry distributed its two millionth pound of food and toiletries on July 18. The pantry opened in April 2017 with the goal of reducing food insecurity for students and their families.

Initially, it focused on having students "shop" for food and toiletries for their families to help supplement school breakfasts and lunches. The in-school pantry provides a wide array of healthy food, including fresh produce and protein as well as toiletries. It has expanded to provide weekly curbside distribution to families within the South Lakes pyramid. The pantry also has provided grocery gift cards in cooperation with social workers at the pyramid schools.

All this is made possible through the support from the entire community, starting with South Lakes High School administration. From day one, former Principal Kim

Retzer encouraged staff, teachers, and the PTSA leadership to incorporate the pantry into the South Lakes community. Incoming Principal Carlos Seward noted that "the pantry exemplifies the way our community comes together to support one another in a meaningful way."

"It's hard to believe we started with 20 to 25 student shoppers each week and today, during the school year, we often have 300 students shopping and 175 families coming through every week," said Abbe Pascal, the PTSA Food Pantry liaison and co-founder.

In addition to the school community, the pantry gets weekly food donations from Trader Joe's Reston, Wegmans, Safeway, and Whole Foods. This year, they collectively donated more than 85,000 pounds through a partnership with Capital Area Food Bank/Feeding America. Bimonthly donations come from A Simple Gesture and Food for Neighbors, totaling another 75,000 pounds each year. The whole South Lakes school pyramid supports the pantry with initiatives including the annual Stuff the Bus.

Two years ago, the pantry also began stocking new books through



Photo by Amber Badgley

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Continued on page 7

EDUCATION

Pantry, cont'd from page 6

the Reading with Roz program, an initiative within the RoSgle Foundation. Students have selected more than 1,100 new books.

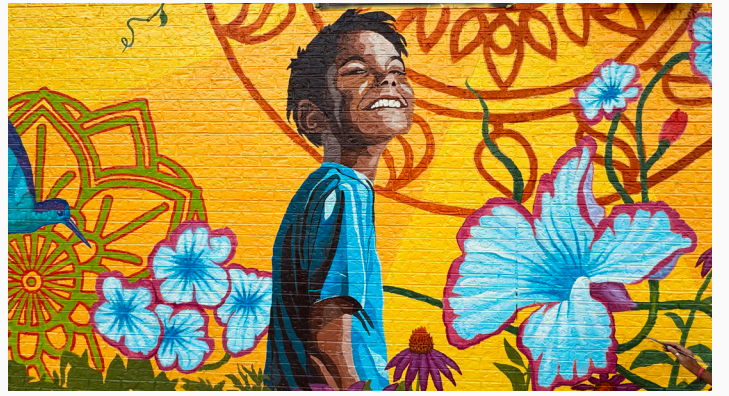
Hundreds of volunteers help make sure the pantry is stocked, that bags are packed and transported from Good Shepherd Lutheran Church to South Lakes, and that food can be distributed to students and their families. "It's incredible to be able to see how appreciative our neighbors are week in and week out – it's a true community effort," volunteer Monica Ross said.

The biggest FUNdraiser, the Do it Your Way 0.5k, also dubbed "The Most Rewarding 650 Steps You'll Take This Year," will be held Sept. 29.



Reston principals are ready to start the year! New South Lakes High School principal, Mr. Carlos Seward, Hunters Woods Elementary principal, Mrs. Emily Cope, and Langston Hughes principal Dr. Herman Mizell spent some quality time with fun llamas over the summer. Photo by Maria Walkup

Lake Anne Elementary School Unveils New Mural



Contributed by Public Art Reston

Lake Anne Elementary School has a new mural, "Water and Warmth," created by Mural Masters, Inc. artists Shawn James and Charles Lawrence. Originally designed for the Fairway Drive Underpass, the Virginia Department of Transportation relocated the mural to the school, which inspired the artists to add elements that reflect the elementary school experience and align with the school's nature programming.

Crossword Corner

By Reston crossword constructor, Joe O'Neill

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

Joe's puzzles have appeared in the New York Times and Wall Street Journal. This is O'Neill's 13th crossword puzzle creation, made specifically for The Reston Letter readers!

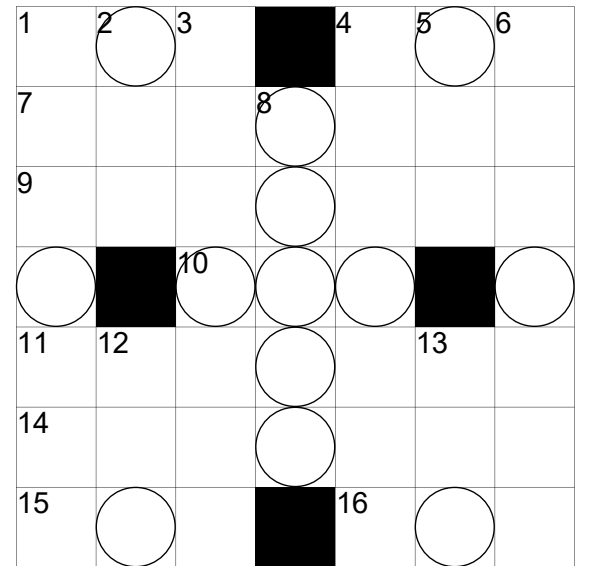
Amidst it All

ACROSS

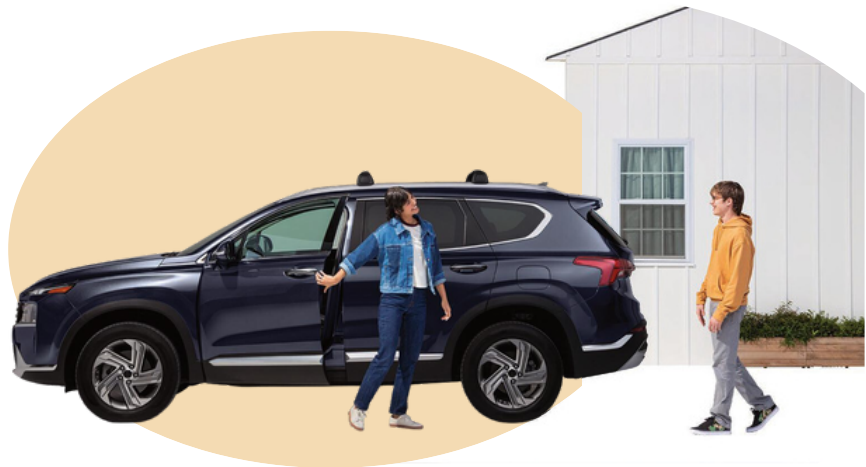
1. Fist bump
4. Issa of "Insecure"
7. Wiper-outers
9. Most solid
10. A little something (and with 8-Down, "central" to solving this puzzle)
11. Dream up
14. Klingon speaker, perhaps
15. It's paddled a lot
16. Swedish flier (abbr.)

DOWN

1. Latin phrase for "in actual use, lawful or not"
2. Onassis's nickname
3. Cowpoke's chum
4. Running shoes named for a swift animal
5. Warrior's got three of them
6. Posh residences
8. Slap
12. Singer Rita
13. Spying org.



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SPORTS

Reston Swim Team Association Closes Another Successful Season

Contributed by RSTA

Lake Newport pool hosted the July 27 All-Star meet with swimmers from all eight Reston teams, each celebrating a different country, as they embraced this year's Olympic theme. Commemorative All Star T-shirts honored that theme as well.

The league's top swimmers in each dual meet event competed in the All Stars, but participation is limited to a maximum of two individual events and two relays.

All the swimmers showed off the results of their hard work

during practices by beating their personal bests. In addition to the usual events, an exhibition swim at the end of the meet allowed each team to showcase their coaches' talents and unique team spirit.

The South Lakes High School band ran the concession booth and kept friends, families, and fans well hydrated, caffeinated, and sugared so they could keep the cheers coming for all the great performances in the pool. The competition was tough, with many photo finishes and, of course, some more records falling:



13/14 girls from North Hills won first place in their all-stars relay. Left to right: Lily McFarland, Ella Shelley, Michelle Bud, Sophia Shelley. All swim photos by Isadora Guerreiro

Team	Name(s)	Event whose team record was broken	Time
Glade	Caroline Swartzbaugh (8) Charlotte Freedman (7) Emily Nistler (7) Scarlett Livesay (8)	Girls 8 & Under 100m Freestyle Relay	1:30.45
Lake Anne	Alex Hejmo (16) Matthew Kauffman (16) Nathan Vikhman (18) Ryan Leaman (16)	Boys 15-18 200m Medley Relay	1:56.85
Lake Anne	Ryan Leaman (16)	Boys 15-18 50m Freestyle	25.06
Lake Audubon	Andrew Fritz (17)	Boys 15-18 50m Breaststroke	31.87



8U Lake Audubon boys relay team won first place. From left to right: Liam Thongtavee, Dylan Baker, Bode Lake, Alborz Hosseini Soreshjani.



Rose Steiner (left) hugs her sister Grace who came in 2nd in butterfly and 3rd in backstroke in the 8U group and came in 3rd for North Hills 100 Freestyle Relay with Amelia Xia (right), who was also on the winning relay team (not pictured Emi Rideout and Emma Scott).



Hunters Woods 8U girls came in 6th place: L-R: Kaira Anyaoku, Ella May, Sloka Gangidi, and Arabella Qi.



The Lake Anne Stingrays 15-18 boys set a team record in the 200m medley relay. From left to right: Alex Hejmo, Matthew Kauffman, Ryan Leaman, Nathan Vikhman.

Public-Private Partners Transform Community Recreation

Contributed by Volkswagen Group of America

The Great Outdoors Fund® [TGOF] announced a partnership with Volkswagen Group of America [VGA] to build a new combination basketball/futsal court near the company's new national headquarters at Reston's Stratton Woods Park. The dual-purpose court will deliver an improved basketball court combined with a new futsal venue, and enhance the diversity of activities available at this vibrant community park.

Outdoor recreation is more than just a pastime; it's a cornerstone of physical and mental well-being, nurturing environmental stewards. It drives economic growth.

Fairfax County Park Authority [FCPA] will team up with TGOF and VGA to address the pressing need to modernize recreation infrastructure for a growing and diversifying population.

The project responds to the increasing demand for futsal courts, while putting into action FCPA's futsal court analysis recommendations. In this case, a highly utilized space will be repurposed to meet the ever-evolving needs of a wide range of community recreationists.

"We believe in the power of partnerships to drive positive change," said Lori McCullough, founder and CEO of TGOF. "We're not just transforming a basketball court and adapting it for multiple uses – we're investing in the health and vitality of our society."

Not only does "this partnership exemplify our values in taking responsibility for society," said Pablo Di Si, VGA's president and CEO. "It also complements all the soccer programs Volkswagen supports – like our presenting partnership with the U.S. Soccer Federation."

Working with FCPA, TGOF will lead project management and outreach efforts. The project is set to deliver tangible benefits for the community and park users while promoting environmental stewardship.

"We're ecstatic to collaborate to bring this project to fruition," said Jai Cole, FCPA's Executive Director. "The Park Authority is dedicated to expanding and improving diverse recreational opportunities for all residents."

The renovation project is slated to commence immediately, with completion expected in the fall. A ribbon-cutting celebration in October will mark the culmination of this transformative public-private partnership.

Mykle Lyons

JAZZ FESTIVAL

with the Friends of Reston

Saturday August 31

Lake Anne Plaza
Waterfront, Reston
3 p.m. - 8 p.m.

Performers:

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- Gabrieli Brass
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- Accidental Red
- Standing Room Only

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LAWPA

SPORTS

Young Golfers Enjoy Youth Golf Week at Reston National



Contributed by Reston National Golf Course

Reston National Golf Course held a Youth Golf Week summer camp from July 29 to Aug. 4. The event showcased the enthusiasm of young golfers. There were 71 campers, one-third of whom were discovering golf for the first time. Also included at the camp were Junior Academy classes, a dynamic, two-hour Playing Class on the course, and a SwingSync “Fore the Teen” session, designed to thrill teenage golfers.

Feedback

We heard from a reader last month that we printed inaccurate information in our article in the Lifestyle section about snakes. Our reader claimed that there are rattlesnakes in Virginia. What Kelly Geer, herpetologist by profession, wrote was that there are no rattlesnakes *native to Reston*. They are listed as an endangered species in Virginia. The Timber rattlesnake is found in mountainous regions of western Virginia and a small area of extreme southeastern Virginia where they are sometimes called cane-brake rattlesnakes.

What Do You Think of The Reston Letter?

Let us know your thoughts!



Reston Youth Triathlon pictures by Isadora Guerriero

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Karen Hawley Wins RSTA's Kim Klarman Award



Karen Hawley (third from left) celebrates receiving the award with others in the Autumnwood swim community. Photo contributed by RSTA

This year, Autumnwood Piranhas swim manager Karen Hawley was awarded the Kim Klarman Award. For 18 years, Klarman was associated in some way with RSTA. In honor of her devotion to RSTA, the Board of Directors established The Kim Klarman Award. As part of the award, the league will donate \$250 to a charity of the recipient's choice. It honors a member of the RSTA family who truly makes a difference to the league and to the community at large with a commitment to long-term service.

Hawley's devotion to the Piranhas exemplifies her love of her team, the

sport, and the Autumnwood Family. Kids and adults — both Autumnwood and across RSTA — love her. She makes every swimmer feel valued and important, not just as a swimmer but also as a person. She values good sportsmanship and works hard to demonstrate these values on and off the pool deck. She also helps the coaches feel valued and empowered, which fuels them to run Autumnwood as a well-oiled machine. The award is presented each summer at the end-of-season RSTA All Star meet, where all eight of the swim teams in the RSTA league are represented.



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OPINIONS

Restonian

Six Decades of Earth Tones? Let's Celebrate!

By Restonian, Reston Blogger

So Reston turns 60 this year — not a bad run for our favorite plastic fantastic planned community. Like most of us approaching our sixth decade, Reston might have a few wrinkles around the edges, but otherwise still has plenty of vim and vigor to continue living, working, and playing for decades to come. But how does Reston stack up against other people and things from way back in 1964? Let's find out!

Among celebrities born in 1964 are Nicholas Cage (no truth to the rumor that his next film will be called "Raising Audubon"), Jeff Bezos (whose website is slight-

ly more popular and functional than the RA's), Mariska Hargitay (look for her new TV series, "Law & Order: DRB Violation Unit"), Michelle Obama (whose memoir, "Becoming," is surprisingly not about reviewing the 150-page disclosure binder before buying a Reston townhouse), and Rob Lowe (who will soon launch a spinoff called "Parks & Recreation & Pool/Pickleball Passes").

But that's not all! The Beatles had five big hits in 1964, including "I Want to Hold Your (DRB-Approved Door) Hand(le)." The Beach Boys were at the top of the charts with "I Get Around (But Have Trouble Figuring Out The Parking App)." And then there were some old

standards, like "Hello Dolly (Goodbye Dues)," "Under the Boardwalk (Down By Lake Anne)," and Barbara Streisand's immortal classic, "People (Who Love Earth Tones Are The Luckiest People in the World)."

Also brought to life in 1964? The Verrazano-Narrows Bridge, which, like its smaller but equally impressive counterpart now spanning Wiehle Avenue, was talked about for decades before it was finally built.

So let's celebrate! As a gift-giving tip, the 60th anniversary is also known as the Diamond Anniversary, and its official color is "diamond white," which is something you'd see in a cluster list of approved trim colors, no notes, the end.

Ask Doctor S.

Take Care of Teachers

It is back-to-school season, and teachers are already preparing to return to their classrooms and welcome their students. As parents ready themselves and their children to begin a new year, let's be mindful of the many challenges teachers face, especially since the start of COVID. While we are all coping with a "new normal," teachers are really struggling with stress, burnout, and classrooms full of students with both academic and mental health issues. A teacher's day does not end when the school day does; most teachers I know take work home with them, respond to emails, and work at least part of the weekend. NOVA parents help teachers in many ways each year, for example, as volunteers, party throwers, field trip chaperones, and PTA members. But how can we really *take care* of our teachers? I am reminded of my own adult children's FCPS elementary school song about respect, responsibility, and self-control.

1) RESPECT.

Your child may complain about not liking a teacher, and, as parents, there is a great life lesson to teach here. You are not always going to *like* people in charge, such as a boss, a coach, or a manager. You do not have to like an authority figure to show up and do your best. Both might be true,

and teaching your child to be able to say, "I don't like it AND I can live with it" is a critical life skill.

2) RESPONSIBILITY.

When your child does not perform well, it is usually not the teacher's "fault." Help your children learn accountability by modeling it yourself. When adults do not make good decisions, there are all sorts of consequences (e.g., hurt feelings, demotions, breakups, job losses, or speeding tickets, to name a few). It is not "weak" to own your poor choices and show vulnerability. It is actually a wonderful way to make connections and demonstrate how relationships work.

3) SELF-CONTROL.

Parents, please refrain from emailing your child's teacher multiple times a week or immediately in response to something your child says, unless it is emergent. There are opportunities here to help your child advocate for themselves, rather than stepping in and accusing or demanding something of a teacher.

Finally, please express GRATITUDE to teachers whenever you can, not just during Teacher Appreciation Week. An email, handwritten note (yes, those are still a thing), or in person thank you goes a long way.

Best wishes to everyone for a great first day! Psych'd to see you next month!

-- Dr. S.

Dr. Hayley B. Sherwood is a longtime Clinical Psychologist in Reston/Herndon. To learn more, please visit her website at www.oakhillpsychological.com. Please visit the About Us section on our website to learn more about our NEW THERAPISTS!



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Developing Reston's golf courses may have negative environmental consequences

By Doug Britt, Reston Ecologist

In response to The Reston Letter article in July that supported the development of Reston's golf courses, I want to express a different perspective on the loss of these open spaces.

First, these are not our grandparents' golf courses, or, in the case of the young author in July, his great-grandparents'. Reston National has been a Certified Audubon Cooperative Sanctuary Program Golf Course since 2007. Hidden Creek Golf Course, like most golf courses nowadays, uses best management practices for environmental stewardship.

Although golf courses need to irrigate their fairways in dry weather and periodically chemically control weeds and plant pathogens, when managed responsibly, their environmental impact is much less than that caused by compaction of soil, removal of trees, and the increase in impervious surfaces that accompany the construction of buildings, paving of roads, and maintenance of the infrastructure necessary to support more houses, apartments, and condos. And once built and occupied, these homes generate more traffic, and often have owners who use lawn fertilizers and insecticides excessively.

As the Reston State of the Environment Report (RASER) points out, stormwater runoff from impervious surfaces is one of the leading environmental challenges our community faces. Building more homes and roads on open space will only exacerbate this problem. I would also argue the carbon footprint of an operating golf course is much less than a residential community, the size of which is envisioned by the current golf course owners/developers.

Combined, Reston's two golf courses occupy 330 acres. The golf courses support Reston's biological diversity. They harbor a variety of wildlife (like kingbirds, purple martins, red-tailed hawks, groundhogs, flying squirrels, and bats) that need large tracts of open spaces adjacent to trees or meadows and will not survive or do poorly if residential development and roads further fragment their habitat.

Reston's population will continue increasing over the next decade, and more housing is already approved and in the pipeline. There are ample sites to increase housing density without developing Reston's open spaces designated to be operated as golf courses in Reston's Master Plan. And since the pandemic, the number of empty commercial establishments has risen substantially — many of which could be redeveloped as residential without further reducing Reston's open spaces.

Finally, in 2018, Reston was officially recognized as the first "Biophilic" community in Virginia (and 13th in the world) as it was accepted into the Biophilic Cities Network. Biophilic communities are places where residents are connected to nature where they work, play, and live. This connectivity is by design. In the case of Reston, it was part of Robert E. Simon's initial vision, and it's built into our Master Plan. Let's preserve Reston's open spaces for all future residents.

To stay informed, subscribe to Rescue Reston's occasional news at RescueReston.org/newsletter.

Doug Britt is a certified Virginia Master Naturalist with over 40 years of professional experience in restoration ecology, conservation biology, and environmental management.

Letter from the Editor

Dear Readers,

I hope you've enjoyed our summer issues, and that you noticed how fun summer in Reston can be! With our free pools and tennis courts and all our paths connecting them with parks and neighborhoods and shops, our five different concert series options, weekly farmers and craft markets, and various

festivals, highlighted of course by Reston Museum's Cardboard Boat Regatta last weekend, it is hard to be bored during a Reston summer.

I want to clarify a few things that have come up lately. When we feature businesses in The Reston Letter, we are not endorsing them as a company or speaking to their credibility. We are telling their stories according to them.

We want to give exposure to a lot of businesses, but that does not necessarily mean that we have firsthand experience with them as clients. Hopefully you will always have great experiences with them, but our job stops once we've told their story. We cannot vouch for them beyond that.

Also, I'd also like to clarify that we

have never been and will never be reimbursed for our restaurant reviews, nor do the restaurants our staff review know that they are writing about their food and experience beforehand. I see no other way to write an honest review. Please drop me a note at info@therestonletter.com any time and enjoy Reston in the fall!

LIFESTYLE

Inside Art

By Louise Seirmarco-Yale,
Reston Artist



I live in Reston because of its beauty, and its intention to stay that way.

Reston lives up to the promise of its vision, that it will always be a nice place to 'Live. Work. Play.'

Founder Robert E. Simon insisted that Reston be laid out in an aesthetically pleasing way. Notice that our house lots are not carved up into perfect squares, which is, more boring than the irregular lot lines that give us interesting fences and landscaping.

As part of Simon's plan, an Architectural Review Board makes sure that houses are well designed and well kept, that Reston remains a beautiful place to live. You cannot put up a shack here without approval. Nor can you cut down your trees without considering your neighbors, and getting approval.

The roads here do not go in a straight line because straight roads are more boring than curved roads. We have a lot of trees. That is not by accident. Reston in summer is green and soothing. It turns out it is more than just stress-relieving to walk our beautiful nature paths. Not only is it good for our brain, but also it is an art experience!

How beauty affects the brain is explained by Tomohiro Ishizu and Semir Zeki in their 2011 article, "Toward A Brain-Based Theory of Beauty" (Wellcome Trust, London). Their research showed that while we might all have different ideas about what constitutes beauty, the same area of the brain — the medial orbito-frontal cortex — lights up when we perceive something as beautiful. This is true regardless of whether we are talking about visual, musical, mathematical, or even moral beauty.

This is the 'WOW' factor. You walk around the corner and there it is — a pretty girl! a pretty car! a mountain! You think, "WOW" The best part? We do not need experts to tell us how to do that; it is how we are wired. We have art instincts.

Zeki called it "Neuroaesthetics," a combination of aesthetics and neuroscience. Proponents argue that engagement with art and nature should not be considered a "nice to have," but instead, a necessity.

Whether a dance recital, a spring tulip, a pretty phrase in a song or a poem, we want more. It makes us feel good, which is very healthy. Studies have shown that people older than 50 who make some kind of art, good or bad, as a hobby or more, live longer, healthier lives.

So go make something or take a walk. Reston is ideal for it. We crave beauty, and Bob Simon knew it. Thank goodness.

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" available on Amazon. Learn more at www.peopleneedart.com, or email: hello@peopleneedart.com

Food for Thought: Bento House

Contributed by Phantom Foodie

With the Paris Olympics just having wrapped up, you may notice that the Reston restaurant scene has a lot to offer. With several international cuisines to choose from, French would seem like the obvious choice, but this month, the focus is more reminiscent of Tokyo 2021.

Located in the Home Depot Shopping Center, this little gem is known to locals and delivery drivers alike.

The menu features an array of Japanese dishes, from sushi and sashimi, to ramen and bento boxes.

Inside is no-frills, with a fast food restaurant or food court vibe — but clean. Tables, booths, and chairs line the left and right perimeter with seating for about 30. Order at the counter or via the touch-screen kiosk. An order pickup table is front and center, with patrons and delivery drivers coming and going at a regular clip.

The staff are attentive and friendly without being intrusive, offering a seamless dining (or pickup) experience from start to finish.

Beverages include typical fountain and bottled drinks. Self-serve soy sauce is avail-

able in addition to the single-serve cups accompanying each meal. Try the Yum Yum sauce (tangy mayonnaise) for a little something extra.

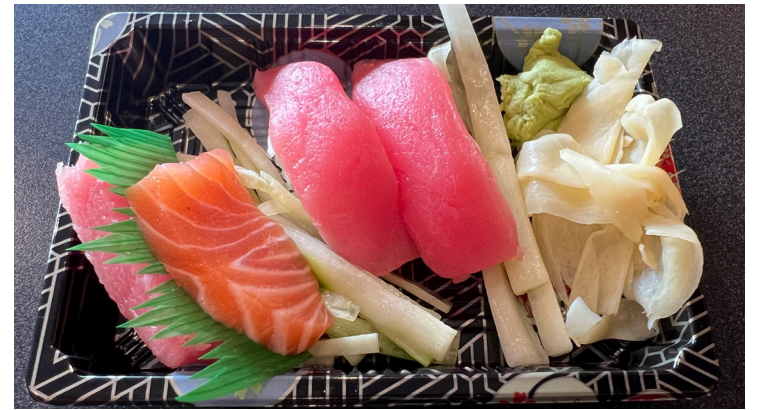
The Bento House Box and Bento Box Deluxe are go-to favorites. The Deluxe includes an entree, small side salad, spring roll, and four-piece California Roll. Each box is well presented and portioned, offering a delightful medley of flavors and textures, making it a great choice for those who want to sample a bit of everything. Add a side order of Gyoza or the Takoyaki appetizer, and feel transported to the street markets of Osaka.

Sushi and sashimi, which is surprisingly fresh, can be ordered a la carte by the piece. Specialty rolls of eight pieces or traditional sushi rolls of six pieces offer more opportunity for sampling.

The miso soup and ramen are standard.

The Green Tea Mochi ice cream, with its smooth, chewy texture and subtle sweetness, was a delightful end to the meal. Mango, strawberry, and red bean mochi also are available.

The kids' meal is chicken teriyaki with rice or noodles or veggies. Team event? Try the Family Pack for a good



Photos by Phantom Foodie

Bento House Reston
11790 Baron Cameron Ave

Bento House Chantilly
4299 Chantilly Shopping Center Suite #105

Mon - Thurs:
10 a.m. - 9:30 p.m.
Fri - Sat: 10:30 a.m. - 10 p.m.
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<https://www.bentohouse.online>

value.

If you're on your couch and don't want to miss any live Olympic action, try a taste of Japan and order delivery through the Bento House app or your favorite order delivery service.

The restaurant is built on speed and efficiency. This breakout star reaches the podium with high marks in price, convenience, and taste.

Natural Neighbors: What To Do When Animals Get in Your House

By Caroline Ayres, Staff Writer

One perk of living in Reston is experiencing the town's deep connection to nature. Unlike many suburbs, Restonians have a long held dedication to living with nature. Sometimes the animals decide to live closer to us than we would like.

Although we love our furry, feathery — and even slimy, and scaly — friends, we tend to like them a lot more while they're not in our homes. So, how do we appreciate our natural neighbors without letting them inside, and what do we do if they get in uninvited?

Prevention is the best technique, said Walker Nature Center Naturalist Abby Stocking. "There's a reason these animals want to get into your home," she said. Like humans, animals enjoy our homes' warmth and safety. Especially during nesting season (in the spring for most animals) and the colder months, animals will seek shelter, often in basements and attics.

Various parts of the house can serve as secret entry points for animals. Attic windows, basement windows, doors, and virtually anywhere there is a hole between inside and outside may act as channels. Rot may enable animals to chew through panels (especially around attic windows, and other areas not often inspected) to gain access. Predatory animals, like snakes, can be drawn to rodents already inside. The best way to prevent an animal from making your home its home is to in-

spect doors, windows, and anywhere that serves as a "hole" between inside and outside, to ensure they cannot be penetrated.

Still, accidents happen. So what do you do if you find yourself with a new unwanted pet running around?

Attics provide nesting areas for Northern flying squirrels, which are hard to spot because they are nocturnal. Trapping them — as well as other animals — in a catch and release cage is a humane way to remove them. These creatures are designated endangered, so harming them may be a crime. In Virginia, it is illegal to relocate wild animals, so they must be released near where you found it.

Installing one-way doors on the attic will allow animals (like bats and flying squirrels) to leave but not enter. If a bat is around places you or your family are commonly in (bedrooms, bathrooms), contact animal control to remove it. Keep the bat shut in a single area, as it can be a vector for disease.

Use a bucket and tongs to capture snakes. Do not remove the venomous Copperhead, recognizable by its triangular head and slitted pupils, by yourself. Birds are best removed by guiding them out through an open door.

The Fairfax County website — <https://www.fairfaxcounty.gov/wildlife/wildlife-management> — lists resources for techniques to remove animals yourself, as well as how to contact a company to do it for you.

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LIFESTYLE

Don't Let Poison Ivy Ruin Your Summer

Contributed by Reston Environmental Advisory Committee

Poison ivy may be encountered as a low ground cover plant easily walked through without noticing or as a vine climbing trees and other structures. The leaves of the plant have an oil that can cause itchy, blistering rashes. Poison ivy is widespread in Reston, often found along the edge of walking paths, in fields, the woods, or your yard. To escape an itchy summer, it can be helpful to know how to identify and avoid it, and how to handle exposure.

Poison ivy characteristics:

- Triple-leaf structure, typically with tear-shaped leaves (hence the adage "Leaves of three, let them be.")
- As ground cover, it may be encountered as single small plants or as a dense collection of stems and leaves.
- As a vine, it can be thin and stringy running along the ground or up and around trees, fences, etc., or, as it ages, it can become a two- or three-inch thick furry vine, typically climbing upwards towards the sun. Not all fur-

ry vines are poison ivy, but if you're unsure, it's best to leave it alone as they, too, contain the oils.

If poison ivy is around, it's best to stick to cleared trails and avoid venturing into dense vegetation.

If you have to come into contact with poison ivy:

- wear protective clothing to minimize skin exposure (long sleeves, pants, socks, gloves, and boots).
- use over-the-counter barrier creams which can be applied to your skin either prior to exposure to form a protective barrier from the oil, or after exposure when they can be washed off along with the oils.
- wear a mask when chopping or removing the plant, as the oils can become airborne and breathed in; poison ivy in your lungs can be very serious.
- wash any tools used for poison ivy maintenance.
- minimize the transfer of oils when handling contaminated clothing by washing them in warm soapy water.
- bathe your pets wearing rubber gloves if

they've run through poison ivy to prevent the oil from spreading from their fur to your skin

Remember, it's not the plant itself that you need to be concerned about, but rather, its oils. If you come into contact with poison ivy or its oils, don't panic. Although reaction times vary depending on each person's sensitivity, reactions aren't instantaneous.

If you are exposed you can wash exposed skin with cold soapy water. Cold water will cause your pores to close allowing the oils to be washed off (whereas warm or hot water can cause your pores to open and draw the oils in). The amount of time you have to wash the oils off safely also varies by person. The FDA recommends washing within 30 minutes, but many people have success even after several hours. In general, it's best to wash the oils off as soon as reasonably possible.

By learning to identify the plant, taking a few simple precautions, and washing with cold soapy water soon after exposure, you can help ensure that poison ivy doesn't ruin your summer fun.



Poison ivy as a low bush; poison ivy as a vine. Photos by Doug Britt

Reston Letter Book Club Completes Second Book

By Sarah Hickner, The Reston Letter Book Club President

The theme of our second Reston Letter Book Club was honoring and getting to know our town. We read "In His Own Words: Stories from the Extraordinary Life of Robert E. Simon Jr" by Kristina Alcorn. Simon's life was certainly extraordinary and at times hard to believe. His excitement and love for Reston was contagious.

Readers gathered at the new Veloci Deli on Campus Commons Drive and

enjoyed sandwiches while discussing our favorite places around town. We had the opportunity to shower Kristina Alcorn with questions about her book, discuss Reston urban legends, and play a rousing game of trivia. (Do you know how Reston got its name?)

Whether we had met Simon or not, by the time we finished the book and met the author, we were all enamored with our little town and its founder.


We want to thank Veloci Deli for lending us their beautiful space and Kristina

Alcorn for being our honored guest.

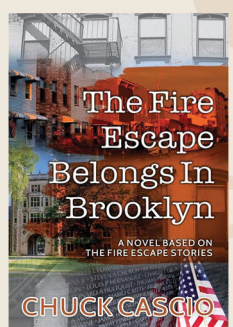
At 5 p.m. Oct. 17, we will convene at the Elden Street Tea Shop at Lake Anne to discuss the novel, The Fire Escape Belongs in Brooklyn, and meet the author, Chuck Cascio. The book is available in ebook and paperback.

For book club suggestions or to be added to our email list and receive book club updates, please email therestonletterbookclub@gmail.com.

Our mission is to bring Reston area readers and authors together.



Come Join Our BOOK CLUB!
October 17th @5PM



• **Location:** Elden Street Tea Shop at Lake Anne
• **Book:** The Fire Escape Belongs in Brooklyn
• Meet and talk to the Reston author, Chuck Cascio!
• The book is available on Amazon in ebook and paperback.

For book club suggestions or to be added to our email list and receive book club updates, please email therestonletterbookclub@gmail.com.

2024 Pool Schedule

SEASON 4 (August 12 - Sept. 2) Includes Labor Day weekend	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lake Newport Pool	11 a.m. - 7 p.m.	11 a.m. - 7 p.m.	1 - 7 p.m.	1 - 7 p.m.	1 - 7 p.m.	1 - 7 p.m.	CLOSED
Lake Thoreau Pool & Spa	11 a.m. - 7 p.m.	11 a.m. - 7 p.m.	Open 4 - 7 p.m. Fitness 7 - 9 p.m.	Open 4 - 7 p.m. Fitness 7 - 9 p.m.	Open 4 - 7 p.m. Fitness 7 - 9 p.m.	Open 4 - 7 p.m. Fitness 7 - 9 p.m.	Open 4 - 7 p.m. Fitness 7 - 9 p.m.
North Shore Heated Pool & Spa	11 a.m. - 7 p.m.	11 a.m. - 7 p.m.	Open 4 - 7 p.m. Fitness 6 - 9 a.m. & 7 - 9 p.m.	Open 4 - 7 p.m. Fitness 6 - 9 a.m. & 7 - 9 p.m.	Open 4 - 7 p.m. Fitness 6 - 9 a.m. & 7 - 9 p.m.	Open 4 - 7 p.m. Fitness 6 - 9 a.m. & 7 - 9 p.m.	Open 4 - 7 p.m. Fitness 6 - 9 a.m. & 7 - 9 p.m.
Ridge Heights Heated Pool	11 a.m. - 7 p.m.	11 a.m. - 7 p.m.	1 - 7 p.m.	1 - 7 p.m.	1 - 7 p.m.	CLOSED	1 - 7 p.m.
Shadowood Heated Pool 8/12-8/18							
SEASON 5 (Sept. 3 - Sept. 22)	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lake Newport Pool	LAP SWIM ONLY 12 - 6 p.m.	LAP SWIM ONLY 12 - 6 p.m.	LAP SWIM ONLY 4 - 7 p.m.	LAP SWIM ONLY 4 - 7 p.m.	LAP SWIM ONLY 4 - 7 p.m.	LAP SWIM ONLY 4 - 7 p.m.	CLOSED
North Shore Heated Pool & Spa	12 - 6 p.m.	12 - 6 p.m.	4 - 7 p.m.	4 - 7 p.m.	4 - 7 p.m.	4 - 7 p.m.	4 - 7 p.m.
Ridge Heights Heated Pool	12 - 6 p.m.	12 - 6 p.m.	4 - 7 p.m.	4 - 7 p.m.	4 - 7 p.m.	4 - 7 p.m.	4 - 7 p.m.



*Fitness is time allotted for Recreation Pass holders ages 15+ to participate in lap swimming, water fitness exercise and aquatics programs.

Answer Key

Amidst it All

S	V	S		R	V	O
E	I	K	K	E	R	T
L	C	O	C	N	O	C
V		B	V	D		V
L	S	E	M	R	I	F
S	R	E	S	A	R	E
E	V	R		P	V	D

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