

THE RESTON
LETTER

Reston Native Brings Reggae Festival to Lake Anne

By Ellyn Wexler, Staff Writer

For the third consecutive year, Ramon Pardo, Terra Properties’ owner and realtor, presented Reggae on the Lake. More than 6,000 people thronged to Lake Anne Plaza on Sept. 7 for the festival that featured authentic Jamaican music and food, as well as about 50 craft vendors and sponsors including Reston Community Center/Fairfax County.

Six bands, three from Jamaica and three local, performed, including headliner Israel Vibration & The Roots Radics Band, plus Eclipse International, Sustane, Regg’Go Band, Jigdy King, and Proverbs Reggae Band.

Pardo, who moved from Michigan to South Reston at age 7, has spent most of his life in Reston. He traces his love of reggae to a friend who played the music for him when they were Langston Hughes Middle School seventh-graders. He also attended Terra-set Elementary, and South Lakes High, then studied mechanical engineering at Virginia Tech.

A condominium at Lake Anne is now Pardo’s home. “Four generations of my family live in Reston,” he said, referring to his parents, children, and his newborn grandchild.

Pardo’s wife Skylar has shared his love of reggae since they spent a New Year’s Eve nearly five years ago listening to The Wailers – the reggae band formed



Three bands from Jamaica and three local bands performed at Reggae on the Lake on Sept. 7.
Photo by Isadora Guerreiro

by bassist Familyman Barrett and the remaining members of Bob Marley & the Wailers. The couple chose to have the Jamaican roots reggae group Culture perform at their 2022 wedding on a beach in Jamaica.

Reggae on the Lake raised more than \$2,000 – through Terra Gives Back, the 501(c)(3) charity Pardo created last year – for Cornerstones, the local organization that helps families living

in crisis rebuild their self-sufficiency, resiliency, and hope.

On the Friday before the festival, two of the bands from Jamaica visited children at Cornerstone facilities. Sustane performed and did a Q&A session at the Laurel Learning Center, and three members of Israel Vibration did interactive presentations for two different age groups at the Herndon Neighborhood Resource Center.

Farewell to the Dog Days of Summer



A Reston Association tradition, at the end of the pool season each year, is to let residents bring their furry friends to a "Dog Paddle" at various pools before they winterize them. Registration was required, and many pools and timeslots filled up quickly this year. Photos by Isadora Guerreiro

Aura|spa™

Now Open
in Reston

auraspa.net
1800 Reston Row Plaza
571-313-1560

the bulletin



More highlights on our craft vendors, a new Reston business, a coffee shepherd, Reston Museum celebration, little free food pantry

sports



High school boys volleyball, sports boosters, Racing in Reston's latest race, HHS cross country winner, Commanders radio show in Reston

education



Making an Impact column, crossword puzzle, the high school drama seasons, school updates

lifestyle



EAC tips, sustainable-living, League of Reston Artists, our Inside Art column, Halley Rise's Beer in the Garden

opinions

Why the new bridge should be painted, and Dr. Sherwood's advice on anxiety

STANDARD PRESORT
U.S. POSTAGE
PAID
PERMIT NO. 82
WOODSTOCK, VA

ECRWSS
Residential Customer

info@therestonletter.com

The Reston Letter, LLC

@therestonletter therestonletter.com

THE BULLETIN



MEET OUR LAKE ANNE CRAFT VENDORS!



By Sarah Golden, Staff Writer

This summer, The Reston Letter is highlighting some of the vendors that participate in the craft market at Lake Anne. This month, we're featuring two women-owned Reston businesses that are bringing their unique products to Restonians.

Barbara Lopez – Black Star Jewelry



Barbara Lopez, Black Star Jewelry’s owner and designer, may have earned the award for most traveled market vendor. The Pittsburgh resident frequently brings her hundreds of hand-designed, gemstone-laden rings, pendants, bracelets and earrings to the craft market at Lake Anne on Saturdays.

Asked what keeps her making the three-and-a-half hour drive each month, she said it’s in her DNA. Lopez has been a “road warrior” since the late 1990s, when she would travel with her late husband, a silversmith, to gem exhibitions on the West Coast. These events could be grueling – 10-hour days spent selling pieces to convention attendees as well as identifying and buying the best gems possible for their flourishing business.

When her husband passed away in 2012, Lopez lost the desire to trek across the country to large conventions. Instead, she wanted to take her pieces to where her clientele was, which at the time was largely the Northern Virginia area. She stumbled upon the craft market at Lake Anne, and found more than customers who adored her pieces; she found a community of widowed women who could relate to what she was going through. Lopez spent that spring and summer crying, reminiscing, making life-long friends and, of course, selling beautiful jewelry.

Lopez said decorative raw iron inspires her in crafting her jewelry designs. She loves the swirls featured in ironwork typically associated with New Orleans or Georgia architecture. Her designs are uniquely her own, and she sources the gemstones directly, individually, and often in person, from India. Having traveled to India 30 times, she calls it her second home.

The time and care Lopez puts into her craft is evident in the pieces. I can attest to their quality. Almost three years ago, I bought a lapis ring from her that looks as stunning as the day I bought it. She specializes in rings, but her selection runs the gamut. The most popular gemstone she sells is White Rainbow Moonstone, which is characterized by chatoyancy, a gemology term for an effect that occurs when a bright light is shone onto the gem’s surface and causes light to be reflected back in a narrow line.

While her items are sold in stores in Boston and Sedona, the best way to see her pieces is to subscribe to her email list at tactile57@gmail.com. She’ll share when she’s headed to Lake Anne, and also notify you about Zoom sessions where she’ll show off new items for the holiday season.

Rosanna Farrell – Nana Rosanna Collection



If you’ve found yourself saying, “oh my gosh, that’s so cute” at Lake Anne Market, there’s a good chance you’ve just spotted a Nana Rosanna original. Rosanna Farrell, the owner and seamstress behind Nana Rosanna Collections, is a relative newcomer to the Lake Anne scene.

About a year ago, Farrell rediscovered her love of sewing and spent all winter creating baby rompers. She thought they were so cute that he just kept creating more. By March, she was selling her items in the Very VA storefront in Leesburg, and by May, she was at Lake Anne.

Despite her quick success, Farrell isn’t in this for the money and she’s not looking to expand to new markets. She enjoys the creative outlet sewing provides, getting into the zone and blocking out the rest of the world while focusing on the task in front of her. She also loves the market at Lake Anne in large part due to the locals that come each weekend and her lovely co-vendors who are always there to help and encourage each other.

Farrell always sets her sights on new patterns, designs, and products. She currently works with five baby romper designs. She likes to keep the style traditional, a little retro, but always comfortable for babies. Recently, she expanded to selling pickleball towels, complete with adorable pickle patterns, and aprons made from canvas.

Farrell’s website is in development, so the best way to find out when she’ll be at the market is to email rosannfa@gmail.com.

Little Free Pantry at Cathy Hudgins Community Center Celebrates First Year

By Naaisha Mahajan, Guest Writer

On Sept. 15, 2022, two local Girl Scouts, Naaisha Mahajan and Maritza Becker, installed a Little Free Pantry at Cathy Hudgins Community Center for their Silver Award project. Their goal was to help those in the community who were struggling with food insecurity; their motto, “Take what you need, give what you can,” motivated many to donate to those in need.

The pantry uses a give and take system. Those who are fortunate can donate non-perishable items by leaving them in the pantry for others, making them accessible at any time.

Installing a pantry wasn’t easy. The two Girl Scouts had to find a place to install the pantry, then write a proposal that had to be approved by the Reston Board. They learned to plan and create blueprints with help from the associates at the community center.

Once the approval was received, the girls got help from Michael Hedrick and his company, Denny and Gardner, who volunteered and sponsored the Little Free Pantry. The girls painted the motto and the Girl Scouts logo on it to signify what motivated them for this project. They later installed it at the approved location, which also had a Little Free Library and Little Free Art Gallery adjacent to it.

The pantry has its own Instagram account, [@littlefreepantrychcc](https://www.instagram.com/littlefreepantrychcc), where they spread awareness about food insecurity in the community and encourage people to donate to those in need.





Photo by Sakshi Mahajan

Reston Town Center • 11:00 a.m. – 6:00 p.m.

Reston Multicultural Festival

Saturday, September 21



FEATURING:

- Exciting Entertainment
- Artisan Vendors
- Family Fun From Around the World
- Community Engagement

FREE • ALL AGES

www.restoncommunitycenter.com/MCF

ple to donate to those in need.

Their self-sustaining pantry was a huge success. In the initial stages, they donated every week for a couple of months. In order to gain traction, they began posting on local social media communities. Soon they started noticing food left by others almost every week. Mahajan and Becker were pleased that their endeavor to achieve the Silver Award resulted in a positive impact on the underprivileged population.

For any questions about the pantry feel free to communicate with them at LittleFreePantryCHCC@gmail.com or their Instagram account.

2

THE BULLETIN

Aesthetic Chemistry MedSpa: New Business Feature

By Casey Menish, Staff Writer

Aesthetic Chemistry MedSpa opened in May to help Restonians enhance their inherent beauty. Each of its co-owners has a unique skill set: Sue Mattis is the CEO, Alissa Mattis, the marketing director, and Sheida Chaikin PA-C, the master injector.

The trio met when working together at another medspa where they discovered they had “the perfect working chemistry,” Sue Mattis said. Their logo features a molecule where each of three atoms represents one of the owners, and how “when the three come together, there is a powerful outcome,” she explained.

Chaikin comes from a background in primary care. She has always been passionate about medicine, which makes their “molecule” an ideal trio where Sue Mattis takes care of the business end and Alissa Mattis focuses on marketing.

Chaikin and her family have lived in Reston for more than 11 years; she has resided in Northern Virginia since she was born, a self-proclaimed “NoVa Lifer.”

She loves the community that supported her through her breast cancer, and now she wants to give back.

“The medspa space can be hard to get into,” said Chaikin, so to make them stand out they were strategic with which services they chose to offer. Chaikin’s years as a Restonian provided her with insight into what services and products make sense for the local population. Aesthetic Chemistry MedSpa “didn’t want to have an overwhelming amount of options, not too much,” she said, and they plan to further tailor their available services to their client needs as they grow.

Services include injectables, aesthetics (Hydrafacial, Morpheus8, SkinPen, and more), and laser treatments (IPL and hair removal). They are the only business in Northern Virginia with the brand-new OptimasMAX machine.

They create specialized treatment plans around individual needs. Their suite of treatments was “carefully designed to work together, enhancing and complementing each other to achieve the best possible results for our clients,” said Sue

Mattis.

The team also offers semaglutide, and what makes them different is that “it is medically monitored,” said Chaikin. They offer “a complete package with nutritional consults. People aren’t just coming in for their injections; they come for the full program of diet and exercise to make sure it will be successful.” To find out more, visit: <https://aestheticchemistrymedspa.com/>



The new Reston spa is owned by Sue Mattis, Alissa Mattis, and Sheida Chaikin PA-C. Photo by Sohale Razmjou Photography

Local Shepherd Brings Unique Coffee Experience to Reston

By Patricia Kovacs, Staff Photographer, Writer

In an era of chain coffee shops, The Traveling Shepherd Coffee Company brings a unique coffee experience to the parking lot at the Fox Mill-South Reston Park and Ride every Friday morning.

Inspired by the traveling shepherd in Paulo Coelho’s best-seller “The Alchemist,” owner Brandon Berryhill launched his coffee business with the dream of sharing the coffee traditions he has experienced during his travels around the world with the goal of encouraging conversation, understanding, and community.

Offering more than just a caffeine fix, Berryhill roasts small batches of fresh single-origin imported coffee beans in his garage every week, and authentically prepares his coffee using 12 different cultural traditions – usually right in front of the customer. From Ethiopian coffee beans brewed in a traditional clay jebena to Turkish coffee beans brewed in a copper cezve to Vietnamese coffee prepared with condensed milk, each cup offers an experience of global coffee culture. “I make coffee the way they do it in each country and sell it at a reasonable price. Then I offer good, uplifting conversation,” he said.

He encourages customers to take the experience home. “Try something and, if you like it, you can do it yourself at home,” he said. “I teach you for free, just like the people in my travels have taught me for free.”

The Traveling Shepherd began his journey to coffee entrepreneurship after leaving his former career restoring failing pizza franchises. He made ends meet as an Uber driver while getting his new business off the ground – sometimes even conducting market research with his passengers taste-testing his coffee.

Berryhill envisioned using coffee as a means of encouraging people to appreciate what we have in common while also exploring what makes us different. “Every culture drinks coffee, but just practices it a bit differently. This is a common denominator we can all work with to foster conversations and community with each other. My ultimate goal is for people to see each other based on their humanity, not their identity,” he said, emphasizing the importance of building understanding in politically polarized times.

With four regular weekly locations and free delivery of his coffee beans throughout Northern Virginia, The Traveling Shepherd is gaining a loyal following. Regulars look forward to their weekly visits, where they can chat with other regulars and build community.

Restonians looking for a coffee experience that goes beyond the ordinary can find The Traveling Shepherd’s tent in the parking lot at the corner of Reston Parkway and Fox Mill Road at the Fox Mill-South Reston Park and Ride every Friday morning from 7 a.m. to 1 p.m.



Brandon Berryhill is the traveling shepherd.



Photos by Patricia Kovacs

SAVE THE DATE!

RESTON HOME TOUR

Saturday, OCTOBER 19, 2024

Early bird tickets on sale until October 3rd

Presented by restonmuseum.org

RESTON MUSEUM



RESTON IS MY HOME AND MY COMMUNITY.

Whether you are a **first-time buyer** or **right-sizing** your home, I can help you navigate this crazy real estate market. Doesn't matter if it is a condo, townhome or detached home, having the right REALTOR® makes all of the difference!

I promise you a GREAT real estate experience!

Holly Weatherwax, Associate

Broker/Owner
Momentum Realty
571-643-4902
holly@hollyweatherwax.com
Licensed in VA



MOMENTUM REALTY
Moving your dreams forward!

THE RESTON LETTER	
<u>SOCIAL MEDIA</u> Emdad Swapan	<u>LAYOUT DESIGN</u> Samantha Baker
<u>GRAPHIC DESIGN AND MARKETING</u> Sabine Soltys Josh Haug Kailyn Kohler	<u>REGULAR CONTRIBUTORS</u> Restonian Hayley Sherwood Louise Yale
<u>STAFF WRITERS AND EDITORS</u> Holly Weatherwax Megan Schmid Terri Wright Ellyn Wexler Kat Salmon Sarah Golden Caroline Ayres Casey Menish Chuck Cascio Dylan Murphy	<u>BOOK CLUB PRESIDENT</u> Sarah Hickner
	<u>AD SALES</u> Nicole Meade
<u>PHOTOGRAPHERS</u> Benjamin Burgess Isadora Guerreiro Patricia Kovacs Karl Majer	<u>DISTRIBUTION</u> Shaughnessy Pierce Sue Crosson
	<u>OWNER/EDITOR</u> Dawn Crosson

THE BULLETIN

Reston Museum Celebrates Charles Goodman

Contributed by Reston Museum

Reston Museum will celebrate architect Charles Goodman, the Washington Metro area’s pre-eminent mid-century modernist, at a free community program from 7 to 8 p.m. on Wednesday, Sept. 25, at the Reston Community Center at Lake Anne Plaza. Historic preservation consultant Mimi Sadler and landscape architect Elisabeth Lardner will lead the discussion.

Known for designing Hickory Cluster, the third community built in Bob Simon’s Reston, Goodman also worked on projects in Alexandria and Arlington, Silver Spring and Takoma Park in Maryland, as well as numerous other public and private projects across the country. His experiments with building technologies and unique materials had a profound impact on home design in the 1950s and ‘60s. Goodman embraced the ideals of

Modernist architecture with geometric shapes, flat roofs, incorporation of steel and concrete, and prominent glass panels that blurred the line between inside and out. In addition to earning numerous awards and recognition, some of his residential neighborhoods achieved National Register of Historic Places status. “The Reston Museum is excited to offer this program featuring two experts who will focus on Goodman’s

groundbreaking architectural approach, including taking a closer look at the unique concepts featured at the Hickory Cluster residences,” said Lisa Watts, the museum’s executive director. “We know everyone will appreciate learning more about this truly amazing architect whose work can be seen and appreciated right here in our hometown.”

Family Photography Tips from Reston’s Paparazzi Poppa

By Megan Schmid, Staff Writer

The first day of school has come and gone, but the toothy grins and oversized backpacks will live on forever in the annual Back to School photos taken by the parental paparazzi. While getting your child to smile may have been the most stressful part of the morning, capturing memorable moments like these are essential. Babies do not keep, but photos do.

“After my daughter was born, I was obsessed with recording history and those little aspects of babies that change quickly, like those little ears and toes,” Reston photographer Chris Livingston said. “While I have tons of pictures of my wife and kids, I am not in 99 percent of them. If I had it to do over again, I would have found someone to take pictures of all of us together. This was my motivation to start my family photography business here in Reston.”

Livingston, known by many as “The

Paparazzi Poppa,” works for a consulting firm full-time and runs his business, Chris Livingston Photography, afternoons and weekends. One thing that sets him apart from other photographers is his processing style. “My photos are very colorful, and I give them a rosy glow to make them look warm and sunny, even if it is gray and overcast,” he explained. Among his favorite places to shoot is Lake Fairfax because of the abundance of open green space. In addition to family photography, Livingston takes photos for the Hiddenbrook Hurricanes swim team during the summer.

Livingston offered some tips to help parents get better photos of their kids, using the camera you always have on you – your cell phone.

1. Get down low to the kid’s eye-level or even lower. This is a different point of view from most people, and will make your pictures stand out and look more professional.

2. Get in closer. Get in tight and

take a “faces-only” picture first, then pull back if you want to get a full-body shot or include the environment. Close-up pictures have more impact, especially on social media. Most people (especially kids) tend to get “smile-fatigue” after three to five seconds. Kids will continue to smile with their mouths, but their eyes will often sag back down and lose their expression. It’s better to get that close-up face picture first.

3. When getting in close, don’t get closer than 15 inches or your kid’s nose or forehead will seem unnaturally large. A wide-angle lens makes whatever is closest look bigger when you are too close. If you have a 2X, 4X, or 5X zoom, use that to get the close-up. Always avoid pinch to zoom if you can, as it adversely affects the quality when the camera tries to create pixels for an “in-between” zoom like 3.4X.

4. Wipe off your phone’s camera lens occasionally – extra credit for using a lens cleaning wipe, but even

your shirt will work. Fingerprints and dirt build up over time and detract from the picture quality.

Visit www.ChrisLivingstonPhotography.com for more information or to schedule a family photo session.



Chris Livingston
Family Photography
571-732-5055

Visit my site! 

“Fill a Basket” Fresh Produce Drive at Reston

Contributed by Reston Farmers Market

This fall, Fairfax Park Authority farmers markets are hosting a fresh food drive to support communities. Residents can help local farmers by purchasing extra fresh produce at the farmers markets and donate to a Fairfax food pantry serving neighbors in need of food assistance. Donations can be dropped off at the information tent at any market location. The Farmers Market Fresh Food

Drive program runs once a month at each Fairfax market through the end of November. Reston Farmers Market dates are Sept. 28, Oct. 26, and Nov. 30. Start by grabbing a free, reusable basket at the market information tent at the Reston Farmers Market at Lake Anne, then fill it to the top with fresh produce as you shop. Once your basket is full, bring it back to the tent, donate the produce, and the basket is yours to keep!



T. 703-214 4924 • F. 703-214-4925
frontdesk@oakhillpsychological.com
drsherwood@oakhillpsychological.com

Visit our website!
www.oakhillpsychologicalservices.com

2579 John Milton Drive, Suite 210, Herndon VA 20171

From the desk of Dr. S

“Anxiety is at an all-time high. We are flooded with news about...”

Read more on page 10

Cornerstones Food Donations

Buy extra produce and donate! Donations are collected at the Reston Farmers Market on the last Saturday of each month!

Food Donations Serving Local Families



September - November
8 a.m. - Noon
9/28, 10/26, 11/30

1609 Washington Plaza
Reston, VA, 20190

www.fairfaxcounty.gov/parks/farmersmarkets/reston

Reston Multicultural Festival Expands to Three Stages on Saturday, Sept. 21 at Reston Town Center

Contributed by Reston Community Center

The Reston Multicultural Festival returns to Reston Town Center to celebrate Reston’s rich diversity through song, dance, craft arts and community engagement on Saturday, Sept. 21. Reston Community Center presents this beloved community event in partnership with Reston Town Center Association (RTCA). BXP cohosts the expanded festival. Volunteer coordination is provided by Reston Association.

“Our diversity is our greatest strength,” said Beverly Cosham, RCC Board of Governors Chair. “We present the Reston Multicultural Festival each year to share the incredible sights, sounds and joyful energy of people who come from all over the world to be here. Bob Simon established Reston as a place where everyone could feel a sense of belonging.

For more than 20 years, this festival has embodied that spirit. We welcome people from all over the region to join the fun!”

The Reston Multicultural Festival will take place Sept. 21 from 11 a.m. to 6 p.m. with a full day of entertainment and activities that includes global music and movement representing a vibrant tapestry of diverse traditions and influences, and craft artisans offering beautiful, high-quality, unique pieces. Families can enjoy games and engage in activities with community organizations as they share their missions. Participants are encouraged to come dressed in attire that demonstrates pride in their cultural roots.

This year the Festival expands to three stages (Park Stage, Library Street Stage and Pavilion Stage) hosting over 20 performances. The festival will also have more than 30 artisan vendors displaying and selling

items from all around the world.

The Reston Multicultural Festival continues its partnership with the National Council of Traditional Arts (NCTA) and National Endowment of Arts (NEA) Heritage Fellows, recipients of the nation’s highest honor in folk and traditional arts, and the Virginia Folklife Program. The NEA Heritage Fellows performers this year are the Zuni Olla Maidens, a venerated dance troupe from Zuni Pueblo in western New Mexico; Rosie Flores, a singer/songwriter and lead guitarist from Austin, Texas; and Sochietah Ung, a celebrated Cambodian costume and crown maker from Washington D.C.

Everyone will enjoy a Festive Finale from the first collegiate choir of its kind in the world, the Howard Gospel Choir of Howard University, who are celebrating over five decades of musical excellence. The choir, a collective of students and alumni from Howard

University and the surrounding community, will bring a message of peace, restoration, healing and inspiration through their music.

Other performer highlights include the Foley Academy of Irish Dance, Fundacion Socio Cultural Diablada Boliviana, and Gin Dance. Storytellers Mlanjeni Nduma, and Nelly and Paloma Zapata, will bring fascinating tales to share. New this year, a documentary film featuring many folk artists from the Mid-Atlantic region will be shown in the LOOK Cinema on Market Street at 3 p.m. The film “In Good Keeping: the 2023-2024 Virginia Folklife Apprenticeship Program” has a running time of approximately 65 minutes.

Visit www.restoncommunitycenter.com/mcf for a comprehensive performance schedule along with a list of vendors and community organizations.

COMMUNITY CALENDAR

<div>21</div> <div>SEPT</div> <div>Reston Multicultural Festival</div>	<div>22</div> <div>SEPT</div> <div>Athletes Serving Athletes Virginia Runfest</div>	<div>24</div> <div>SEPT</div> <div>Back-to-School: Reclaim Your School Year Vision</div>	<div>27</div> <div>SEPT</div> <div>Coffee & Origami</div>
<div>28</div> <div>SEPT</div> <div>“Fill a Basket”: Fresh Produce Drive</div>	<div>28</div> <div>SEPT</div> <div>Reston Association’s Community Yard Sale</div>	<div>29</div> <div>SEPT</div> <div>Do it Your Way 0.5K</div>	<div>4</div> <div>OCT</div> <div>Happy Hour with Darden and Friends</div>
<div>6</div> <div>OCT</div> <div>Friends of Reston 5K Runway to the Cure Fashion Show</div>	<div>10</div> <div>OCT</div> <div>Washington West Film Festival</div>	<div>17</div> <div>OCT</div> <div>The Reston Letter Book Club <i>(see page 12 for more info)</i></div>	<div>19</div> <div>OCT</div> <div>Reston Home Tour</div>

Saturday, Sept. 21, 11 a.m.-6 p.m.
Reston Multicultural Festival
Town Square Park
Celebrate Reston’s diversity!

Sunday, Sept. 22, 7:30-11:30 a.m.
Athletes Serving Athletes Virginia Runfest
Reston Town Center
Register here: <https://asa.run/varunfest/>

Tuesday, Sept. 24, 5:30 p.m.
Back-to-School: Reclaim Your School Year Vision
Hyatt Regency in Reston
Come for some helpful tips in managing your back-to-school routine.
Text “register” to (240)-435-9438

Friday, Sept. 27, 11:00 a.m. - 12:30 p.m.
Coffee & Origami
Stonegate Village Community Center
Enjoy complimentary coffee and learn basic paper-folding skills to create origami shapes.
Registration is required in advance or at the door.

Saturday, Sept. 28, 8 a.m.-12 p.m.
“Fill a Basket”: Fresh Produce Drive
Reston Farmer’s Market
Lake Anne Plaza
Fill some produce for families in need!

Saturday, Sept. 28, 8:30 a.m.-1 p.m.
Reston Association’s Community Yard Sale
12010 Sunrise Valley Drive

(near the Reston Wegmans)
\$45 for RA members
\$55 for non-RA members

Sunday, Sept. 29, 2-4 p.m.
Do it Your Way 0.5K
Lake Anne, Reston
An easy 650-step “race” with a treat at the half-way point. *In-person or virtual options.

Friday, Oct. 4, 5-6:45 p.m.
Happy Hour with Darden and Friends
Reston Town Square Park
Enjoy a featured Jazz artist every Friday through Fall during this “Sip and Stroll” event

Sunday, Oct. 6, 8 a.m.
Friends of Reston 5K

Register at potomac.enmotive.com

Sunday, Oct. 6, 1-4 p.m.
Runway to the Cure Fashion Show
Reston Town Center
Come support breast cancer survivors and research. More at runwaytothecure.com

Thursday, Oct. 10, 5:00 p.m.

Washington West Film Festival
Reston Town Center
Joining film and philanthropy, a world-class film festival that also donates net box office proceeds to communities in need.

Saturday, Oct. 19, 10 a.m.-5 p.m.
Reston Home Tour
Reston Museum
Come tour some Reston homes. Earlybird tickets will be on sale until October 3.

Community Calendar

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



EDUCATION

Making an Impact

Ethan Berlin

By Chuck Cascio, Author and Former South Lakes Teacher

As a student at Hunters Woods Elementary School, Ethan Berlin had a problem: “I kept getting in trouble for making jokes in class.” That “problem” has become Ethan’s trademark characteristic in a career of “making funny things because that is what fulfills me.”

In fifth grade, Ethan transferred to the Gifted & Talented program at Sunrise Valley Elementary School where “my teacher, Mr. Bromley, was both funny and emotionally supportive. He made me realize it was not only okay to be weird and funny, but it was also an important part of being a person. Those experiences validated and grew what was already inside me.”

Living in the Deepwood Community within Reston, “there were so many kids, there was always someone to joke with!” Ethan spent summers at the Reston Community Center’s Young Actors Theater “where I continued my love of performing and comedy.”

That affection developed further at South Lakes High School: “I took Theater Arts with Ms. Harris and Film Production with Ms. Belt.”

Ethan graduated from SLHS in 1995, and went to the University of Virginia,

but he says, “I never quite found my community there. Things I valued – creativity, silliness, compassion, humor – were not valued by many of my peers.” Spending his junior year at Ireland’s Burren College of Art, he “found a collective of fellow artists and weirdos! I’m pretty sure I wouldn’t have finished college without that experience.”

After graduating from UVA, Ethan plunged into a creative journey. He worked the Jumbotron at Capital Center, then moved to Los Angeles and “achieved my dream of first becoming an overworked TV assistant, writing for TV shows, and eventually being nominated for some Emmy Awards.” He eventually moved to New York and continued working on TV while cultivating his pursuit of children’s humor. Then a critical event occurred: “I made a funny iPhone calculator app and showed it to another parent at a kids’ party. She thought the app was funny and said she was a children’s book editor, and asked if I had ever thought about writing for kids.”

Ethan grabbed the opportunity to pursue a lifelong goal of making kids laugh: “I sent her several manuscripts for children’s picture books. She ended up buying ‘The Hugely-Wugely Spider,’ about a spider that is too big to fit up the waterspout with the Itsy-Bitsy Spider. I was always the



Ethan Berlin is a pretty funny guy. Photo contributed by Ethan Berlin

biggest kid in class, so I wanted to write a story about a big character who ends up saving the day.”

Since then, Ethan, who has two children and now lives in New Jersey, has had six children’s books published, the latest being “How to Draw a Brave Chicken” that “starts as a typical how-to-draw book and then goes off the rails! My fifth-grade self would definitely have found it amusing.” That same natural humor led Ethan

to create the children’s monthly magazine, The Journal of Nonsense: The Funny Magazine for Silly Kids, which is filled with “ridiculous activities, weird jokes, absurd games, and the occasional picture of hippopotamuses” and more.

As Ethan reflects on his love of humor, he admits, “It has longfelt that making funny things is the only thing there is; it is the language I speak and just feels like what I am supposed to do.”

SLHS THEATRE ARTS 2024-2025

RADIUM GIRLS

November 14, 15, & 16

Once Upon a MAttress

May 1st, 2nd, & 3rd

Interested in being part of our shows? Scan the QR code to explore sponsorship opportunities

HERNDON THEATRE PRESENTS

A SEASON OF REBELLION

2024 – 2025

FALL PLAY

MACBETH

"APOCALYPSE"

WINTER ONE ACT

SUFFRAGETTES

SPRING MUSICAL

Footloose

A RUN TO ALLEVIATE HUNGER IN OUR COMMUNITY!

Help us raise money for the SLHS PTSA FOOD pantry! All are welcome to register!

DO IT YOUR WAY 0.5K FUN RUN

29 September | 2 - 4 p.m.
Reston’s Lake Anne Plaza
Learn more at southlakesptsa.org

THE RESTON LETTER

The Reston Letter is funded solely by advertisers and donors. Please consider helping us keep this community service alive.

Donations

Advertising

EDUCATION



Herndon High School Marching Band performed for Aldrin Eagles and other area elementary schools. What an awesome way to march into the 2024/25 school year with style and spirit! Photo courtesy of Aldrin Elementary



Members of the Herndon High School Marching Band completed their Tag Day fundraiser on Sept. 7. Donations are welcome at www.herndonband.org/donate and a free concert is offered in thanks on Oct. 30 at 7 p.m. in the Herndon High School Auditorium. Photo by Susan Worrell



Dominion students enjoyed a warm welcome and delicious donuts on the first day of school. There was also an appearance from their mascot and a lot of smiles from students and staff. Photo courtesy of Dominion Christian School

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 14th crossword puzzle creation, made specifically for The Reston Letter readers!

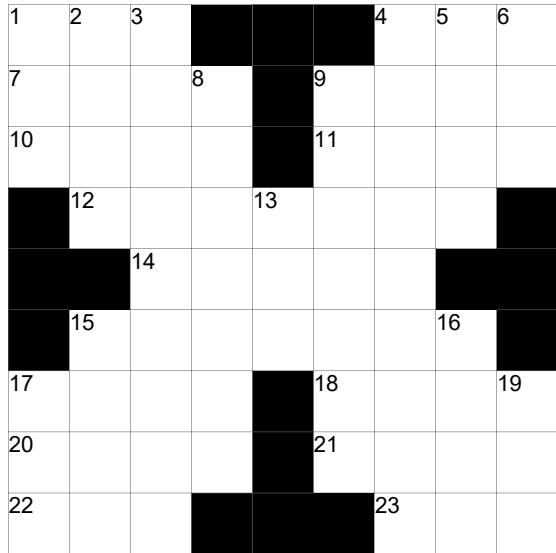
Things Flung, Spun and Sung

ACROSS

- Does too much dope
- Brain of a PC
- Story "spun" to deceive or delight
- Adolescent
- Black gem
- Two-tone cookie
- Big oxes
- Kinda
- Spear slung at the Olympics
- Piccolo kin
- Grandson of Adam, or outfielder Slaughter
- Love, in Lille
- Some 35mm cameras
- Be sociable
- Yang opposite

DOWN

- Ear-related prefix
- "Durn!"
- Really sneaky (colloq.)
- "Yes, of course!"
- Whizzes
- ____, dos, tres, quatro!
- Flame flung aside
- Plays a 17-Across, e.g.
- It's found in veins
- Hendrix who sung "Purple Haze" at Woodstock
- "Me neither," more formally
- Bro, sis, mom, and pop
- 9-digit ID



Reston Hyatt Hosts Seminar for Parents of School Age Children

Contributed by Olga Roberts

Parents across the country face the annual stress of balancing work, school schedules, and extracurricular activities. Studies show that 75 percent of parents report feeling overwhelmed during the school year, struggling to find calm and connection in their daily routines. For many, mornings are chaotic, leaving little room for meaningful interactions with their children.

To address these challenges, "Back-to-School: Reclaim Your School Year Vision," at 5:30 p.m. Tuesday, Sept. 24, at the Hyatt Regency in Reston offers parents the opportunity to learn practical tools to turn chaotic mornings into calm, connected moments. Hosted by fellow moms and professionals Dr. Kara Elam and Olga Roberts, this event provides strategies for managing school, work, and family with ease.

Childcare will be provided. For tickets, text "Register" to 240-435-9438.





PEARSON SMITH
REALTY

Casey Menish, REALTOR®
77+ 5-Star Zillow Reviews

Cozy up this fall in your new Reston dream home!

Casey Menish | Pearson Smith Realty

e | casey@caseymenish.com
c | 571-426-8567
o | 571-386-1075
w | www.caseymenish.com

Reston Association presents:

Reston, Virginia Winterfest 2024

December 5 - 7 • 5-9 p.m.
Brown's Chapel Park
1575 Brown's Chapel Road,
Reston, VA 20194

VISIT RESTON.ORG FOR DETAILS

Grand Sponsor



Reston
ASSOCIATION
Together we make Reston great

SPORTS

Washington Commanders Post-Game Radio Show is Broadcasting Weekly at at Reston Town Center’s Crafhouse



BIG100.3 broadcast live from Crafhouse on Sept. 15 after the Commanders' win.
Photo by Isadora Guerreiro

Contributed by Crafhouse

Reston Town Center’s Crafhouse, at 1888 Explorer St, is hosting the official Washington Commanders post-game radio show every Sunday beginning with the Sept. 8 match-up with the Tampa Bay Buccaneers.

Hosted by Washington football legend Fred Smoot and Commanders/BIG100-FM radio host Scott Jackson, the broadcast will be live

from Crafhouse’s performance stage after each Sunday game. It will be broadcast on BIG100-FM as well. The game itself will be shown on all Crafhouse TVs located throughout the restaurant.

Crafhouse will offer a Tailgate menu of wings, nachos, chili cheese beef brats and fried mozzarella during the radio shows. BIG100 will have drawings during the live show for pairs of tickets to Commanders games.

37th Annual Reston Triathlon Becomes Duathlon in 2024



Because of toxicity levels in Lake Audubon, the Reston Triathlon ended up being a running and biking race this year. Photo by Chip McCrea



Herndon High’s cross country runner Meghan Sullivan won the Monroe Parker Invitational at Burke Lake Park with a time of 17:46 over 3 miles. The senior was recognized by Milestat as one of the VA girls top performers for the week of Sept. 9.

Photo by Karl Majer

THE HERNDON HIGH SCHOOL HORNETS NEED YOU!



The Herndon High School Sports Boosters are here to support HHS athletes. Sports booster clubs and ticket sales support athletic programs at all Fairfax County public schools. **FCPS only pays for coaches, officials, and transportation to games.**

We are here to cover the rest – uniforms, balls, goals, safety equipment, weight room equipment, scoreboards, sound systems, gear, awards, and multiple college scholarships.

There are multiple ways to support Hornet athletics through HHS Sports Boosters.

Become a member, a sponsor, a donor, or a volunteer! Purchase spirit wear. Buy concessions at a game. All dollars raised go to HHS Athletes.

Scan the QR code to join, sponsor, shop, and volunteer!





Join Our Team



Volunteer Today

Support Student-Athletes
Build Community Connections
Make a Lasting Impact

[SOUTHLAKESBOOSTERS.COM](https://southlakesboosters.com)

SPORTS

New Boys Volleyball Team and Coach at South Lakes

By Matt Reider, Guest Writer

For the first time in more than 20 years, the gymnasium at South Lakes High School is hosting practices and games for a Varsity Boys Volleyball team. During the past two decades, male volleyball players in the county played on club teams, often affiliated with their schools, but not officially recognized as a Virginia High School League (VHSL) sport.

According to the American Volleyball Coaches Association, boys volleyball grew by nearly 10,000 players in the 2022-23 school year. Fairfax County teams continued to attract interest and grow, and the Fairfax County school district noticed, adding the boys varsity program to each of its 28 high school athletic programs for the 2024-25 year. The county school budget provides home and away jerseys, team travel to away games, and all the equipment needed to get the program off the ground.

Like all Fairfax County high schools, South Lakes had to rebuild its program quickly. In the spring, interested boys were invited to “green day practices,” where they learned and practiced skills alongside the girls volleyball teams. Practices continued throughout the summer in preparation for fall tryouts.

During the 2024 Summer Olympics in Paris, the group discussed the men’s volleyball games online and in-person as they followed Team USA on their route to a bronze medal. At the same

time, the school focused on hiring a boy’s volleyball coach who would be ready to build this new program.

Jake Kaplan heard about the coaching position from his family friend and SLHS Girls’ assistant coach Khuong Mulvaney. He is a son of a South Lakes graduate and was raised in nearby Loudoun County. When Kaplan heard that Fairfax County was adding Varsity Boys’ Volleyball, he was “incredibly excited, and knew right away that [he] wanted to be involved somehow.”

“Adding a new sport has been exciting for the school and the kids who are part of the team. This has been in the works at the county level for a couple of years and to be able to get it up and running is exciting,” said Andrew Duggan, South Lakes Activity Director. South Lakes, he added, is “fortunate to have Coach Kaplan on board to lead the program. He is a hard worker who brings knowledge and energy to the program.”

In high school, Kaplan played at the Braddock Road Youth Club in Loudoun, and wore #10 as an outside hitter at Vassar College in Poughkeepsie, N.Y. After college, he returned to the Northern Virginia area to help grow the game. Kaplan coached girls’ volleyball at Heritage High School in Leesburg, and still serves as a coach for The St. James boys club team in Springfield. Jake is joined by assistant coaches from The St. James team – Angelica Nichols and Drew Castleman – who “bring a unique perspec-



Fairfax and South Lakes square off. Photo by Isadora Guerreiro

tive and skill set that match [his] approach in a positive way.”

Kaplan indicated that the tryout process “exceeded [his] expectations.” During the three days of tryouts, about 30 potential players participated. In the end, 17 athletes were selected for the team, including one senior, six juniors, four sophomores, and six freshmen. Several of the student-athletes have club level experience, but the team also includes young players who are newer to the sport. Kaplan plans on involving everyone, noting that “regardless of experience, everyone on the team has a role to play.” He and his team are “super excited to get

the regular season underway.”

“It’s been fun to watch the kids in the two matches we have had at home. I’m looking forward to seeing them play some more,” said Duggan, who is always courtside on game nights.

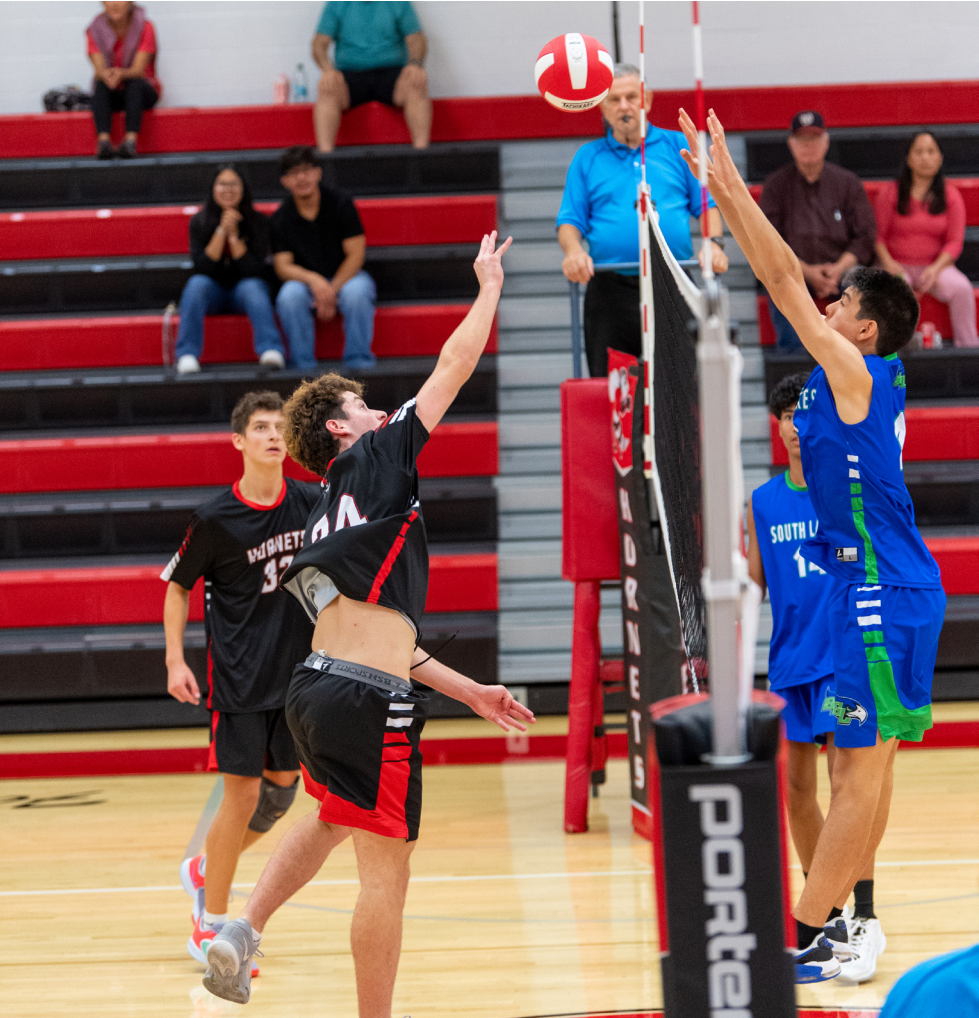
The team has started strong, winning their two first games against Woodson and Fairfax. As a Varsity-level sport, the team practices every school day, and plays one or two games each week, 13 in total, from late August until the end of October. Game schedules for Boys’ and Girls’ Volleyball, and all South Lakes Athletic Teams, can be found on <https://southlakesathletics.net/>.

Herndon Kicks off Boys Volleyball



Herndon High School is another Fairfax County public school to start a boys volleyball program this fall. The Hornets' new sport has sparked a lot of fun and fans. Photo by Karl Majer

Hornets vs. Seahawks



On Sept. 11 South Lakes and Herndon brand new boys volleyball teams matched up against each other at Herndon. Photo by Karl Majer

OPINIONS

Paint the new Wiehle Pedestrian Bridge

By Juliette Rossant

What makes for happy architecture? James Rossant, master planner of Reston (and my father), answered that question years ago when his firm of Conklin Rossant had a pedestrian bridge from Manhattan to Ward’s Island painted in bright colors – yellow, red, and purplish blue.

“Somebody asked me, by the way, if I wasn’t afraid that our bridge would result in a rash of accidents, because of motorists taking their eyes off the road to look at it,” he told the New Yorker magazine in 1976. “There may be a few dented fenders initially, I suppose, but there will be fewer in the long run, because people will be happier.”

The bridge was near their project of Metro-North Riverside Apartments in East Harlem. The pedestrian bridge, at the time of its construction by Robert Moses, was one of the largest pedestrian bridges on earth.

Conklin Rossant chose the yellow used for taxis and school buses for the span, blue for the towers, and red for two booths that raised and lowered the bridge. The New Yorker journalist was delighted with the effect. I remember spotting the bridge while driving along the East River. The colors brought fun and a kind of Mediterranean joy to the city.

The new Wiehle pedestrian bridge could already use some sprucing up. Its rusty metal makes it look old and worn out. It should look snappy and inviting.

Painting the bridge in primary colors will discourage graffiti and encourage us to look at what else we can do to improve our surroundings.

Painting the bridge will continue Reston’s design principles that architecture can and should create better lives.

Let’s paint the bridge!

Juliette Rossant is a writer residing in Reston.

Ask Doctor S.

Controlling What We Can Control

Anxiety is at an all-time high. We are flooded with news about political divisiveness, school shootings, and other heinous incidents in schools, rising cases of COVID and other life-threatening illnesses, racism, climate-related disasters, and global crises on a daily (often hourly) basis. Parents and caregivers are overwhelmed like never before, such that the U.S. Surgeon General Vivek Murthy issued an advisory to highlight the immense stress parents, particularly single parents, are under daily (New York Times, Aug. 28, 2024).

As a mental health professional, I witness the struggles every day, as people wrestle with their personal and professional crises – mental illness, divorce, relational conflict, financial insecurity, bullying, and toxic workplaces, to name a handful – on top of the constant backdrop of dreadful national and international happenings. While we can each decide how to help to create safer communities and world, we also can do a better job in our own lives *controlling what we can control*. So, what exactly is in our control?

- **Our actions and reactions:** How we choose to behave, think, value, and respond is entirely up to us. We are confronted multiple times a day with people and situations that could frustrate, annoy, disappoint, sadden, or anger us. Overwhelmed by the news? Watch/listen in small doses, turn off news alerts on your phone, or decide not to discuss it with family or friends. Stressed about the number of tasks on your to-do list? Set aside time to tackle some items for some period each day (no one ever actually reaches the end of their to-do list), create checklists, or set “hard” stop times. Dealing with difficult relatives, neighbors, or co-workers? Choose carefully how much time/energy/attention you devote to them and how much/what kind of information you want to share. Someone

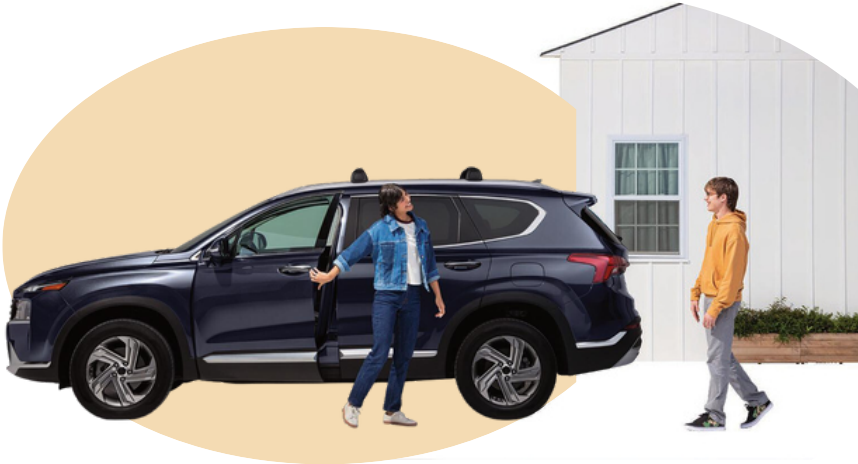
interrupts you or says something confrontational, controversial, or offensive? Decide to pause first (try counting your breath or silently counting to 20). Instead of reacting defensively or in the same tone or volume, try acknowledging that you heard the person and try a “that’s an interesting thought” or “I’ll need to think about that.” Your child spills milk over your new floors? Rather than shaming your child or yelling, keep your cool (pausing really helps) and partner with your child to clean up the mess.

- **Our boundaries:** Setting boundaries is a way to communicate our needs and protect ourselves physically and emotionally. Saying no or no thank you to requests or demands from family and friends, and even bosses at times, is a way to clarify expectations and avoid taking on too much.
- **Our self-care:** We make hundreds of decisions every day, most of which are up to us. Do I hit the snooze button again? Do I wear a striped or solid tie? Do I take the fastest route or avoid tolls? Do I bring or buy lunch? Do I text or call? Do I hire a contractor or tackle the project myself? Do I get a flu shot this month or next? Do I study for the exam or wing it? Do I watch Netflix or Hulu?

While we really can control many aspects of ourselves and day to day lives in a world filled with so much uncertainty, hatred, and sorrow, it is important to remember that we cannot control other people. Many people in all sorts of relationships, romantic and otherwise, are determined to control and “change” their partners or others in their lives, by loving them hard enough, pleasing them, intimidating them, or doing “anything” for them. Let’s stick to our own circles of control, and allow others to do the same.

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

I'm here to help you bundle your home & auto



I can save you time and money when you bundle your home and auto insurance. Call, click or stop by for a quote today.

Availability and amount of discounts and savings vary by state.

State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
State Farm Fire and Casualty Company
State Farm General Insurance Company
Bloomington, IL

State Farm County Mutual Insurance Company of Texas
State Farm Lloyds
Richardson, TX

State Farm Florida Insurance Company
Winter Haven, FL

 **State Farm®**
Kyle Knight Ins Agcy Inc
Kyle Knight, Agent

11736 Bowman Green Drive
Reston, VA 20190-3501

Bus: 703-435-2300

kyle.knight.gton@statefarm.com

Like a good neighbor, State Farm is there.®^^

LIFESTYLE

Inside Art

By Louise Seirmarco-Yale,
Reston Artist



Children love summer! The break from the routine of the school year brings a sense

of relaxation for everyone. Children get to do the fun activities that are usually reserved for “after your homework is done.”

Unfortunately, the arts often fall prey to this thinking as if art were not important. I encourage all parents to consider fun, playful activities, like art, to be as important as the 3 R’s. The world is a better place with art in it. We must have art-makers and art lovers.

Now that it’s September; and the children are back in school, the challenge is finding a balance: getting back in gear without sacrificing the relaxed vibes of summer. Schedule some open-ended time for art. Let them get messy – it’s all part of the fun!

They can learn good habits by cleaning up – “it’s the artist’s job!” Remember, for children, doing ‘grown-up’ jobs, even cleaning, is great. They feel good when they can do an adult job.

Make tidying up fun. I once told children I would paint their cheek with their paintbrush as they left the classroom. A clean brush? No problem. They loved it! They begged for their turn. “Paint me!” they shouted. This simple trick ensured I always had clean brushed and happy children.

It’s crucial to ensure that art time remains a space free from criticism. Even well-meaning adults can squelch a child’s creativity with a look. Children pick up on a parent’s reactions immediately. I’ve seen a parent turn a child’s drawing around, trying to find out which way is up. The child instantly understands the unspoken critique. “She can’t even tell which way it goes!”

Instead of judging, ask the child to explain their artwork. Praise the effort, not the result. “I can tell you worked really hard on this.” “I like the way you...” “What a great idea!” A simple “bravo!” goes a long way.

The parental voice is incredibly powerful in a child’s life. It’s the voice that stays with them as they grow. If we’re not careful, this voice can become overly critical, focusing on “important” work while pushing aside play and creativity. Do not let that happen. A little bit of praise can go a long way in keeping art alive for your child.

Praise empowers. It is a great gift to your adult children, too. They will always feel valued and encouraged, ready to explore, and have fun. Whether or not they have a serious talent for art or not isn’t the point. You will feel pride in having helped grow their art self-worth. Saying “it’s great” can mean everything to your child. So do it! Help them find joy in art. Teach by example. Have fun and enjoy art together. Art enriches life. Happy school year!

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 her at: hello@peopleneedart.com

The League of Reston Artists: A Community for Creative Expression

By Ellyn Wexler, Staff Writer

The League of Reston Artists (LRA) is a cornerstone of the artistic community in Reston, and its surrounding areas. Established in 1974, this nonprofit has been pivotal in promoting the visual arts and providing a platform for local artists to showcase their work.

Starting as a small group of local artists, the LRA has grown into a vibrant organization with a membership of 103, about 60 percent of whom are Reston residents. The organization encompasses a diverse range of artistic mediums and styles, attracting artists of all backgrounds, experiences, and skill levels.

The group is known for its commitment to offering members opportunities to display their art in public spaces. These exhibitions not only give artists much-needed exposure, but also bring art into the daily lives of the community, enriching the area’s cultural fabric.

The LRA organizes about eight group exhibitions annually at venues around Reston, such as RCC Hunters Woods, JoAnn Rose Gallery at Lake Anne, and the United States Geological Survey art hall—where “Paint & Beyond 2024” is currently on view through Sept. 27. In addition, LRA occasionally hosts “pop-up” shows.

The League’s Art in Public Places program, a partnership with Northern Virginia businesses, allows members to showcase their art in public venues on a three-month rotation. These mostly solo shows are held at locations including Herndon Community Center, Herndon Senior Center, Potomac Falls Health Center, Reston Hospital, and Prosperity Flats. On its website, LRA also hosts virtual exhibits and a “Shop Our Artists” virtual gallery.

Education is a key component of the LRA’s mission. The organization offers workshops and classes that help artists develop their skills and explore new techniques. Experienced instructors cover topics ranging from traditional painting and drawing to digital media and photography. The LRA also holds special events, such as speakers and tours, like a recent one at the Smithsonian Museum of American Art.

The LRA also offers informal critique sessions where members can present their work and receive constructive feedback from peers. These sessions provide invaluable insights, helping artists refine their craft in a supportive environment.

The League is committed to inspiring the next generation of artists. Its Scholarship Committee awards scholarships to high school art students preparing to enter college through the Gold Key portfolios of the Fairfax County Public Schools Scholastic Art Program.

Personal stories from members highlight the sense of community within the LRA. For example, Guernica, a Reston painter who became involved with LRA after retiring in 2015, found the group while searching for a place to exhibit his work. He gradually became more involved, eventually joining the board, where he led efforts to revise the bylaws and redesign the website. “Being part of the League has helped me principally by providing insights from other artists and exhibit opportunities. It has also given me an outlet for friendships, socializing, and honing my organizational skills,” said Guernica who now serves as president.

Antonella Manganelli, a seasoned painter and LRA board member, discovered the group in 2012 during a walk around Lake Anne, her favorite spot in Reston. “Ever since, I’ve been deeply engaged in organizing art shows, creating catalogs for exhibitions, and fulfilling various volunteer tasks as a board member. The LRA has been a significant influence in my life, offering me a fresh start on my artistic path and the opportunity to meet numerous talented artists in my new town,” Manganelli said. Newer members like Sabri Said, an abstract painter and former advertising designer, have quickly embraced the LRA community. Having exhibited two small paintings in August and two large paintings this month, Said expressed optimism about his future with the group: “I have a feeling that I will become famous for my participation with them.”

For more information about the League of Reston Artists, visit <https://www.leagueofrestonartists.org/>.



Rudy Guernica is the League of Reston Artists President. Photo courtesy of Rudy Guernica

Visit The Reston Letter Online!

Read The Reston Letter’s mission statement, goal to reach all of Reston, donate to our cause, and read our past issues on our website: www.therestonletter.com

Scan for details



“Wind Over Mountains,” by Rudy Guernica



“Seascape,” by Rudy Guernica

SYNERGY
DESIGN & CONSTRUCTION

Your RESTON Remodeler

Kitchens | Basements | Bathrooms | Whole Homes



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



Woman-Owned
Women-Led

Get the personal
attention you deserve

RenovateHappy.com
703-766-6333



LIFESTYLE

Protect Reston’s Valuable Wetlands

Contributed by Reston Environmental Advisory Committee

In April 2018, Reston became part of the exclusive international Biophilic Cities Network that recognizes communities that prioritize nature in their design, planning, and management processes, and the benefits a healthy environment brings to the community. One of Reston’s treasures is its wetlands, consisting of non-tidal marshes, vernal pools, and occasionally beaver ponds. They are found along many of Reston’s trails, streams, lakes, and ponds. Wetland ecosystems protect and improve water quality, provide flood protection and erosion control, maintain surface water flow during dry periods, present opportunities for recreation and aesthetic appreciation, and offer critical habitats for many birds and wildlife. Vernal pools, which are typically wet

in the spring but dry out in the summer, are especially important breeding habitats for amphibians such as frogs, toads, and salamanders. Wetlands are also effective at capturing and storing carbon (storing an estimated 20 to 30 percent of global soil carbon), and play a critical role in managing climate change. Sunrise Valley Park wetlands, one of Reston’s more well-known wetlands, offers a range of habitats for birds and wildlife; its boardwalk and trails are great for bird watching, dog walking, and other passive recreation. Visit www.fairfaxcounty.gov/plan2build/mapping-applications for some of the potential wetland sites (excluding vernal pools) in and around Reston. **Here are some ways everyone can help conserve wetlands:**

- Implement sustainable erosion control practices for your lakefront or streamside property by installing a liv-

ing shoreline which uses plant roots to stabilize the soil and flowers for landscaping.

- Reduce and pick up litter whenever possible to limit waste from ending up on our wetlands and waterways.
- Reduce chemical pollution from entering the waterways by limiting the use of pesticides and fertilizers, choosing non-toxic household cleaning products like phosphate-free detergents (phosphates encourage algae growth which can suffocate aquatic life).
- Plant native species on your property. Native species need less maintenance and help preserve the ecological balance of nearby wetlands.

For more information, check out the 2022 Reston State of the Environment Report (2022 RASER) which contains a comprehensive chapter dedicated to wetlands at www.reston.org/nature-environmental-overview.



Sunrise Valley Park wetlands. Photo by Doug Britt

The Future Of Sustainable Living: Eco-Friendly Practices For Homeowners

Contributed by Synergy Design and Construction

Sustainability has become a growing topic in everyday life, and it’s here to stay, so why not get on board and help make a positive impact on our environment? Try some of these eco-friendly technologies and sustainable design strategies to develop a green living space for you and your loved ones to enjoy.

Eco-friendly Technologies

Consider using energy-efficient appli-


ances to reduce energy consumption and waste. Appliances like smart thermostats can track your patterns of heating and cooling cycles, making energy-saving adjustments without your having to lift a finger. Another great option are rainwater harvesting systems designed to help recycle and store rainwater for later use. This will not only reduce your water bill but also your carbon footprint.

Sustainable Design Strategies

Don’t worry, these strategies can be

both environmentally friendly and stylish. Imagine transforming the top of your building or home into a lush garden with a green roof, creating a beautiful space that cuts down on energy use and helps freshen the air. Also, try switching to natural ventilation to maximize air flow and reduce the need for air conditioning. Lastly, don’t forget about water-efficient fixtures such as low-flow toilets and faucets to help conserve water resources and save money on your bills.

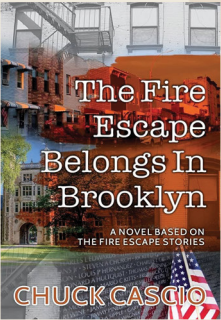
Contact Synergy Design and Construction to start your sustainable home renovation journey today! <https://www.renovatehappy.com/contact/>



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.

There's Beer in the Garden at Halley Rise

By Sarah Golden, Staff Writer

Fans of urban planning will say that the best communities are those that have a “third place.” Most say third places, a local spot within communities where people can gather that is not where they live or work, is a dying concept in modern America. In Europe and other parts of the world, they’re more commonplace – a local café, pub, park, or charming public square where friends and neighbors gather to chat over a cup of coffee or something stronger. Reston has a little of this rare charm at The Farm at Halley Rise, which celebrated its second annual Beer in the Garden event on Sept. 14. This urban farm, located behind the Wegmans off Reston Parkway, houses a berry patch, herb garden, fruit trees, and a pollinator and vegetable garden. Managed by the urban agriculture company Up Top Acres, the farm harvests fresh vegetables to donate

to Cornerstones, a local charity. It also serves as a beautiful third place where Restonians can gather in nature. The ultimate purpose of the Beer in the Garden event is to get locals out to the farm, connect with each other, and experience the wonderful resources urban farms offer, said Up Top Acres’ Charlotte Dukes. During the event, the farm shared some of their herbs and vegetables with local brewery Lost Rhino, which developed syrups to pair with their beers. Visitors also sampled a beer of their choosing with jalapeno, rosemary, or lavender syrups, in a beautiful glass with a logo commemorating the special occasion. The Lost Rhino Kolsch with lavender syrup was a nice herbaceous and subtly sweet concoction. The event also featured a bouquet bar where attendees could arrange their own bouquets of sunflowers, eucalyptus, and daisies. The experience of making your own floral arrangement while surrounded by flowers and herbs tends to make people grateful to have access to such a beautiful place.



Photo by Charlotte Dukes

If flowers and beer aren’t your thing, there were plenty of friends and family hanging out in between the flower beds amid the sunshine and live music. The farm is accessible during non-event hours as well, and visitors are welcome to sit, relax, and even help themselves to the fresh berries and herbs. To learn more about upcoming events and the work Up Top Acres does to increase access to fresh foods across urban areas, visit www.uptopacres.com/thefarmathalleyrise.

Answer Key

Things Flung, Spun and Sung

N	I	Λ				X	I	W
S	R	Γ	S		R	O	M	V
S	O	N	E		E	F	I	F
	N	I	Γ	E	Λ	V	J	
		V	Γ	R	O	S		
	S	Γ	O	O	Γ	V	Θ	
O	E	R	O		X	Λ	N	O
N	E	E	Γ		E	Γ	V	Γ
U	P	Θ				S	D	O

The Reston Letter's September Sponsors

Foley Academy of Irish Dance	703-375-9369
Oak Hill Psychological Services	703-214-4924
VIDA Fitness	703-956-9036
Herndon Tech Computer Services	703-707-8144
Connie Hartke, Realtor, National Realty	571-205-8874
Sunset Hills Montessori School	703-476-7477

COMPASS



**YOUR HOME TOWN
RESTON REALTORS FOR
20+ YEARS**

Debbie Anguizola 571-438-7035
Marnie Schaar 703-509-3107

11943 Democracy Dr. Reston, VA 20190
o 703-783-7485

 www.marnieschaar.com