

Summer Reading: More Than Just a List of Books

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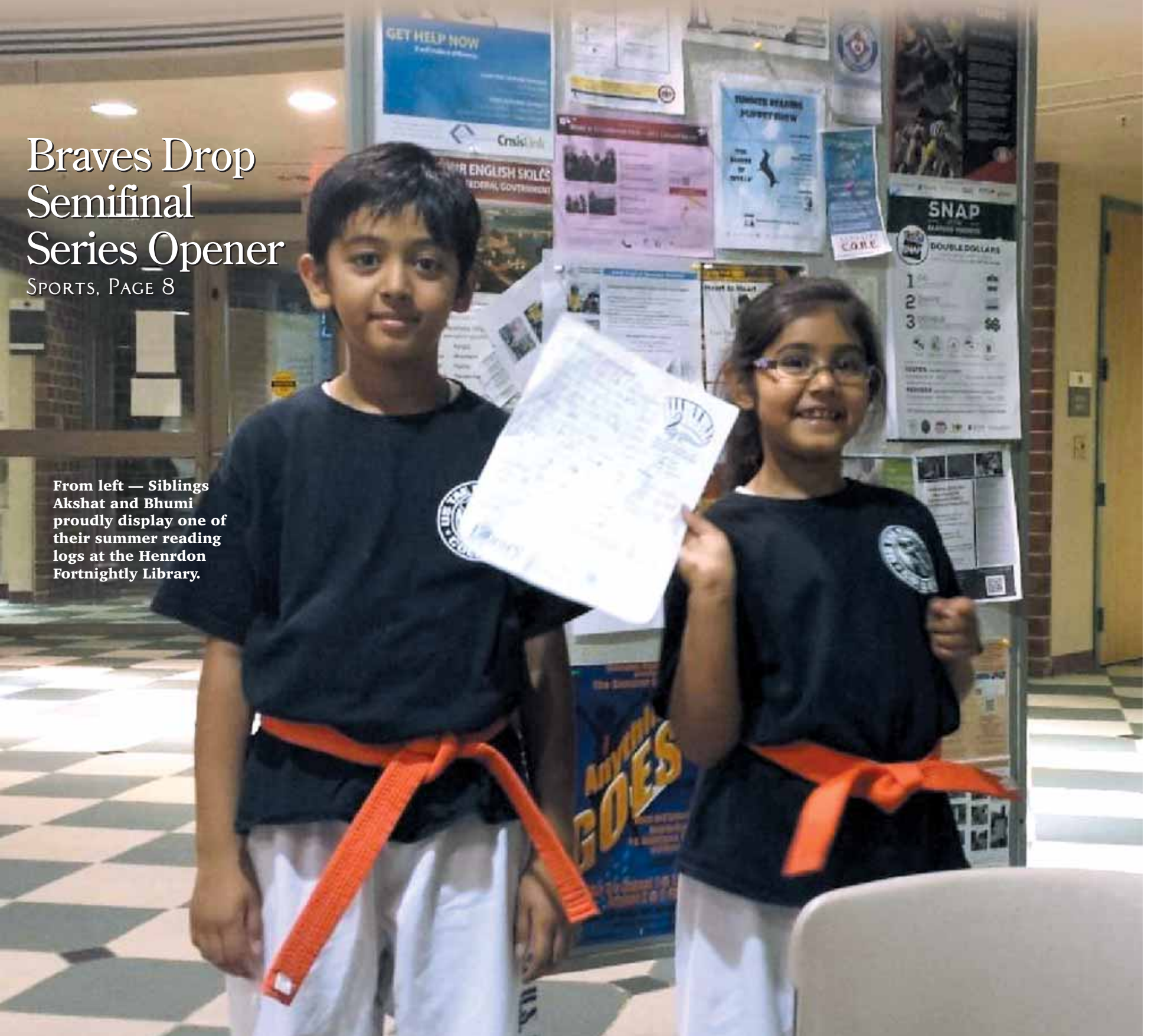
Braves Drop Semifinal Series Opener

SPORTS, PAGE 8

From left — Siblings
Akshat and Bhumi
proudly display one of
their summer reading
logs at the Herndon
Fortnightly Library.

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Northwest FCU Wins International Communicator Award

Northwest Federal Credit Union recently received three accolades from the Communicator Awards, an international awards program honoring outstanding ideas in marketing and communications.

The award-winning spots were part of the Credit Union's larger "Why Do I Northwest?" campaign, a multi-channel brand awareness initiative focused on the reasons members chose Northwest Federal for financial services.

The spots, "Why Do They Northwest?—Associates" [video/radio winner] and "Why Do They Northwest?—Moms" [radio winner] focus on two segments of Northwest Federal's membership base that lead fast-paced, often challenging lives and how the Credit Union works with them to reach their financial goals. The Communicator Awards program receives over 6,000 entries from all around the world and seeks to recognize high-quality work that is moving and impactful. Senior Vice President of Enterprise Marketing for Northwest, Maritza DiSciullo, said the timing of the awards is especially meaningful.

"As we seek to redefine our brand in a way that honors our past and embraces our future, it's



Maritza DiSciullo

rewarding to be acknowledged for the hard work and creativity we've put into our messaging," said DiSciullo.

The Credit Union won three Silver Awards of Distinction in the "Commercial Campaigns—Promotional/Branding" category. They were recognized for two television spots and a radio spot, all developed in collaboration with Return On Investment, a brand marketing agency headquartered in Northern Virginia.

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FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students for the 2010/2011 school year. 703-938-2391 or www.epiphanypreschool.com.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.



Wiehle-Reston East Station surpassed first-year ridership projections with nearly 9,200 boardings, or 18,400 weekday entries and exits last month.



In addition to the 9,197 boardings at Reston's station last month, McLean had 1,842 boardings; Tysons Corner, 3,423; Greensboro, 1,185; and Spring Hill 1,441, totaling 17,088.

Happy Birthday Silver Line, and Many More

Reactions to the \$3 billion project up and down the line.

BY KEN MOORE
THE CONNECTION

"Herndon is ready," said Mayor Lisa Merkel, regarding Herndon's future Silver Line stop. Merkel dubbed Herndon, "A Next Generation Small Town."

"We are so fortunate," she said. "This is a huge project, one of the biggest infrastructure projects in the country. There aren't many towns that can get involved in projects like this."

The Washington Metropolitan Airports Authority recently projected cost of Phase I, the 11.7 mile segment of the Silver Line with five stops, to be \$2.982 billion.

After a recently announced 13-month delay, construction is hoped to begin on Herndon's future Silver Line Stop in 2016 with its opening by 2019-2020, according to a talk Merkel gave in May.

The entire Silver Line will be a 23-mile extension of the existing Metrorail system from East Falls Church, through Tysons and Reston, and eventually to Washington Dulles International Airport west to Ashburn.

The Herndon Town Council approved 38 acres to be set aside for its future Metro stop in February 2012.

"It's the right space, we could never consider that in any other part in town," said Merkel.

THE SILVER LINE CELEBRATED its first birthday Sunday evening, July 26 with an outdoor movie and festivities at the Wiehle-Reston East stop.

"Wiehle-Reston East continues to be the Silver Line's commuting powerhouse, surpassing first-year ridership projections with nearly 9,200 boardings, or 18,400 weekday



PHOTOS BY CAROLINE WATKINS/THE CONNECTION

Walking to Tysons Corner Metro via Skybridge.

entries and exits last month," said Mike Tolbert, public information officer with the Washington Metropolitan Area Transit Authority.

Silver Line has been a positive and exciting addition to Reston and the area, in general," said Sridhar Ganesan, president of the Reston Citizens Association.

"Even though Silver Line currently ends at Wiehle, which is at one end of Reston, we are still seeing a lot of people arriving to Reston during peak times," he said. "Clearly, a positive impact is that this many people are off the roads and making it an easier commute."

In addition to the 9,197 boardings at Reston's station last month, McLean had 1,842 boardings; Tysons Corner, 3,423; Greensboro, 1,185; and Spring Hill 1,441, totaling 17,088, according to Tolbert.

"The other important note is that ridership patterns at the Tysons-area stations are more distributive than other Fairfax County stations, with afternoon peak ridership higher than other time periods, including the morning peak," according to Tolbert.

Nearly 220,000 trips were taken to and from the five new Silver Line stations during the first week of service one year ago in 2014.

"It's going to get a lot of people out of their cars," said Dranesville Supervisor John Foust.

"I've heard from a lot of people that are using it," he said. "It's been a big success."

GREAT FALLS resident Sherry Stanley Whitworth uses the Spring Hill station, the second stop on the Silver Line.

"It's good for me, it's good for my car, it's good for the environment," she said. "And it's good for my stress level."

"It's kind of a new thing for me. It's convenient," she said. "It will be great when it goes all the way out to the airport."

Silver Line is being constructed by the Metropolitan Washington Airports Authority, and will be operated by Metro once construction is completed.

"I have, in fact, used the Silver Line and find it an easy way to get downtown. Visitors have found it easy to use," said Sally Horn, of McLean Citizens Association.

Tom Brock, of McLean and also on the citizens association, started using Metro 15 years ago, resolving to drive every weekday morning to East Falls Church or West Falls Church stations. Now he commutes to the McLean Station.

"It's definitely improved the service of

"This helps us to become a major league city."

— Jerry Gordon,
President and CEO, Fairfax County
Economic Development Authority

Metro to residents of McLean, even those with easier access to East and West Falls Church stations than I did," said Brock.

Bill Canis, Great Falls Citizens Association vice president, commutes downtown with a carpool early weekday mornings, but his son Patrick Canis, 22, takes advantage of his own starting time.

Patrick Canis commutes to the Wiehle-Reston Station every morning on his way to Cogent in Foggy Bottom. He believes he saves up to 25 minutes of commuting by car each way to Falls Church like he had before.

"I like how easy it is, you get a smart card and it's in and out," said Canis, a 2014 graduate from the University of Mary Washington who majored in international affairs and studied geographic mapping systems.

"THIS HELPS us to become a major league city," said Jerry Gordon, president and CEO of the Fairfax County Economic Development Authority.

Two large international corporations have made Tysons their home. Cvent, Inc., a cloud-based enterprise event management platform, and Intelsat, a multi-billion industry that is a provider of fixed satellite services.

"Had it not been for the Silver Line, they would not be in Tysons Corner," said Gordon.

The Silver Line stops in Fairfax County's largest business district (Tysons Corner) and in the county's second-largest commercial center (Reston). The Silver Line has already had a big effect on business and workforce development and "changes are just beginning," according to Alan Fogg of the Economic Development Authority.

"What's already been realized is our abil

OPINION

Wind Energy

Wind energy needs to be a part of the renewable mix of energy sources in Virginia and the nation.

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

With the federal Clean Air Act requiring higher air quality standards, many fossil-fuel power plants will be closing or converting to other fuel sources. On trips to the western part of our country and abroad, especially to Germany, I am reminded of the significant role that wind plays in being used to generate clean and sustainable electricity. In 2014, wind power added significantly more new electricity for consumers than any other source in the United States, according to the U.S. Department of Energy.

According to an American Wind Energy Association announcement last year the United States has more wind energy supplying its grid than any other country, enough to power 15.5 million American homes. Wind is the fifth largest electricity source in the U.S., generating 4.4 percent of all the electricity in this country. In Denmark, wind-produced electricity provides just under 40 percent of the



COMMENTARY

nation's power. Scotland has enough wind-produced electricity to supply all its homes. Wind power is the leading source of Spain's electricity and is the largest component of Germany's renewable sources that now constitute a quarter of its power. China leads the world in investments in wind power.

Among the states Texas, Iowa, California, and Oklahoma, each generated enough electricity from wind to power more than a million homes. Other states with significant wind capacity include Kansas, Illinois, Minnesota, Oregon, Colorado and Washington. Virginia and other eastern states do not make the list because they do not have as significant a wind resource. For Virginia, only off-shore and in the mountains mostly in the southwest is there wind sufficient to site a wind turbine farm. Dominion, the largest power provider in the Commonwealth, has invested in wind-powered electricity generation in West Virginia, Indiana, Illinois, and in Virginia where it holds a lease from the federal government for off-shore wind development.

The success of wind-produced electricity in Europe has been realized from a feed-in tariff system that has effectively subsidized investments. In the United States, the Production Tax Credit has been the primary federal tax incentive for wind energy. As all countries look for ways to save money these incentives are in danger at a time when wind energy is beginning to demonstrate its value.

Virginia is the first state to secure a wind energy research lease to build and operate turbines in federal waters. Dominion's plan to build a pair of six-megawatt test turbines about 24 nautical miles off-shore from Virginia Beach seems to be in trouble as bids to build the turbines are about twice that projected. The expectation has been that eventually there would be 300 turbines in the off-shore area. Stakeholders are currently at work to identify options to salvage the project.

Wind energy needs to be a part of the renewable mix of energy sources in Virginia and the nation. Congress needs to extend the federal tax credit that keeps our development of wind energy competitive with the rest of the world. Consumers need to be open to buying wind and other renewable energies even if there is a cost premium. Our air quality depends on it.

LETTERS

Slavery in 'the Land of the Free'

To the Editor:

America, "the land of the free." I have always considered it necessary for a land of free people to assist in freeing the enslaved.

Yet 36,000,000 men, women, and children throughout the world are enslaved through human trafficking, according to the Global Slavery Index. That is more than there have ever been at any point in time in the history of humanity.

How can a world that is supposedly improving socially also have a constant increase in slavery? The two cannot coexist, and it breaks my heart to see the number of human beings forced into slavery increase each day. Human trafficking is the use of force or fraud to control someone to labor without payment or engage in sexual activity. This crime occurs all over the world, from Malaysia to Northern Virginia. In Northern Virginia alone, from October 2013 through January 2015, 290 victims of trafficking have been identified, according to the NOVA Human Trafficking Initiative.

Malaysia, also a center for modern day sex-trafficking and slavery, is a popular destination for men, women, and children subjected to forced labor and sex trafficking.



Though the Government of Malaysia proposed amendments to help decrease trafficking, these amendments have yet to pass through Parliament. Furthermore, despite Malaysia's significant increase in trafficking investigations, the government only convicted three traffickers in 2014, a sharp decrease from the 9 convicted in 2013 prior to the increase in investigations.

Crime does not dissipate naturally. Significant investigations and convictions are necessary if there is any hope for a decrease in human trafficking in Northern Virginia, Malaysia or worldwide.

Congress currently is reviewing the End Modern Slavery Initiative Bill.

If passed, the U.S. Government will authorize the formation of a

nonprofit grant-making foundation to fund projects and programs outside of the United States in hopes of putting an end to slavery. The passing of this bill is a crucial step in the fight to end slavery.

Olivia Grady

Fairfax
Rising senior at Woodson High.

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News



PHOTOS BY ALICJA JOHNSON/THE CONNECTION

Children ages 7 to 11 make rockets out of balloons at Herndon Fortnightly's free Rocketry 101.

Summer Reading: More Than Just a List of Books

The Summer Reading Program runs from June 19 to Sept. 5 and is open to children from birth to twelfth grade. Participants in sixth grade or younger are to read 15 books, and those in grades seven through twelve read six. Upon completion, the readers may bring their list into the library and submit it in exchange for an extensive coupon booklet, as well as getting to write their name on the local library wall of fame.

At the Herndon Fortnightly Library, a dedicated staff works to engage children in the reading program. Mary Fox, the branch's Youth Services Manager, uses volunteer-run programs to encourage children to increase their literacy.

On July 9 and July 23, volunteer Rick Fox led one such program called Rocketry 101. In this program for ages 7 to 11, Fox taught the children about some very basic rocket science principles. Also, the children learned how to make a rocket using a balloon, a straw and some string.

"I try to give them a spark," said Fox, "something that will inspire them to go look up anything either on the Internet or in a book." Fox has been a volunteer for the summer reading program for three years. He became involved to help his wife, Mary, the Youth Services manager. "Since she's been here, the number of kids participating in this stuff has skyrocketed," said Fox.

These fun activities as well as the coupon booklet prize keep chil-

dren participating every year. Siblings Bhumi and Akshat have been participating in other summer reading programs since before they moved to the area from Texas. "My favorite part of it [the summer reading program] is reading books," said Bhumi, "because I don't think about them; I just have fun." Her brother, on the other hand, enjoys the reading but said, "I like the coupon part because you get to go a lot of fun places." The two siblings report that they are eagerly awaiting their first adventure to Six Flags America, one of the places included in the coupon booklet.

Mary Dunn, the second-in-command for the Summer Reading Program at Herndon Fortnightly, explains that the summer reading program is geared towards younger children. "We want to encourage literacy as early as possible," said Dunn. To help with this, the library is recommending a program called TumbleBook. TumbleBook is a free, online ebook library with interactive books for children.

Tumblebook, free programs for children and contests are all parts of the summer program at the Herndon Fortnightly Library. To learn more about upcoming programs at the Herndon Fortnightly, call 703-437-8855.

- ALICJA JOHNSON



From left — Akshat and Bhumi proudly display one of their summer reading logs.

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The Silver Line celebrated its first birthday Sunday evening, July 26 with an outdoor movie and festivities at the Wiehle-Reston East stop.



Metro leaving Tysons Corner stop.

PHOTOS BY CAROLINE WATKINS/THE CONNECTION

Silver Line Birthday Celebrated

FROM PAGE 3

ity to retain and attract businesses,” said Gordon. “These are the corporations that every community wants ... technology driven, long term industries that are growing and high paying.”

Plans for the extension of the Silver Line to the airport will only enable the county to continue to attract more businesses, he said.

Without access to the airports on metro lines before, “They would say, ‘What kind of city is this?’” said Gordon.

Merkel called the Silver Line the “economic engine for the next 50 to 100 years.”

Herndon has more than 1,100 businesses and four corporate businesses with headquarters in town. Herndon anticipates attracting additional businesses and perhaps a campus or satellite campus in the future.

“We want to make sure we capitalize on this opportunity,” she said.

ANXIETIES, OF COURSE, are always produced by such a big project in the area.

“While the Silver Line has quickly ramped up to the averages of many of the stations within the metro area, the proposed funding formula creates anxieties for those that are forced to use the toll roads,” said Ganesan, of the Reston Citizens Association, “as the tolls are supposed to make up for revenue shortfalls to service the financing of Silver Line.”

Great Falls Citizens Association researched the importance of Metro to its members.

“Only 10 percent of Great Falls residents responded that they intend to use Metro regularly while another 56 percent plan to use Metro occasionally,” according to its 2014 survey that 592 residents completed.

According to the GFCAT transportation committee, “Unlike commercial areas (such as Tysons) that have immediate access to Metro, Great Falls will likely not benefit measurably from the Silver Line. Similarly, Great Falls will not benefit at all compared to communities such as Reston that have bus access from local neighborhoods to Metro.”

“While some Great Falls residents may benefit from the commuter parking lot(s) at the Wiehle-Reston East and McLean



Passengers departing Tysons Corner stop.

Metro stations, survey data suggest that commuter parking lots should not be built in Great Falls as relatively few residents of Great Falls would use them on a daily basis,” according to the committee.

“I have mixed feelings about Metro coming to this area because the cost of Metro is causing the tolls on the Dulles Toll Road to increase and when you raise the tolls it causes more cut through traffic to go through Great Falls,” said Scott Knight, co-chair of the GFCAT Transportation Committee.

“That’s a legitimate concern as toll rates go up to pay for Metro,” said Foust. “You have to expect that there will be less usage as people will be looking for alternatives.”

But Foust noted that he doesn’t think motorists will use Georgetown Pike for alternative purposes if the county keeps addressing Route 7 and keeps it flowing properly such as a widening project that has public information meetings scheduled for this fall.

According to the Airports Authority, toll rates will remain at current levels through 2018, and the previously published toll rate schedule will remain unchanged.

Revenue from tolls is one of several sources of funding for the Silver Line project.

McLean Citizens Association has been studying the impact of the Silver Line on McLean and on Tysons Corner, in terms of parking, traffic flow, and impact on house

values. The citizens association is even trying to determine if the Metro has had impact on crime at Tysons, McLean and in and around Silver Line stops.

The MCA Transportation Committee is staying aware of Metro’s plans and possible proposals to service changes on its crowded Blue Line that might impact commuters on the Silver Line used by McLean residents.

NINE OUT OF TEN times, Tom Brock of McLean, gets a seat. He liked to people watch when the Silver Line first opened, and he always carries a hardcover book on the Metro.

“I’ve gotten better at using my time on Metro better,” he said.

He has tried the downtown carpool, but “it was unpredictable because of a little thing called the Potomac River,” he said. “On good days it could take 25 minutes, but on really bad days it could take two and a half hours.”

Reliability is critical said Brock, former president of MCA and a member of the MCA Transportation Committee. “Delays people face on the Metro system isn’t good for Metro business,” he said.

Patrick Canis finds himself wanting better explanations than Metro gives when there are delays.

The Metro itself is expensive, noted Connie Hartke, of the Reston Citizens Association, who rides the line for fun, such as to soccer games in D.C. or Maryland plus

“We want to be ready on day one.”

— Lisa Merkel, Herndon Mayor

the opening ceremonies of the recent World Police and Fire Games.

“It is expensive, but probably no more so than driving and parking and it is so nice to relax on the way home rather than worry with getting safely out of a sports event parking lot and dealing with the beltway,” she said.

Whitworth notices that the drop off space at Spring Hill isn’t sufficient for eastbound traffic.

And Darlene Murphy found that a private parking lot is adjacent to the Metro lot that offers free Sunday parking.

“They trick you. It cost me \$10 to get out,” she said. Murphy was reimbursed by “a nice manager,” but she wants to alert others to the signs that she didn’t see.

“I bet this has happened to other people,” she said.

Back in McLean, Foust said he and his colleagues ensured that there would be sufficient parking when the Silver Line opened. The 711-space lot in McLean has plenty of space for those ready to try the Silver Line, he said.

HERNDON WANTS all details perfected by day one.

Herndon plans for 2,400 residential units and 3.1 million square feet of additional commercial space for business and retail use as well as a revitalized downtown.

And Herndon has planned vehicular traffic to stay on the south side of town by the Silver Line stop.

A year-long task force made recommendations to ensure residents to get to Metro easily. Approximately \$21 million is dedicated to projects resulting from the task force.

“We passed a resolution in February advocating for the county to put a Circulator Bus route for Phase II because we want our residents to get to the Metro without having to get in the car,” Merkel said. “If we have reliable, frequent transit options, people will use it.”

Merkel wants everything in place by the time the Silver Line’s doors open to Herndon in four or so years.

“People are going to establish their commuting patterns on that first day,” Merkel said. “We are working with Fairfax County because we do want to be ready on day one.”

A View from Wiehle: D.C. Gets Closer

Taking a train from Reston: Commuters express satisfaction and some criticism.

BY MADDY WEINGAST
THE CONNECTION

Clean, safe, on time ... Also: crowded, long wait time ... These are some of the mixed emotions coming to light in conversations with commuters reflecting on the one-year anniversary of the new Silver Line Metro operation. The line includes the following new stations: Wiehle-Reston East, Spring Hill, Greensboro, Tysons Corner and McLean, leading into the District and ending at Largo Town Center. Many locals use the new line to commute to work in Washington D.C.

"It's good to have a connecting station so close but it's always full. The commute to work in D.C. and Tysons is better than driving—to get to D.C. this is the option," said Metro commuter Swetha.

Commuters also credited the line with providing an atmosphere of safety.

"It's always on time and I'm able to get to work easily. Rarely are the trains delayed, and they are always clean. I've



Passengers prepare to board the Silver Line train toward Largo Town Center, which runs through downtown D.C.

never felt unsafe on the Silver Line, even late at night," said Adele Gibson from Great Falls.

Some suggestions for improvement in-



In town for the week, visitor Annie Condoluci boards the metro to go visit museums on the National Mall.

cluded increased signage and maps at the station and on the train especially for visitors so they are aware of upcoming stops.

In its one year of operation it appears the line is an efficient way for many visitors that

are unfamiliar to the area to travel into Washington, D.C.

"The metro was really fun and a lot cleaner than I thought it would be, but very crowded. It was really convenient to get to the museums in the District because there was no traffic and I would definitely ride it again when I come visit," said visitor Annie Condoluci from Brielle, N. J.

Despite an overall favorable impression some passengers expressed frustration with crowding, and a lack of knowledge regarding train wait times.

"Around 5 o'clock the trains are pretty crowded and I normally have to stand for around 30 minutes for a seat, so more trains running on the line would be nice," said Gibson.

One commuter said many of her friends turned to ordering cars from the Uber app when faced with exorbitantly long wait times for a train.

"Lately I feel like the Metro has been worse. There's lots of track work, delays, it's crowded and less reliable. It seems like a systematic and political problem of not enough funding. The tri-state area of D.C., Virginia and Maryland need to collaborate and see it as a shared resource," said Metro Commuter Joy.

'Impressive' Change

Commuters discuss conveniences of Silver Line.

BY ALICJA JOHNSON
THE CONNECTION

July 26 marked the first anniversary of the Metro's Silver Line opening. In the year since, the new rail has changed commuting for Fairfax County and the area. The Silver Line begins at the newly constructed Wiehle-Reston East Station and travels four stations including Tysons Corner and McLean before lining up with the Orange Line at East Falls Church and then continuing to Largo Town Center.

As Chris, a salesman in D.C. puts it, the new route is "more expensive, but consistent." Before the silver line was opened last year, Chris had to take a bus out to Falls Church every day. "Now, my commute to work is more consistent and streamlined," said Chris.

For commuters like Steven Shearer, the silver line provides less of a hassle than driving. "It's much easier for me," said Shearer, "the toll and parking in D.C. is more expensive [than the Silver Line.]" Having been commuting from Northern Virginia to D.C. for 17 years, Shearer has found the Silver Line to be a great convenience this past year.

Loudoun County is also now connected to the D.C. metro more conveniently, via the Loudoun County Transit. Commuters can catch a bus and run to one of the Silver Line stations, including Wiehle-Reston and Spring Hill. This has been revolutionary for Loudoun commuters like Sara Johnson. "I never thought 15 years ago, from Loudoun, you'd be able to commute [to D.C.]," said Johnson. Johnson has been commuting to D.C. twice a week for the past three years, and she has been very impressed with the Silver Line. "The fares seem reasonably priced given the expanse of the distance," said Johnson, "and the cleanliness is outstanding."

The Silver Line also offers connections to other bus systems. The Fairfax Connector serves the four stations in Tysons, as well as Wiehle-Reston. The Potomac and Rappahannock Transportation Commission provides a connection from Tysons Corner to Prince William County. In addition, Washington Flyer will provide a Silver Line Express service between Dulles Airport and Wiehle-Reston East.

The Silver Line has been attracting more than commuters. Nineteen-year-old Molly McKnight and her brother, residents of the Herndon/Reston area, use the silver line to see museums and monuments in D.C.

Whether they be commuters or sightseers, the Silver Line travelers seem to be enjoying the new conveniences.



PHOTO BY CAROLINE WATKINS/THE CONNECTION

The Silver Line stops in Fairfax County's largest business district (Tysons Corner) and in the county's second-largest commercial center (Reston).



PHOTO BY ALICJA JOHNSON/THE CONNECTION

Riders prepare to board a train to go sightseeing in D.C.



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PHOTO BY JON ROETMAN/THE CONNECTION

Michael Smith and the Herndon Braves lost to the Bethesda Big Train on Monday in the opening game of the best-of-three Cal Ripken Collegiate Baseball League semifinals.

Braves Drop Semifinal Series Opener

Herndon's Andy Mocahbee homers in defeat.

BY JON ROETMAN
THE CONNECTION

The Bethesda Big Train used the long ball on Monday night to win the opening game of its best-of-three playoff series against the Herndon Braves.

The Big Train hit three home runs, including Tim Yandel's go-ahead two-run bomb in the sixth inning, and Bethesda won 9-5 at Herndon High School, taking a 1-0 lead in the Cal Ripken Collegiate Baseball League semifinals.

With the score tied at 4-4 in the top of the sixth, Yandel (Tulane) launched a two-run homer, part of a five-run inning for the Big Train.

"I went up to the plate and everyone was yelling 'Tim Yandel special,'" he said. "My swing had felt good all day. ... I just felt like I put a really good swing on it."

Zach Kirtley (St. Mary's) and Brandon Hunley (Sacramento State) also hit home runs for Bethesda.

"We're swinging the bat at the right time going down the stretch," Big Train manager Sal Colangelo said.

The Big Train took a pair of early leads, but the Braves battled back to tie each time. A two-run homer by Kirtley gave Bethesda a 2-0 lead in the top of the first, but a Big Train error and an RBI single by Herndon's Jake Kuzbel (Georgetown) tied the score at 2 in the bottom half of the opening frame.

Bethesda took a 4-2 lead in the

second inning thanks to a solo home run from Hunley and an RBI double by Cody Brown (Mississippi State). Herndon countered with a solo home run by Andy Mocahbee (West Georgia) in the third and a bases-loaded walk by Alex Lipman (Salisbury) in the fourth, tying the score at 4-4. The Big Train's five-run sixth inning proved to be the difference, however, as the Braves managed just one run in the final five innings.

Herndon had the bases loaded with one out in the fourth and sixth innings, but Andy Mocahbee grounded into an inning-ending double play in each frame.

Logan Farrar (VCU), Brown and Kirtley each had two hits for Bethesda. Alan Mocahbee (George College), Jackson Martin (Seton Hall) and Kuzbel each had two hits for Herndon.

Miller Trevvett (Radford) earned the win for Bethesda, allowing one earned run on three hits in two innings of relief.

Timmy Wages (Lincoln Memorial) suffered the loss for Herndon, giving up three earned runs on one hit in 4 1/3 innings of relief.

The Big Train won their fourth consecutive CRCBL regular-season title this year, finishing 29-11.

Herndon finished the regular season with a 19-21 record, beating the Vienna Riverdogs 6-5 in 12 innings on the final day to earn a playoff spot. The Braves defeated the Silver Spring-Takoma Thunderbolts 5-4 in 12 innings on Sunday in the opening round of the playoffs.

Game 2 of the semifinals was scheduled for Tuesday, after The Connection's deadline. Game 3, if necessary, will be Wednesday night at Shirley Povich Field in Bethesda.

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CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

Frying Pan Farm Arts in the Parks.

Wednesdays, through Aug. 19. 10-11 a.m. Frying Pan Farm Park Amphitheater, 2739 West Ox Road, Herndon. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and parks. Call 703-437-9101.

Herndon Friday Night Live. Fridays, through Aug. 28. 6:30 p.m. at 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. herndonrocks.com/schedule.php.

WEDNESDAY/JULY 29

Around the World Musical

Adventure. 10:30 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Enjoy music and movement with Miss Susan. Ages 3-7 with adult. <http://www.fairfaxcounty.gov/library/branches/he/>

Let's Go On Safari. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Stop by for summer family jungle stories. All ages. <http://www.fairfaxcounty.gov/library/branches/he/>

THURSDAY/JULY 30

17th Annual Summer Golf

Tournament. 9 a.m. Herndon Centennial Golf Course, 909 Ferndale Avenue, Herndon. The tournament benefits the Council for the Arts in Herndon.

Wine Dinner at Il Formaio. 6 p.m. Reston Town Center, 11990 Market St., Reston. Five courses paired with various wines. Reservations at banquetsRES@ilfo.com.

All-Corners' Group Fun Run at Potomac River Running. 6:30 p.m. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that's safe and social. www.potomacriverrunning.com.

FRIDAY/JULY 31

Noisy Nature Campfire. 7 - 8:30 p.m. WNC Campfire Ring - On Soapstone Drive, between Glade Drive and Lawyers Road. All ages. What do crickets, katydids, treefrogs, and owls have in common? They make a lot of noise at night! Discover how they make their sounds, and what all that noise is really for. Enjoy songs, stories and a snack by firelight while we listen for these nocturnal noise-makers. Reservations required by July 28. Fee: \$7-\$9/person. naturecenter@reston.org.

SATURDAY/AUG. 1

The Closet's 4th Annual Huge Toy Sale. 9 a.m.-12:30 p.m. First Baptist Church of Herndon, 681 Elden St., Herndon. Dolls, toy trucks, games, action figures, infant toys, puzzles and much for ages 1-99 will be on sale at bargain prices. Net proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community. The Closet is a nonprofit thrift shop, founded by a handful of churches to assist low-income families by selling gently used items at nominal prices. www.theclosetofgreaterherndon.org.

Hound Dog Day. 1:30-5:30 p.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Come have a ball outdoors. Bring family, friends, leashed dog(s). Live music, exhibitors, food trucks, dog-friendly boat rides and walks.

The Road Less Traveled Exhibit



Come meet artists David Skibiak and Keith Naquin at their opening reception on Aug. 1, 7-9 p.m. at ArtSpace Herndon. The range of work in The Road Less Traveled is expansive: paintings in oils, watercolors and acrylics, pen and ink drawings, etchings, lithographs, monoprints, computer graphics and photography as well.

Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Come meet the artists David Skibiak and Keith Naquin at this opening reception. The range of work in The Road Less Traveled is expansive: paintings in oils, watercolors and acrylics, pen and ink drawings, etchings, lithographs, monoprints, computer graphics, and photography as well. David and Keith revisit traditional landscape art with two different looks, demonstrating the well-honed skills of experienced artists with similar backgrounds.

MONDAY/AUG. 3

Terrific Twos. 11 a.m. Herndon Library, 768 Center Street, Herndon. Share stories and songs about the creepy and crawly, the slimy and shiny, and the bright and beautiful bugs we find in our backyard. Age 2 with an adult.

Mixed Media Workshop. 5:30-8:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Explore drawing and painting with mixed media. \$40.

Learn An Irish Jig With Bridget and Kelly. 7 p.m. Herndon Library, 768 Center Street, Herndon. Watch Bridget and Kelly perform a "Step About" then learn an Irish Light Jib. Ages 6-18.

The One Man Band. 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Sing, dance and read to the rhythm with Peter McCorty. All ages. Each child and adult must be registered separately.

TUESDAY/AUG. 4

The Living Rainforest. 10:30 a.m. Herndon Library, 768 Center Street, Herndon. Meet animals from the rainforest. Ages 6-12.

WEDNESDAY/AUG. 5

Wonderful Ones. 11 a.m. Herndon Library, 768 Center Street, Herndon. Come spend time with your child while enjoying rhymes, songs, stories and music. Age 12-23 months with adult.

THURSDAY/AUG. 6

Family Game Night. 7 p.m. Herndon Library, 768 Center Street, Herndon. Celebration of play and learning with board games for the whole family. All ages welcome.

SATURDAY/AUG. 8

Special Consensus. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Traditional bluegrass musicians headed by banjoist supreme Greg Cahill. Cahill has headed this band for 30 some years now and they have traveled the world providing audiences with the

finest in vocal harmony and absolute mastery of their instruments.

Dog Tales. 10:30-11:15 a.m. Herndon Library, 768 Center Street, Herndon. Bring your own book or chose a book from the library and read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Age 5-12.

MONDAY/AUG. 10

Mixed Media Workshop. 5:30-8:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Mixed media magic. \$40. www.artspaceherndon.com.

Lego Club. 2 p.m. Herndon Library, 768 Center Street, Herndon. Come have fun, use your imagination and

PEOPLE AND PETS



Meet Thoreau, a Goldfish

Lisa Groves of Reston submitted this photo of Thoreau, "a spectacular fantail goldfish from the 2006 FISH Fling." Swimming in a large round fishbowl, he was the centerpiece for community building and fundraising for Herndon-Reston FISH, Inc. This gala supports assistance to local families in short crises. "Thoreau now lives in a 25 gallon tank in our kitchen. He is active, attentive and gorgeous to watch. He is about five inches long and swims gracefully waving his lovely tail. Appreciative of family activity, he is most alert in the evenings during meal times. He loves to eat chopped peas, and doesn't like strawberries."

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Writers Group. 7 p.m. Herndon Library, 768 Center Street, Herndon.

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On A Tangent

By KENNETH B. LOURIE



Not that I live day-to-day or even month-to-month, but I do live – in my head anyway – quarter-to-quarter; that interval representing the usual and customary time between my recurring diagnostic scans. The time when the rubber hits my road. The time when push comes to shove. The time when my oncologist tells me whether my warranty has been extended for the next three months or not. Not that I anticipate that my time will run out that quickly after a disappointing scan result; still, bad news seems to travel faster and cause adverse consequences quicker than good news causes relief, a sort of “disharmony,” to quote James Cagney from the movie, “Mister Roberts.”

But what else is new? Nothing, really. Because to live the life of a cancer survivor is way better than not living, or casting yourself as a victim, which, for those who know me, know I never do. Where’s the future in that? Blaming, “woeing-is-meing,” “self-dissatisfying?” To what end? Misery might like company but it’s boring to be around miserable people. And to survive a potentially devastating and depressing set of circumstances – expected or not – associating and/or being exposed to/subjected to people who look at life through black-rose-colored glasses provides no help whatsoever.

I don’t want to feel better about myself by being around people who feel worse about themselves. I want to feel better by being around people who feel good and act/behave positively. Strength may indeed come from numbers, as they say; but when you’re a cancer patient/survivor, strength comes from attitude: yours, your fellow cancer survivors and the people with whom you surround yourself. I don’t want to have overcome someone else’s negativity. I want to be overcome by their positivity. I want/need to feel good about everything I do/attempt to do. I don’t want/definitely don’t need to feel/be made to feel bad about anything. Granted, it’s a subtle line between encouragement and disappointment where you might be suggesting one thing and minimizing another. Yet, finding a middle ground becomes imperative. Not that cancer patients’ psyches are fragile and easily affected by the words and deeds of others; however, cancer does exert some subconscious and even unconscious control and consequently, you might end up feeling/emoting/reacting differently than you ever have or ever anticipated. As an example: I tear up regularly while watching television, and not just at “tear-jerkers,” either: news, weather, sports, comedies, dramas, fiction, non-fiction; anything, everything.

Mastering one’s domain, in a non-Seinfeld-type context is crucial to surviving a cancer ordeal. Taking the ups and downs and all-arounds in some sort of stride, even two steps forward and one step backward isn’t so bad. At least your net movement is forward. And forward is the goal. Certainly I’m not looking forward to my next scan in October but it is something to look forward to; it’s progress, sort of; it means that life is still being lived. It’s not ideal, but ideal left the building on February 27, 2009 when I received my initial face-to-face diagnosis/prognosis. Nevertheless, I remain positive about my negative. In my opinion, the alternative serves no purpose.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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-St. Francis de Sales

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**THE
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SATURDAY/AUG. 1

One-To-One Technology Help. 11 a.m. Reston
Library, 11925 Bowman Towne Drive, Reston.
Gather up your devices and log in info and come
to a Saturday session with a technology
volunteer to help with eBooks, smartphones or
tablets. Adults.

MONDAY/AUG. 3

ESL For Intermediate Students. 11 a.m.
Reston Library, 11925 Bowman Towne Drive,
Reston. Join Richard's Monday conversational
group. Adults.

TUESDAY/AUG. 4

ESL for Advanced Students. 10:30 a.m. Reston
Library, 11925 Bowman Towne Drive, Reston.
Join Bob's Tuesday Conversational Group.
Adults.

WEDNESDAY/AUG. 5

ESL for Intermediate Students. 11 a.m. Reston
Library, 11925 Bowman Towne Drive, Reston.
Join Richard's Wednesday conversational group.
Adults.

THURSDAY/AUG. 6

**Dialog & Grammar: ESL For Advanced
Beginners and Intermediate Students.**
11:45 a.m. Reston Library, 11925 Bowman
Towne Drive, Reston. Join Judy's Thursdays
weekly class.

FRIDAY/AUG. 7

Let's Talk- ESL For Intermediate Students.
11 a.m. Reston Library, 11925 Bowman Towne
Drive, Reston. Join Richard's Friday
conversational group.

MONDAY/AUG. 10

ESL for Intermediate Students. 4:30 p.m.
Reston Library, 11925 Bowman Towne Drive,
Reston. Join Juanita's Monday conversational
group. Adults.

WEDNESDAY/AUG. 12

ESL For Intermediate Students. 11 a.m.
Reston Library, 11925 Bowman Towne Drive,
Reston. Join Richard's Wednesday
conversational group. Adults.

FRIDAY/AUG. 14

ESL For Beginners. 10 a.m. Reston Library,
11925 Bowman Towne Drive, Reston. Join
Sandra's Friday conversational group. Adults.

ONGOING

**Free Support Group for Parents with
Children with Autism.** Saturdays at 10-11
a.m. 462 Herndon Parkway, Suite 202,
Herndon.

Food Addicts in Recovery. Wednesdays at 7
p.m. at The Vine Church, 2501 Gallows Road,
Dunn Loring. Are you having trouble controlling
the way you eat? Food Addicts in Recovery
Anonymous (FA) is a free 12 step recovery
program for anyone suffering from food
obsession, overeating, under-eating or bulimia.
For more information or a list of additional
meetings throughout the U.S. and the world, call
781-932-6300 or www.foodaddicts.org.

Fairfax County's Meals on Wheels urgently
needs drivers in the Annandale, Franconia/
Kingstowne, Reston, Mount Vernon and McLean
areas. 703-324-5406, TTY 711 or
www.fairfaxcounty.gov/olderadults.

Knitting Enthusiasts, Musicians Needed.
10:30 a.m.-noon, at Herndon Senior Center.
Herndon Senior Center seeks a knitting
enthusiast to teach basic procedures. Musicians
to play soothing music on weekend mornings
also needed. 703-324-5406, TTY 711,
www.fairfaxcounty.gov/olderadult or
VolunteerSolutions@fairfaxcounty.gov.

Habitat Heroes Project. The fourth Saturday of
each month. Join the Habitat Heroes in
protecting Reston's forests from aggressive
plants and restoring them to their natural state.



WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

Every year it happens...

Spring and summertime roll around, and we panic about putting on our summer clothes. Arms seem too jiggy for short sleeves. Legs feel too lumpy for shorts or a bathing suit. And "abs"? Let's not go there.

It happens every year, and when we don't take action, it just gets worse over time. The fitness options out there can feel daunting. Some are too intimidating or intense. Some seem like they could never get the results you want quickly. Some are too expensive. And so, another year goes by without reaching your summertime fitness goals.

Why not make this year different?

At Koko FitClub, we believe there's a better way to get fit. We are a unique training gym, combining patented fitness technology with the latest in exercise science and training methodologies to get you the results you really want.

And at Koko, we know that COACHING is the key to success. (In fact, Koko is a Japanese word that means "one to one.") That's why we include coaching with every single workout – from our one-of-a-kind, 24/7 digital coaching, to personal 1:1 training with a caring, supportive, certified fitness coach. With Koko, you'll always know exactly what to do, every step of the way, for the fastest results.

We feel we have the best gym in the world, but let us prove it to you. We invite you to try **30 days of coaching and complete fitness at Koko FitClub for just \$30. No risk. No obligation. Just great results!** If you don't love Koko in 30 days, we don't deserve you as a client. It's that simple.

Come see yourself a little differently this summer. Call or stop by the club. Meet our team of caring fitness professionals. Talk with our members (they ROCK). Come see how strong you truly are. You CAN get in great shape this summer, and we are here to help.

Yours in good health,
Nick Konarski, General Manager,
Koko FitClub of Northern Virginia



*Some restrictions may apply. See club for details.

WE CHANGE LIVES

"One word for me that describes the Koko experience – transformative. At the age of 46 and after not working out for 16 years, I joined



the 30-day [trial] this past summer to try something new. I had no energy, I was overweight, and saw a pretty bleak future physically for the path I was on. After a couple of weeks I was hooked... The whole program is arranged for me, taking into account my strengths/weaknesses and ensuring that I continue to progress. I'm now wearing the same size pants as my college days. It really is true that lean muscle and fitness is the fountain of youth. My girls are appreciating a MUCH more active dad. If every gym in the country had this system, I think we'd have a lot more happy people who have transformed their lives as well."

~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance



were not what they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

~ Karen Spahn, Member,
Koko FitClub, Reston

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To get started with your 30-day trial,
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Koko FitClub of Herndon | 571-612-2331
Koko FitClub of Reston | 571-612-2333
Or click! try.kokofitclub.com/30daynova