

Great Falls CONNECTION

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Riverbend's Summer Attraction: Kayaking

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Happy Birthday Silver
Line, and Many More

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'Happy Days' in Home Sales

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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

SEE SILVER LINE. PAGE 8

'Happy Days' in Home Sales

Banner first half 2015 for real estate in McLean and Great Falls.

BY KAREN BRISCOE

The first half of 2015 in McLean and Great Falls is up over 16 percent overall in terms of number of sales in comparison to the first half of 2014. This is very good news for the market area as it indicates an environment for the potential for price appreciation, provided demand remains strong relative to supply.

The chart breaks out sales of homes for both zip codes into the lower brackets which is considered under \$1.25 million and the upper brackets which is above \$1.25 million. Looking deeper into the statistics, it reveals that all price points other than the over \$3 million market experienced an increase in number of sales. The lower brackets saw an increase of over 19 percent in number of transactions. The upper brackets



experienced a strong increase as well with 10 percent.

The largest increase is not surprising with the entry level home purchaser with almost 27 percent increase in demand. Many economists attribute this to the Millennial Generation now able to enter the market and purchase their first home, which in these areas is likely condo ownership. The 22102 part of McLean that is located in Tysons Corner offers numerous condo options. The opening of the Silver Line metro in 2014 has increased Tysons attraction for this demographic that desires an urban lifestyle. The other options available in McLean and to a lesser extent in Great Falls for the under \$750,000 price point are town homes and smaller, older single family homes.

As there is very little available land to purchase for development in McLean and Great Falls, new home builders continue to represent a portion of this market segment by purchasing lots for new construction. This type of in-fill development occurs by tearing down an older existing home for the land value. When the builders compete for lots, there is less available for owners that would buy the home to live in. These scenarios can make it challenging for a first time homeowner to purchase, although it actually can be a healthy sign of recovery when new home construction is strong.

The next price range up, between \$750,000 and \$1.25 million, experienced an increase in demand of 12.5 percent year over year. This market segment typically represents the first level move up home owner. Knowing that with confidence their home should sell quickly for a strong price, these owners are in a better position to make the move to the next price level home. The two upper bracket categories of \$1.25 million to \$3 million both experi-

McLean & Great Falls Market Analysis of Homes Sales

1ST HALF 2015 COMPARED TO 2014

(Based on Final Closed Price)

	>\$3 Mil.	\$2-3 Mil.	\$1.25-2 Mil.	\$1.25 Mil.~\$750k	<\$750k
1ST HALF 2015					
22101	3	15	43	113	40
22102	2	10	23	26	115
22066	0	8	33	50	15
Total	5	33	99	189	170
Combined Total		137			359

ALL SALES 1ST HALF 2015: 496

1ST HALF 2014					
22101	6	9	44	95	34
22102	6	8	20	36	90
22066	1	7	23	37	10
Total	13	24	87	168	134
Combined Total		124			302

ALL SALES 1ST HALF 2014: 426

enced strong increases in demand as well. These are the next level of move-up homeowners.

Clearly "happy days are here again" for home sellers in McLean and Great Falls. Good homes priced correctly for the current market sold quickly and in some segments with multiple offers. All

signs are for 2015 to continue to have positive market conditions.

Karen Briscoe is an active and experienced Realtor with Keller Williams in the Northern Virginia, market place and would be delighted to assist whether for home buying or selling. Please contact her at www.HBCRealtyGroup.com, 703-734-0192 or Homes@HBCRealtyGroup.com.

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WE CHANGE LIVES

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.

"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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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)



COMMENTARY

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

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.

Great Falls CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Local Boy Scouts leave for the 23rd World Jamboree in Japan

Every four years, the Boy Scouts organize a World Jamboree, and this year, Japan is the host. On July 24, a troop of 36 scouts and four adult leaders from our region left from Dulles Airport to attend the Jamboree. These scouts make up the Northeast Region (NER) Troop 2 and are from the area between Frederick, Md. and Fredericksburg, Va.; the troop includes three scouts and an adult leader from Great Falls. These are Peter Ongman, who is the senior patrol leader for the troop, his brother, Matthew, and his father, John, who all hail from Troop 55

in Great Falls. The third Great Falls Scout is Greg Gersony, who is a member of Troop 673. The scouts will be in Japan until Aug. 9, and will tour Tokyo and Yokohama, as well as attend the Jamboree in Yamaguchi. More than 30,000 scouts from 160 countries are expected at the Jamboree, and the NER Troop 2 camp site will be next to troops from Bosnia, the Czech Republic and Japan, among others. The theme of this Jamboree is “wa,” which means “peace and harmony,” particularly appropriate for the 70th anniversary of the end of World War II with Japan.



PHOTO CONTRIBUTED

Local Boy Scouts at Dulles International Airport before departing for Japan.

A flotilla of sailboats awaits the morning sun at Fogg Cove in St. Michaels Harbour. The image is part of a new photo exhibition featuring Maryland’s Eastern Shore that will be on display during August at the Old Brogue.



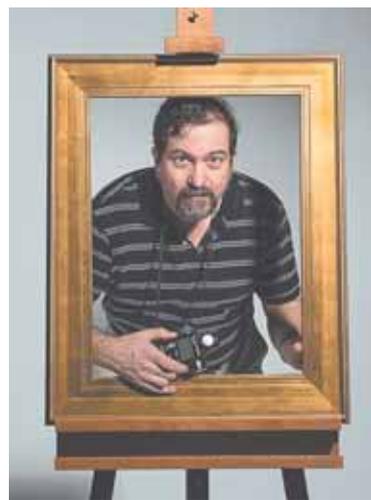
PHOTOS BY DEAN SOULELES

Photo Exhibition at Old Brogue Highlights Eastern Shore Town

In a series of striking photographic images printed on aluminum sheets, Great Falls photographer Dean Souleles has focused on historic St. Michaels, Md., in a new exhibition at Katie’s Coffee House at the Old Brogue, 760 Walker Road in Great Falls. The exhibit, titled “Life on the Eastern Shore,” will be on display during the month of August.

St. Michaels, just a two-hour drive from Great Falls, is along the Miles River in the heart of Maryland’s Eastern Shore. The quaint town dates back to the mid-1600s, reflecting a rich history that includes shipbuilding and seafood processing. Now a go-to tourist destination, St. Michaels features beautiful churches, and colonial, federal and Victorian houses. It is also the home of the Chesapeake Bay Maritime Museum.

Souleles, who has a certification in professional photogra-



In a self-portrait, photographer Dean Souleles frames himself. Souleles has a certification in professional photography from Boston University. He is also on the Board of Great Falls Studios, a consortium of about 100 working artists and photographers who live or work in Great Falls.

phy from Boston University, lives in Great Falls but splits his time between there and his weekend home in St. Michaels. He is the photographer for the book, “Creative Spaces: Inside Great Falls Studios,” which features photo essays on 16 local artists celebrating the 10th anniversary of Great Falls Studios, a consortium of about 100 artists who live or work in Great Falls. He serves on the board of the arts group which partners with Katie’s and the Old Brogue to mount a new art exhibit every month in the restaurant. “I really appreciate being able to show my work at the Brogue,” said Souleles. “Mike Kearney and his staff have been great partners. It’s a wonderful way to share my art with the community.”

The public is invited to meet the artist at Katie’s for an open reception on Saturday Aug. 8, 2 – 4 p.m.



PHOTO BY COOPER DAVIS/THE CONNECTION

From left — Chris Blankingship, Pierce Bloom, Ryan Windus, Tommy Rogers, Micaela Grassi and Matt Dungan celebrate winning the League Championship.

River Bend Swimmers Excel at All-Star Meet

On Sunday, July 26, at Westwood Country Club, was not a usual swim meet. It was the All-Star meet, where the best of the best competed in a total of 48 individual events. The River Bend Golf and Country Club Swim Team had a great season already, remaining undefeated and winning their sixth Dominion Country Club League championship in a row in the process. River Bend had also won the League Relay Carnival earlier on Sunday, July 12, making it seven in row in that category for the team. Coach Mat Campet said that winning is not the team’s primary motivation, though. “The main thing we focus on is how much fun we have. We try not to focus on what’s a win and what’s a loss.” Campet also preached the importance of teamwork, as “we are only as great as our weakest link.”

River Bend had a great preliminary showing at the All-Star Qualifier meet the day before the All Stars, on Saturday, setting two new league records. Eight-year-old Alyssa Webb broke a record that had stood for 13 years, swimming the 8U girls 25-meter freestyle in 16.46 seconds. Rising Langley High School senior Carter Bennett

broke his own record of last year, swimming the 15-18 boys 50 meter freestyle in 23.86 seconds.

Alyssa Webb continued her dominance on Sunday, winning all three races she participated in: The 25-meter freestyle, breaststroke and butterfly. Sophia Ambrose and Haley Smith also took home first place victories at the meet.

On the boys’ side, Aiden Bond and Connor Smith each finished in first place in two events, while Will Koeppen and Ryan Windus each won a race, also. Suzanne Youngkin, whose son Thomas swam in the meet, commented on the thrill of all the day’s races, explaining that “by the time they’ve narrowed the field down to six [swimmers], every single race is very exciting and close.”

Ryan Windus’s mom, Jennifer, whose husband, Robert, was the meet referee, said that swimming is such a wonderful sport because “they’re all a big family” and “they can be arch rivals when they’re swimming against each other, but at the end of the meet, they’re all friends again.”

— COOPER DAVIS



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

“We want to be ready on day one.”

— Lisa Merkel, Herndon Mayor

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 GFCFA 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 GFCFA 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

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-



PHOTOS BY MADDY WEINGAST/THE CONNECTION

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.

CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

ONGOING

Restful Pause. Wednesday-Saturday, through Aug. 1. Katie's Coffee House, 760 Walker Road, Great Falls. Robert Gilbert brings his nine, framed still-life paintings to exhibit. The subjects are wine bottles, wine glasses, ceramic pots, fruits and vegetables. The paintings are realistic in some areas and impressionistic in others.

Summer Reading Program. Friday-Sunday, through Sept. 5. 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike Great Falls. Attend summer events and check out books. All ages. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

Great Falls Concerts on the Green. Sundays, through Sept. 6. 6-8 p.m. at Great Falls Village Centre Green. Come out on Sundays and listen to some live music. Visit <http://www.celebrategreatfalls.org/concerts-on-the-green/>.

WEDNESDAY/ JULY 29

Jambo. 10:30 a.m. Wolf Trap, 1645 Trap Road, Vienna. Discover the dynamic roots of American music for children's imagination. Tickets: \$10. Visit www.wolftrap.org

Jill Scott. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Triple-grammy winner Jill Scott performs. Tickets: \$45-\$100. Visit www.wolftrap.org

THURSDAY/JULY 30

Under the Sea. 2:30 - 3:15 p.m. Dolley Madison Library, 1244 Oak



View Robert Gilbert's exhibition Restful Pause showcasing wine bottles, wine glasses, ceramic pots, fruits and vegetables from July 1-Aug. 1 at Katie's Coffee House, 760 Walker Road, Great Falls.

Ridge Avenue, McLean. Meet live sea creatures. Age 6-12. Register at <http://www.fairfaxcounty.gov/library/branches/dm/>.

Patrick Henry Book Club. 1 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Recent title change: Me Before You by Jojo Moyes. Adults. Visit <http://www.fairfaxcounty.gov/library/branches/ph/>.

Reading Buddies. 4:30- 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Grab a buddy! Teen Volunteers available to read to or with beginning readers. Ages 3-9. Register at <http://www.fairfaxcounty.gov/library/branches/gf/>.

Happy Birthday, Harry Potter! 7-8:30 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Help us celebrate the birthday of our favorite literary wizard. Teens. Register at <http://www.fairfaxcounty.gov/library/branches/ph/>.

Under the Sea. 2:30- 3:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Meet live sea creatures. Age 6-12. Register at <http://www.fairfaxcounty.gov/library/branches/ok/>

Natyabhooni School of Indian Dance. 10:30 a.m. Wolf Trap, 1645 Trap Road, Vienna. Revel in the rich traditions of South Asia. Tickets \$8. Visit www.wolftrap.org

Ben Harper & the Innocent

Criminals. 7:30 p.m. Wolf Trap, 1645 Trap Road, Vienna. For the first time since 2008, the group reunites on tour for blues, soul, reggae and rock performances. Tickets \$35-\$60. Visit www.wolftrap.org.

Wine Class. 7-8 p.m. The Wine Outlet, 278 Cedar Lane SE, Vienna. Wine class covering Europe's 43rd Parallel, discussing Provence, France, Tuscany, Italy and more. A light food pairing will be included. \$5. RSVP at 703-639-0155

FRIDAY/JULY 31

Playdate Cafe. 10 a.m. - 12 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and playspace for children. Coffee and conversation for grownups. Visit <http://www.fairfaxcounty.gov/library/branches/gf/>.

Pokemon League. 3- 6 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Learn and play. Ages 5-18. Open play. Visit <http://www.fairfaxcounty.gov/library/branches/ph/>.

Family Game Time. 3:30 - 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games. All skill levels and ages welcome.

Dr. Seuss Spectacular. 7 p.m. Barnes & Noble, 7851 L. Tysons Corner Center, McLean. A celebration of Theodor Geisel known to the world as the beloved Dr. Seuss.

Kayak Tour-Sunset Over Riverbend. 5:30 - 7:30 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. A kayak tour of the upper Potomac River. Tickets: \$38. Visit fairfaxcounty.gov.

Parent & Child Fishing by Boat. 5 - 7 p.m. Riverbend Park, 8700 Potomac Hills St., Great Falls. Enjoy

fishing with your kids. Tickets: \$16. Visit fairfaxcounty.gov.

Pushcart Players. 10:30 a.m. Wolf Trap, 1645 Trap Road, Vienna. Pushcart Players brings "Alice in Wonderland" to life. Tickets \$10. Visit www.wolftrap.org

Rufus Wainwright. 8:15 p.m. Wolf Trap, 1645 Trap Road, Vienna. Wainwright pairs his singing with the National Symphony Orchestra. Tickets \$25-\$58. Visit www.wolftrap.org

FRIDAY-SATURDAY/JULY 31-AUG. 1

Pushcart Players: Alice in Wonderland. 10:30 a.m. Wolf Trap, 1645 Trap Road, Vienna. Pushcart Players will be performing Alice in Wonderland. Tickets: \$10. wolftrap.org.

SATURDAY-SUNDAY/AUG. 1-2

The Rodgers Family: A Century of Musicals. 3 p.m. Wolf Trap, 1645 Trap Road, Vienna. The Rodgers family will be performing music from several of their family's famous productions. Tickets: \$46. wolftrap.org.

SATURDAY/AUG. 1

Star Trek. 8:30 p.m. Wolf Trap, 1645 Trap Road, Vienna. Wolf Trap will be screening the film "Star Trek" while the National Symphony Orchestra performs the movie score. Tickets: \$30-\$58. wolftrap.org.

SUNDAY/AUG. 2

David Sedaris. 7 p.m. Wolf Trap, 1645 Trap Road, Vienna. NPR humorist and author David Sedaris

SEE CALENDAR, PAGE 11

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CALENDAR

FROM PAGE 10

will be performing his comedy followed by a Q&A and a book signing.
Tickets: \$25-\$55. worldtrap.org.

MONDAY/AUG. 3

Preschool Science 123. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Mad Science presents fun and amazing experiments. Age 3-6 with adult. Each adult and child must be signed up separately.

TUESDAY/AUG. 4

Legos in the Library. 2 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Get creative with Legos. Ages 5-12.

WEDNESDAY/AUG. 5

Books and Babies Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Build an early literacy foundation for you and your child while enjoying rhymes, songs, stories and activities.

Pokemon League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.

THURSDAY/AUG. 6

Reading Buddies. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Teen volunteers available to read to/ with beginning readers. Ages 3-9.

Knit Club. 6 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Bring your supplies and practice your crochet, knitting and cross stitching techniques. Ages 8-18.

FRIDAY/AUG. 7

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Children come and enjoy toys and a playspace, while adults enjoy coffee and conversation. Ages birth-5.

Family Game Time. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play assorted board games. All skill levels

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Q&A: McLean's Norton Committed to Indiana as Sophomore

Catcher is superstitious, listens to 30-song playlist on game days.

McLean catcher Bella Norton knew from a young age that she wanted to play college softball. Once she got to high school, it didn't take Norton long to choose the college at which she would play.

Norton committed to Indiana University at the beginning of her sophomore year. She has remained motivated despite committing early in her high school career, citing her desire to be the best.

After spending her freshman season as the Highlanders' designated hitter, Norton moved behind the plate as a sophomore. As a junior in 2015, Norton batted .450 and earned first-team all-Conference 6, first-team all-6A North region and first-team VHSL all-state honors. She was also named first-team All-Met by the Washington Post.

Now a rising senior, Norton has one more season at McLean before competing at the Division I level. She recently participated in a Q&A via email with The Connection.

Connection: What was it about Indiana that made you commit?

Norton: It was a combination of the beauty of the school, the academic excellence and the B1G competition/amazing softball I'd be playing. The biggest thing for me was IU will obviously be a huge challenge, going into the collegiate level, but they have a loving, family feel about their organization and school I felt nowhere else. I fell in love with everything about it.

Connection: Were there specific reasons behind why you decided to commit to a college at the beginning of your sophomore year?

Norton: At that time in my recruiting process other offers were being presented to me. I visited other schools but when Indiana University came up, as soon as I walked on campus I just knew it was the school for me.

Connection: What teams did you play for prior to high school that allowed you to receive a DI offer early in your high school career?

Norton: I played with the Vienna Stars organization from the time I was 11 years old. I guest played with 18U Gold when I was in eighth grade, and the program was so strong and allowed me to play with the best girls in the country and gave me the exposure that I needed. Although I don't play for the organization anymore, the Stars, combined with my efforts to be recruited got me to where I am today and I'm very thankful for that.

Connection: What teams do you play for now, other than McLean?

Norton: I play for the Newtown Rock 18U Gold (Garvey). They are based in Newtown, Pa.

Connection: How, if it all, do you feel being committed to a college affected your approach to softball during your sophomore and junior seasons?

Norton: It has affected my work ethic and approach to the game in the best way



McLean rising senior catcher Bella Norton is committed to play softball at Indiana University.

“The most difficult part of being a catcher is the same as the most rewarding, which is being the leader off the field and developing your IQ of the game. It's difficult to master, but there's something about having your teammates trust you and knowing you have each other's backs that is really special.”

— Bella Norton

possible. I want to be the best, and I want to represent Indiana the best way I possibly can. Every practice, every game, I am working for Indiana, and I'm ultimately working on becoming the best. I am playing to grow as a player so I am ready to go when I get to Indiana. It's given me even more drive and passion playing the game of softball.

Connection: At what age did you start playing softball?

Norton: I started playing softball when I was 4 years old.

Connection: When did you realize playing college softball was an option for you?

Norton: When I was 10, I saw the University of Alabama play on TV, and ever since then my goal was to play at the biggest and most competitive level of softball I was able to reach. In middle school, I got my first look and I really started to look at colleges that I could potentially go to, to play softball.

Connection: What is the most difficult part of being a catcher? What is the most rewarding?

Norton: The most difficult part of being a catcher is the same as the most rewarding, which is being the leader off the field and developing your IQ of the game. It's difficult to master, but there's something about having your teammates trust you and knowing you have each other's backs that is really special.

Connection: You're sitting around playing a board game with family/friends. Do you play to have fun or play to win?

Norton: I'm the most competitive person I know. I definitely play to win.

Connection: Do you have a specific game day routine?

Norton: I have to write the number 24 (for Madison Small) on my hand before every single game to honor her. I hit before warm ups even start on a normal game day. I'm very superstitious, so for high school, I

have to eat a tuna sandwich no matter what. I have to wear the same sports bra and spandex under my uniform, and I have a specific 30-song playlist I have to listen to before I play.

Connection: What do you like to do when you're not playing a sport?

Norton: I love seeing my goddaughter, Georgia, when I'm not playing softball. I love being around my family. I love to work out when I'm not playing softball and reading about old bands and music.

Connection: Are you a pro sports fan? Which team(s) do you root for?

Norton: The Nationals! My favorite sport and team to watch.

Connection: What location is the farthest you've traveled from the Washington, D.C metro area?

Norton: The farthest I've traveled is California.

Connection: What's your favorite food?

Norton: I love Lebanese food all around (cause I'm Lebanese), but my favorite is grape leaves.

Connection: Who is your favorite music artist? Why?

Norton: I love Aerosmith, Van Halen and Rush. I love classic rock; it's my favorite kind of music.

Connection: What is your favorite movie?

Norton: “Mean Girls.”

— JON ROETMAN

NEWS

Rhonda Glasmann likes "great quality equipment and kayaks" available at Riverbend Park.



Riverbend Park's Summer Attraction: Kayaking

PHOTOS BY ANDREW SABA/THE CONNECTION

Riverbend Park is a popular outdoor destination as its fishing and hiking trails exhibit the diverse wildlife in Great Falls, yet kayaking is the biggest hit during the summer months. Stretching along the Potomac River, Riverbend Park has a wide range of kayak activities, such as the mini float trip which is a 1.5 mile instructor-led journey, while 8.5 mile float trips to Algonquin Park are also led by instructors who provide top quality kayaking equipment and instruction. According to kayaking instructor Colin McCahill, the most popular activities have been the Friday night sunset tours, in which kayakers enjoy the beautiful views along the Potomac River from 5:30-7:30 p.m. If you are an early morning adventurer, then be sure to check out the Sunday sunrise tours, which last from 7-9 a.m.

Kayakers at Riverbend Park are often repeat customers who cannot get enough of the adventure and wildlife scenery the Potomac River has to offer. Rhonda Glasmann is confident she will continue being a repeat customer at Riverbend Park, as it has "great quality equipment and kayaks." Glasmann also enjoys Riverbend's other amenities: "It is a beautiful park and trail with a wonderful deck to relax at, while the nature center is great for both children and adults."



Riverbend offers Friday night sunset tours and Sunday sunrise tours.

Every morning bird watchers explore the park, which is home to turkeys, owls, great blue herons, and bald eagles, along with hundreds of other rare and unusual wildlife species. The diverse wildlife and beauty of the Potomac River makes Riverbend Park and its kayaking activities the perfect outdoor destination and optimal way to spend a beautiful summer day in Great Falls.

— ANDREW SABA

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THE CONNECTION NEWSPAPERS

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.

To have community events listed in the Connection, send to north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

MONDAY/AUG. 3

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adults.

MONDAY/AUG. 10

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adults.

MONDAY/AUG. 24

Spanish Chat. 1 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. All levels welcome to practice Spanish in a relaxed environment with a native speaker. Adult admission.

ONGOING

The **Shepherd’s Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

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 twelve 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.

Vienna Toastmasters. 2nd and 4th Wednesdays at 7:30 p.m., at the Vienna Community Center on the 2nd floor room opposite the elevator, 120 Cherry St., S.E., Vienna. A friendly place to get comfortable with public speaking and impromptu speaking for new and experienced speakers. Open to the public.

Run With the Doctor. Every other Saturday at 7 a.m. 8230 Boone Blvd., Tysons Corner. The Center for Orthopedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to north@connectionnewspapers.com. Deadline is Friday.

Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, is holding Sunday evening worship service in a less formal atmosphere and more intimate setting to help you get ready for the week ahead. Sundays, 6 p.m. Communion offered. No childcare. 703-938-2119 or www.elcvienna.org.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children’s chapel and children’s choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

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