

Great Falls CONNECTION

Great Falls residents hold a brief candlelight vigil as part of the fifth annual Sept. 11 Memorial Ceremony at the Great Falls Freedom Memorial.

Recognizing Families In Grief

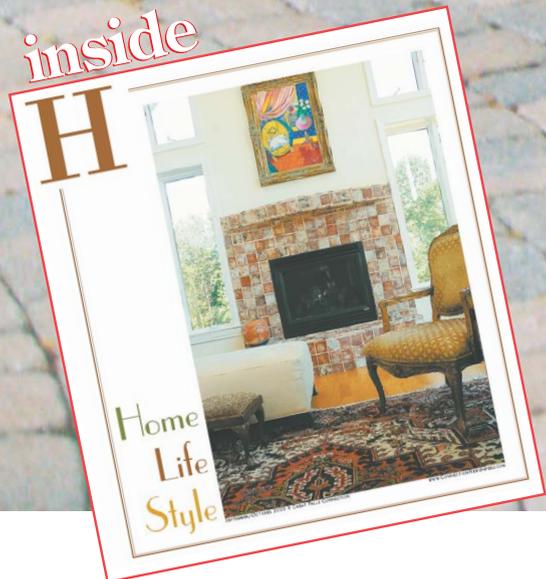
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Exxon Discovers Gas Contamination

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Great Falls History on Display

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NEWS



PHOTO BY BOB LUNDEGARD

From left, Great Falls Library branch manager Daniela Dixon, Friends of Colvin Run Mill President Mary Allen and Hill Signature Portraits owner Dan Smith stand by the restored and enlarged pictures of old Great Falls mills now hanging in the library.

Great Falls History on Display

Enlarged pictures of three area flour mills now hang in library.

digitally enlarged and framed the photos in August as a gift to the community, with the support of the Friends of Colvin Run Mill, and the library has agreed to display them for an extended period of time.

Flour manufacturing was a major industry in the mid-Atlantic region during the 19th century, and Great Falls was no exception. Residents can now be reminded of this era in the community's history by digitally restored and enlarged photos now hanging in the Great Falls Library, depicting three flour mills that once operated in the area.

One of the pictures is the earliest known photograph of Colvin Run Mill, which still sits on Colvin Run Road, formerly part of the Alexandria-Leesburg Turnpike. The other two depict Swinks Mill on Scotts Run, once located at the intersection of Georgetown Pike and Swinks Mill Road, and Jackson's Mill, which once sat on Leigh Mill Road at Difficult Run. They were taken in 1890, 1918 and 1919, respectively.

Great Falls-based Hill Signature Portraits

— MIKE DiCICCO

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Comstock for Delegate Fundraising Reception with Gov. Mitt Romney, at the home of Theodore B. Olson in Great Falls. Contact gretchen@gretchenmoss.com or sean@comstockfordelegate.com.



PHOTOS BY MIKE DICICCO/THE CONNECTION

Scoutmaster Bill Canis and Boy Scout Troop 55 lead the crowd in the pledge of allegiance.

Recognizing Families in Grief

At fifth Sept. 11 Memorial Ceremony, guest speaker talks of supporting families of fallen, injured.

BY MIKE DICICCO
THE CONNECTION

Lynda Davis, who served as deputy undersecretary of defense for military community and family policy, told the residents who gathered at the Great Falls Freedom Memorial last Friday, Sept. 11 that not only those who were killed or wounded in service to their country made sacrifices. “The families also

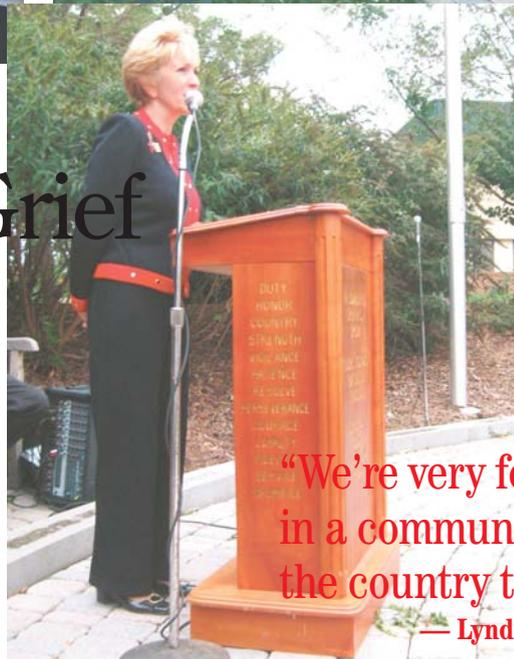
serve, and the families also suffer,” the Great Falls resident said.

It was the fifth annual Sept. 11 Memorial Ceremony held around the rock behind Great Falls Library. “It’s an event in our lives that we’ll remember until the day we draw our last breath,” Freedom Memorial President Bob Pattavina said of the 9-11 attacks as he kicked off the ceremony.

However, Rev. Paul Gysan of Christ



At sunset, gatherers protect their candles from the breeze. Rev. Paul Gysan, one of the memorial’s founders, pictured in the foreground.



“We’re very fortunate to live in a community like this in the country that we do.”

— Lynda Davis, guest speaker

Guest speaker Lynda Davis, who served as deputy undersecretary of defense for military community and family policy, talks about the sacrifices made by families of service members.

the King Lutheran Church said those too young to remember the attacks needed to be reminded of them and of the people who have fought for the country since that day.

Introducing Davis, Gysan said he had met the guest speaker through her mother, Mary. “I’d like you all to meet Mary. She’s a hugger,” he said, adding that Davis had inherited a

similarly caring personality. Having long worked to serve members of the military and their families, Gysan said, Davis had shown that she had

SEE SERVING, PAGE 7

School of Art Offers Range of Classes, Workshops

Great Falls School of Art offers classes in painting and photography. Day and evening class times, weekend workshops, and a convenient Walker Road location at Leigh Corners in Great Falls, promise opportunities for all ages and experience levels.

“A number of our adult classes have developed quite a following and will fill up quickly, and the new classes for children and teens are an exciting first for the school,” said art school registrar Terri Parent.

A centerpiece of the fall schedule is a weekend workshop to be led by internationally acclaimed artist Rob Vander Zee. This special program is a match for art students, art collectors and art enthusiasts alike. In “9 Elements of Masterful Painting,” Vander Zee will share his philosophy of painting through demonstration and lectures. Space is limited to the first 20 registrants. Vander Zee runs the

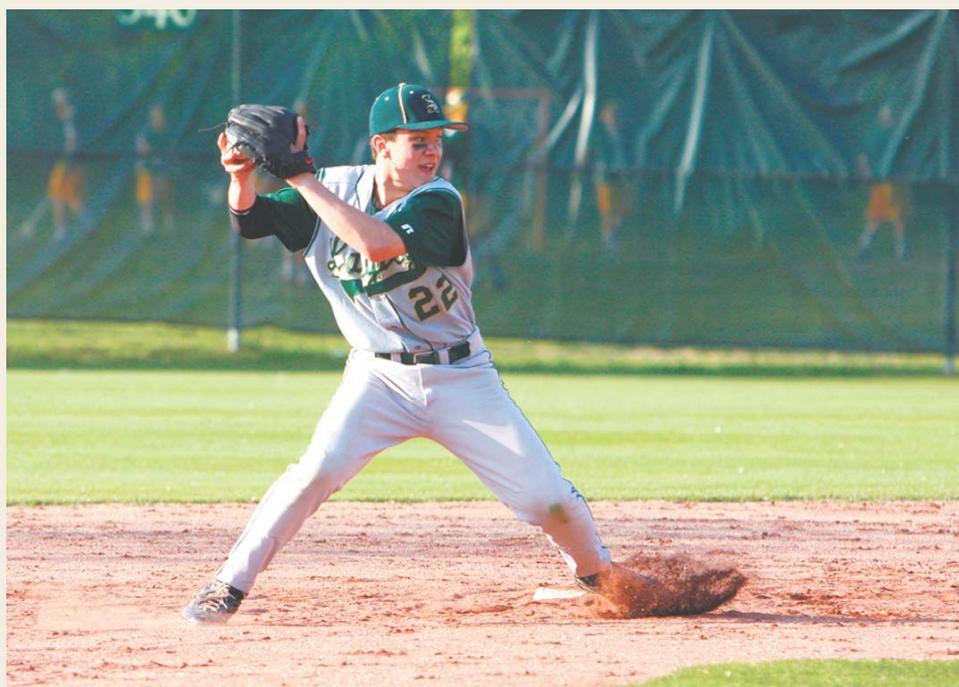


PHOTO BY HEIDI MAZAR/GREAT FALLS SCHOOL OF ART INSTRUCTOR

Langley Baseball Player Nick Amano Dolan in action.

Vander Zee Gallery and School of Painting in Alexandria, and his works are included in private and corporate collections

throughout the United States.

Also new this fall are adult classes and workshops in photography and Photoshop

editing, figure drawing, jewelry making and bas-relief modeling with clay. Children’s classes will include a PreSchool Picassos program for 3-5 year olds, Introduction to the Masters for 7-9 year olds, and a new Sunday morning drawing and painting course for 7-12 year olds. New for teens only are courses in oil painting, bas-relief modeling with clay and visual journaling. Adult oil painting classes, watercolor, drawing and painting from plaster cast round out the fall schedule. For a complete fall course bulletin, teacher profiles and registration information, visit www.greatfallsfoundationforarts.org.

Located at 1144 Walker Road, Suite D, the Great Falls School of Art is a program of Great Falls Foundation for the Arts, (GFFFTA), a 501(c)(3) non-profit organization that serves as a vehicle for art appreciation, education, and professional development in the Great Falls community. GFFFTA is staffed by volunteers and sustained by support from the community. During this past year alone — the school’s first — more than 170 students participated in 32 classes and workshops.

More information at www.greatfallsfoundationforarts.org



CONTRIBUTED

Turner Framing, Inc. — in addition to its location in Great Falls and Sterling — has a new location within the Penn Camera store in Tysons. Pictured, from left: Lorraine Turner Coons, Donna McCaw, and Afsheen Malik.

Turner Framing Expands to Tysons

A partnership between the two complementary businesses is providing a new level of service to their customers: Turner Framing, Inc. — in addition to its location in Great Falls and Sterling — has a new location within the Penn Camera store in Tysons (8357-E Leesburg Pike, Vienna). Now, customers can take care of their photography and camera needs, as well as custom picture framing, in one stop.

There is an opening reception on Thursday, Sept. 24, 6-8 p.m. at the Penn Camera store near the intersection of Rt. 7 and Rt. 123, including the information session on most frequently asked framing questions.

Turner Framing, Inc. has been in Northern Virginia for over 36 years, offering advice and creative designs, with a wide selection of frames to enhance photographs, artwork, and memorabilia.

Mary Elizabeth Jones, 97, Dies

Mary Elizabeth Jones, 97, died peacefully on Aug. 27, 2009 at her daughter's home in Great Falls. She had lived with her daughter and son-in-law, Carolyn and Charles Wasaff, for the past eight years. Also surviving Mary Elizabeth are two sons, Robert and his wife Laurel Jones and Stanton and his wife Nancy Jones, 12 grandchildren and eight great-grandchildren.

Mary Elizabeth was born on Nov. 2, 1911 and grew up in Arkansas City, Kansas. She had lived in Ardmore, Okla. over 60 years before coming to Great Falls. A funeral mass was celebrated in Ardmore on Friday, Sept. 4, and she was laid to rest there.

NEWS

Local Veteran Shines in Business

Tysons-based Micro Tech named nation's fastest-growing Hispanic-owned firm.

BY DONNA MANZ
THE CONNECTION

A little over five years ago, army veteran Tony Jimenez was working for a private contractor in the Washington, D.C. area. Today, Jimenez, of Great Falls, heads a company that Hispanic Business Magazine calls the nation's "fastest-growing Hispanic-owned firm," Micro Tech, a Tysons Corner-based multi-discipline information technology provider tapping into both the government and private sector markets.

"This part of Fairfax County is the IT corridor," said Jimenez, Micro Tech's President and CEO. "There's easy access to Washington, D.C. and federal government offices and a pool of highly-qualified, highly-educated workforce."

When Jimenez founded Micro Technologies [Micro Tech], an 8(a) certified Service-Disabled Veteran-Owned Small Business, he was the company's only employee for a month. When he "finally landed" his first contract, with Unisys, he hired two more people, he said. As more contracts went to Micro Tech, he hired more staff, and, over the past four years, acquired three other companies. Key offices are housed in Richmond, Colorado Springs, Greensboro and Huntsville.

In Micro Tech's first year, the company grossed \$1.4 million. In 2009, it grossed \$39.1 million. In December of 2006, Jimenez graced the cover of Veterans Business journal.

"Virginia has a well-known reputation for a large, military veteran



PHOTO BY DONNA MANZ/THE CONNECTION

Tony Jimenez, Micro Tech founder and president, heads an 8(a) certified Service-Disabled Veteran-Owned Small Business named, by Hispanic Business Magazine, as the fastest-growing Hispanic-owned firm in the U.S.

population," Jimenez said. "MicroTech focuses on hiring veterans, and the local Fairfax County population offers a high density of successful military officers and technically-skilled former service members. They are the kind of workers and staff, with the unique skills, training, and experience that you can only get in the service of your country, that we continually look for."

JIMENEZ'S FATHER was a career Navy man, and Tony grew up all over the world. His father and mother, born in the U.S., are of Hispanic lineage. Jimenez joined the army in the early 1970s and was an MP from 1975-78. He left the military in 1978 and became a Colorado Springs deputy sheriff, working and going to college. Between 1982 and 1984, Jimenez

attended college full-time on a ROTC scholarship. He returned to the army as a military police officer upon graduation in 1984, and retired from military service in 2003. He did three tours of duty in the Middle East and served in the first Gulf War.

Jimenez earned two master's degrees, one in acquisitions and the other in information technology.

As part of his mission to support disabled veterans, he hosts morale-related events at Walter Reed Medical Center, sits on the Board of the American Legion and a local Red Cross Chapter, and supports the "Heroes to Hometown" program, a transition assistance program for severely injured soldiers.

Not only does he belong to the VFW (Veterans of Foreign Wars) and Disabled American Veterans, he is also a lifetime member of American Legion Post 1, "George Washington's Post," as Jimenez refers to it. "Post 1 is special," he said.

Jimenez launched the "Wounded Warrior Redeployment Program," a pilot program in which MicroTech trains disabled veterans to operate centralized IT help desks. He also sponsors and supports the Intrepid Fallen Heroes Fund for traumatic brain injuries.

THIS YEAR, Micro Tech finished number one among small business that are government contractors in the Washington Technology Top 25 8(a) list. In February, the U.S. Chamber of Commerce named MicroTech as a "Blue Ribbon Small Business," calling MicroTech a business "... committed to supporting their employees, following best business practices, and improving their communities."

SEE MICRO TECH, PAGE 5

Scout Improves Volunteers' Safety

Walkway at Share Inc. headquarters allows safer deliveries.

Volunteers at Share Inc. now have a safer, easier way to bring deliveries into their headquarters at McLean Baptist Church as a result of recent efforts by McLean resident Holden Gibson. For his Eagle Scout project, Gibson coordinated and oversaw the construction of a concrete walkway from the parking

lot, where delivery trucks arrive, to the organization's storage facility.

Previously, volunteers for Share, a nonprofit organization that provides goods and services to the area's needy, had to carry goods to and from delivery trucks across a dirt embankment, limiting their ability to use carts and creating a

safety hazard during rainy or snowy weather. Thanks to Gibson's project, volunteers can now walk safely up and down the path and can carry larger loads to and from storage using carts.

The concrete walkway that McLean resident Holden Gibson built allows volunteers for the charitable organization Share Inc. to safely bring deliveries to and from their headquarters in McLean Baptist Church.



FAITH

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

St. Francis Episcopal Church in Great Falls, 9220 Georgetown Pike in Great Falls. Services are at 7:45 a.m., 9 a.m., and 11 a.m. Sunday School classes and an adult forum series are at 10:15 a.m. 703-759-2082 or www.stfrancisgreatfalls.org. Fall events include:

- ❖ Voice recital at 7 p.m. on Sept. 20, with music from the British Isles.
- ❖ Choral Evensong for All Saints, 7:30 p.m. on Nov. 1.
- ❖ Country Fair, Saturday, Oct. 3, 10 a.m.-4 p.m.
- ❖ Blessing of the Animals, Sunday, Oct. 4 at the 9 a.m. service.

The Community Rabbi Foundation Services for the High Holidays of Rosh Hashanah and Yom Kippur will be at the Baha'i Community Center, 21415 Cardinal Glen Circle, Sterling. Free; those who attend are asked to contribute to a charity of their choice. www.communtyrabbi.com or 571-277-2611.

Vienna Baptist Church, 541 Marshall Road, Vienna, is celebrating the 400th birthday of Baptists. Sunday service is at 11 a.m.; Sunday Bible Study, 9:30 a.m. 703-281-4400 or www.vbc-va.org.

Micro Tech

FROM PAGE 4

MicroTech was one of 56 small businesses nationally.

In March, the U.S. Small Business Administration (SBA) named Jimenez as the "Veteran Champion of the Year," in the Washington, DC area, for his "hard work ... and commitment to small business." In April, the Virginia Hispanic Chamber of Commerce honored Jimenez as the "Hispanic Entrepreneur of the Year," and during that same month, he testified before Congress on veteran-owned business issues. Micro Tech was also chosen as one of the 50 fastest-growing private companies in the state by the Virginia Chamber of Commerce.

MicroTech sponsored the Virginia Tech (VT) "Design Build Fly" team in national competition. The VT chapter of the American Institute of Aeronautics and Astronautics (AIAA) designs and builds radio-controlled aircraft for an annual remote flying competition.

JIMENEZ AND HIS WIFE moved to Great Falls in June. They have two grown children and four grandchildren, aged newborn to four years. Grandchildren, he said, can wear you out. He's looking for a dog to enjoy his new home and land.

"Every morning, I go out with my coffee and look over my yard, and I say, 'what a great yard for a dog.'"

To learn more about Tony Jimenez and Micro Tech, see <http://microtech.net/>.

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More Advanced Courses

More participation in upper level courses bodes well for students headed to college.

Fairfax County schools reported this week that about 20,000 students are taking at least one Advanced Placement or International Baccalaureate course this fall, an increase of 700 over last year.

Students benefit from participating in advanced level coursework in many ways. Coping with even one class with higher-level expectations helps in preparation for college classes. Completing advanced courses in high school is a good indication of a student's ability to complete college level work. While that ability is just one element of college success — organization, time management, discipline and more are major factors

— the confidence that comes with the experience is key.

Many students who have taken a full AP or IB program report an easier time with the academics of their first year of college, although there are no doubt plenty of other adjustments to make.

Students who take a full complement of AP or IB coursework also lay the groundwork for getting more out of college, and possibly paying less.

A good score on AP or IB exams can be counted for credit in some colleges, so a student with many advanced credits from high school can move directly into upper levels of courses when they arrive in college. And with

credit, some students are able to graduate in three or three-and-a-half years, potentially saving tens of thousands of dollars in the meantime.

Parents and students in schools that offer International Baccalaureate instead of Advanced Placement should know that students who successfully complete an IB course are likely to perform well on the related AP exam, and would be well advised to register to take that AP test. While most colleges accept an AP score of 3 or more for either credit or placement, some colleges are still less consistent about how they handle IB test results. Having the AP test score can make the process in college much simpler. High schools offering IB should also be encouraging their students to take the AP exams.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

At Long Last, Seeing the Light

To the Editor:

I know I speak for hundreds of Great Falls families when I note with great joy and relief the installation of the new traffic signal at River Bend Road and Georgetown Pike. The light has been operational for about a week and has had a dramatic effect at the intersection. This previous pocket of chaos, anxiety and destruction has been transformed into an orderly and low stress intersection.

Many, many thanks are due to our local representatives, John Foust and Margi Vanderhye and their wonderful staff members and to Hari Sripathi and his staff at VDOT for their dedicated efforts to make this happen. I cannot begin to describe how much more possible this project became when we began to work with Mr. Foust and Ms. Vanderhye. They kept an open mind from the beginning. They listened intently to the more than 500 voices who joined together to call for this critical improvement, and then they worked tirelessly to keep the issue up front and in focus before the many governmental departments and bodies that needed to come together to fund and implement this project. It is refreshing and wonderful to work with community representatives that hear you and go out of their way to help. My deep thanks and regards also go to the hundreds of our neighbors who took the time and made the effort to add their voice to this fight — with special thanks to those who primarily are eastbound

Pike travelers and saw past their own convenience to recognize the danger for so many others. It has been most rewarding for me to see what involved citizens and open and professional government representatives can accomplish.

While my name has been linked to this effort for the recent several months, this was the farthest thing from a single-handed citizen effort. Our community owes special thanks to Morag Lucas and John Backus who had fought this battle individually over many previous years and who were so active and instrumental in making the case this time around. I would also like to acknowledge the critical support of Mike Norton who used his considerable "rolodex" to bring our message to so many neighbors in the early moments of this campaign and help our voice reach "critical mass." Thanks also to Joe Sartiano who helped champion this cause in our local community forum and who has supported this light so effectively and enthusiastically after joining the leadership of the GFCA. Many others made substantial contributions to this process and also deserve our gratitude.

Ken Lyons
Great Falls

Choices to Make

To the Editor:

I read with interest your interviews with Margaret Vanderhye and Barbara Comstock, candidates for House of Delegates District 34 ["Battle for 34th District," Connection, Sept. 9-15, 2009]. While both seem to be honorable people, I was

struck by how their answers mirror the different choices we are faced with at the national level.

Margaret Vanderhye's proposals and suggestions seem to be centered on spending money, creating bureaucracies and directing additional funds to favored programs. Barbara Comstock, on the other hand, seems more interested in helping people and businesses succeed on their own without excessive taxes or government regulations.

One example was Ms. Vanderhye's comment that her mission would be to get additional government funding for transportation programs. We all want solutions to the traffic problems in Fairfax County, but the answer isn't always to spend more money, especially with the budget crisis we're facing. Ms. Comstock's solution — changing the HOV lanes from three to two passengers — shows creativity in addressing problems without spending more taxpayers' money. Likewise, Ms. Comstock supports offshore drilling as a way to generate revenues from a source besides taxing Virginians.

Even their ideas on funding schools are at odds, with Ms. Comstock pushing money directly to the classroom while Ms. Vanderhye talks about establishing new government "programs" and "partnerships."

I'm sure both candidates want to do their best for the community, but it seems Ms. Comstock is more focused on putting the power in the hands of the people, not the government.

Jon Pelson
Great Falls

Record Contradicts 'Campaign Resume'

To the Editor:

In the last week's Connection ["Battle for 34th District"], Barbara Comstock promotes her moderate credentials, invoking Frank Wolf's name in three out of four of her answers. Her work for Frank Wolf ended more than 14 years ago, but just last year she was a stridently conservative television pundit and cheerleader for Sarah Palin (and founding member of the Team Sarah Web site). In the last 10 years Comstock was a defense strategist for Tom Delay, spearheaded fundraising for J. "Scooter" Libby's defense fund, and was public affairs officer for the Department of Justice during John Ashcroft's tenure. Her 2004 article in the National Review labeled Al Gore "unhinged" and "comically absurd."

This highly partisan, "win at all costs" Republican strategist is going to great lengths to appeal to moderates but her words and video clips, easily found in the age of Google, contradict her "campaign resume." Her current high profile fundraisers include Karl Rove, Eric Cantor and Mitt Romney. Barbara Comstock may want voters to only focus on her work in Frank Wolf's office but we need to ask her — what has she done for Northern Virginia lately?

Cecile Glendening
McLean

NEWS

Serving in Many Ways

FROM PAGE 3

"a heart that seeks to reach out and care for the people of our nation."

DAVIS noted that not only soldiers risked their lives in service to others. "There's people here who put on a different kind of uniform every day to serve the community," she said. People injured in battle or elsewhere, and the families of people injured or killed, do not recover on their own, but with the support of friends and the larger community, Davis said. "Sometimes, it's just a casserole left on the front step and you don't know who it is [that left it]. That's service too."

In the wake of 9-11, she said, recovery experts learned a lot about what those families need. For example, telling them to look up help on the Internet is insufficient. Much more effective, she said is bringing struggling families together and encouraging them to be open with each other and share their compassion without judging how others handle their crises.

When her department took over

Walter Reed Army Medical Center after reports of dysfunction at the hospital, she said, "We tried to implement what the families of 9-11 had taught us." Workers created individual family recovery plans and made sure that families didn't need to worry about their finances, jobs or educations, she said. They also tried to get families and injured veterans back into their communities.

LIVING IN GREAT FALLS, Davis said, she saw examples of families helping each other every day, from the Great Falls Ecumenical Council and the Neighbors Network to smaller, individual acts of kindness. "We're very fortunate to live in a community like this in the country that we do," she said, adding that the way residents lived their lives every day was the best testament to those who died in the terrorist attacks.

Pattavina said he was ending the ceremony on a sad note, remarking that this would be Gysan's last event at the Freedom Memorial. A founder of the memorial, he has been a regular participant in its events.



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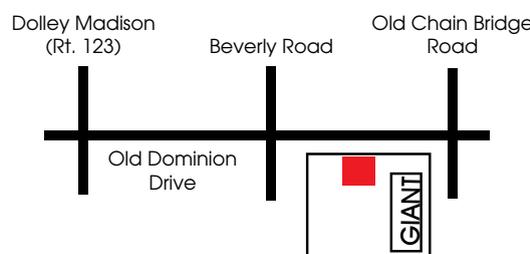
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Exxon Discovers Gas Contamination

Officials say levels extremely low, but action still may be taken.

BY MIKE DiCICCO
THE CONNECTION

Great Falls resident Robb Watters said he was distraught to learn from a neighbor, rather than official sources, that the Virginia Department of Environmental Quality (DEQ) was testing wells in his neighborhood off Innsbruck Avenue for possible gasoline contamination.

After the nearby Exxon station found traces of gasoline constituents on its property, Exxon and the DEQ “decided to quietly start testing neighborhoods” in the surrounding area, Watters said. And when his wife called the DEQ, he said, “She was told, ‘You need to make an adult decision on whether to drink your water.’”

However, he said he had been



PHOTO BY MIKE DiCICCO/THE CONNECTION

The Exxon station near Village Centre has detected traces of gasoline contamination on its property and in some nearby wells.

in contact with Supervisor John Foust’s (D-Dranesville) office and found Foust to be “amazingly responsive on this issue.”

“The critical point is that it’s not deemed by DEQ scientists to be a serious health risk, but it is deemed unacceptable to have this contaminant in your well,” Foust said. While levels of contamination that were found in groundwater and a few wells are far be-

low those that would mandate action in a public water system, he said, the state has a zero-tolerance policy for contamination of well water. As testing continues, Foust said, there could be several options for dealing with the problem.

He added that it had not been confirmed that the Exxon station was the source of contamination.

KURT KOCHAN, who is handling

the case for the DEQ, said the Health Department’s advisory level for methyl tertiary butyl ether (MTBE), the gasoline constituent that Exxon had discovered, was 20 parts per billion. “The levels that have been reported to us are about 40 times below those advisory levels,” he said, noting that the amounts detected were all estimates because they were about as low a value as the technology could register.

Kochan said Exxon was still testing under his department’s direction to confirm the presence of MTBE and determine whether there was an ongoing leak. However, he said, “Our program opinion is that we don’t want anybody to be exposed to any level of these constituents.”

He said the source of the contamination remained unclear, as there is a Shell gas station across the street from the Exxon and levels were low enough that the pollution could simply be the result of automobile use.

An official statement from ExxonMobile said the station had tested its own equipment and found no leaks.

Still Have Questions?

Residents with questions or concerns are asked to call Kurt Kochan at the Department of Environmental Quality at 703-583-3825.

In late August, Exxon started testing its property in preparation for selling the station, Foust said. On Aug. 26, the company reported to the DEQ that contamination had been found, and his office was notified the next day. The following day, he convened a meeting with the DEQ and local officials. “At that meeting, it was made clear by the DEQ that they did not consider this a health risk,” he said.

Nonetheless, Exxon identified 38 homes within half a mile of the station and asked those homeowners for permission to test their wells. The company ended up testing 16 wells, according to its public statement.

Four wells tested positive for MTBE and one for Perchloroethylene (PCE), a chemical used in dry cleaning, Kochan said.

In the 1990s, PCE contamination was found in a number of Great Falls wells, resulting in many homes getting hooked up to public water. Most homes south of Georgetown Pike receive public water, as do the shopping centers near the gas station, the Village Green Day School, the library and the elementary school.

The DEQ hired a contractor to re-test four of the wells where contamination had been found, as arrangements could not be made to re-test the fifth, an unoccupied property, Kochan said. One well tested positive for PCE, but no gasoline was detected in any of the four wells.

Kochan said his program, funded through a special gas tax, was only authorized to deal with gasoline pollution.

ONCE more data is collected, Kochan said, the next step could be a public meeting between the DEQ, residents and local officials. In the meantime, Exxon is providing bottled water to the homes where contamination was found, and the DEQ has been distributing fact sheets in the neighborhoods where tests are being conducted.

Where wells are determined to be contaminated, one option would be for the state to provide homeowners with water filters, Foust said. Another would be the provision of new wells, although he said public water connections would be the more likely solution. The final decision would rest with the DEQ, he said.

Visit These Houses of Worship Join A Club, Make New Friends, or Expand Your Horizons...

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Vienna Assembly of God ... 703-938-7736
Washington Christian Church ... 703-938-7720
Cristo Es Mi Refugio ... 703-938-7727
- Baha'i**
Baha'i Faith for Northern Virginia ... 703-821-3345
- Baptist**
Global Mission Church ... 703-757-0877
Peace Baptist Church ... 703-560-8462
Bethel Primitive Baptist Church ... 703-757-8134
- Cartersville Baptist Church ... 703-255-7075
Fellowship Baptist Church ... 703-385-8516
First Baptist Church ... 703-938-8525
The Light Mission Church ... 703-757-0877
Vienna Baptist Church ... 703-281-4400
New Union Baptist Church ... 703-281-2556
- Buddhist**
Vajrayogini Buddhist Center ... 202-331-2122

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Oakton Church of the Brethren ... 703-281-4411
- Catholic**
Light Mission Church ... 703-757-0877
Our Lady of Good Counsel ... 703-938-2828
St. Athanasius Catholic Church ... 703-759-4555
St. Mark's Catholic Church ... 703-281-9100

- Charismatic**
Christian Assembly ... 703-698-9777
- Church of Christ**
Berea Church of Christ ... 703-893-7040
- Disciples of Christ**
Antioch Christian Church ... 703-938-6753

- Episcopal**
Church of the Holy Comforter ... 703-938-6521
Church of the Holy Cross ... 703-698-6991
St. Francis Episcopal ... 703-759-2082

- Jehovah's Witness**
Jehovah's Witnesses ... 703-539-1579

- Lutheran**
Emmanuel Lutheran Church ... 703-938-2119
St. Athanasius Lutheran Church ... 703-455-4003

- Methodist**
Andrew Chapel United Methodist ... 703-759-3509
Church of the Good Shepherd ... 703-281-3987
Dunn Loring United Methodist ... 703-573-5386
Epiphany United Methodist ... 703-938-3494
Great Falls United Methodist ... 703-759-3705
Oakton United Methodist ... 703-938-1233

- Vale United Methodist ... 703-620-2594
Smith Chapel United Methodist ... 571-434-9680
Wesley United Methodist ... 703-938-8700

- Non-Denominational**
Christian Assembly Church ... 703-698-9777

- Presbyterian**
Grace Orthodox Presbyterian Church ... 703-560-6336
Korean Central Presbyterian ... 703-698-5577
Vienna Presbyterian ... 703-938-9050

- Quaker**
Langley Hills Friends ... 703-442-8394

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Northern Virginia Christian Fellowship ... 703-242-9001
Vienna Seventh Day Adventists ... 703-938-8383

- Unitarian Universalist**
Congregation of Fairfax ... 703-281-4230

- Unity**
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REAL ESTATE

To have real estate information listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

Seminar to Help First-Time Homebuyers. To help prospective first-time buyers understand the advantages of the \$8,000 tax credit and capitalize on this financial incentive before it expires, Weichert Realtors® will host a seminar on Saturday, Sept. 26 in each of its approximately 500 company owned and franchised offices nationwide. Through the seminar, Weichert, Realtors, along with its affiliate companies, Weichert Financial Services and Weichert Real Estate Affiliates, Inc., will educate first-time homebuyers on the specifics of the tax credit created by Congress and the other benefits of buying a home in the current market.

This free, no-obligation seminar, beginning will include a brief presentation followed by a question and answer session. To reserve your seat or to learn more about the time and location of the seminar nearest you, call your local Weichert office. For a directory of Weichert locations, visit Weichert.com.

P. Wesley Foster, Jr., chairman and chief executive officer of The Long & Foster® Companies, announced that Barry S. Redler has been selected to serve as chief marketing officer, a newly created position within the organization. Redler is an experienced marketing leader having worked with both Fortune 10 and privately held corporations. Prior to joining The Long & Foster Companies, he oversaw marketing and sales as a vice president for the Stanley Martin Companies, a privately held regional homebuilder. Redler also worked for The Ford Motor Company for over 20 years in various senior level marketing and sales positions. Redler resides in Northern Virginia with his wife and two children.

Weichert Realtor's Erin A Mendenhall and the McLean/Old Dominion office individually were recognized with regional awards for industry success in 2008. Neighborhood specialist Mendenhall

led the region in new homes sales for the year. Additionally, under the leadership of manager Steve Gaskins, the entire sales team led the region in listings sold, sales, resales and combined units. Mclean/Dolley Madison's office and several employees were also recognized. Pamela "Penny" Yerks led the region in dollar volume, new homes dollar volume, new home listings, and resale dollar volume for the year. J.D. Callander lead the region in listings, resales listings, listings sold, combined units, and resale revenue units for the year. Additionally, under the leadership of manager Janet Hewitt, the entire sales team led the region in dollar volume, new homes dollar volume, listings, new home listings, resale listings, and resale dollar volume.

Matt Martin Real Estate Management of Vienna will perform short sales processing and negotiations for Keller Williams Realty International, the third largest real estate franchise in the United States. Mat Martin Real Estate will provide support as a preferred vendor for the 73,000 Keller Williams sales associates, offering loss-mitigation negotiation with lien holders for the clients of Keller William's agents. As a result of this arrangement, Martin expects his firm to process an additional 3,000 to 5,000 short sales a month.

Patricia Estryn, Sales Associate with Coldwell Banker Residential Brokerage in McLean, has earned the "Energy Smart Real Estate Specialist" designation from Energy Smart Real Estate Professionals Company in Alexandria. Estryn is specially trained to guide buyers and sellers through the process of making their homes more energy efficient, which can increase home values, save on monthly utility bills and positively affect the environment.

Penny Yerks of Weichert Realtors' Mclean/Dolley Madison office was recognized with company awards for industry success in 2008. Yerks led all Weichert sales associates in resale dollar volume for the year.



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Saturday, September 26

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Saturday Adoption: 8am - 5pm
First come, first served only. No oral bid process.

Directions: From Rt 1, take Gunston Rd (east), go 2.4 miles past the BLM Meadowood entrance onto Harley Rd.1.

 U.S. Department of the Interior
Bureau of Land Management
Wild Horse and Burro Program
866-4MUSTANGS blm.gov

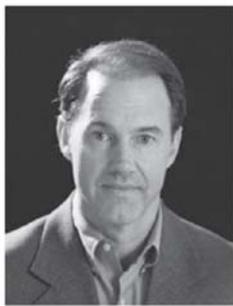

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Here's What's Happening ABOUT TOWN

Community Events:

• **Saturdays thru November 21st** – Great Falls Farmers Market 9:00 A.M.-1:00 P.M., Great Falls Village Center; gfcharities@aol.com



Member's Events:

• **Fridays Ongoing** – Guided Wine/Food Pairings 6:30 PM, Maison du Vin (info@maison-duvin.com)
 • **October 17th & 18th** – 6th Annual Art Studios Tour, Great Falls Studios (www.greatfallsstudios.com)

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GFBPA Activities:

• **Tuesday, October 6th** – Coffee With the Candidates 7:30-9:30 AM, The Tavern at Great Falls Center
 • **Wednesday, October 21st** – GFBPA Board Meeting 7:30-9:00 AM, Location TBA. All Members Welcome

• **Thursday, October 22nd** – GFBPA Evening Mixer 6:00-8:00 PM, Maison du Vin (info@maison-duvin.com)
Future Events –
 • GFBPA Breakfast Wednesday, Nov. 18th
 • GFBPA Holiday Party December TBA

Tell us what's going on with your business and see it listed here. Email Michael Vandergriff (MVandergriff@WashingtonFirstBank.com) or Mark von Keszycki (markvonk@neweyesconsulting.com) with your info.

Join us in October for Two Very Special Events!

Coffee with the Candidates

Tuesday, October 6, 2009

The Tavern at Great Falls Center

In preparation for the November election, the Great Falls BPA invites business owners and executives to join our incumbent Delegate to the Virginia Legislature and her challenger in an open discussion of issues affecting businesses in the Dranesville District.

7:30-8:30 AM Barbara Comstock (R), Candidate
8:30-9:30 AM Margi Vanderhye (D), Incumbent
 GFBPA Members \$10, Non-Members \$15. Registration required. RSVP attending only to clients@legenter.com

Evening Mixer (Open to the Public)

Thursday, October 22 – Maison du Vin

Maison du Vin and the GFBPA invite business owners, executives and citizens to an evening of networking, food and wine. Join us for a fun and relaxing social evening to taste 20 different wines with light hors d'oeuvres. Reservations preferred (info@maison-duvin.com). GFBPA members \$10, Non-Members and at the door: \$15.

When: Thursday, October 22nd
Time: 6:00 to 8:00 PM
Where: Maison du Vin
756 Walker Road, Great Falls, Va 22066
703-759-9880 or info@maison-duvin.com



Great Falls Business & Professional Association

OUR CORE VALUES:

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For more information, contact Stephen Dulaney, V.P. of Membership, at 703-759-4155 or e-mail g.s.dulaney.bv7f@statefarm.com.

www.greatfallsbpa.com

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 Saturday, September 19th
 Noon to 4:00 pm

Join us this Saturday, September 19th from noon to 4 pm as we celebrate our first anniversary! We'll have five tasting tables showcasing some of our favorite wine finds from the past year, alongside a variety of great hors d'oeuvres and special discounts throughout the shop. Our thanks go out to all of you who helped make our first year such a success, despite the challenging times. We look forward to many more!

Maison du Vin

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Traveling Players Participate in Reston Festival

Traveling Players Ensemble will be producing Moliere's "The Bourgeois Gentleman" as part of the Reston Multicultural Festival at the Reston Community Center at the Lake Anne Village Center on Saturday, Sept. 26, at 11:40 a.m.

The play is performed by members of the Traveling Players Middle School Ensemble: Oliver Ades of Bethesda, Md., Tayma Alassar of Reston, Chris Baughman of Great Falls, Olivia DeRamus of Bethesda, Md., Kira Feldmesser of Oakton, Noah Franklin of Bethesda, Md., Grace Housman of Falls Church, Evelyn Leggett of Falls Church, Christian Osborne of Alexandria, Yael Schoenbaum of Bethesda, Md., Camille Speer of Great Falls, and Juliana Thinnies of Manassas.

This is the fourth year in a row that Traveling Players Ensemble has been selected to participate in the



CONTRIBUTED

Grace Housman of Falls Church and Chris Baughman of Great Falls in "The Bourgeois Gentleman."

www.restoncommunitycenter.com/arts_community_MCF.html

Founded in 2003, Traveling Players Ensemble has been invited to perform at the Kennedy Center's Millennium Stage, Colonial Williamsburg, Shenandoah National Park, Reston's Multicultural Festival, and the International Children's Festival at Wolf Trap. In 2007, Traveling Players Ensemble was recognized by the National Endowment for the Arts (NEA) by being selected as one of 25 of the nation's "Summer School in the Arts." Traveling Players summer camp is in residence at The Madeira School in McLean. Traveling Players also offers theatre classes during the academic year for ages 11-18 as well as need-based scholarships for all their educational programs.

For more information, visit www.travelingplayers.org or call 703-987-1712.

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY, SEPTEMBER 17

- Astrobiology at Great Falls Library**, 9830 Georgetown Pike, Great Falls. 7 p.m. Free. With Michael Summers, Department of Physics and Astronomy, George Mason University. Part of a series sponsored by the Analemma Society and the Great Falls Library to celebrate 2009, The International Year of Astronomy. 703-757-8560.
- Ballyhoo!, Black White Radio, Monako and Prettier In Person**. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or jamminjava.com.
- Tiny Tot Tales**. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Stories and activities. Age 13-23 months with adult. 703-356-0770.
- Model Investment Club of Northern Virginia**. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Adults. 703-356-0770.
- Emerson Gallery Reception and Gallery Talk**. 7-9 p.m. at the McLean Project for the Arts, 1234 Ingleside Ave., McLean. Featuring works by Allegra Marquart, Michael Janis and Tom Baker. 703-790-1953 or www.mpaart.org.

FRIDAY/SEPT. 18

- Third Annual Birdie Davis Invitational**. 1 p.m. at the Reston National Golf Course, 11875 Sunrise Valley Drive, Reston. To benefit the Trevor 'Birdie' Davis Water Safety

Foundation. brad.davis@cbre.com or 703-734-4726.

- Game of Love and Chance**. 8 p.m. at First Stage, 1524 Spring Hill Road, Tysons Corner. \$25 adults, \$15 students. www.1stStageSpringHill.org/game.
- The Hits of the Beatles**. 6:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or jamminjava.com.

SATURDAY/SEPT. 19

- Washington Saxophone Quartet**. 3 p.m. at the Alden Theatre in the McLean Community Center, 1234 Ingleside Ave., McLean. 703-790-0123.
- Barrage**. 7:30 p.m. Langley High School Orchestra Society in concert at the Langley High School Auditorium, featuring the band Barrage. Tickets \$20. kamla@kcbpartners.org
- Northern Virginia Country Western Dance Association**, at Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Line dance lessons at 7:30 p.m., couples specialty dances at 8 p.m. Open dancing 8:30-11 p.m. Members \$10, non-members \$12. 703-860-4941 or www.nvcwda.org.
- The 4th Annual Coldwell Banker Cares Foundation Fundraiser**, 5-7 p.m., at Anita's, 521 Maple Ave. E., Vienna. Food, silent auction, raffle prizes, sports tickets and more. Proceeds to benefit HomesForOurTroops.org and CasaFairfax.org. \$25 age 14 and older, \$10 age 6-13, under 6 free. 703-938-5600.
- Redeemer Lutheran Church Fall Festival**. 5-8 p.m. at the church,

SEE CALENDAR, PAGE 13

Potomac River Running Store presents

Ladies' Night

A night of socializing, pampering, and shopping!

Thursday, Sept. 24 from 7:30-9:00pm

PR Tysons (7516 Leesburg Pike, located next-door to Trader Joe's)

Sip a glass of wine and nibble on some desserts while you enjoy the various activities we have planned!

- * Women self defense clinic
- * Personalized sports bra fitting
- * Spa treatments
- * Fall fashion show
- * Promotions and cool give-aways

Please RSVP at www.potomacriverrunning.com - click on Calendar - first 30 respondents receive a gift bag!

With this ad, receive 20% off any one item at any Potomac River Running Store between 9/25/09 and 10/31/09.

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CALENDAR

FROM PAGE 12

1545 Chain Bridge Road, McLean. Free admission. Book sale and holiday bazaar, live music, moonbounce, magician, games and more.

www.redeemermc.com
The Seekers. Soft rock. 4 p.m. at the Palladium Civic Green, 1445 Laughlin Ave., McLean. Free. 702-288-9505.

Game of Love and Chance. 4 p.m. and 8 p.m. at First Stage, 1524 Spring Hill Road, Tysons Corner. \$25 adults, \$15 students. www.1stStageSpringHill.org/game.

The Hits of the Beatles at 2 p.m., **Rocknocoeros Family Happy Hour** at 7 p.m., and **Chainsaw Baby CD Release**, Trauma DeVile VA CD Release and Sore Eyes at 9:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or jamminjava.com.

SUNDAY/SEPT. 20

Sully Historic Site Hosts Spain in the American Revolution. 11 a.m.-4 p.m. The re-created Spanish Louisiana Regiment presents scenes of 18th century military life including demonstrations of musket and cannon firing, soldier's drill and camp life. The camp cook will prepare "rotten soup" for dinner, and in the original open-hearth kitchen visitors will hear about the popularity of chocolate in the 18th century. Children can play games popular in early America. A guided tour of the house is included in this program. \$6 adults, \$4 children. Sully Historic Site is on Route 28 in Chantilly. From the Beltway (495) take either 166 west to Rt. 28 North or the Dulles Toll Rd. to exit 9A (Rt. 28 South). 703-437-1794.

The Pork Dukes, S.P.O.T.S., Jumpship (ex-Images) and Point Blank at 1 p.m. and **Tony Lucca, Jay Nash, Matt Duke and Christopher Williams** at 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or jamminjava.com.

Fall Concert on the Green, 6-8 p.m., A Neil Young Tribute at the Great Falls Village Centre.

Washington Symphonic Brass, with 17 brass and percussion players. 4 p.m. at St. Luke Catholic Church, 7001 Georgetown Pike, McLean. \$25, including post-concert refreshments and a chance to meet the performers. Age 17 and under free. 703-759-5334 or www.amadeusconcerts.com.

Dhoonya Dance Workshop. 11 a.m. at 1400 Chain Bridge Road, McLean. 703-678-8700 or www.dhoonyadance.com.

Game of Love and Chance. 2 p.m. and 6 p.m. at First Stage, 1524 Spring Hill Road, Tysons Corner. \$25 adults, \$15 students. www.1stStageSpringHill.org/game.

Traveling Players Ensemble in Moliere's Imaginary Invalid, at Wolf Trap's International Children's Festival. 11 a.m. at Wolf Trap National Park for the Performing Arts. 703-987-1712 or www.travelingplayers.org.

MONDAY/SEPT. 21

Storytime. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Short stories, fingerplay, and music. Age 3-5 with adult. 703-



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Rocknocoeros perform on Wednesday, Sept. 23, 12:30 p.m. at the McLean Community Center Alden Theater, 1234 Ingleside Ave., McLean.

757-8560.

Operation Spycraft. 6 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Former CIA employee Linda McCarthy created the CIA Museum collection of espionage memorabilia located at CIA Headquarters. She will share stories and display spy artifacts. Adults. 703-938-0405.

Open Mic Showcase hosted by Ron Goad. 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or jamminjava.com.

TUESDAY, SEPT. 22

Personalized Internet Training. 2:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. A 45-minute one-on-one Internet training sessions with a technology volunteer. Call for appointment. Adults. 703-790-8088.

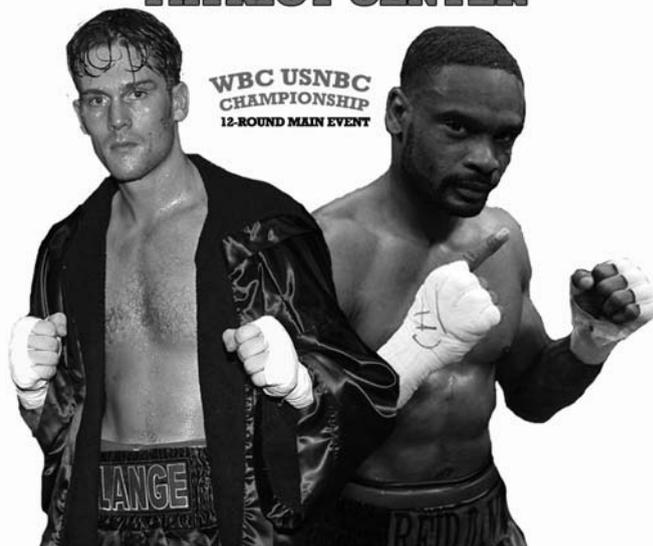
DC Rocks for the Cure, Memphis 59, Trustfall and The Dialogue. 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. 703-255-1566 or jamminjava.com.

Eight Bouts Scheduled

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Jimmy LANGE vs Jonathan REID

DeMarcus "Chop Chop" Corley vs. Damian Fuller

**Bayan "Mongolian Mongoose" Jargal (Arlington)
Jennifer "Bolivian Queen" Salinas (Manassas)**

Tickets - \$30, \$60, \$85, \$100, \$125, \$200, \$300, \$500. Doors at 630pm. First Fight at 730pm. Buy Tickets at all Ticketmaster Outlets including the Patriot Center Box Office, Ticketmaster.com or (703) 573-SEAT (7328) www.ipboxing.com

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Harvest Happenings!

Saturday, Sept. 26, 2009
11 a.m.-2 p.m.

\$5 per person;
free for children age 2 and younger.
Register in advance or pay at the door.

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- Prizes
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More than 60 freshman students from George Washington University participated in a day of community service at Vinson Hall Retirement Community in McLean.

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Day of Service at Vinson Hall

On the eighth anniversary of the 9/11 terrorist attacks, more than 60 freshman students from George Washington University came together in remembrance and participated in a day of community service at Vinson Hall Retirement Community in McLean.

The First Freshman Day of Service provided opportunities for students to serve the men and women who have served their country in the armed forces. Student volunteers provided a range of support for residents and Vinson Hall staff. In addition to assisting in maintaining the grounds and apartments, volunteers had the opportunity to engage in social activities with Vinson Hall residents such as gardening, playing Wii and other board games, and partici-

pating in round-table discussion groups.

"This event was a great opportunity to continue the development of an intergenerational program at Vinson Hall that fosters a sense of community and interaction among two diverse generations," said Philip DuBois, volunteer coordinator at Vinson Hall.

Sept. 11 was officially recognized as a National Day of Service and Remembrance when the Edward M. Kennedy Serve America Act was signed into law earlier this year. The First Freshman Day of Service is sponsored by George Washington University and coordinated by the GW Office of Community Service in conjunction with initiatives set forth by Serve America. United Service Organizations (USO), GW Vets and GW Housing Programs also sponsored the event.

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Sport&Health Expands

Local health and fitness company receives \$25 million for expansion.

By KENNETH BURCHFIEL
THE CONNECTION

Sport&Health Clubs, based in McLean, received \$25 million in mezzanine capital for senior debt payment and an extensive renovations and expansions program.

According to Mark Fisher, president and chief operating officer of Sport&Health, the company is "ready for a growth spurt." Fisher said that the financing, which comes from PNC Mezzanine Capital and CMS Mezzanine Fund, arrived at a beneficial point.

Sport&Health operates 23 fitness clubs and spas, many of which are in the Washington metropolitan area. It is the largest health and fitness provider in the D.C area, according to Fisher.

When Sport&Health first opened in 1973, chief executive officer Jonathan Adler said, family businesses made up the area's health and fitness sector. Since then, companies based elsewhere have opened up clubs, though Fisher said that such businesses are "really not in touch" with the local consumers they serve.

Sport&Health has been locally owned for 36 years, which "gives us a big strength," said Nancy Terry, senior vice president of marketing.

THE COMPANY has a number of expansion and renovation plans in store for the coming years. Sport&Health plans to build and acquire a total of nine clubs in the next three years, according to Adler. At the same time, the company will renovate and expand a number of its existing locations. Adler said that both Regency Sport&Health and Tysons Sport&Health, two of the club's McLean locations, "are going through major renovations."

At Regency, the company has expanded the fitness floor, resurfaced the outdoor tennis courts and plans to renovate the locker rooms there. At Tysons Sport&Health, meanwhile, renovations to the front desk and hallway are planned. The company will also expand its strength and cardio fitness areas, add a climate-controlled mind and body room and relocate equipment. Two million dollars has already been invested in the center's locker rooms.

"We're hoping for substantial improvement," McLean resident William Poster said at the club.



PHOTO BY KENNETH BURCHFIEL/THE CONNECTION

As part of its expansion and renovation plans, Sport&Health will add machine weights to this room at Tysons Sport&Health and relocate cardio equipment.



CONTRIBUTED

Sport&Health executives Mark Fisher, on left, and Jonathan Adler are in the process of renovating and expanding a number of their company's clubs.

"People would like to see the technology enhanced." Poster, who joined the club because of its range of activities, hopes to see equipment updates at the Tysons facility.

THE \$25 MILLION deal took place during troubled economic times, but Adler said that the company is "doing as well as last year," and that "our members are using the club more often now."

The economic downturn has also made acquisitions of struggling fitness companies possible. Sport&Health has received calls from related businesses on that subject.

The company's \$25 million financing and expansion plans will have an impact on the clubs themselves. As an added benefit for

Sport&Health, though, such initiatives might also reduce the competition that the company will have to face.

"The better we make our clubs," Fisher said, the less motivation other companies would have to compete.

When they do enter the market, he said, "We're going to be very aggressive."

"We're hoping for substantial improvement. People would like to see the technology enhanced."
— McLean resident William Poster



PHOTO CONTRIBUTED

The concrete walkway that McLean resident Holden Gibson built allows volunteers for the charitable organization Share Inc. to safely bring deliveries to and from their headquarters in McLean Baptist Church.

Scout Improves Safety

Walkway at Share Inc. headquarters allows safer deliveries.

Volunteers at Share Inc. now have a safer, easier way to bring deliveries into their headquarters at McLean Baptist Church as a result of recent efforts by McLean resident Holden Gibson. For his Eagle Scout project, Gibson coordinated and oversaw the construction of a concrete walkway from the parking lot, where delivery trucks arrive, to the organization's storage facility.

Previously, volunteers for Share, a nonprofit organization that provides goods and services to the area's needy, had to carry goods to and from delivery trucks across a dirt embankment, limiting their ability to use carts and creating a safety hazard during rainy or snowy weather. Thanks to Gibson's project, volunteers can now walk safely up and down the path and can carry larger loads to and from storage using carts.



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SPORTS

Solid Showing for Saxons At Monroe Parker Event

Bylund paces Langley boys' varsity; Saxon freshmen teams take first in ninth grade races.

BY RICH SANDERS
THE CONNECTION

The Langley High boys' and girls' cross country teams put together a fine season-opening meet at last Saturday's Monroe Parker Invitational, held on a cool, beautiful morning on Burke Lake Park's scenic, 2.98-mile course.

There were early morning freshmen races, followed by the JV races. Then, just before noon, the varsity races took place - first the girls' competition, and then the boys' run.

The Langley boys, who finished 12th out of 26 teams in the boys' varsity race, were led by senior captain Tommy Bylund, who finished 20th overall among a field of 233 runners.

"Tommy had a real good race," said Langley head coach Gifford Krivak. "He wants to make states; that's his goal. He did a solid job. There was a lot of competition up front."

Last fall, Bylund finished 13th at the Liberty District Championships, a race that took place on the Burke Lake course.

Bylund was the Saxons' No. 1 runner as a junior and carries that same title as a senior as well. On Saturday, Bylund was the Saxons' top runner. His 20th place finish did not earn him a top 15 medal, but there is a long season ahead and Bylund, as one of his district's top runners, will likely improve over the course of the season.

Langley, in Saturday's race, also received solid outings from junior William Peker (56th overall) and sophomore Michael Meyer (66th).

The overall boys' varsity team champion was West Potomac (122), followed by second place Jefferson (147), third place Lake Braddock (161), fourth place Centreville (162) and fifth place South Lakes (169). The individual boys' champion was Chantilly senior Christopher Foley.

FOR THE LANGLEY GIRLS, junior Bridget Chesney finished 63rd overall, out of a field of 181 runners. Langley's next best runner was junior Britany Stringer (66th).

The Saxon girls were competing without senior and top runner Anneka Day, who was taking the ACT test along with countless other runners from the region.

"Academics come over sports," said Krivak, with a smile. "With her out, that hurt us a little bit. She's a solid runner and she worked hard all summer. She trained really well."

The girls' varsity team champion was Lake Braddock with 77 points. Finishing second was West Potomac (95), followed by third place West Springfield (108), fourth place Jefferson (126) and fifth place Robinson (154). The top three teams received



Langley cross country coach Gifford Krivak

team trophies during early afternoon awards presentations.

Liana Epstein, a senior from Lake Braddock, was the individual champion. The top 15 runners earned medals.

Krivak, who was a Langley assistant coach last year before being named head coach of the program during the off season, believes both his varsity girls and boys can experience success over the course of the season and on into the postseason.

"I want to see both the boys and girls make it out of the district and advance to regionals," he said. "I think they [both] will."

In the postseason, the top four teams at districts automatically move on to regionals. And from there, the top four teams at regionals qualify for states.

THE LANGLEY girls garnered first place in the freshmen race at Monroe on Saturday. The Saxons scored 71 points to best second place Westfield (74) and third place Yorktown (100) in the 12-team competition.

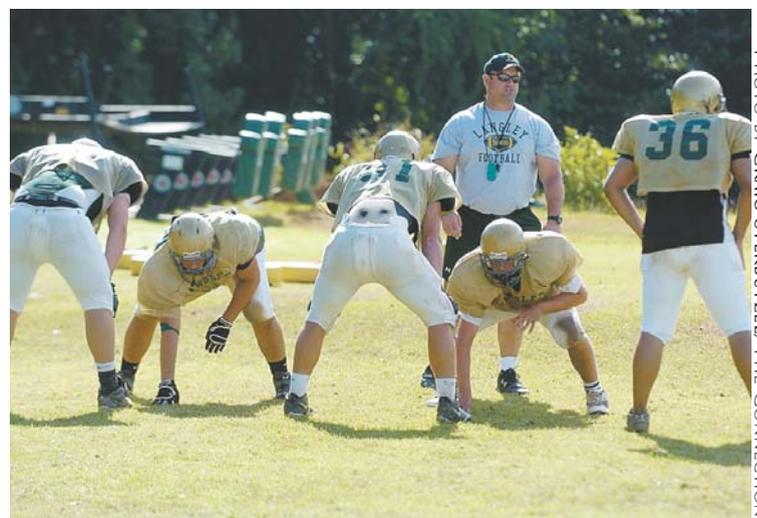
Langley's Elissa Purdy finished second overall in the race. Also for the Saxons, Jessica Miles was fourth. From McLean High, Madalyn Harper finished 14th.

The Saxon boys also took first in their team competition, finishing with 93 points to finish ahead of second place West Potomac (95) and third place Jefferson (101).

Leading the Langley boys was Thomas Cole, who finished seventh overall. Thomas Armstrong and Christopher Paul finished 17th and 18th, respectively, for the Saxons. McLean High's David Galdo was fifth.

There were two separate boys' JV races, with the Langley team taking fourth in one of them. Matt Sahm finished 10th for the Saxons and Miles Laubinger was 13th.

There were also two JV girls' team races. In one of those, Langley's Courtney West finished second for the sixth place Saxons.



Langley coach John Howerton and his Saxons will travel to Vienna this Thursday night to take on Madison.

Week Two Football Roundup

Madison, Oakton, Herndon and South Lakes All Victorious; Saxons looking to rebound from 0-2 start.

BY RICH SANDERS
THE CONNECTION

The Langley High football team slipped to 0-2 on the season following a 42-20 home loss to Chantilly last Friday night.

The Saxons, who in their prior game had lost at home to Lake Braddock in their season opener, will look to get their first win of the season this Thursday night when they travel to Liberty District opponent Madison (1-1).

Langley fell behind Chantilly, 14-0, after one quarter before scoring three second quarter touchdowns to take a 20-14 halftime lead. Saxon running backs Marcus Harvey and Austin Pritchett both ran for touchdowns in the quarter, and quarterback Braden Anderson tossed a scoring pass to receiver Joey Kiffe. But Chantilly took control in the second half, scoring a pair of TDs in both the third and fourth quarters to win and improve to 1-1.

In other week two action, Madison improved to 1-1 with a 21-3 home win over Yorktown last Friday night. The Warhawks, who a week earlier had lost at cross-town rival Oakton in both teams' season opener, scored touchdowns in the first, third and fourth quarters to defeat the Patriots, an Arlington area team and member of the National District.

Madison running back Mike McCool ran for a touchdown to open up the game's scoring in the first quarter. Yorktown scored a second quarter field goal to get within 7-3 at halftime. The Warhawks' Tavin Thomas (150

yards rushing) scored both his teams' second half touchdowns.

Madison will host 0-2 Langley on Thursday.

Oakton improved to 2-0 with a 35-34 overtime win over visiting West Springfield. The Cougars were coming off a week one, 14-0 home win over Madison.

Oakton led West Springfield 21-7 at the half before the Spartans rallied with 21 points in the second half to force OT at 28-28. Oakton QB Jimmy Boone (88 yards rushing, 177 yards passing) threw for a touchdown pass and ran for another for the Cougars, who are the defending Div. 6 region champions. Also for Oakton, Luke Willis and Mike Greene both ran for touchdowns and senior wideout Matt Chandler caught a 78-yard scoring pass.

This Thursday evening, Oakton will play a 4:45 game at T.C. Williams in Alexandria.

South Lakes improved its record to 2-0 with a shutout win at Jefferson last Friday night in Alexandria. The Seahawks, who defeated Falls Church in their season opener two weeks ago, will host 2-0 Herndon this Thursday night in the two teams' annual cross-town rival meeting.

South Lakes running back Ja'Juan Jones, in his team's win over Jefferson, scored on first half touchdown runs of 47 and 77 yards and finished the night with 153 yards rushing.

This week, the Seahawks, who are coached by John Ellenberger, are likely to have a stiffer test against Herndon, a Div. 6 region playoff team a year ago.

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21 Announcements

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21 Announcements

OPINION

Health Insurance Myths

BY RONALD E. JERRO, CLU
HEALTH INSURANCE BROKER

I feel an obligation to respond to the comments that U.S. Rep. James Moran (D-8) made regarding health care reform at his town hall meeting on Aug. 25 at South Lakes High School in Reston. At the meeting, which I attended, Mr. Moran focused on dispelling the many negative myths that were circulating about the proposed reform.

As an independent broker, I have been selling health insurance for 39 years and firmly believe that our country has one of the best, if not the best, health care system in the world. What I would like to do is point out the misrepresentations and myths that Mr. Moran and the current administration are spreading about our current health care system:

1. Insurance companies cancel peoples' coverage when they have excessive claims. Never in my career have I have ever seen this happen. It is against most, if not all state laws, for an insurance company to single out any one person like this. What they can do, is refuse to renew or withdraw all or part of their health insurance plans from a state which would affect everyone within the state that has their insurance. An insurance company can refuse to renew an employer's group coverage, which would necessitate that employer applying for coverage elsewhere. If there are health issues within the group, the group might have to settle for a more expensive plan that most states require an insurer to offer.

2 People with serious illness cannot get health insurance coverage. Since the passage of HIPAA (Health Insurance Portability and Accountability Act) in 1996, anyone who loses group health coverage or wants to change insurance carriers is guaranteed coverage and is not subject to underwriting and pre-existing conditions if they have had coverage for 12 months and no break in coverage longer than 63 days. The only problem with this is that the premiums for HIPAA designated policies are often two or three times the normal rate, making it unaffordable for many. This needs to be changed. In addition to HIPAA policies, 35 states have high risk pools [http://www.naschip.org/states_pools.htm] that offer guaranteed issue health coverage, some with very reasonable rates as in Maryland. In most cases, you needed to have exhausted all other options before you can attain coverage.

3. Congressman Moran said that 80 percent of the population will be able to keep their current plan. This is highly unlikely since most Americans (approximately 53.4 percent) are covered under an employer-sponsored plan. A public option plan would most likely be cheaper (not subject to state premium taxes and government subsidies) and favored by employers, most of whom would not be able to offer more than one insurance carrier, unless they had over 100 or more employees.

4. Congressman Moran stated that

the new legislation will treat mental illness as any other illness. Last year, President Bush signed into law a provision that does just that. Doesn't Mr. Moran remember that Congress already voted for this? The law becomes effective Jan. 1, 2010.

5. We need to provide coverage for the millions of uninsured Americans. According to the U.S. Census Bureau, in 2007, 45,657,000 people in the U.S. did not have health insurance, of those 35,920,000 were U.S. citizens. In a previous study, it was estimated that about 40 million uninsured people were living in the U.S. Approximately 15 million either could not afford or qualify for health insurance, 15 million did not want it for various reasons, and the rest were illegal residents. The real number of the uninsured that we should be concerned about is 15 million. State Medicaid programs are supposed to assist people in getting health insurance when they are not able to pay for it.

Health reform is absolutely needed, but why not make improvements on one of the best health systems in the world? Here are a few suggestions that I think would start the ball rolling in the right direction:

❖ **Over Utilization.** Before HMOs came into being, health insurance was relatively simple. There was a deductible and everything was covered at 80 percent until an out of pocket maximum was reached. Now we all have this entitlement mentality where we expect everything to be covered at almost 100 percent and we use hospital emergency rooms as if they were a doctor's office. There should be more incentives for people to enroll in high deductible Health Savings Accounts (HSAs) because most people would be less likely to spend their own money on questionable medical tests and treatment.

❖ **The Federal government and insurance companies have to do more in curbing fraud.** Billions are wasted on Medicare/Medicaid fraud and physician "up coding" (when a physician enters the highest paying procedure code for an illness when that level of treatment was not provided). Make it mandatory for hospitals to send patients a copy of the detailed bill that they send to their insurance company. I have never seen a hospital bill that was accurate.

❖ **State High Risk Pools.** Require all states to establish high risk pools; there are 15 that have not including Virginia and Vermont. Take notice Mr. Moran and Mr. Dean.

❖ **Simplify Medicaid procedures** so those who truly cannot afford health insurance can be assisted.

❖ **Prohibit Insurance companies** from charging exorbitant premiums for HIPAA qualified health insurance policies.

❖ **Tort Reform.** Nothing more has to be said about this. Get your congressman and senators to move on this issue now, or kick them out at the next election.

There are many more ways that we can significantly improve our current health care system, so let's proceed with those reforms and make what we have even better.

The writer is a resident of Great Falls



Public Information Meetings I-66 Transit/Transportation Demand Management (TDM) Study

The Virginia Department of Rail and Public Transportation (DRPT) is conducting this study to identify potential short-and medium-term transit and TDM enhancements that will increase mobility in the I-66 corridor between Washington, D.C. and Haymarket, Virginia.

The public information meetings will focus on the transportation alternatives under study, including new bus services such as Bus Rapid Transit (BRT), express bus service and commuter choices such as carpooling, vanpooling and park and ride lots.

Each meeting will include a continuous open house with study representatives available to provide information. Presentations will be given at 7:00 p.m. and 8:00 p.m. with an opportunity for questions and answers afterwards.

Meeting Dates and Locations

Wednesday, September 23, 2009
Arlington County Board Room-3rd Floor
2100 Clarendon Boulevard
Arlington, VA 22201

Wednesday, September 30, 2009
Oakton High School Cafeteria
2900 Sutton Road
Vienna, VA 22181

Thursday, September 24, 2009
Battlefield High School Auditorium
15000 Graduation Drive
Haymarket, VA 20169

Schedule for all Meetings:
6:30 p.m. to 9:00 p.m. – Open House
7:00 p.m. – Presentation and Q&A
8:00 p.m. – Presentation and Q&A

For more information on the study, visit
www.drpt.virginia.gov/activities/i66study.aspx.

If you are unable to attend a meeting, comments on the study may be sent to Public Information Office, DRPT, 600 E. Main St., Suite 2102, Richmond, VA 23219, or DRPTPR@DRPT.Virginia.gov. Comments will be accepted until October 9, 2009.

DRPT ensures nondiscrimination in all programs, services and activities in accordance with Title VI of the Civil Rights Act of 1964. For special assistance or information, call (804) 786-4440 or TDD 711 at least 48 hours in advance of the meeting date.

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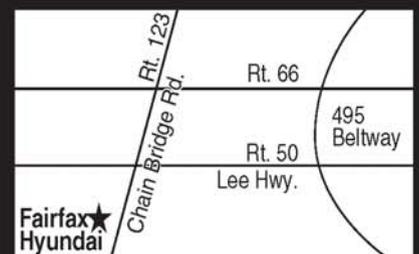


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