

McLean CONNECTION

Katharine Mardirosian, of McLean, will host the ribbon cutting for 100 Bowls of Soup on Sept. 12 at 279 Sunset Park Drive in Sunset Business Park in Herndon. The soup maker, inspired by her mother-in-law's cooking, already has more than 30 soups on her menu; she will eventually get up to 100 Bowls of Soup.

100 Bowls of Soup

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An August Sunday In Great Falls Park

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Human Trafficking: 'No One is Immune'

Teenager leaders warned, asked to educate themselves and peers against sex trafficking.

BY KEN MOORE
THE CONNECTION

Detective Bill Woolf described how human traffickers use all tools possible, including social media, to lure victims anywhere and everywhere, including Tysons Corner, Great Falls and McLean.

"Traffickers don't discriminate. They are looking for someone they can lure in," said Woolf, of the Fairfax County Police Department and Northern Virginia Human Trafficking Task Force.

Even a Fairfax County public high school was recently used by traffickers as a hub for recruiting; traffickers even used female students to help recruit.

Once someone is befriended on something like Facebook, or their recruiters find out all they can, somebody's likes and dislikes, favorite music, favorite books, favorite stores and favorite places to go.

And by the time there is that "chance encounter" somewhere in the community, such as a musical event, "He knows all the right things to say," said Woolf.

The victim thinks she, or he, is falling in love.

"You think, look at this connection. He gets me," said Woolf. "But it's really that he just did his homework."

Two hundred teenage girls from U.S. Rep. Barbara Comstock's Young Women Leadership Program filled Great Falls Library conference room on July 20. None is immune from being targeted for human trafficking, said Woolf and Beth Saunders, president of Just Ask Prevention Project: End Teen Sex Trafficking.

"They are posing as someone you can relate to. They are luring you in with that four letter word, love," said Woolf.

Beth Saunders urges everyone to look at her website, JustAskVa.org.

"The best way to prevent it is to educate people about what a healthy relationship is," said Saunders.

"Everybody sitting here is a target. If you're not sure what's going on, ask someone. It's not necessarily normal if a stranger is reaching out," she said.

THE YOUNGEST VICTIM Deepa Patel has worked with is 6 years old.

Patel, a clinical social worker at the Multicultural Clinical Center in Springfield, specializes in working with both victims of and perpetrators of sexual exploitation cases.



U.S. Rep. Barbara Comstock (R-10), Dr. Ludy Green, Deepa Patel, Beth Saunders and Det. Bill Woolf spoke to Comstock's Young Women Leadership Program at Great Falls Library on July 20 about human trafficking.



"Everybody sitting here is a target," said Saunders, president of Just Ask Prevention Project: End Teen Sex Trafficking. More than 200 teens participated in Barbara Comstock's Young Women Leadership Program. A panel urged the young women to be leaders in helping combat teen sex trafficking.

"It's a myth that it does not happen here. It is going on here."

— Bill Woolf, detective

"It's horrific that I have a job," said Patel. "Ask questions, ask somebody, 'Are you okay? Is there anything you need?'" she said.

Traffickers, recently, made a Fairfax County High School a place to recruit, a "large case," said Woolf.

"Recruiting was actually going on in a high school. Girls would do recruiting for them," said the detective.

Woolf asked the 200 teenagers in Great Falls Library how many times police were called.

Because of fear of parents, fear of judgment from peers, because of fear of police and law enforcement, potential victims don't seek help.

Officials use the term human trafficking; they are victims, not "prostitutes."

They may first be offered the opportunity to make "good quick money" by simply un-

"A friend whacked me on the side of my head. 'What aren't you doing? Why aren't you involved?'"

— Beth Saunders, Just Ask Prevention Project: End Teen Sex Trafficking

dressings, Woolf said, but "things spiral out of control fairly quickly."

"All of a sudden they are labeled, but, in fact, they were victimized over a period of days, months, years, whatever the time period might be," said Woolf.

"There are deep insidious, long term effects. Lifetime effects," said Patel.

When lured into being a victim, victims live, on average, seven years, said Woolf.

Woolf says the youngest victim he has worked with is 9 years old. "I've seen the horrific effects, essentially stealing their lives away from them," he said.

GANGS HAVE USED human trafficking

Get Help

The Polaris Hotline, 1-888-373-7888

The National Human Trafficking Resource Center is available to answer calls toll free anywhere in the country, 24 hours a day, seven days a week, 365 days a year.

Or text Help or Info to BeFree (233733).

More than 375 calls were made to the hotline in 2013 regarding cases in Virginia.

"It's a myth that it does not happen here. It is going on here," said Det. Bill Woolf, of the Fairfax County Police Department.

See JustAskVa.org

"The Just Ask Prevention Project is a public awareness campaign designed to expose the growing prevalence of Teen Sex Trafficking in Northern Virginia and to inspire our community to end the scouting, manipulation and recruitment of our teenagers," according to the website.

"This is the shot we have to end this. We don't want to be doing this in three years. We want to put ourselves out of business," said Beth Saunders, president and CEO of Just Ask: End Teen Sex Trafficking.

as a means for making money, said Woolf, formerly on the gang task force.

"We started to see how many young people, not just girls, that are being exploited in the human trafficking industry," he said.

Saunders once worked for a well-known international hotel company and learned about human trafficking; how traffickers used bell hops, taxicab and other personnel to promote their underground exploitation.

"I read an article about a brother who sold his sister into human trafficking," she said. "I could not believe my eyes."

She taught employees to learn warning signs about human trafficking.

She eventually left her position, returned to Northern Virginia and turned her attention to other endeavors, but she learned how human trafficking has infiltrated the local area.

"A friend whacked me on the side of my head," she said. "She said, 'What aren't you doing? Why aren't you involved?'"

More than 375 calls were made to The Polaris Hotline in 2013, according to her website.

"No one has the right to exert power over another individual. We as women have our own voice," said Dr. Ludy Green, president and founder of Second Chance Employment Service which provides employment for battered and abused women and is the author of Ending Domestic Violence Captivity: A Guide to Economic Freedom.

Saunders told each of the girls in Comstock's Leadership Program that she is in a position to do something, too.

"This is the shot we have to end this. We don't want to be doing this in three years. We want to put ourselves out of business," said Saunders. "It's a myth that it does not happen here. It is going on here," said Woolf. "Your peers are going to listen to you before they listen to me. My plea is to take this message, educate yourself and educate those around you."

Allen and Sumi Hu with sons Rowan (in orange) and Jonah.



PHOTOS BY KEN MOORE/THE CONNECTION



Great Falls offers picnic tables, grills and space for celebrating on a first-come, first-served basis.

Great Falls National Park Hosts Many a Celebration

An August Sunday in the park.

BY KEN MOORE
THE CONNECTION

Brandon Greiner, 3, took the lead. The 3-year-old biked the trails from one overlook to the next while his twin sister Ainsley, mom Nicole and father Nathan Greiner walked immediately behind.

Brandon's parents are both health and physical education teachers, and during the summer: "Everyday, we try to find a new activity. Today it's this," said Nathan Greiner. Great Falls National Park offers history

and nature in an 800-acre park at 9200 Old Dominion Drive in McLean.

By 10:30 a.m., rangers said hundreds of cars had already come through. The wait time to get into Great Falls Park was 16 minutes long.

By noon, the queue almost backed up to Georgetown Pike, with a wait time of nearly an hour.

"This is pretty incredible," said Sumi Hu who came to the historic overlooks with her husband Allen, and children Rowan and Jonah.

A sign at one of the overlooks explains:

"The Potomac River begins as a small spring near Fairfax Stone, West Virginia. Like a giant funnel, it gathers water from Pennsylvania, West Virginia, Maryland, Virginia and the District of Columbia as it travels 383 miles to the Chesapeake Bay.

"When it reaches Great Falls, the river narrows and drops 76 feet into a canyon called Mather Gorge."

Jessica Peguero adopted her dog Toby from Lost Dog and Cat Rescue (lostdogrescue.org).

"He loves climbing on the rocks," said Peguero.

She and Toby try to come to Great Falls once or twice a month. "We love nature,"

she said.

Chris and Estelle Maletz brought their daughters Pauline, 5, Claire, 4, and Bosco to Great Falls "just to get outdoors and enjoy the day," said Chris Maletz, "and to take the girls out for a hike."

Juan Munguia and Nery Munguia, of Herndon, brought Aylin Munguia to Great Falls for her second birthday party.

Her parents decided it was the best place to invite family and friends for soccer, barbecue chicken, and, of course, birthday cake.

Immediately after kicking a soccer ball, Aylin was changed into Sunday best for birthday photos.

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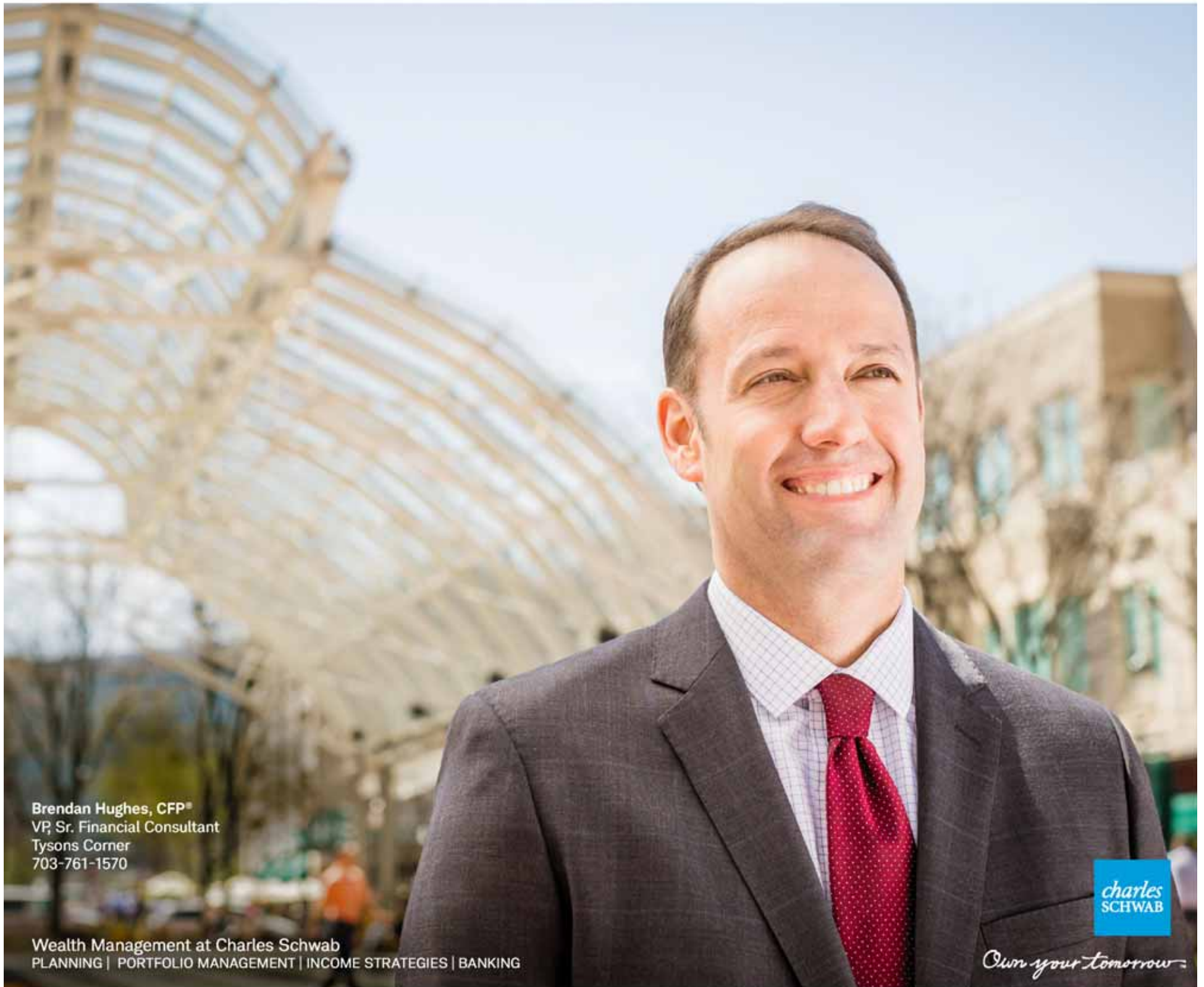
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'Our Community Deserves Better'

Strongly worded recommendations for police on transparency and public trust; FCPD has miles to go.

Outrage over the shooting death of John Geer of Springfield on Aug. 29, 2013, by a Fairfax County Police officer led the Fairfax County Board of Supervisors to form of the Ad Hoc Police Practice Review Commission, which began meeting in March 2015. The Communications Subcommittee was the first to give recommendations to the full commission, and the report pulled no punches.

"Communications in recent high-profile use-of-force and critical incident cases were mishandled, inadequate and untimely, leading to loss of public trust and questions about the legitimacy of police actions. ... Our community deserves better."

"The failures in both communications and its Freedom of Information Act policies have created this crisis of confidence for FCPD. ... There must be significant change coming from the leadership of the county and the Fairfax County Police Department. No longer can they just pay lip service to the idea of transparency. Real change is needed – now. ...

"It is well past time for the Fairfax County Police Department to start providing timely, honest and effective communications with everything it does. We deserve nothing less. ...

"Constant 'happy talk' breeds suspicion, while being direct and clear about mistakes and failures as well as accomplishments results in increased credibility."

The Communications Committee, led by former Fairfax County Public Information Of-

ficer Merni Fitzgerald, calls for: a culture change to favor releasing as much information as possible; policy change to encourage transparency and accountability by establishing a culture of disclosure; adopting a predisposition-to-disclose, with public records presumed to be public and exemptions strictly and narrowly construed.

EDITORIAL

For example, the committee calls for: releasing the names of officers involved in any police shootings within one week; releasing video from body cameras, dashboard cameras and any other digital record of a police-involved shooting death immediately; a continuous process of information declassification for cases that are no longer active or are closed; releasing actual police reports, with redactions where necessary, rather than creating summary documents; providing unfettered access to blotter-type information to include a list of every incident and call with the basic who/what/when/where/how information.

The full report is eight pages, well-written and well worth reading.

CHANGE IN CULTURE is not coming automatically or easily to the Fairfax County Police Department. While the FCPD has released reams of information to the commission, that has not included much requested and needed information for the commission and its subcommittees to meet established scope of work.

For example, the Use of Force Subcommittee is tasked in its scope of work to "review

Read Report Online

<http://www.fairfaxcounty.gov/policecommission/subcommittees/materials/final-recommendation-communication-subcommittee.pdf>

(not investigate) recent use of force incidents (lethal and non-lethal) involving FCPD as well as review any existing data summarizing all FCPD use of force interactions, officer involved shootings resulting in death or injury, and in-custody deaths from 2005 to 2015."

In May, the committee asked what documents and reports would be available and when.

The following response was posted in June: "The Chief of Police will post a synopsis and other information regarding the department's officer involved shootings but will not be releasing any case reports, files or documents from the criminal or administrative case."

That response does not reflect a culture of transparency.

But what's worse is that on Aug. 10, just weeks before the subcommittee's final recommendations are due to the full commission, the committee still has not received the synopsis promised, or even a list of officer-involved shootings resulting in death or injury, and in-custody deaths from 2005 to 2015.

FCPD Chief of Police Edwin Roessler is scheduled to present the synopses to the committee on Aug. 12. All commission and subcommittee meetings are open to the public, see <http://www.fairfaxcounty.gov/policecommission/>

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm, Connection editor and publisher, serves on the Ad Hoc Police Policies Review Commission. The opinions expressed here are her own, and do not speak for the commission.

and serving us all. I don't want to imagine what could have happened had Trooper Fulk not been there. My son is off to training camp, my grandchildren are off to summer camp, and I am home thanking the Lord for Trooper Fulk.

Pearl Royal
Herndon

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
north@connectionnewspapers.com

LETTERS TO THE EDITOR

An Angel in State Trooper Disguise

To the Editor:

On July 13, 2015, I was driving to Reagan National Airport to pick up my son when I noticed the low fuel light was flashing. I told my two grandchildren, who were with me, that we needed to get gas. Yet, I decided to keep going as to not have my son waiting for me at the airport. I figured we could circle back after picking him up and get gas then. However, on our way back around, we took the wrong exit, overshooting the gas station. We attempted to keep going until the next gas station, but ran out of gas in the process. My son stated, "Mom, we are out of gas." I responded with, "Are you serious, can you back up? We are in the middle of the highway?" He said "No mom, we can't move." Panic set in. I reached for my roadside

assistance card and tried to call for help, but my hands were shaking from fear of being hit by an oncoming vehicle. Just then, a state trooper pulled up behind us with flashing lights. I found out later that it was Trooper Chad Fulk. He quickly approached our vehicle and asked if we were alright. I, feeling responsible for our predicament, said we ran out of gas. He said "Don't worry, I need to get you all to safety because I almost creamed you coming around that curb. Do you mind if I bump you to a safe location?" We said "Sure, please."

Trooper Fulk gently bumped us to safety. He came back to our vehicle and asked, "Do you all have someone coming," because he noticed that I still had the roadside assistance card in my shaking hand. I said "Yes." Trooper Fulk said, "I'm going to call for help and we will see who gets here first." After he called, he smiled at me and said "Would you feel better if I stayed with you until someone

arrives?" I said "Yes." He said "OK," and went back to his cruiser to wait.

While we waited, I noticed I had my Bible. So, I took out a piece of paper and wrote a note to Trooper Fulk. I don't remember what I wrote, but I wanted him to know that we appreciated his dedication, care, and concern for our safety.

His call for assistance arrived prior to ours, at which time he returned to our vehicle and said that we were in good hands, and he was going to depart now. I asked him if he was an angel, to which he replied, "I don't think so," with a smile. I handed him the note I'd prepared for him, and said I wouldn't be surprised if you were to disappear when you return to your car. Although he denied being an angel, he was our angel that day. He saved the lives of my grandchildren, my son and I. We feel he deserves to be recognized for putting his life in danger as he does everyday diligently protecting

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CRIME REPORT

The following incidents were reported by the McLean District Police Station.

ATTEMPTED ROBBERY: 1900 block of Chain Bridge Road, Aug. 6 at about 4:47 p.m. The victim was walking to her vehicle in the parking garage of the Tyson's Corner Mall and was approached by a man from behind. The suspect grabbed the victim and demanded money, the victim resisted and the suspect fled. The victim did not require medical attention. The suspect was described as Hispanic, light-skinned, in his 20s, clean shaven, and wearing a white shirt, hat, and carrying a black backpack.

ILLEGAL FILMING WITH APPREHENSION: 1900 block of Chain Bridge

Road, Aug. 3, at about 3:45 p.m. Officers responded for a report of a man that was allegedly taking pictures of victims' lower body areas in a shopping center. Officers located the suspect and arrested him. A 28-year-old man of Manassas was charged with nonconsensual filming.

BURGLARY: 11100 block of Branton Lane, July 31 at about 8:17 p.m. A resident stated that someone entered the garage and took a motorized recreational vehicle.

TRESPASSING/DESTRUCTION OF PROPERTY/DRUNK IN PUBLIC: 8000 block of Fairfax Road, July 29 at about 10:45 p.m. A male subject was heard inside the property breaking things. The suspect was found to have

broken numerous items and was placed under arrest. A 27-year-old man of Alexandria was charged with trespassing, destruction of property and drunk in public.

COMMERCIAL ROBBERY: 7300 block of Lee Highway, July 29 at about 6:55 p.m. two male suspects entered a business, displayed handguns and demanded money. The victims gave the suspects property. The suspects ran out of the store and drove off in a dark colored sedan. The victims did not sustain any physical injury. The suspects were described as black males, one wearing khaki shorts and a blue hoodie and the second wearing khaki pants and a black hoodie. Both were wearing ski masks at the time of the robbery.

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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Sun Design's Roger Lataille proposed a stacked stone hearth for a sitting area adjacent to the open kitchen. The textural vertical accent — evoking a cabin-like ambiance — creates an invitation to sit and interact that had previously been missing from a nondescript corner.



PHOTOS BY GREG HADLEY

BEFORE: Wood panelling, wainscoting, and a sled ceiling with faux rafters were among the dated interior details that defined the home's previous interior.

Home's Makeover Enhances Family Life

With time constraints, Sun Design converts large, dated house into residence that satisfies everyone's agenda.

BY JOHN BYRD

Meet Roger Lataille, senior design consultant at Sun Design Remodeling and — more importantly — a remodeling resource homeowners turn to, and return to, whenever they need expert advice, hands-on support and commitment.

Case in point: in 2012, a north Arlington couple engaged Lataille to execute a top-to-bottom makeover to their 2,300-square-foot home. The goal was to implement functional improvements within a “transitional” interior design style that would work well for a growing family. Delivered on time and within budget, the owners dubbed the results “exceptional” in every detail.

Now, two years later, and with two daughters growing rapidly, the couple asked Lataille for ideas for an addition. As it turned out, the terrain around the property was too steep. While space enlargement discussions were still underway, however, the couple learned that elderly neighbors a few doors up the street were planning to sell their nearly 5,000-square-foot colonial.

This was a promising development for Lataille's space-cramped client, but far from a slam-dunk.

The neighbor's house had been built in the late 1960s and hadn't been upgraded in decades. Still, more living space was a tantalizing proposition, and the couple soon asked Lataille for an assessment on remodeling the house to the standard he had achieved in their current residence.

In short order, Lataille and the clients



Sun Design's “transitional”-style interior design solution concentrates on pleasing contrasts. The 3.6-foot-by-8-foot cook top island and three stool dining counter features a walnut-colored base topped with a granite surface. The dark-stained oak flooring is offset by ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook's requirements.



BEFORE: The existing kitchen's dated Colonial accents included Dutch-style maple cabinet facings, a mosaic tile back splash and a vinyl counter surface.

walked through the house and — before any decision had been reached regarding a possible purchase — the designer developed preliminary sketches depicting several remodeling scenarios.

What was obvious to everyone from the start was that the existing house was seriously dated, even degraded in places — and that the desired upgrade would require considerable vision, budget-mindedness and team performance.

Adding to the drama: if the deal went through, the new owners wanted to put their current house on the market immediately, remodel the purchased property at once and move into their new residence as soon as possible.

There would be no interim period of rental properties or furniture in storage.

“Looking back, the qualitative difference between the interiors of the two houses was profound,” Lataille said. “The house being considered for purchase was like something from a 1970s movie set. There was large-pattern floral wall paper, wainscot paneling in many rooms; the family room adjacent to the kitchen was covered by a sled ceiling with faux exposed timbers.”

Moreover, the interior design style, Lataille elaborates, may have once been loosely described as rustic.

“But the look was plainly anachronistic in 2015,” he added, “A far cry from the contemporary transitional style my clients wanted.”

The kitchen, likewise, featured outmoded Colonial accents that including Dutch-style maple cabinet facings, a Delft mosaic tile back splash, and vinyl counter surfaces. There was even a 30-year-old microwave — “really a kind of museum piece,” Lataille said — “embedded in the food prep island.”

Downstairs, a spacious multi-function lower-level zoned as “game room,” “playroom” and “work room” had become stale from lack of use.

There was a tired old kitchenette in a rear

SEE HOME'S MAKEOVER. PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

Home's Makeover Enhances Family Life

FROM PAGE 8

corner — which meant that fixtures needed for sinks and refrigerators were already in place. But much of the lower level was little more than a partly below-grade basement — hardly a place for upbeat family entertainment.

IN THE PLUS COLUMN: the house featured generously-sized rooms and segues, large windows accessing abundant natural light and an appreciably “open” first floor plan with sight lines in three directions.

“The kitchen-centric first level plan had considerable potential,” Lataille said, “but it needed a more cohesive interior — one that would support a more intimate scale.”

The first feature Lataille slated for deletion: the sled roof.

By uniformly dropping the ceiling to the standard 8 feet, the visual experience of anyone in the room now shifts to horizontal sight lines dominated by large windows and outside landscaping. The more sharply articulated indoor-outdoor continuum, in turn, adds focal points and intimacy — yet is more expansive.

To highlight perspective, Lataille proposed a stacked stone hearth for a sitting

Details

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. Call 703-425-5588 or visit www.SunDesignInc.com.

area adjacent to the open kitchen. The textural vertical accent — evoking a cozy cabin-like ambiance — creates an iconic invitation to sit and interact that had previously been missing from a nondescript corner.

With a panoramic view on one side and the open kitchen on the other, the redesigned niche is transformed into a cozy spot for sitting by the window with a book, or chatting with the cook as meals are prepared.

With the exception of moving interior walls a few inches, the kitchen footprint remains fundamentally the same. Here, Lataille concentrated on introducing wholly new elevations — eliminating all vestiges of the Colonial-style finish work while developing a brightly luminous interior scheme composed of granite surfaces and ivory-hued cabinet facings.

The 3.6-foot-by-8-foot cook top island and three stool dining counter now features a dark walnut-colored base topped with a dappled granite surface. The dark-stained



PHOTO BY GREG HADLEY

By dropping the sled roof to the standard eight feet, the designer introduces a scale more appropriate to the family room's size and purpose. French doors with sidelights now connect the space to a 17-foot-by-31-foot deck complete with hot tub and outdoor kitchen.

oak flooring, by extension, perfectly contrasts with the ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook's requirements.

French doors with sidelights now connect the family room to a 17-foot-by-31-foot deck complete with hot tub and outdoor kitchen. The front stairs in the foyer have been re-finished; existing decorative capitals refurbished.

Downstairs, the once darkly cavernous lower-level has been elevated into an all-purpose family play area. Exposed vertical support beams are encased in dry wall, which, likewise, wraps HVAC vents. New wood-grained vinyl flooring, recessed lights

and tawny/golden wall paint lend the space a light, cheerful ambiance.

The new play room features billiards, pinball and a card table where Dad hosts a weekly card game. The stacked stone tile fireplace situated in front of an L-shaped configuration of couches offers a perfect spot to watch a plasma screen TV mounted above the hearth.

The old kitchenette, transformed into the family's downstairs refreshment center, provides step-saving convenience that makes entertaining easier for everyone.

Family life — at its most fulfilling.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years.



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NEWS

The soup maker, inspired by her mother-in-law's cooking, already has more than 30 soups on her menu; she will eventually get up to 100 Bowls of Soup.

PHOTOS BY KEN MOORE/
THE CONNECTION



Katharine Mardirosian, of McLean, is a staple at the Herndon Farmers Market. She will host the ribbon cutting for 100 Bowls of Soup on Sept. 12 at 279 Sunset Park Drive in Sunset Business Park.

100 Bowls of Soup

The kitchen relocates from Vienna to Sunset Business Park in Herndon.

BY KEN MOORE
THE CONNECTION

Herndon is home to more than 100 restaurants and 1,300 businesses, according to Dennis Holste, economic development manager for the Town of Herndon.

More than 40 businesses are now located in Sunset Business Park.

Walk into 100 Bowls of Soup on a Tuesday, Wednesday or Thursday; "this place is humming," said owner Katharine Mardirosian, of McLean.

"When the two kettles are going, piping hot, it smells spectacular. It could be the spices in the curry lentil, it could be the tomatoes in the tomato basil, it could be the aroma from the chicken stock; the smells and sights are part of the experience," said Mardirosian.

Hands-on cooking classes are planned for the fall and Mardirosian wants to help customers learn the preparation and cooking of simple, fresh, nourishing meals from scratch.

"Part of our mission is education and enrichment," she said. "People aren't just looking for the how to, but the why; why is this good for me, why should I eat this way, why

should I choose these ingredients, why should I choose this way of life?"

Mardirosian relocated her business, 100 Bowls of Soup, from her 150-square-foot space in Vienna to 279 Sunset Park Drive in Sunset Business Park.

A formal ribbon cutting is tentatively scheduled for Sept. 12, 2015, even though she is already open for business.

"It is a leap, a huge business decision," she said. "Not only am I doubling down, I'm tripling down."

Mardirosian shares her kitchen space with Deborah Gudelsky of Deborah Joy's Gluten Free and Deepa Patke of Aromatic Spice Blends.

MORE THAN 14 restaurants are located in Sunset Business Park, according to Holste.

The Aslin brewery is close to its opening around the corner from 100 Bowls of Soup.

Andrew Kelley, a financial planner who lives in Clarendon, Kai Leszkowicz, a Fairfax County police officer who lives in Herndon, and Richard Thompson, a remodeler from Reston, plan to open their nano-brewery on Sept. 4, 2015 at 257 Sunset Park.

"We are all home brewers and just had that interest," said Thompson. "At first, we

were just joking around but each one of us would do something that furthered the process along."

When their beer tasted as good or better than their favorite craft beers, they knew they could trust their vision. "Everything has fallen into place fairly easily," said Thompson.

Thompson has remodeled and built the bar, even crafting the wood holders for taste testing in the shape of Virginia. Motorists have driven by and seen his sign.

"Countless number of people have stopped and asked, 'When are you opening?'" said Thompson.

THE MENU CHANGES with the season at 100 Bowls of Soup.

Right now, soups on tap include curry lentil, green gazpacho, tomato gazpacho, beet gazpacho, watermelon gazpacho, spicy black bean, tomato basil, fennel garlic and black bean, minestrone and zucchini basil. But in the fall, her menu will include apples, beets, mushrooms and potatoes.

You'll see Mardirosian and her colleagues at the Herndon's Farmers Market on Thursday morning, selling their soups but also growing their partnerships with vendors of local, organic produce that she uses whenever possible; her stock/bone broths and meat soups are made from pastured chicken and 100 percent grass fed beef.

The kitchen is gluten free.

She says she was inspired by her love of soup and her mother-in-law's cooking.

"I started 100 Bowls of Soup in 2009 with the idea of sharing simple, homemade nourishing soup and stock with friends and family. I wanted to create soup from scratch and real bone stock that was as flavorful and fresh as it was nourishing," she wrote about her store. "I wanted to cook seasonally and get to know the farmers and artisans who grew and raised the ingredients I used in our soups and stock. I began cooking my first batches of soup in a local church kitchen, selling the soup at several artisanal food stores and at the Reston Farmers Market," according to her website.

Her soups are now available at MOM's Organic Market, The Organic Butcher of McLean, Maple Avenue Market in Vienna, Salud in Great Falls, and online via Washington Green Grocer and Hometown Harvest.

The kitchen, open Monday through Saturdays from 11 a.m. to 5 p.m., includes a retail store with soups, broths both vegan and stock/bone, gluten free baked goods, and spice blends and chutneys.

She envisions, by the time temperatures drop in winter, having two pots of hot soup ready for customers to carry out, and a pot of stock/bone broth to serve.

"Just like a cup of tea," she said, "It's so nourishing."

See www.100bowlsofsoup.com

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CALENDAR

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

ONGOING

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/>.

Vienna's Summer on the Green Concert Series. Fridays-Sundays, through Sept. 27. 6:30 p.m. at Vienna Town Green, 144 Maple Avenue E, Vienna. Come out on the weekend and listen to some good music. Visit <http://www.viennava.gov/DocumentCenter/View/2640>

WEDNESDAY-MONDAY/AUG. 12-17

Dine Out Tysons. Dine Out Tysons is a Week of \$20 Lunch and \$30 Dinner menus offered by participating restaurants.

WEDNESDAY/AUG. 12

Jim Gaffigan- Contagious. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Laugh it up with the Grammy-nominated humorist as he dishes on food, fatherhood, and everything in between. Tickets: \$30-\$60. www.wolftrap.org.

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

Toddling Twos and Threes. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. An early literacy enhanced storytime featuring stories, rhymes and songs. Ages 2-3 with adult.

THURSDAY/AUG. 13

Counting Crows-Somewhere Under Wonderland Tour. 7 p.m. Wolf Trap, 1551 Trap Road, Vienna. Fall "Accidentally in Love" with the melodic alternative rockers and hear them play all their hits off their album. Tickets: \$45-\$60. www.wolftrap.org.

Kids Book Club. 5:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call Branch for Title. Ages 8-12.

My First Book Club. 4:30 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. A book discussion



PHOTO COURTESY OF WOLF TRAP

Lyle Lovett and His Large Band: Texas' Grammy-winning "Cowboy Man," known for his wry humor and deep storytelling creates richly layered, foot-tapping, Americana, alt-country, and blues with the help of his large band and will perform at Wolf Trap on Friday, Aug. 14 at 8 p.m.

group for boys and girls. Grades Kindergarten - 2.

Cupcake Wars: Sweet Reads. 7 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Decorate book themed cupcakes, then put them to the ultimate test.

Artists Meet for Coffee. 8:30-10 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Local artists meet up for coffee and conversation.

FRIDAY-SUNDAY/AUG. 14-16

"Fiddler on the Roof." 7:30 p.m. on Friday and Saturday; Sunday show timing at 1 p.m. Vienna Community Center, 120 Cherry Street SE, Vienna.

SATURDAY/AUG. 15

Kayak Mini Float Trip. 11 a.m. Riverbend Park, 8700 Potomac Hills Street, Great Falls. A scenic wagon ride from the Riverbend Park Visitors Center. Then enjoy a 1.5-mile instructor-led float trip down the river through riffles and flat water.

Cars & Coffee. 6-9 a.m. Katie's Coffee House, 760 Walker Road, Great Falls. Antique, custom, hotrods, exotic, sports cars, they're all here.

SUNDAY/AUG. 16

Specimen Plants for Your Garden.

11 a.m. Meadowlark Botanical Garden, 9750 Meadowlark Gardens Court, Vienna. What makes a great specimen plant—its appearance, origin, culture or culture life cycle? Join Meadowlark Manager Keith Tomlinson on a walk to learn about many of these plants that you can grow in your own garden. Participants should come prepared to walk a mile. Admission: \$2.50-\$5.

Grinding Demo. 12-3 p.m. Colvin Run Mill, 10017 Colvin Run Road, Great Falls.

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Storytime featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

Game On. 2 p.m. Patrick Henry Library, 101 Maple Avenue East, Vienna. Patrick Henry Library has teamed up with Game On! Comics to

SEE CALENDAR, PAGE 13

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For a complete listing of classes, trips, performances and events, visit our website. Register online.



The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123; TTY: 711
www.mcleancenter.org

PUBLIC NOTICE

McLean Community Center Governing Board

Public Hearing on FY 2017 Budget

(July 1, 2016-June 30, 2017)

Monday, Sept. 14, 2015 at 7:30 p.m. at the Center

Residents who wish to speak at the Public Hearing are asked to call 703-790-0123, TTY: 711, to be placed on the speakers' list. Copies of the draft budget proposal will be available during the public hearing.

Written comments may be delivered to the Center's address (shown below,) marked "Attention: Executive Director," or sent by email to feedback@mcleancenter.org. Written comments may be provided after the public hearing up through Monday, September 21.

NEW THIS YEAR: The **Finance Committee Meeting of the Whole** (full board budget work session) will be held earlier than usual on **Thursday, Aug. 20, 2015** at 7:30 p.m., at the Center.



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1234 Ingleside Ave., McLean VA 22101
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McLean Football Hopes Improved Chemistry Leads to Wins

Highlanders finished 5-5 in 2014.

BY BONNIE SCHIPPER
THE CONNECTION

During Shaun Blair's first season as head coach of the McLean football team, the Highlanders struggled to prove themselves to be a contender for the Conference 6 title, ending the season with a 5-5 record and failing to advance to playoffs.

"Because [2014] was a transition year for a lot of the guys, there was no shared experience in the ups and downs with the new coaches," Blair said. "Now we're a year in and the kids understand what we're talking to them about. It's another year of hearing the same things and this time the guys know what to expect from the coaches."

Entering his second year with McLean, Blair expects his team's improved chemistry and strength will help produce wins on the field.

"The kids have become more galvanized by the work in the offseason that they've done together," Blair said. "The more work you do together, the less likely you are to quit on your brother."

With a schedule filled with what Blair identified as "strong competitors" such as Washington-Lee, Hayfield, Stone Bridge, Marshall, and Madison, McLean's biggest focus during the offseason was getting big-



PHOTO BY BONNIE SCHIPPER

McLean football coach Shaun Blair talks to the Highlanders during a recent practice.

ger, stronger, and faster in order to compete. Blair explained to his team during an Aug. 7 practice that the only way for them to compete with better competition is if they play "full speed, all out, all the time."

"We wanted a tough schedule so we could prove to everyone that we are a legitimate team," senior OL/LB David Kagan said. "We want to play the dominant teams in our region so we can show we aren't the 'old McLean' anymore. With the new coaches, we're a new program."

McLean's offseason practices included countless hours of strength and agility training, but above all, the Highlanders focused

on the importance of repetition.

"We really need to execute. It takes thousands of reps," Blair said. "We want to be able to run our plays forwards and backwards, without thinking. If we execute what we've been working on all offseason, we will be difficult to handle down the stretch."

With most of the 2014 team's starters having graduated, McLean's 2015 team will be led offensively by a group of seniors. Brandon Hill, a 6-foot-4, 250-pound tight end, wide receiver Wesley Romary, and two-way starter Tom Shue are returning to carry the team on offense.

Kagan and linemen Will Salt and McCord

Meyers, all rising seniors, are expected to show drastic improvement as well.

"[Shue] is back again this year and will be very, very, very difficult to handle on both sides of the ball," Blair said. "[Kagan], you probably didn't hear a lot about last year, but he's going to be very surprising. We have two big, big linemen in [Salt and Meyers] and they open things up on offense for us."

One of the players for teams to be on the lookout for is wide receiver Patrick Dolan, who received a preferred walk-on offer at North Carolina State University. The 6-2, 195-pound senior recorded 43 catches and 460 yards during the 2014 season, and will be key to the team's success with the loss of Jordan Cole, who totaled 847 yards and scored 11 touchdowns in 2014.

"I said this from when I clicked on the film when I first got [to McLean] — the kid is going to be a star," Blair said. "He had a good highlight reel last year and is getting attention from the next level."

Harrison Govan, a 6-foot linebacker who has garnered interest from several Ivy League teams, is expected to be a leader on defense for the Highlanders.

McLean will begin the season at Stone Bridge Sept. 4.

"Coaches we've had before didn't push us to be the best we could be," Shue said. "The attitude was always 'oh, it's McLean, they won't be any good,' but we've made so much progress under Coach Blair and our chemistry is unreal. People will be surprised by us. We're out here to turn heads."

Massive O-Line Key to Langley Football Team's Success

Saxons lost program's all-time leading rusher to graduation.

BY JON ROETMAN
THE CONNECTION

Tyler West put up some impressive numbers during his Langley football career, graduating in 2015 as the program's all-time leading rusher.

West, a two-time first-team all-region selection, totaled 4,373 yards on the ground and scored more than 50 touchdowns, the majority of which came during his two seasons as the Saxons' starting running back.

How does the 2015 Langley football team plan to cope with the loss of West's record-setting production?

Look no further than some impressive numbers along an experienced offensive line.

Langley returns four of five starters up front — a group that averages 6 feet 3 and 284 pounds. Rising senior left tackle Xavier Henschel (6-4, 275), rising senior left guard MJ Johnson (6-0, 265), rising junior right guard Tyler Howerton (6-3, 280) and rising senior right tackle Ben Culmer (6-6,



PHOTO BY JON ROETMAN/THE CONNECTION

Rising senior Jack Anderson returns for his second season as Langley's starting quarterback.

315) figure to open holes no matter who starts at running back.

THREE PLAYERS are competing for the starting center spot.

"It gives us a lot of confidence knowing if we work together and go hard," said Howerton, whose father, John, is the Sax-

ons' head coach, "we can out-match and out-play anybody we go up against."

A strong offensive line is the norm for Langley under head coach John Howerton, who is entering his 13th season with the Saxons. He said Langley has produced a 1,000-yard rusher every season he's been at Langley.

"Pretty much every kid benches at least 300 pounds [and] I've got three or four kids that squat over 500 pounds," Howerton said of this year's O-line. "We're big and strong and experienced. ... They walk out there in pads, that's going to be pretty ... intimidating for some of these high school teams that play with the classic 5-9 kid."

Why are Langley lines consistently strong?

"Coach Howerton is a great coach," Culmer said. "He's always pushing us to be in the weight room, he's always giving us one-on-one instructions, showing us what to do, how to do it. If we're doing something wrong, he's always correcting us. He's always pushing us in all the right directions. He knows how to make linemen."

Getting the first chance to run behind Langley's massive offensive line will be rising junior Aaron Feldman.

"He's got a lot of potential," Coach Howerton said. "He's worked really hard in the offseason. This is his chance to really

do something."

The Saxon passing game will be led by rising senior quarterback Jack Anderson, who returns for his second season as a starter.

"He's gotten much better, much improved in the offseason," Coach Howerton said. "[He] goes to camps, he's worked hard in the weight room, he's looked good in the 7-on-7 stuff."

Anderson helped keep Langley's playoff hopes alive in 2014, leading the Saxons on a game-winning drive in the closing moments of a 21-20 victory over Madison.

Anderson will have several talented receiving targets at his disposal, including rising junior tight end Lachlan Pitts (6-5, 230) and receivers Daniel White, a rising junior, and Daniel Salamone, a rising senior.

Rising senior linebackers Chris Rossberg and Trevor Stup are standouts on defense.

LANGLEY'S QUEST for a sixth consecutive playoff berth will begin with a home game against West Potomac on Thursday, Sept. 3.

"If my dad weren't coaching here, [West Potomac is] where I'd be playing, so I feel like I kind of have a little rivalry with some community friends," Tyler Howerton said. "I feel like that's a game we definitely need to win."

CALENDAR

FROM PAGE 11

bring you an afternoon of gaming.
Tyson's Farmers Market. 10 a.m.-2 p.m. 8400 Westpark Drive, McLean. Sundays, through Nov. 15. www.tysonspartnership.org

WEDNESDAY/AUG. 19

Morning Book Group. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for Title. Adult admission.
Pokemon Book League. 4:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Drop-in and play Pokemon with your friends.
Beautiful Butterflies. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Summer is butterfly time. Join and learn about these beautiful insects and their interesting lives using puppets, games, felt board activities and stories.
Ice Cream Social. 3 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Come join us for our end of the Summer Reading ice cream social. Ages 4-17.

THURSDAY/AUG. 20

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.
Evening Book Group. 7:30 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Call branch for Title. Adults.



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B.D. Versus A.D.

By KENNETH B. LOURIE



If my experiences as a cancer patient/“terminal” “diagnosee” are at all typical, then the following generalization might in fact be true: certain situations and/or feelings that were once tolerated before diagnosis are nearly impossible to tolerate after diagnosis: traffic, waiting in lines, rudeness, compromise, sacrifice, delayed/deferred gratification, to list just a few. Life becomes so much more precious, that wasting some of it – or the perception of wasting some of it – on unpleasant, unrewarding, aggravating, stressful, menial tasks, obligations, duties, etc. becomes almost too much to bear; on a consistent basis, anyway. It’s a reverse bucket list. It’s less about what you want to do/accomplish and more about what you don’t want to do/endure. Avoiding unpleasantness becomes as important as finding happiness. Getting high on life is the epitome, but if you’re frequently getting low on living, you are not merely adding by subtracting, you are neutralizing. And though there may be a net gain emotionally, the associated pain and suffering may ultimately minimize the benefit.

And minimizing benefits is hardly the stuff of which cancer patients’ dreams are made. You need to maximize, not minimize. You need to reinforce every positive and eliminate any and all negatives, disconnecting and disengaging along the way if necessary; remembering that your life may depend on it. There’s no future – literally and figuratively, in being miserable (or being made to feel miserable). Life is challenging enough without a cancer diagnosis. Being told by an oncologist that you only have “13 months to two years” to live turns that challenge into a directive almost. The prognosis is not so much given/meant as a guarantee as much as it is a presumption (based on a variety of tests/scans) that time will indeed tell. Nevertheless, it’s difficult to not take those words personally, especially since you’re hearing them from a professional. Believing them is hard enough, but devising some sort of strategy to embrace/assimilate and incorporate them into a lifestyle you want to live is sort of a management problem for which most of us haven’t been trained and even less of us prepared for. It’s hard knocks that school never taught. That was college prep., not cancer prep. And even though you’re not exactly fending for yourself once you’re in the cancer whirled, you are in a world not of your own making, and a world (of emotions) likely never imagined and certainly not anticipated.

How you navigate, how you survive becomes a series of very personal choices. After all, it’s your life (actually in this column, it’s my life), and we have to live it. Obviously I am responsible for my own actions, but I have to be responsible for my own “inactions,” too. Solving problems, minimizing hassles, finding solace, accepting limitations, living and learning are all less effective if I’m distraught in the process. Happiness is one thing. Unhappiness is quite another.

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

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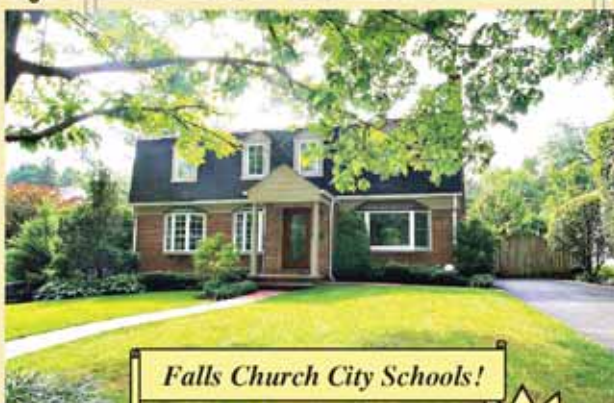
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