

# Potomac ALMANAC

WELLBEING  
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Collisions with cars, Lyme disease and environmental damage from deer are all increasing. Starting Jan. 10, 2014, park police sharpshooters will work to reduce the population of deer in Cabin John Regional Park.

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JANUARY 1-7, 2014

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## NEWS BRIEFS



### Police Investigate Potomac Bank Robbery

Detectives from the Montgomery County Police – Major Crimes Division are investigating a bank robbery that occurred Saturday, Dec. 21 in Potomac.

At approximately 2:59 p.m., 2nd District officers responded to the M&T Bank located at 10100 River Road for a robbery that had just occurred. Investigation revealed that the suspect entered the bank, approached the teller, and produced a note announcing a robbery. The suspect implied that he had a gun but a weapon was not seen. The suspect obtained an undisclosed amount of cash and then fled on foot into the shopping center.

The suspect is described as a black male, 25-30 years old, 5-feet-5-inches to 5-feet-8-inches tall, and weighing 130-150 pounds. He was wearing a black hat, a dark gray hooded sweatshirt, and black pants.

Detectives have released surveillance photos of the suspect and are asking for the public's assistance in identifying him.

Detectives are asking anyone with information about this robbery or the suspect involved to call Crime Solvers of Montgomery County toll-free at 1-866-411-TIPS (8477) or submit information at [www.mymcpnews.com/resources/crime-solvers-2/](http://www.mymcpnews.com/resources/crime-solvers-2/). Crime Solvers will pay a cash reward of up to \$10,000 for information provided to them that leads to an arrest and/or indictment for this felony crime. Tipsters will remain anonymous.

### CVC-MC Hires Executive Director

The Corporate Volunteer Council of Montgomery County promoted administrator Sarah Burnett to executive director.

Burnett is a nonprofit professional with a background in business administration. Burnett took on the position of executive director with the council in October 2013 after two-and-half years as the organization's part-time administrator/coordinator. Burnett was introduced to the council during her eight years with CVC member business, hodgsonConsulting.

In her role, Burnett works with businesses that wish to engage their employees as volunteers to the benefit of the business, the employees and the greater community. Working with the Board of Directors and several committees, Sarah and the Corporate Volunteer Council educate businesses on how to develop effective partnerships with nonprofits through educational, service and networking opportunities.

Burnett is a life-long resident of Montgomery County currently living in Chevy Chase. Her education includes Montgomery County Public Schools, Montgomery College and University of Maryland University College. Her professional history is made up entirely of Montgomery County small businesses including hodgsonConsulting in Kensington, Now & Then in Takoma Park, and Woodmoor Pastry Shop in Silver Spring.

Burnett's personal volunteerism is focused on the arts and humanities. She serves on the executive steering committee for the Small Press Expo, the largest convening of small and independent publishers of comic art in the nation, held each year in Bethesda. In addition, Sarah volunteers with the DC Shorts Film Festival and looks forward to serving at Button Farm Living History Center with the CVC each year.

Burnett can be reached at 240-292-9282 or [sburnett@cvc-mc.org](mailto:sburnett@cvc-mc.org). Visit [www.cvc-mc.org](http://www.cvc-mc.org).



PHOTO BY JOHN KEITH

From left: Corporate Volunteer Council of Montgomery County Executive Director Sarah Burnett, with CVC-MC President Michelle Day.



# Zoning In On Deer?

## Archery hunters to use bow and arrows 50 yards from homes?

BY KEN MOORE  
THE ALMANAC

Instead of listening to testimony last month, Montgomery County Councilmember George Leventhal took his allotted three minutes to testify.

"On Nov. 5, 2007, I was returning home from a busy day," Leventhal said to Montgomery County's Delegates and Senators. "I was driving on the Beltway when a deer smashed through my window, striking me in my face."

"All of the bones on the left side of my face were shattered, my cheek, my nose and my jaw. I've had four facial reconstruction surgeries. People tell me I'm lucky."

"I know what they mean," Leventhal said, but added that he would not wish his luck on anyone.

"The experience certainly helped me to understand the randomness and uncertainty of life as well as the great hazards posed to our citizens from the proliferation of deer."

Bill MC 5-14 is just one of the hundreds of Bills that Maryland's Delegates and Senators will debate when the 434th session of Maryland's General Assembly convenes at noon on Jan. 8, 2014 in Annapolis. Montgomery County's delegation listened to testimony about local bills, including this one, Dec. 2, 2013 in Rockville.

**THE ARCHERY HUNTING** Safety Zone bill would reduce the safety zone for archery hunting of deer from within 150 yards to 50 yards "of a dwelling house, residence, church, or other building or camp occupied by human beings ... while it is within this area, without the specific advance permission of the owner or occupant."

Montgomery County Council unanimously supports the Bill, said Leventhal.

"Deer overpopulation is a very serious problem in Montgomery County," he said, also highlighting impacts of Lyme disease, agricultural loss, environmental damage and damage to landscaping.

The Maryland Department of Natural Resources states that 2,019 deer-vehicle collisions were reported to Montgomery County Police in 2012. In 2011, 2,038 were reported; 1,930 were reported in 2010; 1,945 in 2009; and 1,841 in 2008.

"These numbers do not include collisions where the police are not notified," according to the DNR.

"This legislation may be most particularly helpful around the C&O National Historical Park because the National Park System does not have a deer hunting plan," said Leventhal.

**MANAGED HUNTS** are being conducted throughout Montgomery County parks, with plans to include Cabin John Park in Potomac later this month.

In 2011-2012, in Montgomery County, 5,571 deer were "harvested," 2,063 from bow hunting, 2,499 from firearm hunting, and 1,009 from muzzleloaders, according to Maryland DNR Annual Deer Reports. "The total deer harvested in the 2011-12 season in Montgomery County was 6,476."

"These efforts are not doing enough to stem the problem," said Leventhal.

Del. Eric G. Luedtke (D-14) sponsored the bill. "We don't have a lot of options," he said. "Hunting is one of the few options we have."

But with the current 150-yard safety zone, Luedtke testified, "you always have one landowner who opposes it."

Del. Benjamin F. Kramer (D-19) spoke in support of concerns of citizens surrounding the implementation of such a bill.

"Could it be a neighbor is concerned for the safety or his family, his children and family pets?" he said.

Luedtke said fear, misinformation and safety concerns are wildly overblown.

DNR hasn't reported a single injury to a non-hunter in the past 50 years, said Leventhal and Luedtke.

Kramer asked: "Is it possible that the reason we haven't had those accidents is we've had a safety zone like Montgomery County's of 150 yards?"

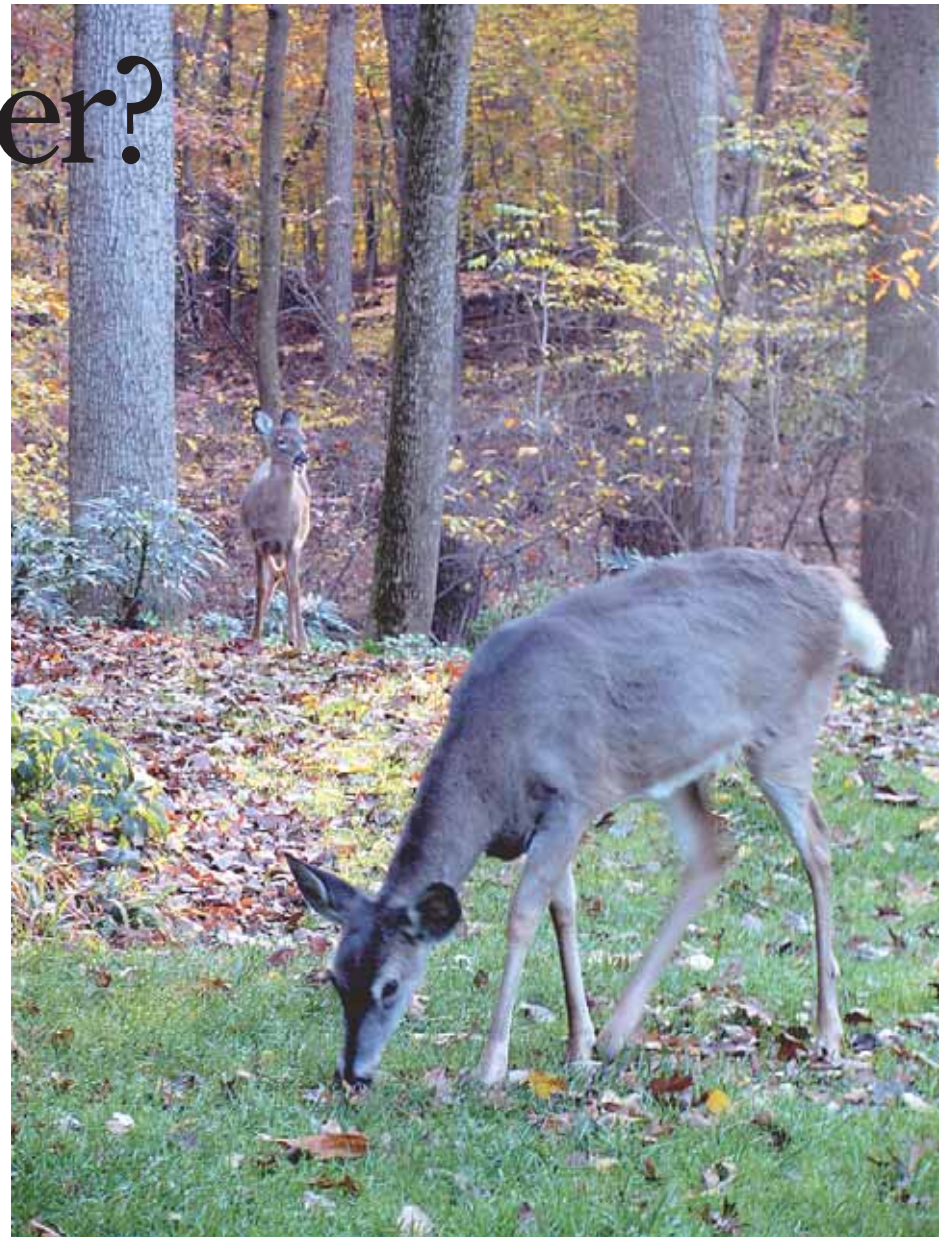
"What I have looked for in the legislation and have not been able to find is any requirement that the hunting be done by someone who is skilled and experienced," said Kramer.

"Would you want Ben Kramer cut loose with a bow and arrow 50 yards from your home? Because under this bill that's what could happen," Kramer said.

"There's no disagreement that we have a deer problem. I think everyone is in agreement with that," said Kramer. "The question is how do we best address it."

**POTOMAC RESIDENT** Peggy Dennis said her cul de sac, adjacent to national parkland, agreed to permit a bow hunter

SEE SAFETY ZONE, PAGE 11



ALMANAC FILE PHOTO

**Proponents of increased hunting of deer say it is needed in part to counter the fact that the National Park Service has no program to reduce or control the deer population in the C&O National Historical Park.**

## Archery Hunting: Safety Zone

Currently, under Maryland law, "a person, other than the owner or occupant, while hunting for any wild bird or mammal may not shoot or discharge any firearm or other deadly weapon within 150 yards, known as the 'safety zone,' of a dwelling house, residence, church, or other building or camp occupied by human beings, or shoot at any wild bird or mammal while it is within this area, without the specific advance permission of the owner or occupant."

Montgomery County Bill 5-14 would reduce the safety zone in Montgomery County to 50 yards for bow hunting deer.

"For the purpose of establishing for archery hunters in Montgomery County a safety zone of a certain size within which archery hunting may not take place except under certain circumstances; and generally relating to archery hunting in Montgomery County. ...

"Be it enacted by the General Assembly of Maryland that the laws of Maryland read as follows:

"For archery hunters in Carroll County [or], Frederick County, OR MONTGOMERY COUNTY, the safety zone ... extends for 50 yards from a dwelling house, residence, church, or any other building or camp occupied by human beings. ...

"During any open hunting season, a person, other than the owner or occupant, may not hunt or chase willfully any wild bird or mammal within the safety zone without the specific advance permission of the owner or occupant.

"And be it further enacted, that this Act shall take effect July 1, 2014."

## Sharpshooters to Harvest Deer in Cabin John Park

Montgomery Parks will expand sharpshooting of deer to include Cabin John Regional Park in Potomac, beginning Jan. 10, to address damage caused by an increasing deer population.

Recent estimates indicate deer population in the park is nearly four times the recommended density for an area that size.

"The decision to add this park to the deer management operations was made after review of citizen complaints and input, and with strong support from the community," according to the announcement.

"Certified Park Police Sharpshooters will lethally remove deer from the park, under very stringent guidelines and in the most humane way possible."

The sharpshooters will kill the deer when the park is closed to the public, from 6 p.m. through 6 a.m., from Jan. 10-Feb. 28, 2014, and recur annually as necessary.

Information about the hunts will be posted on signs throughout the park, on the Montgomery Parks' website homepage and communicated via Park Police patrols.

All deer harvested through the effort will be donated for consumption at local soup kitchens.

Cabin John Regional Park is among 29 parks in the Montgomery Parks' system selected for managed hunts during the fall 2013, winter 2014 season.



# OPINION

## Looking to Hear from Readers

**A**s local, weekly newspapers, the Almanac's mission is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help.

If you know of a person or an organization doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Events generally must be open to the public and ei-

ther free or at nominal cost to be included in calendars.

After your events, email us a photo and a note so we can consider including it in our coverage. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

### EDITORIAL

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

The Connection Newspapers are published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service for coverage of efforts to prevent and end homelessness, and Best in Show for information/art for coverage

of local parks.

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## WMCCA Looks at Local Drinking Water Supply

BY GINNY BARNES  
PRESIDENT

**W**ater is much in the news lately. Over the summer, the Washington Suburban Sanitary Commission (WSSC) held a scoping meeting with the National Park Service to seek comment on environmental implications to the C&O Canal National Historic Park of their proposal to seek a mid-river intake at the filtration plant on River Road because sediment pollution coming from development projects upstream in Watts Branch (which enters the Potomac at the site of the current intake) is too heavy to assure treatment. The filtration plant provides drinking water to 4.3 million people. Even more recently, several environmental groups (including the Chesapeake Bay Foundation and Potomac Riverkeeper) announced intent to file suit against the WSSC for pollution from the drinking water filtration plant on River Road for illegal discharge of sediment sludge into the Potomac. The WSSC Potomac filtration plant is alleged to have a malfunctioning system installed 10 years ago, that has regularly forced plant operators to release mud containing aluminum and phosphorus into the river. See:

[www.washingtonpost.com/local/environmental-groups-to-sue-wssc-for-illegal-discharge-of-pollutants-into-potomac-river/](http://www.washingtonpost.com/local/environmental-groups-to-sue-wssc-for-illegal-discharge-of-pollutants-into-potomac-river/)

2013/11/23/40abc650-4d61-11e3-ac54-aa84301ced81\_story.html

In Clarksburg, a battle is raging over how much development it will take to forever impair Ten Mile Creek, considered Montgomery County's 'last best stream'. Along with flows from Cabin Branch and Little Seneca, Ten Mile Creek feeds the Little Seneca Reservoir and forms the core of a Water Supply Cooperative agreement formalized in 1982 to assure stewardship of a critical emergency drinking water supply. Saving Ten Mile Creek has been a primary objective for a Coalition of organizations led in large part, by ANS. Our speakers — Matt Logan, Potomac Riverkeeper and Diane Cameron, Conservation Program Director, Audubon Naturalist Society — will discuss the links between the Potomac River and stream health, helping us understand how to be activists for our drinking water safety. As always, the public is welcome to attend.

### PROTECT OUR DRINKING WATER — PRESIDENT'S LETTER

BY GINNY BARNES

Anyone living in the Washington metropolitan region who is not on well water drinks from the Potomac River. Yet the Potomac is also the final destination of our treated sewerage, runoff from rain storms, sediment from construction sites, and stormwater flow from roof tops, parking lots, driveways, and commercial ar-

### Next Meeting

The public is invited to the West Montgomery County Citizens Association General Meeting on Jan. 8, 2014, at 7:15 p.m. at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled.

To change to an electronic version of this newsletter email membership@WMCCA.com.

eas. There is a saying among water quality activists "we all live downstream" so your wastewater may become someone else's drinking water. The chemicals on your lawn and the pesticides on your plants are eventually washed into the nearest stream and travel via gravity to the Potomac River and eventually the Chesapeake Bay.

If you have a well, as we do, you drink from the groundwater aquifer that utilizes water infiltrating through the earth but the same processes and outcomes apply. How we treat the land shows up in the water we drink. Chemical pollutants, fertilizers and pesticides from agriculture and residences leaches into underground wells. Our region faces a future where clean water is rapidly becoming endangered. There is a limit to how much tampering we can do to remove pollution from the water needed for life. The most effective water quality assurance is to keep pollutants out of our

SEE WMCCA, PAGE 5

## POTOMAC ALMANAC

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# OPINION WMCCA

FROM PAGE 4

waterways.

How do we do it? With wide, forested buffers around wetlands, seeps, streams, and rivers. By strictly limiting the percent of impervious surface (buildings and pavement) concentrated in any particular watershed. It is a fact that watersheds with the high percentages of imperviousness are the most polluted. Most Montgomery County streams have been degraded to fair or poor condition. The aquatic life they support is limited and they may not even meet the State standards for "fishable and swimmable." Some can even pose dangers to pets and people who make contact with the water. Added to known threats are new concerns about endocrine disruptors, body lotions, and even artificial sweeteners showing up in water sampling. In the extreme headwaters of the Potomac River, George Washington National Forest has seen proposals to allow fracking at the very source of our drinking water.

As citizens, we must stand up and defend the waters we rely on to support life. In the next several months the County Council will decide the fate of Ten Mile Creek, now an emblem of the threat to our water resources. In the matter of a mid-river intake, we should be asking that Watts Branch not be abandoned by seeking a last straw in the River. If allowed, where will we go for clean water in the future?

Our community has learned from two years of fighting to save the Brickyard school site from soccer fields that bad decisions by public officials are hard to overturn. It takes public determination and persistence. Our sugarplum dream for our public officials, especially with 2014 an election year, is that they resolve to treat our waters with the utmost protection and that even under development pressure they put the health of our water resources above the profit margins of a few developers.

## PARKLAND UPDATE

Two premium land acquisition recommendations funded through the Legacy Open Space Program (LOS) have been approved by the Maryland National Capital Park and Planning Commission (MNCPPC). The 35.23 acre Potter property and the 7.68 acre Weaver property it surrounds will implement Potomac Subregion Master Plan objectives and provide an important buffer to the mainstem of Muddy Branch and to a peren-

nial tributary stream to Muddy Branch Stream Valley Park. These two acquisitions will expand a greenway corridor and have long been on the list of priorities designated by LOS as a Natural Resource Protection Area within the Muddy Branch Stream Valley Park, Unit 1.

## ARTIFICIAL FIELDS UPDATE

By CAROL VAN DAM FALK

Maryland Delegate Al Carr has offered to sponsor the 2014 Public Open Space (POS) bill which would prevent Public Open Space money from being spent on funding artificial turf (AT) fields in Maryland. Maryland Delegate Jef Waldstreicher is sponsoring the 2014 Tort Claims Act, which would expose counties and municipalities to the full legal liability associated with artificial turf fields. Because that liability is untested, and likely to be based on science, including known carcinogens such as Carbon Black which is ingrained in turf pellets, the hope is that counties will abandon new artificial turf fields and return to natural grass. The counties are expected to oppose the bill, as is the artificial turf industry. Environmental organizations will support the bill. The coalition is also working on defeating the 2013 Prince George's County "insanity bill", which is legislation that would mandate the installation of artificial turf at 21 Prince George's public High Schools over the next five years. On behalf of the Coalition, I wrote a letter to Montgomery County Public Schools Superintendent Joshua Starr putting Starr and all Montgomery County High School principals with artificial turf fields on notice that we have repeatedly informed them of the environmental, health, and financial risks associated with artificial turf fields, so that if litigation does occur down the road, they can not feign ignorance. Some facts regarding an artificial turf field using tire crumb infill. On average, these AT fields can be expected to:

1) Contain roughly 120 tons of pulverized tires.

2) Create a mix of toxic gases and carbon black for young players to breathe, and add heavy metals, tire crumb, and plastic shards to storm water run-off.

3) Leach known carcinogens and heavy metals like lead, cadmium, zinc, arsenic, selenium and more. Tire manufacture is proprietary. Hence the complete contents are unknown. This data gap underscores the need to test tire crumb as a children's product.

4) Require decontamination. We invite all WMCCA members and the community to check out more about Artificial Turf at [www.safehealthyplayingfields.org](http://www.safehealthyplayingfields.org).

# LET'S TALK Real Estate



by Michael Matese

## Kermit Was Wrong—It's Easy to Be Green!

"Green" renovation is a trend that engineers, constructors and designers are encountering more and more each day. Going green is not only an ecologically aware choice, but it is also one that is becoming economically sound, with many green renovations providing tax deductions and reduced energy costs, offsetting or negating the cost of their installation in immediate terms—and proving priceless over time, as green renovations reduce the harm of civilization on nature and ecology. Even luxury homes are going green, trying to help the environment and shaking off the image of wasteful opulence that has dogged this niche market for years. Gone are the days of the gold-plated toothbrush holder—welcome to the new world of eco-friendly, green luxury! Some tips that home owners are finding handy are:

- Use CFL's - Replace those incandescent light bulbs with qualified compact fluorescent light bulbs (CFLs). By replacing just five of your mostly frequently used light bulbs, you'll save money and reduce greenhouse gas emissions by one trillion pounds!

- Plug Air Leaks - Air leaks are the biggest energy waster in homes, but they're also an easy fix. Have decorative weather stripping and caulk installed to stop those drafts

- Program Your Thermostats - Save on your heating and cooling bill while helping reduce emissions from your heating/a/c unit.

- Tune Up Your HVAC - Get a professional tune up every two years and clean or replace your filter every month. Dirty filters block normal airflow and reduce the efficiency of your system.

- Go Low-Flow - Install low flow showerheads and faucet aerators without sacrificing water pressure. They're easy to install too, just screw them on.

Bonus Green Tip: The average home emits 27,000 pounds of carbon dioxide annually; almost three times that of a midsize sedan! Following these simple steps will reduce your home's emissions, your carbon footprint, and lower your utility bill!

For professional advice on all aspects of buying and selling real estate, call:

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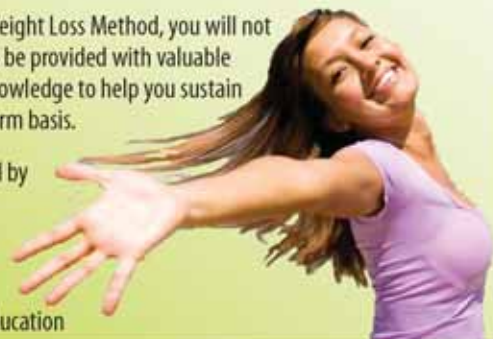
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# Potomac's Top Sports Moments of 2013

The year 2013 provided several exciting moments in local sports.

For Whitman High School, the girls' basketball team won a region title before suffering a one-point loss in the state semifinals. The girls' soccer team made it all the way to the state final — and won. For Wootton, the golf team repeated as state champion while the field hockey team fell just short of a state title.

Here is a look at the top moments in Potomac sports for 2013.

## Whitman Soccer Wins 16 of 18 En Route to State Championship

In 2012, the Whitman girls' soccer team reached the 4A West region championship game before falling to Bethesda-Chevy Chase.

One year later, the Vikings captured the region title — and kept on winning.

Whitman took home the 2013 state championship. After beating Wootton 3-0 in the region final on Nov. 5, the Vikings defeated South River 1-0 in the state semifinals on Nov. 9 before blanking Catonsville 2-0 in the state final on Nov. 16 at UMBG.

"The most fond memory I have of [winning the state title] is the joy on the girls' faces when that final whistle blew," Whitman head coach Greg Herbert wrote in an email. "Just to see them sprint out onto the field and hug each other with tears of joy in their eyes just let me know how much this meant to them and that all this hard work for them finally paid off."

"... What also made this season so special was that these girls have been working with me since middle school at Pyle and have set a goal [of winning] a state championship since those days. Each season we came closer and closer and finally we were able to break through with this tremendous senior class leading the way."

Whitman finished the season with a 16-1-1 record. After opening the campaign with a scoreless tie against Quince Orchard, the Vikings won 16 of their next 17 games, losing only to B-CC, 2-1, on Oct. 9.

After beating Richard Montgomery 4-0 and Montgomery Blair 3-0, respectively, in the first two rounds of the playoffs, Whitman went to a penalty-kick shootout with Churchill in the region semifinals. After playing to a 1-all tie through regulation and two overtimes, the Vikings beat the Bulldogs 4-1 in a shootout to advance to the region final.

Sophomore forward Christina Valianatos, senior midfielder Aliza Wolfe and senior forward Anna Gurney each scored a goal against Wootton in the region final. Wolfe scored Whitman's lone goal in the state semifinals and Gurney scored the Vikings' two goals in the state championship game.



The Whitman girls' soccer team won the 2013 4A Maryland state championship.

Junior Erin McClanahan was the Whitman goalkeeper.

"The biggest reason we were so successful this season was two-fold," Herbert wrote. "The first was that we had tremendous team speed. The pace at which our girls played really created problems for the opponents. The second was just the overall technical ability of these girls. They were so talented with the ball at their feet that it put defenses on their heels and allowed us to pin our ears back and attack the whole game. The combination of the two things really kept teams off-balance and allowed us to dictate the tempo of the game."

Whitman players weren't the only ones who enjoyed the team's success.

"Lastly, perhaps what I found most enjoyable with winning was seeing the connection of Whitman soccer through the years," Herbert wrote. "I had players from my first year of coaching attend the game, email me and call me to congratulate me. I had parents of those players do the same. I saw people who graduated in the '80s come to the game and later email me and wish me congratulations. It was so nice to see how a whole community rallied behind the team during this championship run and support us."



The Wootton field hockey team finished state runner-up with a 16-1 record in 2013.

## Yokley's Goal Puts Wootton Hockey In State Final

With the Wootton field hockey team in the midst of an untimed penalty corner in the Class 4A state semifinals on Nov. 4, senior midfielder Alex Yokley ripped a shot from the left wing. The ball

zipped past the Dulaney goalkeeper's right foot and into the back of the cage, sending the Patriots to their first state championship appearance since 1978.

Yokley's game-winner highlighted the Wootton field hockey team's 2013 season, which included a 16-1 record, a 4A South region title and a berth in the state final. The Patriots' lone defeat was a 4-1 loss to Severna Park on Nov. 9 in the state championship game.

Wootton had a dominant season, outscoring opponents 90-8 while allowing just 17 shots on goal.

"There is no single reason for this team's success," Wootton head coach Kearney Blandamer wrote in an email. "It was a combination of heart, great chemistry, hard work, athleticism, skill, dedication to the sport year round, a buy-in by players and parents of the coaches' philosophies and expectations, and a little good old-fashioned LUCK!"

Yokley, who will play for the University of California-Berkeley, was one of three team captains, along with senior defender Dani Averill and senior attacker Allie Band.

Wootton advanced to the state playoffs with a 1-0 overtime victory against Bethesda-Chevy Chase in the region championship game. Senior midfielder Hannah King scored the game-winner with an assist from sophomore attacker Lacey Rubin.

Blandamer, who led Springbrook to a state title in 2003, wrote that the reaction Wootton received after the state championship game was one of her favorite memories.

"Walking toward our fans after the state championship game as they screamed and cheered and gave a standing ovation for the girls [was a memorable moment]," Blandamer wrote. "We felt overwhelmed by the love and support they showered on this team and its incredible accomplishments."

## Wootton Repeats as State Golf Champion

The Wootton golf team's spirit took a hit when Justin Feldman's tee shot sailed out of bounds during a playoff hole for the individual 3A/4A state championship. Moments later, Feldman and the Patriots received some uplifting news.

"We [were] all very nervous and excited for Justin as he teed off to compete in the playoff for the boys' individual title," Wootton head coach Paul Williams wrote in an email. "However, our collective hearts sank as he hooked his tee shot out of bounds on the very first playoff hole. Shortly after his errant tee shot, we received word from the Whitman golf coach that it was official and we had repeated as state champs. So while we felt bad for Justin, we felt good knowing that he would be a state champ for the second straight year."

The Wootton golf team repeated as state champion in 2013, carding a two-day score of 633, beating second-place Churchill by five strokes. Feldman finished state runner-up among individuals, losing to Glenelg's Steven Segrist in a playoff.

"This win was truly unexpected," Wil-

liams wrote. "I was happy just to win the district title and make it back to the state tournament this year. And then to repeat as state champs far exceeded my expectations."

"After the first round of play we were tied for second place with South River and eight shots behind Churchill. Even though we were eight strokes behind I felt that we had more gas left in the tank than most of our competitors did, because both Tim Golden and Jordan Weitz shot 90 and 91, respectively. Both of these golfers are very capable of shooting scores in the 70s. We managed to make up 19 strokes on the last day of the tournament. Delaney Shah improved her score by three strokes, Jordan improved his score by six strokes and Tim improved his score by 10 strokes. Justin Feldman was the steady one on the team posting scores of 73 both days."

## Whitman Basketball Avenges Losses to Gaithersburg

The Gaithersburg girls' basketball team had ended Whitman's previous four seasons when the two teams met in the 4A West region championship on March 1.

This time, it was the Gaithersburg Trojans who turned in their gear.

Whitman defeated two-time defending state champion Gaithersburg 46-31 to capture the 2013 region championship and advance to the state tournament for the sixth time in program history and the first time since 2007. Then-junior guard Maddie Cannon led the Vikings with 10 points. Then-senior forward Dani Okon finished with nine points and then-junior center Rebecca Ford added eight.

"Gaithersburg had ended our season the past four years," Whitman head coach Pete Kenah wrote in an email. "We had shed so many tears against that team. Guard Brittany Fleck was a member of two of those teams. Seeing the joy on her face when they presented us with the championship trophy is an image I'll never forget."

Whitman's season ended in the state semifinals with a 33-32 loss to Baltimore Polytechnic. The Vikings finished with a 21-5 record. Whitman entered the playoffs as the No. 2 seed in the 4A West region and beat Blair and Walter Johnson before knocking off Gaithersburg.

"That team was so tough mentally," Kenah wrote. "We were outsized many nights but refused to lose and always got defensive stops. None of the six seniors went on to play college basketball, which is rare. They were/are good friends who came together for what they knew would be their last season of organized basketball and made the absolute most of it."

## Holy Child Freshman Medals in Ice Dancing

BY SUSAN BELFORD  
THE ALMANAC

Lorraine McNamara was 3 years old when she gingerly stepped onto the ice at a local skating rink while her mom was taking a lesson. Eleven years later, she is an accomplished ice dance competitor. She and partner Quinn Carpenter surfaced from a series of seven international Junior Grand Prix competitions this fall to finish among the top six teams in the world — bringing home medals for Team USA. McNamara/Carpenter captured a Silver medal in Riga, Latvia and a Gold medal in Minsk, Belarus — qualifying them for the 2013 Junior Grand Prix Finals in Fukuoka, Japan in December. They completed the year by winning a Bronze medal in Fukuoka.

Lorraine, who lives in Germantown, is the youngest of Anne and Tom McNamara's six children. Her sister is a ballerina and all four of her older brothers are hockey players. She is a freshman this year at the Connelly School of the Holy Child in Potomac — the alma mater of both her mother and older sister. She trains at the Wheaton Ice Skating Academy under coaches Alexei Kiliakov, Elena Novak and Dmytri Ilin. "These young skaters are working very hard and their success at the international level is putting the Washington area on the map in ice dance," said Kiliakov. Rachel and Michael Parsons, also from Montgomery County, finished 6<sup>th</sup> in the Grand Prix Finals in Fukuoka, Japan.

McNamara's days leave little time for the usual teen-age pastimes. By 6 a.m., she is already at the Wheaton Ice Arena in a rigorous training session with Quinn and her coaches. She arrives at school at 9:30 a.m. and then leaves at 2:15 p.m. for more training until 8 p.m. On the way home, she begins the reading and homework required to keep up with her schedule at Holy Child.

"The teachers have been really wonderful about helping me understand the work I have missed, connecting with me via email or meeting with me when I have free time during the day," said Lorraine. "They have really gone above and beyond to make it work for me."

Since she has competed in seven international competitions this fall, she has been absent often. However, her teachers said that her self-discipline and commitment to balancing schoolwork along with her sport have made her an outstanding student who always strives to do her best.

This past fall, Lorraine and Quinn competed in Riga, Latvia; Mexico City, Mexico; Kosice, Slovakia; Gdansk, Poland; Minsk, Belarus; Ostrava, Czech Republic; and Tallinn, Estonia. Lorraine's mom, Anne travels with her to these world destinations. "It's very exciting to travel together and I am very blessed to be able to be her confidante and the 'rock' when the going gets tough," she wrote in an email. "When we are in a new city, I am free to explore and scout out the top sites to take Lorraine and Quinn to see when they have free time. But I always attend the on-ice practices. I never tire of watching their



PHOTO BY MELANIE HOYT

Lorraine McNamara and Quinn Carpenter skate to a French version of "Romeo and Juliet" in their 2012 Free Dance.

beautiful presence on the ice."

Anne McNamara has reason to be proud. "Her dad, Tom and I noticed long ago when she was very young and competed successfully against teams twice her age, that she had unlimited potential. We also saw the love and passion that her coaches instilled in her. She and Quinn skate from their hearts each and every day. For them, it's not only the desire to compete, but it's the day in and

day out training that they embrace."

"I love putting on a show for people," said Lorraine. "I love ice dancing. It's so creative and artistic. We help select the music and our coaches do the choreography and costuming. I never get tired of competing — or of practicing. It's wonderful when you are

trying to learn something new and all of a sudden, it clicks. I've been skating with Quinn for seven years and we get along great. It's like having another brother."

On Jan. 5, they will head to the US Nationals in Boston. If all goes as planned, they will next travel to Bulgaria in March for the Junior World Championships. Their goal is to continue their rigorous schedule of dedicated practice and training to prepare for the US Olympic Team competitions leading to the 2018 Winter Olympics in Korea.



# Potomac REAL ESTATE

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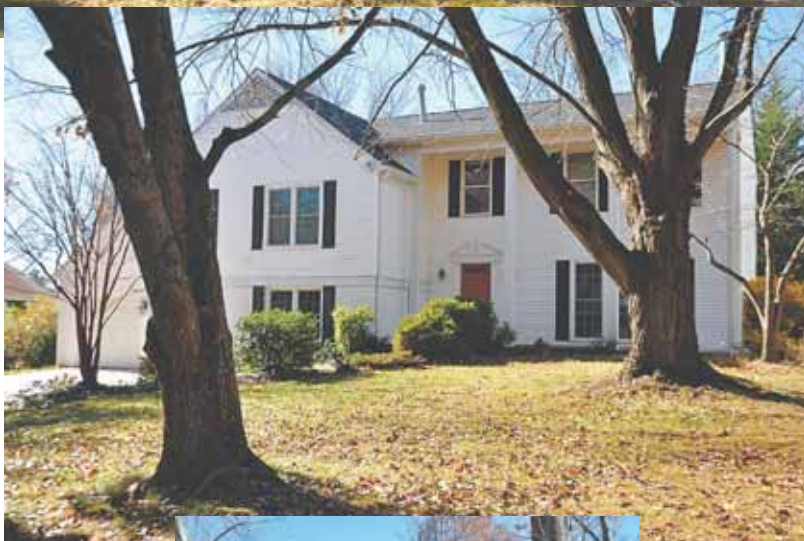
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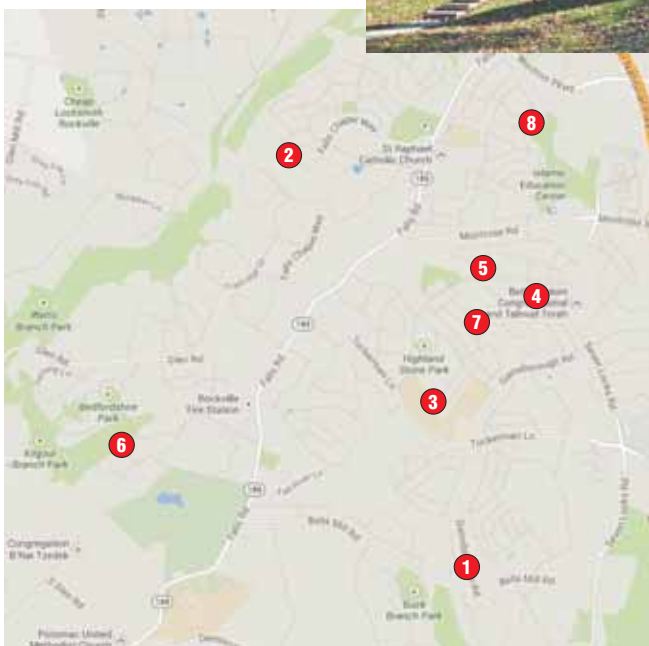
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# Spiritual Wellness in the New Year What is it and how does one achieve it?

BY MARILYN CAMPBELL  
THE ALMANAC

**A**s we begin a new year, many are focused on their spiritual health and well-being. In fact, the National Wellness Institute names spiritual wellness as one of the seven dimensions of overall wellness. It's essential in life, say experts.

Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling at Marymount University in Arlington, who specializes in pastoral counseling and pastoral integration, believes spiritual well-being doesn't always have to do with religion. It's about being connected to something greater than one's self. "It doesn't have to be a higher power," she said. "It can be your community or nature, but the key piece is that there is a connection to something other than yourself."

Elizabeth Rees, the associate rector at St. Aidan's Episcopal Church in Mount Vernon, said, "I would say at its heart, spiritual well-being is knowing ourselves to be loved and cherished by God and then living into that truth."

Kathy Judd, Alexandria-based meditation teacher and director of No Place Like Om, said, "Spiritual health and well-being is when you ... feel just as, if not more, connected to what you can't see as to what you

can. It's about knowing that there is an animating force that drives the show and seeing all the ups and downs of our human experience as just like that — a show."

Some say that expectation management is a factor in spiritual wellbeing. "If there is a gap between expectation and reality, there can be a ... lack of contentment," said Rabbi Stuart Weinblatt of Congregation B'nai Tzedek in Potomac. "When we set our expectations lower in terms of what we expect from others, we are less likely to be disappointed. It is appropriate to set our goals high, but our expectations lower. Goals motivate us, but when we have expectations, we set ourselves up for disappointment."

**WHILE SPIRITUAL WELLNESS** can mean different things to different people, experts said there are common factors that can help one achieve it, such as engaging with others. "When we think about spiritual health or well-being, we think about people being at peace with themselves and others," said Jackson-Cherry.

"In my opinion," she said, "once people become connected with other people and not so consumed with themselves or their own tragedies or pain and they give of themselves to others, share their gifts, often they experience contentment."

"Community is a big one, and also what you pay attention to and consume," Judd said. "If you're constantly tuned in to the news cycle and people who are negative and arguing, you're going to see the world from a certain viewpoint. ... If you take time to be in nature, read uplifting things, eat [the right] foods, and surround yourself with a community of people who are loving, supportive and want to bring out the best in you, you'll have a very different experience of the world."

Rees believes self-love is also a component of spiritual well-being. "In adult education here at St. Aidan's, we've been listening to the talks of [scholar, author and public speaker] Brené Brown and talking about what she has to say about vulnerability. I have definitely found in my own life that when I dare to share the truth about my struggles with the people around me, it creates a new space for growth and depth."

"Until we learn to love and forgive ourselves, it's almost impossible to love and forgive others," she said. "For me, the Christian story in general, and the Church community in particular, is the place where that comes together and makes sense."

Prayer is an important part of many religions. "Spirituality is found both within the context of meditation and reflective time, which could be prayer, as well as being part

of a larger community," said Weinblatt. "That is why people can find contentment in prayer and places of worship and as well as in other contexts."

Jackson-Cherry said, "When I'm working with clients, I find that people who have the healthiest spiritual well-being are people who have a sense of purpose in life or have a meaning in life. They might not have achieved it, but they are working toward it. Having a sense of purpose or meaning in life leads to contentment."

So how does one find a sense of purpose and meaning in life? "We've talked about this question a lot," said Rees. "What comes up most frequently is the idea of finding ways to live in the present, slowing down and finding God present in the moment. ... Hearing where other people are finding God, and taking the time to look for God acting in my own life and share that with others makes me much more aware of God all around."

Judd said there is work involved in achieving spiritual well-being. "It takes practice, just like anything else," she said. "Yoga and meditation are extremely valuable. Spirit is nothing more than an energy field, so if there is a lot of static in the field, it's going to be hard to hear messages that are there. So anything you can do to calm

SEE SPIRITUAL WELLNESS, PAGE 11

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# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos and artwork encouraged.

## ONGOING

**Holiday Art Show and Sale.** The Glen Echo Park Partnership for Arts and Culture is hosting exhibitors that will sell glass, ceramics, photography, crafts and more. The sale runs Nov. 29-Jan. 5. Hours are Saturdays and Sundays from 11 a.m.-6 p.m.; Thursdays and Fridays from 10 a.m.-2 p.m. through Dec. 20. Located in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-634-2222.

**Theater Performance.** Through Friday, Jan. 10, see “Lyle the Crocodile” at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes Saturdays and Sundays at 1:30 p.m. and 4 p.m. and are appropriate for children age 4-12. Tickets start at \$12. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or 301-280-1660 for tickets.

**Art Exhibit.** See a solo exhibit by Grace Taylor titled “Retrospective” through Jan. 6 at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. The solo exhibition is a comprehensive look at more than 30 years of Taylor’s photography. Hours are Saturdays from 1-4 p.m., Sundays from 1-8 p.m. or by appointment or during class time. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Art Exhibit.** See “Rabid Habits” by Lauren Boilini in the Gibbs Street Gallery at VisArts, 155 Gibbs St., through Jan. 12. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Art Exhibit.** See “Paintings, Drawings, Prints, That Mostly Go Together” by Michael Sellmeyer in the Common Ground Gallery at VisArts, 155 Gibbs St., through Jan. 12. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Art Exhibit.** See “so much depends” Jan. 10-Feb. 18 in Photoworks Gallery at Glen Echo, 7300 MacArthur Blvd. Photography by Gurjeet Khalsa explores locations ranging from Belize to the Pacific Northwest. Hours are 1-4 p.m. on Saturdays and 1-8 p.m. on Sundays. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) or 301-634-2274.

**Drop in Art Activities.** Every Saturday from 9:30 a.m.-noon in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit [www.pgip.org](http://www.pgip.org) for more.

## THURSDAY/JAN. 2

**Blues Dance.** 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Back Room Annex, 7300 MacArthur

Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit [www.capitalblues.org](http://www.capitalblues.org) for more.

## FRIDAY/JAN. 3

**Contra Dance.** 7:30 p.m. lessons start; 8:15 -11:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. AP and the BantyRooster provides music. \$10/adult; \$5/age 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## SATURDAY/JAN. 4

**Music Performance.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Alexander Paley and Peiwen Chen will perform Stravinsky’s “Rite of Spring” and Rachmaninoff Preludes. Free. Donations accepted. Visit [www.washingtonconservatory.org/](http://www.washingtonconservatory.org/) for more.

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Eight to the Bar. \$18. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## SUNDAY/JAN. 5

**Opening Reception.** 11 a.m.-1 p.m., meet some of the artists from “Evidence of Civilization” at Har Shalom, 11510 Falls Road. See photographs, paintings, ceramics and more. Free. 301-299-7087.

**Waltz Dance.** 2:45 p.m. 45-minute lesson; 3:30 dance. At Glen Echo National Park, 7300 MacArthur Blvd., Glen Echo. Waltz du Jour plays a mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, visit [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

**Waltz Dance.** 2:45-6 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Waltz Du Jour. \$10. Visit [www.waltztimedances.org](http://www.waltztimedances.org) for more.

**Music Performance.** 5 p.m. at The Episcopal Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. The Yale Spizzwinks(?), an underclassman a cappella group will perform. Suggested donation of \$15. Visit [www.redeemberbethesda.org](http://www.redeemberbethesda.org) or 301-229-3770.

**Argentine Tango.** 6:30-11 p.m. at Ballroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Contra Dance.** 7 p.m. lessons start; 7:30 -10:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Ken and Brad Kolodner provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit

[www.glenechopark.org](http://www.glenechopark.org) for more.

## THURSDAY/JAN. 9

**Blues Dance.** 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Back Room Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit [www.capitalblues.org](http://www.capitalblues.org) for more.

## FRIDAY/JAN. 10

**Theater Performance.** 7:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. See “Thoroughly Modern Millie, Jr.” performed by the IStage Performance Ensemble. Performers range in age from 6-12. \$10/person. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or 301-280-1660.

**Opening Reception.** 5:30-7:30 p.m. meet the artist of “so much depends” at Photoworks Gallery at Glen Echo, 7300 MacArthur Blvd. Photography by Gurjeet Khalsa explores locations ranging from Belize to the Pacific Northwest. Free. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) or 301-634-2274.

**Contra Dance.** 7:30 p.m. lessons start; 8:15 -11:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Glen Echo Open Band provides music. \$10/adult; \$5/age 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## SATURDAY/JAN. 11

**Theater Performance.** 7:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. See “Thoroughly Modern Millie, Jr.” performed by the IStage Performance Ensemble. Performers range in age from 6-12. \$10/person. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or 301-280-1660.

**Film.** 7-9 p.m. at River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Watch “Gideon’s Army” and then discuss the film. Free. Visit [gideonsarmythefilm.com](http://gideonsarmythefilm.com) or [www.rruuc.org](http://www.rruuc.org) for more.

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Halley’s Hot Gumbo Swingtet. \$16. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## SUNDAY/JAN. 12

**Argentine Tango.** 6:30-11 p.m. at Back Room Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Contra Dance.** 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. \$13/nonmember; \$10/member; \$5/17 and under. Visit [www.fsgw.org](http://www.fsgw.org) for more.

## SUNDAY-TUESDAY/JAN. 12-14

**Volunteer Training Program.** 9 a.m.-4 p.m. at JSSA, 6123 Montrose Road. Learn how to become a volunteer for the Hospice and Transition programs. Volunteers must be over the age of 18. Contact Amy Kaufman Gooft, at 301-816- 2650, [agooft@jssa.org](mailto:agooft@jssa.org), no later than 5 days prior to the start of the course.

## MONDAY/JAN. 13

**Meeting.** 7-10:45 p.m. at County Council Office Building, 100 Maryland Ave., Rockville. “Opening Government: Transparency and Ethics.” Free. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org) for more.

# NEWS



PHOTO BY KEN MOORE/THE ALMANAC

**In 2012 in Montgomery County, there were 2,019 deer-vehicle collisions serious enough to report to police. One proposal to reduce the deer population is to expand the area open to bow hunters.**

## Safety Zone Changing

FROM PAGE 3

onto their property last year. He came with a timed corn dispenser every day early in the morning and killed 11 deer in 10 days, she said.

“He was silent, he was lethal, he was extremely efficient. No one in the neighborhood even knew he was there,” said Dennis. “When done right, it’s extremely humane, it’s fast, lethal and relatively painless.” But Maria Fusco testified that

she was convinced to let bow hunters onto her property last year.

Fusco said it was impossible not to notice the “handy work” of bow hunters on her property, who left entrails on her land.

Bow hunting wasn’t as seamless as those who testified in support of the legislation suggested, she said.

Would she permit bow hunters to come back to her property this year?

Not a chance, she testified.

**“He was silent, he was lethal, he was extremely efficient. No one in the neighborhood even knew he was there.”**

**— Peggy Dennis, Potomac resident**

## Spiritual Wellness

FROM PAGE 9

the ‘talk radio’ in your head will make it easier to listen. When you learn to listen, you are able to be lead, to be called, to find your calling.”

**LIVING IN THE MOMENT** is also a factor that can lead to contentment and spiritual well-being. “I think trying to ... find as much love and joy in it as possible is a huge piece,” Judd said. “Also, worry less about what others think and be more willing to live and love greatly. Developing gratitude,

as something that runs through all of our life, not just as something that comes when life seems to be going really well, is important too.”

Rees said keeping a journal is a useful tool in developing gratitude. “One spiritual exercise that helps me sometimes is to practice gratitude by prayerfully journaling about the things for which I am grateful,” she said. “Sit down and write 100 things for which you are grateful. You start with the big and obvious things, but then also find yourself digging deep for the small but ever-present graces of life.”

## BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon.

## WORKSHOPS AVAILABLE

**New Workshops.** JSSA’s (Jewish Social Service Agency) Winter/Spring 2014 Workshops and Groups are open for enrollment with details online. These new programs provide the opportunity for anyone in the community struggling with a wide range of learning, behavioral, emotional and physical challenges. Limited space is available for some workshops and groups. Visit <http://www.jssa.org/> or contact Lise Bram at [lbram@jssa.org](mailto:lbram@jssa.org).



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