

# Potomac ALMANAC

WELLBEING  
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Amanda Kahlenberg jumps into the "Treats for Troops" in her garage. The nonprofit MoverMoms began the collection effort six years ago.

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PHOTO COURTESY OF REBECCA KAHLBERG

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nurturing individualized expertise  
 k-12 education accessible college-preparatory  
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 close-knit different learning styles school spirit  
 ap & honors courses tolerance understanding  
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## MoverMoms Collect Truckload of 'Treats-4-Troops'

Sharing the gift of giving.

BY SUSAN BELFORD  
THE ALMANAC

When Rebecca Kahlenberg spots a need, she acts on it. For the past seven years, she, along with other MoverMoms and MoverDads has changed the Trick or Treat concept in Maryland, Virginia and D.C. to a non-traditional donation program called Treats-4-Troops.

"It's a win-win situation," she said. "After Halloween, a lot of parents are thinking, 'What do we do with all this candy our kids have collected? We don't want them to eat it — but we don't want it to go to waste.' In 2007, I began looking for a place that would put the left-over Halloween candy to good use and discovered 'Boatsie's Boxes' - a 501(c)3 organization based in Wheeling, W.Va. that weekly packs boxes of needed items for the troops. Last year, we drove to Wheeling in a 26-foot truck stuffed with candy which helped fill about 8,000 Christmas stockings for our service men and women overseas."

Six years ago, MoverMoms initiated the Treats-4-Troops campaign and now they summon their forces to volunteer every October and November. MoverMoms, founded by Kahlenberg of Bethesda and Heidi Bumpers of Cabin John, has grown into a non-profit organization with more than 200 moms who feed the hungry, col-



At Bethesda-Chevy Chase High School: Rebecca Kahlenberg (left), Judy Karger of Bethesda (center) and Cheryl Fisher of Chevy Chase. Fisher is the chief financial officer of MoverMoms.

lect trash on Sangamore Road, organize programs for women and men in homeless shelters, mentor and provide career preparation skills for inmates at the Montgomery County Jail, and travel with their own children to El Salvador to volunteer at a school and maternity center. Each month, they perform a myriad of community service projects — and one of their largest projects is the Treats-4-Troops collection.

MoverMoms and others have volunteered their homes around the area as drop off points.

Salma Hasan Ali, chief inspiration officer of MoverMoms, explains how much good can be done when everyone helps a little: "We see what happens when everyone contributes a small amount of time, effort or candy — then all of a sudden something wonderful comes out of it. We make the



At Walt Whitman High School, Sheryl Israel (left) of Cabin John and Sharon Schick of Potomac.

servicemen and women's lives a little brighter by helping to fill their Christmas stockings. We now have businesses and schools on-board and are receiving candy from as far away as Frederick, Herndon and Anne Arundel County. With WTOP's Bob Madigan discussing "Treats-4-Troops," on the air with Rebecca, we have reached even farther."

SEE MOVERMOMS, PAGE 9

## Former U.S. State Department Official To Talk at Library

Daniel Serwer has written "Righting the Balance."

BY SENITRA T. MCCOMBS  
THE ALMANAC

Former U.S. State Department official Daniel Serwer will discuss his book "Righting the Balance; How You Can Help Protect America" at Potomac Library on Tuesday, Nov. 12, at 7 p.m.

He was inspired to write "Righting the Balance" after his supervisor at the State Department denied his request to go work on the violence in Kosovo a year and half before the U.S. led NATO in military operations over Kosovo.

"I spent 21 years in the State Department and 12 years at the U.S. Institute of Peace. It was clear from these vantage points that America is over-relying on its military to interact with the rest of the world. It needs stronger civilian foreign policy instruments," he said.

"Righting the Balance" describes the im-

portance of the U.S. military and the inadequacy of certain civilian capabilities and "how and why we need civilian institutions to lighten the load on the military and get the job done more cheaply and effectively" and the implications for these institutions, he said.

Serwer believes the answer lies in a "radical reform" as well as beefing up nongovernmental efforts.

"We need civilians to work on humanitarian relief, negotiations, dialogue, building responsible states, providing assistance to political and economic reform, helping establish the rule of law, reforming security services, encouraging entrepreneurial activity, countering violent extremism, encouraging citizen to citizen contacts," he said.

He also incorporates a number of real life examples from his work at the U.S. Department of State.

During his discussion of "burdensharing," he mentions how the Italian government delivered \$5 million in cash in a suitcase to his office to fulfill a promise to pay for some ships needed during the first Gulf War.

Although "burdensharing" is often done



in more indirect ways, Serwer notes that the result is still the same: they do more, we do less.

Throughout his travels to Iraq, Afghanistan, Libya and Egypt, he has learned that "ordinary people in a conflict zone want something deceptively simple: normal lives."

According to Serwer, these individuals' desire for education, affordable food, clothing and shelter make them a "potential con-

stituency for peace if they can be certain of personal safety."

"Somehow you've got to get their voices heard, and the much louder voices of men with guns need to be muffled," he said.

Besides his personal experiences with the subject matter, the author spent three years researching and writing the book.

Serwer hopes "Righting the Balance" will open America's eyes to the mission of diplomats and aid workers (including non-governmental workers) and the obstacles they face in achieving these goals aboard.

"And I'd like a few people to catch what I call Foreign Legionnaire's disease — the bug that makes people go abroad to make the world a better, more peaceful place," he said.

Some of his favorite books include, Greg Johnsen's "The Last Refuge", "Huckleberry Finn" and Marvin Kalb's "The Road to War: Presidential Commitments Honored and Betrayed."

He is a native of New York and has lived in Washington, D.C. for 30 years. Currently, he is a senior research professor in conflict management at John Hopkins School of Advanced International Studies.

# LET'S TALK Real Estate



by Michael Matese

## Green-Wise Trends in Luxury Homes

REALTORS® and sellers alike are finding passive solar paneling, marble bathroom features, bamboo flooring, and incorporation of alternative energy sources into the home's overall design, as well as addition of energy efficient appliances to be key motivators in a home's attractiveness to prospective buyers. 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. The biggest factor, however, in the concept of the "green mansion" is a return to basics, but with a lavish approach. True opulence and the height of style is no longer showcased in gratuitous, non-functional shows of wealth—gone are the days of gold-plated toothbrush holders! Today's luxury homeowner favors tasteful investments in comfortable living that are good for the body, mind and environment. A renewed emphasis on natural beauty and craftsmanship are at the heart of the new century's luxury home market and luxury home owner. Green mansions are ones that incorporate smart sustainability into their design and home design elements are varied, but have in common that the luxury is not the money spent, but money that is well-spent. Bringing nature into the home, with "endless rooms" that showcase glass walls, outdoor kitchens that incorporate nature into the home's livability, atrium entertainment areas and design details such as hand forged iron works or natural stone are just a few of the ways that a green mansion can incorporate sumptuousness and sustainability for the new luxury home buyer. Welcome to the new world of eco-friendly, green luxury!

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## GETTING AROUND

# At 90, Going 90 Miles Per Hour

BY CISSY FINLEY GRANT  
THE ALMANAC

She celebrated her 90th birthday recently and is just as independent today as she was when as a teenager she insisted she was going away to college and did. It didn't matter one whit to Anne Hale Johnson, who has been a part of the Potomac community for over 50 years, that three generations of Hales before her were all University of Rochester graduates and her parents were trustees.

"I wanted to go away," she said, and away she went, to Smith College.

Recently Anne starred in a 25-minute video, arranged by her daughter, Joy, through a friend of



The cake says it all for Anne Johnson who celebrated her 90th birthday at a dinner party for over a hundred friends and relatives, including her daughter, Joy, and son, Randy. Randy sang two arias at the party, entertaining with a magnificent baritone voice.

Joy's in Denver. She flew to Denver for the video that was presented to over a hundred of her friends and family members at a dinner party. "It was Joy's idea for the interview," she said. It depicted the many interests and involvements of her life. At the conclusion a spontaneous ovation from the gathering erupted.

Anne, and her late husband, Art, lived on Red Barn Lane where they kept horses. She became the D.C. (district commissioner) of the Potomac Pony Club, active in teaching young riders equestrian skills plus horse show and fox hunting protocol. All three Johnson children, Joy Christy and Randy were active members.

SEE AT 90, PAGE 15

# 60 Years for Sue and Dick Moran

BY CISSY FINLEY GRANT  
THE ALMANAC

A log fire burned in a huge outdoor fieldstone fireplace on a chilly fall evening when friends and family members of Sue and Dick Moran's gathered to celebrate the Potomac couple's 60th wedding anniversary.

The party at the Travilah Road home of Phoebe Moran Manders and her husband, Mike, drew a gathering of a clan of Morans plus long-time Potomac friends and neighbors including Sue Monahan, Bonnie Nicholson with Austin Kiplinger, Elie and Ted Cain, Sheila O'Donnell and a host of others. Candlelight glowed from tables on the two-tiered terrace where guests partook of cocktails and dinner.

"We were all scattered throughout the summer so we decided to

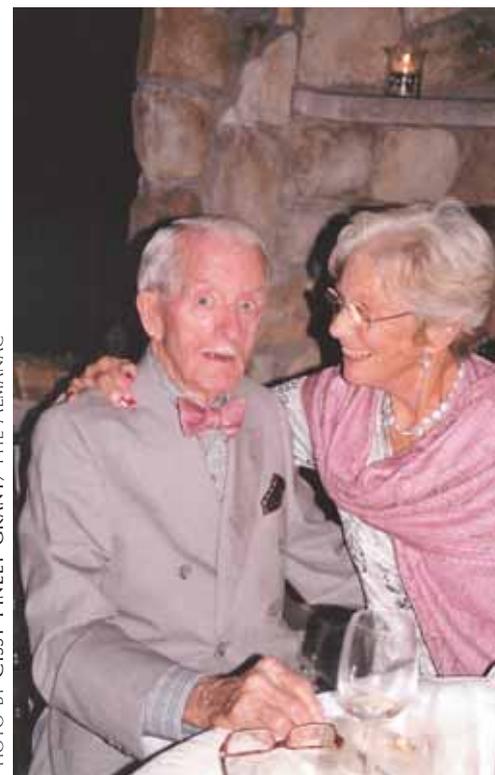
choose a date to celebrate a number of things, including Phoebe's birthday and two others in September. We just put it all together in one big party," said Sue Moran who fell and broke her elbow a few days before the event. However, the invitation made mention of only the Big 60th.

Sue and Dick Moran were married June 18, 1953 in Cazenovia, N.Y., where she grew up.

They moved to Potomac in 1955 where she continued her love of fox hunting, a sport she began in upstate New York as a child. Their first home in Potomac was on River Road. "Leonard was my first friend in Potomac," Sue recalled. She was referring to well known horseman, Leonard Proctor, who kept horses across River Road from the Morans.

They later moved to Three Sis

SEE 60 YEARS, PAGE 15



Dick Moran could easily be asking himself if it has really been 60 years already. Above, he and his wife, Susan, celebrated at a party given at the home of Phoebe Moran Manders and her husband, Mike.

PHOTO BY CISSY FINLEY GRANT/THE ALMANAC

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# Church Celebrates Milestone

## Potomac Presbyterian Church turns 50.

BY MARILYN CAMPBELL  
THE ALMANAC

When Bob Plumb and his wife Louise moved to Potomac from a small town in Connecticut more than 20 years ago, they missed their close-knit community, a community they found again when they joined Potomac Presbyterian Church, which has welcomed the faithful for 50 years now.

“There’s a real sense of community here,” said Plumb, describing the church’s 50th anniversary celebration, which took place last weekend. “The pastor did an excellent job of recapping the history of the church and shared his plans for the future.”

Current and former members of Potomac Presby-

terian Church came from as far away as Florida and Michigan to mark the milestone. The celebration began with a dinner Friday, Nov. 1 and culminated with a worship service and reception Sunday, Nov. 3.

The Rev. Sean J. Miller, the church’s senior pastor, delivered a reflective sermon to commemorate the occasion. “Those who surround us, who have gone before us in this congregation, were everyday people, citizens of Potomac, who sensed a call by God to do extraordinary things for the church and this community.

**“Those who surround us, who have gone before us in this congregation, were everyday people, citizens of Potomac, who sensed a call by God to do extraordinary things for the church and this community. My hope is that at the 100th anniversary of Potomac Presbyterian Church, we will be remembered the same way.”**

— Rev. Sean J. Miller, senior pastor,  
Potomac Presbyterian Church

My hope is that at the 100th anniversary of Potomac Presbyterian Church, we will be remembered the same way.”

Melanie Mason has been a member of Potomac Presbyterian for 24 years. She was married in the church and her two children were baptized and confirmed

there. She is an ordained elder, former Sunday school

SEE CHURCH CELEBRATES, PAGE 13

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# OPINION

## Be Part of Children's Almanac

Call for student artwork and writing; deadline Dec. 6.

During the last week of each year, The Almanac devotes its entire issue to the creativity of local students and children. The results are always remarkable, and the editions have won many awards. It is a keepsake edition for many families, and an edition read and praised by readers with and without children.

The annual Children's Almanac is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as each school year begins.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they

can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 6.

Some suggestions:

❖ Drawings or paintings or photographs of family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good par-

ent? What makes a good friend? What is one of the best or worst things that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, etc.

❖ Poetry or other creative writing.

❖ Opinion pieces about family, friends, movies, traffic, sports, food, video games, toys, trends, etc.

❖ News stories from school newspapers.

We welcome contributions from families, public and private schools, individuals and homeschoolers.

Email submissions for the Potomac Almanac to editor Steven Mauren at [smauren@connectionnewspapers.com](mailto:smauren@connectionnewspapers.com).

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Almanac, 1606 King Street, Alexandria, VA 22314.

Send all submissions by Dec. 6. The Children's Almanac will publish the week of Dec. 26.

### EDITORIAL

## Why Do We Care?

BY GINNY BARNES  
WMCCA PRESIDENT

For over 60 years WMCCA has worked to protect the environment and monitored development in our community. Our Board of Directors reviews development plans, zoning changes, proposed legislation and compliance with zoning regulations, and then brings them to our monthly General meetings, featuring issues relevant to our membership. We meet with politicians and government agencies. When necessary, WMCCA testifies before government bodies and by doing so helps shape the Potomac we all love. Every large community needs a collective voice for their residents. WMCCA is that voice. Also, when issues are so far reaching they cause impacts touching the entire subregion or create precedents leading to harm in neighborhoods in other parts of the county, we are there.

Such was the case with the Brickyard school site, where the county executive facilitated a lease for a soccer complex which violated our Master Plan and would have set a precedent allowing the same for every other area Master Plan. He did so without ever asking for our input as a community. The project was withdrawn by the combined effort of WMCCA, Brickyard residents, and other local citizens groups. It took two years of effort and multiple legal actions but we stopped it. By comparison, WMCCA supported Parks acquisition of the 200+ acre Serpentine Barrens and even prevailed in retaining the historical name for this rare geological wonder. In keeping with our belief in a strong central commercial core,

we supported the expansion of River Falls Tavern in Potomac Village. Examples of our input are numerous and available in the "Archive" section of our website.

Over the years, WMCCA, on behalf of our citizens has faced a lot of challenges and remained a strong voice in county decision making. We have new issues coming with the revision of the County Zoning code, the Washington Suburban Sanitary Commission (WSSC) proposal for a mid-river intake at the filtration plant on River Road, potential sewer expansions and Special Exception applications. As available land for development becomes scarce, proposals emerge in awkward and inappropriate places. Such is the case with a residential project called "Lake Potomac" which calls for five lots on 11 acres at the corner of Stoney Creek Road and Stony Creek Way. Steeply wooded land, driveways intruding into the stream buffer, development predicated on sewer while all adjacent residents are on well and septic — this kind of project violates the intent of our regional planning. The Potomac Subregion Master Plan is explicit: "This Master Plan strongly recommends that sustaining the environment be the preeminent policy determinant in a subregion defined by its natural resources."

We all care about our homes and neighborhoods, but WMCCA tries to look further in order to alert our residents to issues on the horizon as we work diligently to ensure they have a voice in decisions affecting their lives. Our positions on issues are influenced by our membership. We need your insight and your help as we continue to be a voice for Potomac. Please join WMCCA as a member. Our General Meetings are open to everyone: Nov. 13, Dec. 11, 2013 and Jan. 8, Feb. 12, March 12, April 9, and May 14, 2014. You do not need to be a

## WMCCA Meeting

The West Montgomery County Citizens Association will meet at the Potomac Community Center on Wednesday, Nov. 13, 7:15 p.m. If schools are closed because of inclement weather, the meeting will be cancelled.

Since WMCCA is an umbrella civic association, it often serves as a liaison between the community and applicants for development proposals. It provides a forum for the public to learn about and ask questions regarding the development review process, any far reaching impacts to neighborhoods and compliance with the Potomac Subregion Master Plan. Two properties are on the agenda for the November meeting. The long time owner of the Potomac Tennis Club next to Falls Road Golf Course and Manor Care has retired and WMCCA has been contacted by the firm Maier & Warner about rezoning the four-acre property. Also, The Hare Krishna Temple on Oaklyn Drive (also known as ISKON of DC) is seeking to expand by building a new sanctuary and increasing the number of resident staff. Neither of the two property owners have submitted plans to the Maryland National Capital Park and Planning Commission (MNCPPC) as yet and this is an opportunity for citizens to weigh in early on the proposals. If time permits, WMCCA will discuss other development plans that are already in the review process at MNCPPC. As always, the public is welcome to attend.

member to attend. Come see for yourself why and how we care.

### UPDATES:

**Brickyard School Site / Potomac Elementary School** — During the feasibility study for Potomac Elementary School, an option was explored to relocate the school from the current River Road location to the Brickyard Road school site. After careful consideration of the both site options, the school will remain at the River Road location. However, the project has been delayed by one year to January 2019.

### WMCCA Enters the Electronic World

BY BARBARA HOOVER

WMCCA is now encouraging our members and friends to accept electronic newsletters. You will still have access to the same excellent  
SEE GET INVOLVED. PAGE 7

## POTOMAC ALMANAC

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# OPINION

## Get Involved in Land Issues

FROM PAGE 6

content each month, and now you can share articles of interest with your friends via email. Plus, electronic newsletters save trees and allow WMCCA to put more money in our legal fund to protect our "Green Wedge." Please email Membership@wmcca.org if you are willing to accept our newsletter in an electronic format.

At the same time, WMCCA is happy to announce that we are now accepting PayPal for membership renewals and contributions as an option to checks, stamps, and paper envelopes. Just go to our website [www.wmcca.org](http://www.wmcca.org) and click on "Join Us" in the left column. PayPal is a secure way to pay with your credit card without sharing your credit card information with us. We believe that both steps will streamline our operations and save trees!

### Glen Hills Area Sewer Study Calendar

BY SUSANNE LEE

The Montgomery County Department of Environmental Protection has now posted the final Phase I and Phase II reports of the Glen Hills Sewer Study at the following:

[www6.montgomerycountymd.gov/content/dep/downloads/ws/Phase\\_1\\_GlenHillsFinalReport.pdf](http://www6.montgomerycountymd.gov/content/dep/downloads/ws/Phase_1_GlenHillsFinalReport.pdf)

[www6.montgomerycountymd.gov/content/dep/downloads/ws/Phase\\_2\\_GlenHillsFinalReport.pdf](http://www6.montgomerycountymd.gov/content/dep/downloads/ws/Phase_2_GlenHillsFinalReport.pdf)

Unfortunately, there are essentially no substantive changes from the draft reports that WMCCA and scores of Glen Hills residents have objected to over the last three years. The Phase I report determined that of the 542 lots in the study area there are only

nine current septic failures, but then proceeds to label 197 properties as not being suitable for septic use. It does so based on theoretical, "planning" level parameters and not on any actual site conditions. Contrary to the Potomac Subregion Master Plan requirements, the report does not even provide specific information regarding why the nine failures occurred or the possible remedies, such as sewer line extensions, for those properties.

The Phase II report examines possible types of septic uses and sewer extensions for the 157 targeted properties. In fact, the Phase II report now indicates that almost all of the 157 they rejected for septic use because they might not be able to meet one theoretical requirement for deep trench systems, actually could use septic if they adopted other approved systems such as tile, sand mound, and drip systems. Notwithstanding that finding, the Phase II report recommends 13 new sewer lines to serve all 157 properties using cost estimates that grossly underestimate extension costs to the large lot lines that characterize Glen Hills. In a neighborhood crisscrossed with streams and ponds, the Report also rejects the Master Plan requirement to exclude environmentally sensitive lots and, in fact, now recommends running sewer lines to undeveloped lots that are filled with wetlands and those in stream valleys.

Now that the reports are final, the stage shifts to County Executive Ike Leggett to make recommendations to the Montgomery County Council. On the basis of these high priced and highly flawed reports, they will decide the future character of the Glen Hills

SEE GET INVOLVED, PAGE 13

## REMODELING & DESIGN SEMINARS IN MCLEAN!



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- *From Concept to Completion*

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC



August, 2013 Sales \$800K~\$900K

IN AUGUST 2013, 65 POTOMAC HOMES SOLD BETWEEN \$4,900,000-\$440,000.

**1** 11406 Beechgrove Lane — \$887,500



**8** 8819 Maxwell Drive — \$828,000



**6** 9008 Willow Valley Drive — \$849,000



**5** 2 Old Creek Court — \$853,000

**9** 9116 Orchard Brook Drive — \$823,000

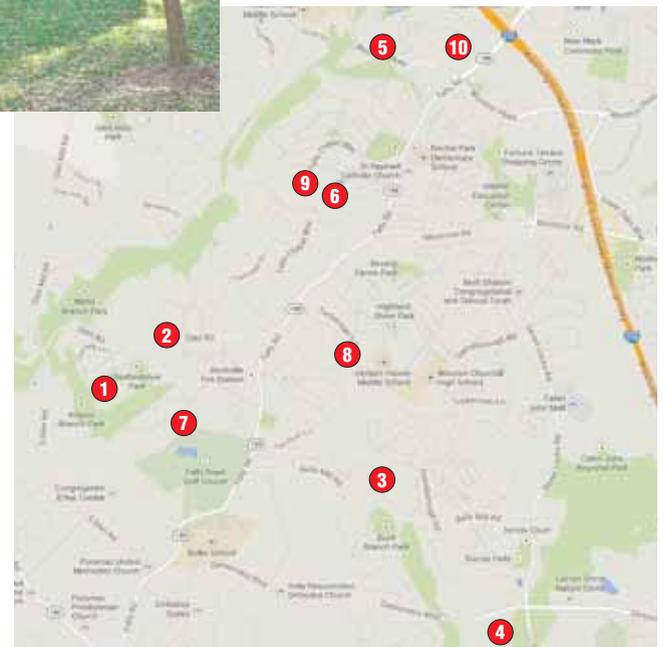


**10** 1102 Cedrus Way — \$802,500



Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 11406 BEECHGROVE LN	4	3	1	POTOMAC		\$887,500	Detached	0.27	20854	BEDFORDSHIRE	08/19/13
2 9825 GLEN RD	5	3	1	POTOMAC		\$870,000	Detached	0.35	20854	GLEN OAKS	08/23/13
3 8722 SLEEPY HOLLOW LN	4	2	2	POTOMAC		\$865,000	Detached	0.28	20854	FOX HILLS	08/02/13
4 8141 BUCKSPARK LN E	4	2	1	POTOMAC		\$862,500	Detached	0.32	20854	RIDGELEIGH	08/27/13
5 2 OLD CREEK CT	4	2	1	POTOMAC		\$853,000	Detached	0.21	20854	FALLSMEAD	08/29/13
6 9008 WILLOW VALLEY DR	5	3	0	POTOMAC		\$849,000	Detached	0.41	20854	COPENHAVER	08/19/13
7 9712 ELDWICK WAY	5	2	1	POTOMAC		\$829,000	Detached	0.29	20854	BEDFORDSHIRE	08/15/13
8 8819 MAXWELL DR	4	3	1	POTOMAC		\$828,000	Detached	0.45	20854	OLDFIELD	08/28/13
9 9116 ORCHARD BROOK DR	5	3	1	POTOMAC		\$823,000	Detached	0.25	20854	FOX HILLS WEST	08/02/13
10 1102 CEDRUS WAY	6	3	0	ROCKVILLE		\$802,500	Detached	0.30	20854	FALLSMEAD	08/22/13

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© Google Map data

# MoverMoms Collect Truckload of 'Treats-4-Troops'

FROM PAGE 3

Many businesses have volunteered to collect candy, including Urban Country, Whole Foods and Allentuck Landscaping, the Kirov Ballet and Brookfield Office Properties. A number of schools are also collecting, including Wood Acres and Bannockburn Elementary Schools and the Capitol Hill Day School.

Ali's son, Zayd was one of the youth who helped load the truck last year. "To pack the truck was a lot of fun," he said. "It's amazing to see a whole garage-full of candy — and hard not to eat it or take it home. I find it cool that just in a few days we collected so much candy to go to people in the service. It makes me feel good to be able to help."

MoverDad Rick Neumann collects yearly at Walt Whitman High School. "My favorite part is chatting with moms, dads, and kids as they say goodbye to a couple of pounds of tasty sweetness. Some of the little kids have horrible expressions on their faces as they hand over the goods. Most are happy to be a part of helping out

our troops. It makes them feel engaged and involved. I tinker with artwork, and I make a bunch of signs and post them all around the area to get the word out. That's not work for me. That's just plain fun," Neumann said.

According to Kahlenberg, "The unintended consequences that have come from this program are so meaningful. Kids are learning the value of getting something for someone else. They are gaining insight into the meaning of sharing what they have and making another's life brighter. They also learn that a little candy goes a long way and there is usually more than enough to go around. It's so organic — a real grass-roots effort and community-building activity."

Look on-line at [www.movermoms.com](http://www.movermoms.com) to find a nearby location to drop off your left-over Halloween candy. The Treats-4-Troops Donation will run through Nov. 10.

**Stacey Kornegay and her son Ricardo Kornegay. They live on Capitol Hill and collect candy every year for Treats-4-Troops.**



**Joci Spector (right) whose house in Chevy Chase was a drop-off point, with Rick Neumann and Bootzie von Cramon.**

PHOTOS COURTESY OF REBECCA KAHLENBERG

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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POTOMAC ALMANAC

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POTOMAC ALMANAC

# Tai Chi Keeps Participants' Energy Flowing

Community center offers several classes.

BY COLLEEN HEALY  
THE ALMANAC

According to instructor Sophia Yang, the practice of Tai Chi is a philosophy that “the universe has two opposite energies, and in order to keep the universe in order there needs to be a balance, the yin and the yang. The flowing movements help with deep breathing, meditation and stretching. Many poses are a visualization of animal behaviors. Tai Chi can ward off depression and bring all the organs into balance, delays the onset of dementia and is used in alternative medicine. The classes are very social and there are many benefits to martial arts and many forms suitable for seniors to avoid injury.”

Yang is one of three instructors at the Potomac Community Center who teach the practice of Tai Chi three days a week. Every Friday morning, Yang leads more than 50 students through sequences of 24 and 37 poses, incorporating graceful and healing movement into their lives and creating the basis of their longstanding relationship with this ancient practice, as well.

“Tai Chi is derived from Taoism. It is not a religion,” said Yang. “The practice impacts the body, mind and spirit, all of which are integrated in the little universe that is our self and in the larger universe that is all things.”

Born in a small town near Shanghai, China, Yang came to America in 1955. A member of St. Raphael Church in Rockville, and an avid volunteer, Yang and her husband raised their family in Potomac and modeled for their children a strong religious faith and dedication to community. Seven-



A Tai Chi class at the Potomac Community Center.

teen years ago, at a neighbor’s recommendation, Yang signed up for a Tai Chi class at the Potomac Community Center and has been practicing ever since. She began teaching about four years ago when she was chosen as one of three students to stand in for her 97-year-old master, Chen Lien Young.

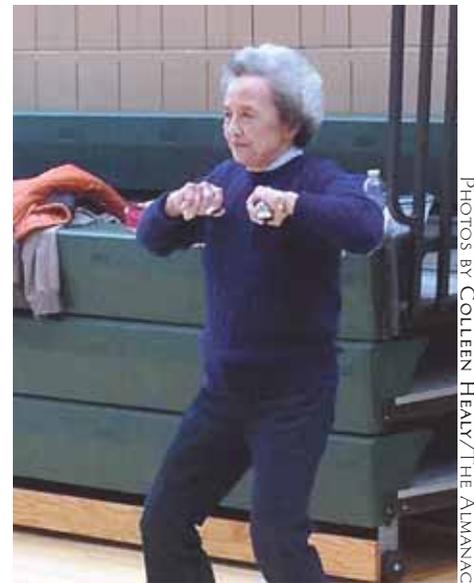
Tai Chi is an ancient Chinese practice with its origins in the martial arts of self defense, dating back to the 7th century. It is a series of movements practiced slowly and mindfully, with one posture flowing into the next and tied into the breath, making for a moving meditation. The practice seeks to balance a person’s vital energy, or life force, also known as Qi, helping to regulate two opposing yet complementary aspects of the self, otherwise known as Yin and Yang.

According to Traditional Chinese Medicine, yin is the quiet, passive energy found in each individual, and yang the opposite energy, active and heated.

The practice of Tai Chi balances the yin and yang by releasing any blockages of energy so that a person’s Qi flows freely through the body. The gentle movements of the practice clear the mind, strengthen the body, calm emotions and expand well being.

Tai Chi is available to any age group, and there is no special equipment needed. Many positive health claims of the practice are supported by scientific studies, including those from Harvard Medical School which note the positive impact on the heart and mind and the muscles and bones. Practitioners of all ages enjoy increased strength and better balance, reduced joint pain and decreased stiffness, better sleep and even a boosted immune system. And, as in any healthy relationship, practitioners reap a sense of balance, attaining enough strength and flexibility to reduce stress and anxiety.

Last year, Yang suffered the loss of her



PHOTOS BY COLLEEN HEALY/THE ALMANAC

Tai Chi instructor Sophia Yang brings the ancient practice to the Potomac Community Center.

husband, followed by the surprising discovery of a brain tumor. Her deep faith and her practice helped her through both.

“The doctor treated me holistically. My body. My brain. My emotions. I wanted to go home. I wanted to go back to my students,” Yang said. “When the doctor sent me home with instructions for pain, I asked if I was supposed to be feeling any, because I felt none.”

When told by others that her rapid recovery was quite amazing, Yang simply responds with two words: “Amazing Grace.”

Yang teaches Tai Chi at the Potomac Community Center located at 11315 Falls Road on Friday mornings from 10:15 a.m. to 11:15 a.m. Additional classes are scheduled on Monday and Wednesday mornings from 10 a.m. to 11 a.m. All Tai Chi classes are offered at no cost. For more information, call the Potomac Community Center at 240-777-6960.



## Ready for Churchill Homecoming Dance

Students at Churchill High School celebrated their homecoming on Saturday, Oct. 12. Before the dance, pictures were taken at the home of Emma Coleman of some of the senior class members. Seniors James Taylor and Gina Biciocchi are pictured at right.



PHOTOS CONTRIBUTED

# ENTERTAINMENT

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

## ONGOING

**Tiny Tots.** 10 a.m. on Wednesdays, Saturdays and Sundays at Glen Echo Park, 7300 MacArthur Blvd. The Puppet Co. presents a program designed for children up to age 4. The shows are 30 minutes long, the lights stay on and the doors stay open. \$5/person. Reservations strongly encouraged. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or 301-634-5380 for dates.

**Theater Performance.** See "Peter and the Wolf" on Thursdays and Saturdays at 10 a.m. or 11:30 a.m. and Saturdays and Sundays at 11:30 a.m. or 1 p.m. at the Puppet Co. at Glen Echo Park, 7300 MacArthur Blvd. The show runs through Nov. 22 and is appropriate for children in grades PreK-6. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or 301-634-5380 for tickets.

**Theater Performance.** Through Sunday, Nov. 24, see "From Here to There" at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes are 10:30 a.m. or 11:45 a.m. and are appropriate for children age 2-5. Tickets are \$10-12 with a \$5 lap seat for children under 12 months. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or 301-280-1660.

**Theater Performance.** See "The Twelve Days of Christmas" at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. Christmas celebrations are just around the corner and Shirley the Partridge has got some problems to solve. The French Hens are arguing, the six geese have flown to Florida for the winter and worst of all...someone has stolen the five golden rings. Nov. 15-Dec. 30. Tickets can be purchased at [www.adventuretheatr-mtc.org](http://www.adventuretheatr-mtc.org) or 301-634-2270.

**Theater Performance.** See "Aquarium" at Imagination Stage, 4908 Auburn Ave., Bethesda. Runs Dec. 17-Jan. 26. Performances are Tuesdays-Fridays at 10:30 a.m. and 11:45 a.m., and Saturdays-Sundays at 10 a.m. and 11:15 a.m. Children can watch the story of Jack and Calypso unfold through puppets, music and props. Appropriate for children ages 1-5. Tickets are \$10-12 with a \$5 lap seat for children under 12 months. Tickets can be purchased at [www.imaginationstage.org](http://www.imaginationstage.org), at the box office or 301-280-1660.

## THURSDAY/NOV. 7

**Potomac Toddlers.** 10:30 a.m. at Potomac Library, 10101 Glenolden Drive. Children 1-3 years. Free. Visit [www.montgomerycountymd.gov/content/libraries](http://www.montgomerycountymd.gov/content/libraries) or 240-777-0690.

**Friends of the Library Presentation.** 12:30 p.m. at Potomac Library community room, 10101 Glenolden Drive. Great Decisions is a program in which local groups gather to discuss topics associated with foreign policy. This meeting the topic will be threat assessment. Brown bag lunches encouraged. Visit [www.folmc.org](http://www.folmc.org).

**Lecture.** 7:30-9 p.m. at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Raul Jarquin will discuss "Photographers: Introducing FolioLink." Visit <http://glenechophotoworks.org/> for tickets.

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

## FRIDAY/NOV. 8

**Music Performance.** 7:30 p.m. at St. Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville.

Alasdair Fraser and Natalie Haas perform. \$25/advance; \$29/door; students with ID - \$21/advance; \$25/door. Visit [www.imtfolk.org](http://www.imtfolk.org) or 301-960-3655 for tickets.

**Bethesda Art Walk.** 6-9 p.m. at galleries in downtown Bethesda. Browse photography, sculpture, pottery and more while enjoy refreshments. Call 301-215-6660 or visit [www.bethesda.org](http://www.bethesda.org).

**Salsa Dance.** 8 p.m.-midnight at Ballroom Annex at Glen Echo, 7300 MacArthur Blvd. \$12. Visit [www.oohsalsa.com](http://www.oohsalsa.com) for more.

**Comedy.** 8 p.m. at VisArts, 155 Gibbs St., Rockville. Comedian Rob Maher will perform. \$15/advance; \$20/door (cash only). Call 301-315-8200 or visit [www.visartscenter.org](http://www.visartscenter.org).

**Music Performance.** 7:30-8:30 pm. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Alasdair Fraser and Natalie Haas will perform. \$25/advance; \$29/door; students get a discount. Visit [www.imtfolk.org](http://www.imtfolk.org) or 301-960-3655.

## SATURDAY/NOV. 9

**Annual Danish Christmas Bazaar.** 11 a.m.-3 p.m. at Saint Elizabeth's Church, 917 Montrose Road, Rockville. The 50th anniversary event will feature a Danish Café serving Danish open-faced sandwiches, crafts, china, jewelry, embroidery, knitwear, demonstrations and more. Free. Visit [www.danishclubdc.org](http://www.danishclubdc.org).

**Art Exhibit.** Noon-8 p.m. at Yellow Barn Studio at Glen Echo, 7300 MacArthur Blvd., Glen Echo. See "7Palettes" art show featuring paintings in oil, pastels, watermedia and more. Reception from 5-8 p.m. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**Music Performance.** 8 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic with Maestro Piotr Gajewski and the National Philharmonic Chorale presents "Lost Childhood" by composer Janice Hamer and librettist Mary Azrael. Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org) or 301-581-5100 for tickets.

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Eric Felten Jazz Orchestra. \$18/age 18 and above; \$12/age 11-17; \$10/age 10 and below. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## SUNDAY/NOV. 10

**Holiday Boutique and Silent Auction.** 10 a.m.-6 p.m. at the Julia Bindeman Center, 11810 Falls Road. More than 50 vendors from across the region featuring pottery, food items, accessories and more. Benefits local and national charities.

**Art Exhibit.** Noon-5 p.m. at Yellow Barn Studio at Glen Echo, 7300 MacArthur Blvd., Glen Echo. See "7Palettes" art show featuring paintings in oil, pastels, watermedia and more. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more.

**Ballroom Dance.** 3-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Hot Society Orchestra of Washington. All ages. \$14. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**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).

**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.

## MONDAY/NOV. 11

**Holiday Boutique and Silent Auction.** 11 a.m.-7 p.m. at the Julia Bindeman Center, 11810 Falls Road.

More than 50 vendors from across the region featuring pottery, food items, accessories and more. Benefits local and national charities.

**Art Exhibit.** Noon-5 p.m. at Yellow Barn Studio at Glen Echo, 7300 MacArthur Blvd., Glen Echo. See a group exhibit by local artists. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more. Runs through Nov. 13.

## TUESDAY/NOV. 12

**Holiday Boutique and Silent Auction.** 11 a.m.-7 p.m. at the Julia Bindeman Center, 11810 Falls Road. More than 50 vendors from across the region featuring pottery, food items, accessories and more. Benefits local and national charities.

**Art Exhibit.** Noon-5 p.m. at Yellow Barn Studio at Glen Echo, 7300 MacArthur Blvd., Glen Echo. See a group exhibit by local artists. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more. Runs through Nov. 13.

**Author Talk.** 7 p.m. at Potomac Library, 10101 Glenolden Drive. Daniel Serwer will discuss "Righting the Balance: How You Can Help Protect America." Free.

## WEDNESDAY/NOV. 13

**Art Exhibit.** Noon-5 p.m. at Yellow Barn Studio at Glen Echo, 7300 MacArthur Blvd., Glen Echo. See a group exhibit by local artists. Free. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com) for more. Runs through Nov. 13.

## THURSDAY/NOV. 14

**Potomac Cuddleups.** 10:30 a.m. at Potomac Library, 10101 Glenolden Drive. For children up to 11 months with caregiver. Free. Visit [www.montgomerycountymd.gov/content/libraries](http://www.montgomerycountymd.gov/content/libraries) or 240-777-0690.

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

## FRIDAY/NOV. 15

**Theater Performance.** 7:30 p.m. See "Romeo and Juliet" performed by Thomas S. Wootton High School, set in the fictional town of Verona, Md., as the Civil War is fought. At the high school. \$5/student; \$10/adult. Visit [schooltix.org/wootton](http://schooltix.org/wootton) or buy at the school's box office.

**Author Talk.** Amy Tan will talk about her life and writing at 8 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. \$30-\$60. Visit [www.strathmore.org](http://www.strathmore.org) or 301-581-5100.

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

**Balboa DJ Dance.** 8:30-11:30 p.m. in the Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd. Lessons from 8:30-9 p.m., dancing starts at 9 p.m. \$10. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## SATURDAY/NOV. 16

**Theater Performance.** 7:30 p.m. See "Romeo and Juliet" performed by Thomas S. Wootton High School. See Friday, Nov. 15 description.

**Parents' Swing Dance.** 2:30-5:30 p.m. in the Ballroom Annex, Glen Echo Park, 7300 MacArthur Blvd. Families can swing dance together. \$8/adult; children 13 and under free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Swing Dance.** 8 p.m.-midnight in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Live music by the Craig Gildner Big Band. Lessons from 8-9 p.m., included in admission. \$16. Visit [www.glenechopark.org](http://www.glenechopark.org).

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*Business Person of the Year: Bob Sichels*

*Co-Youth of the Year: Marissa Michaels*

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Business Name: \_\_\_\_\_

Phone No: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Number of Individual attendees - \$55.00 per person.

\_\_\_\_\_ I am unable to attend.

Please choose a dish for each individual:

\_\_\_ # of Roasted Bnls Breast of Chicken w/ Wild Mushroom Madeira

\_\_\_ # or Grilled Filet Mignon, sauce Bearnaise

(or) \_\_\_ Capelini d'Angelo w/ Roasted Veg & Garlic Vgn Olive Oil

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# Paying Attention to the Pros

## High School coaches, players share opinions on Redskins' Meriweather.

BY JON ROETMAN  
THE CONNECTION

**D**uring his seven-year NFL career, Washington Redskins safety Brandon Meriweather's aggressive style of play has led to penalties, fines and a recent suspension for repeated helmet-to-helmet hits.

In a time of heightened awareness regarding head injuries in football, Meriweather's tackling techniques, which include launching himself head-first at opposing receivers, have earned the 29-year-old former first-round draft choice from

the University of Miami a reputation as a dangerous defender. Meriweather was flagged for two illegal hits against the Chicago Bears and subsequently suspended by the NFL for two games. The ban was later reduced to a single contest, costing Meriweather a game check worth more than \$70,000. Meriweather sat out of Washington's Oct. 27 game against Denver and returned for its Nov. 3 contest against San Diego.

NFL players aren't the only ones taking notice of the Redskins safety's approach to defense.

Just ask Philip Tyler, a senior defensive back at T.C. Williams High School in Alexandria, Va., if he's familiar with Meriweather.

"The hunter?" he asks.

Tyler, a Philadelphia Eagles fan, is familiar with Washington's hard-hitting safety.

"He won't be hunted. He's the hunter," Tyler said. "You watch out for him. You've got to watch out for him. If there's anybody on the field you watch out for, you watch out for him. That's a career-ending dude right there."

Tyler said he and other high school athletes like to mimic their favorite NFL players, but when it comes to highlight-tape hits, Tyler said T.C. Williams coaches punish players with extra conditioning for leading with their helmets while hitting in practice. Tyler said his tackling technique has evolved since his youth football days, but injuries from years of tackling with his head have taken a toll.

"A lot of stuff has changed," he said. "Back in rec league and Pop Warner, I was reckless. It didn't matter. ... I've got to wear [a neck protector] because of that. I used to hit with my head and I've got neck injuries. I've got a weak neck now."

**PRIOR TO THE 2013 SEASON**, a collision in practice led to Tyler having difficulty moving one of his arms for an entire month, he said.

"We were doing a screen drill and ... I had read it real good and I was like, 'I've got to hit [the receiver].'" Tyler said. "At this time, we were still competing for spots. I was like, 'I've got to be the hammer, not the nail,' and I hit him. Next thing I know ... my whole arm, it was done. It felt like it wasn't even there."



T.C. Williams' Philip Tyler (21) defends against Lake Braddock's AJ Alexander.

Langley High School senior Garrett Collier is a two-way starter for the school's football team, playing receiver on offense and safety and outside linebacker on defense. A Redskins fan, Collier said he has no issue with how Meriweather plays the game.

"Most people in the NFL are trying to hit people as hard as they can," Collier said. "I don't think anyone purposely tries to hit someone in the head, but some people have more of a tendency to hit up high. ... I kind of get frustrated when the refs are quick to call a penalty for hitting high or targeting. ... I'm on the players' side."

While Collier follows the NFL, he said he doesn't try to emulate the pros when he's on the field.

"If a receiver is open," he said, "I'm not trying to take his [head off]. I'm trying to make the smart [play]."

On offense, Collier said he tries to protect himself from big hits, but he hasn't always been able to do so. Collier suffered a concussion during an eighth-grade football game that caused him to black out and vomit.

"I got hit by some kid," he said. "I completely blacked out. I woke up in the ambulance and I was throwing up. ... I literally have no recollection of the hit or what was leading up [to it]."

DeMornay Pierson-El, a senior quarterback and defensive back for the West Potomac High School football team, is committed to play at the University of Nebraska as a slot receiver and kick returner. Pierson-El, a Baltimore Ravens fan, said he likes Meriweather's aggressive style of play, but not the kind of hits he delivers.

"He doesn't have to hit so high," Pierson-El said. "He can hit a little bit lower, I feel, like from the shoulders down is fine."

Pierson-El said going for a highlight-reel hit is risky.

"The big hit is not always the best play," he said. "Going for a big hit up top and the dude bounces off and still gains yards [is]

not a good look."

Lake Braddock junior AJ Alexander, a receiver and defensive back for the undefeated Bruins, said injuries are part of the game, but using proper tackling technique can help make the game safer.

"I realize how dangerous [helmet-to-helmet hits are]," Alexander said. "I've seen a lot of things on the news about how dangerous it is. That's why we've [been doing] the whole Heads Up Tackling thing (through USA Football) that's being implemented and we're making sure that we're being fundamentally sound. Plus, if you hit people [around the head], you might not even make the tackle. There are a lot of things to think about, but being fundamentally sound is what it all comes down to."

Alexander is a New York Giants fan.

"[Helmet-to-helmet hits are] part of the game because it's a physical sport," he said. "You've got helmets on, shoulder pads, you've just got to be physical. You've got to do what you've got to do."

Heads Up Tackling, which Alexander referred to, is part of the Heads Up Football program, which is offered through USA Football, the governing body for American football at the youth and amateur levels, and supported by the NFL. Heads Up Tackling focuses on teaching proper tackling technique at the youth and high school levels using five fundamentals: the breakdown position; buzzing your feet; the hit position; shooting the hips; ripping the arms.

**HEADS UP TACKLING** is one of five elements of Heads Up Football. The other four are: having coaches complete a certification course; teaching coaches concussion recognition and response protocols; appointing a trained safety coach to a participating high school team or youth league; and teaching coaches and parents about proper equipment fitting.

The program is backed by the Northern Virginia Football Coaches Association and

used by high school teams around the region.

Centreville High School head coach Chris Haddock flew to Indianapolis during the winter and became a master trainer of tackling techniques. He said the goal of establishing common language and common technique when teaching tackling to youth football players is to have a "trickle up" effect, leading to safer tackling at the college and pro levels.

When it comes to the NFL, Haddock, a Pittsburgh Steelers fan, said he doesn't see any of his Centreville players trying to emulate what they see on TV. He also said the Steelers have been penalized at times for hits that are simply part of the game.

"Some of them I agree with, some of them I don't," he said. "Having played, sometimes you're flying through the air and someone else is flying through the air and your heads hit. It's not something people plan on doing."

The Oakton High School football team has a subscription to NFL Rewind, which allows subscribers to watch replays of each NFL game from different angles in the way a coach would analyze film. Head coach Jason Rowley said he wants his players to emulate the aggressive nature of pro and college athletes, but wants the Cougars to stay away from dirty plays and showboating.

When it comes to Meriweather, Rowley complimented the defensive back's effort.

"I think he's a guy who plays hard," Rowley said. "I think it's certainly not my place to judge whether he's within the rules or he should be fined. I love the passion he plays with and I'd like my players to play with that passion."

Whitman High School head coach Jim Kuhn said most of the athletes in his Bethesda, program aren't the type to initiate helmet-to-helmet hits. He said families in the area have a heightened awareness of concussion risks and players don't want to risk major injury playing a sport that will have no impact on their future.

"The opportunities for them to play on Sunday are pretty limited and they have a life to live beyond football," Kuhn said. "... It's definitely not a means to an end [for most Whitman athletes]. ... Most are headed to college ... [for] other careers and future endeavors. ... [Football is] not a way out for them."

After returning from his suspension for repeated helmet-to-helmet hits, Meriweather said he would start going low to make tackles. Whatever Meriweather does, high school players and coaches will likely take notice. "That's just his style. He's always been aggressive. Even in college, he was known as a big hitter," said South Lakes head coach Marvin Wooten, a Dallas Cowboys fan. "... In this sport, I don't think there's any individual out there trying to end careers or cause any kind of permanent damage on a player. ... I think that's just the way he's played the game."

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

The Potomac Presbyterian Church congregation listens to prelude music before the start of a service celebrating the 50th anniversary of the church.



PHOTOS COURTESY OF MELANIE R. MASON

## Church Celebrates Milestone

FROM PAGE 5

teacher and has served on the Fellowship and Mission Committees. “For the next 50 years, I would love to see our congregation continue to grow in faith and in numbers, and I’m hopeful that we will continue to be even more engaged with serving others in our local community,” she said.

The Rev. Kendra Grams, associate pastor for family ministries, says the church is particularly proud of its dedication to serving others, a trait that has grown over the past 50 years.

“This congregation has a strong history of meaningful worship, dynamic Christian education for all ages, and service and mission activities that help those in need both locally and globally,” she said. “They have raised children and youth to have a solid Christian foundation and to be leaders in the world ... and they have created a community that cares for one another deeply, showing Christian compassion to one another.” Plumb, who compiled a new church history to commemorate the 50th anniversary, said Potomac Presbyterian actually has a long history of serving the local community. “The church has contributed a lot to people who are homeless and borderline homeless by providing food, clothing and gifts for children at Christmas,” he said. “We provide something beyond a safety net that meets a person’s basic needs.”

Grams agrees. “The congregation has been working to help those in need in Montgomery County throughout its history,” she said. “The congregation has a long history of partnership and involvement with Interfaith Works and has also been involved with other organizations seeking to provide, shelter, food, dignity and other assistance to those struggling ... in our area.”

Parishioners say Potomac Presbyterian is also committed to missionary work. “Every year we do a mis-



Gloria Leber (left) and Marnell Williams, of Potomac Presbyterian Church, prepare to cut a cake during a celebration of the church’s 50th anniversary.

sion trip with youth for a week to a place with major economic problems,” said Plumb. “Now we have adults involved and it is multigenerational. When the children return they always share their experiences of the significant poverty they have witnessed and an appreciation for what they have.”

In the years ahead, Miller hopes Potomac Presbyterian will increase its hands-on mission opportunities, both locally and internationally. He plans to build a “community presence,” he said, adding “this congregation welcomes all those who want to be part of a Christian community, from whatever walk of life or religious background.”

Children, he said, will be at the center of the church’s work. He hopes the church “will continue ... raise our children in faith [so] that we will be a community where the generations come to love and learn together, grow and serve together, and deepen their own personal faith.”

## Get Involved in Land Issues

FROM PAGE 7

neighborhood, the burden to be placed on property owners, and ultimately water quality in the Middle Watts Branch and Piney Branch streams. All of this will be occurring smack dab in the middle of what promises to be a very interesting election year in the county. WMCCA looks forward to fulfilling its time-honored role of educating our elected officials —

those incumbents in power now and the candidates that may replace them next November — concerning the Glen Hills study and its ramifications. This will include working with the Potomac Chamber of Commerce to sponsor a Candidates Forum specially tied to issues of interest to our area. If you would like to participate in any way in the Glen Hills issues, please contact Susanne Lee at 301-956-4535 or susannelee1@hotmail.com.

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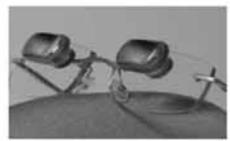
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## This Spud's For You

By KENNETH B. LOURIE



There's more talk now than ever before, about the possibility of the Washington, D.C. professional football team changing its name. The current name, which resonates to those of us who care about such things, has been front and center and generally accepted for over 80 years, since 1932 in fact. After so many years in the League and five NFL Championships to their credit, to say the current ownership and its rabid and loyal fan base are attached to the team's name is hardly newsworthy. However, cultural changes in our country and politically correct sensitivities have merged of late and the name we've mostly grown to respect and admire has come under some scrutiny and as a result, certain Indian Nations, most recently The Oneida Nation, have expressed their dismay at what they perceive to be the continuing use of a racial slur by this franchise; in effect, a name that demeans and is totally inappropriate and no longer tolerable in 21st century America.

I am certainly not one to pass judgment on such characterizations and hot-button issues of the day, so I won't (I'm mostly cancer-centric these days). But I would like propose a name-compromise of sorts. Why not change the name to The Washington Redskin Potatoes? This name would blend together the good (the familiar), minimize the bad (the insensitive) and enable the team, its ownership and fan base to sort of have its name and not suffer any separation anxiety because of it. Even better, "Let's Go Skins" still works, too. It would henceforth refer to a potato, however, rather than a People. Hopefully, there are no potato interests in Maine or Idaho that would object to introducing its starchiness into the National Football League.

Let's face it; who doesn't like potatoes at the ballpark? Or anywhere for that matter; even me, and I'm the fussiest eater this side of Mikey, the kid from the old Life Cereal commercials who was famously stubborn about his breakfast-food choices. I'm not exactly sure what the mascot would look like; probably not a Mr. Potato Head-type look-alike, but neither do I envision seeing an Indian headdress on a potato either. Of course, I doubt I'll be entrusted to lead up the marketing campaign for such an important and historic transformation. After all, I'm only a writer attempting to sow some seeds of humor – and perhaps a little discontent, while trying to find a middle ground that potentially keeps the home fires burning (or is that home fries cooking?) without offending a proud people fighting for their ancestral respect – both in the past and in the present/future.

Momentum to keep the name does not seem to be building. Nevertheless, the status quo may yet win the day. Still, The National Football League, despite its reach from coast to coast and possibly even from continent to continent (as there's continuing talk about franchises in London and Japan; note the in-season contests scheduled presently for this year and next) is still just a game, a game with a 12 billion dollar revenue stream, but a game nonetheless. The Oneida Nation is a people. People matter more than games. And feelings matter most of all, and failings, too. To not consider their feelings would be a failure. And failure is definitely not a trait any of us want to associate with the new Washington Redskin Potatoes.

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

## GETTING AROUND

# At 90, Going 90 Miles Per Hour

FROM PAGE 4

The rainy night did not deter party guests from arriving in Chevy Chase for the celebration. Eric Nelson, seen talking with Amb. Connie Morella, had flown here a few days earlier from Suzhou, China, leaving his wife, Kahla, home with their four children. Eric is the son of Susan Nichol Thompson and her husband "Clancy" of Wilmington, N.C.

The Nichol family, Susan, her sister, Elizabeth, who climbed Mt. Everest, Dr. David Nichol of Denver, and Peter, all grew up in Potomac, the children of the late Betty and Henry Nichol, she a cousin of Anne's. Peter, those who have been around Potomac for a while will recall, is the youngster who rode his unicycle up and down River Road. When asked if he still had it, the now high school science teacher and former Peace Corps volunteer advised, he had just gotten it from cousin Randy's barn where it has been stored. There was no indication he would ride it back to his Concord, N.H. home.

Anne's 92-year-old brother, Bill Hale, came down from Rochester for the event with his son and daughter-in-law, Kip and Debbie Hale. It is obvious the Hale family knows how to entertain. Bill Hale started his remarks at the microphone with, "She

(his sister) was the favorite. She got the pony and she got the flags."

Sounded like typical sibling rivalry until Anne explained: "He couldn't have a pony because of allergies." As for the flags, it was a great story.

Anne's birthday falls on Columbus Day. The community where they lived loyally displayed American flags at their homes. She convinced Bill it was for her birthday. His male ego was deflated. When their mother found out she called the neighbors, explained the situation, and asked them if they would put out their flags on Bill's birthday, Nov. 22. They did and she convinced Bill it was for his birthday. The sibling rivalry ceased as they grew into teen years. "He was grateful to me for all the girls I marched into his life," Anne added.

Anne has followed in her parent's footsteps, as deeply involved in philanthropic projects as they were. She has been a board member of the Union Theological Seminary for 25 years and goes to New York regularly for meetings.

She is on the leadership council of Planned Parenthood and has been active with the organization for 55 years, the organization of which her mother was the first president in Rochester.

The Gardeners of the Junior League and

Pathfinder International are also included in Anne's activities.

She and her late husband were founders of Safe Travel America, an organization they started in the fall of 1987 following the horrific Jan. 4 Amtrak train wreck in which their daughter, Christy, was among the victims. A junior at Stanford University, Christy was en route to New York to visit her sister when the accident, that took her life, occurred.

Anne was also a staunch supporter of the late Jean Cryor when Jean ran and won a seat in the Maryland House of Delegates, representing the Potomac district. Jean's daughter, Jennifer Baldwin, and her husband, Ray, were at the party as were Cathie and Roger Titus, Donna and John Barron, (both couples have recently bought homes in Vero Beach, Fla.); Marilyn and Harold Dankner, Elie and Ted Cain, Mary Kalagher, Nan and Manning Muntzing. Newsweek contributor Eleanor Clift; Joy Johnson's daughter and Anne's granddaughter, Vivian Carlson, a senior at Brown University, and Barbara Hale Hawley from Los Angeles were among the guests, many of whom traveled from all directions, coast-to-coast, to honor this remarkable lady who has done so much for so many, while maintaining her family's tradition.

# 60 Years for Sue and Dick Moran

FROM PAGE 4

ters Road to a house that Dick built and where they lived for 37 years, across Glen Road from the old (recently demolished) Potomac Hunt Club. Sue became the first member of Potomac Hunt, in memory, who rode side-saddle. She got an early 20th century riding habit from her friend Lutie Semmes. "It belonged to her mother and fit me like paper on the wall. I loved it," Sue exclaimed.

Moran Enterprises, of which Dick started in 1965, blossomed in the area. He was the founder of the Potomac Polo Club whose Friday night arena polo under the lights, on property he had at the corner of Travilah and Glen Roads, was the gathering of dozens of community folks, some who had never seen polo before. This grew into a gathering of many enthusiasts including ambassadors, and political, government, and social activists from neighboring areas.

The arena games lasted from 1957 to 1970. Field polo started in 1961 at what is now known as the Beveledere Farm, but back then it was the Beveledere Farm home of Mary Catherine and Tom Dowd.



**A roaring fire on a chilly fall evening, in the beautiful fieldstone fireplace, was a welcome attraction to family and friends celebrating the Dick Moran's 60th wedding anniversary.**

PHOTO BY Cissy Finley Grant/The Almanac

the Maryland Bluebird Society, she also attended the North American Bluebird Society conference in Aiken, S.C., last September.

With 60 years of marriage accomplished, it was no surprise to have a great-grandchild at the party. Nine-month-old Crawford Hines accompanied his dad, Erin Hines, from Vancouver. He joined the clan including the Moran's six children and their spouses: Jenifer and Bill Manders, Kathy and Rick Moran and Phoebe and Mike Manders, all of whom still live in Potomac; plus Andy and Margo Moran from Florida, Martha Moran and George Meyer from New York state and Becky and Mark Jackson from Tennessee. Dick's son Duncan and his wife, Janice, came from Paget,

Bermuda, for the occasion.

It was well worth the trip, not only for them but for those closer as guests included Nicole Pearson Wolf with her daughter, Karen, who grew up in Potomac on Query Mill Road and now lives in Annapolis. Karen's late father, Paul Pearson, was the nephew of columnist Drew Pearson who owned the River Road farm now known as Merry Go Round Farm where Paul was manager for his uncle.

Just like the merry-go-round. What goes around comes around.

Dick Moran is a wealth of knowledge when it comes to Potomac history.

It was during the Morans early years on Three Sisters Road when Sue became interested in bluebirds. "I saw my first bluebird there," she said. Later she read about them in a garden magazine and found out how to build their boxes. "Dick built me a couple of boxes," she said. Today, she maintains 30 boxes throughout the area and keeps track of the babies' progress. "This summer I watched 130 baby bluebirds grow up," she said. Not only is she a member of

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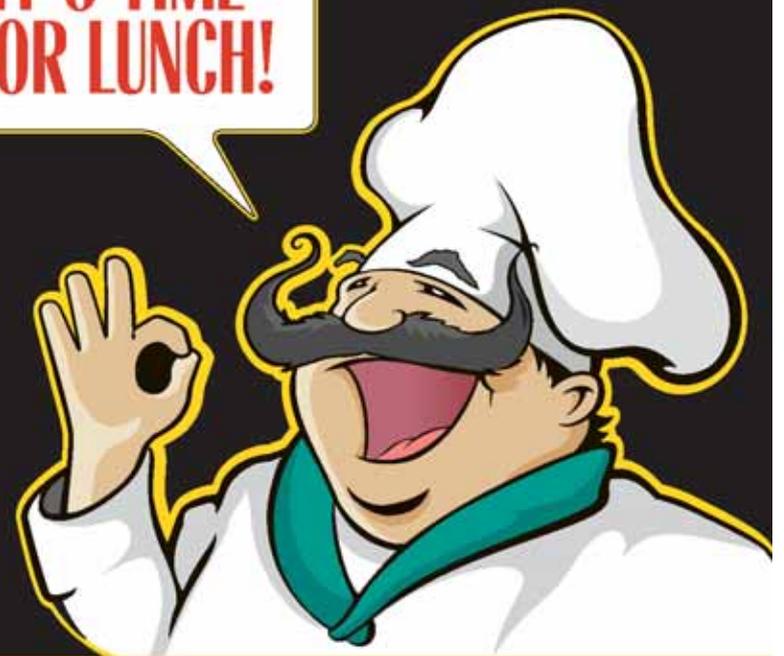
## \$9.99 SUB COMBO

- ANY SUB, SANDWICH OR WRAP\*
- CHOICE OF ONE:
  - SMALL TOSSED SALAD
  - CUP OF SOUP
  - SMALL FRIES
- SMALL FOUNTAIN DRINK

\*For veal parmigiana or tuna steak add one dollar.

Combos available Monday thru Friday, 11am–4pm.  
Additional charge for priced condiments.  
Good for dine-in and carryout only.  
Not valid with other offers.

IT'S TIME  
FOR LUNCH!



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