

Potomac ALMANAC

Storybook Kind of Day

POTOMAC DAY, PAGE 3

Karin Currie of Friends
of the Potomac Library
prepares to turn into
Madeleine for the parade.

Churchill Presents
'Anything Goes'

NEWS, PAGE 6

Churchill Enters
Playoffs on
Positive Note

SPORTS PAGE 15

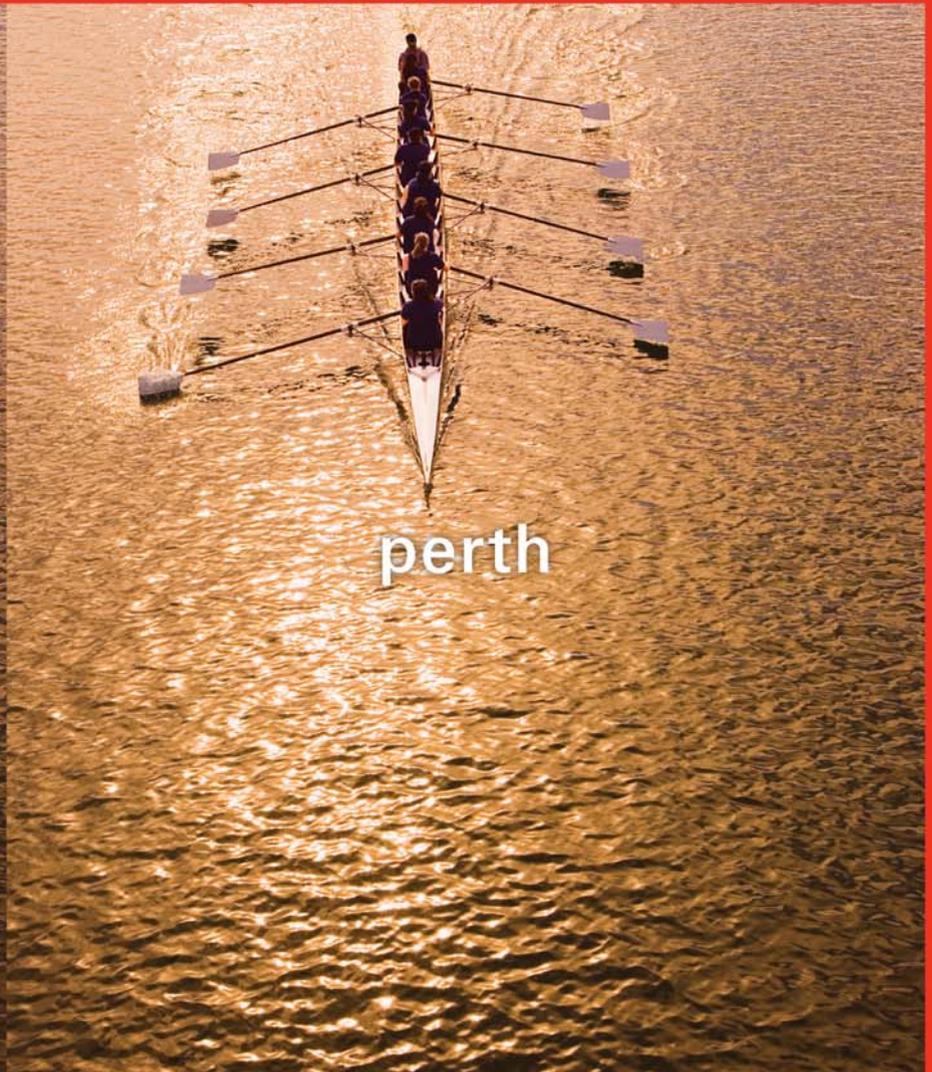
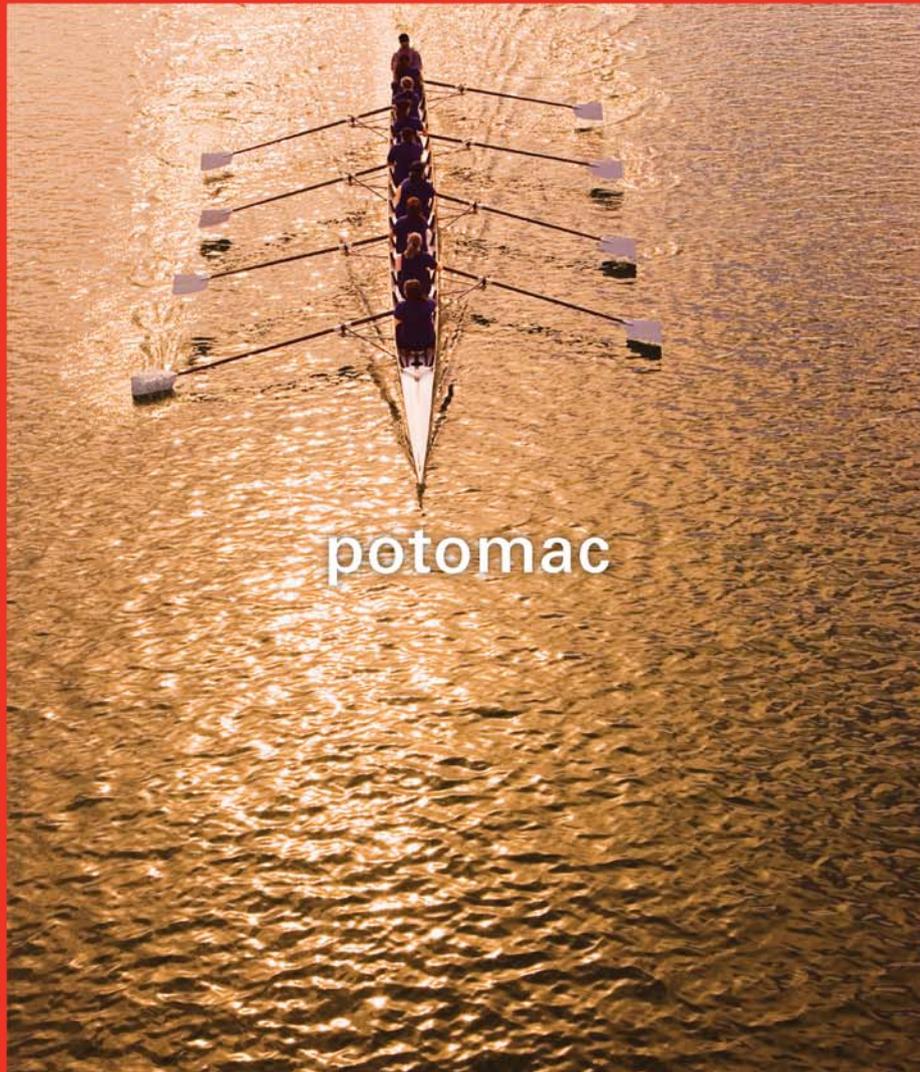
From
Potomac
To Pakistan

NEWS, PAGE 5

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CALENDAR, PAGE 8 ♦ REAL ESTATE, PAGE 13 ♦ CLASSIFIED, PAGE 14



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NEWS

POTOMAC ALMANAC EDITOR STEVEN MAUREN
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PHOTOS BY HARVEY LEVINE/THE ALMANAC



Parade watchers line the downtown Potomac intersection — Falls and River roads.

'Tis Potomac Day

The Potomac Day parade heads down River Road on Potomac Day rain or shine, but it certainly is better when the weather is sunny and beautiful as it was on Saturday, Oct. 23.

Hundreds of groups marched in the parade, starting with the Potomac Hiking and Bridle Trails Association's bombproof trail horses, ending with the Cabin John Park Volunteer Fire Department's bevy of heavy equipment, and a vast mixture of community groups, community businesses and political candidates in between.

Hundreds of people also lined up along River Road and the intersection with Falls Road to see the parade go by.

Afterward, nearly 100 businesses set up for the business fair, Squeals on Wheels provided a petting zoo and pony rides, and the free children's fair with rides, climbing walls and more made many families happy.

Potomac Day is sponsored by the Potomac Chamber of Commerce. The parade honors Potomac's people of the year, including Citizen of the Year Dr. Navid Naz of Potomac, a decorated doctor who treated wounded soldiers in combat situations in Iraq.

Business Person of the Year is Guy Semmes, a fourth-generation Potomac resident and owner of Hopkins and Porter builders. Semmes has been active in community service for decades through Habitat for Humanity, Potomac Rotary, St.



PHOTO BY MARY KIMM/THE ALMANAC

Potomac Citizen of the Year Dr. Naveed Naz and Potomac Business Person of the Year, Guy Semmes, before the Potomac Day parade began on Saturday, Oct. 23. They will be honored along with the two Youth of the Year, Ben Kramer and Danielle Collins on Nov. 18 at a Potomac Chamber awards dinner at Normandie Farm restaurant.

Francis Episcopal Church and more. Two Churchill students shared honors as Youth of the Year, Danielle Collins and Ben Kramer.

Potomac Day sponsors also contribute to a charity each year. This year's charity is the NIH Charities, including Children's Inn at NIH and Special Love.

The People of the Year will be honored and the charity will receive a check at the annual Potomac Chamber awards dinner at Normandie Farm on Nov. 18. Call 301-299-2170 to attend.



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Grayson Rosenbloom, 1, is not yet interested in the fire engine



Susan Tipton and Fred Margolis and their dogs watch the parade.



Grand Marshal Elie Cain



Youth of the Year Ben Kramer and Danielle Collins.

What do you like most about Potomac Day?

PHOTOS BY COLLEEN HEALY/
THE ALMANAC



"Meeting all the families here today and seeing the community come together," is what Potomac resident Jessica Gold, left, likes about Potomac Day. Gold had help from her Penn State sorority sisters, Kaylee Berger, Julie Adanski and Tracy Tupper, to raise money for children's cancer research.



"The parade and the whole general atmosphere," is what John Williams likes about Potomac Day. "It is nice to support the charities and come out and see friends you haven't

seen," said Anni Williams. "You feel like you are being part of Potomac."

"I love the fact that the community gets together each year," said Marcia Cain, who drove the car in the parade featuring the business person of the year. Cain said the best part of Potomac Day is, "helping out."



"It was nice to see all the businesses in town represented in the parade," said Henriette Persson, originally from Sweden. Her daughter Tova said she liked, "the animals and the parade." Her son Pontus enjoyed the parade, "because they throw candy to you."



"Seeing everyone here and seeing a lot of people you know," is what Maddy McGowan, with her poodle Sophie, likes about Potomac Day.



"Having a beautiful day and seeing friends and neighbors," is what Shaun Hillman, with daughter Maggie, likes about Potomac Day. "It has been a great day."



Members of the Maryland-National Capital Park Police Montgomery County Division.

PHOTOS BY HARVEY LEVINE/THE ALMANAC



The Varner Family (David, 5 year old Max, Lyndee, 2 year old Nolan, and 8 year old Reilly) enjoy the parade.

What do you like most about Potomac Day?

INTERVIEWS BY SUSAN BELFORD/THE ALMANAC



"The rides and the fun – and the pizza."
— Wolf Cub Scouts Andrew Clem and Jack Wordock (age 7) Seven Locks Elementary School



"We love the rides and the fun."
— Tulsi and Jhanavi Rughoonundua and Ageena Guyton



"I love the pony ride. His name is Chingo Mingo. I like his name!"
— Sophie Michnick and mommy Sarah Michnick



"Everything about Potomac Day is fun. We loved the parade this year with all the fire trucks and Rescue Squad."
— Mariko Higashi, Jaswinder Sidhu and Pravavag Selhi



"We love the parade and getting to meet all the candidates."
— Cynthian and Celeste Wilhelmy

GETTING AROUND

Potomac's Mary Kane Aims To Win Next Tuesday

BY CISSY FINLEY GRANT
THE ALMANAC

It was a far cry from the day 29 years ago when Jean Roesser and this reporter were the only two spectators in sight watching as the Potomac Day Parade entries sloshed their way down River Road during a deluge.

That was when the parade assembled on Hall Road and dispersed about 15 minutes later in the Potomac Place shopping center. What a contrast with last Saturday's production when both sides of River Road, from the post office to the crossroads, were lined with sunshine-filled, happy faces.

In a political year, such as this, the parade is a natural draw for those seeking office. Shining as Potomac's own star was Mary Kane, candidate for Lt. Governor on the ticket with former Maryland Governor Robert Ehrlich, Jr., who hopes to return to the governor's mansion in Annapolis, (a.k.a. "Government House") following a four year hiatus, compliments of the present Governor Martin O'Malley.

Roesser, who since the initial 1981 Potomac Day parade, has made numerous accomplishments of her own, serving in the House of Delegates first than a Maryland state senator for eight years followed by

an appointment to then Gov. Ehrlich's cabinet as Secretary of Maryland Department of Aging. Kane was Maryland Secretary of State during the Ehrlich administration.

With both women steeped in Republican politics, it was small wonder that the 60 or so who gathered for brunch at the Roesser's Potomac home was dominated with familiar party workers such as Roseanne Szabados, Audrey Prichard, Sandy Klingenberg, Marilyn Dankner, Lois Hessler, Jane Leeson, Elaine Jones and Joan delCastillo to mention only a few.

Jean Roesser's son, Eugene, Jr., and daughters Anne, and Mary Roesser Calderon were there as were Mary's husband Jorge, and their son, Paul, 11, who were visiting here from their London home where they have lived for five years and where son, Paul, is a student at St. Paul's. Jorge had an opportunity to discuss Maryland politics for a change.

One who was unable to make the party was Roesser's neighbor of 49 years. When Mary Kane heard that next-door-neighbor,



Virginia Merchant (left) received an impromptu visit from Lt. Governor candidate Mary Kane on Potomac Day. Merchant, feeling a bit under the weather, was unable to attend her Potomac neighbor's brunch honoring candidate Kane. When heard of the neighbor's disappointment, Kane responded, "I'll go to her."

CISSY FINLEY GRANT PHOTO

Virginia Merchant, wasn't feeling well and was disappointed she could not come, Kane spontaneously replied, "I will go to her," and did.

Prior to that impromptu visit, Kane spoke to the gathering of men and women with

an enthusiasm of a candidate who thoroughly expects to have the opportunity to carry forth with her party's ideas, i.e., doubling the number of charter schools as well as the oft-mentioned problems of unemployment and taxes.

However, she was decidedly enthusiastic about the outcome of the Nov. 2 election. "We are looking for a victory. We can become a two-party state like it should be. Every person in Maryland deserves to be represented, Republican, Democrat or Independent," she said.

Asked how often in their non-stop campaigning during the last six months, she and Ehrlich have campaigned in Montgomery County, (there was a huge rally in Clarksburg last Sunday with Ehrlich, Kane and former N.Y. Governor Rudy Giuliani as the guest speaker) Kane responded, "I have come home (to Potomac) every night, so we have been here a lot." She added, "And, I have lost five pounds!"

Listening to her enthusiastic talk, it's apparent that is the only thing she plans on losing during this campaign.

PEOPLE



PHOTO BY COLLEEN HEALY/THE ALMANAC

Saanya Ali with her homemade cards which she sells to raise money for children's education around the world. She was able to raise over \$1,200 for SHINE Humanity, an organization that has been providing health care in remote areas of Pakistan since the 2005 earthquake.

From Potomac To Pakistan

MoverMoms seek to inspire by example.

BY COLLEEN HEALY
THE ALMANAC

You don't have to be Angelina Jolie to get involved and help others. So says a group of Potomac mothers called MoverMoms that gets together and tries to provide a way to make a difference in their community and abroad.

Rebecca Kahlenberg, the founder and president of MoverMoms says "Our motto is 'Having fun with a purpose.' The group tries to provide a way to make a difference and to be role models for our children. The response has been so positive because people wanted to do something simple but in their own way

have an impact. Most moms go to the grocery store regularly so it is easy to buy something extra for others. Collectively it has a positive impact."

Salma Ali is the CIO or chief inspiration officer of the club. "The club is a way for moms in the community to get together and do service projects and contribute outside of their schools and worship centers. We want to make the community a better place for us and others to live. Instead of getting together for coffee at Starbucks; we get together over a service project. Our group does the legwork and makes it easy. For many projects, kids are also welcome, so it becomes a family service outing. This year we won the Marriott Spirit to Serve award; last year, we were recipients of the Governor's Service award."

Every other week the club organizes projects and sends out the

SEE MOVERMOMS, PAGE 7

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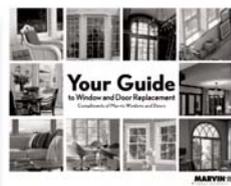
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Embarking upon the SS American

Winston Churchill High School presents "Anything Goes."

BY SUSAN BELFORD
THE ALMANAC

Mistaken identities, shipboard romance, zany music and nonstop hilarity — the plot thickens as Cole Porter's musical "Anything Goes" sets sail on Oct. 30. Performed by 34 Winston Churchill High School thespians and directed by Churchill's Carlos Barillo, the farce takes place below the decks of the SS American — a New York to London-bound ocean liner. Stowaway Billy Crocker has fallen in love with heiress Hope Harcourt who is engaged to Lord Evelyn Oakleigh. The cast of characters includes a gangster, Moonface Martin, a wealthy debutante and her mother, Hope Harcourt and Evangeline, a nightclub singer, Reno Sweeny, and Evelyn Oakleigh, the stuffy and very affluent fiancé. Love is won and lost as the comedy unfolds and the cast sings and dances its way across the Atlantic.

"Anything Goes" comes into port at Winston Churchill High School on Oct. 30, Nov. 5 and 6 at 7:30 p.m. and on Sunday, Oct. 31 at 3 p.m. The show includes many well-known Cole Porter songs such as "I Get a Kick Out of You," "All

Tickets

"Anything Goes" tickets are available at the box office one hour prior to each performance. They are also for sale at WCHS between 11 – 11:50 a.m. Oct. 25 – Nov. 5. Tickets may also be purchased online at www.seatyourself.biz/Churchill or at www.churchillhs.org.

Wertlieb Takes International Role

Rita Wertlieb of Potomac will be installed as international president of Women's League for Conservative Judaism, the largest synagogue-based women's organization in the world, at its 2010 biennial convention, on Dec. 12, at the Marriott Waterfront Hotel in Baltimore. Founded in 1918, Women's League — the parent body of more than 500 affiliated women's groups in Conservative synagogues across the continent — is dedicated to the perpetuation of traditional Judaism in the home, synagogue and community.

Wertlieb, a native Washingtonian and member of Congregation Har Shalom in Potomac, has

served Women's League in a variety of roles, beginning as president of her sisterhood. In the Seaboard Region, she has held almost every office, culminating in the presidency.

Through the Night," "It's Delovely" and "Anything Goes."

Wertlieb is currently the chair of the Women's League Torah Fund Campaign, which raises more than \$2 million annually on behalf of the Jewish Theological Seminary in New York, Ziegler School of Rabbinic Studies in Los Angeles, Schechter Institute in Jerusalem and the Seminario Rabinico Latinoamericano in Buenos Aires. Because of her involvement in community service and outreach, in 1997, Wertlieb received the National Community Service

Leadership Award from Women's League and JTS.

Wertlieb grew up in northwest Washington, before moving to Silver Spring where she attended Montgomery Blair High School, where she performed with the chorus and theater group, and led the local Democratic Teen Club, actively working on the presidential campaign of John F. Kennedy. Wertlieb then worked for the Department of Agriculture in foreign research and grants, before her marriage to Barry Wertlieb. After her children were born, Wertlieb became a stay-at-home mom, eventually moving to Potomac and ultimately joining her husband in their real estate management firm.

Barillo knows this Cole Porter musical as well as any director could. He performed across the U.S. and Canada with the original touring company of "Anything Goes." He also danced and sang with Royal Caribbean Cruises all over the world and with hotel companies in Las Vegas and Atlan-



Ben Melhus, Alexandra Levenson and Josh Kaufmann



Michael Mainwaring, Chani Werely and Josh Kaufmann

tic City. For the past 12 years, he has been a staff member at Churchill High where he teaches choral music and directs the outstanding Blast from the Past.

"I am so lucky to have a diverse group of very talented and motivated students," said Barillo. "They make these musical programs a priority. They spent the summer memorizing their lines and were ready to go when they returned. One of their assignments was to watch classic comedy and vaudeville on Youtube. They were

asked to watch Carol Burnett and Lucille Ball — and listen to crooners such as Bing Crosby, Frank Sinatra and Doris Day — to get the feel of the play and to understand physical comedy. I wanted them to make sense of the dialogue and the songs." Auditions were held last spring with final casting completed before school was dismissed. Rehearsals began the first week in September.

"These students have been working extremely hard to make the show perfect," said Barillo.



Rita Wertlieb, of Potomac, will be installed as international president of Women's League for Conservative Judaism at its 2010 biennial convention.

PEOPLE



From left: Saanya Ali, Zayd Ali, Salma Ali, Rebecca Kahlenberg and Amanda Kahlenberg are members of MoverMoms; a club whose motto is "Having fun with a purpose."

MoverMoms Help

FROM PAGE 5

information to its members. The most recent project for MoverMoms involved helping people across the globe. Ali recalled, "Our project to help the flood victims in Pakistan came from close to home. My family is from Pakistan and I was heartbroken to see the number of flood victims increase daily to over 20 million. There is so much suffering and poverty there even before the flood. With news of the devastating floods in Pakistan, MoverMoms wanted to do something to help. When I received an email asking for specific food items that would help sustain families for several days, and be shipped free of charge by Pakistan International Airlines, we thought this is one way our group could contribute. We sent an email to over 160 MoverMoms, as well as to my neighborhood list serve, requesting items such as: juice boxes, dates, high energy biscuits, potato chips and baby wipes, which are being shipped to Pakistan this weekend. Last year I went back to Pakistan after not visiting for 12 years to attend an event honoring 'Three Cups of Tea' author Greg Mortenson. He is a person who has devoted himself to service. I was

inspired by him and wanted to see how he got along with my countrymen, my faith and my community. I was able to accompany him and his team to some of his schools for girls that had been built after the earthquake in Kashmir. We traveled 6 hours over treacherous roads and an unstable political situation. I brought a suitcase full pens, pencils and crayons that members of our club had in their drawers at home. One of the most beautifully fulfilling experiences of my life was to hand out pencils and crayons to the young girls in school and watch their eyes light up with anticipation and gratitude."

To donate for flood relief there are several international organizations such as:

- ❖ Edhi Foundation: www.edhifoundation.com
- ❖ Islamic Relief: www.islamicreliefusa.org/home
- ❖ Rural Support Programmes Network (RSPN): www.rspn.org/about_us/introduction.html
- ❖ SHINE Humanity: www.shinehumanity.org.

To get involved in service projects in Potomac visit MoverMoms at www.movermoms.org.

Horse Rescue Group Trains Blind Horse for Riding

Horsenet Horse Rescue's once small herd of blind horses has now grown to 15. To its knowledge, Horsenet is the only rescue with a herd of blind and visually impaired horses, and they hope to partner with other blind advocacy organizations. These blind horses lead full lives and one, Mr. Toad, is currently

being trained for riding, even though he cannot see.

HorseNet Horse Rescue currently is holding a special winter drive to prepare for harsh winter conditions after last year's East Coast storms. Items such as blankets, feed and farm supplies are needed to ensure their 90 horses stay healthy as winter approaches.

See www.hnhr.org.

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LET'S TALK Real Estate



by **Michael Matese**

MORTGAGE POINTS

As I'm sure you know, if you take out a loan to buy your house, there will be a fee. Basically, it's your lender charging you money for the right to charge you more money. This is called an Origination Fee. This Origination Fee is a certain number of points. A point is usually 1% of the loan amount. This is a part of the closing costs and is usually the biggest part. You can also usually add this amount to your loan, so you don't have to pay it in cash at closing.

Different lending institutions will charge different amounts while some charge nothing at all, a major consideration when you're shopping your loan. You might want to keep in mind that some banks that normally charge points will reduce or even eliminate the points altogether if you ask, if they think they might lose your business to a competitor. The next thing to consider is whether or not to accept the points. This is where planning ahead comes in. If you're planning on staying in your new house for a few years, it may be more advantageous to buy the points. Ask your Realtor to run the numbers for you. His expertise can be invaluable.

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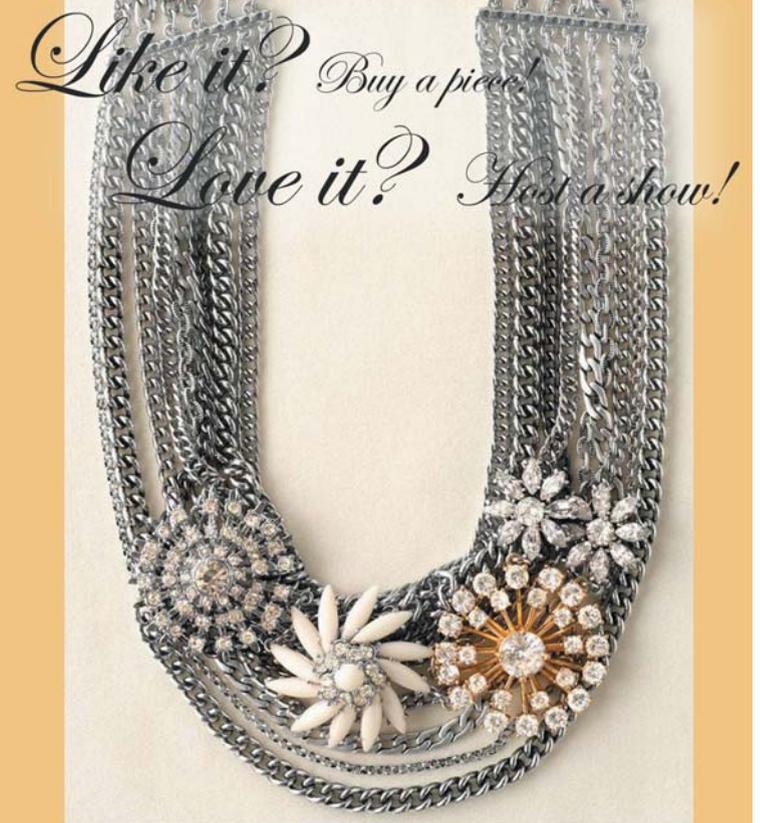
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ENTERTAINMENT

WEDNESDAY/OCT. 27

Author Jennifer B. Lee. 7 to 9:30 p.m. The history of Chinese food in America and abroad is the theme of this third annual "Read, Eat & Give" fundraiser. Admission is \$35 for individuals and \$60 per couple. Sponsored by Friends of the Library, Montgomery County. At VisArts, 155 Gibbs Street, Rockville. Visit www.folmc.org or call 240-777-0020.

Matt Wigler, jazz and blues piano. 7:30 p.m. \$12 tickets (Stars \$10.80). At the Mansion at Strathmore, Shapiro Music Room. Wigler, a 16-year-old pianist and composer who fell in love with jazz and blues at age eight, has played festivals and venues throughout the U.S. Call 301-581-5100 or visit www.strathmore.org.

Specialty Tea: Halloween Tea. 1 p.m. \$26 reservation. At the Mansion at Strathmore. Murder mystery tea party with Celtic harpist Jo Morrison. Call 301-581-5108.

Joan Baez with Steve Earle. 8 p.m. At the Music Center at Strathmore. For tickets, visit www.Strathmore.org or call 301-581-5100.

THURSDAY/OCT. 28

Blues Night Out. 7:30 p.m. The Glen Echo Park Partnership for Arts and Culture brings live music to the Park again with another Thursday evening concert. The entertainment lineup includes The Crimestoppers and Nobody's Business, two high-energy, local rock and blues bands. In the Bumper Car Pavilion. Admission is free. Call 301-634-2222 or visit www.glenechopark.org.

Borealis String Quartet. 7:30 p.m. \$28 tickets. At the Mansion at Strathmore, Shapiro Music Room. Performing Haydn, Shostakovich and Grieg. Call 301-581-5100 or visit www.strathmore.org.

Slow Blues and Swing Dance. 9 to 11:30 p.m. Admission is \$8. Beginner lesson from 8:15 to 9 p.m. DJ Mike Marcotte & Guests will play a variety of styles. At the Back Room of Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to info@CapitalBlues.org or www.CapitalBlues.org.

FRIDAY/OCT. 29

Contra Halloween Dance. 7:30 to 11:30 p.m. Admission is \$10. Contra dance lesson from 7:30 to 8:15 p.m.; dancing to live music from 8:30 to 11:30 p.m. This week Susan Petric calls to The Opportunists with Alan Snyder on fiddle; Erik Hoffman on guitar and fiddle; Topher Gayle on tenor, banjo, mandolin, mandola, guitar and bass. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Email: fdcontra@yahoo.com.

Coffee House Shabbat. 7:30 p.m. to 10 p.m. Free. A Night of music, featuring singer/songwriter Shane Hines. Check out www.shanehines.com. Services begin at 7:30 p.m., followed by live music in an informal coffee house atmosphere at the Oneg. Presented by Temple Beth Ami, 14330 Travilah Road, Rockville. Visit www.bethami.org. 301-340-6818.

Middle Distance Runner and Kelly Towles. 9 p.m. \$10 tickets in advance (Stars \$9); \$12 at the door. At the Mansion at Strathmore, Shapiro Music Room. MDR performing, with art installation by Kelly Towles. Doors open at 8 p.m. Call 301-581-5100 or visit www.strathmore.org.

SATURDAY/OCT. 30

"Living With Your Outta Control Dog." 2 to 4 p.m. Free. If you have an exuberant dog — one that goes crazy when the doorbell rings or when he sees a dog outside the window — come learn how to teach your dog self-control. Please don't bring your dog. At Potomac Community Center, 11315



PHOTO BY KEITH JANSEN

John Loughney, as Sid Sorokin, and Colleen Marie Arnold, as Babe Williams in "The Pajama Game."

OCT. 29 THROUGH NOV. 14

"The Pajama Game." Presented by Rockville Musical Theatre. Experience a story of labor woes, romance, and knife throwing. Oct. 29-30, Nov. 5, 6, 12, 13 at 8 p.m.; Nov. 7, 14 at 2 p.m. Tickets are \$20/adults; \$18/seniors; \$16/students. At F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Call 240-314-8690.

Falls Rd., Potomac. Register at www.yourdogsfriend.info or 301-983-5913.

Swing Dance. 8 p.m. to midnight. Admission is \$15. Flying Feet Enterprises presents a Swing dance with the Daryl Davis Band. Beginner Swing Dance lesson from 8 - 9 p.m. is followed by dancing from 9 p.m. - midnight. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Email: dance@flyingfeet.org

Solo Organ Recital. 7:30 p.m. With organist Kyle Babin. Music will include pieces by Bach, DeGrigny, Isoir, Liszt, Litaize, Mozart, Widor. Free, "suggested donation," proceeds benefit Bethesda Cares. At Bradley Hills Presbyterian Church, 6601 Bradley Blvd, Bethesda. Call 301-365-2850 or visit www.bradleyhillschurch.org.

Fall Frolic. 1 to 4 p.m. Join the Glen Echo Park Partnership for Arts and Culture for a day of fall fun! Daytime activities for families will include pumpkin decorating, trick-or-treating, and a costume parade around the Park. Call 301-634-2222 or visit www.glenechopark.org.

Cathy and Marcy's 25th Annual Family Music Party. 1 p.m. Tickets are \$15-\$32 (Stars \$13.50-\$28.80). At the Music Center at Strathmore. Special guests Bonnie Rideout, Ella Jenkins, Cathy and Marcy's Alumni Chorus, the Rockville High School Pipe Band and surprise performers. Call 301-581-5100 or visit www.strathmore.org.

Chuck Brown with Christylez Bacon. 8 p.m. Tickets are \$25-\$38. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

OCT. 30 THROUGH NOV. 6

"Anything Goes." Oct. 30, Nov. 5 and 6 at 7:30 p.m.; Sunday, Oct. 31 at 3 p.m. The musical features Josh Kaufmann as Billy Crocker, Chani Wereley as Reno Sweeny, Alexandra Levenson as Hope Harcourt, Michael Mainwaring as Moonface Martin, Ben Melhus as Evelyn Oakleigh, and Genevieve Austin as Erma. Directed by Carlos Barillo. Winston Churchill's orchestra will perform under conductor Kristopher Sanz. Tickets on sale at Winston Churchill between 11 to 11:50 a.m. everyday during the weeks of Oct. 25 - 29 and Nov. 1-5. Or purchase tickets on line at www.seatyourself.biz/

Churchill or find the link on www.churchillhs.org. At Winston Churchill High School, 11300 Gainsborough Road, Potomac.

SUNDAY/OCT. 31

Ballroom Tea Dance. 3 to 6 p.m. Admission is \$12. Join the Hot Society Orchestra of Washington for an afternoon of dancing, featuring music and dances from the 20s, 30s and 40s. Dancers will enjoy foxtrot, two-step, waltz, cha-cha, rumba, swing. Dance lesson at 3 p.m. for all levels is followed by dancing to live music from 3:30 - 6 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

Israeli's Young Talents. 10 a.m. to noon. Free. Israel's talents in music, dance, film, theater and art will be the topics of Director of Cultural Affairs of the Israel embassy Sarit Arbell's presentation at Adat Shalom Reconstructionist Congregation in Bethesda. At 7727 Persimmon Tree Lane Bethesda. Visit www.adatshalom.net or 301-767-3333 X106.

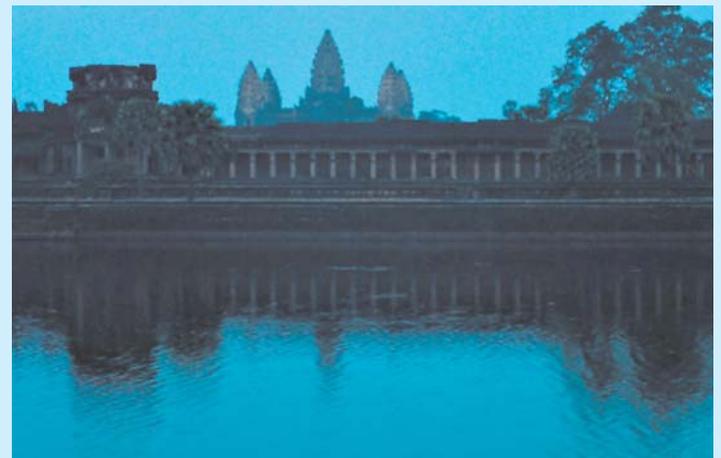
Contra and Square Dance. 7 to 10:30 p.m. Admission is \$9/members; \$12/nonmembers. The Folklore Society of Greater Washington presents traditional American contra dancing. The evening can include square dances, mixers, waltzes and other couple dances. Lesson is at 7 p.m., followed by dances with The Opportunists. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call 202-518-1299.

Open House. 10 a.m. to noon. Sponsored by Har Shalom Early Childhood Education Center. Tour the building, watch a puppet show, meet current ECEC families, sing with Hazzan Ozur Bass, interact in Hebrew with Lilach Arad. At Har Shalom Early Childhood Education Center, 11510 Falls Road, Potomac. RSVP to Liran Laor at 301-299-7087, x244.

MONDAY/NOV. 1

Photo Safari, Strathmore in Fall. 11 a.m. to 1 p.m. Tuition \$25 (Stars \$22.50). At the Mansion at Strathmore, Shapiro Music Room. David Luria returns to offer this digital photography workshop in capturing the vibrancy of fall foliage. One photograph taken during the class will be chosen to be used in Strathmore's marketing materials. For more information call 301-581-5100 or visit www.strathmore.org

FINE ARTS



NOV. 9 TO DEC. 4

Elsewhere. Photographs by Richard Lasner and New Work by Gallery Artists. The artist presents new photographs from Italy as well as from several other locations, including Croatia, the Czech Republic, Cambodia, Montenegro, Vietnam, New Zealand, Bosnia, and the Berkshire Mountains in Massachusetts. Reception is Friday, Nov. 12 from 6 to 9 p.m. Gallery hours are Tuesday to Saturday 12 - 6 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441. Visit waverlystreetgallery.com

OCT. 30 - DEC. 5

Gabriela Bulisova: The Option of Last Resort-Iraqi Refugees in the United States.

Photoworks, Glen Echo Park's resident photography studio and teaching facility, presents works by Gabriela Bulisova, a documentary photographer from the former Czechoslovakia. In the Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Open Saturdays, 1 p.m. to 4 p.m., and Sundays and Mondays, 1 p.m. to 8 p.m. Call 301-634-2274 or visit glenechophotoworks.org.

OCT. 30 - 31

"Faces of the Future." High School Portfolio Class Show.

12 p.m. to 5 p.m. Yellow Barn Studio instructor and artist Glen Kessler presents work from last year's three sessions of the 'High School Scholarship Class.' Exhibitors participated in the Yellow Barn's High School Scholarship Class during the 2009-10 school year. The students' tuition as well as this exhibition are funded by a generous gift from Friend of The Yellow Barn, Carol Berman. Mrs. Berman will be honored at the artists' reception. A reception for the artists is scheduled for Sunday, Oct. 31 from 3 to 5 p.m. At the Yellow Barn Gallery, 7300 MacArthur Blvd., Glen Echo. Call 301-371-5593 or visit yellowbarnstudio.com.

NOW THROUGH OCT. 31

Paintings by Robinwyn Lewis.

As Resident Artist in the Yellow Barn Studio at Glen Echo Park, Ms. Lewis will bring her Chautauqua sensibilities and display her art and greet visitors five days a week — Wednesday and Thursday from 10 to 3 p.m., Friday from 4 to 7 p.m. and Saturday and Sunday from 10 to 7 p.m. Glen Echo Park is located at 7300 MacArthur Boulevard. Visit www.robinwyn.com.

NOWTHROUGH OCT. 31

Four Vibrant Visions.

Free admission. Artists David Cochran, Gavin Glakas, Donna Golden, and Matthew Johnston. Museum

hours are Sundays 10-4:30 p.m.; Mondays through Thursdays, noon to 4 p.m. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

NOV. 1 TO DEC. 20

"Fabric: On and Off the Wall."

An exhibit by Bethesda artist Dominic Nash and Alexandria artist Anne Buchal. Artists' reception Sunday, Nov. 14 from 1 to 3 p.m. At Gallery Har Shalom, 11510 Falls Road, Potomac. Call 301-299-7087.

NOW THROUGH NOV. 2

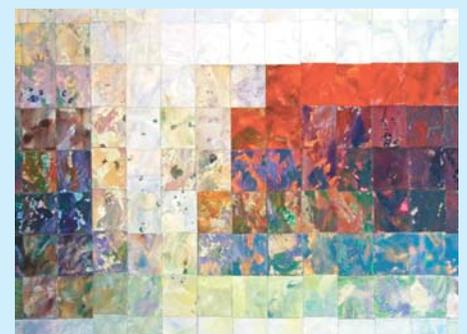
Potomac Artists Exhibit.

Anna Shuman's paintings are focused on Flowers and Figures. Irene Glaser's paintings are focused on Multiples, four or five paintings joined together to form a unique whole. The other artists in this exhibit include Susan Stregack and Rollin Frasier (Photography) and Bill Moore and Judy Sutton Moore (Sculpture). At the Glenview Mansion Art Gallery, Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Call 240-314-8682 or 240-314-8660.

NOV. 3-29

Four Printmakers.

Lila Oliver Asher, Phyllis Cohen, Joseph Craig English and Liz Wolf. Meet the Artists Reception is Sunday, Nov. 7 from 1:30 to 3:30 p.m. Free admission. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

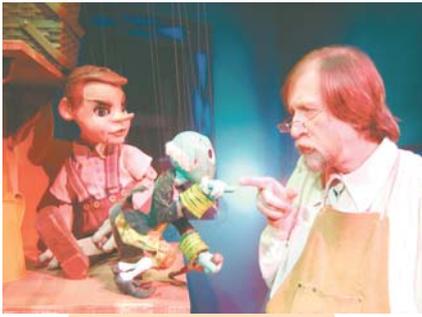


NOW THROUGH NOV. 6

Western Landscape: Abstraction Squared.

Paintings by Mina Oka Hanig and New Work by Gallery Artists. Hanig's paintings consist of small squares, creating a mosaic-like effect, establishing unexpected visual rhythms. At the Waverly Street. Gallery Hours: Tuesday - Saturday 12 - 6 p.m. Call 301-951-9441 or visit waverlystreetgallery.com.

THEATER



NOW THROUGH NOV. 19

"Len Piper's Pinocchio." This production was created by the father of TPC cofounder Christopher Piper, and is completely refurbished and adapted for the Puppet Co. stage. Told with life-size marionettes and live actors, it is the story of a puppet that sheds its strings in pursuit of becoming a real boy. Recommended for PreK - Grade 6. 50 minutes. Performances on Thursdays and Fridays at 10 a.m. and 11:30 a.m., Saturdays and Sundays at 11:30 a.m. and 1 p.m. ASL interpreted Nov. 7 at 1 p.m. Tickets \$10, group rates available. Call 301-634-5380 or visit: www.thepuppetco.org

NOW THROUGH OCT. 30

"Egg and Spoon." 10:30 a.m. and 11:45 a.m. By Patrick Lynch and Marcello Chiarenza of Lyngo Theatre. For ages 1-5. Cost is \$10/person; \$5/lap babies under 12 months. In "Egg and Spoon," children will take a journey with Percy and Mary, Mary Quite Contrary as they meet Birdie in his egg and help his new friends tend their garden. At Imagination Stage, 4908 Auburn Ave., Bethesda. Visit www.imaginationstage.org or call 301-280-1660.

NOW THROUGH NOV. 2

"Spot's Birthday Party." Tickets are \$15/each. Spot's Birthday Party celebrates the birthday of Spot, the beloved character brought to life by Eric Hill's Find Spot series, now celebrating its 30th year in publication. Every child will receive a complimentary birthday hat and goodie bag, filled with birthday surprises. Tickets can be purchased through the box office by calling 301-634-2270 or online at www.adventuretheatre.org. At Adventure Theatre, 7300 MacArthur Blvd., Glen Echo Park. Visit www.adventuretheatre.org.

"TINY TOTS"

◆ Oct. 30 - "Monster Merriment," 10 a.m.
 ◆ Nov. 3 - "Penguins' Playground," 10 a.m.
 ◆ Nov. 13 - "Penguins' Playground," 10 a.m.
 The Puppet Co. presents "Tiny Tots @ 10," a program designed for our youngest theater patrons (ages 0 - 4). The shows are shorter, the lights

stay on, the doors stay open and the show is set up on the floor! Performances on select Wednesdays and Saturdays each month at 10 a.m. Tickets, \$5, adults and children (including babies). Reservations strongly recommended. Call 301-634-5380; visit www.thepuppetco.org.

NOV. 19 - 28

The Micado, Potomac Theatre Co. Friday, 8 p.m.; Saturday, 2 and 8 p.m.; Sunday, 2 p.m. In the Blair Family Center for the Arts at the Bullis School, 10601 Falls Road. Call 301-299-8571. www.PotomacTheatreCo.org

NOV. 12-28

"The Happy Elf." Based on the song by Harry Connick Jr. and book by Lauren Gunderson and Andrew Fishman. Tony Award winner Michael Rupert ("Legally Blonde," "Ragtime," "Sweet Charity") will join



Rupert

the cast of The Happy Elf as Norbert, the tightly-wound head of the Naughty and Nice Department. Tickets are \$20/adults, \$15 for students and children. Tickets can be purchased at 240-567-5301 or online at www.montgomerycollege.edu/pac. At Montgomery College's Robert E. Parilla Performing Arts Center, 51 Mannakee Street, Rockville. Visit www.adventuretheatre.org or call Amanda Russell at 301-634-2267.

NOW THROUGH OCT. 31

Bunnacula. By Jon Klein, music by Chris Jeffries, based on the book by Deborah & James Howe. This musical spoof of the horror genre about Bunnacula, the vampire bunny, is the perfect treat for the Halloween season. Performances are Saturday and Sunday at 1:30 and 4 p.m., with extra 11 a.m. performances on Oct. 9, 16, 30 and 31. Tickets are \$10-\$22 and group rates are available. "Meet the Actors" after every weekend matinee. At Imagination Stage, 4908 Auburn Ave., Bethesda. Visit www.imaginationstage.org, or call 301-280-1660.



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SPORTS

Churchill Tennis Wins 4th Straight County Title

The Churchill girls tennis team won its fourth consecutive Montgomery County championship, scoring 22 points to edge second-place Whitman (18). Bethesda-Chevy Chase finished third with 17 points, followed by Wootton (15).

"The Churchill team put together an outstanding effort in a very close county tournament," Churchill head coach Benjamin Woods wrote in an e-mail. "The players played hard each match to advance to earn the team points. The team set goals each year and for them to achieve the county title shows the effort they put in to improve as players and the effort the team made in their understanding of being ready when called to play."

"Every year, each team has different players and group dynamics. We had a very strong lineup this year, but the core concept of good teammates makes great teams, not just great players make great teams carried us to our fourth straight championship."

Churchill received first-place singles finishes from Laila Judeh, Lauren Pinsky and Ashley Lin. The Bulldogs' doubles team of Tanya Bagheri and Jill Teitelbaum also earned the team a first-place finish.

Wootton's Megan Hahn and Whitman's doubles teams of Haley Johnson and Grace Chandler and Rachel Sisco and Rachel Arnesen also had first-place finishes.

Soccer Playoff Seedings Announced

Matchups for first round of the MPSSAA regional soccer playoffs were completed on Oct. 25. On the boys side, Churchill earned the No. 3 seed in the 4A West region and a first-round bye. The Bulldogs will face the winner of No. 6 Springbrook and No. 11 Richard Montgomery. Wootton received the No. 9 seed at random and will travel to face No. 8 Montgomery Blair. Defending state champion Whitman received the No. 10 seed at random and will travel to face No. 7 Gaithersburg at 5 p.m. on Oct. 28.

On the girls side, Churchill earned the No. 2 seed and a first-

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SEE SPORTS, PAGE 11

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SPORTS

FROM PAGE 10

round bye. The Bulldogs will play the winner of No. 7 Whitman and No. 10 Magruder, which will be played at noon on Saturday at Whitman.

Wootton received the No. 13 seed at random and will travel to face No. 4 Blair at 7:30 p.m. on Oct. 28.

Regional Field Hockey Pairings

The Wootton field hockey team earned the No. 2 seed in the 4A South bracket of the MPSSAA regional tournament and will host No. 7 Richard Montgomery at 3:30 p.m. on Oct. 28. Whitman earned 4A South's No. 8 seed at random and will travel to face No. 1 Magruder at 3:30 p.m. on Oct. 28. Churchill received 4A West's No. 8 seed at random and will travel to face No. 1 Westminster at 7 p.m. on Oct. 28.

Whitman Football Bounces Back with Win

The Whitman football team defeated Springbrook 21-10 on Oct.

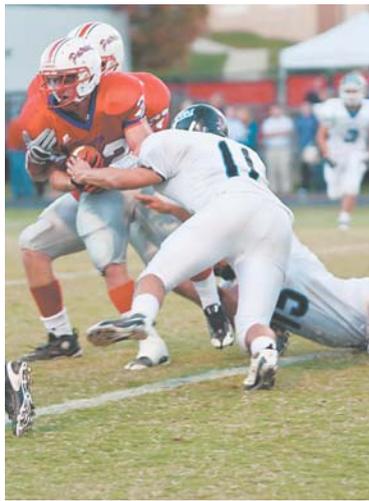


PHOTO BY HARVEY LEVINE/THE ALMANAC

Whitman linebacker Tony Atkinson (11) makes a tackle against Wootton earlier this season. Head coach Jim Kuhn said Atkinson had a big game against Springbrook on Oct. 22.

22, improving its record to 6-2. The victory means the Vikings are still a player in the postseason picture one week after falling to Gaithersburg 26-7. Sherwood and Gaithersburg are each 7-1, while Whitman, Bethesda-Chevy Chase and Springbrook are each 6-2.

"The win was huge — for a lot of reasons," Kuhn wrote in an e-mail, "but mostly to rebound from

a very tough loss last week."

Kuhn wrote Whitman's defensive front seven played well, limiting the Springbrook running game. The Vikings forced three turnovers: linebacker Tony Atkinson and defensive lineman Tommy Scholl each intercepted a pass and linebacker Jeff Gruen recovered a fumble.

Offensively, Val Djidotor rushed 23 times for 92 yards and a touchdown. Quarterback Henry Kuhn completed 7 of 13 passes for 71 yards and rushed nine times for 21 yards and a score. Rico Djidotor scored a special teams touchdown.

Whitman played without leading receiver Michael Flack, who was injured in practice during the week.

The Vikings will host Seneca Valley (6-2) at 6:30 p.m. on Oct. 29. The Screamin' Eagles lost to Quince Orchard 24-13 on Friday.

Bullis Loses to St. Albans

The Bullis football team lost to St. Albans 28-14 on Oct. 23, dropping the Bulldogs' record to 4-3. Bullis will host Landon at 7 p.m. on Oct. 29.

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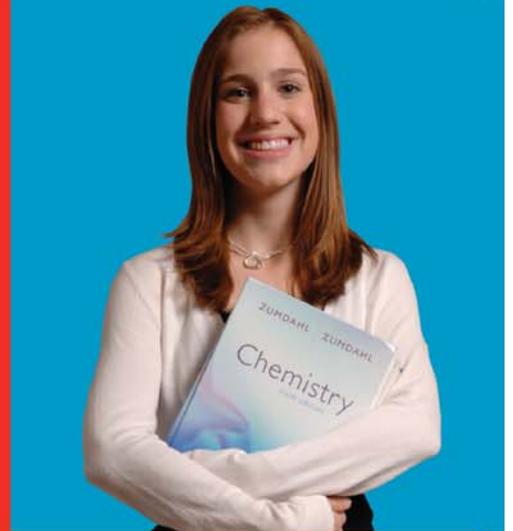
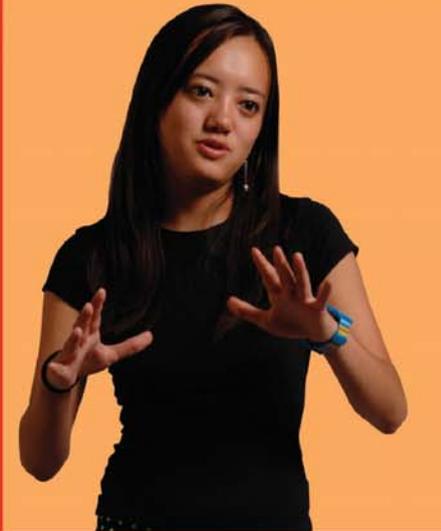
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Profiles in Real Estate – Coreta Osborne

Coreta Osborne, a top agent in the Long and Foster Potomac Village office, has been a Potomac resident since 1970 and Realtor since 1984, dedicating herself to her Buyers & Sellers for as long as it takes to accomplish their goals. She describes this as "her dream job".

"Getting to do all the things I love to do, decorate and stage homes, cook for Realtors luncheons, teach and council my clients, and solve problems if they arise.

She coordinates negotiations with lenders, appraisers, home inspectors and helps the client with all the little details that arise with each transaction that need to be

taken care of. "Every day is different, requiring a different set of expertise, knowledge and experience."

Potomac is a wonderful place to live and work and play. The people are interesting smart and thoughtful about their homes and the environment, always mindful of the common good. Her motto has been "Whether Buying or Selling I make sure the process is as pleasurable, profitable and easy as possible without drama. No sleight of hand or hard sell, just the type of eyes wide open realism that leads to success and satisfaction".



Coreta Osborne
Long & Foster, Potomac Village
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SCHOOLS

Navigating College Applications

BY DANIELLE COLLINS
FOR THE ALMANAC

Applying to college is a daunting task. Just ask any senior in the midst of the application process and the answer is resounding: It is one of the most stressful times in their life. The quest is on to visit colleges to figure out where we see ourselves spending the next four years. But the real pressure comes from the college application process. Our writing skills and creativity are put to the ultimate test to make the best impression on the admissions committee of our chosen schools. We bounce ideas around and try to come up with unique perspectives on college essay questions, all in the hopes of gaining admission.

Senior Ariana Nasser, who is going through the application process explains, "The college process has been one of the most stressful experiences of my life. Even though I had heard seniors complain about it

last year, I never realized how hard it was until now."

According to senior Renee Han, "Time management is very important and senior year performance is crucial. The best part of the application process is submitting the application. It is very nerve-wracking but so rewarding in the end."

The essay questions can be quite challenging as many seniors peck away at their keyboards, pouring their hearts onto paper.

Ariana Nasser says, "My favorite essay question included a quote about appreciating life and living in the moment without getting too caught up in stress. It asked me to interpret what it meant to me. It's my favorite because it actually made me realize that I have been getting too caught up in the college process, and I need to take the time to enjoy my senior year."

Senior Renee Han is "currently writing an essay prompt that says, 'Talk about an injustice you have faced and how you stood up to it.'"

Lucas Chaufournier is "a bit late on the whole process because I haven't written my big essays yet, but the prompt I'm most looking forward to writing is one that says, 'What activity do you find the most intellectually engaging?' It allows you to be creative and really think about a good answer."

Senior Reuben Jacobson is hard at work on his essays. "My favorite college essays to write are the ones that try to find out about you instead of just asking why you want to go to a certain school." Vinay Rao further explains, "I would advise students to try and



Reuben Jacobson, Renee Han, and Vinay Rao.

reuse essay prompts as much as you can because it saves a lot of time. The most creative prompt I've seen is the essay from the University of Chicago, which just says, "Find 'X'."

Most students apply to more than one college in hopes of having many choices. I myself am applying to no less than 14 schools — a girl has to keep her options open! As Reuben Jacobsen put it, "I have been on a lot of college visits and they have helped a lot because you really get a feel for the school. I would advise students to apply to around 11 schools so there will be a good mix of safety and reach schools and there are a lot of options to choose from." Senior Lucas Chaufournier says, "I'm applying to eight schools and I am looking out west for engineering schools."

Renee Han says, "I haven't visited as many colleges as I should have, but visits are very important in getting to see the true atmosphere of the school. I would say that 10 schools is the perfect number to apply to."

Seniors had words of wisdom for juniors who are just beginning to think about college. Ariana Nasser says, "I would tell juniors to start apps early and visit colleges during spring break. Because senior year is so busy, it is hard to make time on the weekends to see most of the schools on your college list."

According to Vinay Rao, "The best advice I could give juniors is to start the applications during the summer to finish as quickly as possible. Senior year is very stressful, so doing apps when there is no extra schoolwork saves a lot of energy. I will admit, I've lost a lot of sleep during the college process because it is so time consuming."

After visiting several colleges, Renee Han says, "Seeing the kids and daily life of a school allows you to know if you will fit into a certain environment. College websites are very informative, but the visits are truly helpful and help narrow a large college list. Juniors should start their applications as early as possible so they will have plenty of time to revise them and make them perfect."

As for me, I truly sympathize with all the seniors out there still working on applications. Sleep is hard to come by senior year, for an early night is one where I can get to bed before midnight. Still I plug away, hoping one of my essays just might persuade the admissions officers that I am a worthy candidate. Vinay, if you're still trying to find "X" don't worry, so are the rest of us!



Danielle Collins



Ariana Nasser

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A Scary Thought



By KENNETH B. LOURIE

Not knowing (never knowing) if what I'm feeling physically is a direct result of the stage IV lung cancer (the "underlying problem," as I find myself describing it) with which I've been diagnosed, or rather the fact that I'm 56, overweight, physically unfit and sleeping on an old bed is unsettling to say the least, downright incapacitating to say the most. Are the aches and pains symptomatic of the tumors in my lungs growing and/or moving – or of the cancer appearing somewhere else in my body independent of the "underlying problem," or are they completely normal given my age and overall physical condition/lifestyle/diet, etc?

How do I separate fact from self-created fiction? Moreover, how do I prevent my brain from maximizing everything while minimizing nothing? I don't want to make a little out of a lot. Sometimes I feel if I ignore a certain pain, maybe it will disappear and therefore not be symptomatic of anything cancer-related. Other times, if I accept the pain as legitimate and worthy of a call to my oncologist (which I am encouraged to do as often as I feel the need to), perhaps the pain will in fact represent bad news – for me, and the beginning of an unexpected and premature end. There's a naive part of me which thinks, if I don't mention it or, if I make light of it, it won't be cancer-related and thus not confirmation of my oncologist's original 13-months to two-year prognosis, given to me/us back on Feb. 27, 2009.

Whenever I do feel something: in my lungs, especially when I cough or have any breathing or respiratory problems; in my sternum; in my sides – where the pain first manifested itself back on Dec. 28, 2008; in my brain/head – where lung cancer spreads to in 30 percent of patients; in my arms and legs where regularly I have muscle weakness; in my lower back where my kidneys are located (my creatinine is high and constantly monitored), I worry if this pain is it. "It" not being as good thing.

Since this mental battle has been fought for nearly two years now (dating back to that original Emergency Room visit, which led, ultimately to where I am today) I feel like I've won a few skirmishes. However, it doesn't make me feel any more empowered having endured these challenges. Certainly I can say, "I've been there, done that," unfortunately the experience doesn't solve or address the "underlying problem." As such, the problem remains: how does one live with such uncertainty?

Every day I feel something somewhere in my body, I wonder, is that the cancer? Every day I don't feel something somewhere in my body, I wonder, is the cancer still active; maybe it's simply doing what cancer often does: kill without any real symptoms until it's too late to treat successfully. (I always ask myself: whatever happened to stages I, II and III?) Both thoughts wear on me, constantly. Is it something or is it nothing? Is it real or is it imagined? Should I call my oncologist or not? Sometimes I think the mental demands are worse than the physical ones. Everything is magnified, nothing is simplified – in my head, anyway.

Death comes to us all. Trying to convince myself that what I feel does or does not matter – relative to the "underlying problem," has kept me awake more nights than any pain or discomfort I've felt. It hasn't been easy. However, it sure beats not feeling anything; if you know what I mean.

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

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Churchill Enters Playoffs on Positive Note

Bulldogs score three goals in 11 minutes during regular season finale.

BY JON ROETMAN
THE ALMANAC

Alex Fox set the tone for the Churchill field hockey team, scoring in the opening five minutes. Jennifer Shim didn't wait long to increase the Bulldogs' lead and, moments later, Roshan Promisel added her team-leading seventh goal.

With a playoff matchup against undefeated Westminster looming, Churchill closed the regular season on a positive note, scoring three times in the first 11 minutes at Northwest en route to a 3-0 win on Oct. 22. The victory improved the Bulldogs' record to 4-8 and snapped a two-game losing streak.

“... if we show up and we can play our game and play as a team, we can face any opponent — even one that's 14-0.”

— Churchill head field hockey coach Cay Miller

But more importantly, it gives Churchill something to build on heading into the playoffs. The Bulldogs received the No. 8 seed in the 4A West region and will travel to face No. 1 Westminster at 7 p.m. on Oct. 28. The Owls of Carroll County are 14-0.

“I think our team is at a really good point right now because our last few games, even though we lost in the end, they've been really close against really good teams we were expected to lose to, but held our end,” Fox said of a 4-2 loss to Magruder and a 1-0 overtime loss to Wootton. “Apparently the team we're playing is amazing, but I think we have a chance and we're all keeping our heads high.”

Fox initiated Churchill's early scoring onslaught against Northwest, pushing a rebound past the Jaguars goalkeeper at the 25:41 mark of the opening half. It was Fox's fourth goal of the season. Shim scored with 21:12 left on the clock and Promisel added a goal with 19:07 remaining.

“In most of our games, we come out strong and always score in the first five



Sara Satin, seen earlier this season, is the Churchill field hockey team's second-leading goal scorer with five.

minutes,” Fox said. “When we're positive and think that we can do it, we can accomplish anything. When we score, we are all very excited and happy and can play the rest of the game like that. Part of [scoring three quick goals] was momentum and another [part] was it's our last [regular season] game and we wanted to give it our all. We were all going full force at it.”

The Bulldogs opened the season with losses against Clarksburg, Holy Cross and Poolesville by a combined score of 11-3. Since then, three of Churchill's five losses were by one goal in overtime. Head coach Cay Miller is hoping the team can thrive on its underdog mentality during the postseason.

“In our season, we lost the first three games, so every team that looks at our record thinks, ‘Oh, this is a terrible team,’” Miller said. “I think every game we kind of approach it as being the underdog because every team that faces us thinks, ‘Oh, we got this one.’ We know different. Regular season has no bearing on playoffs. It's like our second season has started. We're really lucky in that sense that if we show up and we can play our game and play as a team, we can face any opponent — even one that's 14-0.”

Three of the Bulldogs' four victories came via shutout: 6-0 over Gaithersburg (Sept. 22), 4-0 over Richard Montgomery (Sept. 29) and 3-0 against Northwest. The Bulldogs also beat Quince Orchard 3-2 on Oct. 11.

Promisel, a junior forward, has three as-

sists to go with her team-high seven goals. Fox, a junior forward, leads the team with eight assists. Senior forward Sara Satin has five goals and three assists, senior midfielder Hannah Phillips has three goals and junior midfielder Maddy Flax has two goals and two assists.

Miller said Flax is a key component to Churchill's offense.



Churchill head field hockey coach Cay Miller said center midfielder Maddy Flax, seen earlier this season, is “very good at distributing the ball and getting it where it has to go.”

“She's very good at distributing the ball and getting it where it has to go,” the coach said. “She can run for ages.”

Junior sweeper Eliza Farha is a standout defender for the Bulldogs.

The winner of Thursday's Churchill-Westminster contest will face the winner of No. 4 Urbana and No. 5 Gaithersburg in the region semifinals.

5Qs Churchill junior Alex Fox

Q: What is your favorite part about playing field hockey?

A: I like how it's a team effort. Other sports, one good player can determine the entire game, but with field hockey, everyone seems to be closer because that's what it requires.

Q: What are your plans for after high school?

A: Go to college and play on a club team or on the school team if I can.

Q: What location is the farthest from the Washington D.C. metro area you have traveled?

A: Italy — just a family trip for my parents' anniversary.

Q: Who is your favorite music artist?



A: Taylor Swift. I can relate to her because she's a similar age — and I like country.

Q: What's your favorite movie?

A: “Step Brothers.” I think it's hilarious. I never get sick of it.

— JON ROETMAN

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