

# Potomac ALMANAC Roller Rink Adapts To Need



Alexis Kende and Mary Cassell, in the middle, participate in a soccer game with other athletes of the TOPSoccer program in November at Wootton High School. Youth with all disabilities, including those in walkers, participate in the program, despite the difficulty of getting around grassy and often muddy fields in their walkers. TOPSoccer is exploring the possibility of using the old inline skating rink (main photo) at the Potomac Community Center for its programs, which would allow all of the athletes to compete without difficulty due to their equipment.

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# Splitting Time Between Potomac and Vermont

Couple enjoys life as innkeepers.

BY SUSAN BELFORD  
THE ALMANAC

Readers who watched the 1980's television sitcom "Newhart" will remember the Vermont inn that Newhart and his wife ran. The Norwich Inn, the implied setting of the show, is now owned by Potomac residents, Jill and Joe Lavin. Even though the inn is in faraway Vermont, the Lavins are enjoying the challenges, experiences — and fulfillment of their new title — the innkeepers.

Six years ago, they purchased the Victorian country inn. A former Marriott, Westin and Choice hotel executive, Joe Lavin had always wanted own a hotel or country inn. They had often stayed at the Norwich Inn while visiting their son, Tyler who attended Dartmouth University — just 1.5 miles from the inn. During one visit, Jill Lavin casually suggested buying the property. It wasn't formally for sale — however, before she knew it, they became the new innkeepers.

"Little did I know the sale would actually happen, but by August 2006, we were the new owners. It's been a wonderful experience — but it's almost like having a teen-

ager. You love them to death, but they constantly make you want to tear your hair out," Linda Lavin said.

Instead of relocating to New England, they chose to remain permanently in Potomac, but spend half of every month at the inn. Having lived in Potomac for 26 years, they did not want to leave their friends, activities and the wealth of opportunities in the D.C. area.

The Norwich Inn was built in 1797 by Dartmouth graduate Jasper Murdock to operate as a stagecoach tavern and hotel. President James Monroe visited there in 1817. Throughout prohibition, owner Mary Walker, known as "Ma Walker" distributed bootleg from the basement — sometimes to Dartmouth students as depicted in cartoons from the hotel registry. Ma Walker still resides there as the inn's ghost. "When something goes wrong at the inn, we always blame Ma Walker," said Linda Lavin. "Several guests are certain that she has visited their rooms in the dead of night."

The inn is constantly undergoing renovation and updating. The Lavins have added 23 new rooms, renovated their sunny Terrace dining rooms, added a wine cellar and brewer's room, updated restaurant menus and turned it into a "green" property. Since they purchased not only an inn, but a microbrewery, restaurants and a pub, the

undertaking has been an enormous, but rewarding project.

Norwich is a four-season travel destination. The area is filled with historical sights, music festivals, snow sports venues, summer activities and interesting tourist attractions. Just this month, there were cooking classes in the nearby King Arthur Flour headquarters, glass-blowing exhibitions at Simon Pearce, cross-country skiing, sledding, snowshoeing and outdoor ice skating — all within minutes of the inn. Many gourmet restaurants and boutique shops also flourish in the nearby region.

The Lavins have also added a number of "event weekends" including Brewer's Weekends (tastings of their microbrewery's hand-crafted English ales paired with gourmet meals), a Bread and Brew Weekend (paired with King Arthur Flour), Dartmouth Sports weekends, Tupulo Music Hall Weekends (artists such as Judy Collins, John Sebastian, Eddie Money and more perform nearby), Wine Tasting Weekends (paired with Vermont's Cabot Cheese) and Romance packages. This Feb. 12 and March 18 will feature a two-part course, "The Science of Brewing Beer" with Norwich Inn brew master Jeremy Hebert followed by a tasting of the inn's Jasper Murdock Ales.

Reservations at the Norwich Inn can be



Joe and Jill Lavin at their Norwich Inn.

made by calling 802-649-1143 or by e-mailing innkeeper@norwichinn.com. The website is www.norwichinn.com. Flights on Southwest Airlines from BWI to Manchester, an hour and fifteen minutes from the Inn are the most economical way to fly there — sometimes as little as \$41 each way. Boston is about 130 miles from Norwich. Driving time is between 8 and 9 hours.

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PHOTO BY KEN MOORE/THE ALMANAC

The unused roller hockey rink at Potomac Community Center could provide a facility for sports for children and adults with disabilities.

## Roller Rink Adapts to Need

County hopes to adapt roller hockey rink for accessible sports this fiscal year.

BY KEN MOORE  
THE ALMANAC

Some of Pam Yerg's players use crutches and walkers and "struggle through the ruts and grass and the mud" to be part of soccer activities and games.

Yerg, who coordinates the TOPSoccer adaptive program and is the area director of Special Olympics MD-Montgomery, has been eyeing the dormant roller hockey rink

at the Potomac Community Center for some time.

"We believe it holds huge potential value as a multi-sport facility for use by people in our county with disabilities," she said.

The rink could provide a safe, flat surface for people with disabilities who use assistive devices such as crutches, walkers, wheelchairs or prosthetics. It could be used for soccer, kick ball, T-ball, bocce and various other sports.

The county agrees and is currently con-

sidering how to move forward.

"There is a tremendous need for this type of amenity," said Gabriel I. Albornoz, director of the Department of Recreation. The county is currently researching the cost of converting the roller hockey rink.

"We would like to see if the county can do this on its own without a public-private partnership," said Albornoz. "We would like to see construction on this during this fiscal year." The county will meet with neighbors to talk about the proposal when more information is available.

A previous proposal for a public-private partnership for the center's soccer field is now on hold.

SEE HOCKEY RINK, PAGE 5

## Finally

County breaks ground on animal adoption center.

BY SUSAN BELFORD  
THE ALMANAC

At last" were the opening words of pride and relief from David Dise, director of the Montgomery Department of General Services who kicked off the ground-breaking ceremony for the new Animal Services and Adoption Center on Saturday, Jan. 27.

This was a day of celebration for the many in Montgomery County who have supported the vision for a new building. By the spring of 2013, they will see their hard work come to fruition.

The program included remarks by Isaiah Leggett, county executive; Roger Berliner, president of the Montgomery County Council, and Councilmember Phil Andrews. In speaking to the standing-room-only crowd, Leggett said, "I love ground-breaking ceremonies, but what I love more are ribbon-cutting ceremonies. Today, we are breaking ground for our new Animal Services and Adoption Center — and in just 20 months, we will be cutting the ribbon at the grand opening of the new center. Today is the beginning of a promise we made to build a better shelter for our animals. We always see and feel our animals' devotion to humans. Now it is time to celebrate our devotion to animals."

The state-of-the-art Animal Services and Adoption Center will be built on the northwest corner of the intersection of Muncaster Mill Road and Airpark Drive. The 49,160-square-foot center will expand the county's ability to safely and hygienically care for animals. It will also serve as a public adop-

SEE ANIMAL-LOVERS, PAGE 11

## January Flowers Bring Winter Smiles

Potomac Village Garden Club provides flowers and friendship for seniors.

BY MONTIE MARTIN  
THE ALMANAC

The Village at Rockville is a little more floral thanks to a delegation from the Potomac Village Garden Club.

The club provided chrysanthemums and carnations for floral arrangements on Jan. 24, which were supplemented by greens from members' personal gardens.

"We wanted to do something for residents to brighten their rooms and brighten their day," said Carol Jarvis, a member of the Potomac Village Garden Club who helped

organize the event. "There aren't so many groups that visit in January, so we wanted to provide fresh flowers between Christmas and Valentine's Day."

"This is my first time being here, but I've been working with plants a long time," said Ingrid McInnes, a resident of the Village at Rockville. "I enjoy being with the ladies."

The opportunity to connect with others is at the core of the annual floral arranging event, which is now in its seventh year. For members of the Potomac Village Garden Club, the one-on-one interaction is a deeply satisfying experience.

"It's a marvelous experience to meet and

interact, it's amazing how much the residents have to share," said Kathleen Brady, a member of the garden club. "There's a real friendship, and you learn so much from being around them. I once met a 101-year-old woman who was delightful, she knew how to arrange the flowers."

The club pre-cut the flowers to make the arrangements easier for residents. Arrangements typically last two weeks, which is good timing given the traditional bouquets associated with Valentine's Day.

"It's an event that gives residents a sense of cycle in January, it's something they look forward to," said Jason Gottschalk, director of life enrichment at the Village at Rockville. "Flowers give a sense of vitality, they are a symbol of life, happiness and love."



PHOTO BY MONTIE MARTIN/THE ALMANAC

Kathleen Brady, a member of the Potomac Village Garden Club, enjoys the flowers and her time with Donna Dinger, a resident of the Village at Rockville.

## River Road Bank Robbed

The FBI and Montgomery County police are investigating a bank robbery that happened on River Road in Potomac Village on Friday, Jan. 27.

First District police officers responded to M&T Bank, at 10100 River Road, at 9:41 a.m., according to police reports.

The preliminary investigation revealed that the suspect “approached the teller displaying a handgun and demanded cash,” according to county police reports.

The six-foot tall suspect carried an umbrella during the robbery, held a small black handgun, and wore a white plastic mask that covered his face. He was dressed in a gray hooded sweatshirt, a gray urban camouflage colored baseball hat, gloves, black scarf and white tyvek type jacket and pants. He was described to be a white male with a medium to heavysset build.

“After the suspect obtained an undisclosed amount of cash, he fled on foot via the front door towards River Road to the rear of the shopping center,” according to police.

No one was injured during this incident.

Detectives from the Montgomery County Police Major Crimes Division – Robbery Section and the Federal Bureau of Investigation (FBI) are investigating.

Anyone with information should call the Major Crimes Division — Robbery Section at 240-773-5100.

— KEN MOORE



**Police released this photo of a suspect in the robbery of the M&T Bank Friday morning Jan. 27.**

## School Bus Safety Cameras

The County Council’s Public Safety Committee is scheduled to discuss the School Bus Safety Camera Bill, 37-11 at its worksession on Feb. 2.

The bill would allow the county to authorize police to install and operate cameras on county school buses in order to catch drivers who illegally pass stopped school buses.

The Maryland State Department of Education reported that 7,028 drivers overtook stopped school buses in 2010, according to a survey released in February 2011. In Montgomery County, Chief Thomas Manger reported that police issue about 500 citations each year even though 1,645 drivers ignored the stop arm on school buses, according to County Council documents.

Violations would be recorded with images similar to red light cameras or speed monitoring cameras and punishable by a maximum \$250 fine.

“Fine revenue is intended to at least cover program costs. County revenue in excess of program costs must be used to support public safety programs, including pedestrian safety,” according to council documents provided by the Office of Management and Budget. “It is likely that violations are currently under-reported.”

— KEN MOORE

## Election Judges Needed

The Montgomery County Board of Elections needs election judges to serve at polls in the Presidential Primary election on April 3 and the general election on Nov. 6.

Judges must be registered to vote in Maryland and be able to speak, read and write English. Election judges may not be a candidate or hold any public or private office and can not serve as a campaign manager or treasurer for any campaign.

Alternates and election judges bilingual in Spanish are needed throughout the county. Training will be provided and all judges will be compensated. See [www.777vote.org](http://www.777vote.org) and select the Election Judge Program link.

## Correction

In “Tots in Transition,” [Potomac Almanac, Jan. 25, 2012], Ed Jurgrau should have been identified as the founder and former owner of Shoe Train.



**Potomac native Jennifer Kaye plans events at the Rockville Town VISARTS Center rooftop.**



**The top floor of Rockville Town Center’s VISARTS building offers a rooftop venue for events.**

# ‘Up On The Rooftop’

**Potomac native coordinates more than 100 events at rooftop venue.**

BY SUSAN BELFORD  
THE ALMANAC

As soon as spring breezes begin to blow and the warm sunny days of April and May appear, a rooftop high above Rockville Town Center will come to life with dancing music, tantalizing food, happy hours and parties for young, old, single and married. Many don’t know that the top floor of Rockville Town Center’s VISARTS building is a near-by destination for fun and socializing — and Montgomery County’s only rooftop venue.

Event planner Jennifer Kaye had a vision that the Rockville Town VISARTS Center rooftop would become a Mecca for fun-filled events for people of all ages. The Potomac native and the 1990 Wootton graduate has almost single-handedly made it happen. From late April through October, she facilitates more than 100 events, including teen and pre-teen dance parties, “meet and greets” for the over-21 crowd, fun-filled get-togethers for those 2-12 — and more. Her activities bring Rockville’s government and private enterprises together. For each venue, she partners with a local Town Center restaurant to attract local residents to the VISARTS rooftop, creating business for the restaurant as well as drawing people to the variety of stores, restaurants and activities of the Town Center — and utilizing a space overlooking the Rockville skyline. Kaye is also helping the Montgomery County economy by hiring staff, security guards, performers, a DJ or local bands.

Kaye has been planning and promoting events for the Rooftop for the past five years. “All the Rooftop events benefit the town center as well as the restaurants and stores,” she said. “There was no prior history, so it’s all been by trial and error. In the past few years, I feel the variety of events I’ve promoted have targeted people of all ages and ethnicities.”

Kaye graduated from Florida State University with a degree in event planning and has experience working with corporations, individuals and the City of Rockville. “I love coming up with unique and creative

ideas for events. Every social occasion is as special to me as to my client. I enjoy seeing the party come together — and the reactions from all those who had a wonderful time at the event.”

The schedule is filling up fast. Tuesday through Friday evenings are reserved for 21 and older and feature food and drinks served by a local Town Center restaurant. Tuesday nights will be “Unplugged.” Kaye brings in five or more local bands to play for dancing and socializing. Wednesday evening will be Karaoke night. The successful “Sky Thursday” and Friday’s “Breese” evenings both feature DJ’s for dancing. Saturdays are reserved for private social events — weddings, bar and bat mitzvahs, sweet 16 parties, quinceañeras, birthday celebrations or other events. One Sunday a month is KIDZROCK — a dance party for 2 – 12 year olds which features a children’s entertainer. CLUB-ROCKVILLE for middle-school students and the high school dance parties will also be fit into the schedule.

Keeping the diversity of Montgomery County in mind, Kaye also initiated a monthly gathering for Gays and Lesbians called “Pride in the Sky” and a Latino Dance evening titled, “Beso in El Cielo” (Kiss in the Sky.) Northwest High School class of 2002 has booked a date for their class reunion and corporate groups, charity events and other groups are quickly discovering the charm of a summer event “up on the rooftop.”

The cost to attend the weekly events is from \$5 - \$15. They are open to the public. Kaye states that prices for renting the venue for a wedding or other event are comparable to other rental spaces in Montgomery County. “When the space is rented, we guarantee both outdoor and indoor space,” she said. “Therefore we have a back-up plan should we need it. I am available to plan the entire event and to provide lists of caterers, bands, DJ’s and everything one needs for a successful and beautiful event. This one-of-a-kind venue is centrally located and can hold more than two hundred people. The Rooftop is a gorgeous place for a wedding, rehearsal dinner or any special affair.”

Kaye can be reached at 301-202-7663 or 240-355-5718 or via e-mail at [Jennifer@RockvilleRooftop.com](mailto:Jennifer@RockvilleRooftop.com). For the event schedule or to view the venue, check out the website at [www.rockvillerooftop.com](http://www.rockvillerooftop.com).

# Proposing New Life for Roller Hockey Rink

FROM PAGE 3

Yerg sent her proposal to County Executive Isiah Leggett at the end of October.

"I don't know if I would be talking about this if we were starting from scratch with the current fiscal situation," Yerg said. "When you have a facility already in place that is not being used it just makes sense."

She obtained estimates that substantiated her theory that the cost of demolishing and bulldozing the site and resodding the field would be comparable to the cost of resur-

facing the rink.

"It's an exciting opportunity," she said. "There are no other outdoor multi-sport and sports training spaces like this rink anywhere in Montgomery County, which is why we believe it presents a unique opportunity to serve some of the community's most underserved citizens."

The rink could also benefit Wounded Warriors, an organization supporting disabled veterans in partnership with Walter Reed National Medical Center and Disabled

Sports USA.

The Wounded Warriors program has asked the county for an inventory of accessible recreation facilities across the county, Alborno said. With Walter Reed relocating to Bethesda, wounded warriors will be treated there.

He said the county wants to move forward as soon as possible, and needs to do a small parking study to ensure that parking lots have enough parking for people with disabilities and that the facility is ADA ac-

cessible. "We should have information by the spring," he said.

The county had issued a Request for Proposals to develop a public private partnership for soccer and other uses in the area behind the Community Center. That RFP, issued before Yerg's proposal about the rink, included demolishing the rink.

The county will wait until a determination about how to proceed with the rink, and then redo the RFP.

MSI was the only bidder on that RFP and the bid did not meet all of the county requirements. MSI and others will have an opportunity to bid on the new RFP in the future.

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## LET'S TALK Real Estate



by  
Michael Matese

### Feng Shui

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Feng Shui (Fung Shway) focuses on a balance between the Yin and Yang and the five elements of fire, earth, metal, water and wood. The living room is all about promoting an easy flow of positive energy. First de-clutter the room, less is more with Feng Shui. Arrange what is needed in a comfortable layout, preferably in a circular pattern rather than having most of the furniture against a wall or tucked in a corner.

Mirrors are great to incorporate in the living room, because they tend to give the illusion of more space. Be careful what the mirror reflects though. It should be something beautiful like a plant or a piece of art. One last thing to make certain of is that the light is throughout the whole room and there are no dark corners.

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# OPINION

# More Government Secrecy?

BY SUSANNE LEE  
WMCCA PRESIDENT

**T**his time it's the Glen Hills neighborhood and the long awaited sewer study. In contrast to the Brickyard site, this time it appears there wasn't even disclosure of a scope of work, not even a public Request for Proposals, before the study contract was awarded. Are County officials again orchestrating a neighborhood's fate while leaving those most impacted — the residents — in the dark until after the deal is done? Is it yet another blatant violation of the Potomac Subregion Master Plan? How can we know?

The Potomac Master Plan requires a study to be conducted of Glen Hills, the results of which are to be used to develop a "policy outlining the measures needed to ensure the long-term sustainability of septic service for new home construction and existing home renovations, minimizing the need for further sewer service extensions." The Plan specifically states that that the study must be "conducted in conjunction with the citizens of this area and the appropriate public agencies," and must include six specific elements that go well beyond the traditional sanitary survey (Potomac Master Plan, p. 24).

Ten years after the Master Plan's adoption, the Montgomery County Council appropriated \$350,000 in the Fiscal Year 2012 budget for the study, as a result of Council Member Nancy Floreen's efforts. We who live in Glen Hills were a bit surprised that in these times of very tight budgets such funds were available, but we looked forward to working in conjunction with the County to develop a meaningful study that met the requirements of the Master Plan.

Early phone calls seeking information about the study were met with the response that it was unclear who would be in charge of the study. Eventually we learned that David Lake, Water and Wastewater Policy, Office of the Director, Montgomery County Department of Environmental Protection (DEP) was in charge. We called Mr. Lake on Jan. 19 and he stated

## Open Forum Meeting

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, Feb. 8, 7:15 p.m., at the Potomac Community Center's arts and crafts room.

If schools are closed because of inclement weather, the meeting will be cancelled.

Each year the West Montgomery County Citizens Association devotes at least one meeting to a more complete discussion of issues it has been following and offers the public a chance to bring topics of concern. Through this process, WMCCA has been able to help members with problems such as development proposals, illegal tree cutting, parkland encroachment, and Special Exceptions. Its directors and committee chairs will cover a range of current WMCCA efforts, including the Potomac Swim Club legal case, current sewer category change requests (especially the Glenstone Foundation sewer proposal on Glen Road and the Glen Hills sewer study), cell tower radiation levels, latest updates on the Brickyard Road school site proposal for soccer fields, Nick's Organic Farm, the Forest Conservation/Tree Canopy bill still stalled at DEP, and County Council budget cutting and its implications for parks and services. The public is welcome to attend and discuss the issues.

that: The scope of work for the study has already been developed; A contractor had already been selected; No public Request for Proposals was issued; Final details were to be negotiated in a private internal meeting with the contractor on Jan. 20; And no, we could not sit in as a silent observer. He would not provide us or any other neighbors with the scope of work.

The term "in conjunction with" is defined as the act of "joining together; combination; the simultaneous occurrence of event." How can this study possibly be conducted "in conjunction with the citizens and other public agencies" when all of the critical decisions regarding scope and implementation have already been made in secret? How are we to know that it even includes the six critical Master Plan elements? What, if any, input was provided by the public agencies with expertise in forest conservation, water quality, stormwater management, and Master Plan implementation?

We contacted Robert Hoyt, director of DEP, expressed our great concern, provided him with background information, and requested his assistance in obtaining a copy of the scope of work and a restart of the process. He responded that his office would provide a written reply to us by Jan. 27. It is unclear what the response will include and, as [this] goes to press, we have not received it.

Sewer expansion is a major, contentious land use issue because it so often determines the character of our communities. We who live in Glen Hills had great hopes for this study. We looked forward to working closely with the County to craft a study that maximized its usefulness in addressing and educating on issues surrounding sewer versus septic use. We hoped that scientifically-sound data would be collected that would in turn provide the basis for informed decisions not just in Glen Hills, but other low density areas as well.

Now we approach it with great skepticism. How could this possibly have happened without even a phone call to local citizens? How can the County expect us to trust the process, the study

results, and the resulting policy development? We look forward to the County's explanation and the opportunity to restart an open and informed process. In the meantime, we stand in awe (despair?) of what appears at this point to be another flagrant lack of transparency on the part of Montgomery County government.

## POTOMAC SWIM AND RECREATION ASSOCIATION INDOOR TENNIS BUBBLE FACILITIES

On Jan. 19, WMCCA and neighbors surrounding the site appealed the Montgomery County Circuit Court's denial of our Motions to Intervene and Vacate the Court's decision approving the construction of the tennis bubble to the Court of Special Appeals. In addition, WMCCA is working with the neighbors to finalize a Complaint to be filed with the Board of Appeals documenting current violations of the Club's special exception requirements.

## ENVIRONMENTAL REPORT

BY GINNY BARNES

Glenstone Foundation at 12002 Glen Road has applied for a Sewer Category Change #11A-TRV-06 to extend a private sewer from the Glenstone museum property to Great Elm Drive (approximately 3,000 linear feet) to accommodate expansion of the museum. Though the property now consists of 127 acres (zoned RE-2) the applicant is seeking sewer rather than utilizing currently-required septic. The applicant will be adding to the total acreage by purchasing additional existing homes along Glen Road and adjacent property in Stoney Creek Farms, for a projected total of 177 acres. While the future museum will be LEED-certified, and right now organic lawn care is being utilized, the property owner is reluctant to employ state-of-the-art septic measures. WMCCA is concerned about this application because the property is outside the sewer envelope established under the Potomac Master Plan and does not abut any existing sewer mains. Further, the proposed sewer would cross the Greenbriar Branch, a stream specifically cited to be avoided. The applicant claims sewer is more environmentally safe, but leaking sewer lines have contributed to pollution problems in most Montgomery County streams.

County Executive Leggett announces a cross-agency initiative to streamline building and land development process. Supported by Council President Berliner and Councilmember Nancy Floreen, this effort will cut back on required inspections to receive a building permit and invests even more power in the Department of Permitting Services (DPS), an agency created by former Executive Doug Duncan to provide a "one-stop-shop" for development projects. However, DPS is also charged with enforcing the County Zoning Code, which takes a poor second to issuing permits. With two conflicting objectives, DPS is funded by permittees, so the bulk of the agency's attention has not been to given to adequate enforcement. Information and dates for public forums at [http://www.montgomerycountymd.gov/apps/News/press/PR\\_details.asp?PrID=8186](http://www.montgomerycountymd.gov/apps/News/press/PR_details.asp?PrID=8186).

## Write

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

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# Potomac Psychologist Helps Sleep-Deprived New Parents

Strategy allows parents to get at least five hours of uninterrupted sleep each night.

BY MARILYN CAMPBELL  
THE ALMANAC

**W**hen Megan Price and her husband Marc Weiner describe the first weeks of life with their 6-month-old son Adrian, one of the first adjustments that comes to mind is sleep deprivation.

"When we would get into bed at night, it was almost like we were getting ready for another day," said Price. "It was eight or nine hours of no sleep, but being awake in this weird alternate night universe. I was definitely sleep deprived."

As most parents know, having a newborn baby can disturb one's sleep patterns. Potomac-based psychologist and researcher Linda Berg-Cross, Ph.D. says a lack of sleep in new parents can lead to insomnia, marital discord and parenting anxiety. She created a program that is designed to help new parents get more sleep. It is called SOS.

"SOS' actually has three meanings," said Berg-Cross, a clinician in private practice who has worked at the University of Maryland Sleep Disorders Center. "One meaning, of course, is the traditional call for help; another is 'Save Our Sleep'; and the third [represents] the three components of the program: 'sliding schedule,' 'on call,' and 'sustained sleep.'"

Here's how the SOS program works: Parents create a sliding schedule where one parent is guaranteed five hours of uninterrupted sleep while the other is on call. The on-call parent gets up when the baby cries. When the five-hour shift ends, the partners switch roles.

"The first tool is to realize that most people need five hours of sustained, uninterrupted sleep each night during the first year of the baby's life, along with some power napping, and to make sure that both you and your partner get those five hours," said Berg-Cross who is on the faculty in the Department of Psychology at Howard University in Washington, D.C. "Second, when you're on call you're telling your partner, 'Do not worry, I am taking care of this child.' The idea is that each person is there to relieve the other. Third, in order to get the uninterrupted sleep, it is necessary to have a sliding schedule with your partner where you go to sleep and wake up at different times." To make the three components work well, each couple needs to individualize the program to fit in with their relationship as well as their sleep and wake patterns.

Berg-Cross says that by minimizing sleep deprivation, parents will feel less fatigued and be less irritable. "It hopefully will increase the likelihood of successful nursing, minimize postpartum depression, fortify the marital relationship during its most trying year, and help women heal from the physical traumas of childbirth," she said. "It is an easy method for parents to maximize their own sleep during the first year of their baby's life."

Tim Billings, the father of a 2-year-old boy and a graduate student at Howard University, implemented the SOS program in his own life. "I had to teach a class one morning on 45 minutes of sleep, and it was the most horrible experience that I can remember," said Billings. "It was a great challenge trying to get sleep. My wife also works full time, so finding a way to get a significant chunk of sleep at night was im-

portant."

Billings and his wife negotiated a schedule and tested the program. "The sliding sleep schedule worked really well for me in that it allowed me to have a chunk of

time each night to get uninterrupted sleep," said Billings. "I think the uninterrupted sleep part is the important part. The schedule allows you to [divide your time] so that both parents get a

significant chunk of sleep."

Berg-Cross is working with the Healthy Babies Project in Washington, D.C., to create a modified version of the SOS program for single, teenage mothers.



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

**Potomac psychologist Linda Berg-Cross has created a program that addresses the sleep loss often experienced by new parents.**

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# ENTERTAINMENT

To have community events listed free in The Potomac Almanac, send e-mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon for the following week's paper. Photos and artwork encouraged. Call 703-778-9412.

**Zumba at Village Yoga.** Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Come join the fun at Village Yoga! Classes are held on Tuesday nights, 7:15 p.m.-8:15 p.m., and Saturday mornings 11:30 a.m.-12:30 p.m. Village Yoga, 10154 River Road, Potomac. Call 301-299-1948.

## NOW THROUGH FEB. 5

**"The Royal Family."** Tickets are \$14 and \$16. Produced by David Levin and Nancy Eynon Lark, directed by Laurie Freed and featuring Leta Hall, Leah Mazade, Ken Kemp, Alice Irvin, David Dieudonne, Karen Winokur, Kristi Kelly, David Levin, Stuart Patt, Layne Fuller, Brian Polk, Phil Kibak and Ann Lowe-Barrett. Performances are Fridays, Jan. 27 and Feb. 3 at 8 p.m.; Saturdays, Jan. 28 and Feb. 4 at 8 p.m.; and Sundays, Jan. 29 and Feb. 5 at 2 p.m. To purchase tickets from the box office visit [www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre) or call 240-314-8690 between the hours of 2 and 7 p.m., Tuesday through Saturday. At Rockville Civic Center Park, 603 Edmonston Drive, Rockville.

## WEDNESDAY/FEB. 1 AND FEB. 22

**Ellen Cherry.** 7:30 p.m. Tickets are \$12. The performances will feature songs from her album (New) Years, as well as tracks from her upcoming spring 2012 release, Please Don't Sell the Piano, featuring the debut of her upcoming Strathmore-commissioned work, "Pickett's Charge." At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

## THURSDAY/FEB. 2

**Slow Blues and Swing Dance.** 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow Blues lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. 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](mailto:info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

**Trumpeteer Andrew Balio.** 8 p.m. Baroque specialist Nicholas McGegan will lead the Baltimore Symphony Orchestra in a program of Bach, Rameau, Haydn and Mozart. Balio will perform Haydn's Trumpet Concerto. At the Music Center at Strathmore. Tickets range from \$28 to \$88 and are available through the BSO Ticket Office, 410-783-8000 or [BSOmusic.org](http://BSOmusic.org).

**Preschool Storytime.** 10:30 a.m. Stories, songs and rhymes for children ages 3 to 6 and their caregivers. No registration required. At Potomac Library.

## FRIDAY/FEB. 3

**"All I Did Was Ask" — An Evening with NPR's Terry Gross.** 8 p.m. At the Music Center at Strathmore. For more information or to purchase tickets, call (301) 581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

## FEB. 3 AND 4

**Rasta Thomas's Rock the Ballet.** 8 p.m. Starring Rasta's Bad Boys of Dance, these dancers fuse ballet, jazz, contemporary, gymnastics and more. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville.

## SATURDAY/FEB. 4

**Lunar New Year Celebration.** 1 p.m. Kuang Chinese School will present traditional Chinese Lion Dance, storytelling and paper cutting demonstrations. At Potomac Library, 10101 Glenolden Drive., Potomac. Call 240-777-0690.

**Swing Dancing.** 9 p.m. to midnight. Cost is \$15. Beginner swing lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight. With the Blue Rhythm Boys. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Go to [www.DCLX.org](http://www.DCLX.org), email [info@DCLX.org](mailto:info@DCLX.org), or contact Robert Patch at 301-674-0080 or [manchioneal@gmail.com](mailto:manchioneal@gmail.com).

**Citizen Journalist Workshop.** 9:30 a.m. to 4 p.m. Learn to become an "information activist". The Franklin Center for Government and Public Integrity and the Maryland Conservative Action Network are co-sponsoring a Citizen Journalist workshop at The Gathering Place in Clarksville, MD. For more details, visit [mdconservatives.com](http://mdconservatives.com).

**Meditation.** Dharma Teacher Tsony's Saturday meditation will begin at 9 a.m. and continue



Leta Hall, David Dieudonne, Alice Irvin, and Leah Mazade are the Cavendish family in Rockville Little Theatre's *The Royal Family*, at The F. Scott Fitzgerald Theatre, Jan. 27 through Feb. 5. Photo by Dean Evangelista.

## JAN. 27 TO FEB. 5

**"The Royal Family."** 8 p.m. and Sunday matinee at 2 p.m. Produced by David Levin and Nancy Eynon Lark, directed by Laurie Freed and featuring Leta Hall, Leah Mazade, Ken Kemp, Alice Irvin, David Dieudonne, Karen Winokur, Kristi Kelly, David Levin, Stuart Patt, Layne Fuller, Brian Polk, Phil Kibak and Ann Lowe-Barrett. Tickets are \$16/adults; \$14/seniors and students. Call the box office at 240-314-8690, or online at [www.ticketleap.com](http://www.ticketleap.com). At the F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville.

until 5 p.m. The practice will be a combination of sitting and walking meditation with a 90-minute break for lunch. Lunch is BYO. A refrigerator and microwave are available for use. Suggested Donation for Saturday: \$40 Walk-ins are welcome. At Bodhi Path Buddhist Meditation Center, 12540 Falls Road, Potomac. Call 240-453-9200. Visit [www.bodhipath.org/potomacmd](http://www.bodhipath.org/potomacmd).

## FEB. 4 AND FEB. 5

**Pianist Daniil Trifonov.** Performs Tchaikovsky's majestic Piano Concerto No. 1 in B-flat minor with the National Philharmonic, led by Music Director and Conductor Piotr Gajewski. Performs on Feb. 4 at 8 p.m.; and Feb. 5 at 3 p.m. To purchase tickets, visit [nationalphilharmonic.org](http://nationalphilharmonic.org) or call the Strathmore ticket office at 301-581-5100. At the Music Center at Strathmore in North Bethesda.

## SATURDAYS, FEB. 4, 11, 18

**Guided Tours: "A Walk in Father Henson's Footsteps."** Free. Noon to 4 p.m. And Saturday, Feb. 25 from noon to 3 p.m. At Josiah Henson Special Park, 11420 Old Georgetown Road, North Bethesda. Visit [www.JosiahHensonSite.org](http://www.JosiahHensonSite.org).

## SUNDAY/FEB. 5

**Canal Stewards at River Center.** 10 a.m. to noon. Help the Conservancy clean up and beautify the land and water surrounding Lock 8, along miles 8 and 9 of the C&O Canal towpath, and at locks 12-14. Cleanup activities include picking up trash, pruning vegetation along trails, and repairing the towpath and trails. Contact [larsen@potomac.org](mailto:larsen@potomac.org) with any questions.

**Waltz Dance.** 3:30 to 6 p.m. Admission is \$10. With the band, Sugar Beat. Introductory Waltz

workshop from 2:45 to 3:30 p.m.; dancing from 3:30 to 6 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

**Immigration Talk.** 10:25 to 11:15 a.m. Gabriela Lemus, Ph.D., will discuss immigration issues at River Road Unitarian Universalist Congregation (RRUUC) in Bethesda. Lemus is Senior Advisor and Director for the Office of Public Engagement, Department of Labor (DOL). She represents the DOL at the Senior Policy Operating Group on Trafficking in Persons; the President's Task Force on Puerto Rico's Status; and various inter-agency working groups in immigration policy. Lemus is the first woman to hold the position of Executive Director at the Labor Council for Latin American Advancement (LCLAA). At RRUUC, 6301 River Road, Bethesda. Visit [www.rruuc.org](http://www.rruuc.org) or call 301-229-0400.

**Healthy Emotions.** Dharma Teacher Tsony's Sunday Dharma teaching will be conducted in two sessions: 10 a.m.-Noon and 2 p.m.-4 p.m. The topic is 'Emotions, in the Context of the 51 Mental Factors'. He will clarify the question of what is actually a 'healthy' mind from the point of view of the Dharma, a mind that is apt to attain liberation. At the Bodhi Path Buddhist Meditation Center, 12540 Falls Road, Potomac. Call 240-453-9200. Visit [www.bodhipath.org/potomacmd](http://www.bodhipath.org/potomacmd).

## MONDAY/FEB. 6

**Adventures in El Salvador.** 7:30 p.m. Kathy Ogle and Rae Johnson will describe their "Adventures in El Salvador" at River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Call 301-229-0400 or visit [www.rruuc.org](http://www.rruuc.org).

**Archie Fisher in Concert.** 7:30 p.m. Tickets are \$18/advance; \$22/door. At IMT Rockville, Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Call 301-754-3611 and visit [www.imtfolk.org](http://www.imtfolk.org).

## FEB. 8 TO MARCH 2

**The Last Jews of Yemen Photography Exhibit & Lecture Series.** Free. Photos depicting Jewish life in Yemen. Lecture series on their history, society and prospects for their future. Photos: Feb. 8 - March 2. Lecture Series, Tuesdays, Feb. 14, 21 and 28 at 7:30 p.m. RSVP to [rsvp@bnaitzedek.org](mailto:rsvp@bnaitzedek.org). At Congregation B'nai Tzedek 10621 South Glen Rd., Potomac. Call 301-299-0225 [www.bnaitzedek.org](http://www.bnaitzedek.org).

## THURSDAY/FEB. 9

**Slow Blues and Swing Dance.** 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow Blues lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. 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](mailto:info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

**BSO SuperPops: A BSO Valentine.** 8 p.m. With Tony DeSare on vocals and piano. Tickets range from \$28 to \$88 and are available through the BSO Ticket Office, 410-783-8000 or [BSOmusic.org](http://BSOmusic.org). At the Music Center at Strathmore.

**Storytime with Potomac Toddlers.** 10:30 a.m. Stories, songs and rhymes for toddlers 12-to-36 months and their caregivers. No registration required. At Potomac Library in Potomac.

## SATURDAY/FEB. 11

**Voter Registration Drive.** 11 a.m. to 1 p.m. At Potomac Library, 10101 Glenolden Drive, Potomac. Call 301-765-4083 (TTY). For additional information, contact Dr. Gilberto Zelaya at 240-777-8532; or email [Gilberto.zelaya@montgomerycountymd.gov](mailto:Gilberto.zelaya@montgomerycountymd.gov).

**Design Seminar.** 10 a.m. to 2 p.m. How to Fall In Love With Your House Again. All seminars include either lunch or supper. You will learn the basics on how to successfully remodel, an enterprise which can appear to be both nerve-rattling and mind-boggling. Bring your questions and plans for your own house, and share a meal on us where the experts will personally address your particular design concerns. At the Offices of Hopkins & Porter Inc., 12944-C Travilah Rd., Suite 204, Potomac. Call Debbie Ciardo at 301-840-9121, #27.

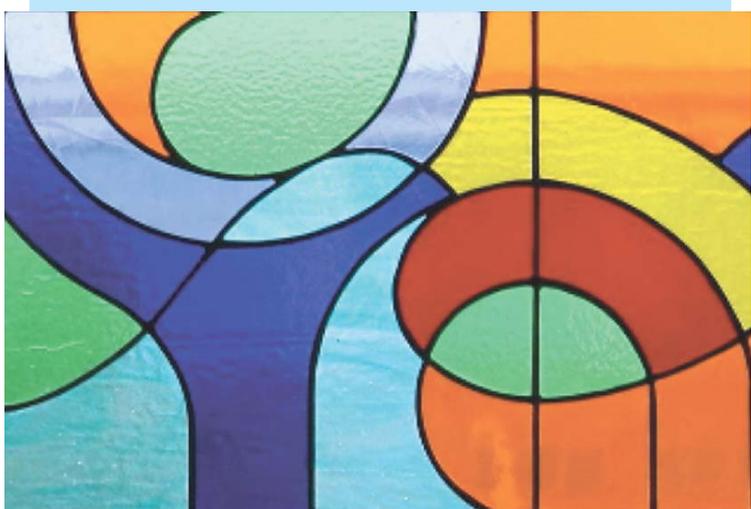
**Extreme Chopin with Pianist Brian Ganz.** 8



## FEB. 3 AND 4

**Rasta Thomas's Rock the Ballet.** 8 p.m. Starring Rasta's Bad Boys of Dance, these dancers fuse ballet, jazz, contemporary, gymnastics and more. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville.

## FINE ARTS



**SATURDAY/FEB. 4 AND SUNDAY/FEB. 12**

**Going Blue in Paris.** 2 to 4 p.m. Art and Jewelry Exhibition featuring Nurieh Mozaffari, Sarah Barzmehri and Bonnie Granek. At Exhibit9 Gallery in Potomac. Light refreshments will be served. To RSVP, email Sarah at: exhibit9gallery@gmail.com

**MARCH 3 AND 4**

**Paintings by Ally Burguières.** Oil and acrylics on canvas. At the Yellow Barn Gallery at Glen Echo. Call 301-371-5593 or the artist at ally@galleryburguières.com.

**NOW THROUGH FEB. 10**

**Tough Guys and Cool Girls.** The exhibit, "Tough Guys and Cool Girls — True Selves or Code of Conduct?" has been extended through Feb. 10. Halcy Bohlen, the artist, will be giving an artist talk on Friday, Feb. 10 from 12:30 - 1:30 p.m. at Landow Gallery at the Landon School, 6101 Wilson Lane, Bethesda.

**FEB. 8 TO MARCH 3**

**Gallery B Exhibition.** Gallery B is pleased to present its February 2012 exhibition featuring local artists Shelva Gallman, Kevin Gonzalez, Richard Levine and Sandra Jensen-Taubman. The exhibit will feature landscape painting and photography, will be on display from Feb. 8 – March 3 at Gallery B, located at 7700 Wisconsin Avenue, Suite E, Bethesda. The opening reception will be held on Friday, Feb. 10, from 6-9 p.m. Gallery hours are Wednesday – Saturday, 12-6 p.m. Visit <http://www.bethesda.org/> or call 301-215-6660.

**JAN. 27 TO FEB. 27**

**Mirror To The World: Documentary Photography 2012.** Free. Photoworks presents its annual tribute to documentary photography, featuring images that span the globe — all from a local group of not-yet-famous photographers. Opening reception is Friday, Jan. 27 from 6 to 9 p.m. Photoworks Gallery open on Saturdays, 1-4 p.m. and Sundays, 1-8 p.m. Exhibit appointments available,

301-634-2274. At Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

**FEB. 8 TO MARCH 3**

**Gallery B Exhibit.** Photographers Shelva Gallman and Sandra Jensen-Taubman, and painters Kevin Gonzales and Richard Levine. Gallery hours are Wed. – Sat., 12-6 p.m. This exhibition's opening reception will coincide with the monthly Bethesda Art Walk on Friday, Feb. 10 from 6-9 p.m. Gallery hours are Wednesday – Saturday, 12-6 p.m. At Gallery B, 7700 Wisconsin Avenue, Suite E, Bethesda.

**NOW THROUGH MARCH 2**

**Chinese Painting with Tracie Griffith Tso.** Subjects include bamboo, horses, cranes, koi, pandas, siamese cats, rabbits, plum blossoms and a selection of birds and insects. At the Clinical Center at NIH, Building 10, 9000 Rockville Pike, Bethesda. Display cases are located on the ground floor.

**MONTH OF FEBRUARY**

**The Montgomery County Plein Air Artists** will exhibit their works at River Road Unitarian Universalist Congregation (RRUUC), Bethesda, during the month of February 2012. The term "en Plein air" originated with Monet and refers to the fact that the art works were painted outdoors. The MCPAA began in 2004 and its artists use varied mediums, including oil, watercolor, acrylics and pastels. The art show, titled "Preserving Our Sense of Place and Time," will exhibit works that are available for purchase. River Road Unitarian Universalist Congregation (RRUUC), is located at 6301 River Road, Bethesda. Call 301-229-0400 or visit [www.rruuc.org](http://www.rruuc.org)

## Apply for the Trawick Prize

The Bethesda Arts & Entertainment District invites local artists to submit work to the 10th annual Trawick Prize: Bethesda Contemporary Art Awards. This juried art competition awards \$14,000 in prizes to four selected winners. The deadline for submissions is Friday, April 6. Up to 10 finalists will be chosen to display their work at Bethesda's Gallery B in September.

The first place winner will be awarded \$10,000; second place will be honored with \$2,000 and third place will be awarded \$1,000. A "young" artist whose birth date is after April 6, 1982 may also be awarded \$1,000.

Artists who wish to apply may use a new, streamlined online submission form at <http://www.bethesda.org/bethesda/trawick-application>. For information on the Trawick Prize, visit [www.bethesda.org](http://www.bethesda.org) or call 301-215-6660.

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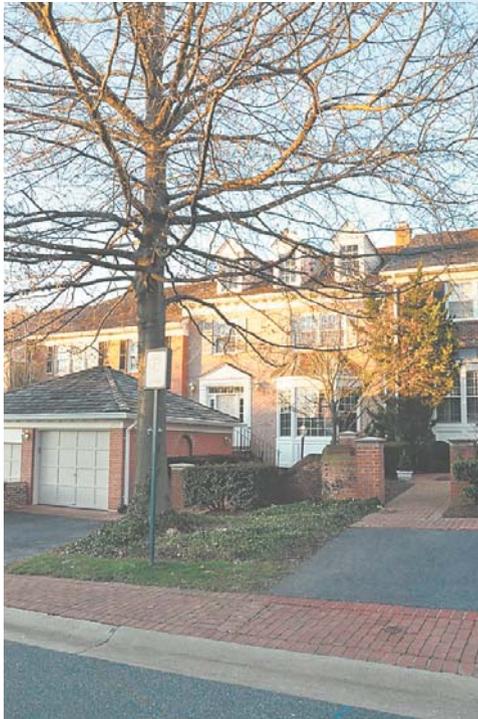
Bring your business cards and plenty of conversation!

If you would like to donate a door prize, please call Jennifer at the Chamber office.

# Potomac REAL ESTATE

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**1** 10042 Chartwell Manor Court, Potomac — \$1,280,000

**6** 9477 Turnberry Drive, Potomac — \$1,065,000



**3** 9106 Falls Bridge Lane, Potomac — \$1,135,000



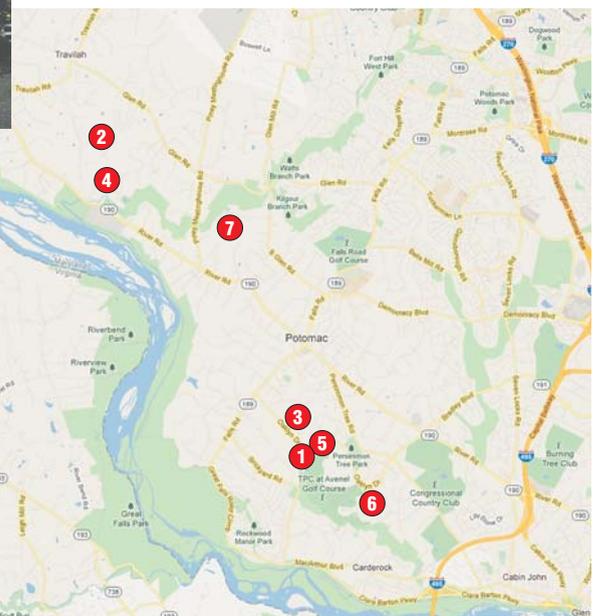
**2** 12065 Wetherfield Lane, Potomac — \$1,220,000



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PHOTOS BY SUSAN BELFORD/THE ALMANAC

Officials, attendees and their pets gather at the ground-breaking.



David Dise welcomes the crowd to the ground-breaking "at last."



Potomac's Ellie Slotkin with her rescue dog, Lexi.

## Animal-Lovers Celebrate Ground-breaking

FROM PAGE 3

tion center and community education resource for animal care issues.

Leggett explained why, during tough economic times for Montgomery County, the shelter is being built: "This past year, the Montgomery Police received 12,500 animal related calls and the Humane Society facilitated 2,800 adoptions. Our current shelter was built in 1975. It can only house 700 animals and is old and inadequate."

He continued, "This new shelter reflects our values. If we cannot find the resources to build a first rate shelter for our animals, then shame on us."

Berliner explained that Montgomery County has doubled in population in the 37 years since the last center was built. "Our county is now one million residents — and that makes many more animals that the county must provide facilities for."

The center will be operated by the Montgomery County Police Department Animal Services Division, which provides isolation, quarantine and holding of feral, ill or seized animals; investigates complaints about animal cruelty and provides the licensing and inspection of animal-related business facilities such

as pet shops and riding stables. The building will include animal care and housing areas, a classroom and an on-site veterinary clinic. Walking trails and outdoor screened exercise runs will provide animals, owners and volunteers with access to fresh air and exercise.

The "green" building will achieve a LEED Silver certification by incorporating environmentally sensitive design elements, including skylights, large windows, a vegetation-covered roof, water-efficient plumbing fixtures, and energy-efficient building HVAC design and use of recycled and locally manufactured materials.

Allen Cohen of MCPAW (Montgomery County Partners for Animal Well-Being) wrapped up the morning by discussing the non-profit's fund-raising goals which will provide much-needed enhancements for the center. MCPAW's "Build Hope" initiative provides brick pavers and benches for recognizing someone important in one's life. An engraved message will let the buyer show their support — or their company's support — for the well-being of animals as well as create a lasting tribute to friends, family and beloved pets.

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# Second-Half Defense Lifts Bulldogs Past Patriots

**Churchill's Williams helps shut down Wootton's red-hot Ibeh.**

BY JON ROETMAN  
THE ALMANAC

**C**hurchill boys' basketball head coach Matt Miller could see it coming. He tried to warn the Bulldogs but it was too late.

Wootton guard Willis Ibeh stood wide open in front of the Churchill bench during the first quarter of the

teams' Jan. 27 matchup when Miller shouted "shooter!" in an attempt to get the Bulldogs' attention. Ibeh, Wootton's most potent offensive threat, made Churchill pay for leaving him open, burying a 3-pointer. The senior spent the rest of the first half lighting up the Bulldogs, scoring 21 of Wootton's 25 points while an animated Miller pleaded with his players not to lose track of No. 3 in red.

**"[Willis Ibeh] had a huge first half and single-handedly torched our defense, and had me looking like a mad man on the sideline."**

— Churchill boys' basketball coach Matt Miller

"He had a huge first half and single-



**Churchill's Thomas Geenen scored 10 points, grabbed 20 rebounds and dished out five assists during a 61-43 victory against Wootton.**

handedly torched our defense," Miller said, "and had me looking like a mad man on the sideline."

Churchill entered halftime trailing by one. In the second half, the Bulldogs paid better



**Churchill's Sam Edens scored a team-high 18 points against Wootton.**

attention to their coach.

After Ibeh's monster first half, Churchill neutralized the Wootton sharpshooter, holding him scoreless for the final 16 minutes as the Bulldogs ran away with a 61-43

victory at Churchill High School. Led by junior Dominique Williams, several Bulldogs focused on denying Ibeh the ball in the second half. As the game progressed, SEE WILLIAMS, PAGE 13

## Churchill's Racoosin Plays 'Like a Guy'

**Athleticism, jumping ability make Bulldog guard an offensive threat.**

BY JON ROETMAN  
THE ALMANAC

**S**hira Racoosin laughs when it's mentioned and isn't quite sure how to feel about it, but for the time being, she'll take it as a compliment.

A junior guard on the Churchill girls' basketball team, Racoosin's skill set — most notably her ability to shoot an actual jump shot — has been compared to that of a male hoopster. While Racoosin appears slightly embarrassed about discussing the topic, her athletic ability makes her one of the top scoring threats on a Bulldogs team ranked No. 11 in the latest edition of the Washington Post's top 20.

"She definitely has a jump shot," Churchill head coach Kate McMahon said. "She can elevate and then shoot and I don't think many girls can — and that's coming from a

girl, so I'm allowed to say it. In the one-on-one, I love her matchup. ... I think she's definitely a major offensive threat for us. ... When you can elevate and hang, not many girls can guard you."

According to stats from the Post's Web site, Racoosin is Churchill's second-leading scorer at 8.8 points per game. Racoosin struggled with her shot during a 36-29 victory against Wootton on Jan. 27, but managed to score 11 points and showed her talent in spurts. She scored six points in the first quarter by attacking the basket and hitting short jumpers, and knocked down a 3-pointer early in the fourth quarter. After Wootton cut Churchill's lead to four with less than one minute remaining, Racoosin stepped to the line and knocked down a pair of free throws — giving her 14 in a row at the charity stripe.

"I know that I missed a lot of shots, but at

a time like that you just can't worry about how many you've missed," Racoosin said. "You have to worry about the one you're about to make. That's what I always think about at the line."

Racoosin said her ability to create her own shot makes her a more aggressive player.

"I definitely didn't get it from my parents," Racoosin said with a laugh. "I've always been able to jump — create my own shot. Getting higher than everyone else gives me the ability to make shots. A lot of girls can't create their own shots, that's why they say I play like a guy — guys do that. It brings a lot to our offense. In terms of being an aggressive player, it's very helpful."

How does she feel when someone says she plays like a guy?

"I'm kind of used to getting it all the time," Racoosin said, "but at this point, I SEE RACOOSIN, PAGE 13



**Churchill guard Shira Racoosin's athletic ability at times gets her playing style compared to that of a male.**

## SPORTS

# Williams Helps Shut Down Ibeh

FROM PAGE 12

Ibeh rarely looked to shoot. Williams knocked down a 3-pointer for the first points of the third quarter and Churchill led the rest of the contest.

"Sometimes [Williams'] name doesn't pop up as a 20-point scorer," Miller said, "but if you look at the other team's best player, he does a pretty darn good job on him."

Williams, a standout football player and son of former NFL defensive back Willie Williams, said he enjoys the assignment of defending an opponent's best player.

"In the first half, we were losing [Ibeh] a lot and we let him get too many open shots," Williams said. "In the second half, [Miller] told me to stay tight on him, make sure he doesn't touch the ball. I feel great [when I get that assignment]. It gives me a lot of confidence and it makes me want to go out there and work hard for [Miller]."

Offensively, Churchill received double-digit performances from the senior trio of Sam Edens, Kyle Edwards and Thomas Geenen. Edens scored a team-high 18 points and buried a trio of 3-pointers, including one in front of a packed Churchill student section that gave the Bulldogs a 42-34 lead late in the third quarter.

Edwards finished with 12 points, including a pair of three-point plays in the fourth quarter. Geenen scored 10 points, grabbed 20 rebounds and dished out five assists.

"I just thought he was a floor general, floor leader," Miller said about Geenen. "We're going to miss him next year when he graduates. He does some great stuff."

Along with a two-handed dunk to cap the evening's scoring, Geenen drained his second 3-pointer of the season — a shot that ensured he played up to his friends' expectations.

"My friends have been pressuring me to shoot the ball," Geenen said. "They told me tonight if [I] didn't shoot it goes down as a loss in their column even if we won the game. I tried to please them, too."

Last season, Churchill split with Wootton, losing at home. With Friday's victory, the Bulldogs com-



**Churchill senior Sam Edens knocked down a trio of 3-pointers en route to 18 points against Wootton.**

pleted a regular-season sweep of the rival Patriots. "It feels really good," Edens said. "Last year there was sort of a sour taste in our mouth losing at home, so we wanted to get that out of there."

Churchill followed the win over Wootton with a 49-41 victory against Richard Montgomery on Jan. 30, which clinched the 4A South Division championship for the Bulldogs — their second consecutive district title after a drought of more than 30 years. The Bulldogs (13-3) will host Walter Johnson at 7 p.m. on Wednesday, Feb. 1.

# Racoosin's Jump Shot: Offensive Threat

FROM PAGE 12

guess I'll just take it as a compliment."

Sarafina Arthur-Williams led Churchill with 17 points and 13 rebounds against Wootton during a "Power in Pink" contest to help raise cancer awareness. The Bulldogs were playing in honor of fellow Churchill student Nachu Bhatnagar, who was diagnosed with cancer.

Churchill improved to 14-2 with a 54-50 victory against Richard Montgomery on Jan. 30. The Bulldogs have won 13 straight after a 1-2 start that in-

cluded a five-point loss to Damascus and an eight-point loss to defending 4A state champion Gaithersburg.

"They're a resilient group," McMahon said. "We talked to them from the beginning that we're young and you have to learn the defense and we're playing a lot of tough teams right at the beginning. They didn't get down because it wasn't like they weren't in those games."

Churchill will travel to face Walter Johnson at 7 p.m. on Wednesday, Feb. 1.

and Hunter Sutton (sophomore, 145) with a major win also scored points for the Bulldogs.

Churchill also met Kennedy during the meet and won 66-12. Delivering for Churchill included Daniel, Brendan Fagan (freshman, 113), Rustin Tashayyod (junior, 120), Zach Raizon (sophomore, 126), Heilbron, Sutton, Keita, Jake Sutton (senior, 152), Victor Carvajal (senior, 160), Macedo, Matthew Schleckser (junior, 182) and Collins Kenlak (senior, 195).

Churchill will face rival Wootton on Friday, Feb. 3 at home. Churchill will be honoring its graduating seniors at this last match of the regular season before the county championships.

## SPORTS BRIEF

### Churchill Wrestling Loses To Walter Johnson

The Churchill wrestling team faced Walter Johnson on Jan. 28 in a match that would determine if Churchill went to the county dual meet championship. Churchill came away with a 37-21 loss, dropping its record to 10-3.

Marcos Macedo (senior) scored the only pin for Churchill in the 170-pound weight class. Hunter Daniel (sophomore, 106 pounds) with a major win, Peter Heilbron (senior, 132) with a win by decision, Adama Keita (sophomore, 138) with a major win

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-William Van Horne

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## "Progression"



By KENNETH B. LOURIE

There's a word – in a medical context, anyway, that you don't hear every day. And if you're a stage IV lung cancer survivor – like me, 35 months post-diagnosis, it's hardly the word you ever want to hear – or see – describing the most recent CT Scan of your lungs (Mediastinum) where your malignant tumors have been in "partial stable remission" going on two-plus years now. "Progression" means growth. Growth means the relative calm under which you've existed for the last few years is officially over.

However, as Groundhog Day repeats itself every year, it seems only fitting that this week, due to this "progression", I am writing to say that I too am repeating myself, sort of; I have re-started chemotherapy, so yes, here I go again. Because the previous chemotherapy cocktail worked so well (I'm still here, aren't I? That's a 'yes' by the way; this column has not been prerecorded), my oncologist has advised – and there were two other options discussed at my most recent appointment; Team Lourie chose the known of the three evils. Our collective thinking being that since I had success originally (the tumors shrunk) and equally important, my body tolerated the treatment reasonably well, repeating the six-time infusion (the second line, as they say) is a prudent blend of proactive presumption: Why wait? Why worry? Why not? And so we have. (It's not exactly caution to the wind, but nor is it hot air.)

In anticipation of daze gone by (chemotherapy round one), I've already gone to the salon and got my "chemo cut," short but not exactly down to the bone, but closely cropped for a smoother transition to the inevitable baldness too soon to follow. I have also stopped buying – or rather stopped planning to buy – certain personal hygiene products (shampoo, conditioner, shaving cream, razors) because there will be no hair to wash and condition and no stubble to shave – for the next six months or so, anyway. In a peculiar sort of way, daily maintenance becomes somewhat easier for a chemotherapy patient. And since I've been there and done that, (though I didn't necessarily want to do it again), I feel "very fortunate" as my oncologist described my circumstances; to be present and accounted for (still alive after three years) while preparing for the worst (yet again) and hoping for the best.

Having survived the treatment once provides a sort of comfort and familiarity that does not breed contempt – for me. I am ready, willing and in my opinion, quite able after three years of building up my immune system with more-proper eating, combined with a regular regimen of cancer-fighting additives: baking soda, apple cider vinegar, probiotics, green tea extract, pureed asparagus, alkaline water and diet, miscellaneous spices, pills, supplements and vitamins together with less stress due to work accommodations and disability benefits, to win the day (and hopefully the night, too); and though I don't anticipate this "second line" around will be any easier than the first, physically; mentally my feeling is, I've handled it once and I will handle it again.

And all things considered, as I typically consider things, I am fortunate to still have this choice/opportunity. Scared of course, to be honest, but experience is a wonderful teacher and since I have mostly been paying attention these past three years, I am going where this man has gone before (and not to a Star Trek Convention). I will be walking in footsteps already taken, the impressions of which are clearly mapped out in my head. As the man says in the 5-Hour Energy commercial: "Let's do this!"

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

# PEOPLE



PHOTOS BY MEGHAN KALAS

**Future Reporters?** The third grade class at St. Raphael School listens to reporter Colleen Healy (left) talk about her work at The Potomac Almanac. The students in Mrs. Kalas and Mrs. Orr's class are learning about newspapers and publishing their own paper, The Third Grade Times.



PHOTO BY ALI BRATUN

## Honoring Martin Luther King, Jr.

Grade 2 students sing during the annual all-school chapel honoring the life of Dr. Martin Luther King, Jr. at Washington Episcopal School in Bethesda on Jan. 18. The school also recognized founding faculty members and current faculty who have served the school for 15 years.

## WES Hosts Cartoonist

Cartoonist and author Marc Tyler Nobleman visited Washington Episcopal School on Dec. 7 and spoke with the students. He is the author of more than 70 books, including "Boys of Steel: The Creators of Superman," has written for magazines and TV, and has more than 100 cartooning clients including the Wall Street Journal, Forbes, and Barron's. He discussed with the students how he got his start as a writer and an illustrator (winning his elementary school's mascot contest), the creative process, and what it takes to get started in the industry. Above: Marc Tyler Nobleman sketches a centaur as he addresses sixth-grade students (from left) Tom Mangan, Charles Sullivan, and Joshua Davidson at Washington Episcopal School on Dec. 7.



PHOTO BY ALI BRATUN

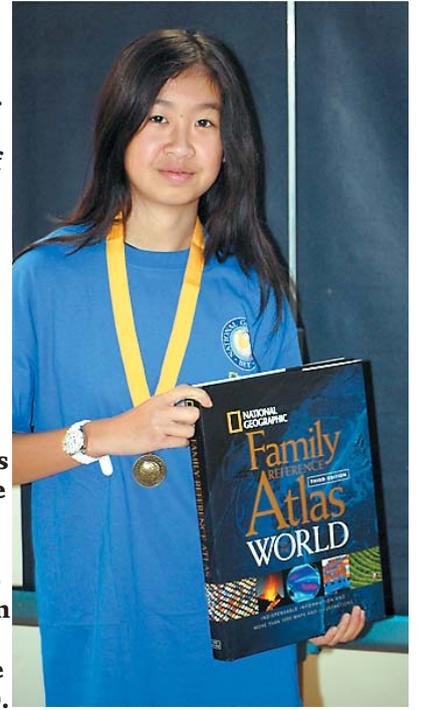
## State Champions

The Rockville Football League (RFL) Pony Steelers Team — a Potomac/Rockville group of mostly 9-year-old boys — recently won the Division 4 Maryland Youth Football State Championship. The Pony Steelers team, coached by Dave Humiston and his assistant coaches, comprised of 21 area boys, finished their season with an 11-2 record which included winning the RFL Super Bowl Championship and the Maryland State Championship. They beat the Rockville Raiders for their Divisional Super Bowl Championship game at Bullis High School in late November and went on to beat the Perry Hall Gators in a 20-12 victory in Havre de Grace, Md. on Dec. 11 for the State Championship.



## At Geographic Bee

Susanna Yau, an 8th grade student at Fourth Presbyterian School, won the school-level competition of the National Geographic Bee on Friday, Dec. 2, 2011 and a chance at a \$25,000 college scholarship. The school-level Bee, at which students answered oral questions on geography, was the first round in the 24th annual National Geographic Bee. This year's Bee is sponsored by Google (visit [www.google.com/educators/geo](http://www.google.com/educators/geo)). She will now take a written test; up to 100 of the top scorers on that test in each state will then be eligible to compete in their state Bee March 30.



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