

February 29-March 6, 2012

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## News

## Supporting Brain Injury Programs

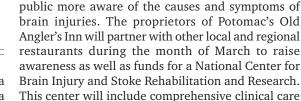
## March is Brain Injury Awareness Month.

BY SUSAN BELFORD The Almanac

any people have been affected by a loved one or friend who has had a traumatic brain injury, a stroke or a concussion.

According to MedStar National Rehabilitation Network, one and a half million traumatic brain iniuries, concussions and nearly a million strokes occur every year in the United States.

A few years ago, Sara and Mark Reges' 9-year-old son Charles became one of these statistics when he was hit by a car in Potomac Village. He suffered a traumatic brain injury and was airlifted to Children's National Medical Center where he was on life support for weeks. He was in critical care and partially paralyzed for months following the accident — but today, he is a normal 13 year old with no side effects. Through the care of the Children's National



pital, Charles made a full recovery.

Medical Center and the National Rehabilitation Hos-

Now the Reges family is on a mission to make the

as well as a neurological clinical and translational research program. Additionally, it will house a 40 bed state-of-the- art patient care unit with environmentally and sensory-controlled private

patient rooms.

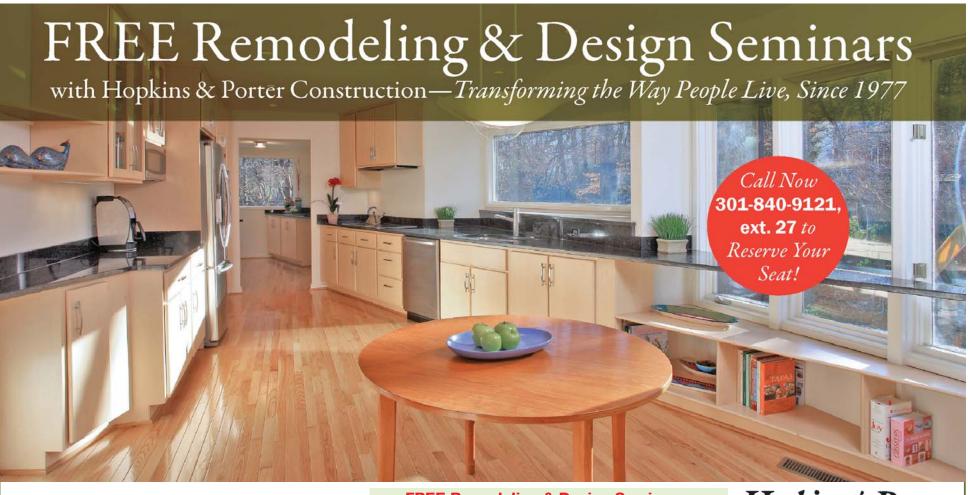
"We are not asking the restaurants for a donation, but instead just requesting that they deliver an envelope with information that "March is Brain Injury Awareness Month" with each customer's bill. We are hoping that our community will realize the difference that this initiative will make in people's lives and that we spark and interest in making a donation. This community of restaurants and patrons can

truly make a difference," Sara SEE RAISING AWARENESS,



Sara Reges

Page 5



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# News

# Potomac Neurologist Releases 'Operation Love'

# For Bernie Stopak, it's 25 years between CDs.

By Susan Belford The Almanac

s a neurologist for more than 40 years, Dr. Bernie Stopak of Potomac performed hundreds of surgeries on the brain. Now, at age 75, his latest "operation" is related more to the heart. His newly released CD is a personal and intimate song collection reflecting his own journey through the intricacies and emotions of love and relationships. This CD is titled "Operation Love."

Stopak has been involved with music his entire life. A D.C. native, he played clarinet and saxophone as a 12 year old in the Redskins Marching Band. He sang in his synagogue choir, performed in theatrical productions in high school and at the University of Maryland, and played in a band throughout college. He also sang at the White House, Constitution Hall, Mr. Henry's, the Shoreham Hotel and other venues. In the meantime, the talented musician graduated from UMD, completed medical school in southern France, married and raised a family, and became a renowned neurologist. Throughout the years, he released the stress of a long day in the operating room with songwriting, performing and perfecting his easy-listening crooning style.

Music brought this "singing surgeon" closer to his patients. "Many times the audience would be filled with patients and



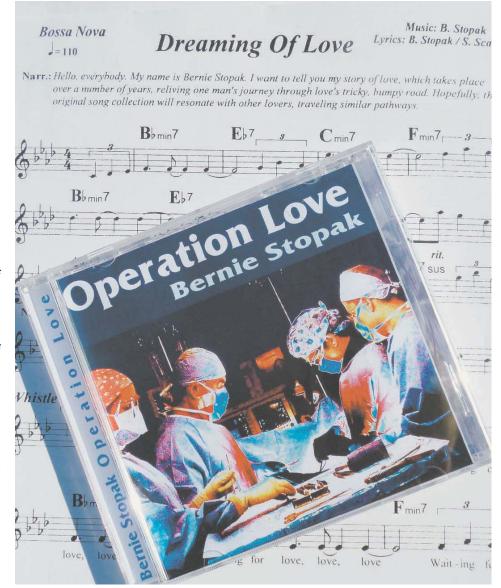
Dr. Bernie Stopak

their families," said Stopak. "And I gave each of my patients my CD while they were recuperating in the hospital."

"In 1987, I released my first album 'Remember Me,' with the help of Stef Scaggiari," Stopak said. "Scaggiari is a friend and professional musician who wrote the musical arrangements and accompanied me on keyboard and piano. This second CD, called "Operation Love" was the result of realizing that I had 35 – 40 original songs and prose that I had written over the years. I was able to pare down the songs to 22, and when I put them into chronological order, I realized it was really about my own personal journey through life and love."

Song titles include, "I Love You Oh So Much," "I Never Get Tired of Looking at You," "Someone Easy to be With," "Lost in Love's Limbo," and "Precious Love." His songs are jazzy and rhythmic and filled with messages from his heart to another's heart

Scaggiari adds his own personal jazz
SEE OPERATION LOVE, PAGE 11



# Help Save Ezra's Life or Another's

By Susan Belford The Almanac

wo-year-old Ezra Freeman has a rare primary immune deficiency called Hyper IgM Syndrome. Only with a bone marrow transplant will his life be saved. Thus far, neither doctors, hospitals nor the Gift of Life Bone Marrow Foundation have been unable to find a donor match. Time is critical.

On Sunday, March 4 from 9 a.m.-2 p.m., Har Shalom will hold a donor recruitment drive to register potential bone marrow donors on behalf of Gift of Life Bone Marrow Foundation. A simple swab from the inside the cheek is all that is needed to determine a match for Ezra or another person in need.

Thirteen-year old Potomac resident, Rebecca Holstein is chairing the bone marrow drive. "I wanted to do something to make a difference for my bat mitzvah project. My mom found the 'Gift of Life' organization. Because my grandmother passed away from leukemia, I wanted to pay tribute to her and help others with leuke-



Rebecca Holstein is coordinating a bone marrow donor drive at Har Shalom.

mia, lymphoma, other cancers and genetic diseases find a bone marrow match," Rebecca said.

That match has not yet been found for Ezra. Since tissue type is inherited, Ezra's best chance for finding a genetic match lies with donors of Hungarian and Polish descent but 18 to 60-year-old volunteers of all ethnic backgrounds are encouraged to join the registry. The procedure for removing a donor's blood marrow is not difficult, time-consuming or painful.

Holstein is hoping that more than 100 donors come to Har Shalom next Sunday. "This is so important, and we have been working hard to get the word out," states Holstein." People who have life-threatening blood-related diseases need to find the perfect match."

To save his life, or that of another person, stop by Har Shalom, located at 11510 Falls Road in Potomac next weekend.

For more information about Gift of Life Bone Marrow Foundation, visit www.giftoflife.org or call 1-800-9MARROW.

# Register to become a bone marrow donor.



TO DONATE \$10 TO GIFT OF LIFE BONE MARROW FOUN

## PEOPLE



Tap dancing performance by "The Children of Scotland."



Blues performance, based on the style and music of B. B. King.



The night ends with "Boogie down the aisle." Above is fifth grader Jewel Collier.

## Gathering for Black History



Principal Jerri Oglesby and Vice-principal Trish Thomas give out a flower award to Latisha Gasaway of "Minds in Motion Child Care" for the work she and her sisters Teresa and Latrive do working with children. Minds in Motion Child Care put the program together and rehearsed the children.

ells Mill Elementary School hosted its annual Black History
Night on Friday, Feb. 24.

The event was organized — and the children were coached — by Minds in Motion Child Care, which is run by the Gasaway sisters: Latisha, Teresa and Latrive.

Photos by Harvey Levine/ The Almanac Jane Houston, the crossing guard in front of the Scotland community on Seven Locks Road, receives flowers and a certificate for her dedicated work to keep the children safe when getting on and off their school bus.

# 13-Year-Old Makes Audiences Laugh

# Shaping an early career in comedy.

By Susan Belford The Almanac

oover Middle School's Gabriel Stopak might be the next Jay Leno or Dave Letterman. The 13-year-old displays no reticence at standing up in front of an audience of adults and presenting his comedy rou-

"My brothers have always thought I was hilarious," he said. "For the past year, I've been performing at 'Open Mike Night' at several establishments — and making everyone laugh. Sometimes I get

heckled for being the only kid on the stage, but after I begin my routine, they mostly just laugh — and then applaud."

His dad, Bernie Stopak said, "Gabriel has always had a terrific sense of humor combined with an extraordinary amount of common sense. He comes up with quips and responses to situations that are just downright funny. Everyone in our family does a double-take at some of his comments."

Gabriel first appeared last year at an open mike night in Annapolis with his brother Jack. "I was so nervous — and I did not get one laugh at all. My routine was only a few minutes — but it was a really long few minutes," he said. His latest routine was delivered at the FruitBat Restaurant in Washington D.C. and he has also performed at Finnegan's Sports Pub. "It gets easier each

time I get up there," he said.

Gabriel mostly shares stories about life as a 13-year-old, as well as the many dramas that take place in middle school. He makes up all his material and often changes it as he goes. Before he performs, he rehearses at home, trying out his material on his family. However, he gears each performance to the audience's laughter and acceptance.

"I get a little nervous before I start," he said. "But I love it once I am on-stage. It's great to make the audience laugh."

Gabriel also enjoys art, and has created many abstract paintings as well as sculptures and drawings. He has shown talent in painting and sketching since he was 6 years old. His goals? He's unsure, but maybe one day he will be performing as a standup comedian in night-clubs or on TV. Or



**Gabriel Stopak** 

perhaps he will combine his artistic talents and his comedic routines to create his own comic books.

# Raising Awareness — and Funds — for Brain Injuries

From Page 2

Reges said.

"We need more facilities and more research. Currently we can only have 30 semiprivate rooms at NRH. The new Center will nearly double our size and provide the innovative technology needed to advance patient recovery. The difficulties faced by our servicemen and women have brought the forefront. We have made great strides in technology and research, but still have a long way to go, particularly in the area of public awareness. The MedStar NRH is committed to serving the growing and complex needs of our brain injured friends, family and neighbors."

Reges is also working with school safety officers and administrators to help them

problems of traumatic brain injury to the understand that the earlier a brain injury is detected, the more likely recovery in possible. She discovered that Montgomery County does not require a certified athletic trainer to be on the side of the field in high contact sports.

> "Having a certified athletic trainer on the field can make all the difference in the world. He or she can spot a blow to the head and can realize right away if a concussion

or brain injury has occurred," said Reges. "We are working to encourage the schools to fund this position for sports such as football, baseball, soccer, wrestling, lacrosse and basketball."

To make a donation to the MedStar National Rehabilitation Network, visit www.nrhrehab.org - or look for the donation envelope the next time dining at a Potomac or regional restaurant in March.



**Michael Matese** Is That Your ARM?

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Is it worth it, even with my income, to have to cover higher mortgage payments if the rates go up substantially?

What about my other debts? Will new purchases affect it?

Is this "the" home for me or will it become a second vacation or holiday home?

Will I be making additional payments or do I want to pay the loan off early?

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## COMMUNITY

## Seven Locks Elementary Hosts Open House

rincipal Rebecca (Robin) Gordon invites the community and Seven Locks Alumni to an open house on March 8 from 5:30-7:30 p.m. to see the newly built Seven Locks Elementary School at 9500 Seven Locks Road, Bethesda.

The school is pending LEED certification through the U.S. Green Building Council after its \$15 million modernization. The new technology includes a geothermal exchange system that heats and cools building, computers, Promethian boards, Elmo cameras and digital signs.

All the building materials, furniture, and carpets are certified green. All classes are centered around Promethian boards that act as large, touchscreen computer monitors and can connect to Elmo cameras that are able to show three-dimensional objects on the large screen to minimize paper distribution. Each classroom has five computers which automatically shut off at 6 p.m. to conserve energy. The classrooms and offices have motion sensor lights. The bathrooms conserve paper with hand air dryers and dual flush toilets to conserve



Brielle Taubenblatt in front of the mural of one of the locks.

water. The recycling program throughout the school includes recycling in the classrooms and outside the building.

The Seven Locks that the school

is named after is a group of seven locks on the C and O Canal that collectively drop 56 feet. This theme is reflected in the locks at the entrance and the

security gates toward the end of the main hall which has a mural of a lock. Number seven is reflected in subtle ways around the building.



Principal Gordon greets parents and students entering the newly built Seven Locks Elementary.



Students arrive at Seven Locks Elementary for the first day at the new school.

## LETTERS TO THE EDITOR

## Don't Treat Deer as Pets

To the Editor:

The Potomac Almanac cover photo and story dated Feb.22-28, 2012 misrepresents the harm deer cause to our community. Depicting deer as pets is just plain wrong. Deer are a wildlife species that have exploded to untenable numbers. They roam our neighborhoods foraging for food and methodically devour fledgling trees, plants and ground cover diminishing the sustainability of our woods. It also results in a significant decrease in the number of songbirds who rely on that ground cover for survival according to University of Maryland Extension data. In addition many residents complain of deer destruction to their planted landscapes and vegetable gardens.

The reality of deer devastation to our environment also spills over to people's daily lives as various media outlets continually report incidents of deer/auto accidents causing injury and even death to people. Deer are also one of several wildlife carriers of lime disease.

Our county and state officials and the National Park Service are all grappling with the best strategies to manage these expanding deer herds. Yet to date there has been little impact on actually reducing deer levels. Some of the impediments to reducing the deer

population relate to outdated legislation written when deer herds were very small, and others to opponents who simply want to

Articles like yours depicting a Disneyland image of Bambi are plain fantasy. Your artistic cover and picture showing deer as pets comparable to dogs and cats is a community disservice. This article generates an emotional aspect that further clouds the actual con SEE LETTERS, PAGE 7

## **POTOMAC ALMANAC**

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in Writing, Photography, Editing, Graphics and Design

## **LETTERS**

From Page 6

sequences of deer in Potomac cited above and also serves to complicate efforts for community solutions.

Officials are stymied by views like yours which contribute to ineffective efforts to significantly manage deer populations, and provide a better environment for future generations.

Frank Lostumbo
Potomac

## Support Volunteer Firefighters

To the Editor:

After reading the article, "Old Tensions Delay Fire House Expansion," I pondered how quickly memories fade, for the article said nothing about the retribution heaped on volunteer firehouses for their opposition to the ambulance fee.

It was just one election cycle ago that Montgomery County residents were met at polling stations by fire trucks and union firefighters, who were actively encouraging voters to support the ambulance fee measure on the ballot. When the measure went down to defeat, local volunteer firehouses began to feel the real heat. County Executive Ike Leggett and his cronies have made it very clear that the volunteer houses (non-union) will be punished for their opposition to the ambulance fee.

The Cabin John Volunteer Fire Department has upheld its part of the bargain to renovate the Falls Road Station. But Ike Leggett has reneged on his part of the agreement. Surprise! Surprise! Is this the same Ike Leggett who champions anti-bullying/harassment policies? (Oh, maybe that's just for the school playground.)

This issue of retaliation needs to be addressed by every neighboring citizens association, which already are all too familiar with the County Executive's attitude toward Nick's Farm and the surrounding communities. So before our volunteer firefighters knock on our doors seeking financial support, let's call them and ask how we can help fight for their existence. They fight for us!

**C. Trauernicht**Potomac

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## Entertainment

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www.bnaitzedek.org.

### FEB. 29 TO MARCH 3

"Curtains." 8 p.m. Wednesday to Saturday, Feb. 29 to March 3 at 8 p.m.; Sunday, March 4 at 2 p.m. Tickets are \$10/regular; \$8/seniors and students. At the Robert E. Parilla Performing Arts Center, 51 Mannakee St., Rockville. Call the Box Office at 240-567-5301.

## WEDNESDAY/FEB. 29

**Black History Month Author Event.** 

7 p.m. Free. Joe Torres, co-author of "News for All the People: The Epic Story of Race and the American Media," will be the guest speaker at a special event presented by Montgomery County Public Libraries in observance of Black History Month. At Rockville Memorial Library, 21 Maryland Ave. Visit www.montgomerycountymd.gov/library

### THURSDAY, MARCH 1

### Max Raabe und das Palast

**Orchester.** 8 p.m. Tickets are \$28 to \$58. Guests are encouraged to dress in their Prohibition-era best. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

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. At the Back Room at 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/MARCH 2

Potomac After Hours. 9:15 to 11 p.m. Open to all middle school aged students at the Potomac Community Center, 11315 Falls Rd., Potomac. A special night of activity is planned including basketball competitions, DJ with light show from Ultimate Amusements, special raffles, and pizza. Prizes include gift cards, basketballs and ACC Tournament Items. Admission is free for members and \$5 for guests, payable at the door. Call 240-777-6960.

### SATURDAY/MARCH 3

How To Train Your Dog When You Don't Have Time. 1:30-3:30 p.m. St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Every time you and your dog are together, one of you is training the other! That means that training is going on all day, whether or not you're aware of it. Why not make your daily routine an opportunity to teach your dog the behavior you want? Laura Luck, CPDT-DA, will show you just how easy it can be. Workshop sponsored by Your Dog's Friend. To register, go to www.yourdogsfriend.info or call 301-083-5013

West Shore Piano Trio. 7 p.m. Free. At Our Lady of Mercy Parish, 9200 Kentsdale Dr., Potomac. Visit www.olom.org

Dance Bethesda 2012. 8-9:30 p.m. Six regional dance groups take the stage for Dance Bethesda 2012, a weekend celebrating dance, presented by the Bethesda Arts & Entertainment District and Bethesda Urban Partnership. Tickets are \$20 for adults, \$10 for children 12 & under. Visit www.bethesda.org/bethesda/dance-bethesda

BSO Classical Concert. 8 p.m. Voices of Light — The Passion of Joan of Arc. With Marin Alsop, conductor, and the Baltimore Choral Arts Society. Tickets are \$28 to \$88. At the Music Center at Strathmore. Call 410-783-8000 or BSOmusic.org.

### SUNDAY/MARCH 4

Beth Sholom Congregation and Talmud Torah Book Sale. 10

a.m. to 1:30 p.m. Beth Sholom Congregation will be holding a special book sale of fiction, nonfiction, reference books, etc. Proceeds will be donated to the establishment of a Beth Sholom lending library. There are great bargains and books will be sold starting at \$1. At Beth Sholom Congregation, 11825 Seven Locks Rd. Potomac. Free admission. Contact library@bethsholom.org.

"Reaching Consensus in a Polarized Nation." 10:25 a.m. Diane Hibino of the League of Women Voters will discuss "Reaching Consensus in a Polarized Nation" at River Road Unitarian Universalist Congregation (RRUUC). Hibino will explain how the League of Women Voters selects issues, studies, and reaches a consensus. She will talk about how the League then advocates to elected officials, other government officials, and offices to let them know the League's position. At River Road Unitarian Universalist Congregation, 6301 River Road. Bethesda. Visit www.rruuc.org, 301-

The Ganga in Myth, Poetry and Dance. 4 to 6 p.m. Free. A dance by Nilim a Devi and a poetry reading by Professor Nishi Chawla. At the Golden Lotus temple, 4748 Western Ave., Bethesda.

Waltz Dance. 3:30 to 6 p.m.

Admission is \$10. With the Waltz Irregulars. 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 or email info@WaltzTimeDances.org.

## MONDAY/MARCH 5

The Hot Seats. 7:30 p.m. Admission is \$16/advance; \$19/door. At St. Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Visit www.imtfolk.org. Wednesday, March 7

Musician Nate Foley. 7:30 p.m.
Tickets are \$12. At the Mansion at
Strathmore, 10701 Rockville Pike,
North Bethesda. Call 301-581-5100
or visit www.strathmore.org.

### THURSDAY, MARCH 8

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. At the Back Room at 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.

Open House. 5:30 to 7:30 p.m.

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## FRIDAY/MARCH 9

Spirit of Uganda. 8 p.m. A project of Empower African Children where 22 youth artists bring song, dance, spirit of East African culture to Strathmore. Tickets are \$28 to \$48. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

# Three Women Artists Exhibit At The Art Gallery of Potomac

BY COLLEEN HEALY
THE ALMANAC

his month The Art Gallery of Potomac presents a show titled Visions of the Earth. It will be a three-woman art show depicting the earth and using materials from the earth to represent their lives, their surroundings and experiences. The show is also a fundraiser for ALS (Lou Gehrig's Disease) and a portion of proceeds be donated to the ALS Association.

Designer Betsy Baden creates jewelry using semiprecious stones, crystals and sterling silver. She began making jewelry for her daughter, friends and family and then used her art to help ALS research; all her proceeds go to the ALS Association. Her close friend Maureen

McCarry has ALS and she is dedicating this show to her.

Through her art she wants to raise awareness of ALS because "ALS renders you helpless and many people do not know that it is always fatal. Many of my pieces are inspired by beach stones and I use amethysts, onyx, garnet and lapis. The silver I use is sterling, Bali and Thai. My work has traditional pieces as well as more funky jewelry."

Artist Mary Hawkins grew up in Vermont and remembers looking out the window of her parents' car studying the leaves, mountains and streams. "Nature inspires my work and I paint water a lot. It is in almost all of my paintings."

Even though she did paint by numbers as a child she did not make art a career. She has worked as a biochemist at NIH for 26 years. She started painting again three years ago. Her medium is oil on canvas and she puts layer upon layer like the Old Masters' technique.

"I paint things that I would want to hang on my walls. My paintings remind me of the places I visit and makes me feel like I am back there. I have a very fat life and am content to paint what I like," Hawkins said.

Artist Yolanda Prinsloo is originally from South Africa and many of the paintings for this show are inspired by regatta training in her native country. "The Jr. regatta training is for underprivileged kids who possibly wouldn't go to school. The training teaches them how to take care of a boat and also life lessons from sailing and how you must always be prepared. I love painting the water and the students sailing in the regatta. Many pieces in this show are waterscapes, floral and portraits of people I know. I have many different interests; everything captivates and excited me. Art is a recording of life's experiences. The gallery is now part of the community and is enriching the community. This show is using art to raise money for a good cause. It makes it so much more meaningful. We are very privileged to have

The Art Gallery of Potomac is located at 10107 River



PHOTOS BY COLLEEN HEALY/THE ALMANAC

Artist Mary Hawkins with her painting of a waterfall that will be featured in this month's show, Visions of the Earth.



Jewelry designer Betsy Baden with several of her pieces that will be shown this month at The Art Gallery of Potomac. The show will raise funds for ALS (Lou Gehrig's disease).



Artist Yolanda Prinsloo and her painting of a Jr. regatta in Cape Town, South Africa.

Road in Potomac. Phone 301-765-7617. Gallery hours are Wednesday through Sunday, noon until 4 p.m. The show will run now through April 1. An opening reception will be March 3, 5-7 p.m.

A painting demonstration and bead spinning will be held March 17 from 2-4 p.m. For more information, go to www.potomacartists.org. For information on ALS, go to www.alsa.org.

### Photos by Deb Stevens/The Almanac

# Potomac REAL ESTATE

In January 2012, 17 Potomac homes sold between \$1,725,000-\$425,000.

# Sales in January 2012 between \$700K~\$880K



2 13700 Canal Vista Court, Potomac — \$870,000

1 9401 Reach Road, Potomac — \$878,500



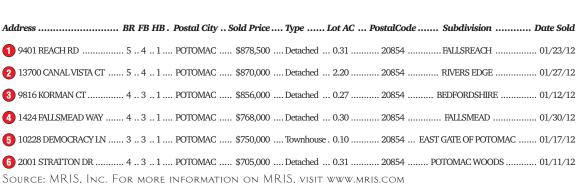
**3** 9816 Korman Court, Potomac — \$856,000

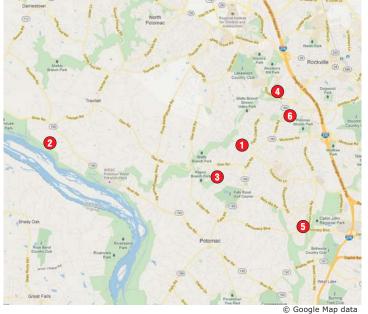


**5** 10228 Democracy Lane, Potomac — \$750,000



🚺 1424 Fallsmead Way, Potomac — \$768,000





## News

# 'Operation Love'

From Page 3

rhythms on the piano and keyboard. Between songs, Stopak explains the process of falling in and out of love. At first, he was "Dreaming of Love, Love, Love." Then he finds her "after a year of introductions, letdowns, blind-dates, fix-ups, E-Harmony matchmaking — finally, this is it and 'You Are the One'." "Island Love" speaks of their first vacation, and "Window Shopping" describes the fun and romance of shopping in New York's

finest boutiques. But the romance starts to fall apart, and Stopak introduces his series of "Saloon Songs." Perplexed, frustrated and foolish optimism follow and "You Write Your Song" is a "final poignant lament summation of dreams and feelings that don't always come to their fairytale ending."

"Operation Love" is sold on iTunes and through Facebook. It can also be purchased at www.berniestopak.com and at www.CDBaby.com.

## Gift and Tribute

very child who has a bar/bat mitzvah at Congregation B'nai Tzedek in Potomac is encouraged to do a Tzedakah project, or an act of charity and loving kindness. Chloe Myers' project was both a gift for cancer patients and a tribute to her mother, Natacha Myers, a breast cancer survivor. In honor of her mother's 5-year anniversary of being cancer-free, Chloe decided to use the money she received as gifts from her bat mitzvah in January, to purchase three DVD players and a dozen DVD's for the cancer patients at the Bethesda office of her mother's oncologist, Dr. Carolyn Hendricks. She wanted the cancer patients to watch movies as a diversion during their chemotherapy infusions. Chloe and her mom delivered the surprise gifts to Hendricks on Valentine's Day. At left are Natacha Myers of Potomac, Dr. Carolyn Hendricks and Chloe, age 13.





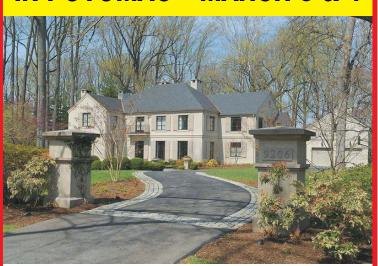
## Student Workout

Christ Episcopal School seventh- and eighth-grade students enjoy the opportunity of working out at the Rockville Gold's Gym twice a week as a part of the five-day-a-week Physical Education Curriculum at Christ Episcopal School.

Under the guidance of General Manager Tony Pampa and his staff, the students do a full body workout that includes weight training, indoor cycling and Tai Chi.

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11409 Falls	\$1,699,000Sat 1-3Norman DomingoXrealty.NET888-838-9044
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All listings due by Monday at 3 P.M.

# Sports

## Churchill Girls Lose to Blair in 4A West Quarterfinals

Racoosin among talented Bulldogs expected to return.

By Jon Roetman The Almanac

he Churchill girls' basketball team's 2011-12 season began with a deep, talented roster and high expectations. It ended with a six-point fourth quarter amid the absence of composure.

Facing No. 4 seed Blair in the 4A West Region quarterfinals on Feb. 27, No. 5 Churchill led by five points at halftime and by as many as eight in the second half. But the Blazers battled back, using a stifling defensive effort to outscore the Bulldogs 19-6 in the fourth quarter en route to a 60-47 victory at Blair High School.

A transition jumper by Katie Jenkins gave Churchill a 41-37 advantage with 1:05 remaining in the third quarter. But the Bulldogs managed just two field goals during the final 9-plus minutes and turned the ball over seven times in the fourth quarter.

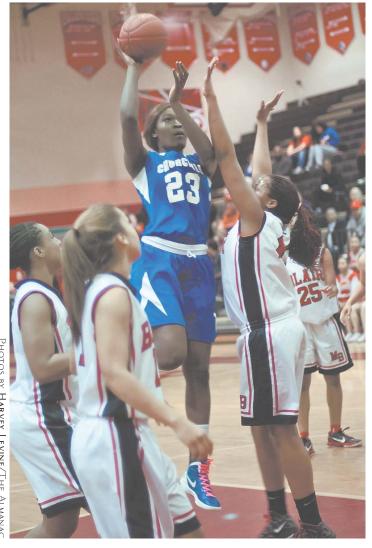
"I just think [in] the second half we lost our cool, lost our composure a bit and they put the pressure on and got a good streak going," Churchill head coach Kate McMahon said. "They had a lot of balls drop and ours weren't. When you get the momentum and a little bit of luck, it's sure not good to be on the other side of it."

One year after reaching the 2011 region final four, Churchill won 18 games — including a 13-game win streak — and a share of the 4A South Division championship during the regular season, and even spent some time ranked in the Washington Post's top 20. The Bulldogs earned their 19th win against Quince Orchard in the opening round of the playoffs on Feb. 24, but couldn't put away the Blazers three days later.

"I'm definitely not disappointed in our team," junior Shira Racoosin said. "... It's more like a shock. I never thought some-



Junior guard Shira Racoosin scored a team-high 13 points during Churchill's loss to Blair in the 4A West quarterfinals on Feb. 27.



Churchill senior Sarafina Arthur-Williams played her final game in a Churchill uniform on Feb. 27.

"I'm definitely not disappointed in our team. ...
It's more like a shock. I never thought something like this would happen to us. This year was about states."

— Churchill junior guard Shira Racoosin

thing like this would happen to us. This year was about states."

Racoosin, a guard with the athletic ability to create her own shot, scored a team-

high 13 points, including a 3-pointer to give the Bulldogs a 40-32 advantage early in the second half. Racoosin figures to be a key part of the Bulldogs' plans next season, if not the team's No. 1 scoring option.

"Shira, I still like one-on-one on anyone," McMahon said. "I don't think we got enough situations where she was isolated today — and she was hitting outside. When she can hit outside and go inside, that just does so much for us."

Churchill also got solid contributions off the bench from Japria Karim-Duvall and Erica Lindsay, both of whom figure into Churchill's future. Karim-Duvall, a fresh

See Next Season, Page 13

## Sports Briefs

## Churchill Divers Win State Titles

Churchill divers Timothy Faerber and Kali Becker won state championships on Feb. 25 at the MPSSAA 4A/3A state championships. Faerber won the boys' title with a score of 533.1 and Becker took home the girls' title with a score of 435.8. Churchill's Jackie Stanton placed third with a score of 399.6.

In swimming competition, Whitman captured the girls' team championship, followed by Wootton in second and Churchill in third. In boys' action, Churchill placed second, Wootton third and Whitman fifth.

The Wootton boys' 200-yard medley relay team of Daniel Yook, Austin Dickey, Kenneth Ke and Michael Fu won a state championship with a record-setting time of 1 minute, 39.02 seconds. Wootton's girls' 200 medley relay team of Kristina Li, Jessica Chen, Scarlett Sun and Emily Zhang also won a state title with a team of 1:50.98.

The Churchill boys' 200 freestyle relay team of Odin Soevik, Samuel Lee, Harrison Gu and Austin Cole won a state championship with a record time of 1:28.27.

The Whitman girls' 200 and 400 freestyle relays also posted record-setting times. The Vikings' 200 relay team of Reia Tong, Sarah Kannan, Audrey Gould and Charlotte Meyer won the state crown with a time of

1:37.81, and the 400 relay team of Tong, Victoria Kuhn, Gould and Meyer posted a winning time of 3:35.05.

In individual competition, Whitman's Meyer won the girls' 200 IM title with a record time of 2:05.01. Patrick Scordato took home the boys' 100 butterfly crown with a record time of 52.28. Tong won the girls' 100 freestyle with a time of 52.1 and Gould won the 100 breaststroke with a record time of 1:06.48.

Churchill's Natalya Ares won the girls' 100 butterfly title with a time of 57.85.

Wootton's Kristina Lu won the girls' 100 backstroke with a record time of 57.02. Dickey won the 100 breaststroke with a record time of 57.77.

## Whitman, Wootton Girls Fall in Quarterfinals

The Whitman and Wootton girls' basketball teams ended their respective seasons with losses in the 4A West Region quarterfinals on Feb. 27.

No. 8 Whitman lost to No. 1 Gaithersburg 63-47, marking the third consecutive season the Trojans have knocked the Vikings out of the playoffs.

No. 7 Wootton lost to No. 2 Northwest 60-44. Wootton defeated No. 10 Richard Montgomery 57-51 in the opening round.

## Sports

## Looking To Next Season

From Page 12

man, scored 10 points and tallied three steals. Lindsay, a junior, scored six points and grabbed six rebounds.

"Japria, she's just a freshman, she's going to be great," McMahon said. "We've got [more] three years of her. She plays big in all the big games. Erica, I want her to have a full healthy season — she hasn't had one yet. She can really do some damage in the post and she's a good outside shooter."

Jenkins, a junior guard, who McMahon said was the team's most improved player, scored nine points while displaying her ability to knock down perimeter shots.

Meanwhile, seniors Sarafina Arthur-Williams, Kim Deausen and Jill Beauregard each played in their final game for Churchill. Arthur-Williams developed into one of the top players in Montgomery County, routinely turning in a double-double in the post. She scored seven points and grabbed eight rebounds against Blair and will play for UNC-Greensboro next season.

"I'm really proud of all my [basket-ball] family," Arthur-Williams said. "They're my best friends."

Deausen played point guard for Churchill and was one of its top defensive threats.

"She's a phenomenal defender and a truly selfless point guard," McMahon said. "Some of the times I wanted her to shoot more, but she makes all the right decisions."

McMahon called Beauregard the team's best all-around player who saw time at both shooting guard and power forward due to injuries.

While Churchill will lose a talented trio, the Bulldogs have plenty of ability coming back, including freshman point guard Izzy Wu and 6-foot-4 junior Alaine Thronson, who, according to McMahon, improved her game by working against Arthur-Williams.

Expectations will likely be high again next season, when the Bulldogs will look to improve on this year's postseason finish.

"Personally, I've learned so much from our seniors," Racoosin said. "Each and every one of them means so much to me and they've all taught me different things. It's definitely going to be hard losing them; I'm not going to lie about that. But we'll be back next year. We have strong seniors for next year. We have [talented] freshmen; we have a wide range of players. I think we'll be OK and I think we'll be back."



Churchill freshman Japria Karim-Duvall scored 10 points on Feb. 27 and figures to be a big part of the Bulldogs' future.

PHOTOS BY HARVEY LEVINE/THE ALMAN



Churchill head coach Kate McMahon called senior Kim Deausen a "selfless" point guard.

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### OBITUARY MORAN, C.M.F., REV. THOMAS

Rev. Thomas D. Moran, died on Thursday, February 23, 2012 at Resurrection Medical Center in Chicago, IL, after complications from pneumonia. Father Moran was born on January 27, 1928, in Chicago, Illinois. The son of Thomas and Mary (nee Roach) Moran, he grew up in a family of four children on the south side of Chicago. Fr. Moran is survived by his two remaining living sisters, Joan McGoldrick and Marie Tarpey; beloved uncle of many. The fourth sibling, his brother Roger is also deceased. Father made his first profession as a Claretian Missionary in 1947, perpetual profession n 1950 and was ordained a priest on June 9, 1955.

After his ordination, Fr. Moran served as a teacher and Prin-cipal at the Saint Jude High School Seminary in Momence, II linois from 1955-1967. At the suggestion of his then Superi-or, Fr. Moran was assigned to mission in Guatemala, where or, Fr. Moran was assigned to mission in Guatemala, where he spent approximately 25 years of his religious life as a missionary. During his time in Central America, he constantly championed for the rights of the indigenous and working people of the towns of El Estor and Livingston. Fr. Moran says his ministry on behalf of the impoverished Indian families encompassed "the happiest and some of the saddest years of my life as a priest." He was instrumental in helping to establish and promote an elementary school for children who could not write or speak in Spanish, the country's native language. His work in advancing the cause of education results. guage. His work in advancing the cause of education result ed in a new Indian school being named in his honor in Living

After returning from Guatemala in 1982, and taking a 2 year sabbatical, Fr. Moran was then assigned to St. Mary of Sor-rows Church in Fairfax, Virginia as parish priest from 1984-1990. In 1990, he returned to Guatemala for a second tour of duty for nine years. In 1999 when he returned to the Unit ed States, he was assigned as an associate pastor at Out Lady of Guadalupe Church on the south side of Chicago where he served up until December of 2011. Visitation on Tuesday, February 27 from 2-9pm at Our Lady of Guadalupe Church 3200 E. 91st Street, Chicago, IL 60617 with a prayer service at 8pm. On Wednesday, February 28 viewing at 9:00 a.m. until time of Mass of the Resurrection at 9:30 a.m. Interment Queen of Heaven Cemetery – Hillside, IL. Elmwood Chapel Chicago, IL in charge of arrangement. 773-731-2749. www.elmwoodchapel.com

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# "Battling



By KENNETH B. LOURIE

I suppose, as a cancer patient, there's a presumption/understanding that not giving into cancer and its potential ravages is an ongoing battle – to the death, if you will. And I imagine, on many levels, some truer than others, it is. War is indeed waged – so to speak, in hopes of defeating this horrible disease (enemy).

Personally, I don't view what I do – surviving as a cancer patient: following doctor's orders, filling prescriptions, ingesting medications, enduring chemotherapy, scheduling and then being diagnostically scanned, making food and lifestyle changes, adding miscellaneous supplements to my diet; in general, trying to live healthier and be a "compliant" patient, as anything more than common sense. It's not a battle – to me, it's simply what you do. As the South Korean widow said to Hawkeye Pierce on a M\*A\*S\*H episode way back when, responding to his question about how she could walk so far to get water: "Because that's where the water is," she answered.

And so a while back, it struck me as odd that a woman to whom I was introduced and who knew of my less-than-ideal health circumstances, straight-forwardly and most sincerely (having recently been widowed herself when her husband succumbed to a cancer diagnosis) asked: "I understand you're battling cancer." It was in fact the first time in my nearly three years of being a cancer patient/survivor that I had ever been asked that exact question.

It was not her directness that was offputting. Nor was it her presuming a familiarity – between us, that did not exist, that such a potentially intrusive, certainly private/personal subject could be so casually raised – by a relative stranger, in the middle of a 27-person Christmas dinner. No. It simply caught me by surprise, and I believe my answer/reaction likewise caught her by surprise and may have even made her a bit uncomfortable and apologetic for having inquired (although it was certainly not my intention). I laughed at her question and said: "I suppose so." To which she replied: "I didn't mean to ... ." "No problem," I said, as the commotion of the occasion sort of ended our conversation.

One other time I was present when this "battling cancer" phrase was invoked. Although this time, it was a former female co-worker greeted by another former coworker at our company Christmas party who asked, innocently enough of her, how she was doing: "I'm battling cancer" came her reply. I snickered then when I heard it, and even commented to our Publisher, Mary Kimm, also a cancer survivor, who was standing alongside me at the time and witnessed the entire exchange: "You know Mary, I've never said that – or felt that." A year later this "battling cancer" answer was questioned to me.

I don't really have any objections to either of these exchanges. I guess if had to summarize my feelings, however, about what I heard answered and what I was asked, I would say it's probably me trying to make light of a very heavy set of circumstances, and on some occasions, the less said about it, the better. It's awkward, sort of. Although, I don't really mind. Still; sometimes, I just don't feel the need.

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

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## News

# $Because\ of\ Bullis... \textit{Through community service, everyone benefits.}$

By Susan Belford
The Almanac

ecause of Bullis, A Wider Circle has a more dignified space. Because of Bullis' lacrosse team, we were able to unload 300 mattresses in a couple of hours — giving 300 more Montgomery County residents a bed to sleep in that evening. Because of Bullis, we have a new book and toy area for the children whose parents use our services," said Mark Bergel, founder and executive director A Wider Circle, a Silver Spring non-profit charitable agency.

Bergel is grateful for the organization's partnership with Bullis — and for the many students who volunteer their time, energy and muscle for community service.

"These students came here and created a dignified space for our clients and their children. It was just amazing that these kids are so ahead of their years in understanding what is needed," he said.

"At Christmas, they created a North Pole where families could pick up new toys and books for their children. They also had a book and blanket drive in which they collected 1200 books and 150 blankets. Their community service has been exceptionally meaningful."

The Wider Circle is one of the many Montgomery County organizations that benefit from the Bullis Community Service program.

The Upper School program is led by staff members Dr. Sara Romeyn and Marty Berger. "Bullis students volunteer at The Diener School, Manor Care, Manna Food Bank, collect shoes for the needy in Haiti, create Valentines for wounded vets and Lombardi Center cancer patients, collect Pennies for Patients and toys and sports



Gabby McIntosh, (at the piano) Dr. Sara Romeyn, Justin Schuble, Max Bramson, Jessica Mays, Allison Leasure, Chandler Bryant, Amala Nixon and Sarah Bair volunteer at Manor Care.

equipment for the less fortunate," Romeyn said.

She cites other community service activities: "Ten students are headed to Guatemala to build homes for Habitat for Humanity, 12 will participate in West Virginia and more than eighty are planning to participate in local builds after their AP exams."

Every Thursday, students walk across Falls Road to Manor Care to spend time with residents in group activities. They do arts and crafts, frost cupcakes, make gingerbread houses or perform musical shows for them — but mostly the students just enjoy sharing time and stories with the residents. "They tell us interesting stories about their

careers and their lives. One resident that I work with was an artist and textile designer — and she loves it when we work together on art projects," said Bullis student Justin Schuble.

Allison Leasure tries to come every week and has enjoyed getting to know most of the residents. "I get a lot of pleasure from spending time with them. I also volunteer with Bullis at Martha's Table and the Diener school. It's always fun and makes me feel good."

Ninth grader Sarah Bair enjoys that many of the residents have the same interests as the students.

Students also regularly coordinate



Chandler Bryant does an art project with a Manor Care resident.

fundraising efforts to support causes and address needs outside of Montgomery County. Recent fundraisers have generated thousands of dollars in donations to help the victims of the earthquake in Haiti, hurricane Katrina, the Japanese earthquake and Tsunami, breast cancer awareness, and the children of the victims of 9-11.

"Our students are not required to perform community service as a graduation requirement. However, service is key to helping students gain a broader perspective of the world around them. We want to instill the intrinsic values of respect, diversity and service in well-rounded students," said Romeyn.



Will Tavel and Jeff Bass carry a new carpet purchased for the Children's Corner.



Hockey team players Danny Copeland, Kyle Nemeroff and Jake Dickstein unload donated mattresses.



Lauren Raffensperger with a few of the 2,100 children's books collected for A Wider Circle.







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