

Potomac ALMANAC

Cabin John Middle School mascot Cougar (David Chauletzky) wants to sit in a classroom and be educated. The school was officially dedicated Thursday, April 26.

Cougar Wants To Learn

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Autism Expert
Cites Dramatic
Increase

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'Babes in Arms'
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NEWS

Churchill Students Earn National Achievement

Award honors academic work of African American students

Two Potomac-area high school students were selected as 2012 National Achievement Scholarship winners by the National Merit Scholarship Corporation. Christine Hildreth and Maliza Namude received the highly selective prize that honors the academic achievements of African American students around the country.

"I am thrilled that two of our Churchill students...have been recognized as National Achievement Scholars," said Dr. Joan Benz, Churchill High School principal. "Their academic standings within the MCPS community and within the nation are exemplary and a tribute to their hard work and the support they have received from their families, teachers and counselors. I am proud of their latest accomplishments and, along with staff members at the school, will follow their progress as they move on to undergraduate stud-

ies next year."

Hildreth and Namude, who received \$2,500 scholarships, were among 13 winners selected from Montgomery County and 800 nationwide. Winners were chosen from a pool of more than 160,000 applicants. The families of Hildreth and Namude did not respond to requests for comment.

"Maliza is an amazingly talented young woman with broad-based abilities," said Robin Moore, a counselor at Churchill. "The thing that I like best about her is that she is excited about everything she learns."

The scholarship program was established in 1964 to honor scholastically talented African American students.

More information about the National Achievement Scholarship Program is available at www.nationalmerit.org.

— MARILYN CAMPBELL

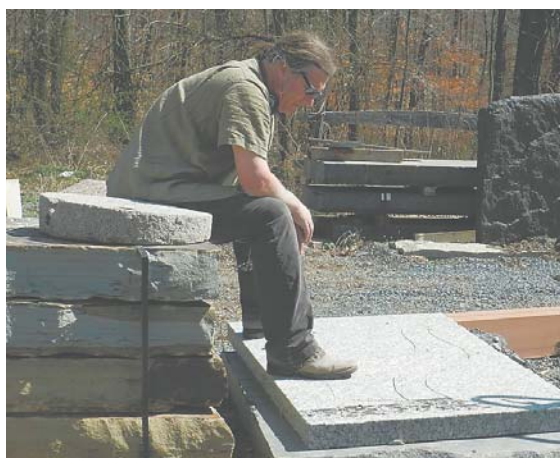


PHOTO CONTRIBUTED

Artist David Therriault works with stone.



PHOTO BY COLLEEN HEALY/THE ALMANAC

Artist Claire Howard and her painting "Seaside Garden."

Exhibiting Paint and Stone

The Art Gallery hosts work by painter and sculptor.

BY COLLEEN HEALY
THE ALMANAC

This month The Art Gallery of Potomac will present a show titled "Painting on Sunshine:" a display of original art that brings together two perspectives on nature — its color and beauty through paintings by Claire Howard and its permanence and strength through David Therriault's stone garden sculpture.

Howard's work for this show features beach scenes, sailboats and gardens. Many of her paintings are on large canvases and she uses a palette knife to mimic the texture found in nature. She prefers the look of large scale pieces in indoor spaces because "they function like a window. I use soothing and serene colors that

take you to a place of calm, happiness and peace. I hope people would say my work makes them feel good."

Therriault's artistic training and inspiration come from a lifetime of incorporating stone in natural settings as a landscape designer and as a shopkeeper at his countryside garden center, Alden Farms. The stones he uses are reborn as garden sculpture, bird-baths, fountains and home accents. "I do not collect stones from nature for those stones have avoided man's improvements for centuries. I find stones that have been stolen, asked to be changed, ripped, chopped, moved, and piled for consumption. My sculptures are an abstract take on ancient symbols. That said, really I just like to bang on rocks and it gives people something to say that I do for a living."

The Art Gallery of Potomac is located at 10107 River Road in Potomac. Phone 240-447-9417. Gallery hours are Wednesday through Sunday, noon until 4 p.m. The show will run May 2 through June 3. An opening reception will be May 5, 5-7 p.m. For more information go to www.potomacartists.org.

Holy Child Equestrians Win Championship

Sarah Holladay wins CASEY Award.

BY SUSAN BELFORD
THE ALMANAC

Potomac has a long history of equestrian triumphs — and Holy Child is living proof that history can repeat. The young women of the HC Junior Varsity squad have captured the prestigious championship of the Inter-School Horse Show Series (ISHS) for 2012.

Holy Child prevailed over 35 schools to win the top honors with 288 points, 42 points ahead of the closest competitor. At the April 22 Full Moon Invitational, the team was presented with a Silver Cup for their victory. During the season, the young squad of mostly Middle School riders brought home three Champion ribbons as well as Reserve Champion accolades. Director of Communications Kathy Ely said, "This is especially fitting in a year when Connelly School of the Holy Child celebrates its 50th anniversary — since riding is a large part of that history."

The regular riders on the Junior Varsity team are Elizabeth Cornfeld, Hannah Devine, Sarah Holladay, Catherine MacCormack, Rose Meima, MacKenzie Myers, Sophia Seymour, Hope Thomas and Maya Whitaker. Additional team members include Clare Bloss, Katie Metro, Meagan Rock, Ella Sullivan, Lexi Sullivan and Allie Wolfe. The sole Varsity rider is Aoife Magner.



Members of the Connelly School of the Holy Child JV Equestrian Team.

Holy Child 8th grade student Sarah Holladay took home the celebrated CASEY Award, which was created by Holy Child parent Devereaux Raskauskas in memory of the ISHS mascot Casey. The CASEY Award is presented to the JV rider who demonstrates admirable qualities: C – Cooperation, A – Accommodation, S – Supportive, E-Enthusiasm and Y – Yammer Not! Sarah, who has been riding for 7 years, was selected out of all the riders throughout the region by a vote of all the participants.

When asked how it felt to win the award, Sarah said, "I was thrilled — it felt really good. All the girls

SEE HOLY CHILD, PAGE 4

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PHOTOS BY HARVEY LEVINE/THE ALMANAC

It's Official Chorus and Chamber Orchestra perform at the April 26 official dedication of Cabin John Middle School's new building.



The CJMS Student Masters greeting committee: Solomon Sapiro (7th grade), Claire Evans (7th grade), Taylor Murman (6th grade), and Margot Bartol (6th grade).



Jerri Oglesby (principal of Bells Mill ES), **Merry Eisner** (PTSA president for CJMS), and **Paulette Smith** (principal of CJMS).



Joshua Starr, Superintendent of Schools for Montgomery County



Chris Barclay, Board of Education vice president.



The students put together a time capsule that will be stored at CJMS and not opened for 25 years. Holding the time capsule are Alice Park (7th grade), Philip Ipe (8th grade), and Forest Wu (6th grade).

'Dramatic Increase' In Autism

Expert helps Churchill close out "Autism Awareness" month.

BY SUSAN BELFORD
THE ALMANAC

"More children are diagnosed each year with autism than with type 1 diabetes, childhood cancer and cystic fibrosis combined. The U.S. Government spends \$126 billion on autism each year — and it will only go up because we must provide housing, employment, education, healthcare and community services for each autistic person."

These are just a few of the statistics that Stuart Spielman, Senior Policy Advisor and Counsel, Autism Speaks, shared with Churchill students during a lunch-time seminar on autism. Spielman, who is responsible for managing Federal Government Affairs, advocates on Capitol Hill and

SEE AUTISM DISCUSSION PAGE 11

'Babes in Arms' This Weekend

McLean School thespians to present musical.

BY SUSAN BELFORD
THE ALMANAC

Pop standards such as "My Funny Valentine," "The Lady is a Tramp," "Johnny One-Note" and "I Wish I Were in Love Again" will be bursting from the McLean School as "Babes in Arms" hits the stage on May 4 and May 5. The 1937 musical tells the tale of a young man who decides to put on a show with his friends to avoid being sent to a work farm. Even though the play displays a life far different from life in Potomac in 2012, the 75-year-old Diamond Anniversary show has universal themes and numerous familiar tunes. The play will be performed at 7 p.m. at the McLean School, 8224 Lochinver Lane, Potomac. Tickets are \$10 at the door.

Set at a summer stock theatre, "Babes in Arms" will be presented by the McLean School. SEE MCLEAN SCHOOL PAGE 13

Holy Child Equestrians Win Championship

FROM PAGE 2

on my team have good sportsmanship and are supportive and enthusiastic. It is a really great honor. Our team is wonderful — we all like and respect each other.” Sarah rides as often as possible after school and spends every day working at Oatland Stables in Gaithersburg during the summer.

Connelly School of the Holy Child founded the Inter-School Horse Show Series in 1995

because parent Devereaux Raskauskas asked the school to add riding as a sport for her oldest daughter. Her daughter then formed an equestrian club because she believed that horseback riders deserved the chance to represent their schools like student athletes in more traditional sports. After the club was formed, they needed a show to compete in and thus ISHS was founded.

The league currently offers varsity and junior varsity divisions with one show a month

from September through April held at regional stables. Holy Child will be expanding their riding program in the 2012-2013 school year to offer instruction and a team experience to both novice and experienced riders. Students do not have to own a horse to participate.

To learn more about the Connelly School of the Holy Child, go to www.holychild.org or call Kathy Ely at 301-365-0955. To find out more about ISHS, go to www.interschoolhorseshow.org.



Sarah Holladay with her CASEY Award

LET'S TALK Real Estate



by
Michael Matese

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A Service Dog for Saij

BY SUSAN BELFORD
THE ALMANAC

Saij Singh's service dog, a black lab named Saffy became his new best friend just a few months ago. Saffy (short for Sapphire) wakes him up every morning with kisses and cuddles. She turns on lights, opens doors and watches over him. She even picks up his Wii game remote and returns it to his lap. When he arrives home from school, she bounds toward the bus with her tail wagging, ready to greet him with excited leaps and playful barking — but she is also aware that it is time for her job to begin.

Saij was stricken with Duchenne Muscular Dystrophy (DMD) at the age of six. By the age of nine, he required a wheel chair for his mobility. After reading about the service dog program and training, Saij's mom, Vicky, decided to apply for a service dog for him. They were fortunate that within the year, they received notification that Saij qualified and they were invited to two-week training in Atlanta. That's when Saij met his best friend — and because of Saffy, his life changed for the better.

Saffy was trained by an organization named Canine Assistants. Founded by MS patient Jennifer Arnold, Canine Assistants has placed more than 1,000 dogs with

physically disabled and special needs children and adults. Arnold's father, a physician, founded the organization when he realized that his daughter felt isolated and alone because she was in a wheelchair — and there was a long list for service dogs. Her father's life was cut short just three weeks after he started the training program when he was killed by a drunk driver — but Arnold and her mother persisted and founded Canine Assistants in 1991.

Arnold explains her understanding of the feelings of children who are in wheelchairs because she has been there herself. "I understand the little boy with muscular dystrophy who won't go to school in his wheelchair because he feels different from the other children. I understand the terror of the young man, a quadriplegic from a diving accident, who must spend hours alone in his home because insurance won't pay for a full time attendant. I understand the urgency in the voice of the young girl who has cerebral palsy when she begs us to hurry and train a dog for her because she doesn't want to be alone anymore." Arnold is author of a best-selling book "Through a Dog's Eyes."

Saij now arises confident and in a good mood because he has a friend to share his day with. "I like to play ball with her and cuddle with her. She wakes me up in the

"Service Dog Awareness Day" is planned at Potomac Village Starbucks.

morning by licking my ear. I really love taking her to the movies." His mother said that Saij "now has more self-confidence and the determination that he can do anything. He also feels wonderful because he has the unconditional love of a pet who is also his helpmate and best friend. Saffy provides a kind of companionship that Saij never before had. Saffy has changed our family's lives for the better."

The Canine Assistants program puts Saffy and other service dogs like him through a rigorous 1 and a half years of training. The dogs are free and Canine Assistants covers all the costs of training, feeding and medical care for the life of the dog. Since this is a private non-profit, and each dog's benefits run as much as \$20,000 per year, they must fund-raise and seek donations. Actress Julia Roberts supports three service dogs each year. This organization has 1,600 people on their waiting list for a dog — and they can only train and place 75 – 100 dogs annually.

Because her son has benefited so significantly from having Saffy, Vicky Singh is planning a "Service Dog Awareness Day" at



Saij and Saffy.

the Potomac Village Starbucks in May. She is inspired by a program which she is taking through Landmark Education in Alexandria, Va. to "get in touch with what's important at life." The class is called "Self-Expression and Leadership," and each student is encouraged to initiate a community project which will "make a difference." On this day, her family will introduce Saffy to the Potomac community and demonstrate how valuable a service dog is to a physically handicapped or special needs child or adult — and how a service dog can change lives. Another objective is to take away the mystery about service dogs. She hopes to raise funds for service dog training through a raffle and donations. She is also working to schedule this event at other restaurant locations.

If readers would like to find out more about this organization, serve as a volunteer or make a donation, go to www.canineassistants.org.

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OPINION

‘Boomer’ or ‘Sticker’ – or Little of Both?

BY SUSANNE LEE
WMCCA PRESIDENT

In his recent lecture at the National Endowment for the Humanities, Wendell Berry observed that, throughout our history, Americans have been divided into “boomers” and “stickers.” The noted author and conservationist was invoking in turn the distinctions originally made by his mentor and fellow author and conservationist Wallace Stegner. “Boomers” are those who “pillage and run and who want to make a killing.” They are “motivated by greed, the desire for money, property, and therefore power.” “Stickers,” on the other hand, are “those who settle, and love the life they have made and the place they have made it in.” They are “motivated by affection, by such love for a place and its life that they want to preserve it and remain in it.”

WMCCA

The Potomac Subregion may appear to be worlds away from Berry’s rural Kentucky farm or Stegner’s Western wilderness, but their messages ring true here as well.

It is difficult to cobble together a sense and love of place in this highly mobile, ever expanding metropolitan area. Patterns of land development seem to ensure our greater alienation from each other and our natural surroundings. Few if any of us are living on farms such as Wendell Berry’s that have been and will be owned by the same family for generations. Many of us moved here from somewhere else, and even our children who were born and raised here move on to other locales. Although many are hoping to “age in place,” many will eventually move away by choice or necessity. Even if we are not guilty of the worst of “boomer” behavior, it is difficult to be “stickers.” But that does not absolve us from the responsibility for doing what we can do here and now to preserve and protect the land under our stewardship — no matter how small or large — and the land over which we can collectively have influence.

West Montgomery County Citizens Association (WMCCA) can and must play a critical role in those efforts. Established in 1947, it provides continuity and an institutional framework through which community members can pool their resources to address a wide variety of issues of concern. But it is only as effective as its members, and the more “stickers” the better. One such extraordinary member is Lois Williams — Potomac resident for 45 years, WMCCA member for 40, and board member and newsletter editor for 16. Lois came to the WMCCA board after years as a Girl Scout Leader and PTA newsletter editor in Potomac, seeing WMCCA as a forum for community is-

suues and, in this county of nearly a million people, Potomac’s voice in the halls of government. She’s worked on the new membership brochure, part of her long commitment to boosting WMCCA membership. Through WMCCA, Lois lobbied for roadside stream identification signs to promote watershed awareness, and for many years she led a WMCCA project honoring students who “go outdoors for science” to do an environmental science project using data from a woods or stream site.

WMCCA applauds The Potomac Almanac for its first place award from the Maryland Delaware DC Press Association for continuing coverage of the Brickyard Road issue.

GLEN HILL SEWER STUDY

The second meeting of the Citizens Advisory Committee for the study is scheduled for Monday, May 7. The meeting will be held in the Department of Environmental Protection large conference room starting at 7:30 p.m. DEP’s offices are located at Suite 120, 255 Rockville Pike, Rockville. CAC meetings are open to the public, not just to the CAC members. WMCCA President Susanne Lee serves on the CAC and recently requested that DEP make available all public data collected to date regarding septic and water systems in the study area.

BRICKYARD ROAD UPDATE

In a letter to Councilmember George Leventhal, David Dise wrote: “Following receipt of development proposals and the selection of the MSI proposal a sublease was negotiated incorporating the RFQ and its requirements imposed on the design and operation of the site, and the MSI proposal which includes acknowledgment of these conditions and compliance therewith. The sublease was then advertised for a public comment period that closed 4/13/12. The sublease was amended to add a statement requiring that the project go through the Mandatory Referral process, which, although included in the project plan, was not specifically mentioned in the sublease. The sublease was executed 4/16/2012.” Please note that in three days including a weekend the County did not have time to read all the public comments, and the County didn’t even make a show of considering the submitted public comments. Further, a hand-delivered petition containing 750 names of citizens opposed to the sublease was discarded by the County Executive office, which declared it improperly executed.

In a letter to WMCCA, Cynthia Brennehan, Director of the County Office of Real Estate, also states the project will be subject to Mandatory Referral at MNCPPC, and that concerns about traffic, parking, stormwater manage-

Next WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, May 9, 7:15 p.m., at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled.

Each year the WMCCA asks District 15 representatives to give a wrap-up of Maryland’s legislative session in Annapolis. The Maryland General Assembly adjourned on April 6 but discussions continue regarding the possibility of two additional special sessions: one for taxes and the other for the expansion of gambling. Join us for what promises to be a lively and informative update on what was and was not accomplished during the regular legislative session. Speakers will be District 15 State Senator Rob Garagiola and Delegates Kathleen Dumais and Aruna Miller.

As always, the public is welcome to attend.

ment, and noise and light pollution will be examined during the mandatory referral and permitting process. Despite the appearance that this project is a fait accompli, the Brickyard Coalition is still pushing for an inclusive process that does not shove soccer fields down our community’s throat without our having a say in the decision. We have several legal actions currently in play with more under consideration by the steering committee.

Most Incredible Statement of the Month from a Government Official: County Executive Isiah Leggett on the MSI lease for soccer fields on Brickyard Road: “It’s not left up to the ultimate community that lives there to decide whether or not they want something in their community.”

— BY GINNY BARNES

ELECTION OF WMCCA OFFICERS AND BOARD

The Nominating Committee proposes the following slate of WMCCA Officers and Directors to the membership for a vote at our May 9 meeting. Nominations may also be made from the floor.

President: Shawn Justement;
President Elect: Ginny Barnes;
Vice President: Curt Uhre;
Immediate Past President: Susanne Lee
Treasurer: George Barnes;
Secretary: Mike Denker;
Newsletter: Lois Williams
Directors serving second year of a two-year term:
Barbara Hoover, John Yassin
Nominees for a two-year term:
Barbara Brown, Betsi Dahan, Elie Pisarra Cain, Alison Mrohs
Nominees to fill the second year of a two-year term:
Cathy Pettit, Carol Van Dam.

Police Investigate Armed Robberies in North Potomac

Detectives from the Montgomery County Police Major Crimes Division - Robbery Section are continuing to investigate two incidents in North Potomac that are believed to be related. In both incidents, vehicles were struck

from behind by another vehicle while the victims were driving their vehicles on Jones Lane.

Detectives released photos of one of the suspects believed to be involved in these robberies. The photos were captured at ATMs in

which money was obtained from the victim’s bank accounts. Because the suspect was masked, the only description of the suspect at this time is that he was approximately 5’ 6” tall and had a thin build.

It was on April 3 at approximately 11:29 p.m. that police received a call from a 49-year-old woman whose Range Rover was struck from behind on Jones Lane near Turkey Foot Road. The

SEE POLICE, PAGE 7

POTOMAC ALMANAC

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CRIME

Police Investigate Robberies

FROM PAGE 6
woman did not stop when her vehicle was struck and immediately contacted police. Upon seeing that the woman was on the phone, the striking vehicle made an immediate U-turn and drove away.

On April 14, at approximately 3:12 a.m., police received a call from a 58-year-old male whose Volvo was struck from behind on Jones Lane near Carry Back Drive.

The male victim told police that at approximately 12:20 a.m. his vehicle was struck from behind. When he stopped and exited his vehicle to speak with the driver of the striking vehicle, he was confronted by two masked men. The men were armed with a long gun and a knife. The suspects then drove his vehicle with him in the trunk to several ATM locations where money was obtained from



Suspect in North Potomac armed robberies.

the victim's bank accounts.

After approximately one hour, the suspects drove the victim's vehicle to the Poplar Grove Baptist

Anyone with information about these robberies is asked to call the Robbery Section at 240-773-5100.

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ENTERTAINMENT

NOW THROUGH JUNE 23

Strathmore Unleashed. Canine-themed art exhibit at Strathmore. Opening reception on Thursday, May 3 from 7 to 9 p.m. A Yappy Hour is from 6 to 7 p.m. Well-socialized dogs are welcome in the Mansion for Yappy Hour. Call 301-581-5100 or visit www.strathmore.org.

MAY 2 AND MAY 3

Festival of the Arts. 6 to 9 p.m. Walt Whitman High School hosts its 49th annual festival. Featuring student displays of painting, sculpture, drawing, photography, graphic design, ceramics, and digital and commercial art - with full evenings of choral, orchestral and jazz performances by more than 10 different Whitman ensembles and one-act plays developed by students in the drama department. At Walt Whitman High School, 7100 Whittier Blvd., Bethesda.

WEDNESDAY/MAY 2

Nitanju, Gospel. 7:30 p.m. Tickets are \$15. Nitanju Bolade Casel became a member of Sweet Honey In The Rock in 1985 after four years of studying, performing and cultural organizing in Dakar, Senegal. Her gospel-tinged performances evoke Africa and the African American experience. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

THURSDAY/MAY 3

Slow Blues and Swing Dance. Admission is \$8. Slow blues lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. With DJ Mike Marcotte and Guests. At the Back Room, 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.

NOW THROUGH MAY 6

“The Little Foxes.” Show times are Friday and Saturday at 8 p.m.; Sunday at 2 p.m. At the F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville, Maryland. Visit www.rlt-online.org for directions and reservations. Tickets are \$16/adults; \$14/seniors and students. Call 240-314-8690.

FRIDAY/MAY 4

Artwork by Jane Seymour and son Sean Flynn. 5 to 8 p.m. Jane Seymour will personally present her and her son's work at a special in-gallery appearance. All artwork will be available for acquisition. At Wentworth Gallery in the Westfield Montgomery, 7101 Democracy Blvd., Bethesda. Call 301-365-3270. Visit www.wentworthgallery.com.

MAY 4 TO MAY 6

58th Annual Azalea Garden Festival. 10 a.m. – 5 p.m. Guests can tour the Perkins Garden, packed with azaleas and other perennials and wildflowers; shop the plant sale featuring azaleas, annuals, flowering shrubs and roses, herbs and vegetables, wildflowers and perennials. The Specialty Boutique will be located indoors, at the newly renovated Barton Athletic Center. Over 50 boutique shops will feature home and garden items, unusual gifts, jewelry, furniture and one-of-a-kind finds. FunLand is a favorite for children of all ages with games, crafts, inflatables, carnival games, and boardwalk style food. Throughout the Festival enjoy live musical entertainment as well.



FRIDAY/MAY 4

Jamie McLean Band. 7:30 p.m. Tickets are \$10/advance; \$12/door. At the Mansion at The Strathmore, 10701 Rockville Pike, North Bethesda. Visit <http://www.strathmore.org>.

Landon announces a partnership with Special Olympics MD Montgomery youth athletes and their families who are invited to enjoy Funland on Sunday, May 6, from 2-5 p.m. Special Olympics MD Montgomery (SOMO) athletes in grades K through High School will receive free admission to all rides and activities at Funland. Mark's Run, a 5K race, is Sunday, May 6 at 8 a.m. Mark's Run is held each year in memory of alumnus Mark Ferris '94, who lost his battle with juvenile diabetes. At Landon School, 6101 Wilson Lane, Bethesda. Visit www.landon.net, or visit Facebook page at www.facebook.com/AzaleaFestival.

SATURDAY/MAY 5

Artwork by Jane Seymour and son Sean Flynn. 1 to 3 p.m. Jane Seymour will personally present her and her son's work at a special in-gallery appearance. All artwork will be available for acquisition. At Wentworth Gallery in the Westfield Montgomery, 7101 Democracy Blvd., Bethesda. Call 301-365-3270. Visit www.wentworthgallery.com.

Eric Felten Jazz Orchestra. 9 p.m. to midnight. Admission is \$15. Drop-in beginner swing lesson from 8 to 9 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

The Left Banke. 8 p.m. At the Robert E. Parilla Performing arts Center, 51 Mannakee St., Rockville. Tickets are \$25; \$23/students. Call 240-567-5301

Drawn to Dogs. 10:30 a.m. to 2:30 p.m. Tickets are \$45. Students 6-11 years old sketch-a-pet using famous First Dogs like Checkers and Bo as inspiration. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

Annual Spring Fiesta. 6 to 10 p.m. Live music, food, dancing, silent auction, moonbounce and pinata, Timba Street Band. Tickets are \$40/adults; \$20/youth. Proceeds will go to the Santa Marta University Scholarship and to The Esperanza Education Fund. At River Road Unitarian Universalist Congregation, (RRUUC), 6301 River Road, Bethesda; call 301-229-0400, www.rruuc.org.



THURSDAY/MAY 3

Abraham Inc. 8 p.m. Tickets are \$37. Musicians David Krakauer, Fred Wesley and Socalled bridge genres and shirk popular convention to create a masterly mash-up of klezmer, funk and hip-hop. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

Debussy 150th Anniversary Fest.

8 p.m. Featuring the National Philharmonic. Pre-concert lecture at 6:45 p.m. in the Concert Hall. Featuring Brian Ganz on piano; Richard Stoltzman on clarinet; and Piotr Gajewski, conductor. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

Kentlands Day Festival. 11 a.m. to 4 p.m. Parade starts at 10 a.m. Featuring a main entertainment stage filled with community performers and performance groups. A free festival led by The Kentlands Market Square Merchants and The City of Gaithersburg. To Benefit the Kentlands Community Foundation, Lakelands Park Middle School, and the Greater Kentlands Community. Festival will be in the Potomac Pizza/My Gym Parking Lots. Parade will run from the Main St. Farmers Market, down Main Street through Market Square, and then down Centerpoint Way to Heathwalk Street. If you would like to participate, call 301-591-3899 or visit kentlandsday@gmail.com

SUNDAY/MAY 6

History Discussion. 10:25 a.m. Steve Livengood will present “L’Enfant, Washington D.C., and Essential Dilemmas of Democracy,” his review of the book, “Grand Avenues.” Scott Berg is the author of the Pierre L’Enfant biography. Livengood, a member of the U.S. Capitol Historical Society, will discuss government history and answer questions about how L’Enfant planned the city of Washington. At River Road Unitarian Universalist Congregation, 6301 River Road, in Bethesda. Visit www.rruuc.org, 301-229-0400

Potomac Horse Center Open House & North Potomac Community Day. 11 a.m. to 4 p.m. A fun-filled day for families with hayrides, free horse and pony rides for children, barn tours, and horseback riding demonstrations, personalized horseshoes, moon bounce and more. Free Admission. At the Potomac Horse Center, 14211 Quince Orchard Rd. North Potomac. Call 301-208-0200 or visit www.PotomacHorse.com.

Waltz Dance. Admission is \$10/lesson and dance; \$15/workshop and dance. With the band, Honeysuckle Rose. Special Latin Waltz workshop from 1-3 p.m.; Introductory Waltz workshop from 3-3:30 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 e-mail info@WaltzTimeDances.org.

Slow Blues and Swing Dance. 8:30 to 11 p.m. Admission is \$12/dance only; \$17/dance and workshop. With the band, Memphis Gold. At the Back Room, Glen Echo Park, 7300 MacArthur Blvd, Glen Echo. Call Donna Barker at 301-634-2231 or Glen Echo Park at 301-634-2222, send e-mail to dbarker@glenechopark.org or visit www.DanceDC.net.

MONDAY/MAY 7

“Pygmalion.” 7 p.m. This Academy Award-winning inspiration for Lerner and Loewe’s “My Fair Lady”

was directed by Anthony Asquith and star Leslie Howard, edited by David Lean and scripted by George Bernard Shaw. At the Robert E. Parilla Performing Arts Center, 51 Mannakee St., Rockville. Call 240-567-5301.

TUESDAY/MAY 8

Jim Photoglo in Concert. 8 p.m. Jim Photoglo has musically spanned four decades as both a songwriter and artist, bringing his unique creative voice to the R&B, pop and country arenas. At the Unitarian Universalist Church of Rockville, 100 Welsh Park Drive, Rockville. Tickets are \$18/door; \$15/advance at www.focusmusic.org. Contact David Spitzer at focusrockville@earthlink.net or 301-275-7459.

WEDNESDAY/MAY 9

Spinning Event. 6:45 p.m. At ZenGo Fitness, 4866 Cordell Avenue, Bethesda. Take a 45-minute spinning or barre class to benefit Hope Connections for Cancer Support. For \$45, you can participate in either class, enjoy some post-class food and beverage, and win door prizes.

Networking Event. 4 to 6 p.m. With The Potomac Chamber of Commerce. At 10701 Falls Road, Potomac. Cost is \$10/chamber members; \$15/non-members. Cash bar available. Normandie Farm is providing hors d’ouerves. To reserve your place, call 301-299-2170 or go to www.potomacchamber.org. RSVP by May 7.

THURSDAY/MAY 10

Pizzarelli Quartet and Kurt Elling. 8 p.m. Featuring Double Exposure, John Pizzarelli’s latest recording on Telarc. Tickets are \$28-\$68. At The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100.

Slow Blues and Swing Dance. Admission is \$8. Slow blues lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. With DJ Mike Marcotte and Guests. At the Back Room, 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.

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.

Debussy Piano Recital. 7:30 p.m. Pre-concert lecture at 6:30 p.m. in the Concert Hall. Featuring Katie Mahan, piano; Deux Arabesques; Estampes; L’isle joyeuse and Preludes Livre II. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

MAY 10, 11, 12

“Patience,” a Comic Operetta. 7:30 p.m. Tickets are \$5. By Gilbert and Sullivan. Staged by students from Herbert Hoover Middle School Theater and directed by theatre teacher Pamela Leighton-Bilik. At The Tilden Center, 6300 Tilden Lane, Rockville. Contact Pamela Leighton-Bilik, 301-469-1010 or Pamela_L_Bilik@mcpsmd.org.



MAY 5 TO 6

Downtown Silver Spring Fine Art Festival. Saturday 10 a.m. to 6 p.m.; Sunday 11 a.m. to 5 p.m. Free admission. Featuring 100 award-winning artists and 10,000 pieces of original art. At Ellsworth Drive in downtown Silver Spring. Visit www.paragonartevents.com/maryland/.

ENTERTAINMENT

Get Ready for Grateful Shred on May 19

Spring cleaning: With tax season over, it's a great time to get together those boxes and files of outdated records. Clear them out of the basement, home office, attic or wherever else they have been lurking for too long.

To help out, Friends of Clara Barton Community Center has scheduled a secure shredding event on Saturday, May 19 from 9 a.m. to noon at 7425 MacArthur Boulevard in Cabin John.

The ALL-SHRED truck will be parked behind the building and you can drive right up and drop off your bags and boxes. Volunteers will be there to help with unloading.

The records are placed in bins, rolled into a secure elevator, and automatically lifted and dumped into the shredder. Inside the truck a cross-cut shredder cuts your pages into tiny paper chips. You can even watch the process on a remote screen. The shreds are then baled and sent to paper plants to be recycled.

The Shred is a free event with a suggested donation of \$5 a box (such as copier paper comes in) and \$3 for a shopping bag. All income from the shred goes to support pro-



grams at the Clara Barton Community Center. Friends of Clara Barton Community Center is a registered charity and donations can be deducted as either charitable or business expenses. Receipts will be available.

ALL-SHRED Inc. Mobile Document Destruction service is AAA NAID Certified and meets HIPAA medical record and FACTA credit record standards.

Getting ready for the shred is easy. In addition to paper records, there's

no problem shredding paper clips, staples, rubber bands, folders, binder clips, hanging folders (even with metal strips, and labels). They will not shred newspapers, cardboard boxes, 3-ring binders, heavy plastic, heavy metals, trash, floppy disks, or CD's.

Avoid fraud or identity theft. Prepare to bring those no longer needed bills, statements, medical records, letters - anything with private, confidential or sensitive information that you want to get



Bethesda Fine Arts Festival Returns May 12th and 13th

The Bethesda Urban Partnership and the Bethesda Arts & Entertainment District announce the ninth annual Bethesda Fine Arts Festival, a two-day event highlighting 140 contemporary artists who will sell their original fine art and fine craft. The festival is scheduled for Saturday, May 12 from 10 a.m. to 6 p.m. and Sunday, May 13 from 10 a.m. - 5 p.m.

Artists from throughout the country representing 25 states and Canada will showcase paint-

ing, drawing, photography, furniture, jewelry, mixed media, wood and ceramics.

The event will be held in downtown Bethesda's Woodmont Triangle along Norfolk, Auburn, Del Ray and Cordell Avenues, and will feature live entertainment, children's activities and Bethesda restaurants including Häagen Dazs, BlackFinn American Saloon, Mamma Lucia, Hard Times Cafe and Yamas Mediterranean Grill. Visit www.bethesda.org or call 301-215-6660.

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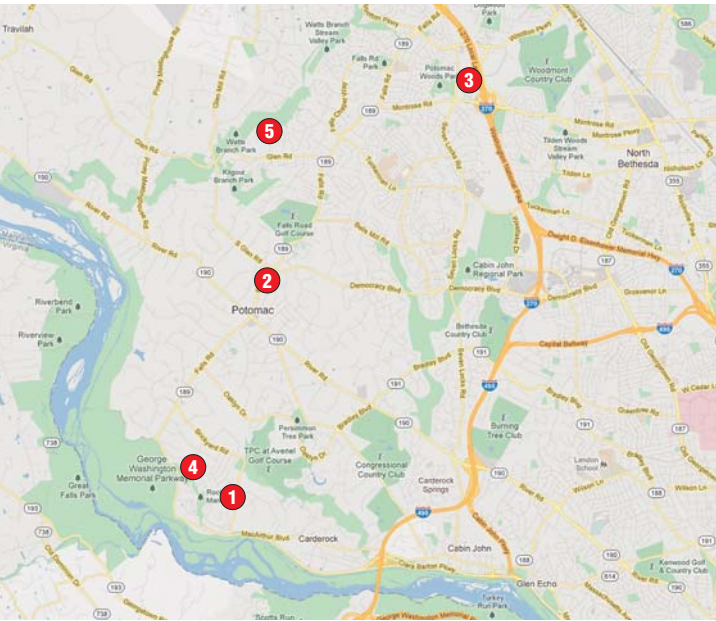
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Churchill Hosts Autism Discussion

FROM PAGE 3

before federal agencies for research and services that can improve the lives of children and adults on the autism spectrum. Spielman is also a Churchill parent.

The presentation ended "April is Autism Awareness Month" program at Churchill High School — a month filled with morning announcements about autism, sports events dedicated to "Light up the Blue" and many other activities. Churchill is the first Montgomery County high school to formally organize a comprehensive series of Autism Awareness activities.

The students attended the presentation voluntarily. One student stated that her mom and aunt work with students who are autistic. Another explained that he was interested in studying psychology and wanted to better understand autism.

Lynde Thai, transition teacher at Churchill, helps students who are in the two autism programs at Churchill find employment. She chose to attend to gain the latest information about autism.

Spielman stated that he lobbies for funding from the Federal government for autism research. He noted that the number of children with autism has gone from 1 in 5,000 in 1975 to 1 in 88 in 2012.

"This dramatic increase in the number of identified children with autism is partly because of better identification tools," he said. "Autism is easier to identify now because there is a greater awareness of symptoms, social influences, increased access to services, diagnostic substitutes (it may have been called something else) and environmental factors such as parental age, pre-term births, toxins and chemicals, medical interventions and immune factors. Researchers are also starting to understand the genetics of autism."

He added: "More needs to be done and greater funds are needed. There must be a comprehensive strategy developed and we need to better understand the genetics. "He also advocated for more environmental research, earlier diagnosis, recruitment of more therapists, teachers and service providers, and more funding for research into the causes of autism.

During a question and answer session, Thai explained that autistic students have difficulty with



Stuart Spielman, Senior Policy Advisor and Counsel, Autism Speaks.

employment interviews. She said, "Many autistic students do not have the social skills for interviews. It is really hard for them to look someone in the eye and make small talk. Many are in AP classes and plan to attend a 4-year uni-

versity. However, interviewing skills are difficult for everyone — and particularly for an autistic student."

Susan Pereles, event director of Autism Speaks, Capital Area mentioned that some of the students in the autism program at Churchill don't have anyone to have lunch with. "It would be wonderful if the 'Best Buddies' program could pair students up and they could eat lunch together once a week. They feel socially isolated and it would help them with their social skills."

Pereles also noted that many students wanted to know, "What can I do to help?" She suggested that students join the Churchill team at the Autism Speaks 5K Race on July 4 in

Potomac to raise money for research. "You can make a difference by registering for the Churchill team and participating in the race — and you can also help us by putting up flyers to advertise the race and by telling your friends and family."



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Potomac (20854)

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8122 Tuckerman Ln.....\$829,900..Sun 2-5.....Barbara Skardis..WC & AN Miller..240-481-0700

8702 Victory Ln.....\$624,900..Sun 1-4.....Leslie Friedson.....Long & Foster..301-455-4506

9229 Benridge Ave.....\$1,063,000..Sun 1-4.....Leslie Friedson.....Long & Foster..301-980-0085

9301 Sprinklewood Ln.....\$1,195,000..Sun 1-4.....David Frezza.....Keller Williams..301-251-1221

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10401 Grosvenor Ln #1125....\$249,999..Sun 1-4.....Pam Costianes.....Long & Foster..301-455-4506

1140 Gaither Rd.....\$629,000..Sun 1-4.....Ethel Skenderis.....Long & Foster..301-467-1010

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Journey, Interrupted

Mental Health Month raises awareness about conditions such as depression, anxiety and bipolar disorder.

BY MARILYN CAMPBELL
THE ALMANAC

Donna couldn't smile. Overwhelmed by the activities of her daily life, she couldn't concentrate or experience happiness. "It felt like there was a thousand pounds on my shoulder and I couldn't alleviate myself of it," she said. "I didn't want to be noticed. I didn't want anybody to talk to me. I had been a very happy, busy person, but as depression began to take over I felt like I didn't have any hopes or anything to look forward to."

As a young mother of two small children, Donna was unable to appreciate the joys of new parenthood.

"I couldn't have fun with my children," said the now 72-year-old grandmother of four. "I did the basics. I did what I had to do, but I didn't do it out of pleasure or love. I did it out of necessity."

Donna was diagnosed and hospitalized. That was nearly 40 years ago, the beginning of her journey through the darkness of depression. It is a path that has spanned most of her adult life and has included suicidal ideations.

"The thought entered my mind," she said. "I know that I would never do it, but the thought did enter my mind."

She is now on medication for depression: "With medication I became 100 percent

again. I was like a new person. I was happy again."

Mental health experts say that Donna is fortunate. "There are a group of people who truly are helped by medicine and they just know they have to be on it," said Potomac-based psychologist and researcher Linda Berg-Cross, Ph.D. "Some people don't have the money or wherewithal to get and maintain treatment."

One in four Americans suffers from a di-

agnosable and treatable mental illness. The Centers For Disease Control reports that while 80-90 percent of disorders are treatable using medication and other therapies, fewer than half of the adults who are diagnosed get help. Experts are using the month of May

— Linda Berg-Cross, Ph.D.

Month — to raise awareness about conditions such as depression, anxiety and bipolar disorder, and also offer guidance in tearing down the barriers to treatment.

"Too many people who are living with a mental health condition never seek or receive help due to stigma, lack of information, cost or lack of health care insurance coverage," said David Shern, Ph.D., president of Mental Health America in Alexandria, Va. "We need to change that. It's important that everyone have access to treatment and services because we have a tremendous amount of knowledge about how to identify, treat and even prevent mental health conditions."

"When some people hear labels like depression or anxiety they think someone is telling them that there is something wrong with them. Don't use labels, give people information."

— Linda Berg-Cross, Ph.D.

Landon Teacher Launches Website

Potomac resident Josh Basile and Brittany Martin, a Chinese teacher and the Varsity Rugby head coach at Landon School, have co-founded a new website, www.SPINALpedia.com.

The site is a video-sharing mentor network for people with paralysis and their families and friends. Launched at the beginning of 2012, SPINALpedia already has thousands of videos posted to the site.

SPINALpedia's mission and vision is "to bridge the gap between an able-bodied life and a healthy, productive life with paralysis both for the people injured as well as their families and friends. We envision a society where people with pa-

ralysis are no longer isolated and can return to being active members of society. In order to realize that goal, we need to unite our community and find strength in the power of our experiences."

Basile and Martin met in the summer of 2007 and realized that they shared the same mission to improve the quality of life for people with paralysis. Basile suffered a spinal cord injury in 2004. Martin's father suffered a spinal cord injury when she was 12. Basile and Martin recognized the difficulty many people experience when trying to find useful information to adapt one's life, and came together to create SPINALpedia and bring the most useful resources to the paralysis community.

The road to recovery begins with recognizing the symptoms. The American Psychiatric Association identifies possible warning signs as personality changes, inability to cope with daily activities, excessive anxiety, prolonged sadness or extreme highs and lows. Mental illness can be caused by genetic, biological or environmental factors.

One of the biggest barriers is the shame that some people associate with mental illness. "I see this day in and day out," said Dr. Lisa Calusic, an Arlington resident and psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria. "In our culture, having a mental illness is a sign of weakness or inferiority and the way to handle it is to suck it up and move forward. That is completely horrible and inaccurate and no one can get better with that kind of attitude."

Such barriers are best fought with knowledge. "When some people hear labels like depression or anxiety, they think someone is telling them that there is something wrong with them," said Berg-Cross. "Don't use labels, give people information. When somebody is in a total state of denial, all you can do is give them information."

Berg-Cross has tried this in her own life. "I had a brother who had terrible OCD [obsessive-compulsive disorder]," she said. "He thought he was the only normal person in the world. One day I had a pamphlet on OCD that was lying around the house. He read it and said, 'You know, I have all these things.' It was really a eureka for him because no one was pushing him."

Mental health affects physical health. The American Psychiatric Association reports that mental illness is linked to chronic diseases such as cardiovascular disease, diabetes, obesity, asthma, epilepsy and cancer. "For example, if you're schizophrenic, your

Getting Help

Mental Health America offers the following suggestions:

- ❖ Get referrals from a family doctor, clergy members, mental health associations or a crisis center. Insurance companies can offer a list of participating providers.

- ❖ Eligible veterans can get care through the U.S. Department of Veterans Affairs. For more information, go to www.va.gov/health or call 1-877-222-8387.

- ❖ The Substance Abuse and Mental Health Services Administration can help identify affordable mental health services. Visit <http://mentalhealth.samhsa.gov/databases/> or call 1-877-726-4727.

- ❖ The mental health divisions of most health departments or community mental health centers provide free or low-cost treatment and services on a sliding scale.

- ❖ Many companies offer employee assistance programs (EAP) and can issue a referral to a provider. Reach out to the human resources office to learn more.

- ❖ Medicare offers a list of participating doctors on its website, www.medicare.gov. (Click on "Find a Doctor.")

- ❖ To find providers who accept Medicaid, use the map at www.namd.org.

life is definitely shorter than if you have brain tumors or even cancer," Berg-Cross said.

"When we talk about whole health, your mind is part of that," said Alies Muskin, executive director, Anxiety Disorders Association of America. "People forget that what is happening in your brain can have an impact on the rest of your body. The brain is an organ too."

Experts say qualified mental health treatment professionals can be found through primary care doctors, clergy members, crisis centers, mental health organizations, the Substance Abuse and Mental Health Services Administration and the Department of Veterans Affairs.

"We want everyone to know that while mental health and substance abuse conditions are common," said Shern, "they are extremely treatable and individuals go on to recover and lead full and productive lives."

Cleaning Up

Washington Episcopal School in Bethesda held its annual all-school Community Service Day to give back to the community. Each student and faculty member, as well as parent volunteers, participated in this special day that benefited many organizations and individuals in the area, including Bethesda Cares, Samaritan Ministries, Cabin John Fire Department, hospitalized children, and the Humane Society. Students from the school also collected trash and debris from their adopted highway, Little Falls Parkway, along with Little Falls Creek, and the Capital Crescent Trail.



PHOTO BY ALI BRATUN

WES eighth-graders clean-up trash and debris on Little Falls Parkway in Bethesda. From left are Richard Royle, Annie Steckler and Sydney Ortega.



McLean School students prepare for "Babes in Arms."

McLean School Presents Musical

FROM PAGE 3

"Arms" is the tale of a group of young apprentices and their conviction to mount an original show while dodging the underhanded attempts of the surly theatre owner who tries to thwart their efforts as often as he can. More impediments appear with an over-bearing stage mother of a gorgeous ex-child star and the inflated ego of an abysmal southern playwright. But the show must go on — and the plot thickens with romance and reconciliation.

Director Greg Mugione, performing arts department chair at McLean School said, "I chose 'Babes in Arms' because it is my favorite musical — the first musical I ever performed in. One of the reasons it is my favorite is due to the songs composed by Richard Rodgers. They contain such beauty and lyricism, yet at the same time, evoke a tender playfulness. It has been so rewarding teaching the students how to phrase these fun, vocal lines while crafting the right amount of emotion necessary to give each song its own special characteristic."

More than 40 students are involved in the show as cast and crew. Junior Jenny Novick and senior Nate Marsh admit being challenged by the choreography, but each has enjoyed the entire cast working together. Nate states,

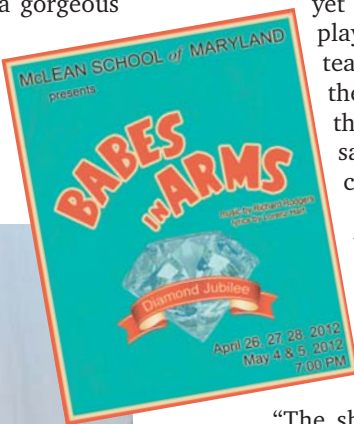
"The show is about prevailing through struggles and believing things will work out if you keep working toward your goal," Marsh said.

Novick agreed: "There are many life lessons in the show, but I like the theme that one must keep on believing that things will work out."

The choreographer is Abby Olson, sound designer is Jonathan Tyson, lighting designer is Lance Levenson and costumes were created by Olga Fenning.

"Many of the students are in our choral program, while others are members of the Jazz Band," Mugione said. "There is a lot of dancing and choreography throughout the musical and most of the actors do not have dance backgrounds. I was so proud of the dedication these students have had while learning the routines."

He continued: "The most challenging aspect for this show involved timing. As it is a musical comedy spawned off the Vaudeville-era musicals, there are many slap-stick jokes and "rubber chicken" gags that need to occur at just the right moment to get the biggest laugh from the audience."



Jenny Novick as Terry and Nate Marsh as Bob.

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Heisenberg

21 Announcements

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21 Announcements

PUBLIC MEETINGS SCHEDULED

Join the Virginia Department of Rail and Public Transportation (DRPT) for a public meeting on the Super NoVa Transit/TDM Vision Plan on May 15, 22, or 24. The meetings are an opportunity for public input on current and future transit and TDM needs to connect Virginia, West Virginia, Maryland and D.C.

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News That's Fit To Print



By KENNETH B. LOURIE

As our Publisher and fellow cancer survivor, Mary Kimm, e-mailed back to me last week: "Who knew 'stable' could be so exciting?"

Yes, 'stable,' as in the results of my most recent diagnostic scan after four heavy-duty chemotherapy infusions; even though I have been diagnosed with stage IV (meaning metastatic, meaning: moved already) lung cancer, nothing much is happening. For the moment, and that moment has now lasted three-plus years, I continue to be, fortunately for me, an anomaly: alive and reasonably well. Can I hear an "Amen?!"

Though I've tried, repeatedly, since June '09 when I first went public, column-wise, and confirmed my diagnosis/prognosis in print, it still remains nearly impossible to articulate exactly what bounces around in the head (figuratively speaking) of an otherwise healthy, then 54-year-old male (now 57), non-smoker, with no immediate-family history of cancer – or of even having ever smoked cigarettes, to be diagnosed with advanced-stage (IV; there is no V) "terminal" lung cancer. However, I continue to try, as you regular readers know. And thanks to the varied feedback I receive: cards, letters, e-mails, books, inclusions on prayer lists, and the expressions of encouragement and support typically contained, I am relatively healthy, in no small measure I believe, to the words and prayers – of hope and faith, directed to me.

Though I didn't start writing these "cancer columns," as I call them, for any greater good – it was simply what interested me, given my circumstances – they have evolved into a kind of cathartic exercise that perhaps has enabled me to still write them, if you know what I mean? If I didn't have this outlet (space) to indulge myself (thank you again, Mary Kimm), and subject you readers to the rigors – both physically and emotionally, of the ongoing struggles of a cancer patient living day by day, and writing about it week by week, I don't suppose I would be so proud of what I've accomplished/what I've endured.

That is not to imply that I have suffered any more than any other cancer patient and/or any other diagnosed-as-terminal patient; in fact, comparatively speaking, I think I've had it pretty easy (other than the reality of it all). Nevertheless, being diagnosed with cancer is all it's cracked up to be, despite one's relative good fortune in managing to outlive their prognosis ("13 months to two years"). I still can't get the characterization "incurable disease" as initially used by my oncologist, out of my head. As such, as good a result as what I recently received, it's still a temporary result, albeit it an amazing/great/miraculous one, but one subject to change, from what I understand. And as much as I want to receive and hear a permanent you're-cured-type of assessment from my doctor, apparently the chances are fairly unlikely. Still, I have to remain satisfied with the "stable" because the "stable" is all it's cracked up to be. And for a terminal patient, when you're no longer stable, generally speaking, you're no longer an anomaly.

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

Haynes Leads Wootton Softball to Division Title

Patriots beat Whitman behind senior's complete-game effort.

BY JON ROETMAN
THE ALMANAC

After seven innings and 100 pitches with the 4A South Division championship on the line, Wootton senior Casey Haynes stood behind her home field's third-base dugout with a bag of ice on her sore right shoulder. It's not something she likes to do, but Patriots head coach Alton Lightsey pleaded with his ace hurler to perform post-game pitching-arm maintenance.

"I've just never been in the habit, but my shoulder is getting sore because I do pitch most innings," Haynes said. "So I've got to make sure that it holds out through the season."

Facing Whitman on April 30 with the division title up for grabs, Haynes showed why the durability of her right arm is pivotal to the success of the Wootton softball team.

Haynes held the Vikings to one unearned run in seven innings as the Patriots secured their first division crown since 2008 with a 2-1 victory at Wootton High School. Haynes allowed four hits and walked two while striking out five during her complete-game effort. She threw 68 of 100 pitches for strikes and delivered a first-pitch strike to 25 of 29 batters. Lightsey said Haynes didn't have her best stuff until the seventh inning, when she retired the Vikings in order in six pitches.

"I definitely felt like I had to buckle down," Haynes said of her effort in the seventh inning. "I knew if I shut down [Whitman] that inning we wouldn't have to go up to bat again and that was really important. And it was the division championship, so I really wanted to make sure we got out of there as quick as possible."

As a junior, Haynes' ERA was around 8.00. This season, it's around 1.00 as No. 9 has allowed one earned run or less in 11 of 12 starts. She surrendered two earned runs in the other start.

"Casey has learned how to pitch and actually become a pitcher this year," Lightsey wrote in an email. "She has multiple pitches she can throw, she hits locations and her ball has a lot of movement."

The victory against Whitman improved Wootton's record to 10-2, including 5-0 in the division. Lightsey credited pitching and defense — no team has scored more than four runs against Wootton — for the Patriots' success, along with team chemistry.

"The girls have bought into the idea that if we execute on the defensive side of the ball and force teams to have to earn their



Wootton pitcher Casey Haynes threw a complete game and did not allow an earned run as the Patriots defeated the Whitman softball team on April 30 to win the 4A South Division championship.

runs, then good things will happen," he wrote. "We also have an experienced (nine juniors), deep team where we can plug players into different positions and not lose much, if anything, at all. Finally, the girls like one another. Team chemistry is extremely high."

Wootton also benefitted from timely hitting on Monday. After the Patriots managed just one run in five innings against Whitman pitcher Helen Rosenthal, center fielder Hallie Rolfes drove in the winning run with a two-out single in the sixth.

Rosenthal suffered the tough-luck loss, allowing two runs — one earned — and five hits while walking two and striking out three in six innings. At the plate, the junior drove in Whitman's lone run with a two-out double in the fifth.

Rachael Strauss had two hits for Whitman, which dropped to 6-6 and had its five-game winning streak snapped. The Vikings will travel to face Paint Branch at 3:30 p.m. on Wednesday, May 2 and Northwest on Friday, May 4.

Wootton will host Blair at 3:30 p.m. on Thursday, May 3, when the Patriots will once again look to Haynes for a big performance in the pitcher's circle.

"[My shoulder is] pretty sore," Haynes said after beating Whitman, "but it will be good by Thursday."



Whitman pitcher Helen Rosenthal suffered a tough-luck loss against Wootton on April 30.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Churchill's Edens To Play Basketball at McDaniel College

As the third of several Winston Churchill High School boys' varsity basketball players to announce their college intentions for the fall of 2012, Sam Edens, a member of the 2009-12 Churchill varsity teams announced that he plans to attend McDaniel College in Westminster and play basketball next season for the Green Terror under head coach Kevin Curley.

Edens, a 6-foot-3 guard/forward, was the leading scorer at 15 points per game on the 2011-12 Churchill varsity, which made its first 4A West regional final appearance in 33 years and won 19 games (19-6). Edens received numerous accolades for his performance including being named to the 2012 Capital Classic preliminary all-star game and the 2012 Montgomery County Public School All-Star game. He ranks eighth all-time in career scoring at Churchill. McDaniel College, a member of the Centennial Conference and NCAA Division III, recently finished with a 9-16 record during the 2011-12 season. Edens is undecided as to the course of studies he will



Churchill senior Sam Edens will play basketball for McDaniel College in Westminster next season.

pursue. He will join Kyle Edwards (Emerson), Jake Eskin (Susquehanna), Elijah Gore (Salisbury) and Will Lewis (Denison) as former Bulldog players under fourth-year Churchill coach Matt Miller (61-35) expected to play in the collegiate ranks next fall.

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