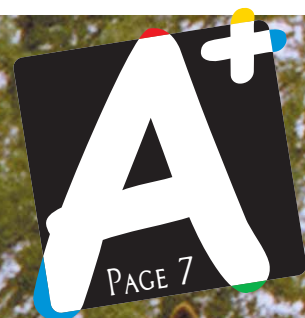


Potomac ALMANAC



Just before entering the Novice Junior Year competition, Hastening Opal, ridden by Corbin Blumberg, pauses. Rider and horse placed second in a field of 15 competing in dressage, stadium jumping and cross country.

In Style At Seneca Valley

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'Ellen's Run' To Benefit Mental Health in County

5K Run/Walk
set for Oct. 7.

BY SUSAN BELFORD
THE ALMANAC

Ellen Vala Schneider had many friends throughout Chevy Chase, Bethesda and Potomac. She was outgoing, caring and loving — a dedicated mother, attorney and the ultimate volunteer. Her life ended tragically when she drowned in the Potomac River. Her body was found near Billy Goat Trail. She was 51 when she died, but she had made an impact on everyone she encountered.

For the past 7 years, more than 500 friends and colleagues have come together to honor her life with a 5K Run/Walk that benefits the Mental Health Association of Montgomery County as well as Bethesda-Chevy Chase High School Community Scholarship Fund. Schneider served on the Board of the MHA and volunteered at BCC, the high school her children attended. According to Carole Brand, co-chair of Ellen's Run, "One of the goals of Ellen's Run is to promote awareness of depression and the fact that mental health issues hit home in every community in Montgomery County. We also raise scholarship money for the neediest BCC students to attend college. Another goal is to bring the Montgomery County community together in a healthy way."

Close friend and neighbor Liz Appelbaum



Runners participate in last year's 5K Run/Walk in memory of Ellen Vala Schneider.

describes Schneider: "Ellen's passions 'Educate, Volunteer, and Serve' are the cornerstones of the annual Ellen's Run. Her legacy is that she inspired so many others to do the same. The past 7 years have shown me and others who knew her that it requires the energy of an entire community to fill her shoes."

The Oct. 7, 5K race and 3K walk will begin at 9 a.m. at Candy Cane City in Rock Creek Park. Registration is on-line, and packets may be picked up the morning of the race from 8 - 8:45 a.m. at the race site or the day before at BCC High School from noon - 3 p.m. The cost, depending on when one registers is \$25 - \$40 for adults and \$15 - \$20 for students 13 - 18 and \$10 for children 12 and under. Prizes will be

awarded to teams of four as well as individual racers. The team with the most participants will win a prize.

"This is a fun-family event," said Brand. We are celebrating Schneider's legacy, but we are also doing something positive to honor our friend. It makes everyone feel good."

Potomac resident Joy Paul, president of the Board of the Montgomery County Mental Health Association, said, "This is a county-wide event which helps to support the many beneficial programs of our association. Ellen was incredibly involved with these programs and was an advocate for educating students and adults about the signs of depression."

"Red Flags" is a program of the MHA that



Ellen Vala
Schneider

serves all middle and high schools to teach students the warning signs of depression. These signs are fatigue, sleep-related irregularities, loss of interest, decreased cognitive awareness, bullying, negative feelings (sadness, hopelessness,

worthlessness) eating and weight problems. When someone is depressed, they become dysfunctional. Their loved ones must take action immediately and notify a doctor, therapist or hospital. It is better to take action — and possibly be wrong than it is to know that someone is depressed and do nothing about it.

Paul and her family participate in the run every year. Paul said, "This event is not only a tribute to Ellen and all the fine work she did, but it is also a testimonial to the programs of the MHA. We help everyone in the county. We are pleased that funds are donated to our cause — and also go to help BCC students attend college."

To register for Ellen's Run, to donate or serve as a sponsor, go to www.ellensrunonline.org or mail in the registration with payment to Ellen's Run c/o Carole Brand, 7011 Fulton Street, Chevy Chase, MD 20185. Registrations will also be accepted on the day of the race. To find out more about the Montgomery County Mental Health Association, go to its website: www.mhamc.org.

St. James Episcopal Rector Completes Pilgrimage to Santiago

A journey that heals
the soul.

BY SUSAN BELFORD
THE ALMANAC

The day before Potomac's St. James Episcopal Church Rector the Rev. Cynthia (Cindy) Baskin and her husband Bob were to leave on their once-in-a-lifetime 480 mile pilgrimage through northwestern Spain, she was diagnosed with a stress fracture in her left foot. After consulting her orthopedist, the couple decided to go forth with modified plans — they departed a day later, altered the amount of walking they would do, arranged for alternate transportation and added a walking boot to her carefully packed backpack. One of the challenges of planning for this type of travel is that they could only bring what they could carry on their backs.

The couple departed for Madrid just two days after her diagnosis. They added train and bus transportation for part of the route — but Baskin still wanted to walk as much of the pilgrimage route as possible. Through sheer determination and dedication, she trekked over 200 miles, and her husband



The Rev. Cynthia Baskin, rector of St. James Episcopal Church in Potomac.

Bob completed more than 400 miles of the sacred walk.

The Way of St. James is the pilgrimage route to the Cathedral of Santiago de Compostela in Galicia in northwestern Spain, where the remains of the apostle Saint James are said to be buried. Thousands of people complete the journey every year for religious reasons, travel, sport — or simply for the challenge of walking for weeks in a new country. The Baskins chose to walk the pilgrimage because of the personal significance of the pastor of St. James Episcopal following the Way of St. James. They also did it to take a breather

from the hustle and bustle of modern life — to slow down, get back to nature and enjoy a more simple life for 6 weeks.

"We walked an average of 8 - 12 miles a day," said Baskin. "Along the way, we met interesting people from every country in the world. There were not many Americans, but we met people young and old. The whole point is to slow down and to get in touch with your own self. I'm still mulling and reflecting on the revelations that came from this trip."

"I developed knowledge of my own personal limits — and that I am OK with them. Some people could go much faster and farther in a day, but I came to understand that I'm just happy that I could be doing the walk in my own time. It's truly about the journey — the people you meet along the way and the attachment to the earth. It's about getting in touch with myself, and with others."

They observed a number of solo walkers as well as many groups of Roman Catholics with a monk or a priest. Baskin noticed that she was never worried about personal safety along the trail. "The other walkers making the pilgrimage were kind and helpful and we developed a sense of camaraderie. When we retired for the night at an inn or a hos-

tel, the innkeepers were just remarkable and so caring. They tried to make our stay as pleasant as possible."

"People always told me the pilgrimage would be a transforming experience — but they never said how," said Baskin. "It's truly something to live the experience. When I returned, I changed my entire way of living and am now focusing on living healthier and staying physically fit. I joined a gym and swim and cycle 5 days a week."

Some revelations from her trip: "I was surprised by the number of small villages in Spain that have enormous gothic cathedrals and churches. All are exceptionally ornate. It demonstrates the tremendous spirit of each village. The church or cathedral is truly the community center of their village. I was also impressed by their slower, simpler life. Everything literally shuts down from 3:30 - 5:30 when everyone takes their siesta and then businesses open again. I was pleased with their emphasis on conserving electricity — from their windmills to the light switches that demand the door key in order to turn on the power."

Baskin explained that the pilgrims carry the credencial or the "Pilgrim's Passport"

SEE RECTOR, PAGE 11

GETTING AROUND

Horses and Riders Go in Style at Seneca Valley

Two-day event attracts competitors from across the country.

BY CISSY FINLEY GRANT
THE ALMANAC

There was an abundance of horse trailers, ranging in size from two-horse rigs to those resembling equine traveling hotels passing through Potomac Village last weekend, all headed to the Seneca Valley Fall Horse Trials at the Kiplinger family's Bittersweet Field on Partnership Road, Poolesville.

The two-day event attracted riders competing in dressage, stadium jumping and cross-country, many of whom travel frequently from state-to-state competing for ribbons, but also happy to just have the experience and a clean round. Eventing, as it is known in the horse world, has been suggested to be the onset for horses and riders en route to higher competition and a chance for the United States Equestrian Olympic Team.

The enormity of coordinating this event is mind boggling. Without a cadre of volunteers it would be impossible. Three divisions of competition each day demand three separate areas and a multitude of jumps to be built, and/or assembled. This is just the beginning.

Before sunrise, when trailers of horses and riders pull into Bittersweet Field, nearly 40 officials including Kathleen Flynn and Nancy Jones, the show secretaries, have already arrived. They are among those responsible for making sure things run smoothly. This includes five judges, Beth Barritt, Cynthia DePorter, Beth Thorpe, Cathy Tucker-Slaterbeck and Kathy White, who will be on duty for the long haul as will course stewards, a vet, schedulers and announcers.

The Saturday program boasted 140



Marley Stone polishes tack while "Alfie" munches from his hay net. Spit and polish are de rigueur throughout the competition.

Former Seneca Valley Pony Club members (from left) Lillian Heard, Matt Flynn and Katie Wherley, competed in the club's two-day horse trial at Bittersweet Field.



Who's driving? Darby and Toby were all set to go for a ride. What's a horse event without dogs?

horses with their riders often competing on two entries in more than one division. Starting times ranged from 8:30 a.m. to after 5 p.m. This is more than a 9 a.m. to 5 p.m. job!

It only takes a stroll through the van parking area (which covers several acres) to see how pampered these horses are and how hard most of the riders work to keep them comfortable. The horses are sponged down, legs are wrapped, their coats brushed and curried and manes and tails braided. It is not only performance that counts in this competition. Horse, tack and rider must be spotless. Some of the more fortunate riders have extra help, often a mom, dad or good friend.

Recently back from London where she competed in the Olympics with the U.S. Equestrian Team, Karen O'Connor, who has previously participated in the Seneca Valley trials, told friends it is her first event since returning to the states. She won two blue ribbons in Open Intermediate to celebrate her home coming. She also graciously mentioned how pleased she was with the new course design.

Saturday's nine programs were designed for more advanced horses and riders. Sarah Cousins, another familiar name on the circuit, rode Kestral Key and The Robber Baron to first and third places in the Open Intermediate.

A quick glance at out-of-state tags (one huge van displayed California plates) suggests the popularity of the sport and the dedication of riders and sponsors. Without sponsors many of these talented riders

would never have a chance to compete on an upper level or in international competition.

The Sunday program, geared for lesser experienced riders or horses, attracted more than 250 entries. Corbin Blumberg could have walked Hastening Opal from her home stable next door to the competition. There were 15 competing in the Novice Junior Year. Opal and Corbin were pinned second, a few steps behind Tappin' To The Music, ridden by Madeline Fortin. Corbin's mother, Pam Blumberg, an organizer of the Trials, had to be also "Tappin'" to the music.

The two-day event was not all work and no play. Dr. and Mrs. Pat Flynn saw to that. A dinner party Saturday night at their Potomac home provided occasion for a number of former Seneca Valley Pony Club riders to have a mini reunion. Their son, Matt Flynn, and Katie Wherley and Lillian Heard, are all Seneca Valley graduates and have advanced to a higher level of competition. Flynn was competing on Chopard an entry owned by Tyler Abell, long a supporter of eventing riders and horses.

Barbara Werther, another guest received



Alexis Latson gives a treat to Prince William, a.k.a. "Willie" prior to their Sunday afternoon Beginner Novice competition. "Willie," a rescue horse, seems to enjoy his new life-style.

congratulations for her horse, Stanley, and herself, on their recent win at the American Eventing Championships in Atlanta. By her own admission, "I am a wimp when it comes to cross-country riding." Wimp or not, she and Stanley were victorious over 50 competitors. Her coach, Packy McGaughan, also at the party, encouraged her to enter the Atlanta trials.

Werther, a Bethesda attorney, mentioned several legal awards. If any of those came her way, she remarked, the one she and Stanley received "would mean the most to me." And, she added, "Yes, Stanley got his Gatorade."

Potomac author Neal Gillen and his wife Mary Margaret were there. Neal has just completed his ninth book. No, it isn't about horses. "It's about my 1954 high school adventures in New York,"

he said. He and Bess Abell reminisced about her days as Mrs. Lyndon Johnson's social secretary and "The Lady Bird Special," the whistle stop train tour Mrs. Johnson took through the south. "I wanted a car for her with a platform," she said. She got it. Gillen thought it was a good idea to plan a 50th anniversary party commemorating the tour.

Maybe a horse show?

Saturday Summary

Open Intermediate: 1. Karen O'Connor, 2. Sarah Cousins, 3. Sarah Cousins, 4. Karen O'Connor, 5. Erin Risso; Open Intermediate: 1. Karen O'Connor, 2. Sarah Cousins, 3. Victoria Jessop, 4. Chase Beach, 5. Laine Ashkee; Open Preliminary: 1. Kurt Martin, 2. Kristin Parris, 3. Lynn Symansky, 4. Julia Beamish, 5. Cindy Anderson-Blank; Open Preliminary: 1. Stephanie Davis, Amanda Wilson, 3. Kelsey Hoiness, 4. Marley Stone, 5. Natale Wales; Training Horse: 1. Kurt Martin, 2. Liza Horan, 3. Sharon White, 4. Matt Flynn, 5. Lynn Symansky; Open Training: 1. Jacqui Ross, 2. Anna Weaver, 3. Colleen Rutledge, 4. Ashley Kehoe, 5. Katy Gates; Training Sr. 3: 1. Susan Southard, 2. Leigh Ann Leary, 3. Sharon Odenkirk, 4. Nancy Verzi, 5. Carolyn Rice; Training Jr Yr 4: 1. Kennedy Cross, 2. Cori Davis, 3. Demery Schriver, 4. Morgan Harper, 5. Danielle Poulsen.

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com.
Deadline is Thursday at noon.

MONDAY/SEPT. 24

Afternoon Grief Support Group. 1-2:30 p.m. For anyone grieving the death of a loved one, a six-week group led by Montgomery Hospice professional counselors. Mondays, North Bethesda United Methodist Church, 10100 Old Georgetown Road. Registration required: 301-921-4400.

Dystonia Golf & Tennis Classic and Banquet. At Bretton Woods Country Club, 15700 River Road, Germantown. Day-long activities beginning at 10 a.m., including golf and tennis tournaments, lunch, an awards reception and gala banquet at 6 p.m. Registration fees are \$250/ Golf Classic or \$1,100/patriot foursome (3+ guest soldier), and \$110/Tennis Classic. All tournament registrations include the banquet. For those not participating in the golf or tennis classic, banquet registration alone is \$100. Visit www.dystoniagolfclassic.com, or contact Tom Driscoll at 202-285-9103 or tom_driscoll2@verizon.net.

Health Session. 2012 Pain Awareness Month Symposium "Hope, Help and Healing: Changing the Culture of Treating Chronic Pain." 8:30 a.m.-4:45p.m. For anyone with chronic pain and professionals. Active Military free. Fee and scholarships available. Call 301-231-0008 or visit www.painconnection.org.

FRIDAY/SEPT. 29

Fundraiser. 7-11 p.m. 21 tennis pros from the Washington, D.C. area are lending their names to the "Raising a

Racquet for the Troops" fundraiser to support the Yellow Ribbon Fund to help injured service members and their families, at the Georgetown Prep Tennis Club in Rockville. Live and silent auction with gourmet foods. Gala tickets \$200/person or \$300/couple. Visit www.yellowribbonfund.org.

TUESDAY/OCT. 2

Parent Loss Support Group. 6:30-8 p.m. For adults who have experienced the death of one or both parents, a six-week group led by Montgomery Hospice professional counselors. Tuesdays. Mt. Calvary Baptist Church, 608 North Horners Lane. Registration required: 301-921-4400.

WEDNESDAY/OCT. 3

Child, Adolescent and Teenager Grief Support Group. 6 p.m. For age 4 years through teens who have experienced the death of a parent or sibling. **Parent/guardian group** meets at the same time. A six-week group led by Montgomery Hospice professional counselors. Wednesdays. No meeting Oct. 31. Montgomery Hospice, 1355 Piccard Drive. Registration required: 301-921-4400.

Hazak Speaker & Lunch: "The President as a Leader." noon-3 p.m. Congregation B'nai Tzedek, 10621 South Glen Road. Lunchtime discussion with Michael Eric Siegel on his book, "The President as a Leader." Bring a dairy/pareve lunch. Beverages and dessert provided. Free. Call 301-299-0225.

SEE BULLETIN, PAGE 6

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OPINION

Bill of Rights Makes Democracy Work

Rare opportunity to see George Washington's copy of the Constitution and the Bill of Rights.

On June 22, 2012, the Mount Vernon Ladies' Association emerged from intense bidding at a Christie's auction in New York, securing George Washington's personal copy of the Acts of Congress. The price at the auction was just under \$10 million.

This week, this volume containing George Washington's personal copy of the Constitution, the Bill of Rights, and other legislation passed by the first session of Congress, with his handwritten notes in the margins, went on display at the Mount Vernon Estate, on Constitution Day which was Monday, Sept. 17. The book will be on display at Donald W. Reynolds Museum and Education Center at the Mount Vernon Estate through President's Day in February 2013.

It is certainly worth the trip to see.

The Constitution and the Bill of Rights, the first 10 amendments, are a model of spare writing, packing every word and phrase with meaning, anticipating much and providing a framework for future. Here is the text of the Bill of Rights, courtesy of the Library of Congress. I cannot imagine that 500 words anywhere from any era convey so much power. These 500 words are what make democracy work.

A BILL OF RIGHTS as provided in the Ten Original Amendments to The Constitution of the United States in force December 15, 1791.

Article I

Congress shall make no law respecting an

EDITORIAL

establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Article II

A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.

Article III

No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law.

Article IV

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

Article V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia, when in actual service in time of War or public danger; nor shall any person be subject for the same offence to be twice put in jeopardy of life or limb; nor shall

be compelled in any Criminal Case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

Article VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining Witnesses in his favor, and to have the Assistance of Counsel for his defence.

Article VII

In Suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury shall be otherwise re-examined in any Court of the United States, than according to the rules of the common law.

Article VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Article IX

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

Article X

The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTER

Importance of Organic Farms

To the Editor:

Gov. Martin O'Malley's letter was timely and appropriate. His letter clearly recognizes the increasingly critical role that small, local farms play in the protection of our State and National food supply. At the same time, the Governor recognized the benefit to Montgomery County students and future farmers, of having a resource where they can learn about the food chain and organic farming practices.

Most of the continental United States is experiencing a terrible drought this year. I stood in Nick's Farm and saw 8 foot tall corn and tall, healthy soy. Organic farms withstand severe weather conditions better than conventional farms, sometimes yielding 70-90 per-

cent more than conventional farms during droughts. Organic farms are more profitable in the drier states of the United States, likely due to their superior drought performance. Organic farms survive hurricane damage much better, retaining 20 to 40 percent more topsoil and smaller economic losses at highly significant levels than their neighbors.

While, many of the elected officials in Montgomery County have been focused on providing soccer fields that are not needed at the expense of community harmony and legally mandated transparency, Governor O'Malley has elevated the conversation to recognize the loss to future generations should Nick's Farm lose out to corporate soccer interests.

Barbara Hoover
Potomac

BULLETIN BOARD

FROM PAGE 5

OCT. 16-18

Hebrew Parent and Child Class.

The class meets every Tuesday at 10 a.m. Cost: Members \$150, Non-Members \$180. For ages 12-24 months. Enjoy the Hebrew language through stories, rhymes, songs, finger play and much more with an Israeli preschool teacher. Call 717-842-0918.

TUESDAY/OCT. 23

Open Meeting of the Potomac Village Garden Club.

7:30 p.m. Get suggestions from the State Division of Natural Resources George Timko who has worked on the deer project for 20 years. Saint Francis Episcopal Church River Road in Potomac Village across from the Safeway. There will be a social time after the presentation with refreshments to allow time for organizing and seeing what is working in the garden club gardens.

WEDNESDAY/OCT. 24

Har Shalom Open House for the 2013-2014 School Year. 10 a.m.-noon. Half Day and Full day options available. Tour the building, observe preschool classes in progress and meet Rabbi Raskin, the ECEC Staff

and Current ECEC Parents. Call 310-299-7087.

ONGOING

Zumba at Village Yoga. An easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. Classes are Tuesday nights, 7:15 p.m. and Saturdays 11:30 a.m. 10154 River Road. Call 301-299-1948.

Beginner's Yoga Classes at Village Yoga. Village Yoga is adding a new Beginner's Yoga Class, Mondays, 8 p.m. Continues our Thursday, 7:30 p.m. Beginner's Gentle Flow class as well. 10154 River Road. 301-299-1948. Visit www.villageyogayogi.com.

Fenton Street Market. 10 a.m. - 4 p.m. Saturdays through Oct. 27. The market is located in downtown Silver Spring at One Veterans Plaza, intersection of Fenton and Ellsworth streets. It will not be open on Sept. 22.

Members Wanted. The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. The club offers bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers and current residents form new friendships, expand horizons and take advantage of opportunities in the Washington, D.C. area. Visit www.potomacnewcomers.com

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Teaching Youngsters About Money

Experts offer advice on raising financially savvy children.

BY MARILYN CAMPBELL
THE ALMANAC

Money comes from my daddy," said Ian, a 7-year-old boy from Arlington, who is missing his front teeth.

"My parents got it from an ATM," said 6-year-old Claire when asked about the origins of the \$10 bill that she was using to buy a scoop of chocolate ice cream.

Financial experts say that as soon as children are aware of the purchasing power of money, parents should start teaching them how to use it wisely. Children who develop sound financial habits when they are young will become adults who know how to budget, save and use credit judiciously.

"No matter how young a child is, they can always learn good money practices," said Theresia Wansi, an associate professor of finance at Marymount University in Arlington. "What matters in life is not how much money you earn, but how you manage your finances. We hear stories all the time about people who make millions and end up broke."

Potomac resident Glen Bucu, president of West Financial Services, says many financial advisers in his McLean, Va., office are also parents who are passing along penny-wise know-how to their children. "When their children receive money, the parents help them develop a budget using a 'three bucket system,'" said Bucu. "One bucket is for saving, one is for spending and one for charity."

Experts like Bucu say wise shopping is a key component of money smarts: "When children want items like clothing or electronics, help them develop a budget with the money they've saved and then shop around," he said. "One of the mothers in my office helped her 9-year-old daughter shop for shoes online by comparing prices, looking for discounts and free shipping."

Ilham Nasser, an associate professor of early childhood education at George Mason University in Fairfax, says impulse control is often a stumbling block to financial stability. "Parents can teach self-regulation by using techniques like telling their children to count to 10 or take a deep breath or by playing simple games like 'Simon Says' to teach delayed gratification."

Wansi says children should also be taught to keep track of the money that passes through their hands. "Everyone should have a spending diary," she said.

"Use a spreadsheet where the child lists what they spend. They might see that they are spending much more than they thought they were."

Setting financial goals and working toward them is another strategy for managing urges to spend money frivolously. "Everyone can set short-term, intermediate and long-term financial goals," said Wansi. "The goals you set have to be realistic and specific in measurable terms. For example, 'I am going to get a part-time job to save for a \$2,000 car in six months.'"

WHEN IT COMES TO LEARNING to save, experts say to start early. "Even an elementary school student who has \$5 can be taught to save \$2 in a piggy bank," said Wansi. "When they are old enough to open a savings account, they can save money there."

Parents can help their children understand expenses and how simple actions can save money by allowing them to see bills, due dates and the amount of money owed.

"If your children leave lights on all over the house and you yell at them, they're not going to get it. You have to share your bills with your children," said Wansi, who lives in Herndon. "When my kids were away at college, my bill was around \$100 ... and when they came back [for a school break] it was \$500. I took the bills for them to see and they were amazed that a bill could be that expensive. Then everybody starting turning off lights without being asked."

Nassar suggests parents use a show and tell approach: "Part of raising a child is being a role model and showing an ability to manage expenses," she said. "When you go to the grocery store,

take your children and say, 'We have \$100 today and we need to get these things. Let's see which are the most important things.' Help them think about priorities." Understanding credit is critical part of financial management, says Wansi: "In the U.S., it is hard to live without good credit. Teach children the advantages and pitfalls of credit.

Beginning at middle school, it is important for children to understand the importance of good credit. I've talked to high school students who didn't know that when you use credit cards you have to pay the money back." Bucu says that debit cards might be a good alternative. "I've

seen parents use these when their kids go off to college," he said. "They would put money in the account and the kids can use the debit card. Several parents in my office who have 12- and 13-year-olds have set up debit cards with zero balances. When the kids find something they want to buy, [they can] move money out of savings into checking."



PHOTO COURTESY OF WEST FINANCIAL SERVICES

Potomac resident Glen Bucu, president of West Financial Services, says many financial advisers in his McLean, Va. office are also parents who are passing along penny-wise know-how to their children.

"What matters in life is not how much money you earn, but how you manage your finances. We hear stories all the time about people who make millions and end up broke."

— **Theresia Wansi, Ph.D., of Marymount University in Arlington**

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ENTERTAINMENT



"Martha's Market" by E. Carol Burns, 24 Hours East of the River Project.



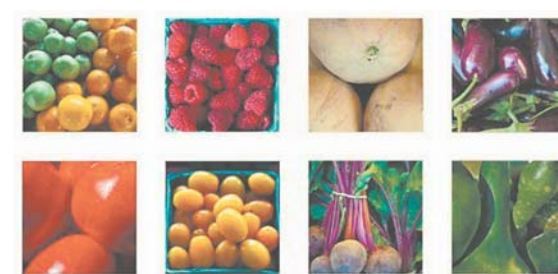
"Empty Stairs" by Ken Hipkins, 24 Hours East of the River Project.

Neighborhoods Opens at Photoworks Gallery

Photoworks Gallery in historic Glen Echo Park presents Neighborhoods: A Photography Exhibition. Neighborhoods features work from two distinct photography projects - "24 Hours East of the River," by members of The Exposure Group African American Photographers Association; and "Markets," by photographer Alec Dann.

"24 Hours East of the River" showcases the work of five photographers, E. Carol Burns, Danita Delaney, Jeff Fearing, Ken Hipkins and Vincent Lee Smith, as they worked to capture a day-in-the-life of the Ward 7 and Ward 8 communities in Northeast and Southeast, D.C. The project was sponsored by The Exposure Group, an African American Photography Association.

"Markets" features the work of Alec Dann and is a celebration of the rich variety of shapes and colors found in Washington, DC's urban farmers' markets. "Inspired by the 'typology-style' photography of



"Markets" by Alec Dann.

Bernd and Hilla Becher, Dann has created a true interplay of images.

Neighborhoods will be on display Sept. 7-Oct. 15. There will be a reception Saturday, Sept. 22, 4-6 p.m. Photoworks Gallery is located at 7300 MacArthur Boulevard, Glen Echo. Saturdays 1-4 p.m. and Sundays 1-8 p.m., and anytime a class is underway. Call 301-634-2274 or visit www.glenechophotoworks.org.

CALENDAR

Email community entertainment events to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos and artwork encouraged.

FRIDAY/SEPT. 21

Annual Bazaar. Saints Peter and Paul Antiochian Orthodox Christian Church 10620 River Road. Visit www.peterpaul.net. or call 301-765-9188.

Event for Children. Entertainment and crafts for children in the Atrium of Cabin John Mall. Intersection of Tuckerman Lane and Seven Locks Road. Free. Call 240-779-8000 or visit www.shopcabinjohn.com.

SATURDAY/SEPT. 22

Swing Dancing. 9 p.m.-12 a.m. Admission is \$15. One-hour lesson from 8 to 9 p.m. With the Tom Cunningham Orchestra. At Glen Echo Park, 7300 MacArthur Blvd. Visit www.tomcunningham.com/calendar.

Annual Bazaar. Saints Peter and Paul Antiochian Orthodox Christian Church 10620 River Rd. Visit www.peterpaul.net. or call 301-765-9188.

Free Workshop: Learning about Your New Dog. Your Dog's Friend Training Center, 12221 Parklawn Drive, 11:45 a.m. An expert trainer will discuss common issues that new dog adopters face. Leave your dog at home. Register at www.yourdogsfriend.info or 301-983-5913.

Puppet Show: "Penguins' Playground." 10 a.m. \$5 for everyone. Reservations strongly recommended. Call 301-634-5380 or visit www.thepuppetco.org. The show will be 30 minutes. Age 0-4.

SATURDAY AND SUNDAY/SEPT 22-23

Art Exhibition. The Pâte' Painters will be exhibiting their original artwork at the Yellow Barn Studio Gallery at Glen Echo Park. Show hours are Saturday from Noon to 7:30 p.m., and Sunday from noon to 5 p.m. "Meet the Artists" receptions will be held on Saturday from 5-7:30 p.m. and Sunday from 3-5 p.m. Free. Call 301-371-5593 or email at mfs-art@comcast.net.

SUNDAY/SEPT. 23

Annual Bazaar. Saints Peter and Paul Antiochian Orthodox Christian Church 10620 River Road. Visit www.peterpaul.net. or call 301-765-9188.

Puppet Show: "Clowning Around." 10 a.m. \$5 for everyone. Reservations strongly recommended. Call 301-634-5380 or visit www.thepuppetco.org. The show will be 30 minutes. Age 0-4.

THURSDAY/SEPT. 27

Frédéric Yonnet, Urban Jazz Harmonicist. 7:30 p.m. Ticket \$30. French-born Yonnet adapts the harmonica to gospel, R&B and jazz with nuances of hip-hop. At Mansion at Strathmore, 10701 Rockville Pike. Call 301-581-5100 or visit www.strathmore.org.

Slow Blues and Swing Dance. Capital Blues hosts the popular Slow Blues and Swing Dance in the Back Room at Glen Echo Park Thursdays from 9 – 11:30 p.m., with a 45-minute beginner lesson at 8:15 p.m. DJ Mike Marcotte & Guests will play a variety of blues style music. \$8. 301-634-2231 or www.CapitalBlues.org.

FRIDAY/SEPT. 28

Pat McGee. 8 p.m. \$38, Stars price \$34.20. Presented by Strathmore, at the Music Center at Strathmore, 5301 Tuckerman Lane. Visit strathmore.org or call 301-581-5100.

Family Fun Fest. 4 p.m., Potomac Community Center, 11315 Falls Road. "Who's Got Talent?" contest, carnival rides and games, prizes, petting zoo and DJ. \$5 for unlimited rides and games. Visit www.potomacsgottalent.com.

Craig Sparks Swingtet. Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd., 8:30-9 p.m. Drop-in beginner swing lesson; band plays two extended sets 9-11:30 p.m. \$15. Visit <http://dc.gottaswing.com>.

THROUGH SEPT. 28

Friday Night Live Concert Series. 6:30-9 p.m. Activities: Live music, food, and beverages. Rockville Town Square, 200 East Middle Ln. www.rockvilletownsquare.com.

SEPT. 29 THROUGH OCT. 18

Musical. P. Nokio: A Hip-Hop Musical runs in Imagination Stage's Annette M. and Theodore N. Lerner Family Theatre, 4908 Auburn Ave., Bethesda. Appropriate for ages 5-12, tickets are \$12-\$25, at 301-280-1660, www.imaginationstage.org or at the Imagination Stage box office.

SATURDAY/SEPT. 29

Raising a Racquet for the Troops. 7-11 p.m. Fund raising to benefit the Yellow Ribbon Fund. A tennis exhibition with seven-time Grand Slam Champion Mats Wilander, NBC News' Meet the Press host David

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ENTERTAINMENT

GMU's 2012 Fall for the Book Festival Celebrates with Events Around the Region

The 14th annual Fall for the Book Festival celebrates the 30th anniversary of The Color Purple with a visit by novelist Alice Walker and presents four authors — Michael Chabon, Neil Gaiman, Rita Dove, and Katherine Boo — with the festival's 2012 awards. These authors and nearly 125 others will appear Sept. 26-30 at George Mason University and at venues throughout Northern Virginia, D.C., and Maryland.

A full schedule of events is available at www.fallforthebook.org.

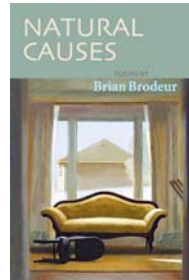
Fall for the Book is Northern Virginia's oldest and largest festival of literature and the arts, and in recent years the festival has expanded from its base at George Mason University's Fairfax campus to host events at select venues throughout Northern Virginia, D.C. and Maryland. All events are free and open to the public.

Brian Brodeur and Danielle Cadena Deulen

Saturday, Sept. 29, 7:30 p.m. at The Writer's Center, 4508 Walsh Street, Bethesda.

Brodeur, author of Natural Causes and Other Latitudes, winner of the 2007 Akron Poetry Prize, and Deulen, author of The Riots, winner of the AWP Award for Creative Nonfiction, and the

poetry collection Lovely Asunder share selections from their work. Sponsored by The Writer's Center.



CALENDAR

Gregory and others. Auction, food and beverages from Bethesda restaurants and caterers. At Georgetown Prep Tennis Club, 10900 Rockville Pike. \$200 per person or \$300 per couple. Call 240-223-1180.

Roomful of Blues. Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. 8-9 p.m. Drop-in beginner swing

lesson; 9 p.m.-12 a.m. dance. \$18. Visit <http://dc.gottaswing.com>.

Free Workshop. 1:30-3:30 p.m. Listen to your dog's body language. At Bethesda. St. Luke's Episcopal Church, 6030 Grosvenor Ln. Learn how dogs communicate with people and each other. Leave dogs at home. Visit www.yourdogsfriend.info or call 301-983-5913 to register.

Playhouse Puppetry Slam. 7 and 9 p.m. This Slam is featuring Puppet Pandemic, an organization that fundraises for National Puppetry Conference Alumni Scholarships. Tickets are \$15. There will be a live jazz band. The Puppet Co. at Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-5380 or visit thepuppetco.org.

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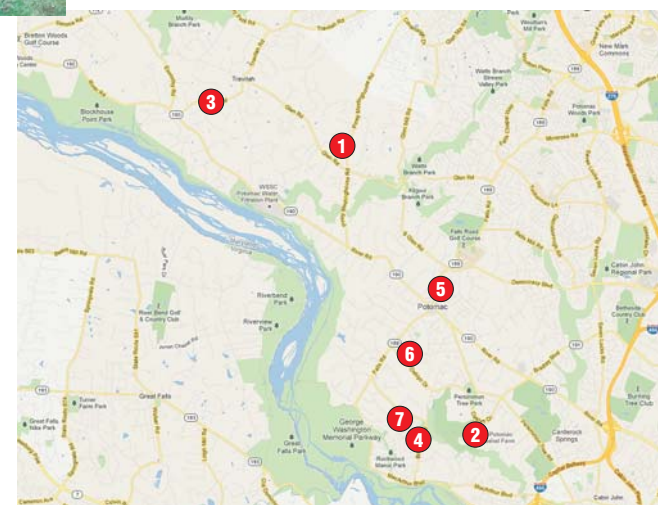
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PEOPLE

Roshan Named Teacher of the Future

Bullis math teacher receives national recognition.

BY SUSAN BELFORD
THE ALMANAC

Stacey Roshan's AP Calculus and Honors Algebra 2 students don't have to struggle with math homework every night. They never come to school with tales of their frustration and reasons why their assignments weren't completed. They don't even tell their teacher, "The dog ate my homework!"

Roshan, who has taught at Bullis' Upper School since 2007, had observed the anxiety of her students when they could not complete their assignments at home. She also felt frustrated because after delivering her lesson, there was little time for questions, starting the homework or making certain that all her students understood how to solve their math homework problems.

Two years ago she flipped the lectures and the homework. Students now view her lectures at home on their computers through i-tunes or her webpage. Then they come to class to complete their homework, get hands-on help and support, or practice what they have learned. Roshan, a technology whiz, records her lectures using Camtasia Studio Screen-Capture software with editing capabilities. She also lays out the lesson on a power-point that she hands out in conjunction with their assignment. Students use the power-point brochure to take notes and jot down questions. They have the capability to stop and replay any part of the lesson for better understanding. When they come to class the following day, Roshan will answer their questions and help them complete their homework. Many times they work with a peer or in groups, and they always get their questions answered and come away from class understanding their assignments.

"My role has become a facilitator and a coach," said Roshan. "The flipped learning model allows me to be a nurturing teacher and helps students to become very independent and innovative in their learning. They learn to think logically at a higher level."

"When the students come to class, it is obvious to me right away if they have grasped the concepts or if they are confused and need assistance. I know exactly what is baffling my students by their questions and then I can specifically address the concerns and help students more effectively."

Both students and parents have shared that they

appreciate the "flipped classroom model." One student said, "I used to leave my math homework until last because it was so difficult to struggle through. Now, I watch the video first. I know it's a 20-minute video, and I leave 30-40 minutes to go through it and to write down questions. Then I can go to school and get help in class without the frustration of having to spend hours and hours trying to understand it — and maybe never getting it."

Roshan was selected by the National Association of Independent Schools (NAIS) as one of their "Teachers of the Future" for her innovative "flipped classroom" methodology. She was chosen from a pool of nominees from across the United States — teachers who inspire academic excellence in students and who serve as role models and opinion leaders for other educators.

According to the NAIS website www.nais.org, "These teachers effectively weave environmental sustainability, globalism, equity and justice and/or use of technology into their classroom teaching. These are the hallmarks of a high quality education for the 21st Century."

Through the NAIS Teacher of the Future program, these teachers will be given a chance to distinguish themselves as teacher-leaders and to share their work with the broader independent school community. As one of only 20 teachers nationwide chosen for the program, Roshan will lead an online discussion forum designed to share innovative ideas and teaching techniques and she will create a demonstration video to inspire others. Roshan explains why she is thrilled to be a part of the Teachers of the Future: "It's all about sharing great ideas."

Roshan grew up in Rockville and attended Montgomery County Public School's Math and Science Magnet Programs at Takoma Park Middle and Blair High School. After graduation, she earned a BA and MS in economics from NYU and UVA. After working as an economist for a few years, she decided that she would rather teach math. Her mother is a math teacher at the Madeira School, and Roshan had served as a math tutor during high school and college. "I found that sitting behind a desk was not where I wanted to be. I wanted to share my love and appreciation for math with students. Once I began teaching at Bullis, I never looked back. My greatest reward is when a student tells me that I've helped them learn to love math."



Stacey Roshan

Sign Up Now for Potomac's Got Talent

The Potomac Community Center will host Potomac's Got Talent in conjunction with Potomac Family Fun Fest on Friday, Sept. 28.

Geoff Sokol, president and event coordinator of the Electric Entertainment Company, explains the format of Potomac's Got Talent: "We will start the performances in the early evening, around 6 or 7 and we will have our emcees and dancers judging along with the audience. The winning acts will receive prizes. Thus far, we only have two acts signed up, but we are expecting more this week. We would like at least 10 acts — kids of all ages as well as adults should come and show off their talents. They need to RSVP on the website, www.potomacsgottalent.com or call the Potomac Community Center at 240-777-6960 to register."

— SUSAN BELFORD

Rector Completes Pilgrimage

FROM PAGE 3

which is stamped with the official St. James stamp of each town or Refugio at which the walker stays. It provides walking pilgrims with a record of where they ate or slept, but also serves as proof to the Pilgrim's Office in Santiago that the journey was accomplished according to an official route.

The compostela is a certificate of accomplishment given to pilgrims on completing the Way. Pilgrims arriving in Santiago de Compostela who have walked at least the last 100 km, or cycled 200 km to get there (as indicated on their credencial), are eligible for the compostela from the Pilgrim's Office in Santiago. A Pilgrim's Mass is held in the Cathedral of Santiago de Compostela each day at noon for pilgrims. Pilgrims who received the compostela the day before have their countries of origin announced at the Mass.

Baskin summed up the Pilgrimage: "I was moved by the beauty of the land and the rural landscape — it spoke to my heart. The beautiful land was healing to my soul."

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All listings due by Monday at 3 P.M.**

Ground Game Key to Churchill Football's 3-0 Start

Bulldogs shut out Bethesda-Chevy Chase.

BY BEN FOX
FOR THE ALMANAC

One of the most debated questions in football is whether to pass the ball or to run it. The passing game allows more distance in less time but allows risks from the threat of interceptions and miscommunications. The running game can result in highlight runs but also can cause the team to only advance a few yards.

Based on their early games, the Churchill Bulldogs appear this season to have settled into a clear choice of the running game. Whether by design or by accident, Churchill has used the run to advance to a 3-0 record, including a 23-0 victory at Bethesda-Chevy Chase on Sept. 14. The Bulldogs' running game has resulted in more yardage than the passing game in each of their three wins, and has led to six of Churchill's nine offensive touchdowns.

"We run the triple option for our offense, which is unique in this county," Bulldogs Head Coach Joe Allen said. "That combined with the talent of the guys we have rushing has caused our running game to do well."

Running back Malik Harris, who transferred to Churchill last year from Georgetown Prep, has used that talent to



Malik Harris rushed for 155 yards against Bethesda-Chevy Chase on Sept. 14.

the fullest. The junior has scored three touchdowns so far this season, two of which came in the game against B-CC.

According to Allen, Harris has "great vision" and is "tough to bring down." This causes him to be such an offensive threat during games.

The running back said there is more to his success than his own talent. According to Harris, it is the Bulldogs' linemen that



Blake Dove has been a key component to the Churchill ground game this year.

are the biggest part of the running game's success by "making the right blocks" and "opening up holes" for the running backs.

Harris also believes that it is the team effort of him and two others that make the rushing game so hard for opponents to cover. According to Harris, he, Seneca Valley transfer Blake Dove and senior QB Jonathan Lee work to become a triple threat that is tough to beat.

"Johnny has opened up the running game for the running backs big time," Harris said. "He causes opponents to have to prepare for our attack from three different guys: me, Johnny and Blake, which makes it harder for opposing defenses."

Much of Harris' effect in the B-CC game came in the third and fourth quarters, in which he ran for 148 of his 155 yards. Both of his touchdowns came in the fourth quarter, after the Bulldogs had already made the score 10-0. Though Harris may be a star on the field, according to Dove he's just another fellow player after the game is over.

"In the locker room Malik is a really cool guy," Dove said. "He makes everyone laugh and have a good time. When it's game time, however, he's quiet and he's thinking about what he needs to do on the field."

This week the Bulldogs play Seneca Valley, a team that many Churchill players consider to be one of the team's biggest threats. According to Harris, the Bulldogs must make the most out of the five days of practice before Sept. 21.

"In order to beat Seneca we have to have a great week of practice," Harris said. "We need to come out focused and ready to get the big win on Friday."

Coach Allen agrees that this week's game is important, but stresses that the team must not treat it differently than earlier weeks.

"Though this is a very important game, and we do want to avenge last year's loss at home, we can't change the way we prepare for it," Allen said. "Our approach to Seneca Valley can't be any different than our approach to previous teams."

Bullis Football Wins Home Opener Against St. Mary's

One year after school's first outright IAC title, Bulldogs start 3-0.

BY DAVID HARRISON
FOR THE ALMANAC

Heading into the 2012 season, the main question about the Bullis football program was whether the Bulldogs would be able to compensate for the loss of graduated running back Kevin Jones. The answer: Jones is gone from Bullis, but the Bulldogs' ability to put points on the board is not.

As Bullis attempts to defend its first outright IAC football championship, it has been made clear that expectations for the team are high. In front of a sizeable crowd for their home opener, the Bulldogs certainly did not disappoint. Bullis School convincingly defeated St. Mary's Annapolis High School, 34-13, on Sept. 14.



Bullis senior Peter Angeh had 11 tackles and 3.5 sacks against St. Mary's on Sept. 14.

"The win was a great team effort," senior quarterback Danny Copeland said, "but we made some mistakes."

However, he does not have much to be disappointed about. Copeland completed 14 of 20 passes for three touchdowns and 252



Senior Danny Copeland is the Bullis' quarterback, taking over for graduated three-year starter Kylor Bellistri.

total yards. Copeland was another question mark heading into the season as he prepared to take over for former three-year starter Kylor Bellistri.

Despite a tight first quarter, the Bulldogs slowly pulled away. Bullis opened up the

scoring with a 19-yard roll out pass from Copeland to Noah Spriggs. Then, after a quick response from St. Mary's, Copeland suffered perhaps his only setback of the night in the form of a fumble. However, short touchdown runs from Bullis running backs Brandon Izzo and Devonte Williams eventually led to the Bulldogs taking a 27-13 lead into the half.

In the second half, St. Mary's was shut down offensively as a late interception followed by a Nick Fields touchdown sealed the game for the

Bulldogs. Senior transfer Peter Angeh led the charge with 11 tackles and 3.5 sacks.

"Danny played great and saw the field

SEE BULLIS WINS, PAGE 13

WWW.CONNECTIONNEWSPAPERS.COM

Applying to Private Schools: Starting the Process

As the application period gets underway, local independent school officials offer suggestions.

START SURFING. “I would encourage parents to visit a variety of school websites to get a feel for the wide range of fabulous independent school options available. A comprehensive directory of schools with website information [can be found at <http://www.independenteducation.org>].” Mimi Mulligan, assistant head and director of admission and enrollment management, Norwood School, Bethesda, Md.

WATCH AND RUMINATE. “Observe your child and think about the learning style that’s best for him or her. What are the values of your family? What are your hopes for your child’s education?” Diane Dunning, director of admission and financial aid at St. Stephen’s & St. Agnes School, Alexandria.

AVOID FOLLOWING THE PACK. “Don’t be swayed by popular opinion or reputation. Instead, visit every school you’re considering, talk to current or alumni parents and students, and then decide whether that school may fit your child’s interests, personality and needs.” Tim Simpson, director of admission, Bullis School, Potomac, Md.

ESTABLISH PRIORITIES

AND START SLEUTHING. “Create a list of five or 10 things that are important to you and your child. Check the athletic schedules and the theatrical and fine arts performance schedules, which are posted on the websites of [independent schools]. You should come to those events ... because the more time you spend on a campus, particularly at an event that is not run by an admissions office, you’re going to get a much better sense of what that [school’s] community is like. For example, do you see students there who you could see yourself being friends with? Do you like the way that the adults are interacting with the students in the community?” asked Ann Miller, director of admission, Madeira School, McLean.

MAKE A LIST AND CHECK IT. “List out the schools you think you may want to apply to and check on their application processes and deadline dates. Many schools have parts of the application that are extremely time sensitive, such as signing up for admission testing as well as filing for financial assistance.” Pat Harden, director of admissions and financial aid, Connelly School of the Holy Child, Potomac, Md.

DEAL WITH STICKER SHOCK. “Don’t eliminate a school from your search because of the cost of tuition without looking into financial aid [or] merit and scholarship awards that may help reduce the cost.” Scott Conklin, di-

rector of admissions, Episcopal High School of Virginia, Arlington.

FIND A CLEAR PICTURE. “When considering schools, take a moment to actually visit the campus and ask the tough questions. A school’s website may or may not be the full picture. The question for the parent is, how real is the image they are seeing online? A

few conversations with parents and teachers go a lot farther in this regard. Ask admissions officers what their schools’ mission is, how it is different from that of other schools and how they implement the mission.” Rich Moss, director of admissions, The Heights School, Potomac.

once you have decided that you will be applying to a school for your child, get out that calendar again and write down all deadline information – application deadline, financial aid deadlines, supporting documents and testing deadlines.” Mimi Mulligan, Norwood School, Bethesda, Md..

GET ORGANIZED. “Finally,

— MARILYN CAMPBELL

LET'S TALK Real Estate



by Michael Matese

How Wired Are You?

It wasn't that long ago that regardless of a home's size, there were only two standard wiring systems required to run a household: telephone and electricity. The modern age has ushered in the concept of a technology-based home, one where multiple home computers, surround sound televisions, stereo equipment, home security systems and automated conveniences have relegated two-wiring systems to relics of the past. The 21st century lifestyle dictates a multitude of wiring, wiring types and multi-purpose technological home functionality. Modern homes, in order to stay market competitive, need to offer a wide range of efficiency and maximize all livable spaces for technological usage through their wiring. Advanced wiring schematics allow homeowners to customize their use of technology while meeting individual needs. Options in advanced wiring range from Category 5 wiring and coaxial cable to fiber-optic cable. However, if choosing fiber-optic for your home, it is best to leave the installation in the hands of a licensed contractor or other certified professional, as this option is expensive and complex and leave little room for error. If you choose to build your own home, there is an equally diverse range of options open in home automation systems and home security systems available to meet the simplest of needs or the most complex. With today's innovations, you can wire your entire house to run everything from one simple location. Building convenience and efficiency into your home at the ground level adds a degree of comfort and luxury to your home while you're living in it, and dollars onto your asking price when it comes to future resale value.

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SPORTS

Bullis Wins at Home

FROM PAGE 12

well tonight,” Spriggs said. “We’re happy with the result tonight, and are looking forward to next week.”

Spriggs led all Bullis receivers with three receptions for 101 yards.

“It feels great to get the first home win,” Fields said. “The first home game is always filled with a lot of emotion and excitement, and I’m glad we were able to get the job done. Now we need to have a great week of practice and get ready for Avalon next Friday.”

Fields’ five-catch, 93-yard performance was second only to that of Spriggs.

Although Bullis is just now entering the bulk of its schedule, it appears that the team is again a

serious contender for an IAC championship. Since the beginning of this 2012 season, the Bulldogs have achieved success in the air and on the ground. While Copeland has picked up Bellistri’s slack under center, the Bulldogs have found success in on the ground by committee. Bullis distributed carries between Copeland, Izzo, Fields, Williams and Jonathan Dyer over the course of the game. Now 3-0, the Bulldogs will face Avalon School from Gaithersburg next week. When the two teams faced last year, Bullis steamrolled Avalon, 54-0.

“Coach [Pat Cilento] encourages us to stay grounded and focus on the game at hand,” Dyer said. “That’s what makes us good. We don’t ignore any opponent.”



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News

Refillable. Rechargeable. Reusable.

By KENNETH B. LOURIE



More like replaceable. Obviously, I want to remain positive and believe that today is not a good day to die (Worf from "Star Trek: Next Generation") and that there will be many more tomorrows to live for and days beyond that to plan for. However, having a terminal disease has a tendency to darken up those rose-colored glasses. At some point in my compartmentalization of cancer, its harsh reality has to rear its ugly head. Stage IV, non-small cell lung cancer – to invoke a famous Bette Davis quote, "is not for sissies." As much as one tries to live life as if they were cancer-free, unfortunately there will be physical and/or mental/emotional manifestations that will consciously – and subconsciously "two-by-four" you back to your reality. Generally speaking, it's not unmanageable – for me, but nor is it how I anticipated my middle age would transition: precariously.

Having been healthy my entire life, having never witnessed cancer in my immediate family, having seen both my parents live well into their 80s and having never smoked cigarettes – not once – cancer was one of, if not the furthest thing from my what-am-I-going-to-die-from mind. Yet here I am, age 58 almost, three and one-half years into a "13-month to two-year prognosis," alive and reasonably well, all things considered (and you regular readers know how I like to consider "all things"). So, this column isn't complaining about anything, it is merely observing and commenting on some of the uncontrollable peculiarities which seem to accompany a late-stage cancer diagnosis.

As much as I understand – and appreciate – the importance of money-back guarantees and warranties and zero-percent interest over extended periods of time, and of sacrificing today for tomorrow; putting off tomorrow for today, not planning beyond a certain point/date, not committing to time and place somewhere in the future permeates my sense of proportion. How do I care about something – in the future, that I once took for granted in the present that now, ever since my diagnosis/prognosis, might be beyond my reach? Yet, if I don't attempt to reach for it, I'll likely never get there. Though nothing is promised, presuming that the effort is fruitless and doomed to failure is likely the quickest way to realize that disappointment. For me, controlling that expectation and preventing its manipulation of my thoughts has been the most challenging aspect of my diagnosis. If I don't live like I have a future, I likely won't have one.

But planning – and living – for the future, a future which is no longer guaranteed (to the extent such things are guaranteed) may cause one to sacrifice precious moments in the present that might never happen again. On the one hand; what am I waiting for? I have cancer. On the other, what am I living for? I have cancer. Rhetorical questions some of the time, questions that need answers most of the time.

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

Students Raise Money for School in Haiti

St. Andrews' officials attend building dedication on Sept. 11 in Civol.

By MARILYN CAMPBELL
THE ALMANAC

Some Potomac students and school officials from St. Andrew's Episcopal School helped make an educational dream a reality for students at a school in Haiti and were on hand when a new school building was dedicated in Civol, Haiti, Sept. 11.

The new building means that about 160 students from ages 3 to 15 at Christ Roi, a small, rural, co-educational, Episcopal school, can attend school every day, even during inclement weather. Students and families at St. Andrew's raised \$56,000 to help pay for the building.

"I was overwhelmed," said Lower School and Intermediate School Chaplain Betsy Gonzalez, who was in Haiti for the dedication. "It is about pride for them. There is a pride that comes from being able to say, 'This is my school.' People said they felt like animals under a tent. The government was not thinking about them. No one was thinking about them, so this was one of the moments when their dream came true."

St. Andrew's School formed a partnership with Christ Roi about two years ago to foster cultural exchange, relationship building, and service between the two schools. At the time, Christ Roi did not have walls, so



St. Andrew's teachers The Rev. Betsy Carmody Gonzalez, Lower and Intermediate School chaplain, and Racquel Yerbury, Latin teacher and director of St. Andrew's Beyond Borders Program, with Christ Roi students in Civol, Haiti.

classes had to be cancelled when it rained.

Earlier this year, six students and four faculty members traveled to Haiti to visit the school. Ginger Cobb, assistant head of Upper School, said "seeing the deprivation Haitians experience on a daily basis, listening to the stories of students from Christ Roi," was a powerful experience for students.

"The responsibility of helping build ties between St. Andrew's and Christ Roi is a great one, which I take very seriously and by which I am inspired," said Grace Chupka, a senior at St. Andrew's.

Gonzalez added that the relationship with Haiti's Christ Roi School is an outgrowth of St. Andrew's mission to encourage learning through service to others.

Teen Protects Friend From Speeding Baseball

Boy's quick reaction prevents serious injury to friend.

By MARILYN CAMPBELL
THE ALMANAC

Two Potomac boys returned to school this year with a harrowing story of bravery and friendship. Fourteen-year-old Sam Parven and 11-year-old Donny Campuzano say they were selling pretzels for a vendor at a Bethesda Big Train baseball game this summer when a batter hit a line-drive foul ball into the stands.

"I heard the people around me scream, 'heads up!' and saw everyone ducking," said Parven, a freshman at Winston Churchill High School in Potomac. "So I covered myself with [one] hand and my friend Donny with [my] other [hand]. He is shorter than I am, so I was protecting his head. The ball came whipping at me and hit me in the wrist, preventing it from hitting Donny's head."

"The ball was likely going 80 miles an hour," said Cari Shane, Parven's mother.

"I was in shock," said Campuzano, who is a sixth grade student at North Bethesda Middle School. "I am grateful to Sam."

Parven said he received a minor wrist injury. Donny's mother, Jill Campuzano, did



Sam Parven, 14, pictured here with Big Train baseball players, is considered a hero after blocking a fast-moving baseball.

not witness the incident and was spared a heart-stopping experience. "The danger was gone by the time I saw my son," she said. "But Sam saved him from a serious injury."

"When I found out from Donny that 'Sam saved my life, the ball was headed right for my head,' I was floored," added Shane.

Both boys were in the stands because Parven was teaching Campuzano the art of vendor salesmanship.

"I sell [pretzels] for Auntie Anne's all summer [and] have sold pretzels every summer now for three years," said Parven. "I really love it because I love talking to fans and making jokes."

Eric Yaffe, the local franchise owner of

Auntie Anne's Soft Pretzels, said that he was at his vendor's stand when the incident occurred: "I send Sam out into the stands periodically to sell pretzels. I've always told him, 'Don't turn your back on a batter,' but he's quite a personable young man and full of life and was interacting with the crowd when it happened."

Big Train is a summer baseball team composed of college players from around the country. The team is based in Bethesda and home games are played at Shirley Povich Field. Players live in the homes of local families during the summer. Both Parven and Campuzano's families hosted team members this summer.

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