



B-CC BANTER

BETHESDA-CHEVY CHASE HIGH SCHOOL PTSA NEWSLETTER

**INCLUDED IN THIS
ISSUE:**

HONORING OUR STUDENTS:

- ALL-GAZETTE AND ALL-MET
ATHLETIC AWARDEES
- POSSE FOUNDATION SCHOLARSHIP
AWARDEES

SPRING THEATER PRODUCTIONS:

- THE LARAMIE PROJECT
- ROMEO AND JULIET

NEW COURSE OFFERED, FALL 2011

- FILM AND THEATER PRODUCTION



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Please Note:

Early Release
March 4

International Night
March 5

Book Sale
March 26-27

No School
March 31

Spring Break/Easter Holiday
April 16-25

Prom and After-Prom
April 30

Graduation 2011
June 2 !

FROM THE PRINCIPAL

Karen Lockard

Greetings!

As I write this message the weather forecast calls for cold and snow and the budget forecast for the school system is also not looking good. The schools are in the news daily and many wonder what the new school year will bring. Despite dire predictions, I want the B-CC community to know that we are doing well, even thriving, and I expect us to continue to thrive no matter what happens. In short, don't worry. We will be fine. Your children will be fine as they continue to receive a quality education in a world class school.

Once again MCPS has led the nation in AP test takers who score a 3 or more

and B-CC is a leader in the county. Our SAT scores , for both participation and performance, increased again as they have for the past 5 years. Our students are currently receiving acceptances at the finest schools in the country. We are offering a wide selection of course options and programs – IB, AP and Honors level – and will continue to do so regardless of what the future brings. Teachers are delivering high level instruction, students are happy, and we will continue the tradition of excellence into the future.



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DE LA DIRECTORA

Karen Lockard

Traducción: Kathleen Wheaton

¡Saludos!

Mientras escribo este mensaje, el pronóstico de tiempo es para frío y nieve; el pronóstico del presupuesto para el sistema escolar tampoco parece prometedor. Diariamente las escuelas salen en las noticias, y mucha gente se pregunta, ¿Qué traerá el año nuevo escolar? A pesar de las predicciones pesimistas, quiero que sepa la comunidad de B-CC que estamos bien, y hasta prosperando, y espero que continuaremos a prosperar, pase lo que pase. En breve: no se preocupen. Continuaremos bien. Sus hijos estarán bien también, y continuarán a recibir una educación de calidad en una escuela de categoría mundial.

Una vez más, MCPS tiene una de las tasas más altas de estudiantes reci-

biendo una nota 3 o más en los exámenes AP (la nota más alta es el 5), y entre los high schools del condado, B-CC es un líder en este respecto. Nuestros resultados del examen SAT, en cuanto a participación y realización, mejoraron una vez más, tal como ha sido el caso durante los últimos 5 años. Actualmente nuestros estudiantes están siendo aceptados por las mejores universidades del país. Ofrecemos una variedad amplia de clases y programas educativos: IB, AP, y nivel de Honors, y continuaremos en esta línea a pesar de las vicisitudes del futuro. Los profesores rinden un nivel de instrucción alto, los estudiantes están contentos, y continuaremos en esta tradición de excelencia.

Anticipo que la clase entrante del noveno grado será grande, y les damos la bienvenida a las nuevas familias a un colegio donde se

Dentro de este numero: mas articulos en espanol!

**2010-2011
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B-CC PRINCIPAL

Karen Lockard

MARCH

- 1 Athletics: Spring Try-Outs Begin
- 4 Early Release
- 4 International Night, 6:30-9:30 pm
- 10 Wine, Chocolate and Cheese Fundraiser
- 11,12,18,19 Spring Play: The Laramie Project
- 19-20 and 26-27 Mulch Sale
- 26-27 Book Sale
- 30 3rd Marking Period Ends
- 31 No School

APRIL

- 7 Report Card Distribution
- 6 and 8 B-CC Idol, 6:30 pm
- 9 Student Directed Play, "Romeo and Juliet"
- 16-25 .No School: Spring Break and Easter Holiday
- 30 Prom: Grand Hyatt DC and After-Prom

... LOOKING AHEAD...

MAY

- 26 Senior Breakfast: 8:30-10am
- 30 Holiday: Memorial Day

JUNE

- 2 GRADUATION
- 16 Last Day of School

The B-CC Banter is the publication of the B-CC Parents, Teachers and Students Association (PTSA). The Banter is available online on the PTSA pages of the B-CC High School website or at www.bccptsa.org

SCHOOL TOUR DATES:

**MARCH 2, APRIL 6
AND MAY 4
8:30AM-9:30AM**

Calendar entries are derived from the B-CC website calendar. Visit the B-CC website calendar for more details on any of the events listed.

**2010-2011
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Please see this issue for detailed information about special events for Seniors

GOT . . .an article idea? A calendar item?

We'd LOVE to hear from you!
Banter submissions for the May/June issue are due April 6
Please email Kathy McKay,
mckayk@verizon.net or Ellen Shearer,
shearer@northwestern.edu



FROM THE PRINCIPAL *By Karen Lockard**Continued from page 1.*

I expect a large incoming 9th grade class and welcome new parents to a school where we embrace and value parent participation. You may see changes here and there as we move forward, but I promise that instruction will not be compromised at B-CC. Our long tradition of excellence will continue with parents, students and staff working together.

I wish you a bright spring and thank you for trusting us with your children.

B-CC Offers New Film and Theater Production Course for Fall 2011

By Linda Simon

As B-CC students finalize their schedules for next year, they will want to be aware of a new course for theater and film students. The name of the new class in the course catalog is "Production and Performance." This class replaces the Advanced Acting and Stage Directing sequence offered in previous years.

The idea behind the new class is to get theater students and film students in the same room together to develop and work on projects. There are no prerequisites. The course is open only to students in Grades 10, 11 and 12, and it is for two semesters. However, students may enroll for either one or both semesters. This class counts towards the fine arts credit requirement for graduation.

Here is a detailed description of the new course: Students will understand the practical and artistic considerations of producing script-based projects for the theater and cinema, such as script writing, auditioning and casting, script analysis, the researching and staging. Emphasis, however, will be placed on performance: the techniques, terminology, protocol and procedures specific to working with actors. Students will apply their knowledge in ten-minute production projects that require them to work and problem solve with actors and crew members to achieve desired results. Students will explore all the phases of preproduction and production, from idea development to sound and music design. Special emphasis, however, will be placed on the relationship between the director and the actor so student directors can play a more active role in engaging their casts in the emotional events of the script, helping them harness innate impulses and feelings. By the end of the course, students will be better able to apply professional standards of expression and control to their projects.

With this new course, B-CC's popular spring one-act festival will continue. Mr. Boswell, the one-act festival sponsor, says he hopes this class will showcase original plays as well as short films. Basically, students will develop a portfolio of work throughout the year. Students may then draw from these projects to stage a work of their choice for the one-act fest. Those with questions about the class should contact Mr. Boswell at Matthew_J_Boswell@mcpsmd.org.

Northrop Grumman Engineering Scholarship available to Seniors

This scholarship program is intended to support promising high school seniors who intend to pursue a career in an approved engineering program and who live in communities where Northrop Grumman Electronic Systems has a major presence. High-technology companies across the nation, like Northrop Grumman, continue to face a critical shortage of specialized engineering personnel needed for their businesses. Through this scholarship effort, Northrop Grumman hopes to motivate some of the brightest and best students with a background and interest in math and science to consider the engineering professions.

Individual scholarships of \$10,000 divided into \$2,500 over the course of four years (ongoing eligibility requirements apply) are being awarded by Northrop Grumman to qualified graduating high school seniors in Maryland's 23 counties and in the city of Baltimore (one scholarship in each county; one in Baltimore City).

For more extensive information please go to www.es.northropgrumman.com/community/engscholars/ and/or contact

Brooke Molnar, Introduction to Engineering Design
Teacher: Brooke_E_Molnar@mcpsmd.org.

Everybody Wins

By Meg Baker

"They're a fabulous resource," says B-CC Principal Karen Lockard about the student teachers participating in the school's internship program this spring. "We gain so much, and it's just great for our kids."

From an administrator's point of view, having a team of student teachers is a windfall of sorts. The eight graduate students bring fresh energy to the classrooms and add another layer of quality instruction to the faculty. And, because student teaching is an unpaid internship, there is no cost to the school.

"It also gives us an extra pair of hands on deck," says Stacy Farrar, B-CC's director of teacher/staff development who coordinates the program. For example, while the student teacher is conducting the class, the cooperating teacher can circulate and assist students who need help. Two heads are almost always better than one, and in terms of planning and preparation, this can be very helpful to both parties. "The end result is often a better product."

The cooperating teachers likewise have much to gain from the experience. Having a student teacher gives them a chance to reflect on their own teaching style, and to learn

Continued on next page

some of the newest methods the student teachers bring with them from the university classroom. Having some relief from the constant teaching role, they also have the opportunity to observe their students and the dynamics of the class.

“It helps to get new and different perspectives on things that I am teaching,” says cooperating teacher Sarah Mahoney. She finds that working with student teacher Rachel Liscinsky helps her review some of her own teaching practices. Having Ms. Liscinsky involved in the classroom process is also very useful, she says, when students are working in groups or during individual writing conferences.

Of course, the student teachers benefit immensely as they gradually put their pedagogy into practice, develop their teaching skills, and build confidence in leading classes. The experience also gives them a chance to learn the ropes from seasoned teachers at B-CC.

Student teacher and former lawyer Margit Nahra works with Dan Gallagher in the Social Studies department. Ms. Nahra says her first weeks here at B-CC have been extremely positive. “The teachers are very supportive and generous with their time.” What she finds most remarkable are the wealth of resources at the school and the depth of experience among the B-CC staff.

Aaron Taylor, who is mentoring student teacher Rogi Banks, says that “we have a responsibility to give back to our profession and help train these enthusiastic newcomers.” While the partnership can be time-consuming and difficult at first, he admits, it soon becomes synergistic. One of the more challenging aspects is actually turning over the reins when the student teacher is in a position to take them. “Mentor teachers simply have to force themselves to let go, which can be difficult!”

The transition is gradual: the student teacher observes classes for a while, taking on one class at a time, and eventually absorbing much of the class load. Team teaching is not out of the ordinary, and, while the two teachers collaborate on grading, the cooperating teacher still oversees everything that happens in the classroom. The school’s resource teachers shepherd the intern/teacher relationships throughout the 15 weeks. This year’s student teachers, who hail from either American or Howard Universities, are assigned over all four grade levels and are sure to make B-CC an even better place of learning. No doubt about it, everybody wins.

B-CC EDUCATIONAL FOUNDATION EVENT WILL HIGHLIGHT SUMMER ACADEMY

Summer Program Helps Incoming Freshmen Make the Transition to High School.

Several hundred B-CC HS friends, parents, and alumni are expected to be present on March 10 to show their support for the school and the many programs the B-CC HS Educational Foundation sponsors.

The fifth annual “Wine, Chocolate and Cheese” party will be held from 7 to 9 pm at the Woman’s Club of Chevy Chase. In addition to being a fund raiser, the annual event was conceived as a way to celebrate the important work of the Foundation in funding programs that help all B-CC students to succeed in high school and find a path to college.

One such program, the Summer Academy, was in danger of shutting down last year when B-CC parents Julie Farkas and Seth Goldman, founder of Honest Tea, stepped forward to offer their support. At a time when funding for the program was falling short, Seth and Julie made a generous multi-year commitment to not only keep the program open but to revitalize it to better serve the students.

Summer Academy is a three-week program designed to ease the transition to high school for incoming freshmen who struggled at Westland Middle School. Both schools have come to rely on the program to provide a critical bridge for some of our most vulnerable students.

“Summer Academy gives incoming ninth graders an advance look at high school,” said B-CC Principal Karen Lockard, “thus removing anxiety about the transition. Students engage in high school academics and realize that they are not only up to the challenge, they learn that high school is fun!” Lockard took advantage of the new support this year to redesign the program, strengthening the academics and adding a community service component.

“Like other academic support programs funded by the B-CC Foundation, Summer Academy is not in the MCPS budget,” said Matt Gandal, Foundation president. “It only exists because of the generosity of the B-CC community. We are extremely grateful to Seth and Julie for stepping up to support the students in this program.”

“B-CC High School is a community asset,” said Julie Farkas. “When we invest in the Summer Academy or other Foundation programs, we are investing in the future of all of our children. The Summer Academy is a critical way to support students in their transition to B-CC so they can make the most of the school’s tremendous resources and opportunities.”

The Summer Academy will be highlighted at the event on March 10 and Julie and Seth will be honored for their support. Tickets were still available for \$50 per person as of late February. To purchase tickets or to make a donation to the Foundation, go to www.bccedfoundation.org. To keep up with the Foundation’s initiatives, be sure to “like” the Foundation on Facebook.


Save the Date!
 Please plan on joining us for our 5th annual evening of **WINE, CHOCOLATE AND CHEESE**

The B-CC High School Educational Foundation's annual fundraiser will be held on **March 10 7-9 pm.** Woman's Club of Chevy Chase
7931 Connecticut Ave. Chevy Chase, MD.
<http://bccdfoundation.org>

SAVE THE DATE
B-CC INTERNATIONAL NIGHT and THE B-CC ART SHOW
Friday, March 4 from 6:30-9:30 pm

Pencil us in on your calendars now!
 Come and enjoy a wonderful evening of delicious food, fabulous fashions and festive traditional entertainment. The dinner will take place in the cafeteria. Students who bring a dish that serves eight to 10 people can earn SSL or CAS hours.

Students can also earn hours by participating in the fashion show, by performing in the entertainment portion of the evening, or by setting up a display table with items from a particular country or region of the world. Bring family and friends. The International Club meets every Wednesday during lunch in C314. We look forward to seeing you on March 4.



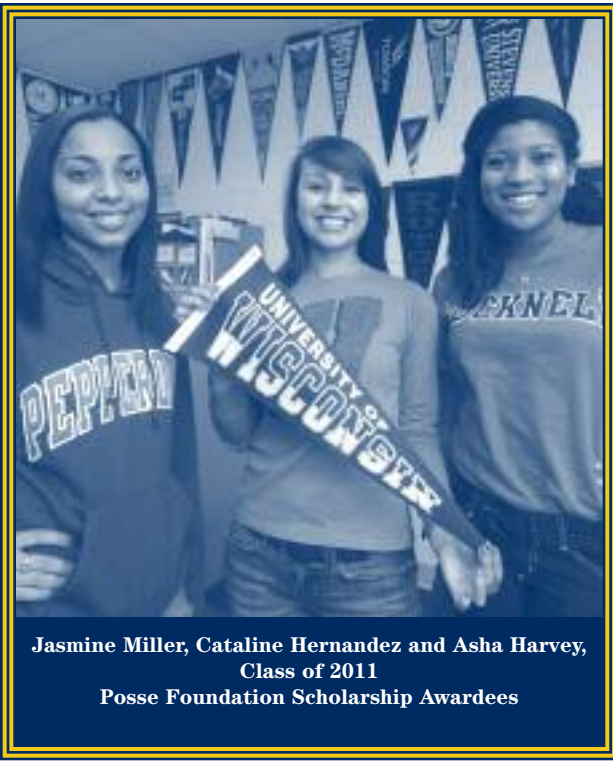
THREE B-CC STUDENTS EARN COMPETITIVE POSSE FOUNDATION SCHOLARSHIPS

By Patricia Parmelee, College & Career Coordinator
 A process that started in September for 1,600 Washington metropolitan-area high school seniors and proceeded through four sessions of group-dynamics activities and interviews resulted in Jasmine Miller, Cataline Hernandez and Asha Harvey earning full-tuition scholarships as three of the 62 DC 2011 Posse Scholars.

Jasmine remembers the extremes of the interviewing process. At the first meeting, more than 200 candidates were asked to walk around like chickens. An ice-breaker for sure. During the last interview session, groups of six candidates and one university representative sat in a small circle. Each candidate was asked a fresh, provocative question with a time limit to answer. Jasmine already felt as if this group was her posse, which freed her to express herself with literally tearful honesty.

After a mid-December evening of Posse interviewing from 6-9 pm, Catalina returned home to do schoolwork when her phone rang. In an apologetic-sounding tone, a UW alumnus confessed that he had forgotten to ask her a question: "Do you have a good winter coat?" Taken by surprise Catalina innocently replied, "Actually, no." "Well you'd better get one -- because you're going to Wisconsin!" he revealed.

The night that Asha received the phone call, her whole family was naturally elated. The next day at school, Asha received a phone call from her father whose excited voice filled the College and Career Center as he shrieked, "Asha. You did it! Oh my goodness, I am so proud of you." Sometimes it takes a while for news of this magnitude to sink in.



Jasmine Miller, Cataline Hernandez and Asha Harvey, Class of 2011 Posse Foundation Scholarship Awardees

B-CC STUDENTS AND STAFF COLLABORATE TO INCREASE SCHOOL RECYCLING

By Jean Diehl

In an effort to increase the amount of school trash recycled each day, B-CC has teamed up with GreenKids, a program sponsored by the Audubon Naturalist Society in partnership with MCPS. Jennifer Chambers, a GreenKids Environmental Education Specialist, has worked B-CC students and staff last year and this year to facilitate in-school and extracurricular activities to increase environmental awareness and rates of recycling at the school.

MCPS calculates B-CC's recycling rate by comparing the total weight of paper and comingled materials collected for recycling to the total weight of all of the school's trash during the year, Ms. Chambers said. These weights are measured using truck scale weights before and after trash and recycling collections. During the 2009-10 school year, she said, B-CC recycled 20.7 percent of its trash, the second-lowest rate of recycling among MCPS high schools.

After GreenKids meetings with staff and students last September, B-CC set a goal to recycle 36 percent of its trash during the 2010-2011 year. Ms. Chambers said students have facilitated this effort in numerous ways, led by the SGA and the Green School Team, a club sponsored by Ms. Wheatley and Mr. Hernandez. As of February, the school's recycling rate had increased to 26.5 percent.

Throughout the year, students have created public service announcements about recycling for B-CC's morning news show, Wake-Up B-CC. In class, students have addressed the topic in various ways: through presentations in Peace Studies classes, through a study of recycling's vocabulary in ESOL classes and by composing music for the PSAs in Music Department Piano classes. Biology students have designed recycling bins using recycled materials.

B-CC held a Recycling Week that started Jan. 25 and was extended, due to snow, to Feb. 3. During this time, classes competed to see which could collect the most clothing and shoes for recycling. Items in good used condition were donated to MAC Recycling, which distributes used clothing overseas, mainly in South America, Ms. Chambers said.

Jan. 25 became "No Tray Tuesday," a day when Styrofoam trays were unavailable in the school cafeteria. On Feb. 3, a portion of the school's trash was put on display in front of the Cyber Café as a visual reminder of what is discarded each day.

B-CC Principal Karen Lockard gamely took on a lead role as the school principal in "The Tray Monger," a five-minute video made by Jonah Goldman ('11), Tim Simon ('11) and a number of B-CC theater students. This humorous movie, which has been posted on YouTube, informs students about the environmental issues behind the use of Styrofoam trays.

B-CC's direct participation in the Audubon's MCPS partnership program concludes this year, Ms. Chambers said. But the school has become part of the Audubon's GreenKids school network and will continue to receive limited support from the program.

We are proud of our
Seniors!

Way to go,
Class of 2011.

Graduation Day
is around the corner...



STUDENT SERVICE LEARNING NOTES FOR MARCH AND APRIL: GIVE A LITTLE TIME...MAKE A BIG DIFFERENCE

By Suzette Thom

Athletic Director, SSL Coordinator

Spring Break is a good time to get involved in service. Students can help to address real need in the community while gaining knowledge, developing skills and earning SSL hours in a meaningful way. SSL can help students gain a sense of competence and improve their critical thinking skills.

For High School Students:

* High school students enrolled in the National, State and Local Government course have the opportunity to earn seven SSL hours during Semester A, and eight SSL hours during Semester B for their full participation in SSL aspects of the course, after successful completion of the course.

* High School seniors who have documented 260 or more SSL hours by the first Friday in April of their senior year will be awarded a Certificate of Meritorious Service. To qualify for 2011, all documentation must be submitted to the SSL coordinator by Friday, April 1.

For Middle School Students:

* Middle School students enrolled in GR 6 Science, GR 7 English and GR 8 Social Studies will have opportunities to engage in service-learning activities during the instructional day. Verification of service in these courses is required using MCPS Form 560-51, Student Service Learning Activity Verification.

* Middle school students who have met the graduation requirement of 75 hours by the first Friday in April of a middle school year will be awarded the Superintendent's SSL Award. To qualify for 2011, all documentation must be submitted to the SSL coordinator by Friday, April 1.

General Guidelines for High School and Middle School Students to keep in mind when selecting SSL activities:

* When you think about service for which SSL hours are awarded, think preapproved, nonprofit, tax exempt, organization, public place, secular in nature, adult supervision (from someone other than a parent) and activities that address a real need.

* All SSL organizations and opportunities must be preapproved. Choose from organizations tagged, "Approved SSL MCPS" on the website www.mcpsssl.org, and from organizations tagged "MCPS SSL Approved." Or get MCPS Form 560-50, Request for SSL Preapproval granted in advance of any service.

* Providing direct service to individuals in assisted-living facilities and nursing homes is the only exception to serving with nonprofit organizations. Be sure to get an MCPS Form 560-50, Request for SSL Preapproval signed in advance with organizations that are not tagged as "Approved SSL MCPS."

* Keep copies of all SSL forms. The official SSL hours are reflected on quarterly report cards. Check your SSL record and discuss any discrepancy immediately with your school's SSL coordinator.

* Service performed during the second semester can be turned in any time during the semester. The latest date to turn in documentation of second semester service is the Friday before exams begin. This year, the deadline is June 3. Senior hours are due before that date.



FROM THE PTSA PRESIDENT,

Deborah Missal

As the second semester gets underway, we are looking forward to several exciting events, even as we contemplate the bleak financial situation confronting MCPS. The days when we anticipated new initiatives from the superintendent of MCPS are a distant memory, and we are all working hard to preserve school funding and to avoid increased budget cuts.

By the time this issue of the Banter is published, we will have a better idea of the exact nature of the cuts, but even in a best-case scenario we know that teachers, counselors and service workers will be reduced as well as funding for academic and nonacademic programs. This is coming at a time of unprecedented enrollment throughout Montgomery County schools, and especially here at B-CC, so the impact of these cuts will undoubtedly be felt.

To put it bluntly, your help and support have never been so important.

Since the beginning of the school year, the PTSA has been called on to help the school continue various activities not funded by MCPS. As a result, outside speakers can continue to address the health class on important topics and IB students can research their extended essays at the American University library to name two examples. We are continually working with Ms. Karen Lockard to assess needs at the school and find ways that we can help fill some of the gaps caused by the budget cuts.

In addition, our teachers are under increased pressure as a result of the budget situation. Not only are their salaries frozen, but they must march through a fast-paced curriculum and maintain our high academic standards while dealing with larger class sizes and the potential loss of classroom support teachers. It may seem like a token gesture but our staff appreciation efforts have never been more important as a way of saying thank you, and we will be doing a lot more of this in the coming semester.

These activities are, of course, in addition to everything else we do – the Afterprom, student programs and of course, this publication. If you haven't already joined the PTSA, it's never too late. Better yet, make a tax-deductible donation. Even better yet volunteer to help out, if not this year, then next year.

This appeal is not simply on behalf of the PTSA, but the greater community. The booster organizations make sure that we have outstanding music, theater, art, and sports programs despite the prohibition on charging fees and reduced funding from the county. The Educational Foundation is largely responsible for the academic support programs that provide help for students who are struggling. I hope that in addition to the PTSA, you will support these organizations as well.

We have several exciting programs coming up that you should mark on your calendars. Our March PTSA meeting will be part of the school wide "Safe Place Project," a joint effort of students, staff and parents to create awareness of civility, respect and tolerance. On April 11, we are cosponsoring a program entitled "Saving Our Teens' Best Selves" with the Walt Whitman PTSA. Dr. Ron Taffel, a child psychologist and an incredibly dynamic speaker, will address what adolescents need to feel safe, secure and happy in these challenging times.

And don't forget the book sale on March 26-27. This is not only an important fundraiser for the PTSA but is a communitywide event that gives you a chance to catch up with friends, find great reads and clean out your bookshelves!

BOOK SALE VOLUNTEERS NEEDED

By Wendy Price

It takes a lot of people to help manage a lot of books for this fantastic event.

Parents and students, can you spare some time?

THIS IS A CALL FOR VOLUNTEERS!

PLEASE HELP US WITH *BOOK DROP-OFFS AND SORTING* FOR THE PTSA USED BOOK SALE:

Saturday, Feb. 12 from 2 to 5 pm

Saturday, March 12 from 2 to 5 pm

Sunday, March 13 from 12 to 3 pm

Friday, March 18 from 2:30 to 7:30 pm

Saturday and Sunday, March 19 & 20 from 10 am to 4 pm

Monday and Tuesday, March 21 & 22 from 2:30 to 7:30 pm

AND A SECOND CALL FOR VOLUNTEERS TO HELP WITH *SORTING AND PREPARING FOR THE SALE*:

Wednesday and Thursday, March 23 & 24 from 2:30 to 8 pm

Friday, March 25 from 2:30 to 9 pm

AND A FINAL CALL FOR VOLUNTEERS TO HELP *STAFF THE PTSA USED BOOK SALE AND WITH CLEAN-UP*:

Saturday, March 26 from 9:30 am to 4 pm

Sunday, March 27 from 9:30 am to 5 pm

To volunteer, parents please send an email to marylandreader@verizon.net and students please send an email to bccbooksale@gmail.com

Thank you!

THE BOOK SALE WILL TAKE PLACE ON
MARCH 26, FROM 10 TO 4 AND
MARCH 27, FROM 10 TO 2

B-CC AFTER PROM PARTY



EACH YEAR BETHESDA-CHEVY CHASE COMMUNITY SUPPORTS THE GRADUATING SENIOR CLASS BY HOSTING AN ALCOHOL-FREE, DRUG-FREE AFTER PROM PARTY. THE AFTER PROM IS GOING TO BE AT DAVE & BUSTER'S IN WHITE FLINT MALL IN ROCKVILLE. THE AFTER PROM IS FREE TO ALL SENIORS AND THEIR DATES AND IS A MUCH ANTICIPATED EVENT.

SINCE THE AFTER PROM IS FREE TO ALL SENIORS AND DATES, WE ARE HAVING A RAFFLE OF TWO ROUND TRIP TICKETS ON AMERICAN AIRLINES FROM ANY PLACE IN THE CONTINENTAL USA TO THE CARIBBEAN OR MEXICO OR EUROPE. THE TICKETS ARE GOOD FOR ONE WHOLE YEAR WITH NO BLACKOUT DATES BUT YOU MUST BE 18 YEARS OLD TO PURCHASE THE RAFFLE TICKETS.

THE RAFFLE TICKETS ARE ONE FOR \$10 OR THREE FOR \$25. YOU CAN MAKE YOUR CHECK OUT TO B-CC PTSA AND MAIL TO MARIEFRANCE GUERRERO, 1101 17TH ST., NW, SUITE 600, WASHINGTON, DC 20036

THANKS FOR YOUR SUPPORT!
MARIEFRANCE GUERRERO
B-CC AFTER PROM CO-CHAIR



THE NINTH ANNUAL BOOK SALE

We all look for great bargains. Here's the best of the year: GREAT BOOKS AT ROCK BOTTOM PRICES ... On Saturday, March 26, and Sunday, March 27, the PTSA will host its ninth Annual Used Book Sale at the school. Hours are Saturday 10-4 and Sunday 10-2. The popular Book Sale Café will be open as well.

Twenty thousand gently used hardcover and paperback books are sorted into 40 categories and displayed throughout the school's cafeteria and adjacent hallways. Prices are \$3 for hardbacks and \$2 for paperbacks. The extensive collection includes best sellers, award winning fiction, nonfiction, art, classics, business, history, college prep books, cook-books, textbooks, and a wide array of children's books.

All monies raised support the broad range of programs at the school provided by the PTSA. Extracurricular clubs, after-school tutoring, student publications, the school directory, and the bimonthly newsletter are only a few of the many ways the B-CC PTSA supports the school community.

None of this is possible unless YOU donate the books and boxes (and boxes of books).

BOOK DONATION DROP-OFF

DATES ARE AS FOLLOWS:

March 12 and 13, 10am-2pm

March 19 and 20, 10am-2pm

March 21 and 22, 2:30pm-7:30pm

Contact Cathy Ventrell-Monsees for more information
at cathyvm2@gmail.com

WHAT'S NEW ON BCCNET?

By Deborah Missal

Since its inception, BCCNET has become many things. If it were a newspaper, it would be a combination of the News, Opinion, Sports, Arts and Classified sections. We were one of the very first schools to use this form of communication and have always been far more lenient, in terms of both content and membership, than any other school in Montgomery County.

For some time the PTSA has been concerned that because of the enormous volume of messages (over 400 per month) and the growing percentage of them that are of the off-topic "market-place" variety, the important messages from the school, the PTSA and its affiliated organizations are getting lost in the clutter. That is why we see repeated requests for information about school events that have already been widely publicized, adding even more to the number of messages. BCCANNOUNCE was set up as a way for people to receive only the official school communication, but never caught on - in part because members of the community still wanted the ability to post school-related questions or to participate in discussion. Despite numerous attempts to explain and enforce our carefully balanced set of rules, violations occur regularly. Many are inadvertent because people don't understand or because they see similar postings get through and therefore think theirs are acceptable.

As reported previously, the PTSA Board voted unanimously to revamp BCCNET and the following recommendations were approved:

- 1) All off-topic, commercial "marketplace" messages will be prohibited unless they relate to a high school student's education. Members will still be able to ask for referrals for tutors, test prep classes, and gap year programs, but not for plumbers, exterminators, or hotels. In keeping with the existing rules, members may not post a request for a non-member, and only those seeking, not providing, an educational service may post.
- 2) Community events, including fundraisers will be permitted, but will be compiled and posted according to a regular schedule.
- 3) Opportunities for SSL hours will be posted by Ms. Thom or the PTSA SSL coordinator.
- 4) Questions and civil discussion about B-CC, MCPS or topics related to education will be allowed and encouraged. As per our existing rules, BCCNET is not the proper forum to handle a dispute with a particular teacher or to question the value of a class.
- 5) Parents who no longer have children enrolled at B-CC may post messages only if they have an official connection to the school or an affiliated organization. Affiliated organizations include the PTSA; Sports, Music, Theater and Arts Boosters; club teams; the B-CC High School Education Foundation; and organizations that raise funds that benefit B-CC students, such as the Community Scholarship Fund and College Tracks.

During the initial transition phase, all messages will first go through a moderator to ensure that everyone is complying with the new rules.

We recognize that BCCNET has been a valuable resource for those who used the off-topic messages to find an electrician or sell a car – ourselves included. However, the cost of providing this service has now become too great. There are a variety of other ways to get this information – community list-serves, Internet sites, and the old-fashioned act of simply asking a friend. We are confident that this action will allow BCCNET to remain an important way for us to communicate about what is most important to all of us -- the education of our children.

MAKING B-CC A "SAFE PLACE" FOR OUR KIDS

By March Dodge

When I read the B-CC Banter, I'm amazed at just how much gets done at this high school – the emphasis on academic achievement, on sports, the arts, constant fundraising for worthy outside causes, among other things. One topic that gets a bit lost in our focus on so many accomplishments is how we all – parents, student peers, the school – help shape the kinds of people our kids will be as adults, including the way they interact with others. The administration, staff, students, and the PTSA are all committed to making the B-CC experience a positive one. I've been invited to sum up these efforts in this issue of the Banter.

Principal Karen Lockard started the year off with a powerful message to all students regarding treating each other with kindness, maintaining civility, and the kinds of behaviors that are considered bullying. In her words, "I expect you all to not only be kind, but to address unkind behavior."

Debby Missal and Pam Holland of the PTSA have also been working on issues surrounding tolerance, bullying, and respect for one another. Past meetings have focused on coping with the pressures our kids face, mental health issues and how B-CC addresses bullying among students. For the March meeting, the PTSA is hoping to have a guest speaker who will discuss adolescent interactions with a focus on deflecting bullying and encouraging more positive social behavior among teenagers. The PTSA will likely co-sponsor (with Westland Middle School) a free evening showing of the film "Out in the Silence" in the B-CC auditorium in May.

Colleen Desmond, the head guidance counselor at B-CC, along with IB Coordinator Beth Groeneman, assembled a working group of students to brainstorm ways to reach out to the entire B-CC student body. Let's face it – our kids' behavior toward each other in school is more likely to be driven by peer influence than another lecture by a faculty member or parent. Following are some of their great ideas:

- The slogan of B-CC as a "Safe Place" will drive their campaign.

Continued on next page

- Public service announcements for Wake Up B-CC on the topics of respect, civility and kindness toward one other.
- A series of posters spread throughout the school that would allow the students to talk anonymously about their feelings and experiences – good and bad – within B-CC.
- Events based on the theme of Random Acts of Kindness (RAOK), with a poster and logo, encouraging their fellow students to choose to make individual, specific kind behaviors toward each other a part of their lives.

Other students will be invited to help get these separate group activities rolling. Some of the teachers and administrators may tell their own stories of times they felt isolated or bullied in high school, and how they dealt with it.

This fall I used the B-CC Net to solicit a group of volunteers interested in discussing how we parents might work with B-CC to help foster a stronger sense of civility, community and tolerance among these kids. We have met and had numerous email exchanges, met with B-CC administration to coordinate our efforts, and been working on getting a speaker to come in later this spring to talk to the students, probably at an assembly, to discuss civility, tolerance, respect and bullying issues. One surprising fact emerging from the conversations among parents is that many of our otherwise "nice" B-CC kids engage in negative verbal and physical behavior with their peers – people whom they actually consider to be good friends – yet seem totally unaware that what they're saying or doing (teasing, trash-talking) is really hurtful. Their response is "I was only kidding," or "he just laughed it off, he knows I'm playing." That's an issue we can all keep in mind and discuss individually with our kids.

The "Safe Place" campaign avoids cudgeling our B-CC students with negatives. Adults are constantly warning them and telling them what not to do. Approaching these issues from a positive angle encourages our kids to consider their words and deeds more closely, fostering an attitude of kindness and respect for each other. I find it significant that the kids themselves have come up with a "Safe Place" for their motto. In a world filled with all sorts of anxieties right now, and not just the teenage kind, what they're seeking – what they need -- is a place they feel safe. All of us – parents, students, the PTSA and the administration and staff -- can work together to help them achieve this.



IMPORTANT DATES FOR THE SENIOR CLASS:

Class of 2011, get ready for your BIG DAY.
Please note the following events:

***Senior Prom:**

Tickets will be on sale all week,
April 26-30, at lunch.

Prom Night:

April 30, 2011, 9 pm-1 am
Grand Hyatt, Washington, DC
1000 H Street Northwest
Washington, DC 20001

Please note that no one will be admitted after 11 pm.

Prom Tickets \$60

(students must be obligation free to purchase)

No tickets purchased at the door.

***After-Prom:**

Dave and Buster's Restaurant
White Flint Mall
Rockville Pike

The After-Party is free to all seniors.

We want to keep our graduates safe! This is an alcohol and drug-free event.

See additional information in this Banter.

***Senior Breakfast:**

Thursday, May 26, 2011, 8:30 am-10 am in the cafeteria

All obligations must be reconciled on this day!

Students MUST attend to sign out and receive graduation tickets, caps, and gowns.

Graduation Tickets:

Each Senior receives six tickets

Request form for additional tickets (up to four)

***Mandatory Graduation Rehearsal:**

Wednesday, June 1 6:00 am-6 pm

at the B-CC Main Gym

***Graduation:**

Thursday, June 2

DAR Constitution Hall

18th & C Streets, NW

Washington, DC



CARTA DE LA DIRECTORA *continuado de la página 1*

enaltece la participación de los padres. Posiblemente verán algunos cambios mientras seguimos adelante, pero los prometo que la instrucción en B-CC no se pondrá en peligro. Nuestra tradición larga de excelencia continuará, con los padres, los estudiantes, y todo el personal escolar trabajando juntos.

Les deseo una primavera luminosa, y gracias por confiar sus hijos a nuestros cuidados.

COLUMNA DE LA PRESIDENCIA PTSA

By Deborah Missal

Traducción: Gladys del Pozo

En el segundo semestre que está en marcha, estamos a la espera de varios eventos interesantes, a pesar de estar aún frente a una situación financiera sombría frente a MCPS. Los días en que anticipáramos nuevas iniciativas de la superintendente de MCPS están distantes, y todos estamos trabajando duro para mantener los fondos de la escuela y evitar el aumento de los recortes presupuestarios.

Por el momento es publicada esta edición, ya tendremos una mejor idea de la naturaleza exacta de los recortes, pero sabemos que incluso en el mejor de los casos sabemos los maestros, consejeros y trabajadores de los servicios se reducirán, así como los fondos de los programas académicos y no académicos. Esto llega en un momento sin precedentes en las escuelas de todo el Condado de Montgomery, y especialmente aquí, en B-CC, por lo que el impacto de estos recortes, sin duda, se dejará sentir.

Para decirlo sin rodeos, su ayuda y apoyo nunca ha sido tan importante.

Desde el comienzo del año escolar, el PTSA ha sido llamado para ayudar a la escuela a continuar con diversas actividades no financiadas por MCPS. Como resultado, los presentadores externos han podido continuar con la clase de salud sobre temas importantes y los alumnos del IB han seguido investigando sus monografías en la biblioteca de la Universidad Americana por citar dos ejemplos. Estamos trabajando continuamente con la Sra. Karen Lockard para hacer un estimado de las necesidades de la escuela y encontrar maneras que podemos ayudar a cubrir algunos de los vacíos generados por los recortes presupuestarios.

Además, nuestros profesores están bajo creciente presión como resultado de la situación presupuestaria. No sólo sus salarios están congelados, además deben avanzar el plan de estudios a un ritmo rápido y mantener nuestros altos estándares académicos, mientras que se ocupan de tamaño más grande de clases y con la pérdida potencial de los profesores

de apoyo del aula. Puede parecer un gesto simbólico, pero nuestros esfuerzos de aprecio personal al staff nunca han sido tan importantes como una manera de agradecimiento, y estaremos haciendo mucho más que esto en el próximo semestre.

Estas actividades son, por supuesto, adicionalmente de todo lo que actualmente hacemos – Los programas Afterprom para estudiantes y, por supuesto, la presente publicación. Si aún no es parte del PTSA, nunca es demasiado tarde. Mejor aún, si puede hacer una donación deducible de impuestos o algún voluntariado para ayudar este año o el próximo.

Esta solicitud no es simplemente en nombre del PTSA, sino también de la comunidad en general. Las organizaciones de apoyo se aseguran de contar con excepcionales programas de música, teatro, arte, y programas deportivos a pesar de la prohibición de cobrar cuotas y de la reducción de los fondos del condado. La Fundación para la Educación es en gran parte responsable de los programas de apoyo académico que ofrecen ayuda para los estudiantes que están luchando. Espero que, adicionalmente del PTSA, usted apoyara también a estas organizaciones.

Tenemos varios programas interesantes por venir, así que deben marcar sus calendarios. Nuestra reunión de marzo PTSA será con participación de la toda la escuela "Safe Place Project", un esfuerzo conjunto de los estudiantes, personal y padres para crear conciencia de la civilidad, el respeto y la tolerancia. El 11 de abril, estamos copatrocinando un programa titulado "Salvando Nuestros Adolescentes, lo mejor de ellos mismos" con el PTSA de Walt Whitman. El Dr. Ron Taffel, un psicólogo infantil y un orador muy dinámico, se ocupará de lo que los adolescentes necesitan para sentirse a salvo, seguros y felices en estos tiempos difíciles.

Y no se olvide de la venta de libros de marzo 26-27. Esto no sólo es para recaudar fondos importantes para la PTSA, es un evento de la comunidad que le dará la oportunidad de encontrarse con amigos, encontrar grandiosas lecturas y limpiar sus estantes!

IT'S NEVER TOO LATE TO JOIN THE PTSA

Parents, Teachers, and Students:

All of the activities we support – the student handbook and directory, the parent newsletter and other communication tools, the peer parent network, student recognition and academic support activities, staff appreciation efforts, and so much more – would not be possible without your membership and tax-deductible donations. In addition, we anticipate new needs will arise in the face of county budget cuts facing the school system.

Joining the PTSA has never been easier! No more checks to write or envelopes to mail. Just go to www.pay4schoolstuffonline.com. Select "Click here to create a new account," and sign up your student(s) as indicated.

LAS BEBIDAS ENERGÉTICAS - ¿QUÉ SON?

(Primer artículo de una serie de dos partes)

By Karl Klontz

Traducción: Carlos Madero

Los nombres suenan interesantes: Red Bull, Rockstar, Monster y Full Throttle, entre otros. Estas bebidas energéticas (BEs) son bebidas reforzadas altamente con cafeína, que son populares entre los adolescentes.

Un estudio reciente informó que del 25 al 50 por ciento de las personas de 11 a 35 años consumen una BE en los últimos meses. BEs a menudo demanda para ayudar el rendimiento deportivo y facilitar el crecimiento muscular y la recuperación.

¿Cuáles son ingredientes comunes en los BES?

Muchos BEs contienen cafeína entre 70 y 200 mg por porción de 16 onzas. La cafeína es un estimulante que, en el atletismo, aumenta la capacidad de trabajo físico o mental, mediante la eliminación de los síntomas de fatiga. Los trazos fisiológicos provocados por la cafeína en el músculo cardíaco son similares a los de la adrenalina. Muchos estudios han demostrado que los sujetos que ingirieron cafeína puede ejercitar mas tiempo antes del agotamiento producido en comparación con sus contrapartes. Los efectos adversos de la cafeína son el insomnio, nerviosismo, dolor de cabeza, aceleración del ritmo cardíaco, ritmo cardíaco anormal y náuseas. En particular, el Comité Olímpico Internacional prohíbe la cafeína.

Más allá de la cafeína

¿Qué más se encuentra en una BE? Éstos son algunos de los ingredientes comunes:

- La taurina es un aminoácido que es un componente normal de la dieta. Algunos estudios han sugerido que la taurina mejora la capacidad de esfuerzo y rendimiento. Las cantidades a menudo en los BES se cree que son insuficientes, sin embargo, para obtener beneficios terapéuticos o efectos adversos.
- Glucuronolactona, un compuesto natural producido en el cuerpo, se asumido con eliminar los carcinógenos y promotores tumorales, pero se necesita más investigación.
- Las vitaminas B juegan un papel integral en la producción de energía. Debido a que las BEs contienen mucha azúcar, estas vitaminas se promocionan como necesarias para convertir el azúcar en energía - las empresas BE afirman que sus productos proporcionan energía extra.
- Guaraná, una vid selvática domesticada en la Amazonía por sus frutos ricos en cafeína, ha sido utilizado por pueblos amazónicos para aumentar la conciencia y la energía. Sus semillas contienen más cafeína que cualquier otra planta en el mundo. El guaraná también contiene los estimulantes teobromina y la teofilina. Aunque las cantidades de guaraná en los BES populares están por debajo de los niveles esperados para obtener beneficios o causar daño, algunos adultos jóvenes han sido atendidos en los servicios de urgencias con sobredosis de cafeína después de excederse en los BES a base de guaraná.
- Ginseng, uno de los suplementos herbales más populares en el mundo, pretende aumentar la energía, aliviar el estrés y aumentar la memoria. En los atletas el uso del ginseng por su presunta atributos para mejorar el rendimiento, pero un estudio reciente concluyó que mejorar el rendimiento físico tras la administración de ginseng queda por demostrar. La importancia del ginseng en los BES son muy inferiores a los niveles esperados para ofrecer beneficios terapéuticos o causar efectos adversos.
- Gingko biloba se deriva de los árboles gingko y se ha utilizado en la medicina tradicional china desde hace siglos. Se informa que el extracto posee propiedades antioxidantes, modificar los elementos contráctiles de los vasos sanguíneos, reducir la "rigidez" de las células de la sangre a los revestimientos buque e inhiben la activación de las plaquetas y las células musculares lisas. Sin embargo, no hay grandes estudios, bien realizados han demostrado que tiene efectos clínicos importantes.
- L-carnitina es un aminoácido producido en mayor parte por el hígado y los riñones para aumentar el metabolismo. Los suplementos dietéticos con L-carnitina se ha demostrado que aumenta el consumo máximo de oxígeno. Hay evidencia de un efecto beneficioso de la suplementación con L-carnitina en la formación, la competencia y la recuperación del ejercicio intenso, pero ninguna ventaja parece existir en una dosis oral de más de dos gramos de una sola vez porque los estudios indican la saturación de la absorción a esta dosis.
- Un típico BE contiene poco más de un 1/4-taza de azúcar. Los azúcares son el combustible básico utilizado por los músculos para crear energía. Reconociendo que los azúcares simples provienen de muchas fuentes, demasiado azúcar se asocia con obesidad y resistencia a la insulina, un precursor de la diabetes. *(Continued)*

El ejercicio induce la inflamación y el estrés oxidativo (producción de carroñeros molecular con efectos potencialmente dañinos). Mientras que los antioxidantes han sido considerados para ayudar al cuerpo a recuperarse del ejercicio y reducir el daño a las células musculares, no hay pruebas convincentes de que el ejercicio a corto plazo o a largo plazo altera los requisitos de los antioxidantes y el suplemento con antioxidantes en atletas bien entrenados no ha sido demostrado que tenga efectos saludables definitivos.

¿Son estas bebidas energéticas que cumplen sus promesas y son seguros? El próximo número de "The Banter" va a discutir estos temas.

El material fue elaborado a partir de estas referencias:

Higgins JP et al. Energy beverages: Content and safety. Mayo Clin Proc 2010;85(11):1033-1041.

Arria AM et al. Energy drink consumption and increased risk for alcohol dependence. Alcohol Clin Exp Research 2010 Nov 12. doi: 10.1111/j.1530-0277.2010.01352.x. [Epub ahead of print].

VENTA DE LIBROS

Escrito por Wendy Price

Traducción: Maria Castillo

SE NECESITAN VOLUNTARIOS – PADRES Y ESTUDIANTES

SE NECESITA AYUDA PARA CUANDO SE RECIBAN LAS DONACIONES DE LIBROS Y PARA CLASIFICARLOS EN LAS SIGUIENTES FECHAS Y A ESTAS HORAS:

Sábado, 12 de marzo, de 2 a 5

Domingo, 13 de marzo, de 12 a 3

Viernes, 18 de marzo, de 2:30 a 7:30

Sábado y domingo, 19 y 20 de marzo, de 10 a 4

Lunes y martes, 21 y 22 de marzo, de 2:30 a 7:30

AYUDA PARA CLASIFICAR LIBROS Y ORGANIZARLOS PARA LA VENTA:

Miércoles y jueves, 23 y 24 de marzo, de 2:30 a 8

Viernes, 25 de marzo, de 2:30 a 9

AYUDA AL FINAL DE LA VENTA, PARA LIMPIAR EL LUGAR:

Sábado, 26 de marzo, de 9:30 a 4

Domingo, 27 de marzo, de 9:30 a 5

Para ofrecer sus servicios como voluntarios, los padres pueden enviarme un correo electrónico a marylandreader@verizon.net y los estudiantes pueden enviarlo a bccbooksale@gmail.com

Gracias!

FECHAS EN LA QUE SE LLEVARA A CABO LA VENTA DE LOS LIBROS DONADOS

26 de marzo, de 10 a 4

27 de marzo, de 10 a 2



B-CC MUSIC: FESTIVAL BOUND

By Stephanie Brown

Music Department students and faculty are preparing for our trip to Chicago, March 31-April 3. B-CC musicians will participate with students nationwide in the Heritage Music Festival. Ever wonder where all those trophies in the chorus and orchestra rooms come from? The students and their teachers bring home new ones every year. Watch this space for which ones travel back from Chicago next month!

Music festival competitions abound locally as well. Many of our students will participate in the County Solo and Ensemble Competition on March 4 and 5 at Wooton High School. The Concert Choir and Women's Choir will participate in a festival on March 17 at Walt Whitman High School, and the Chamber Choir will take part in a festival on March 23 at Bethesda Presbyterian Church. The Symphonic Band will participate in a countywide music festival on March 22 at Watkins Mill High School; the Wind Ensemble will take its festival turn on March 23 at Whitman; Symphonic and Concert Orchestras will perform in festival at B-CC on March 29; and, finally, the Concert Band will be at the countywide music festival at Clarksburg High School on April 12. We wish all of our students luck in their endeavors.

The Music Department is delighted to have hosted another successful Cabaret on February 12. Parents and friends of the Music Department gathered in the cafeteria for an evening of listening to our students, catching up with friends and dining together. The evening was topped off by a special performance from Marshall White and Friends, one of the area's finest jazz ensembles. This Cabaret was made possible by the hard work and dedication of enthusiastic volunteers who love their children, music and B-CC.

THANK YOU to these committee chairs and their tireless volunteers:

Culinary Director	Randy Bick
Decorations Director	Susan Bick
Invitations and Reservations Director	Lisa Heaton
Mocktail Hour	Naomi Kettler, Libby Williams
Set-up Coordinator	Nancy Rose
Clean-up Coordinator	Marylalice Stetler-Stevenson
Food Donations Manager	Julie Hoffman
Drinks Coordinator	Lauren Rubenstein
Wait Staff Managers	Leslie Atkin, Bill Stetler-Stevenson
Antipasto Coordinator	Cathy Ball
Salad and Dressing Coordinator	Nancy Platt
Dessert Coordinators	Laura Anthony, Kris Knutson
Flatware Roll-up	Michele Parsonnet
Paper Goods	Margaret Go
Raffle	Phyllis Badesch, Viann Skovholt
Program	Carol Schaengold
Advisors	Marshall White, Cindi Martin, Amy Vanek



Committee Members: Kamil Cook, Kevin Ambrose, Jean Heilprin Diehl, Cindy Easton, Jessica Hughes, Mark Kennet, Jim Kettler, Elana Lipman, Bill and Rose Miller, Shoshana Mintz-Urquhart, Cory Modlin, Nancy Scheiner, Susan van Nostrand and all of the people who donated drinks, desserts and other supplies and anyone who may have been inadvertently left off this list.

We've postponed our coffee and chocolate fundraiser until the spring. Working with Equal Exchange Fundraising, we'll be offering organic, fairly traded coffee and chocolates for sale in time for Passover, Easter and spring break! The Music Department receives 40 percent of every purchase while supporting sustainable agriculture, small farmers and chocolate for everyone! Look for more information to follow.

Don't forget to join the B-CC music listserv by sending an email with your name in the subject line to BCCMusic-subscribe@yahoogroups.com <<mailto:BCCMusic-subscribe@yahoogroups.com>> . There's always new and useful information on the website!

B-CC WILL STAGE THE LARAMIE PROJECT AND ROMEO AND JULIET IN THE SPRING

By Linda Simon

B-CC's winter and spring plays include one popular, edgy new show, "The Laramie Project," and the favorite Shakespeare classic, "Romeo and Juliet." Performances for "The Laramie Project" are March 11, 12, 18 and 19; "Romeo and Juliet" will be staged April 1 and 2.

"Romeo and Juliet" will be completely student-directed by Jessie Klueter ('12) and provides another outlet for B-CC's ever-growing ensemble of budding actors and actresses.

"The Laramie Project" has been staged at a few other schools in the greater Washington area, including Richard Montgomery HS, which produced the show last November. The play tells a controversial, true story about the 1998 brutal murder in Laramie, Wyoming of a gay college student, Matthew Shepard. Performances of the play at other schools have attracted both protestors and supporters.

Mr. Aaron Taylor, B-CC English teacher and theater artistic director, said he chose "The Laramie Project" for this spring for a variety of reasons.

"First, my theater program at the University of Maryland produced this play when I was in college, and it has been a favorite of mine ever since," Mr. Taylor said. "With the recent coverage that 'bullying' is getting, coupled with numerous tragic suicides due to 'bullying,' there seemed no better time than now to produce this play in order to get people thinking, changing their ways and standing up for what's right."

Mr. Taylor expects good-sized audiences for this show, which, he said, "will be performed on-stage, in a 'thrust' seating arrangement, with limited seating."

He added that the play has already received the support of B-CC's staff, and many teachers have said to him, "Mr. Taylor, I'm so glad you're doing this play. Some people need to hear its message."

"And, if there are more protests, we'll don wings just as they do in the play and block out their nonsense," Mr. Taylor said.

The cast of "The Laramie Project" includes seniors Cameron Kelly, Caroline Borders, Claire Blackwelder, Ezra Lewis, Naomi Cohen and Hallie Zolkower-Kutz; junior Doron Tauber; sophomores Molly Lo Re, Sierra Fritz, Catherine Giddings and Joan Sergay; and freshmen Karren Segel, Enya Guitart and Emily Jaedicke-Brito. Emma Fensterheim is Stage Manager; Assistant Stage Manager is Kayla Popper.

Cast for "Romeo and Juliet" includes seniors Hannah Johnston and Scott Stoff; junior Irene Burski; sophomores Torie Atkin, Katie Fox, Marnie Klein and Leah Platt. The Stage Manager is Ally Navolio.

SPRING THEATER CALENDAR

All performances are in the B-CC auditorium, unless otherwise noted.

March 11, 12, 18 at 7:30 pm &
March 19 at 2 pm

March 16 (Parents of students involved in the production are welcome to attend.)
STUDENT-DIRECTED SHAKESPEARE CLUB
at the Secondary School Shakespeare Festival
Folger Shakespeare Library, 201 E. Capital St., SE,
Washington, DC 20003: "Richard III."

March 19 at 2 pm - Performances of
"The Laramie Project"

Student-Directed Mainstage Shakespeare
April 1 at 7 pm & April 2 at 2 pm -
Performances of "Romeo and Juliet"

April 6 & 8 at 6:30 pm - B-CC Idol

May 20 & 21 at 7:30 pm - Student-Directed
Spring One-Act Festival

May 27 at 6:30 pm - B-CC
Theater & Media Arts End of Year Banquet

**PLEASE SEE THE ACADEMIC SECTION OF THIS
ISSUE FOR INFORMATION ON A NEW THEATER
CLASS OFFERED IN 2011-2012**



B-CC ALL-GAZETTE AWARDEES

By Karl Klontz

Congratulations to Alex Doll, senior midfielder on B-CC girls' soccer team, for being named Gazette Player of the Year! As the Gazette stated, "Nearly every Barons goal started with fantastic national-team playmaker. Dished out county-high 19 assists, was second on team with 12 goals." Congratulations also to girls' soccer team coach Rob Kurtz, who, in his tenth year as coach, received the award of Gazette Coach of the Year and the following accolade: "Perennial powerhouse did not miss beat despite losing some top-notch players. Won back-to-back Class 4A state championships."

Listed below are other B-CC athletes who received All-Gazette awards announced on December 8, 2010 (Gazette descriptions of players in italics):

Boys' soccer:

First Team

Collin Martin — sophomore, midfielder: *So skillful, so young; youngest player named to coaches' all-state team.*

Second Team

Freddy Nzekele — sophomore, forward: *Tall, fast, dangerous.*

Girls' soccer

First team

Vic Gersh — senior, forward: *Speedy with great ball skills, netted team-best 20 goals.*

Hannah Levin — junior, defender: *Stalwart one-on-one defender also got forward: eight goals, four assists.*

Second team

Kara Klontz — junior, defender: *Helmed stingy backline.*

Girls' Volleyball :

Honorable Mention

Sierra Ventrall, junior, offensive hitter

B-CC ALL-MET AWARDEES

By Karl Klontz

All-Met winners are selected by The Washington Post's High Schools staff from nominations submitted by coaches from more than 250 schools in the Washington area. Members of All-League teams were submitted by coaches and athletic directors. Awardees for 2010 fall sports were announced on December 15 and include the following B-CC students:

Girls' Soccer:

Alex Doll, senior, midfielder — Player of the Year!

Vic Gersh, senior, forward — First Team

Hannah Levin, junior, forward — Second Team

Kara Klontz, junior, defender — Honorable Mention

Boys' Soccer:

Stephen Sawicki, senior, defender — Honorable Mention

Collin Martin, sophomore, forward — Honorable Mention

Girls' Cross-Country:

Ava Farrell, junior — Honorable Mention

Football:

DeAndre Cooper, wide receiver — All-League Football Team, Montgomery 4A

Field Hockey:

Jenn Dewey, senior, forward — Honorable Mention

Danielle Harkaway, senior, forward — Honorable Mention



GOT MULCH?

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CREW TEAM LAUNCHES 17th SPRING SEASON

By Jennifer Turner (*Maddy Turner '13*)

ATHLETIC NEWS

With the spring season just around the corner, B-CC's co-ed crew team's 85 student athletes have been pushing (and pulling!) themselves to the limit during a rigorous winter training program held at school and at the Chevy Chase Athletic Club. After rowing tens of thousands of meters on ergometers (indoor rowing/torture machines), lifting weights, running stairs and doing hundreds of push-ups and sit-ups, these rowers and coxswains will emerge from this intense training, having metamorphosed into lean, mean, rowing machines, eager to get back onto the river to compete and win against top high school crew teams locally, regionally and nationally.

On January 29, 25 team members participated in the Mid-Atlantic Erg Sprints, hosted every year by T.C. Williams High School. This indoor rowing competition for all ages and levels is a qualifying event for the World Indoor Rowing Championship, and therefore draws thousands of rowers from the mid-Atlantic region. B-CC participants included seniors Kate LaFranchi, Amanda Litty and Rea Marmarinou; juniors Michael Colella, Naomi Balodemas and Zena Wolf; sophomores Sophia Arend, Tamsin Bradbury, Margeaux Carle, Sabina Gudmundsson, Erik Holmvik, Lizzie Hook, Taylor Joseph, Abby McIntosh, Charlotte Myers, Katie Sampson, Naomi Smith, Lexi Theiss, Julia Vasquez, Kate Waldmann, Gyl Weisenfeld, & Jacqueline Whitford; and freshmen Stephanie Arsenaault, Caitlin Beakes, Julia Maslin, Natalie Rogers and Vivian Vasquez.

Congratulations also to B-CC fathers Tom Arend (500m sprint, Father/Daughter sprint), David Whitford (Father/Daughter sprint) and Greg van der Vink (2K silver medalist, men's masters double slides gold medalist). There were many top 10 finishers: Charlotte Myers and Abby McIntosh in the 20min row, Katie Sampson and Lizzie Hook in the 1.5K, Michael Colella in the 2K and Kate LaFranchi and Rea Marmarinou in the double slides. Finally, B-CC's three medalists:

- Sophia Arend –Gold in the Junior Women(15-16) Lightweight 1500 meters
- Erik Holmvik –Gold in the Junior Men(15-16) 1500 meters
- Lizzie Hook – 4th Place Medal the Junior Women(13-19) 500 meters sprint

After a fantastic fall season of head races and the grueling months of winter training, everyone will be more than ready to return to the water for an exciting Spring racing season. The first racing event will be a scrimmage on March 26, with races every weekend through the end of May. This dedicated team, led by the talented coaching cadre of Dan Engler, Nancy Faigen, Hank McEntee, Megan Gordon, Jessica Swartz and Tom Schryver, will spend spring break on the Potomac River, with double practices each day. On May 1, the Barons will be defending the Maryland State Championship Title, won by both the boys and girls Varsity boats last year. The calendar of events and all team information is on the team's website www.bccrowing.windwebworks.com. Come down to the Potomac this spring and watch your Barons race!

COROLLARY/UNIFIED BOCCE

By Coach Grayson Heck

Corollary/Unified Bocce is a new pilot program formed by Maryland Special Olympics and Montgomery County Public Schools for winter 2010-11. This first year consists of six participating high schools in Montgomery county: B-CC, Magruder, Blair, Einstein, Sherwood and Northwood. Next year all 25 high schools in Montgomery County will be hosting teams. This program is designed to include students with and with out disabilities in grades 9-12. All teams are required to have at least 50 percent of team members with disabilities. Participating students earn varsity letters. It is an opportunity for students to be involved that have never been on a school sports team previously. It helps students improve their cognitive and motor skills as well as forge new friendships. Generally, bocce is played outdoors on dirt or grass with steel balls. Since this is intended as a winter sport, we have inflated sand-filled rubber balls and it is played indoors. Bocce is an Italian game similar to bowling. The word "bocce" means kiss. In the game, there are two teams. The players try to get their balls as close to the palino (a smaller foam ball) as they can, hence the name bocce. The team that is closer wins and gets points based on the number of balls in closest proximity to the palino. The game is played in 30-minute matches or the first team to 16 points, which ever comes first. This season has been exciting, and the players and coaches have had a great time. Everyone has nothing but positive comments about the game and the season. It has drummed up a lot of questions and talk amongst students and teachers at participating schools. B-CC has won 3 games and lost 3 games. The league championship between all six schools is scheduled for February 12.

ENERGY BEVERAGES – WHAT ARE THEY? (First article in a two-part series)

By Karl Klontz

The names sound exciting: Red Bull, Rockstar, Monster and Full Throttle, among others. These energy beverages (EBs) are highly caffeinated drinks that are popular among teens.

A recent study reported that 25 to 50 percent of persons aged 11 to 35 years consumed an EB in the past few months. EBs often claim to aid athletic performance and facilitate muscle growth and recovery.

What are common ingredients in EBs?

Many EBs contain caffeine ranging from 70 to 200 mg per 16-oz serving. Caffeine is a stimulant that, in athletics, increases the capacity of bodily or mental labor by eliminating fatigue symptoms. The physiologic pathways triggered by caffeine in heart muscle mimic those of adrenaline. Many studies have shown that subjects who ingested caffeine could exercise longer before exhaustion occurred compared to their counterparts. Adverse effects from caffeine include insomnia, nervousness, headache, rapid heart rate, abnormal heart rhythm and nausea. Notably, the International Olympic Committee bans caffeine.

Beyond Caffeine

What else is in an EB? Here are some common ingredients:

- Taurine is an amino acid that is a normal constituent of the diet. Some studies have suggested that taurine improves exercise capacity and performance. The amounts often in EBs are believed to be insufficient, however, to deliver therapeutic benefits or adverse events.
- Glucuronolactone, a compound naturally produced in the body, has been purported to eliminate carcinogens and tumor promoters but more research is needed.
- B vitamins play an integral role in energy production. Because EBs contain lots of sugar, these vitamins are touted as necessary to convert the added sugar to energy — EB companies claim their products provide extra energy.
- Guarana, a rainforest vine domesticated in the Amazon for its caffeine-rich fruits, has long been used by Amazonians to increase awareness and energy. Its seeds contain more caffeine than any other plant in the world. Guarana also contains the stimulants theobromine and theophylline. Although the amounts of guarana in popular EBs are below levels expected to deliver benefits or cause harm, some young adults have been treated in emergency departments with overdoses of caffeine after overindulging in guarana-based EBs.
- Ginseng, one of the most popular herbal supplements in the world, is purported to increase energy, relieve stress and increase memory. Athletes use ginseng for its alleged performance-enhancing attributes, but a recent review concluded that enhanced physical performance after ginseng administration remains to be demonstrated. The amounts of ginseng in EBs are far below the levels expected to deliver therapeutic benefits or cause adverse events.
- Ginkgo biloba extract is derived from Ginkgo trees and has been used in traditional Chinese medicine for centuries. The extract is reported to possess antioxidant properties, modify the contractile elements of blood vessels, reduce the “stickiness” of blood cells to vessel linings and inhibit activation of platelets and smooth muscle cells. However, no large, well-conducted studies have shown that it has important clinical effects.
- L-carnitine is an amino acid made predominantly by the liver and kidneys to increase metabolism. Dietary supplementation with L-carnitine has been shown to increase maximal oxygen consumption. There is evidence of a beneficial effect of L-carnitine supplementation in training, competition and recovery from strenuous exercise, but no advantage appears to exist in an oral dose greater than two grams at one time because absorption studies indicate saturation at this dose.
- A typical EB contains just more than a 1/4-cup of sugar. Sugars are the basic fuel used by muscles to create energy. Recognizing that simple sugars come from many sources, too much sugar is associated with obesity and insulin resistance, a precursor to diabetes. Exercise induces inflammation and oxidative stress (production of molecular scavengers with potentially harmful effects). While antioxidants have been touted to help the body recover from exercise and reduce damage to muscle cells, there is no convincing evidence that short-term or long-term exercise alters the requirements for antioxidants and supplementation with antioxidants in well-trained athletes has not been proven to have any definitive salutary effects.

DO THESE ENERGY DRINKS DELIVER ON THEIR PROMISES AND ARE THEY SAFE?

THE NEXT ISSUE OF THE BANTER WILL DISCUSS THESE ISSUES.

The material was drawn from these references: Higgins JP et al. Energy beverages: Content and safety. *Mayo Clin Proc* 2010;85(11):1033-1041., Arria AM et al. Energy drink consumption and increased risk for alcohol dependence. *Alcohol Clin Exp Research* 2010 Nov 12. doi: 10.1111/j.1530-0277.2010.01352.x. [Epub ahead of print].



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