



B-CC BANTER

BETHESDA-CHEVY CHASE HIGH SCHOOL PTSA NEWSLETTER

FROM THE PRINCIPAL

Karen Lockard



This is my first opportunity to include families of the Class of 2015 in my Banter message. I know many of you are parents new to high school and wonder what to expect. I will try to give you a hint of what we are all about.

Several hundred music students talked happily about last weekend's Music Department trip to Chicago. Our students placed at the top in a music festival competition, attended a performance of the Blue Man Group, and a show and festival awards ceremony at Medieval Times. Tenth graders were abuzz as they set up their MYP (IB Middle Years) projects for the expo on Thursday; the CHIPS Literary kids set up for this evening's CHIPS Night. Signs for the Mr. B-CC Competition advertised this annual event.

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Today was a busy one here at B-CC, but it is like most of our days: filled with something for just about everybody. It began with a torrential rain shower, so some of our 1,800 students arrived a bit damp. Soon the bell rang and the halls were empty...everybody in class. One huge banner hung in the front hall asking a specific young lady to "Please go to Prom with me?" (She said yes!)

DE LA DIRECTORA Karen Lockard

Traducción: Kathleen Wheaton

Esta es mi primera oportunidad de incluir a las familias de la Clase de 2015 en mi mensaje en el Banter. Sé que muchos de Uds. padres son nuevos al colegio y quieren saber lo que les espera. Trataré de darles algunas pistas sobre lo que es B-CC High School.

cenaron en un restaurante de tema medieval, y hasta asistieron al espectáculo del Blue Man Group. Los estudiantes del décimo grado hervían de animación mientras montaron los proyectos del MYP (Proyectos de los Años Intermedios) para la exposición del jueves y los chicos de la revista literaria CHIPS montaron su propia exposición para esta noche. Pancartas para el concurso Señor B-CC anunciaron ese evento anual.

Hoy fue un día ocupado en B-CC, pero, como la mayoría de nuestros días, tenía un poco de todo. Les voy a contar lo que pasó esta semana. El día empezó con una lluvia a cántaros, así que algunos estudiantes llegaron un tanto mojados. Con el toque de la campana, se vaciaron los pasillos...todo el mundo a clase. Una bandera enorme colgada en la entrada pidió a una tal señorita, "¿Por favor, me acompañas al prom?" (¡Ella dijo que sí!)

Una excursión escolar fue a Great Falls, donde los estudiantes de Ciencias del Medio Ambiente AP y IB condujeron estudios de campo sobre los especies de plantas indígenas e invasivas, mientras otro grupo tomó el Metro al Museo de National Geographic para ver una exhibición llamada "Yo Soy Americano." Los estudiantes del noveno grado visitarán al Newseum dentro de unas semanas, y la semana pasada, los estudiantes de Estadística avanzada visitaron a la

Dentro de este numero: mas articulos en espanol!

INCLUDED IN THIS ISSUE:

CONGRATULATIONS TO MEMBERS OF THE CLASS OF 2011
.....
AND WELCOME CLASS OF 2015



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Please Note:

- Student-Directed One-Act Festival**
May 21
- Senior Breakfast**
May 26
- No School**
May 30
- Graduation Rehearsal**
June 1
- GRADUATION 2011**
June 2
- Last Day of School Dismissal after lunch**
June 16
- HAPPY SUMMER**

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B-CC PRINCIPAL

Karen Lockard

MAY

- 2AP exams start
- 3IB exams start
- 7SAT testing at B-CC
- 21 Student-Directed One-Act Festival, 7:30 pm Auditorium
- 26Senior Breakfast 8:30 am
- 30No School, Memorial Day

JUNE

- 1Graduation Rehearsal, 9-1 pm
- 2 ..GRADUATION, D.A.R., 7 pm, No School
- 5 ..B-CC educational Fund and Ellen’s Run
- 11ACT testing at B-CC
- 16 .Last Day of School, Dismissal after lunch
- 23Report cards mailed

... LOOKING AHEAD...

AUGUST

- 29First day of school

**“THANK YOU” TO OUR HARD-WORKING
2010-2011 B-CC BANTER VOLUNTEERS**

**A SPECIAL NOTE OF APPRECIATION TO
OUTGOING EDITORS KATHY MCKAY AND
ELLEN SHEARER FOR THEIR YEARS OF
SERVICE. GREAT JOB!**

**OTHER 2011 BANTER GRADUATES
INCLUDE COPY EDITORS JEAN HEILPRIN
DIEHL AND FRANCESCA HUEMER KELLY**

**WELCOME NEW 2011-2012 B-CC BANTER
EDITORS RITA RUBIN AND JAN SCHAFFER**

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

We’d LOVE to hear from you!

**Banter submissions for the
August/ September 2011 issue
are due in July 27.**

**Please email Rita Rubin at
rrubin@usatoday.com or
Jan Schaffer at jans@j-lab.org**

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.

**SCHOOL TOUR DATE:
MAY 4
8:30AM-9:30AM**

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.bccpts.org

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

One group of students headed to Great Falls, where AP and IB Environmental Science students conducted field studies on indigenous and invasive plant species. Another group hopped the subway to the National Geographic Museum to see an "I Am American" exhibit. Last week, upper level Statistics students visited the Gallup Agency and The World Bank, and, in a few weeks, ninth graders will head to the Newseum. I wish I could go on all these field trips!

The auditorium was double-booked for an after-school rehearsal of "Romeo and Juliet" followed by an evening meeting for parents of seniors. The boys' lacrosse team practiced here, while the girls' lacrosse team played an away game. The baseball team was in the weight room, due to rain. But about 65 members of the track team ran anyway. The volleyball team stayed late for the last practice in the gym.

I think you get my drift. Our students are active in sports and the arts, and every child will find his or her own niche. And then there are the AP/IB and Honors courses in dozens of subjects. Our students learn a lot every day. We welcome them and will care for them, and they will thrive here.

Parents, we welcome you, too. Please know that we love to see you in the school. Even though some feel that when children reach high school it is time to pull back a bit, I ask you to remain a vital part of the picture. Young people need care and parental involvement even more as they grow. If your ninth grader tells you that parents don't come to high school events, do not believe it.

I finish this letter already missing those who are about to graduate and begin their future lives. Every year I fall in love with a class and think there will never be another like it. But there will...the Class of 2015. I welcome our incoming ninth graders and their families, who will soon become fast friends. As always, thank you for trusting us with your children.

REFLECTION*By Christopher Nardi, Assistant Principal*

First day jitters. Entering high school mid-year brings about many emotions and thoughts: "Anxiety - I don't know anybody. I might get lost; it's such a big school. Will I do well?" These aren't just the thoughts of a new student. They occur to adults as well. My first day at B-CC was filled with all of these feelings and concerns. At one point I remember thinking, "We're not in Kansas anymore, Toto." Would I get lost (A, B, C, or E hallways) or completely winded, trying to walk from the basement to the fourth floor?

I came to B-CC from Clarksburg HS, "way out" in the country. Clarksburg had just as many students, but only two floors, far easier on the legs and heart. I had been the English Resource Teacher and helped to open this school in 2006. I had filled in for administrators throughout my time at Clarksburg, which has proven to be valuable experience.

I also had experience in the Bethesda community, since I grew up here. As a high-schooler, I played ball on the B-CC fields. My father had an office in Bethesda, and he had worked at Suburban Hospital. I had seen this area grow into the city it has become.

B-CC is one of the "jewels" of Bethesda. It has become one of the premier schools not only in the county but in the country. I knew B-CC was a very good school, but I have come to realize it is one of the great schools.

Now that I have been able to spend some time working with the students and staff, I am amazed at the opportunities and experiences afforded to the students: field trips, speakers, assemblies and student enrichment activities. The classes offered to students through the AP and IB programs are remarkable. The fact that these programs are open to all students is even more amazing because at many schools students are "recommended" for or have to apply for them. As I started to introduce myself to students and got to know them, I was equally impressed by many students' college and career plans; however, what really got my attention was the number of students with these plans. The scholarships students pursued and received were extraordinary.

During my first couple of months I would ask Mrs. Lockard questions framed around, "What do you do here with...?" or "Do you all?" Now, six months later, I speak in terms of "we." I feel more a part of the school. I have learned first-hand that B-CC is a wonderful community.

Aristotle said, "You are what you repeatedly do; therefore, excellence is a habit not an act." I have discovered quickly that, at B-CC, excellence is a habit and not an act. I look forward to continuing to work with the students and staff.

B-CC Students Continue to Improve in College Readiness

This year's class of 2011 has shown overall improvement in SAT scores compared to last year's class of 2010. As of December 2011, the senior class of 2011 is one of only five schools in MCPS to show increased overall scores in all major categories: % of students taking the SAT, total score, math score, reading score, and writing score, compared to December 2010.

This spring, Bethesda-Chevy Chase High School became an ACT testing site and was one of ten county schools to pilot the ACCUPLACER diagnostic exam in order to meet the increased demands of our students taking these college readiness exams. We will continue to offer this next year.

For more information on Triumph, MCPS's free online college readiness exam practice tool or on which college readiness exam best fits your child's needs, please contact the Counseling Department.

Student Writing Awards and Recognition from the English Department

By *Evanthia Lambrakopoulos*

Congratulations To The Following :

Seniors *Nana Twum Agyire, Neethu George, and Jannah Madyun* on being nominated to represent B-CC in the Herbert Denton, Jr., Memorial Scholarship Program. Students are recognized for their commitment to their studies and goals, their promise in nonfiction writing, and their progress and excellence.

Juniors *Irene Burski, Laila Shehata, and Nathaniel Schwartz* for being nominated to represent B-CC as outstanding writers in the Achievement Awards in Writing Program sponsored by the National Council of Teachers of English. The students are preparing portfolios of their best writing in fiction, nonfiction and poetry. On April 12, they wrote an impromptu timed essay for the program on a previously unannounced topic.

Junior *Sutton Chiorini* for being named a finalist in the Gaithersburg Book Festival's inaugural Short Story Contest for high school students. We are excited that she has advanced to the finals. Sutton has been invited to read her story in the festival coffee house on May 21. It is at the coffee house reading that the winners will be announced. Her story is titled "The Words We Don't Say."

Senior *Amalia Halikias* for receiving an Achievement Award in English for her superior writing from the National Council of Teachers of English. She was recognized for her "effective and imaginative use of language to inform and move an audience," according to the NCTE Press Release. She was one of 16 students recognized throughout Maryland for this national award. The English Department also received recognition from NCTE for excellence in its instructional program.

Senior *Benjamin Houde-Hostland* for being named an F. Scott Fitzgerald Scholar by the F. Scott Fitzgerald Literary Conference of Maryland and B-CC's English Department for his passion for writing and commitment to literature.

Junior *Elizabeth (Ellie) Olsen* for the publication of her outstanding essay titled "The Odyssey of the Guantánamo Uighurs" by the One World Education Writing Program. Ellie's article was "1 of 12 selected from over 325 middle and high school student articles submitted last year as part of One World Education's 2010 Culture and Global Issues Reflection Contest." Please read Ellie's essay at <http://www.oneworldeducation.org/programs/march-2011/reflection>, and encourage students to apply to this year's contest!

The B-CC Shakespeare Club for participating in the Folger Shakespeare Library's Secondary School Shakespeare Festival. The students, sponsored by Kathleen Kennedy and accompanied by Gregory Greenleaf, performed Richard III and received acclaim for their acting.

Congratulations to Chips for its outstanding Gold and Medalist Awards from the Columbia Scholastic Press Association, among other awards, and its very successful Chips Night featuring student writers on April 5, 2011. Look for publication of the magazine in May 2011.

The English Department welcomes and expresses appreciation to its three student teachers for the second semester: Rogi Banks (Howard University), Heather Duke (American University) and Rachel Liscinsky (American University). Ms. Banks taught Mr. Taylor's classes, Ms. Duke taught Mr. Engler's classes, and Ms. Liscinsky taught Ms. Mahoney's classes, respectively.

Ms. Sarah Mahoney's Advanced Composition class has welcomed guest local writers from the Writer's Center this semester, including Zachary Fernebok on graphic narrative and Sandra Beasley on poetry. The writers have read from their work, answered students' questions about the art and craft of writing, provided information about Writer's Center workshops and other writing programs, and inspired a new generation of writers to pursue their dreams of writing and publishing in the great B-CC tradition.

Several 10th grade English classes and the Advanced Composition class had the opportunity to read, study, and discuss "The Laramie Project" in class this spring. After studying the play, students attended an outstanding in-school performance of the play by B-CC's Drama Department under the direction of Aaron Taylor.

Please encourage students to come to English TAP (Time for Academic Progress) to help students study further for the AP and IB Exams in English. These additional practice opportunities (to be announced via classes and on the school's website) will build on the instruction and preparation students have already been receiving regularly through their classes.

Tenth-grade students are being prepared for the High School Assessment in English through their English classes and through a special lunch program led by our composition assistants that meets Monday through Thursday in A314. Please encourage students who have been invited to attend the special lunch sessions to come. The test will be given online, and it is important for students to get as much practice in mastering the assessed writing, reading, and grammar skills. Our composition assistants and Dr. Haupt also supported seniors one on one and in small groups with their English Bridge projects to enable students to meet the requirements for graduation.

Continued on next page

Information on writing contests and summer writing programs is posted on the B-CC website for the English Department. Please check the B-CC website in May for complete information on our summer reading program and assignments. New titles and recommendations will be posted to guide students' reading over the summer, along with specific goals and assignments. Students will also receive summer reading handouts through their current English classes.

We'd love to hear parents' and students' recommendations and feedback on summer reading in the interim. Please send your thoughts to Evanthia Lambrakopoulos, English Resource Teacher, at Evanthia_E_Lambrakopoulos@mcpsmd.org.

EDITOR'S NOTE: *The News Literacy Project* was implemented at B-CC in David Lopilato's Honors English 11 and Journalism 1 classes, Jonathan Brammer's English 11 classes, and Jon Virden's Journalism 2 and Tattler classes. Alan Miller, president of the News Literacy Project and former investigative reporter for the Los Angeles Times, and Kate Ferrall, program coordinator and B-CC Graduate, worked closely with Mr. Lopilato, Mr. Brammer and Evanthia E. Lambrakopoulos to implement the program with great success in the English Department. The program was also implemented at Walt Whitman High School, as well as at other sites nationally. The focus of the project is to empower high school students with the ability to evaluate media and to engage actively in determining "how to know what to believe."

Pulp Fiction



By Emily Shepard, B-CC Class of 2012

What you read is not always true. You have probably heard of the 1948 presidential election reporting mishap in which The Chicago Tribune eagerly flashed the headline "DEWEY DEFEATS TRUMAN" on the front page. As this incident exemplifies, reporting the news as quickly as possible can lead to serious fallacies.

The News Literacy Project aims to teach students how to separate fact from fiction in the media, given the large number of stories found on the internet, this can be difficult in the digital age. The Project also aims to stimulate interest among young people about current events so that they can become well-informed citizens. Dozens of nationally acclaimed journalists have selflessly given their time to promote the Project. They hail from top newspapers such as the New York Times, the Washington Post, USA Today, and many more. Others work at broadcast stations such as NPR, CNN, and CBS news.

The 11th grade honors English classes and Journalism classes have been fortunate enough to meet some of these journalists. Guests have included Robert McCartney from the Washington Post and David Zwerdling of NPR. Both journalists discussed their views about the downside of the industry. McCarthy spoke of how writing an opinion column is much different than writing an objective news piece. He expressed his views about WikiLeaks, and the release of government secrets, which has raised questions about the First Amendment. He explained that the Washington Post and other major publications often get confidential information about the government from anonymous sources, yet there is no major outcry when this occurs. The difference though, is that WikiLeaks threatened America's relations with other countries and was an infringement on national security.

Zwerdling discussed his career as an investigative reporter for NPR. He described his experience of making a documentary about a soldier with a war related brain injury. The military refused to recognize the impairment as a legitimate injury. After the documentary was released, the soldier received the benefits he deserved. Zwerdling said the satisfaction he felt from helping the soldier get his benefits was immeasurable.

He also discussed the rapid increase in sensational news and the decrease in investigative stories.

Students in the Journalism classes will be paired with a reporter of their choice to write about a current issue in Journalism. Some topics include: the life of a journalist, the relationship between journalists and the government, and how the digital age has changed the nature of the field. The students are excited about participating in the program. "It was really cool to be able to talk to journalists in the field. We are very lucky because they are so prominent," remarked Journalism 1 student Tsahai Crawlle. Fellow classmate Madeleine Barry said the program "provides a great opportunity for journalism students," and felt that learning about the business is "important, especially for students." If you are interested in journalism or would like to know more about it, look out for the upcoming issues of the Tattler, which will feature the student's interviews.

To learn more about the News Literacy Project, visit thenewsliteracyproject.org.





*Carnevale Day: Italian Level 2 and 3 students (above) Italian Level 4 and 5 students (below) wearing Venetian masks they made in class.
Photo by Margaret Pecora-Jewett, B-CC Italian teacher*



ITALIAN GOING STRONG!

*By Margaret Pecora-Jewett,
B-CC Italian teacher*

Salve B-CC! There has been so much going on in the Italian learning community that I just cannot keep it all to myself any longer!

I am ecstatic to relate that the AP Italian exam has been reinstated, thanks to the National Italian American Foundation, the American Association of Teachers of Italian, the Italian government and everyone who worked tirelessly to get it back. Montgomery County Public School's own Paola Scazzoli and others have been hard at work readying the exam for release in May 2012. At B-CC I will be preparing any students who wish to take advantage of this renewed opportunity. Rather than diminish the already tremendous achievement of our IB Italian students who have been taking the IB exam for the past four years, this adds yet another way to excel in Italian.

The "Italian Team"—including myself and other Italian teachers from Walter Johnson, Walt Whitman and Wheaton high schools—have finally finished our work creating and revising curriculum blueprints up to Level 5 and publishing standardized vocabulary lists for Levels 1-3. Completing this lengthy project puts Italian on par with Spanish and French in our county public schools!

This year was also particularly significant for the Italian community because March 17 marked the 150th anniversary of the Unification of Italy. In honor of this momentous occasion, Italian teachers from around the metropolitan D.C. area organized a "T-shirt Design Contest," whose award ceremony will be held at the Italian embassy, with cash prizes presented by the ambassador himself! The winning design will be put into production and distributed to all 4000 D.C.-area Italian students free of charge with the help of generous donations from local Italian and Italian-American businesses. (We are also working on an outdoor Italian festival; details to come.)

But let's not forget all the extracurricular activities we carried out right here in Montgomery County. Last year the Italian teachers organized a Pizza e Film night that had an attendance of over 200! This year, to celebrate Carnevale, Italian students from all over Montgomery County gathered for an authentic dinner at Oro Pomodoro in Rockville. In class the next day we made maschere Veneziane together and ate chiacchiere!

I am also proud to highlight the accomplishments of the B-CC Italian Honor Society. The group has raised money for the Aquila Earthquake Fund and cooked dishes for local homeless shelters. We've worked at International Night providing Italian delicacies and helping attendees to create their own Venetian masks. Plans for

a performance of the traditional tarantella dance are already in the works for next year!

And last but not least: We are going to Italy! I am so excited to be able to take my first group abroad for spring break. For 10 days we will visit Rome, Florence, Venice and Milan. Next year I plan to return and visit even more cities! One day there may even be an exchange between B-CC and a liceo classico in Rome.

It has definitely been a full and invigorating year and I am looking forward to many, many more!

IT'S ACADEMIC TEAM CONTINUES SUCCESSFUL SEASON

The It's Academic team extended a successful run at the *It's Academic* tournament. *It's Academic* is a televised regional quiz bowl tournament now in its fifth decade, and long-time moderator Mac McGarry continues to host the competition. On March 5, team captain Spencer Weinreich along with teammates Bayard Miller and Teddy Weisman earned a place in the semifinal round after an impressive victory over teams from Thomas Jefferson HS and Sherwood HS. The semifinal contest will be taped at NBC studios on April 30, and all are invited to attend. Semifinal rivals have to be announced at the time of print for this issue of *The Banter*.

CHECK IT OUT PROGRAM

By Kathleen Pollack, RN, SCHN

On Wednesday, March 23 the Grade 11 and Grade 12 girls participated in an assembly called the Check It Out Program. This is a breast cancer awareness program for MCPS students presented by the Community Health and Wellness Department at Suburban Hospital, the Washington Area Chapter of Hadassah, and MCPS.

After the introduction, the students heard from a breast cancer survivor. They also learned from a nurse about early detection, the greatest weapon against breast cancer. Since about one out of every eight women will develop breast cancer in her lifetime, students were encouraged to share what they learned with their loved ones.

B-CC NINTH GRADE SUMMER ACADEMY

By Deborah Newman

This summer, as many students pack for vacation or get ready to lifeguard at the pool, about 50 to 60 incoming freshmen will attend B-CC's Ninth Grade Summer Academy. This exclusive program is funded by the B-CC Educational Foundation. Its goal is to ease the transition from middle school to high school.

Students are recommended for the Summer Academy from Westland. Participants attend four classes each day for a three-week period. In the English class, students complete their summer reading assignment and work on written language skills essential for ninth grade and beyond. In the math class, students hone in on skills they need in order to be successful in either algebra or geometry. A Study Skills class helps students develop tools like note taking and test taking in preparation for the academic demands of ninth grade. The Seminar class is all about what it's like to be a student at B-CC. Academy members participate in a scavenger hunt to learn their way around the building. Student Government representatives speak about all the school clubs and activities, and the Athletic Director shares information about school sports teams. Counselors from Youth and Family Services of Bethesda lead activities that address social and emotional issues related to high school life.

One day of the program is devoted to community service. Participation in community service is an MCPS high school graduation requirement. Academy students select from a variety of service projects that may continue to interest them throughout the school year.

Parental involvement is an additional important component of the Summer Academy. Parents are asked to attend an orientation on the first day and are invited to attend an evening workshop to learn all the ins and outs of high school. At the conclusion of the program, parents are invited for an evaluation session to discuss their students' progress at the academy and how to stay involved in their children's education during the ninth grade year.

This summer, thanks to a generous donation from the B-CC Educational Foundation, the Summer Academy will expand. For the first time, a tenth grade Summer Academy will be offered to a select number of students. This one-week program will focus on career and college exploration. Participants will also dedicate one day to community service and will attend a local college to get a first-hand glimpse of what college life is like.

For more information about either of these programs, feel free to contact Deborah Newman at Deborah_Newman@mcpsmd.org.

GIVE PEACE A CHANCE

By Meg Baker

Little did I know what I was getting myself into when I sat down to observe B-CC's Peace Studies class this spring. My intent was to be a fly on the wall, but instructor Colman McCarthy would have none of that. While he was very welcoming, he was equally inquisitive (he is a journalist, after all) and I was soon divulging information about myself as well as my thoughts on parenting.

It wasn't long before he had me calculating how many miles he has biked to and from B-CC for the 23 years he has taught here (41,400), and how many hours it took to do so (8,280). I was thankful he didn't ask me to produce his average hourly mileage or calories burned.

Having been properly inaugurated, I was pleasantly surprised with how the next 45 minutes unfolded. The class explored the merits and demerits of required coursework, grading and testing, and what it might be like if students could choose the courses they take. The exchange was highly interactive and rather spirited at times, and the students freely challenged the teacher and each other. Several students advocated the importance of trying things you don't think you'll like because you may discover you love it. Others piped in that this freedom might result in stunted growth for those students who choose to do the bare minimum. Another student expressed concern for teachers' job stability since they could potentially have no students interested in their subject and therefore lose their jobs. The students also considered the educational approaches of Maria Montessori and Socrates, neither of which involves homework or tests.

"Even though we might not see eye to eye, we can always see heart to heart," McCarthy said in the midst of the crossfire. As he called on students who had their hands raised for some time, McCarthy was courteous and respectful. "Thank you for your patience," he would say, or "Yes, will you please enlighten us?"

It all started back in 1987 when McCarthy gave a talk to the Montgomery County Principals Association. Then B-CC Principal Nancy Powell challenged him to bring peace studies into the school. She told him upfront that she couldn't pay him, but that didn't matter to McCarthy. He's been volunteering his time at B-CC ever since.

Continued on next page

MAY/JUNE 2011

The American journalist, author, peace activist and former columnist for The Washington Post directs the Center for Teaching Peace in Washington, DC, and teaches courses on non-violence at a number of area schools, including American University, Georgetown University Law Center, the University of Maryland, Wilson High School, and B-CC. He also taught at DC's School Without Walls for 25 years.

The B-CC course is designed to help students study the practices of current and past peacemakers, examine the philosophy of non-violent force, analyze the impact of the work of those who are devoted to nonviolent change, and develop conflict resolution skills and techniques.

The model of the class is "don't ask questions, question the answers," especially when someone says the answer is violence.

McCarthy brings in guest speakers, approximately 10 per semester (more than 400 over the years), including 3 Nobel Peace Prize winners, Vietnam and Iraq war veterans, former students and Peace Corps volunteers, a physicist from the Pentagon, a homeless man, a lesbian couple, and dozens of parents who come in and talk about their work.

"Our community is so full of people who are doing good things," says McCarthy, who encourages parents to come to the class to participate, tell their stories, or just observe.

"Almost all of the speakers have one trait in common: they are passionate about using their gifts. I think this is what the high school years are all about – explore the gifts you've been given, then get some skills to develop those gifts."

If you hear a bit more traffic noise than usual at B-CC on Friday mornings, it's likely a result of the "Honk for Peace" signs the students are wielding during their weekly anti-war protests held on East-West Highway.

For many years, McCarthy took the students to Virginia's death row until it moved to Big Stone Gap, which is too far to travel for a field trip. "I give them as much exposure as I can."

Looking Ahead to Summer

By Rina Palchcik, B-CC Counseling Department

At 2:10 on June 16, students will be dismissed for their summer break. Although we as counselors encourage students to rest, relax and enjoy their summer, we recognize that summertime gives students the time to tackle some of the tasks that they have put off during the academic year.

For rising seniors summertime affords the opportunity to engage actively in the college and career search and application process. Counselors recently presented information to juniors to help kick off the process. Underscored was the importance of checking testing dates and visiting colleges, as well as keeping a college comparison sheet. A good portion of the presentation was devoted to the Naviance Family Connections pro-

THE B-CC BANTER

gram to help familiarize students with and give them an opportunity to navigate the wealth of tools available on this program. Additionally, students were given the B-CC Counseling Department's Guidebook to College and Career, a companion to the Passport to Success binder available in the College and Career Center. The guidebook is a valuable resource which, among other topics, includes information about post-high school pathways, a timeline for juniors and seniors, terms to know, and scholarship information. We encourage students to share this guidebook with parents.

Also highlighted in the presentation was that students should reflect on their strengths, on their interests and on their possible career goals as a way to find a college fit. A good starting place for reflection is to think about academic choices in high school and extracurricular experiences.

Students in all grade levels can benefit from self-reflection. Time and time again we hear from our students the valuable outcome of learning through doing. High school gives students a solid foundation in education but summer vacation gives students the opportunity to build on their educational base and apply what they have learned by participating in volunteer positions, internships or work. Signing up for enrichment programs is another way to make the most of the summer. These programs give students the occasion to expand upon what they have learned or to pursue and broaden their personal interests.

Links to helpful resources:

• *B-CC Counseling page:* <http://www.montgomeryschoolsmd.org/schools/bcchs/counseling/>

• *Family Connection:*
<http://connection.naviance.com/bcc>

• *Testing dates/locations:*
<http://www.collegeboard.org/> and <http://www.act.org/>

• *Triumph:*
click on Final Prep for SAT & ACT on B-CC website, select Bethesda-Chevy Chase H.S.

Username – 6 digit Student ID Number
Password – 6 digit Student ID Number

• *SSL opportunities:*
<http://www.montgomeryschoolsmd.org/departments/ssl/>

• *Montgomery College:*
<http://www.montgomerycollege.edu/wdce/youth.html>

THE B-CC BANTER
INTERNSHIP PROGRAM NEWS
CAREER PARTNERSHIP DAY
APRIL 6, 2011

By Diana Kirtley, Internship Coordinator

On April 6, 90 B-CC juniors and seniors participated in the 18th Career Partnership Day, a job-shadowing day sponsored by the Greater Bethesda-Chevy Chase Chamber of Commerce, in conjunction with Junior Achievement of the National Capital Area. Businesses, government agencies and non-profit organizations hosted eligible B-CC juniors and seniors to give these students the opportunity to learn about potential career interests.

The day began with a meet-and-greet continental breakfast served in the B-CC cafeteria to students and hosts participating in the event. Following a brief program, the 2011 Cynthia Clarke Career Builder's Awards were presented to two staunch supporters of the Career Partnership Program: Jeff Brainard, General Manager of Embassy Suites at Chevy Chase Pavilion, and Dr. Stanley O. Mayer, DDS. The Builder's Award, named after Mrs. Clarke, a former B-CC teacher, is given every year in her honor to a business, government agency and/or individual(s) who has made an ongoing commitment to the students at B-CC.

After breakfast, which was generously donated by McDonald's of Bethesda, Whole Foods- Bethesda, and Capital One Bank, each student went to one of the following organizations, each of which made special efforts to accommodate the large number of students and provide events that were both interesting and informative:

Bethesda Elementary School
Bethesda Magazine
Bethesda Marriott
Bethesda Suites Marriott Hotel
Burt Associates, Inc.
Calvert Investments
Chevy Chase Smiles
Embassy Suites Hotel at the Chevy Chase Pavilion
Folger Shakespeare Library – Education Department
GTM Architects
Honest Tea
Imagination Stage, Inc.
MCPS – Northwood High School
Montgomery County Police – 2nd Division
National Institutes of Standards and Technology
Naval Medical Research Center
POW-HER Chiropractic
Stanley O. Mayer, DDS

Strathmore
Suburban Hospital
The Bethesda Urban Partnership
The Whiting-Turner Contracting Co.
U. S. Consumer Product Safety Commission
Voice of America

Students' experiences were as varied as the organizations that hosted them, and the response in nearly every instance was overwhelmingly positive. In turn, sponsors were enthusiastic about

MAY/JUNE 2011

the event and commented on the B-CC students' professionalism, knowledge, willingness to learn and genuine appreciation for the opportunity to spend a day in the workplace.

With respect to the 2011–2012 Internship Program, 100 students submitted applications and are in the process of meeting with Mrs. Kirtley to discuss placement options. Historically, many students opt for their Career Partnership Day hosts as their internship placement of choice!

Student Service Learning (SSL)
Notes Give a Little Time...
Make a Big Difference
May & June 2011

By Suzette Thom, SSL Coordinator

- The deadline for turning in SSL documentation for this semester is Friday, June 3. Completed forms, with all signatures, must be to Ms. Thom in the Athletic Director's office, by then.
- All forms required to document SSL hours are found on the website <http://www.mcpsssl.org/>. Completed forms become part of each student's record.
- Students should make copies of all SSL documentation before turning them into Ms. Thom.
- All service for which SSL hours are awarded must be performed in a public place. The only exception to this is students may earn SSL hours by making bag lunches at home and delivering them to a county homeless shelter. SSL hours are awarded based on the number of meals delivered.
- Summer is a great time to get involved in high quality service-learning. Search the website <http://www.mcpsssl.org/> to find something meaningful. Memorial Day also is a fine time to get involved in service through school or community organizations.
- During the summer months when school-based SSL coordinators are not in their buildings, SSL questions and requests for pre-approval may be referred to the MCPS SSL Office at 301-279-3454.
- All service for which SSL hours are granted must occur in a public place under the supervision of an adult representing a pre-approved, nonprofit, tax exempt organization. Students may earn 1 SSL hour for every hour of service during the summer months (with a maximum 8 hours in a 24-hour period).

FROM THE PTSA PRESIDENT,

Deborah Missal

It feels like just yesterday that I ran into Mary Cobbett in the B-CC parking lot, and in what was perhaps a weak moment, agreed to follow her into the presidency of the PTSA. Looking back, I have to say it was one of the best decisions I've made.

Working with Karen Lockard and the incredibly talented administration and staff at B-CC has been a joy. I am eternally grateful to all the parents who have taken on the myriad projects that help make B-CC such a special place. We accomplished a lot this year – revamping Accent, holding a successful autumn auction and Used Book Sale, putting on programs to help with study skills and continuing our efforts to support struggling students, just to name a few. Without making this sound like an Academy Award speech, I must publicly thank Michelle Hainbach and Mary Cobbett for being such great sounding boards and reality checks.

Throughout the year we've had many vibrant conversations about how to raise and educate children, fueled in part by two cultural phenomena. In November, the PTSA partnered with Westland MS to show the independent film "Race to Nowhere," which decries the tendency to push children to succeed at all costs in everything from school to sports. A few months later, author Amy Chua's book launched a heated debate about the "tiger mother" who forces her children to succeed at all costs in everything and decries our society where "everyone gets a trophy."

According to the film and the book, we are both pressuring and coddling our kids at the same time. So who's right? I think we know the answer: neither of them, or perhaps both of them, but it actually depends on the circumstances. We may push our kids to do their homework because without prodding they will play video games all day, or we may stand back and let them work at their own pace. We may schlep them to piano or soccer or Little League or ballet because we think it will look good on their resume, or we may do it because they actually like piano or soccer or Little League or ballet. Every child is different.

I'm cynical enough to believe that the best ticket to the best-seller list is to stake out an extreme position supported by anecdotal evidence and give it a clever title. But obviously the book and film, as well as countless others like them, strike a chord with parents who are understandably confused. There is an inherent conflict in trying to raise mentally healthy, well-adjusted children who will be able to compete in an increasingly difficult and global economic climate. At B-CC this issue takes many forms, but is most evident in the question of what is the "right" number of AP/IB courses a child should take? (Answer: enough to prepare them for col-

lege, unless it means a declining GPA, or too much stress.)

There is no one formula for ensuring your child's academic success and emotional health, but perhaps the best way to get a handle on this is not from a book or a film, but simply by learning from each other. During the year the PTSA has tried to provide opportunities at our monthly meetings, coffee mornings, and yes, on the list-serve, to share thoughts, ideas, and anecdotes to help you meet the challenge of being a parent. We may not be able to give you a one-size-fits-all answer, but we can at least help you frame the questions, and take comfort from knowing that you aren't facing these difficult times alone.

It has really been a privilege to be part of this wonderful school community and I look forward to continuing next year – as a volunteer!

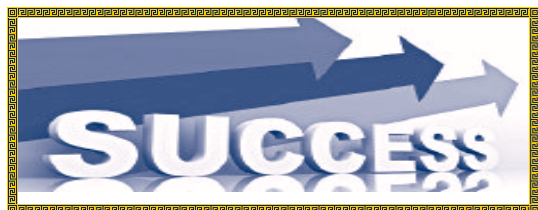
PTSA'S USED BOOK SALE A HUGE SUCCESS

By Wendy Price

Under the impressive leadership of Cathy Ventrell-Monsees and her team, more than \$22,000 was raised at this year's PTSA Used Book Sale. This money will go towards supporting PTSA-sponsored activities, including After-prom, academic support and staff appreciation programs. Cathy's team of PTSA parents consisted of Laura Long, Debby Missal, Wendy Price and Teddy Springer. In addition, more than 200 students, parents, and alumni parents volunteered to make this fundraiser a success!

In addition to contributing books to B-CC's media center, art and English departments, the PTSA provided an opportunity to non-profit organizations and schools to obtain free books at the end of the sale. Those who took advantage of this offer include Ballou High, Books for Ghana, Books for Kids, Capital BookShare, HIPPIY-DC, Homeless Children's Playtime Project, Kemp Mill Montessori School, Kimball Elementary, Lifelines International, MacFarland Middle, Mo. Co. Community Action Agency DHHS for Mid County/Wheaton, Parkland Middle, Rock Creek Forest, Somerset Elementary, The Prince George's Child Resource Center, and Turning the Page. A few IB students also collected and delivered books to patients at Walter Reed.

We also want to thank Building Services and the Administration for supporting us, allowing us to sort and store books in the atrium and basement, and ensuring the school was kept clean! Last of all, we thank the community of readers who donated the books, returned to buy more books, and supported the sale through your contributions of time, money, and energy.



Student Recognition Committee

By Cynthia Chan

The Student Recognition Committee is dedicated to recognizing and rewarding B-CC students that have distinguished themselves through academic or other personal achievement.

The Student Recognition Committee is currently made up of only six parents who have taken on a lot of responsibility. Have you ever read those emails asking for enormous amounts of food every marking period in connection with the Principal's Honor Roll Breakfast? The Honor Roll Breakfast is the work of the Student Recognition Committee. Each marking period, members of the committee gather food through parent donations and serve a meal to nearly 200 students who have earned straight A's for that marking period.

In addition, this same committee also hosts the "Student of the Month" luncheon. Each month the B-CC faculty selects one student from each department as the student of the month. The reasons for selecting a particular student vary. Some students have struggled, but have managed through sheer determination to improve; others have gone out of their way to assist their fellow students; still other students have consistently demonstrated a great enthusiasm for their class work. The students, along with the nominating staff member, are treated to a luncheon with Ms. Lockard in the Blue and Gold Room. The Student Recognition Committee members plan, cook and serve this midday meal. In addition, the committee provides each student with a "Student of the Month" certificate.

Thanks to the efforts of this year's committee members — Tracy Bone, Cynthia Chan, Julia Johnson, Robbin Lucille, Maureen McRaith and Lisa Nevans-Locke — the Student Recognition Committee was able to both encourage and reward our B-CC students. But there is more that can be done! The Student Recognition Committee is seeking more members for next year so that we may expand our efforts to recognize and reward our B-CC students in other areas as well. If you are interested in joining the committee next year, or have some ideas for other projects in this area please contact the current chair, Cynthia Chan.

HELP WANTED!

IT'S NOT TOO EARLY TO START THINKING ABOUT THE 2011-12 SCHOOL YEAR AND HOW YOU MIGHT WANT TO BECOME INVOLVED WITH THE PTSA. NO MATTER WHAT YOUR INTEREST OR AVAILABILITY, WE HAVE OPPORTUNITIES FOR YOU. SEVERAL OF OUR LOYAL VOLUNTEERS HAVE GRADUATING SENIORS AND WE WILL NEED NEW VOLUNTEERS TO TAKE OVER SOME OF OUR ACTIVITIES. WE ARE TRYING TO BROADEN SOME OF THE POSITIONS INTO COMMITTEES SO THAT THE BULK OF THE WORKLOAD DOESN'T ALWAYS FALL ON ONE PERSON. WE ARE ESPECIALLY INTERESTED IN PEOPLE WHO WANT TO WORK ON MEMBERSHIP, THE FALL FUNDRAISING EVENT, AFTERPROM, STUDENT RECOGNITION, STAFF APPRECIATION AND THE BOOK SALE.

THERE IS A FULL LIST OF PTSA COMMITTEES AT THE FRONT OF THE STUDENT DIRECTORY AND ON THE WEBSITE (BCCPTSA.ORG). IF SOMETHING PIQUES YOUR INTEREST, PLEASE CONTACT DEBORAH MISSAL (MISSALS@COMCAST.NET). INCOMING FRESHMAN PARENTS ARE ESPECIALLY ENCOURAGED TO GET INVOLVED!

Where Did All the Off Topics Go?

By Sarah Morse

BCCnet has a new look – school related messages only - and a new list serv has been established for the Off Topics. BCCcommunity list is the place to sell your car, find a reference for a plumber, rent your beach house, let the community know about an event and more. To sign-up for this virtual bulletin board for the B-CC HS community, send an email to bcccommunity-subscribe@yahoo.com. Be sure to include your full name and address.

If you would like to sign up for the BCCnet follow the sign-up link on the B-CC HS website - <http://www.montgomeryschoolsmd.org/schools/bcchs/parents/listserver.aspx>.

The BCC Community listserv is not affiliated with B-CC High School or the PTSA. It is privately maintained.

ATTENTION INCOMING FRESHMAN FAMILIES

PLEASE JOIN PRINCIPAL KAREN
LOCKARD AND THE B-CC PTSA
FOR A WELCOME PICNIC ON
SUNDAY, AUGUST 28TH.
ALL NEW STUDENTS ARE INVITED
FOR LIGHT REFRESHMENTS, MUSIC,
AND A CHANCE TO MEET KEY STAFF
AND PTSA LEADERSHIP WHO WILL
BE ON HAND TO ANSWER
QUESTIONS ABOUT LIFE AT B-CC.
STAY TUNED FOR MORE DETAILED
INFORMATION OVER THE SUMMER.
IT'S A GREAT WAY TO
KICK OFF THE SCHOOL YEAR!



The Victor

By C.W. Longenecker

If You Think You Are Beaten, You Are.
If You Think You Dare Not, You Don't
If You Like To Win But Think You Can't,
It's Almost A Cinch You Won't.

If You Think You'll Lose, You're Lost.
For Out In The World We Find
Success Begins With A Fellow's Will
It's All In The State Of Mind.

If You Think You Are Outclassed, You Are.
You've Got To Think High To Rise.
You've Got To Be Sure Of Yourself Before
You Can Ever Win The Prize.

Life's Battles Don't Always Go
To The Stronger Or Faster Man.
But Sooner Or Later, The Man Who Wins
Is The Man Who Thinks He Can.

IMPORTANT DATES FOR THE SENIOR CLASS:

***Senior Final Exams:**

May 23-26

***Senior Breakfast:**

Thursday, May 26, 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.

***Awards Night:**

Thursday, May 26

***Graduation Tickets:**

Each Senior receives six tickets
Request form for additional tickets (up to four)

***Mandatory Graduation Rehearsal:**

Wednesday, June 1, 9:00 am-1:00 pm
at the B-CC Main Gym

***Graduation:**

Thursday, June 2, 7:00 pm
DAR Constitution Hall
18th & C Streets, NW
Washington, DC



CARTA DE LA DIRECTORA *continuado de la página 1*

Agencia de Gallup y al Banco Mundial. ¡Quisiera asistir a todas estas excursiones!

El auditorio tuvo una sesión doble: un ensayo temprano de Romeo & Julieta después de las clases, seguido por una reunión de padres de Seniors a las 7. El equipo de Lacrosse de chicos entrenó aquí, mientras el equipo de Lacrosse de chicas jugó un partido fuera del colegio. Por lo de la lluvia, el equipo de béisbol entrenó en el cuarto de pesas, pero unos 65 chicos del atletismo corrieron afuera, no obstante el tiempo inestable. Los del voleibol se quedaron tarde para la última sesión de entrenamiento en el gimnasio. Creo que Uds. ya ven cuál es la idea—que nuestros estudiantes son activos en los deportes, las artes, y que cada chico encontrará su nicho. Y también hay las docenas de clases de AP/IB y Honors. Nuestros estudiantes aprenden mucho, todos los días. Les damos la bienvenida, les cuidaremos, y aquí prosperarán.

A Uds. los padres, les damos la bienvenida también. Por favor, sepan que nos encanta verlos en el colegio. Aunque algunos sienten que, cuando los hijos lleguen a high school, que ya es tiempo de retirarse un poco. Pero pido que permanezcan como parte vital del cuadro. Los jóvenes necesitan la colaboración y el cuidado de sus padres aun mas mientras crezcan. Si tu estudiante del noveno grado te dice que no vayas a los eventos escolares, no te lo creas.

Termino esta carta ya añorando a los que se graduarán y empezarán sus vidas del futuro. Cada año, me enamoro de una clase y pienso que jamás habrá otra igual. Pero sí, habrá... la Clase de 2015. Doy la bienvenida a los estudiantes entrantes del noveno grado, y a las familias que pronto serán amistades de toda la vida. Como siempre, gracias por confiar sus hijos a nuestros cuidados.

CARTA DE LA PRESIDENTA DEL PTSA

Escrito por Deborah Missal

Traducción: Maria Castillo

Parece que fue ayer cuando me tropecé con Mary Cobbett en el área de parqueo de B-CC, y fue en ese momento de debilidad en el que accedí a seguirle los pasos en la presidencia del PTSA. Ahora, mirando hacia atrás, tengo que decir que fue una de las mejores decisiones que he tomado.

Para mí ha sido un verdadero placer trabajar con Karen Lockard y con su equipo administrativo y profesional de tanto talento. Les estoy eternamente agradecida a todos los padres que se han encargado de una enorme variedad de proyectos y que me han contribuido en que B-CC sea un lugar tan especial. Hemos logrado mucho este año, para mencionar algunos de nuestros logros: Hemos renovado Accent, tuvimos una excelente subasta en el otoño junto con la Venta de Libros Usados, hemos llevado a cabo programas para ayudar con hábitos de estudio y continuamos apoyando a aquellos estudiantes que tienen dificultades. No quisiera que esta carta sonara a los agradecimientos de los Premios de la Academia, pero me gustaría dar públicamente las gracias a Michelle Hainbach y a Mary Cobbett por el gran apoyo

y por ayudarme a mantener los pies sobre la tierra.

A través del año escolar tuvimos muchas conversaciones animadas sobre como criar y educar a sus hijos, avivadas en parte por dos fenómenos culturales. En Noviembre, el PTSA en combinación con Westland MS mostro la película independiente titulada “Race to Nowhere,” en la que se condena la tendencia de forzar a los hijos a tener éxito en todo, desde escuela a deportes, sin importar el costo. Unos meses después, el libro escrito por Amy Chua titulado “Tiger Mother” originó otro acalorado debate sobre padres que obligan a los hijos a tener éxito en todo sin importar las consecuencias y denuncia nuestra sociedad en la que “todos se ganan un trofeo.”

De acuerdo con la película y el libro, estamos al mismo tiempo ejerciendo presión y sobreprotegiendo a nuestros hijos. Entonces ¿Quién tiene la razón? Creo que todos sabemos la respuesta: Nadie la tiene, o quizás ambos; pero en realidad, todo depende de las circunstancias. Podemos forzar a nuestros hijos a hacer sus tareas porque si no lo hacemos van a pasarse todo el día jugando video-juegos, o podemos hacernos a un lado y dejarlos hacerla a su propio ritmo. Podemos forzarlos a tomar lecciones de piano o a jugar soccer, o a bailar ballet porque creemos que se verá bien en su resume, o podemos hacerlo porque realmente les gusta el piano, el soccer o el ballet. Los chicos son todos diferentes.

Soy lo suficientemente cínica para creer que la mejor forma de poner un libro en la lista de los más vendidos solo necesita que un escritor tome una posición extremista, la respalde con anécdotas reales y le ponga un título atractivo. Obviamente, tanto la película como el libro, crean una respuesta emocional en los padres que los confunde. Existe un conflicto intrínseco en criar a un chico mentalmente saludable y estable que pueda competir en un ambiente económico global que se hace cada vez más complicado. En B-CC este tema toma muchas formas, pero la más evidente es en la pregunta sobre el número de cursos AP/IB que debería tomar mi hijo. La respuesta es: Los suficientes para prepararlos para la universidad, a menos que se esté sacrificando el promedio general de las calificaciones o que sea motivo de demasiado estrés.

No existe una sola formula que le asegure el éxito escolar y la salud emocional de su hijo, pero quizás la mejor manera de aprender no sea a través de un libro o de una película, sino simplemente compartiendo nuestras experiencias. Durante este año escolar el PTSA ha tratado de presentar a los padres con oportunidades para compartir ideas, pensamientos y anécdotas que le ayuden con el reto que representa ser un padre a través de las reuniones mensuales, cafés en las mañanas, y si, también a través del “list-serve.” Es muy probable que no tengamos una respuesta estándar para todos los problemas, pero por lo menos podemos ayudarlo a enfocarse en algunos problemas y a encontrar cierto consuelo en el hecho de que no tiene que enfrentar solo estos momentos difíciles.

Ha sido un verdadero privilegio ser parte de esta maravillosa escuela y comunidad, y espero poder continuar ofreciendo mi respaldo el año próximo. . . como voluntaria!

LOS ESTUDIANTES DE BCC CONTINÚAN MEJORANDO EN SU PREPARACIÓN PARA ASISTIR A LA UNIVERSIDAD

Traducción: Monica Jaramillo

La promoción de este año 2011 ha tenido una gran mejoría en las notas del SAT comparadas con la promoción del 2010. Hasta diciembre del 2010, el grupo que se gradúa este año es uno de sólo cinco escuelas del condado de Montgomery que han tenido un incremento total en notas en las categorías más importantes: porcentaje de estudiantes que tomaron el examen de SAT, puntaje total, puntaje de exámenes de matemáticas, lectura, escritura, en comparación con los de Diciembre del 2010.

Esta primavera, la escuela de BCC se convirtió en uno de los lugares donde se tomaron los exámenes de SAT y fue una entre diez escuelas en liderar el examen diagnóstico ACCUPLACER con el fin de ayudar a atender la demanda de nuestros estudiantes para este tipo de exámenes de preparación para asistir a la Universidad. Continuaremos ofreciendo estos servicios el próximo año.

Si desea más información sobre este programa que ofrece gratis el condado de Montgomery via computadora, que se llama Triumph y es una herramienta de práctica para prepararse para asistir a la Universidad, y que además sirve para identificar el tipo de examen que mejor refleje la disposición del estudiante para asistir a la Universidad, por favor póngase en contacto con el Departamento de Consejería de la escuela.

BEBIDAS ENERGETICAS –PRODUCEN RESULTADOS, SON SEGURAS?

Por Karl C. Klontz

Traducción: Carlos Madero

Este es el segundo de una serie de dos partes sobre las bebidas energéticas (BE's). Aquí, nos centramos en si las bebidas energéticas hacen lo que dicen que hacen y si son seguros. El material que aquí se presenta se obtuvo de las referencias a continuación.

¿Son seguras los BE? En un estudio que examinó los efectos del consumo de BE's por parte de 15 personas sanas dentro de las edades de 18 y 40, quienes tomaron 2 latas de una EB a la venta general durante una semana que contenía 1000 mg. de taurino, 100 mg. de cafeína, y una mezcla de vitaminas B y otros ingredientes usualmente presentes en estas bebida, los investigadores mostraron que, dentro de 2-4 horas del consumo de la BE, el pulso y la presión sanguínea aumentaron 7-10% y quedaron elevados durante la investigación. Aunque ninguno efecto de importancia clínica se vio en el electrocardiograma, los investigadores concluyeron que las personas con presión alta no deberían consumir los BE.

¿Funcionan los BE's? Éstos son algunos de los resultados recientemente publicados: BE's como el Red Bull original puede incrementar el volumen de sangre bombeada por el corazón; reducir los cambios en la presión sanguínea y aumentar el umbral de dolor en durante los eventos fisiológicos de estrés, y mejorar el rendimiento del tiempo de instrucción en determinadas actividades (por ejemplo, como el ciclismo). No todos los estudios, sin embargo, han demostrado efectos saludables de EBS, por ejemplo, el azúcar libre de Red Bull no alargó el tiempo que la actividad física de los estudiantes universitarios podía correr a una intensidad alta antes del agotamiento.

Otros hallazgos de la literatura científica que arrojan luz sobre la cuestión de la seguridad BE's:

- Los casos de muerte y paros asociados con cafeína han sido reportados en asociación con el consumo de BE's.
- Se ha reportado que las BE's producen efectos psiquiátricos en personas con enfermedades psiquiátricas.
- En personas que no suelen ingerir grandes cantidades de cafeína, BE's puede tener un efecto neto de deshidratación debido a la capacidad de la cafeína de aumentar la producción de orina.
- La combinación de BE's con alcohol puede deteriorar la función cognitiva y reducir los síntomas de intoxicación por alcohol, incluyendo los efectos depresivos, aumentando así la probabilidad de accidentes y / o favorecer la posibilidad de desarrollar dependencia del alcohol.

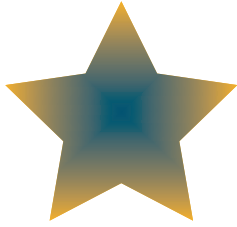
Los autores del estudio citado de la "Mayo Clinic Proceedings" establece lo siguiente: "Consumo de una lata de un BE's durante una oportunidad es segura para la mayoría de los individuos sanos. Sin embargo, el consumo excesivo y el consumo de otras bebidas que contienen cafeína o alcohol puede tener efectos adversos y posiblemente la muerte. Los pacientes con condiciones clínicas o médicas subyacentes, incluyendo enfermedades cardíacas y la hipertensión, deben consultar con su médico antes de consumir BE's. "

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].





B-CC STUDENTS' ART ON DISPLAY

During the months of April and May, the following B-CC students will have artwork on display in the Carver Educational Services Center Superintendent's Office at 850 Hungerford Drive in Rockville:

Laura Dodge
Catherine Demmerle
Andrew Theime
Brandon Boswell
Keisuke Soda
Kevin Hayes
Chilinh Rozen
Danesha Morgan
Sophie Mangassarian
Madeleine Barry
Michael Colella
Denys Fedorchuk
Cal Mesirow
Minori Sakita
Maria Victa
Jacqueline Whitford
Carolyn Whitmeyer
Eleany Yasein

Congratulations to our B-CC artists.



MUSIC DEPARTMENT HAS A BUSY MARCH

By Stephanie Brown

Our many Music Department ensembles were busy throughout March and into April, competing in local and national festivals. Ms. Vanek's choristers received high marks at the county competitions in March, as did Mr. White and Mrs. Martin's instrumentalists. Mr. White and Mrs. Martin hosted one of the county music competitions at B-CC in addition to conducting their students who participated. Not only did the competition come off smoothly, but the B-CC students performed very well.



B-CC musicians did an outstanding job in the Heritage Music Festival's Chicago competition in early April, despite heavy competition from a large number of schools around the country. The Heritage Festival Sweepstakes award for top Instrumental group went to B-CC's Symphonic Orchestra and for top Choral group to our Chamber Singers. The Adjudicator's Award for Best Instrumental Groups in the festival went to our Jazz Ensemble and Symphonic Orchestra. Jazz Ensemble and Symphonic Orchestra received a Gold award and came in first place for their categories at the festival. Concert/Advanced Orchestra received a gold award. Symphonic and Concert Bands received silver awards. Wind Ensemble received a silver award and came in Third place for their category. Chamber Singers came in first place and received a gold award. Women's Choir came in second place and received a gold award. Concert Choir received a silver award. Symphonic Orchestra, Chamber Singers and Women's Choir were invited to participate in the Festival of Gold Competition.

Five B-CC music students received Maestro Awards at the Chicago Festival recognizing their individual talents: Caroline Diehl (accompanist, Women's Choir); Christopher Eaton (soloist, Chamber Singers); Kenny Nunn (soloist, Jazz Band); Leah Platt (soloist, Jazz Band); and Anton Spencer (soloist, Symphonic Orchestra).

Parents who made the journey to Chicago and back include: Leslie Atkin, Phyllis Badesch, Stephanie Brown, Dana Eason, Jon Gerson, Margaret Go, Jean Heilprin Diehl, Cory Modlin, Debbie Newman, Isabel Ochoa, Carol Salisbury, Bill and Maryalice Stetler-Stevenson, Todd Thomas, and Frank and Gercha White. Their good humor, flexibility and willingness to spend 30+ hours on a bus would win them first place in any Chaperone Festival!

Special thanks go to Julie Heaney, Music Department Booster extraordinaire. Julie's youngest son and second B-CC student, Jonathan, will graduate this spring. For eight years, Julie has volunteered in the Music Department, doing everything from baking brownies to loading instruments, organizing trip forms to taking care of sick kids on the road. With her organizational and diplomatic skills, she could be president. Instead, she's been the Music Boosters Co-Chair. Thanks, Julie!

Many thanks to our fabulous music teachers: Cindi Martin, Amy Vanek and Marshall White. Preparations for the festival competitions began early in the first semester and gathered momentum through the third quarter, finishing off with two weeks of County competitions and then a four-day bus trip for 230 students and 20 adults to Chicago. The B-CC community is fortunate indeed to have teachers whose commitment to their profession and our children is so strong.

THE LARAMIE PROJECT

By Amy Reichert

In March, B-CC Theater Ensemble (BTE) presented its spring production, "The Laramie Project," an incredibly powerful and moving three-act play about the reaction to the 1998 murder of Matthew Shepard, a gay student enrolled at the University of Wyoming in Laramie, Wyoming. The play, by Moisés Kaufman and members of the Tectonic Theater Project, is based on hundreds of interviews conducted by the theater company with inhabitants of Laramie, company members' own journal entries and published news reports.

Mr. Aaron Taylor, BTE's theater artistic director, thought that in light of recent incidents of bullying, both at B-CC and around the country, there was "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." The cast and crew of the play all embraced the message of Laramie and felt a deep commitment and responsibility to doing justice to its story. In the end, they did far more than justice to it: the cast of 14, playing more than 60 different characters, put on such affecting and emotional performances that much of the audience was moved from laughter to tears and back again, multiple times. Many who saw it commented that it was one of the best plays they'd ever seen and of a "professional caliber."

The play's staging created a particularly intimate theater experience. The audience was seated on the stage in a black box style, and the entire cast remained visible onstage throughout the play. Three large film screens hung high above the actors at the back of the stage; a series of images displayed on these screens evoked the setting and mood. The screens added technical flexibility when actors focused video cameras on each other and broadcast the live images.

The Laramie Project
All photographs provided by Jeff Kenton



Ezra Lewis '11

There were many great moments throughout the rehearsal and production process for all participants in "The Laramie Project." A highlight was the opportunity they had to speak with Stephen Belber, a member of The Tectonic Theater Project who conducted interviews in Laramie and helped write the play. The students spoke with him by phone for close to an hour and were able to ask many questions about his life, the process of putting together "The Laramie Project" and his advice for students interested in pursuing a career in theater.

Thank you to artistic director, Mr. Aaron Taylor and technical director, Mr. Jeffrey Kenton, for bringing "The Laramie Project" to the B-CC community. Sadly, this was the last B-CC production for many who took part in Laramie, including Mr. Taylor and seniors Cameron Kelly, Caroline Borders, Claire Blackwelder, Ezra Lewis, Naomi Cohen and Hallie Zolkower-Kutz. Happily, Mr. Taylor will continue teaching at B-CC and many of these talented seniors plan to pursue acting in the future. Other fabulous members of the cast were junior Doron Tauber; sophomores Molly Lo Re, Sierra Fritz, Catherine Giddings and Joan Sergay; and freshmen Karren Segel, Enya Guitart and Emily Jaedicke-Brito. A big congratulations to stage manager Emma Fensterheim, Assistant Stage Manager Kayla Popper and all other members of the crew, including Aaron Bobeck, Emma Chesson, Justin Fox and Rachel Wallick.



Molly Lo Re, Joan Sergay and Naomi Cohen



Claire Blackwelder, Hallie Zolkower-Kutz, Cameron Kelly and Doron Tauber

A Student-Directed Production of Romeo & Juliet

By Nancy Platt

Romance was in the air this Spring with B-CC Theater's production of William Shakespeare's "Romeo and Juliet" on April 7 and 9. The play was directed by Jessie Klueter ('12), who has previously graced the B-CC stage in numerous productions. Jessie used the traditional Shakespeare text but put her own spin on the play by casting seven actors for 15 roles.

The actors performed the play's dramatic scenes of love and hate with impressive fluency and expression, which brought tears to audience members' eyes. Stoff Scott ('11) played Romeo and Leah Platt ('13) played Juliet. Platt said, "Playing this role really helped me to appreciate the genius of Shakespeare, and it was so challenging, but satisfying, to express such strong emotions."

The play, of course, involves moments of fierce onstage fighting. Coached by Casey Kaleba, a professional stage combat choreographer and instructor, B-CC actors learned how to engage in knife fights and fist fights, and how to stage a dramatic death. Torie Atkin ('13) performed two stage deaths in her double roles as Tybalt (Juliet's cousin) and Paris (Juliet's suitor).

Other members of the cast included: Irene Burski ('12) as the Nurse and Montague; Katie Fox ('13) as Lady Capulet, Mercutio and the Apothecary; Hannah Johnston ('11) as Benvolio, Balthasar and Friar John;; Marnie Klein ('13) as Friar Lawrence, Capulet and Peter. Congratulations to Jessie, the cast, and crew, for such a wonderful production that enriched the B-CC community!



THEATER AND MEDIA ARTS CALENDAR

May 13 :
Deadline for seniors involved in theater and media arts at B-CC to apply for the \$500 Rosalyn Simon Memorial Fund Scholarship.
Please see the B-CC Theater and Media Arts website for details.

May 20 and 21 at 7:30 pm:
Student-Directed One-Act Play Festival.

May 27 at 6:30 pm:
Year-end Banquet

A GENEROUS GIFT UPGRADES STAGE LIGHTING IN THE B-CC AUDITORIUM

By Jeff Kenton, B-CC Media Services Technician and Theater Arts Technical Director

The B-CC Theater Department received a wonderful holiday gift in December. Meckley Services, Inc., a property management firm in Alexandria, VA, donated a new lighting console to the school auditorium. B-CC parent John Navolio, COO of Meckley, facilitated the company's wonderful gift. The Electronic Theater Controls Element system integrates perfectly with B-CC's existing dimmers and stage lights and enables members of B-CC theater tech crews to work with a state-of-the-art tool. The new console can control automated lighting fixtures that have the ability to pan, tilt, change color and display patterns all on their own. The Theater Department is planning a fundraising campaign next fall to purchase additional stage lighting fixtures to complement the new console. Currently, B-CC has about 60 lighting fixtures in its system, while other MCPS high schools have 100 or more. The campaign will feature a revue by B-CC students performing favorite songs and scenes from Broadway shows. Everyone in the Theater Department wishes to extend heartfelt thanks to Mr. Navolio and Meckley Services for their generous donation.

B-CC ATHLETIC AWARDS

By Karl C. Klontz

In the March 9 issue of *The Gazette*, Alex Doll (senior) was announced as a First Team member of the All-*Gazette* girls indoor track team for her performance in the 1,600 meters event. About Doll, *The Gazette* stated: "Soccer phenom won gold at counties, bronze at states."

In the same issue, the B-CC girls' 4x800 relay team received Honorable Mention. The team included Alex Doll (senior), Ava Farrell (junior), Grace Reingruber (junior), and Brittney Wade (sophomore). During the season, Hallie Jester (junior) traded off in the event with Grace Reingruber; Hallie ran at regionals to help B-CC qualify and Grace ran at the state meet.

In the previous issue of *The Banter*, several B-CC students were inadvertently omitted as awardees for sports played in the fall of 2010. They are:

Boys' Soccer

Stephen Sawicki (senior) — First Team *Gazette* awardee for defensive play; 2nd Team All State Honors (Stephen, a 4-year starter for B-CC, was also an All-Met Honorable Mention awardee for defensive play).

Field Hockey

Danielle Harkaway (senior) — All-*Gazette* First Team
Jenn Dewey (sophomore) — All-*Gazette* First Team
Grace Reingruber (junior) — All-*Gazette* Second Team
Madisson Tully (sophomore) — All-*Gazette* Second Team

B-CC SWIM TEAM

By Coach Jason Blanken

The Varsity Swim and Dive team enjoyed a very successful season in 2010-2011. The boys' team opened the season with an upset victory over the defending county champion, Wootton Patriots, followed by two tough yet close defeats to rival Whitman and neighboring Walter Johnson on their way to a 2-3 finish in the division. At the Divisional Championship, the boys were able to avenge their defeat to Whitman and take fourth place, ahead of both the Vikings and Sherwood Warriors. The Lady Barons found themselves in the company of five of the top six teams in the area on their way to a 0-5 divisional record and a sixth place finish at the divisional meet. The Lady Barons are comprised mainly of underclassmen and look to have a bright future ahead.

At the County Championships in February, the boys' team took fourth, a four-place improvement on 2010, and the girls' team finished eleventh right on their finish from the previous year. At the Metro Championships, a combination of Montgomery County and area private schools, the boys managed an eleventh place finish, while the girls finished twentieth.

At the Metro meet, four new school records were set.

Jamie Stevenson (sophomore) broke the school record in the 500 freestyle with a time of 4:41.79 on his way to a sixth place finish. The boys' relay of Graham Baird (freshman), Jamie Stevenson (sophomore), and senior captains Bobby Witkop and Chris Garrity tied the school record in the 400 freestyle relay with a time of 3:20.85. On the girls' side, two relay records were broken. The relay team of junior captain Ida Tjonneland, sophomores Emily Berchem and Grace Swinnerton, and freshmen Bethany Rysak broke the 400 freestyle relay record with a time of 3:45.50, and a ninth place finish (dropping eight seconds off their previous season-best to do so). The relay team of Ida, Emily, Bethany, and sophomore Genavera Gannon broke the 200 freestyle relay record with a time of 1:44.76, and a twelfth place finish (dropping three seconds off their previous season-best).

GYMNASTICS TEAM NEWS

By Gail Marks

The B-CC Gymnastics team was formed in the 2000-2001 school year. Coach Dana Creager has been the coach from the beginning, and was named "Coach of the Year" by the Washington Post (All-Met) in '09 and All-*Gazette* Coach in '04, '07, '08, '09 and '10. B-CC Gymnastics has won the State Championship in 5 of the last 10 years ('04, '07, '08, '09 and '10). Over the years, the success of the team has come from their depth. Other high schools often have one or two high level club gymnasts that form the core of the team. While B-CC sometimes has a high level gymnast, the team manages to consistently include a core of dedicated gymnasts who put in solid performances and boost the team's total score to winning levels.

This year's team has only one graduating senior, Julie Siegel. There are three juniors (Ysabela Coll, Shayna Goldsmith, Amanda Goransson) six sophomores (Catherine Demmerle, Nicole Epstein, Kristina Grove, Julia Konner, Michaela Socolof, Laine Taussig) and three freshmen (Elise Girard, Bergen Kassoff, Liz Orr). All three freshmen are already capable of competing in all events. It is a young team with great potential for continued development.

The 2011 season opened at home on March 29 against Blair HS. B-CC won with 165.75 points to Blair's 152.6 point finish. B-CC's Julia Konner placed second All-Around in that meet, with first places on Vault and Bars. All-Around fourth place went to senior Julie Siegel and fifth to sophomore Michaela Socolof.

The second meet was April 5 at WJ, with B-CC raising their total points to 166.5 but finishing behind WJ's 167.2 points. In All-Around, Julie Siegel placed third, Michaela Socolof was fifth, and Liz Orr was sixth. The 2011 season will continue to be very interesting, with several high schools having strong teams.

JOIN THE CROSS COUNTRY TEAM THIS FALL

By Coach Chad Young

As the spring track season winds down, B-CC runners will soon be shifting their focus to prepare for the fall cross country season. A summer training schedule will be handed out at the informational meeting at the end of May to all runners interested in joining the cross country team in the fall. B-CC runners will be headed to Westland during final exam week to personally deliver the informational items to incoming ninth graders. The training schedule will outline a plan for each day of the summer beginning on June 1. Summer training is important for ensuring a successful season with little or no injury.

We are really excited for this year's team. Sixteen upperclassmen have signed up for this summer's running camp to train in the mountains of West Virginia and prepare for the tough courses they will have to navigate during the season. We have a determined and hardworking group of boys and girls returning this season that are committed to their training and to their team. We expect to be one of the top teams in the county and in state again this year. All of the varsity girls, part of last season's seventh place finish at states, are returning for this year's team with a new focus to be contenders for the state championship. The boys' team is losing five of the top seven to graduation and will be looking for the underclassmen to step up this season.

Athletes interested in joining the team and their parents should join our Yahoo group: <http://sports.groups.yahoo.com/group/bcc-crosscountry/>. All our announcements and updates about the team are posted here. Athletes on the team will send out emails about runs over the summer held a few days every week. Parents and athletes may email Coach Chad Young (chad_e_young@mcpsmd.org) if they would like a copy of the training schedule or any additional information.

B-CC POMS ANNOUNCE TRY-OUTS FOR 2011-2012

By Coach Joy Dawson

This year's B-CC Poms have completed another successful and rewarding year, taking home first place for the Barons in the MCPS Divisional Championship. Captains Cristina Sanchez and Ingrid Schulz took the lead in directing the team, while teammates Jamila White and Ariel Gewirtz won the Sportsmanship Award and Becky Spencer won the Baron award. In addition to tearing up the dance floor, Poms also participated in several fundraisers and donated almost \$800 to promote dance education in elementary schools. The team is looking for new dancers who are interested in joining next year's team. Try-outs will be held from May 16-20. If you are interested, please contact Coach Joy Dawson at Joy_Dawson@mcpsmd.org for more information and try-out paperwork.

ENERGY BEVERAGES — DO THEY WORK AND ARE THEY SAFE? *By Karl C. Klontz*

This is the second of a two-part series on energy beverages (EBs). Here, we focus on whether energy beverages do what they say they do and whether they are safe. The material presented here was drawn from the references below.

Do EBs work? Here are some recently published findings: EBs such as the original Red Bull can increase the volume of blood pumped from the heart; reduce changes in blood pressure and increase pain threshold during stressful physiologic events; and improve time-trial performance in selected activities (such as cycling). Not all studies, however, have demonstrated salutary effects of EBs; for example, sugar-free Red Bull did not lengthen the time that physically active university students could run at high intensity before exhaustion.

Are EBs safe? In a study that examined the effects of EB consumption in 15 healthy persons aged 18 to 40 years who consumed 2 cans (500 ml) of a commercially available EB for a week that contained 1000 mg of taurine, 100 mg of caffeine, and a mixture of B vitamins and other ingredients commonly present in these beverages, investigators showed that, within 2 - 4 hours of EB consumption, pulse and blood pressure rose 7-10% and remained elevated through the study. Although no clinically significant effects were seen on electrocardiogram, the investigators concluded that persons with high blood pressure should not consume EBs.

Other findings from the scientific literature that shed light on the issue safety of EBs:

- Cases of death and of caffeine-associated seizure have been reported in association with consumption of EBs.
- EBs have been reported to produce psychiatric effects in persons with psychiatric illnesses.
- In persons who typically do not ingest large amounts of caffeine, EBs can have a net dehydrating effect because of the ability of caffeine to increase urine production.
- The combination of EBs with alcohol can impair cognitive function and reduce symptoms of alcohol intoxication, including the depressant effects, thus increasing the probability of accidents and/or favoring the possibility of developing alcohol dependence. The authors of the reference cited from the Mayo Clinic Proceedings below state, "One can of an EB during one session is safe for most healthy individuals. However, excess consumption and consumption with other caffeine-containing beverages or alcohol may lead to adverse effects and possibly death. Patients with clinically relevant underlying medical conditions, including heart disease and hypertension, should consult with their physician before drinking EBs."



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