

THE BARON BLAST

Brought to you by the Baron Pride Spirit Committee!

Issue #5
January 21, 2015



Welcome to 2015! We hope that everyone had a relaxing break and is looking forward to a great second semester. There are so many exciting activities and events in the hopper at B-CC - you can literally feel the positive energy.

I thought now would be a good time to refresh our memories as to the purpose of the Baron Pride Spirit Committee. The committee was founded at the beginning of the school year to help increase communication, to support student-driven programs and to increase school spirit within our community

The Baron Blast Newsletter is our communication keystone. It informs parents and the community about the many great events and activities that are happening at our school. We hope you are finding it a useful source of information for events, activities and accomplishments. We would welcome your feedback on how it is working. **If you know of something at B-CC that needs promoting, please send Laurie Rosen an email. Laurie can be reached at lbirleffi@gmail.com.**

Baron Pride has already sponsored several activities this year, each with the goal of enhancing unity and spirit at B-CC. We bought Baron Pride towels for the Homecoming game. It was exciting to see the sea of gold in the stands! We helped to support the Battle of the Baron's Victory lunch and have already received a number of proposals for this semester! We look forward to supporting our students and staff any way we can.

Finally, we encourage you to think about getting involved in some substantive way at B-CC, either through this committee or some other parent organization. It is transformative. Until this year, I was THE slacker mom. I was not involved and had no idea what was going on at school. It is only now that I understand what a special place B-CC really is - and for this I am truly thankful.

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FOR YOUR CALENDAR

Thursday, Jan. 22

Internship Program Mtg.

11:00am - 11:40am

Auditorium

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Spring Theatre Production Prep

2:30pm - 4:30pm

Auditorium

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B-CC Addition Design Mtg.

7:00pm - 8:00pm

Cafeteria

Friday, Jan. 23

Student of the Month Lunch

10:54am - 11:50am

Please let us know if you would be interested in serving on this committee. You can reach me at dana.macher@yahoo.com

Go Barons!

Dana Macher

Baron Pride Spirit Committee Co-Chair

Around B-CC THIS Week

Plans are being finalized for

Dance For A Cause scheduled for Saturday January 24th from 8:00pm - 11:00pm at B-CC in the school

gymnasium. Planned by the B-CC Dance For A Cause Club and chaired by junior

Lexi Hopkins, the themed dance will raise funds to benefit Children's National Hospital. All B-CC students are invited and tickets will be sold at B-CC during lunch and after school on Wednesday, Thursday and Friday. You can also [CLICK HERE](#) to buy tickets and make donations on line. On-Line ticket prices will remain \$10, but tickets purchased at school after Wednesday will be raised to \$15. Parents, this is a great cause and a lot of hard work has gone into planning this event. Please consider going on line and making a donation now!



Attention parents of juniors and seniors: Is your child interested in getting hands-on experience in a career? Consider having them enroll in the **B-CC Internship Program**

for the 2015-2016 academic year. It's a great way to learn new skills, prepare for their future and get ahead in the job market.

Make sure they attend the second of four meetings scheduled for this Thursday, January 22nd during lunch in the auditorium.

The remaining meetings will be held on January 27th and February 4th. If your student was unable to attend the first meeting, have her/him contact Internship Coordinator Stacy Farrar in Room B131.



Please join the B-CC Barons Baseball team at Caddie's in Bethesda this Thursday, January 22nd from 6:00pm - 9:00pm. at their 6th Annual Night Out At Caddie's Fundraiser to benefit B-CC Baseball!

A \$5 donation at the door will get you happy hour prices and appetizers and pizza (and adult beverages for parents, too) and Caddies will donate 10% of the total receipt to the B-CC baseball team. Coach John Schmidt and his team look forward to seeing you Thursday night!

The fourth B-CC addition Design work session will be held this Thursday evening, January 22nd from 7:00 - 8:00 p.m. at B-CC in the Cafeteria. Parents, staff, students and community members are invited to attend these meetings and view plans and offer suggestions, and raise questions and concerns about the upcoming B-CC addition. This is your chance to be a part of the process. Additional information

Saturday, Jan. 24

8:00 p.m. - Dance For A Cause to benefit Children's National Medical Center

8:00pm - 11:00pm

Gymnasium

Sunday, Jan. 25

PTSA Used Book Sale Drop-Off

12:30pm - 4:30pm

B-CC

Monday, Jan. 26

Home Boys Basketball vs Blake

JV plays at 5:15pm followed by varsity at 7:00pm

Beach Week Mtg. @WJ High School, 6400 Rock Springs (Bethesda)

7:00pm - 9:00pm

Tuesday, Jan. 27

Internship Program Mtg.

11:00am - 11:40am

Auditorium

Home Wrestling Match vs Gaithersburg

6:00pm

Gymnasium

PTSA/National Drug Facts Week Presentation by Partnership for Drug Free Kids and panel discussion with Dr. Anita Gadhia-Smith

7:00pm - 9:00pm

Choral Room

Wednesday, Jan. 28

Home girls basketball vs Paintbranch

JV plays at 5:15pm, followed by Varsity at 7:00pm

PTSA/Nat'l. Drug Facts Week Presentation by Mimi Floury

about the proposed addition may be found on the B-CC website under "quick links". Choose the link ["Planning for B-CC's New Addition."](#)

And Looking Ahead.....

Next week (January 26 - 30) is **National Drug Facts Week** and the PTSA Wellness Committee has scheduled a number of events for students and parents following the national Drug Facts Week theme of: "Shatter The Myths!" These meetings are being held to allow teens and parents to ask questions of addiction scientists and health care experts about drug use and addiction. The PTSA has planned a very informative week and hopes you will attend at least one of these very worthwhile events.

- **Monday, January 26th: "Beach Week, The Real Story"** Hear the truth about "Beach Week" from Dewey and Bethany Beach police officers. The meeting will be held at Walter Johnson High School from 7:00pm - 9:00pm
- **Tuesday, January 27th** hear a presentation by Rachel Boxman of Partnership for Drug Free Kids, followed by a panel discussion with Dr. Anita Gadhia-Smith, a psychotherapist specializing in addiction, recovery, and relationship issues. The event will be held at 7:00pm at B-CC in the Choral Room.
- **Wednesday, January 28th** attend a presentation and discussion with Mimi Fleury, President and Co-Founder of the award winning Community of Caring, and Beth Kane Davison, Director of the Addiction Center at Suburban Hospital. Students are welcome. This event will take place at B-CC at 7:00pm in the Cafeteria.
- **Thursday, January 29** attend a coffee hosted by the PTSA Wellness committee. Meet with professional counselors and prevention experts, as well as representatives from law enforcement, teen court and the Maryland Center for School Safety. This is a chance for you to have a "real" conversation with experts and get honest answers to all of your questions on drugs and alcohol. This event is at B-CC, 7:30 a.m. in the Cafeteria.

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County Executive Ike Leggett is conducting budget forums this month in an effort to seek input from the community (that's us!) about the Fiscal Year 2016 Operating Budget. **The next forum is Monday, January 26th from 7:00pm - 8:30pm at the Bethesda Chevy Chase Regional Services Center, 4805 Edgemoor Lane in Bethesda.**

Why should you attend this? Because these forums are our one chance to speak directly to Executive Leggett about the importance of prioritizing the education of all of our kids! These forums involve the Operating side of the budget (not the Capital budget) so its not the place for people to ask about school additions, etc., This IS the place to talk about the importance of everything our schools do - like smaller class sizes, more teacher training and staff development, more counselors, adequate technology, expanded academic opportunities

(Community of Caring) & Beth Kane Davidson (Suburban Hosp.)

7:00pm - 9:00pm

Choral Room

Thursday, Jan. 29

PTSA/Nat'l. Drug FactsWeek
Coffee and discussion for parents

7:30am - 9:00am

Cafeteria

Friday, Jan. 30

Home Girls/Boys Varsity
Basketball vs Blair

Girls Varsity plays at 5:15pm

Boys Varsity plays at 7:00pm

Wednesday, Feb. 4

Wrestling match at home vs
Rockville ****Sr. Night****

6:00 p.m.

Gymnasium

Friday, Feb. 6

12th Grade Peer Parent Coffee

Topic: discussion with parents
who have kids that attended
Beach Week

7:30am - 9:00am

Cafeteria

Sunday, Feb. 8

PTSA Used Book Sale Drop-Off

12:30pm - 4:30pm

B-CC

Monday, Feb. 9

PTSA General Mtg.

The B-CC Addition Final Design
Presentation

7:00pm - 8:00pm

Cafeteria

Tuesday, Feb. 10

Home Bovs Varsity Basketball vs

and the list goes on and on. Please everyone - this is so important. Most of the money that funds our schools comes out of county revenues, and the percentage of county revenues going to the schools has been dropping for over a decade. We all need to tell Ike Leggett that the allocation of the budget money he controls - county revenues - needs to reflect what all our elected officials always say -- that in Montgomery County, education is the number one priority! Please plan to attend this budget forum on Monday night.

Barons in the Spotlight



Congratulations to B-CC's **Nora McUmber** for being selected as the Gatorade Maryland Girls Cross Country Runner of the Year!

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the racecourse, distinguishes McUmber as Maryland's best high school girls cross country runner.

The 5-foot-5 senior raced to the Class 4A individual state championship this past season with a time of 18:28, leading the Barons to a second-place finish as a team. A 2014 Washington Post Fall First Team All-Met selection, McUmber earned seventh place at the Nike Cross Nationals Southeast Regional championships, crossing the line at 17:46.6.

Coach Chad Young is extremely proud of Nora's accomplishments and will miss her as she heads off to college. (As of now, Nora remains undecided upon a college destination.) Nora is the second B-CC Baron to earn this special award from Gatorade in recent years. In 2012, Caroline Beakes was the Gatorade Maryland Cross Country Runner of the Year. It says a lot for Coach Young and his excellent running programs at B-CC!

The B-CC POMS Squad won 1st Place for Division III at the Bengal Invitational at Blake High School on Saturday, January 10th. Congratulations to the POMS and to senior **June Peacock** who was selected as the 1st Place Captain!

Blake's event was the first of three invitationals for the Barons in 2015. The girls competed at Damascus High on January 17th and next up is the Northwest High



Whitman
5:30pm
Gymnasium

Friday, Feb. 13

9th Grade Peer Breakfast
"Mid Year Expectations"
7:00am - 9:00am
Cafeteria

SGA ANNOUNCES PLANS FOR ANNUAL FUNDRAISING MONTH



February is LLS Month at B-CC and the Student Government Association (SGA) has been working hard to plan a number of Pennies for Patients events that will benefit the Leukemia and Lymphoma Society. This is definitely their most ambitious year yet (their goal is \$10,000) and to make it a success they will need your help! Let's fight this dreadful disease by giving generously this month! Here is how you can do it:

Online donations: Donate funds to B-CC's online fundraising site. Last year, Whitman raised \$68,408 - most of which came from generous online donations. This year, our SGA wants to follow their lead and make on-line donations their biggest fundraising source so that they will reach their goal of \$10,000.

The link to donate can be found on our website,

bccsga.wix.com/bccllsmoth2015

Here are other things we parents can do to participate:

Restaurant Nights: Eat some delicious food and enjoy a night out

Invitational on January 31st. The three invitationals lead up to the MCPS County Championship at Richard Montgomery High School on Saturday, February 14th. This is a great event and fun to watch! Put this on your calendar now and make plans to come and support our POMS.

January's Students of the Month are: Aryewun Tolson, Martin Fischer, Emer Diaz, Margaret McCallum, Diego Mendez, Michael Reid, Danielle Seltzer, Richard Ramos, Adriana Proal, Natalie Mansfield, Edwin Argueta, Blake Barrett, Gerardo Pagano, Iris Hernandez and Rossy Reyes. The Student of the Month luncheon will take place THIS FRIDAY, January 23rd starting at 11:00 a.m. in the Blue and Gold Room. PARENT VOLUNTEERS ARE ALWAYS NEEDED TO HELP WITH THIS LUNCH. Please contact Amy Nadel if you can help: nadelsmith@gmail.com

Former B-CC Standout Now Head Basketball Coach

Maybe you've noticed that the B-CC girl's basketball team is under new direction this year -- but with a familiar face! That's because former B-CC girls basketball standout, and current B-CC biology instructor Ryan Ingalls is now in the drivers seat at her alma mater! Ingalls replaced Jennifer Rushin who resigned this fall after two years at the helm of the Lady Barons basketball program.



Ingalls as a standout player at Lehigh University

"I am so excited to be coaching my alma mater," Ingalls said. "I had such a great experience at B-CC and I feel blessed that I can help create that experience for our current players."

Ingalls, graduated from B-CC in 2005 and was a standout player for Coach Rob Kurtz during her time on the Barons squad. "When I arrived at B-CC, the basketball program was still developing. There were only 8 players on the varsity team my freshman year. By my junior year, however, we were winning and even went to the region finals that year!" She went on to play collegiately at Lehigh University in Bethlehem, Pennsylvania. "I had a great experience playing Division I basketball. We won two league championships while I was there and played in two NCAA tournaments."

Ingalls spent the last two seasons as the JV head coach and varsity assistant at Rockville High School. During her two year stint as JV head coach, the Chevy Chase native guided the Rams to a 22 - 8 overall record.

The Barons, currently 7-5

, return several varsity key players from last seasons team including

at one of our participating Bethesda Restaurants!

2/4 - 4:00pm - 8:00pm - COSI

2/11 - 4:00pm - 9:00pm - &Pizza

2/18 - 6:00pm - 10:00pm - CAVA

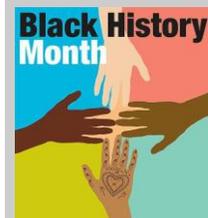
2/23 - 5:00pm - 9:00pm - Panera

2/25 - 5:00pm - 9:00pm - Potbelly

A percentage of proceeds will go towards LLS. All you have to do is show the cashier a flyer or a photo of the flyer that can be found on the above website link.

Hire a Baron: Hire your local B-CC Baron for odd jobs like snow-shoveling, dog walking, baby-sitting or car-washing. Rather than having the student receive payment for the job, **you can make a generous donation on the SG/LLS website:**

bccsga.wix.com/bccllsmnth2015



**B-CC
Diversity
Parents'
Council**

Presents

Celebrating Cultural Heritage in Honor of Black History Month

With Keynote Speaker

Dr. DeRionne P. Pollard,

President

Montgomery College

Plus Student performances that will include:

Spoken Word, Dance, Music and Song

**This Is A Must See Event!
Please Join Us!**

Date: Thursday, Feb. 12th

Place: B-CC Auditorium

juniors Daisy Leahy and Shantal Perez and senior Mariama Tunkara, and are looking to be competitive amongst the country's strongest programs.

"We've lost two tough games since winter break." said Ingalls. "The girls have played very aggressive defense which has helped us in close games, but there is still room for improvement with our free-throw shooting and our rebounding."

Ingalls' basketball philosophy centers around teamwork and communication and believes that these skills can easily translate to the classroom and to life after high school.

"My goals for this year are to create a competitive, focused and fun environment for the players," said Ingalls. "I am probably the most competitive person out there -- and winning is important -- but I really want the girls to enjoy their experience on the team. I remember how much I enjoyed I enjoyed playing for B-CC, so I'm trying to pass that on."

The next Lady Barons basketball game is this Friday, January 23rd at home against Clarksburg. Tip-off time for the Varsity game is 7:00 p.m. The JV team plays at 5:15 p.m.

Time: 7:00pm - 8:30pm

Questions:

Contact Drena Valentine,
drena321@verizon.net

The Diversity Parents' Council is supported in part by the B-CC PTSA and the NAACP Parents' Council, Montgomery County Branch.



SPORTS IN A MINUTE

Want to keep up with the sports schedule at B-CC? Look for *Sports In A Minute*

brought to you by the B-CC Sports Boosters organization and compiled weekly by Karen Dubrow.

THIS WEEKEND IN SPORTS:

Friday, January 23rd

Varsity Wrestling competes in Battle at the Base at Meade High School, 4:00 p.m.

After losing in a close overtime battle against Kennedy HS 71 - 72 on Tuesday night, the Barons Boys Basketball team goes on the road to play Clarksburg Friday night. JV plays at 5:15pm and Varsity tip-off is at 7:00pm

The Lady Barons beat Kennedy High School 47-34 on Tuesday and take on Clarksburg at home Friday night. Tip-off for the Varsity game is at 7:00pm. The JV team plays at 5:15pm

Barons Varsity Ice Hockey Club takes on Richard Montgomery at the Rockville Rink at 6:05pm

Saturday, January 24

The Varsity Indoor Track Team will compete in the Last Track to Philly Invitational, at Georgetown Prep, 8:30 a.m.

Varsity Swim & Dive will scrimmage Walter Johnson at Kennedy Shriver Aquatic Center, 9:15am

Varsity Wrestling continues in Battle at the Base at Meade HS, 10:00am

Unified Bocce will be at home in the main gym vs. Sherwood at 10:00am