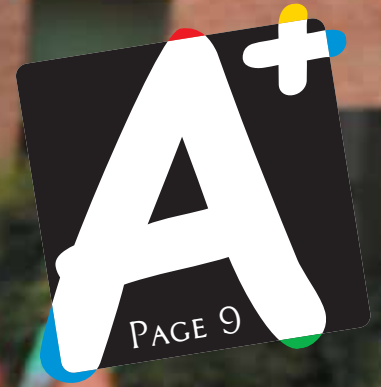


Potomac ALMANAC

Participants in the 2014 Ride to Conquer Cancer raised \$2.6 million for the Johns Hopkins Kimmel Cancer Center, Sibley Memorial and Suburban Hospitals.



Ride To Conquer

Raising Awareness
About Interstitial Cystitis

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PHOTO BY EDWIN SANTIAGO

SEPTEMBER 17-23, 2014

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Riding To Fight Cancer

BY MARILYN CAMPBELL
THE ALMANAC

In July of 2013, Seth Edlavitch of Potomac says he received the shock of his life. After experiencing headaches for several months, he visited his doctor and after a series of tests and finally brain surgery, doctors discovered that Edlavitch had a non-Hodgkin's, blood-based lymphoma form of brain cancer.

"Six weeks of not being able to drive and not lifting my kids," said Edlavitch. "Once I healed from my surgery, I immediately went to the Johns Hopkins Sidney Kimmel Cancer Center in August for intense, in-patient, chemo treatments every other week through November 2013."

Last weekend, Edlavitch, who completed his 17th round of in-patient chemotherapy in July, decided to participate in The Ride to Conquer Cancer, "to support Johns Hopkins and the providers who saved my life." The event, which organizers plan to make an annual occurrence, drew more than 1,000 participants and raised \$2.6 million for Johns Hopkins Kimmel Cancer Center, Sibley Memorial and Suburban Hospitals.

"In this first year, we are prioritizing the use of funds for clinical and translational cancer research at Sibley Hospital, Suburban Hospital, and in East Baltimore to ensure that all with cancer who seek care at these sites have access to the most innovative new cancer treatments," said William Nelson, M.D., Ph.D., director of the Johns Hopkins Kimmel Cancer Center.

Event organizers say that the community



PHOTO BY EDWIN SANTIAGO

Participants in the 2014 Ride to Conquer Cancer raised \$2.6 million for the Johns Hopkins Kimmel Cancer Center, Sibley Memorial and Suburban Hospitals.

of riders, along with donors, sponsors and hundreds of volunteers helped make the two-day, 150-mile ride a success.

A personal experience also influenced Herndon, Va. resident Andrew Blysak's decision to register for the ride. "While my wife was fighting breast cancer this past year, the strength she showed was an inspiration to me, our family and friends," he said.

Participants pedaled their way through the Capitol Region's picturesque country-

side, greeted with fresh food, beverages and cheering crowds at local communities throughout the route. At an overnight camp at the mid-way point, riders enjoyed tents, hot meals, showers, live entertainment, massages and other festive activities.

Edlavitch says that before his personal experience, he had never considered participating in an event of this sort. "My goal in tackling this ride was to continue my remission with a positive and strong outlook on life, support the Johns Hopkins Kimmel

Local patients and supporters bike through the National Capital Region to support cancer research.

Cancer Center and keep on fighting," he said. "I could not have made it this far without the support and love of my friends and family, especially my wife Melissa.

"My goal in tackling this ride was to continue my remission with a positive and strong outlook on life, support the Johns Hopkins Kimmel Cancer Center and keep on fighting,"

— Seth Edlavitch, Potomac

"Without the knowledge of my oncology team and the nurses at Hopkins, I would not be doing as well as I am doing today. Although I'm currently in remission, I still have to go for outpatient chemo treatment every two months," he said. "Remission means there is no evidence of visible disease. But, it does not mean that I have been cured, so the fight goes on."

Ride organizers released the dates of Sept. 12-13 for the 2015 Ride, and said registration is already open. For more information visit www.ridetovictory.org.

Raising Awareness about Interstitial Cystitis

Potomac woman launches petition for increased research funds.

BY SUSAN BELFORD
THE ALMANAC

Twenty-year-old Justine Stayman, a computer science major attending the University of Maryland's Honors Program, was thrilled to be selected for the highly-competitive Hinman CEO program – the nation's first living-learning entrepreneurship program. She was looking forward to living on the UM campus with other students who had a passion for launching their own businesses.

However, her plans were suddenly dashed when a disease called Interstitial Cystitis (IC) forced her to move back to her Potomac home and take at least a semester off from her college studies – a devastating side-effect of her disease. She is in pain much of the time, has difficulty sleeping, has pared her diet down to the same seven foods every day, cannot walk any distance at all,

swim or participate in physical activity – and is unable to leave her home for a long period of time.

"IC is definitely a disease that not only affects you every day, but it becomes your entire life," she said. Her life as she knew it has been disturbingly altered and disappointingly changed.

Interstitial Cystitis (IC) affects 4-12 million men, women and children in the US (1 in every 26) and there is no known cure, diagnostic tools available for clinicians or effective treatments. Also known as painful bladder syndrome (PBS), Bladder Pain Syndrome (BPS) and Chronic Pelvic Pain (CPP), IC is a condition that consists of recurring pelvic pain, pressure, or discomfort in the bladder and pelvic region, often associated with urinary frequency and urgency. According to the Harvard Health



Justine Stayman

Publication, "IC can result in a quality of life comparable to that of a patient with rheumatoid arthritis, chronic cancer pain, or a patient on kidney dialysis."

Physicians do not know what causes IC – and many find it difficult to diagnose. When Stayman felt the urge to urinate frequently, she visited the UM Medical Clinic to see if she had a Urinary Tract Infection (UTI) but when the tests came back, she was told there was no infection. However, the symptoms continued, and the next time she saw a doctor, she was given antibiotics because her white blood cell count was low. However, when the antibiotics kicked in, she felt an unbearable burning in her bladder. She continued to see a variety of doctors and finally visited an urologist who diagnosed her IC. Since then, she has tried a combination of medicines and changes in diet and lifestyle – but with very limited improvement in her symptoms which include debilitating chronic pain, bladder ulcerations, bleeding, painful intercourse, urinary frequency (needing to go often, up to 60 times a day in severe cases), and urinary urgency (feeling a

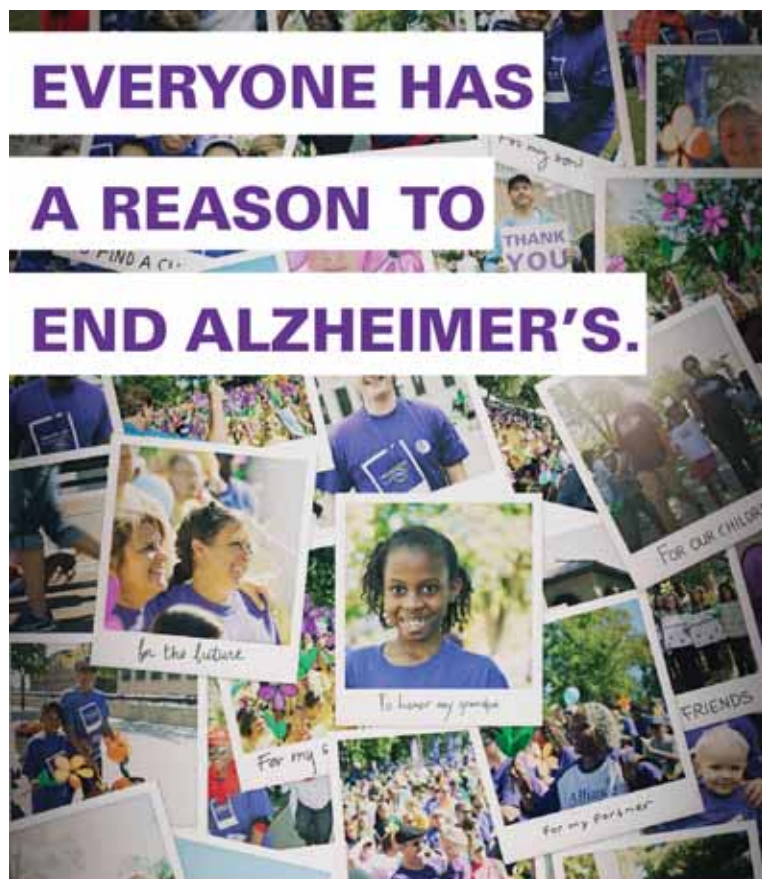
strong need to go suddenly).

Stayman asked her urologist, "What's the chance there will be a cure in my lifetime?" "Don't get your hopes up," was his answer. "The best treatment does not exist – we have to get more funding and more awareness – that's the problem."

Stayman has decided not to sit on the side-lines, but to become an activist to raise awareness and money for research for the disease. "I decided to do something for everyone else with this disease," she said. She started a petition to request the support of U.S. Senators Barbara Mikulski and Harry Reid to sponsor and pass a bill for increased research funding for IC in the following areas: \$32 billion for the National Institutes of Health, with a focus on expanding the interstitial cystitis research portfolio, \$660,000 for the IC Education and Awareness Program at the Centers for Disease Control and the funding and re-opening of the University of Maryland Interstitial Cystitis Research Center which was closed in 2009 due to lack of funding.

SEE RAISING AWARENESS, PAGE 4

**EVERYONE HAS
A REASON TO
END ALZHEIMER'S.**



RESTON TOWN CENTER | SEPTEMBER 28 | 3:00 PM

ACROSS THE NATION, WE'RE STEPPING UP ON BEHALF OF OUR FRIENDS, OUR FAMILIES AND OUR FUTURE. EVERYONE HAS A REASON TO END ALZHEIMER'S — AND EVERYONE CAN DO SOMETHING ABOUT IT.

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LET'S TALK *Real Estate*



by Michael Matese

Kermit Was Wrong—It's Easy to Be Green!



"Green" renovation is a trend that engineers, constructors and designers are encountering more and more each day. Going green is not only an ecologically aware choice, but it is also one that is becoming economically sound, with many green renovations providing tax deductions and reduced energy costs, offsetting or negating the cost of their installation in immediate terms—and proving priceless over time, as green renovations reduce the harm of civilization on nature and ecology. Even luxury homes are going green, trying to help the environment and shaking off the image of wasteful opulence that has dogged this niche market for years. Gone are the days of the gold-plated toothbrush holder—welcome to the new world of eco-friendly, green luxury! Some tips that home owners are finding handy are:

- Use CFL's - Replace those incandescent light bulbs with qualified compact fluorescent light bulbs (CFLs). By replacing just five of your mostly frequently used light bulbs, you'll save money and reduce greenhouse gas emissions by one trillion pounds!
- Plug Air Leaks - Air leaks are the biggest energy waster in homes, but they're also an easy fix. Have decorative weather stripping and caulk installed to stop those drafts
- Program Your Thermostats - Save on your heating and cooling bill while helping reduce emissions from your heating/a/c unit.
- Tune Up Your HVAC - Get a professional tune up every two years and clean or replace your filter every month. Dirty filters block normal airflow and reduce the efficiency of your system.
- Go Low-Flow - Install low flow showerheads and faucet aerators without sacrificing water pressure. They're easy to install too, just screw them on.

Bonus Green Tip: The average home emits 27,000 pounds of carbon dioxide annually; almost three times that of a midsize sedan! Following these simple steps will reduce your home's emissions, your carbon footprint, and lower your utility bill!

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NEWS

Raising Awareness

FROM PAGE 3

"In 2004, a breakthrough was made by the doctors at the Interstitial Cystitis Research Center at the University of Maryland (one of the only research centers of its kind) and they discovered a protein, named Antiproliferative Factors (APF), uniquely present in the bladders of IC patients which prevented the bladder from repairing damage to its own tissues (the source of IC symptoms)," she said.

After its closing, no further research has been done with regards to suppressing the APF's effects despite the Research Center's note that "greater understanding of APF's mechanism of action could aid in the diagnoses and treatment of interstitial cystitis." Stayman's petition has already collected more than 2,000 signatures.

California's Dr. Elliot Lander is investigating stem cell research, and the Interstitial Cystitis Research Center is researching other possible treatments, but each program is severely underfunded.

"Another exciting and very promising research project is at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health (NIH)," Jill Osborne, IC Network founder said. "The NIDDK's Multidisciplinary Approach to the Study of Chronic Pelvic Pain (MAPP) Research Network embraces a systemic — or whole-body — approach in the study of IC/PBS and CP/CPPS. In addition to moving beyond traditional bladder- and prostate-specific research directions, MAPP Network scientists are investigating potential relationships between these two urological syndromes and other chronic conditions that are sometimes seen in IC/PBS and CP/CPPS patients, such as irritable bowel syndrome, fibromyalgia, and chronic fatigue

syndrome. The multidisciplinary (i.e., scientists employing a variety of research approaches) MAPP Network includes researchers with clinical, epidemiological, and basic research expertise, all working collaboratively."

Right now there is a six-step treatment program that one can follow once there is a diagnosis. "It's important to be certain that it is identified early — and correctly," said Osborne. "So often, doctors want to think the patient has a UTI and they prescribe antibiotics without ever doing a urine culture. If the culture comes back stating there is no infection, then the doctor needs to use the correct diagnostic tools to identify IC and to start treating it. The earlier it is identified, the more effective the treatment will be."

"If anyone has the symptoms of IC, they need to seek urologists who specialize in IC and related diseases," said Osborne. "The importance of September being IC Awareness month is to bring awareness to the public about IC and the need for more research funding."

Stayman has begun her own campaign to gather signatures to make Congress aware of the need for funding — and of the many Americans who have this disease. "Some may not even be aware of the symptoms. Others may not be able to afford the medicines. This disease causes many to be on permanent disability, and is truly debilitating. It's time that more people know and understand the disease — and that we find new treatments and a cure," she said.

Here is the link to Stayman's petition and the letter she included. She is hoping that others will understand the dire need for the petition and will sign it:

<https://www.change.org/p/sen-barbara-mikulski-increased-funding-for-interstitial-cystitis-education-and-research>.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

A Fund-raising Taste

Janice Goldwater, executive director of Adoption Together, addresses the audience at the Taste of Potomac on Sept. 13 at the Julia Bindeman Suburban Center. The event raised funds for the nonprofit Adoptions Together.

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Deadline is Thursday at noon, at least two weeks before event.

THURSDAY/SEPT. 18

Documentary Screening. 6:30-8 p.m. in the auditorium at Suburban Hospital, 8600 Old Georgetown Road, Bethesda. Suburban Hospital, in collaboration with the National Foundation for Infectious Diseases,

will screen "Invisible Threat." The film focuses on understanding the science of vaccination and the fear and misperceptions leading parents around the country to skip immunizations. The 40-minute

SEE BULLETIN, PAGE 11

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July, 2014 Sales,
\$1,100,000~\$1,310,000



2 10841 Spring Knoll Drive — \$1,280,000



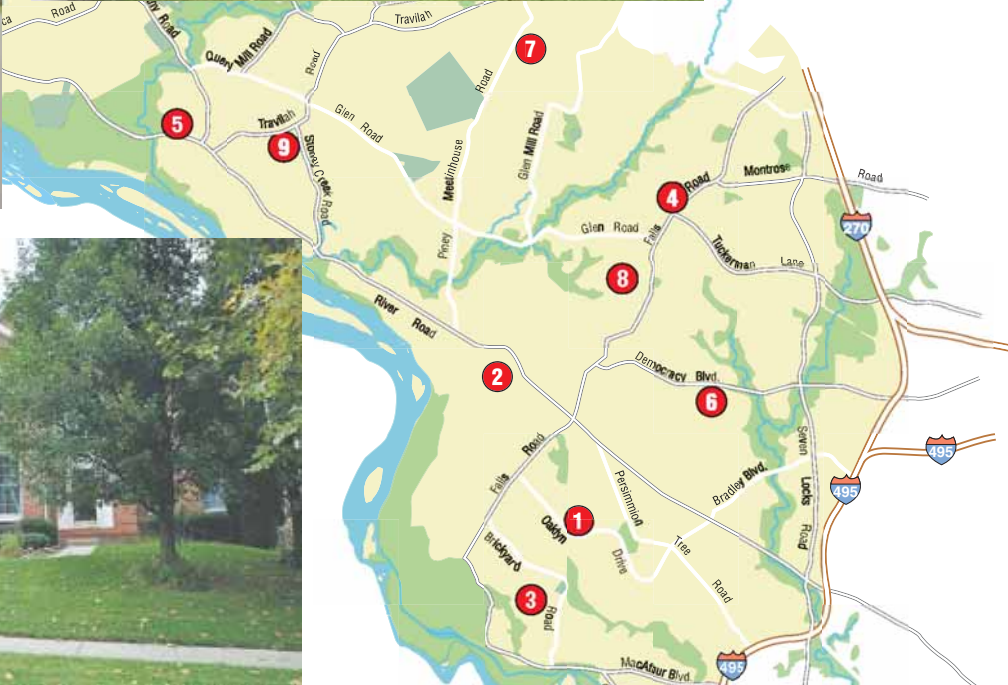
1 8904 Abbey Terrace — \$1,310,000



5 14048 Gorky Drive — \$1,150,000



3 7901 Hackamore Drive — \$1,280,000



7 10509 Beechknoll Lane — \$1,125,000



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1 8904 ABBEY TER	4	..	4	.	1	POTOMAC	...	\$1,310,000	...	Detached	0.30	20854	AVENEL	07/25/14
2 10841 SPRING KNOLL DR	4	..	4	.	0	POTOMAC	...	\$1,280,000	...	Detached	2.06	20854	POTOMAC OUTSIDE	07/21/14
3 7901 HACKAMORE DR	6	..	6	.	0	POTOMAC	...	\$1,280,000	...	Detached	0.41	20854	RIVER FALLS	07/24/14
4 9001 MISTWOOD DR	4	..	4	.	1	POTOMAC	...	\$1,175,000	...	Detached	0.33	20854	FALLSBERRY	07/09/14
5 14048 GORKY DR	5	..	5	.	0	POTOMAC	...	\$1,150,000	...	Detached	2.17	20854	ESWORTHY PARK	07/11/14
6 8716 SNOWHILL CT	4	..	4	.	1	POTOMAC	...	\$1,140,000	...	Detached	0.46	20854	KENTSDALE ESTATES	07/30/14
7 10509 BEECHKNOILL LN	6	..	5	.	0	POTOMAC	...	\$1,125,000	...	Detached	0.18	20854	POTOMAC GLEN	07/31/14
8 9544 FOX HOLLOW DR	5	..	4	.	1	POTOMAC	...	\$1,104,000	...	Detached	0.23	20854	BEDFORDSHIRE	07/03/14
9 12433 BACALL LN	4	..	3	.	1	POTOMAC	...	\$1,100,000	...	Detached	2.05	20854	STONEY CREEK ESTATES	07/25/14

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8 9544 Fox Hollow Drive — \$1,104,000

ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Carousel Tours. 10:30 a.m. through Sept. 30; 3:30 p.m., Oct. 1 through April 30. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. These tours give visitors a closer look at the park's fully-restored 1921 Dentzel carousel. Hear about the civil rights protests and the story of how the town rallied together to save the carousel. Park history tours can be arranged by reservation only. Free. Visit nps.gov/glec for more.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit <http://capitalblues.org> for more.

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the historic Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Enjoy a beginner swing dance lesson at 8 p.m. (included in admission), followed by dancing until midnight. Admission is \$16-\$18; Aug. 30 admission for age 17 and under is \$12. Visit www.glenechopark.org.

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Tango Brillante DC offers Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga that follows. For dancers who wish to attend just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222 for more.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contras and Square dances are taught, no partner is necessary. There is a lesson at 7 p.m., followed by the called dance with live music starting at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 for ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.

Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more.

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.

Live Music & Dancing. Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit www.popovers.com for more.

SilverWorks Studio & Gallery.

Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Sculpture, vessels, functional art and jewelry are for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org.

Glen Echo Pottery. Through December, Saturdays and Sundays, noon-5 p.m. Glen Echo Pottery, 7300 MacArthur Blvd., Glen Echo. The Gallery shows the work of 29 individual potters and instructors at Glen Echo Pottery. Wheel-throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit www.glenechopottery.com/gallery.

FRIDAY/SEPT. 19

Apple Festival & Campfire. 6-8 p.m. at Meadowside Nature Center, 5100 Meadowside Lane, Rockville. Enjoy apple cider pressing, apple lore, hands-on activities and more. \$8/person. Registration required at www.parkpass.org. Course #294253.

FRIDAY/SEPT. 19-SUNDAY/OCT. 26

"Stuart Little." At Adventure Theatre MTC, 7300 MacArthur Blvd., Glen Echo, in the historic Glen Echo Park. Stuart Little is no ordinary mouse. Born to a family of humans, he lives in New York City with his parents, his older brother George, and Snowbell the cat. Children under the 12 months are free. Tickets are \$19 each, with group and field trip rates available, and can be purchased by calling 301-634-2270 or online at www.adventuretheatre-mtc.org.

SATURDAY/SEPT. 20

Monarch Fiesta Day. 10 a.m.-3 p.m. at the Black Hill Visitor Center, 20926 Lake Ridge Drive, Boyds. The free festival celebrates the Monarch butterfly's inspiring and incredible journey. Visit www.BlackHillNature.org for more.

Painting Collection. Russian painter Olga Harandi will present "My Art of Living" from noon-8 p.m. at the Yellow Barn Gallery in Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.yellowbarnstudio.com or 301-371-5593.

Illustrated Talk. 5 p.m. at Clara Barton National Historic Site, 5801 Oxford Rd, Glen Echo. In honor of the sesquicentennial of the Civil War, photos from the Civil War era will be used to explore the dangers Clara Barton faced and the accomplishments she achieved. The talk will be given in the hall of her historic home. Consider taking the 4 p.m. tour of the house and then sitting down for thrtalk at 5 p.m. To make reservations for the talk, call 301-320-1417.

Park After Dark. 6-10 p.m. at Historic Great Falls Tavern, 11710 MacArthur Blvd., Potomac. A night of foot-stompin' philanthropy fueled by chili, libations and tunes. \$175, \$125 is tax-deductible. Visit <http://canaltrust.org/trust/> for more.

Fall Exhibition Competition Send-Off. 6:15-8:15 p.m. at Cabin John Ice Rink 10610 Westlake Drive, Rockville. See Cabin John's skaters perform before they head out to various events. Includes solo

performances as well as pairs and synchronized skating routines. Free. Visit www.cabinjohnice.com.

Wanda Sykes. 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Standup comic Wanda Sykes will be performing. Visit strathmore.org.

SUNDAY/SEPT. 21

Author Event: Ralph Nader. 12:45 p.m. at River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Ralph Nader will speak about his new book "Unstoppable: The Emerging Left Right Alliance to Dismantle the Corporate State" – a path for liberals and conservatives to work together to stop the growing power of "corporatism." Call 301-229-0400.

MONDAY/SEPT. 22

Progressive Painting Abstract. 7-9:30 p.m. at VisArts, 155 Gibbs St., Rockville. Nurieh Mozaffari will teach this multi-week class. \$160. Visit www.visartscenter.org or call 301-315-8200.

TUESDAY/SEPT. 23

Author Event. 5-7 p.m. at The Wine Harvest, 12525-B Park Potomac Ave., Potomac. Local author Sharon Allen Gilder will be signing her novel, "The Rose Beyond." Copies of the book will be available for purchase. Visit www.sharonallengilder.com.

Matisse and Wine. 7:30-9:30 p.m. at VisArts, 155 Gibbs St., Rockville. Nurieh Mozaffari will teach this multi-week class. \$150. Visit www.visartscenter.org or call 301-315-8200.

FRIDAY/SEPT. 26

Live Music: Artig. 7 p.m. at the German School/German Language Courses, 8617 Chateau Drive, Potomac. The German band ARTIG will once again bring German Pop Rock to the United States. The members have been making music together since 2004, with classic pop elements, fast rock and indie guitar riffs combined with lyrics teenagers can relate to. Email glc@dswash.org or call 301-366-1120 for more.

Outdoor Movie Night. 6:30 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Before the movie: carnival games, inflatables, contests and music. Pizza, hot dogs, popcorn and more at the snack bar. The movie, Rio 2, begins at 7:30 p.m. Bring lawn chairs and blankets; no food, beverages, coolers or pets. Free. Visit www.montgomerycountymd.gov/rec for more.

SATURDAY/SEPT. 27

Oktoberfest 5K Run & Fun Run. 9 a.m. at German School Washington, 8617 Chateau Drive, Potomac. Second annual 5K Oktoberfest Run & Fun Run hosted by the German School Washington D.C. and the German Language Courses. The festivities begin with a 5K run for adults, followed by the 1k fun run for children at 10 a.m. Post-race family activities include traditional German food and beer, children's activities, and an awards ceremony for race winners. The German rock band Artig will perform. Visit www.dswashington.org/run or call 301-767-3810.

SUNDAY/SEPT. 28

Cabin John Kids Run. 9 a.m. Cabin John Regional Park in Potomac, Westlake Drive. Free for runners 18 and under. A mile run, half-mile run and quarter mile young run is offered. Registration is race-day only. Visit www.mcrrc.org more.



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GETTING AROUND

Gilder Pens Historical Romance Novel

**Novel
began as
a scrap of
paper in
her wallet.**



Gilder

BY CISSY FINLEY GRANT
THE ALMANAC

No one is going to accuse Sharon Allen Gilder of being in a rush to get something done. In fact, she took her time deciding what to do about a project she started 20 years ago.

She does admit, however, that she gave considerable thought to the job she had in mind by "carrying a scrap of paper in my wallet." Tucked among the folds of whatever detritus one desires to put aside, Sharon Gilder honestly admits for several years she was harboring in her wallet what amounted to what would be the first page, of the first chapter, of a book she eventually recently concluded, all 444 pages of it.

"The Rose Beyond" finally came in full bloom following 14 years of dedication, once she made up her mind to get busy. "I spent two years on research," she said at a book signing last week at The Surrey, a former Potomac gift and saddlery shop now located in Darnestown, opposite Harris Teeter.

Interviewed at the signing, during intervals with friends and neighbors who stopped by for an autographed copy, the author recalled how she would remove, on occasion, the original jottings from its hiding place and re-read the first page, "for inspiration."



PHOTO BY CISSY FINLEY GRANT/THE ALMANAC

Sharon Allen Gilder (seated) autographs her new novel, "The Rose Beyond" last week at The Surrey. Waiting for their autographed copies are (from left) Beth Garagusi with daughter, Charlotte; Ellen Gordon and JoEllen Brayer.

"Writing it was a lot of work. I met [author] Tom Clancy one time and asked him what should you do when you hit a blank wall? He looked me straight in the eye and said, 'Just write the damn book!' It was just the kick I needed," she concluded.

Gilder derived the title of her book from a poem written by A.L. Fink, "The Rose Still Grows Beyond The Wall." It was read at a funeral she recalled and generally refers to life after death. "The book is a mystery, just like life after death," she said. In her

book there is a letter involving a secret kept for many years. There is also a parakeet called "Peepers" (she had one as a pet in her childhood). "Peepers" however, isn't telling any

secrets. But, "it is inevitable that the truth will be told," she said.

The author admitted it was laborious to finally finish her historical romance novel that takes place in Washington, D.C., during the latter part of the 19th century. However, it has not prevented her from participating in numerous philanthropic endeavors in the area including the Brem Foundation to Defeat Breast Cancer and Friends of Montgomery County Animals. She is a board member on both groups. The latter organization will hold its annual fund-raising luncheon at Avenel Club, Nov. 12.

Gilder has also contributed articles to The Washington Post, The Potomac Almanac, The Town Courier and The Gazette. "I have loved to write since I was a young child. I have always loved the feel and smell of books," she said.

"The Rose Beyond" is available at Amazon.com, Kindle eBook and local stores.

Conference Celebrates Local Businesswomen

Power Conference offers advice, networking opportunities.

BY MARILYN CAMPBELL
THE ALMANAC

Nancy Regelin, a Potomac-based attorney, decided to give women-owned businesses a boost, so she coordinated an event at the Convention Center in North Bethesda. Now in its fifth year, the Power Conference: Women Doing Business is a women's business development conference.

It's hosted by an alliance of four local women's business organizations: Women Business Owners of Montgomery County, Women Business Owners of Prince George's County, Women Presidents Educational Organizations of D.C., and Women in Business Education Foundation.

"The four organizations pulled together resources, connections and ideas from a large

network to create a regional conference of a large scale. It's a great example of how something much bigger can be created when strategic alliances work together," said Regelin.

"We are fortunate to have a strategic partner in Montgomery County Economic Development that assists with the venue at the Montgomery County Conference Center."

The organizers wanted to do a conference for both women who owned businesses and women growing their careers that focused se-

riously on business development.

"We chose both the keynote speaker and the workshops so that participants have an opportunity to learn business skills, trends, creativity, technology and personal development so both they individually, and their companies, can grow and prosper," said Regelin.

There were about 740 registrants from the Mid-Atlantic region. "We had 50 ... speakers

"We had 50 ... speakers presenting ... from a wide variety of industries and on a broad range of business topics."

—Nancy Regelin, Power Conference organizer

SEE CONFERENCE, PAGE 11

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Norwood Students Experience History

Field trips allow students to see and touch at memorials.

BY MARILYN CAMPBELL
THE ALMANAC

History books came to life for about 55 eighth grade students who spent a day at the Holocaust Museum, FDR Memorial and the Martin Luther King, Jr. Memorial. The trip was part of Bethesda-based Norwood School's seventh and eighth grade "World History Through an American Lens" curriculum.

"Last year, they finished seventh grade with a study of World War II, so this field trip was a great opportunity as we launch the new school year to reflect on what they studied in seventh grade and to prepare for what they will be learning in eighth grade," said Michele Claeys, Norwood's associate head of school and head of middle school. "Their visit to the Holocaust Museum and FDR Memorial brought back much of what they learned last year, and the visit to the Martin Luther King, Jr. Memorial was a preview of units coming up later this year."

"The Holocaust Museum was really emotional and unreal," said Sophie Dinte. "It's scary that this could happen from one person's perspective on a group of people. In class we talk a lot about how different

leaders' words result in different outcomes in history. One person's point of view, one person's words can change history."

Claeys observed the students grasping the significance of historical events on an emotional level. "The visit to the FDR Memorial helped students understanding on a more visceral level that he led the country through such a significant chunk of history, from the Great Depression through the New Deal through the Second World War," Claeys said. "The students knew this, but visiting the memorial makes it more real. The students were well prepared for the trip and they knew what they would be seeing, but they were so reflective and respectful at each site."

The FDR Memorial was particularly moving for Pedro Rodriguez. "The fact that his statue shows him in a wheelchair symbolizes how much he accomplished even though he was disabled," Rodriguez said. "We learned that this is one of the first memorials where the designers thought about the person's role as a disabled person."

Dinte found inspiration in the architectural significance of the memorials. "I thought it was really cool how they explained different periods of his presidency through water," she said. "The still water reflected the calm periods of his presidency, and the flowing water symbolized the rougher times."

Eighth grade students at Norwood School visit the FDR Memorial. The trip was part of the school's "World History Through an American Lens" curriculum.



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Scared, Hopefully Not to Death



By KENNETH B. LOURIE

One of my greatest fears (or regrets, if I am in fact the cause of my own decline) is that my own stubbornness, stupidity, "male blockheadedness" and/or refusal to believe/pay attention to signs, symptoms, indications and instructions/health advisories from my oncologist about my health will lead to my premature death. Not that a stage IV, non-small cell lung cancer diagnosee originally given a "13-month to two-year" prognosis still alive and writing – among other activities – five and a half years later should think it "premature" after so far outliving his original prognosis; nevertheless, having received this diagnosis at age 54 and a half has caused me to still characterize my death as potentially premature given the fact that both my parents lived well into their 80s. Their long life had led me to believe that I'd live just as long. Hearing what I heard from my oncologist back on February 27, 2009, at the initial Team Lourie meeting changed my thinking, however.

Yet here I sit, not exactly "ensconced" in velvet as George Costanza loved, but alive and reasonably well, sitting "in the catbird seat" (to quote the late, great, legendary Red Barber, radio voice of the Brooklyn Dodgers {1939 -1953} and the New York Yankees {1954-1966}). "Sittin' pretty," in the "rocking chair" are similar phrases of a type of good fortune. And considering my original set of extremely unfavorable circumstances – terminal cancer, inoperable, incurable, "perhaps you ought to take that trip you always dreamed of;" – I'm about as fortunate as one could be: sitting, rocking, standing, anything, in or out of the catbird seat or any other seat for that matter. Lucky doesn't begin to summarize my amazing good fortune. And as much as I've done to affect my circumstances: diet, supplements, minerals, vitamins, non-western alternatives, holistic ideas, I certainly don't want to stop now. (I grade myself a "B" on the how-good-I'm-doing scale; those who know my history would give me a higher grade, however.) But as live on, I try to pay closer attention to what my body is telling me, given that it may have outlived its ability to absorb the many poisons and toxins it has absorbed over these past five years having been subjected to almost non-stop chemotherapy, every three weeks – save for a 12-month break when I was able to take two pills a day instead.

After all this time though, it's still my nature to ignore, shrug off and even minimize some of what I feel and attribute it to age. (Believe me, it's a lot easier than believing it's the cancer.) I mean, I'm not getting any younger, and while the cancer is presumably impacting me in some way, I don't want to take my above-average health for granted. Nor do I want to worry myself into an early grave, either. But if I'm not proactive and worried – and attentive to details, perhaps that innocence and hopefulness may very well be my undoing; even though I'm not ready to be undone. Regardless of what I do, or how I do it, sometimes I feel like my life is a done deal. And that's what scares me – to be the victim of my own circumstances.

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

Wootton Field Hockey Remains Undefeated

The Wootton field hockey team continued its early-season dominance, beating Churchill, 2-0, on Sept. 12 and Rockville, 9-0, on Sept. 15.

The Patriots improved to 4-0 and have outscored their opponents 33-0.

Wootton will face Atholton on Sept. 20.

Wootton Football Improves to 2-0

The Wootton football team beat Bethesda-Chevy Chase 35-17 on Sept. 12, improving its record to 2-0.

The Patriots will face Churchill in a battle of undefeated teams at 6:30 p.m. on Friday, Sept. 19.

Churchill Field Hockey Bounces Back from First Loss

After losing to rival Wootton, a state finalist last season, the Churchill field hockey team responded with a 5-0 victory against Kennedy on Monday.

Sophomore Jenny Langerman, who has scored in three of four games for the Bulldogs, scored against Kennedy. Sophomore Lauren Lipson scored a pair of goals for Churchill, and seniors Carly Kabelac and Samantha Cooper each scored once.

"We generally played well against Kennedy," Churchill head coach Cay Miller



PHOTO BY HARVEY LEVINE/THE ALMANAC

Lacey Rubin and the Wootton field hockey team remain undefeated

wrote in an email, "but they have some serious speed on their forward line, and we were caught off guard a few times."

After victories against Quince Orchard (2-1) and Watkins Mill (6-0), Churchill faced rival Wootton on Sept. 12. The Patriots, who went undefeated in 2013 prior to losing in the state championship game, beat the Bulldogs 2-0.

"We had some nerves at the start of the game," Miller wrote. "We let in two goals in the first four minutes. We basically had two choices at that point. We could have crumbled or we could have fought back. I was very proud of the hustle and determination the girls were able to muster for the rest of the game. We had some great chances on offense and our defense tightened up and held strong. I think we learned a valuable lesson about not giving up when we're down."

Senior defender Carly Kabelac (two goals,

four assists), senior goalkeeper Sophie Ascher (19 saves), junior forward Annie Moshedy (three goals, one assist), and sophomore Langerman are some of the Bulldogs' top players, according to Miller.

Churchill (3-1) will host Whitman at 5 p.m. on Wednesday, Sept. 15.

Churchill Football Blanks WJ

The Churchill football team posted a second consecutive lopsided shutout to open the 2014 season, beating Walter Johnson 41-0 on Sept. 12.

The Bulldogs have outscored opponents 80-0 after blanking Bethesda-Chevy Chase 39-0 on Sept. 5.

Against WJ, Marquette Lewis carried 15 times for 104 yards and two touchdowns. Blake Dove rushed 10 times for 58 yards

and three scores. Andrew Zuckerman totaled 80 yards and a touchdown on 13 carries.

On defense, Dove had 10 tackles and a forced fumble. Oumar Soumah finished with eight tackles, an interception and a forced fumble.

Churchill will travel to face Wootton at 6:30 p.m. on Friday, Sept. 19.

Bullis Football Earns First Win

The Bullis football team knocked off Archbishop Spalding 29-28 in double overtime on Sept. 12, improving its record to 1-1.

Bullis quarterback Dwayne Haskins Jr. completed 17 of 27 passes for 210 yards and three touchdowns. Devonte Williams carried 22 times for 183 yards. Damani Neal had seven catches for 67 yards and a touchdown.

Cornerback Patrick Johnson had 11 tackles, one fumble recovering, one interception and a defensive touchdown.

Bullis will host St. Mary's at 7 p.m. on Friday, Sept. 19.

Whitman Football Falls to QO

The Whitman football team suffered its first loss of the season on Sept. 12, falling to Quince Orchard 45-14.

Whitman quarterback Evan Smith completed 15 of 21 passes for 129 yards and a touchdown. He was intercepted three times. Anton Casey had six receptions for 101 yards and a touchdown. Gunnar Morton carried 12 times for 54 yards and a score.

Whitman will travel to face Bethesda-Chevy Chase at 6:30 p.m. on Friday, Sept. 19.

Conference Celebrates Local Businesswomen

FROM PAGE 8

presenting ... from a wide variety of industries and on a broad range of business topics," she continued.

Among the speakers was Potomac-based firm sasse agency whose talk was called "Ensure business growth with a little sasse: Learning how to create a PR, Marketing, Social Media strategy that is simple to implement."

"We explained to our audience ... if you're not making a publicity splash, no one will know you exist," said Cari Shane, one of the firm's partners. "If you don't market the true essence of who you are and what your business does, no one will understand what you do. And if you don't connect with your customers in social media, no one will know you are there."

Julie Schumacher, who is also with sasse, said the presentation was well received. "We had a great turn-out and the feedback was positive, including the follow-up requests for consulting and additional speaking engagements," she said. "Our presentations are always very interactive. We included fun quizzes about social media and had a great



COURTESY OF THE UMBRELLA SYNDICATE

More than 700 people participated in the Power Conference organized by Potomac-based attorney Nancy Regelin.

time with interactive branding, PR and social media exercises."

The conversation continued after their presentation. "Many participants met with us after the talk with specific questions relating to their own social media experiences," said Schumacher. "For example, 'Is social media really that important for my business?' and 'Which social media venue

should my business focus on?'"

Regelin said the Power Conference also supports the StartRight Women's Business Plan Competition managed by the Maryland Women's Business Center and Rockville Economic Development Inc. by celebrating their awards to the winners at the Power Conference.

"Since the overarching theme is business development, we look to how we can accomplish that for every type of participant," said Regelin. "We provide over 40 opportunities for women to be speakers, over 90 opportunities to exhibit, promote local women authors at our Bookseller's Café, provide access to procurement directors in small group discussions, partner with over 30 regional business organizations to promote their missions, offer sponsorships at every level starting at \$600 up to \$15,000, offer marketing and advertising opportunities to reach this target market of regional business leaders, provide leadership development on the conference organizing committee, internships and, of course, educational and networking opportunities for attendees in both small group discussions and larger workshop formats."

BULLETIN BOARD

FROM PAGE 5

documentary will be followed by a discussion with leading national and local vaccine experts. Space is limited. Registration for this free program is encouraged. Call 301-896-3939 or visit events.suburbanhospital.org.

SUNDAY/SEPT. 21

Healthy Body, Healthy Sex for All

Ages. 10 a.m.-3 p.m. at Ring House-1801 East Jefferson Street, Rockville. Learn about Heart Health for Women, Caring for Your Skin, Current Medical Research at HMO, and hear a panel on "Healthy Sex for all Ages." \$40/person includes conference fee, breakfast and lunch. Free parking. Call 301-881-8203 or visit www.dc.hadassah.org to register.

SATURDAY/SEPT. 27

Pack the Pantries. 9 a.m. at two locations: The Church of Jesus Christ of Latter-day Saints, 11700 Falls Road, Potomac or The Church of Jesus Christ of Latter-day Saints, 10000 Stoneybrook Drive, Kensington. Pack the Pantries collects food donations for emergency boxes for seniors to be distributed by the Capital Area Food Bank. The event is part of the Day To Serve initiative. Visit www.daytoserve.org for more.

Voter Registration Drive. 1-3 p.m. at Potomac Library, 10101 Glenolden Drive. For more election information, call 240-777-VOTE, visit www.777vote.org or visit elections.state.md.us.

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Stunning house in gated Rapley Preserve in Avenel with 5 bedrooms, 6 full baths, 2 half baths, light-filled public rooms, luxurious master, stunning plaster detailing and backyard with pool. \$3,500,000
Mark McFadden 703-216-1333



INTERNATIONAL OFFERING

BRADLEY FARMS, POTOMAC, MARYLAND

New listing in the heart of Bradley Farms! Renovate or build your dream home on rare, glorious 2.66-acre lot. Public water & sewer available. \$2,450,000
Adaline Neely 301-580-2214
Mo Snowden 301-602-4254



INTERNATIONAL OFFERING

BETHESDA, MARYLAND

NEW PRICE! Stunning 4 level custom home with open floor plan, gourmet kitchen, elegant master suite. 2-car garage. Great outdoor spaces, roof deck. Steps from Bethesda. \$2,275,000
Sherry Davis 301-996-3220



INTERNATIONAL OFFERING

POTOMAC, MARYLAND

NEW LISTING! Merry-Go-Round-Farm at its best! 8450 SF. 7BR, 6FBA, 2HBA on a glorious wooded acre. Stables, trails, lighted tennis courts, 3 lakes & canal access. Min from Village! \$2,145,000
Adaline Neely 301-580-2214



BETHESDA, MARYLAND

Quiet enclave off Bradley Boulevard. Extensive renovation in 2010 includes new roof, HVAC, hardwoods, gourmet kitchen. \$1,549,000
Marsha Schuman 301-299-9598
Betsy Schuman Dodek 301-996-8700



RIVER FALLS, POTOMAC, MARYLAND

Charming, 5,000 SF custom built stone colonial backing to parkland. Terrific amenities include sunroom, open kitchen with granite & SS. Popular swim/tennis community. Whitman. \$1,475,000
Anne Killeen 301-706-0067



CHEVY CHASE, MARYLAND

Incredible floor plan, gorgeous outdoor living spaces. Formal living & dining rooms, kitchen with attached family & break room. 5BR, 4.5BA. \$1,449,000
Ellen Morrell
Matthew McCormick 202-728-9500



POTOMAC, MARYLAND

The best value in Potomac! 7,000 SF handsome stone front colonial on private 2 acres. High ceilings, many recent updates. 2 story foyer, walkout lower level. 3 car garage. Churchill. \$1,350,000
Anne Killeen 301-706-0067



POTOMAC, MARYLAND

Grand, luxurious, modern colonial. 6000+ SF. Perfect for entertaining. 9 ceilings. 5BR, 4FBA, 2HBA. Fully finished walk out lower level. Stunning pool. Premium lot backs to trees. \$1,350,000
Lynne Tucker 301-404-0464



BETHESDA, MARYLAND

4BR, 3FBA light-filled contemporary. Newly renovated gourmet kitchen, family room, master suite, lower level rec room. Wonderful treed lot. \$979,900
Mark McFadden 703-216-1333
Doc Keane 202-441-2343



POTOMAC, MARYLAND

Stately end unit town-home renovated with fabulous kitchen, master bath, hardwoods, windows, furnace, CAC, and water heater. Professionally landscaped backyard. \$964,500
Traudel Lange 301-765-8302



BETHESDA, MARYLAND

Beautiful contemporary home with walls of glass on private 1 acre. Renovated & expanded kitchen, inviting family room, renovated master BA, hardwoods, newer systems. 5-6BR. Move in condition. \$939,500
Traudel Lange 301-765-8302



POTOMAC, MARYLAND

Beautiful sunlit home. Spectacular kitchen, dramatic master with sitting area, new doors and windows throughout. 3 finished levels, 3 bedrooms, 3 baths. \$760,000
Traudel Lange 301-765-8302



GAITHERSBURG, MARYLAND

3 bedroom, 2.5 bath end-unit penthouse. High ceilings, wood floors. Gourmet kitchen/family room. 1-car garage. Community pool, tennis. Close to I270, Kentlands, Rio, MARC. \$419,000
Lynne Tucker 301-404-0464

INTERNATIONAL NETWORKS AND OFFICES



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