



REGENCY RECORD



NEWSLETTER OF THE
REGENCY ESTATES CITIZENS ASSOCIATION

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2018 #1 – April

PRESIDENT'S MESSAGE



It looks like Spring has finally sprung! The neighborhood trees have been looking very picturesque, with the blossoms prolonged at least a little with the cooler than average weather.

As usual for this time of the year, RECA springs into action too! We have our upcoming Annual Meeting on May 9, and our Annual Picnic at the Regency Estates Swim Club on May 19, and I hope that you'll be able to attend these events.

We are also aiming to take care of a couple of initiatives over the next few months that have unfortunately been lagging. The first is the completion of the house number painting throughout the neighborhood. The second is to put together a new issue of the Regency Estates Directory. We have not published the Directory since 2013, so a new issue is long overdue. The process for collecting accurate information is typically arduous, but we are working on a process that will hopefully make this less so.

One other matter that I'd like to mention is that of smoke alarms. As you may have seen on TV and read in the press, the final stage of a Maryland law took effect at the turn of the new year that has imposed strict requirements for smoke alarms in all residences – both the type of smoke alarm and their location. Where battery operated smoke alarms are required, these must be of a type that have a 10-year battery. There are penalties for not complying with the new law but for the sake of safety, I urge you to ensure at a minimum that you comply with the law's requirements. An article in this edition discusses the requirements in more detail.

I hope you have a great (and reasonably warm) summer and I look forward to seeing you at our events in May.

Kind Regards,

David Freeman

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AROUND THE NEIGHBORHOOD

Tax Assessment Meeting – December 6



The triennial meeting was held at St. Andrews Episcopal School. The speaker was Gerard Barber, the Assessor Manager for Montgomery County. Mr. Barber is with the Department of Assessments and Taxation of the State of Maryland. Mr. Barber explained that assessments are performed by the State as to allow Counties to do this would be a conflict of interest, since they would be able to set both the property tax and the assessable value.

Mr. Barber discussed how the property assessment process works and how residents of Regency Estates can appeal their property assessments. RECA residents subsequently received their property assessments in late December or early January and there was a 45-day window in which to file an appeal.

Most of the meeting was taken up with Mr Barber addressing thoughtful questions from those present, which included a number of queries about the assessment process, properties used as a basis for individual assessments, the anticipated increase in assessed values that were expected and lots more!

As it has turned out, the assessments when received were reportedly little changed from the prior ones, with small changes, both up and down.

RECA Treasurer, Jerry Garson, wrote a detailed article on this topic. The article can be found on page 13 of the November 2017 Regency Record. You can access all newsletters via the RECA website: www.regencystates.org.



Left to right: RECA President David Freeman, RECA Treasurer Gerry Garson, and Gerard Barber, Assessor Manager for Montgomery County with the Maryland Department of Assessments and Taxation.



RECA residents listen to the presentation by Gerard Barber. More than 35 residents attended the hour-long meeting.

RECA Annual Meeting – May 9

RECA's Annual Meeting will take place on Wednesday, May 9, 2018 at St Andrews Episcopal School, 8804 Postoak Road. The Meeting will take place in the Lower Library, which is accessible from the main entrance on the circle. The meeting will start at 7:00pm.

Our guest speakers will be State Senator and Regency Estates resident, Brian Feldman who will provide an update on the last legislative session in Annapolis, and realtor Eric Stewart, who will discuss "Aging in Place".

RECA Community Picnic – May 19

The RECA Community Picnic be held at the Regency Estates Swim Club, 11511 Gainsborough Road on, Saturday, May 19, from 11:00am to 3:00pm. Join us for free food (hot dogs, hamburgers, chips etc.) and fun (a moon bounce and face painting for the kids). Come meet your neighbors and friends and have a good time! Rain date for the picnic will be Sunday, May 20.

Street Number Painting

We are aiming to complete the painting of house curb numbers over the summer. If you or your students would like to volunteer to help, please let us know. The activity is accredited for SSL hours, if your student needs them.



A reminder - RECA does not charge for this service, unlike commercial businesses who now seem to charge up to \$20 and are actively soliciting business in the neighborhood. Of course, donations to RECA are always welcome!

NEW TO THE NEIGHBORHOOD?



Have you recently moved into the Regency Estates neighborhood and not yet received a visit (and a little welcome gift) from RECA? If not, please contact us by completing the 'Contact Us' form on our web site,

www.regencyestates.org

We'd be pleased to drop by, welcome you to our neighborhood and collect your information so that we can keep you informed about local news, events and emergency situations.

Communicating with Your 'Nextdoor' Neighbor (update)

By David Freeman, RECA President



A reminder about Nextdoor, a modern take on the concept of a listserv. Nextdoor is a private social network, accessible by invitation only, that allows you to get time sensitive notices (for example lost pets, suspicious activity etc.) out to the area without having to wait for RECA. Furthermore, unlike RECA notices, you can control the distribution of notices to adjacent neighborhoods. Nextdoor also provides a forum to canvass the neighborhood to obtain or provide services, receive recommendations, get answers to questions, make announcements etc. Nextdoor is an 'app', available from the Apple Appstore, Google Play, and on the web at www.nextdoor.com.

Plenty of residents have not yet taken advantage of the service. Judging by the volume of threads, Nextdoor is proving to be a very valuable resource to those who have signed up for the service. I must once again emphasize that RECA has no commercial or other relationship or involvement with Nextdoor or in the administration or moderation of Nextdoor neighborhoods. It is simply a tool we are promoting to fill a need for which RECA has not been able to provide a solution. The more residents that sign up, the more valuable it becomes.



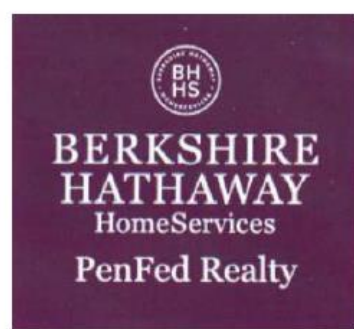
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A reminder on how to join, which is by invitation only. In order to receive an invitation, please fill out the form on www.regencyestates.org/nextdoor, and you'll receive a link to register.

Gainsborough Road Speed Camera Update



Our community speed camera, which is usually located near the RESC Swim Club on the site of the road heading towards Seven Locks Road, seems to be appearing only over the weekends at the moment. However, please be careful as you drive on Gainsborough towards Seven Locks as that schedule could easily change, and probably will once school is out for the Summer.

Regardless of where you are driving in the neighborhood, please obey the speed limit and all stop signs. Police and Secret Service vehicles have been seen in both visible and concealed locations in the neighborhood, ready to pounce on unsuspecting motorists. Yes – the Secret Service can issue speeding tickets!!

We're Glad You're A Neighbor

Your may have seen these signs in Spanish, English and Arabic in the front yards of homes in Regency Estates. The origins of this sign are [here](#).

*No importa de dónde eres,
estamos contentos que seas
nuestro vecino.*

No matter where you are
from, we're glad you're
our neighbor.

لا يهم اين ولدتم، و لكننا
سعداء انكم جيراننا.

If you would like to obtain one of these signs, please contact Nina Chien at nchienone@yahoo.com

Scrabble Anyone?



Learn rules, strategy and theory from Jeff Bender. No fee, just fun but treats are welcome 😊.

Contact Jeff Bender: 301-983-1968

Traditional Greek Family Recipes

By Eva Fanourakis Poulos



I have loved to cook since I was a young girl. I was always in our kitchen watching my mother cook. My mother and father were both excellent cooks. My father, George Fanis (Fanourakis) worked as a Master Chef in up-scale restaurants located in St. Augustine and Tampa, Florida. He also worked in other restaurants located on the east coast of Florida. My mother, Sousanna, was a talented Greek cook who prepared her delicious Greek recipes for enjoyment of her family and close friends. Some of her best dishes were Baked Stuffed Tomatoes, Spanakopita (Spinach Pie) that included three different Greek cheeses, Koulourakia (Greek Butter Cookies) and Roast Leg of Lamb and Potatoes bakes with Garlic, Oregano, and Juice of a fresh Lemon.

In 1966, my family and I moved from Florida to Maryland. I have lived in the same red brick rambler on Gainsborough

Road in Regency Estates for over fifty years. As a matter of fact, I remember Montgomery Mall being built. Once it was a beautiful farm field with grazing cows!

A few years ago, in memory of my mother, I decided to compile my mother's favorite recipes and include them in my Greek Cookbook that I was writing. My cook book has been published and is available for sale at \$10.00 per book. To purchase my cook book, you may call me/Eva at 301-299-6467. Thank you, Eva F. Poulos.

May

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Cabin John Village Update



As you will no doubt have noticed, construction continues in Cabin John Village (as it is now known) at the intersection of Seven Locks Road and Tuckerman Lane. The road work to widen both of those roads at the intersection has temporarily added to traffic congestion, which has been further exacerbated by the closing of the entrance on Seven Locks Road. At the time of writing this it looks as though that entrance has reopened finally. Parking has been at a premium as due to the construction, so we hope that it will all be worth it in the end.

In case you were unaware, four restaurants are due to be going into the newly constructed buildings – Shake Shack, CAVA, Le Pain Quotidien and Sisters Thai.

If you're interested in the comings and goings of retail establishments in the area, www.storereporter.com is great source of information.

The RECA Board continues to monitor plans for Cabin John Village, including the plans for further construction.

AROUND THE COUNTY & STATE

The Smoke Alarm Law – What it Means To You



There was a lot of publicity towards the end of 2017 about new smoke alarm requirements. This article explains the requirements in detail.

The State of Maryland passed a smoke alarm law in 2013. The final implementation phase of that law took effect at the beginning of 2018. The law mandates smoke alarm requirements that must be followed for all residences. With the new law, the type (battery or hardwired) and location of smoke alarms is dictated by the age of the property. Where battery-only smoke alarms are required, they must be of the

type that contain a 10-year life, sealed battery, are tamper resistant and incorporate a silence/hush button.

Any smoke alarms you may have that take 9 Volt or AA batteries do not comply with the new law and must be replaced or supplemented with smoke alarms that comply with the law.

The types (10-year battery or hardwired) and placement of the smoke alarm are determined by the age of your property as follows:

When home built	Smoke Alarm Type	Smoke Alarm Location
Prior to 7/75	Battery or hardwired	Outside each sleeping area and on every level
7/75 – 7/89	Hardwired	Outside each sleeping area and on every level
7/89 – 7/90	Hardwired & interconnected	Outside each sleeping area and on every level
7/90 – 7/94	Hardwired & interconnected with battery backup	Outside each sleeping area and on every level
Homes after 7/94	Hardwired & interconnected with battery backup	Inside & outside each sleeping area and on every level

The detailed requirements are available [here](#). Some observations about this new law:

- It does not address carbon monoxide detectors. Carbon Dioxide is the leading cause of accidental poisoning deaths in America according to the Centers for Disease Control, yet it is estimated that only 27% of homes have carbon monoxide detectors. You can read about protecting your family against Carbon Monoxide [here](#).
- The law was written before the concept of smart smoke alarms existed. Smart smoke alarms are wirelessly networked, so if one goes off, all the smoke alarms will do so. Furthermore, these smoke alarms will provide alerts to smart phones when the batteries are running low. Despite these features, such smoke alarms are not compliant with the law because they do not have 10-year batteries.
- The big box stores that stock smoke alarms continue to sell ones that do not comply with Maryland law. So please be careful when you buy new smoke alarms to get ones that comply with the law.

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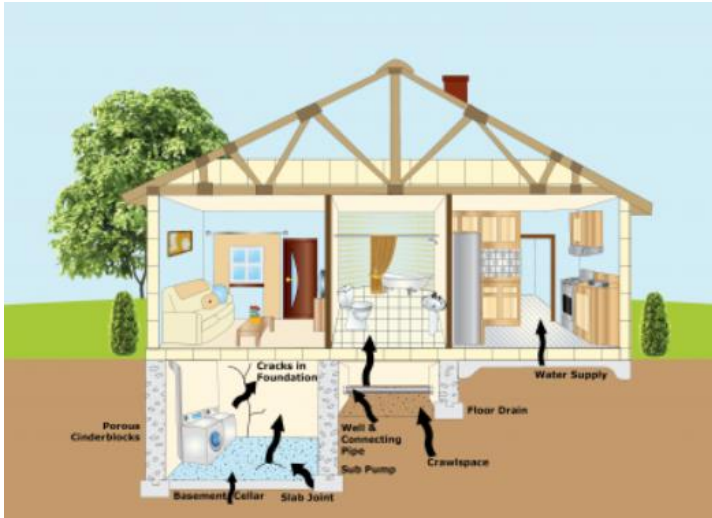
上课时间: 每周日下午 1:00-5:00, 中文课: 2:00-4:00
上课地点: Herbert Hoover Middle School
8810 Post Oak Road, Potomac MD 20854

Potomac Chinese School (PCS), established in 1976, is a non-political and non-profit organization. PCS supports community events that endorse ethnic diversity. The school is managed by board of directors who are elected from volunteer parents. Potomac Chinese School has been devoted to introducing Chinese language, art and culture to the local community. Our mission is to work with the local community to inspire and embrace knowledge of Chinese heritage. PCS is in session on Sunday afternoon at Herbert Hoover Middle School, Potomac, MD.

- Chinese cultural classes and academic classes for Chinese and non-Chinese speaking families from Pre-k to 12th grade. Classes are taught by highly-qualified, native speaking teachers
- Chinese cultural classes for children and adults including Chinese martial art, Tai Chi, Chinese calligraphy and painting, crafting, Chinese dancing, Zumba, Belle Dancing
- PCS also offer sports classes including badminton, tennis and basketball
- We offer various opportunities for middle school and high school students to earn student service learning (SSL) credits
- High school students could earn foreign language credits toward their high school diploma at PCS

Although the law does not provide fire authorities with the right to enter homes for the purposes of confirming compliance with the law, violation of the law is a misdemeanor carrying penalties of imprisonment up to 10 days and/or a fine up to \$1,000. Prior to the sale of a home, sellers should confirm compliance with the law. At a minimum, non-compliance must be noted in Section 8A of the Maryland Residential Property Disclosure Statement.

Radon Action Month



In January, Montgomery County joined a nationwide effort to educate homeowners and renters on the dangers of Radon gas and the importance of testing every home. Radon Action Month focuses on the steps we can take to help ensure our homes are safe and radon free.

According to the U.S. Environmental Protection Agency, Radon is responsible for roughly 21,000 lung cancer deaths each year. It is the second leading cause of lung cancer and the number one cause of lung cancer for nonsmokers.

January is an especially good time to test homes for Radon because windows and doors are closed tightly and people spend more time indoors. Testing typically happens in the basement or first floor of a building since Radon enters a home through cracks and other openings in the foundation.

In awareness of Radon Action Month, the County's Department of Environmental Protection has developed a new Radon brochure with information on testing and the 2016 Radon Home Sale testing law. The brochure is available at [here](#) and at libraries and regional service centers.

For more information about radon, testing and finding a radon mitigation contractor, visit the new [DEP Radon website](#).

I-270 Interchange in Gaithersburg



Construction on a new interchange at Interstate 270 and Watkins Mill Road began last year which will offer better access to the Gaithersburg area and alleviate traffic congestion on surrounding local roads. Work on the 1.25-mile project north of Montgomery Village Avenue (Route 124) is expected to be completed by summer 2020. You can read about this [here](#).

Primary Election Dates for 2018

Early voting for the Primary Election will start on Thursday, June 14, 2018 and run every day through Thursday, June 21, 2018 from 10:00am until 8:00pm.

The nearest early voting site will be in Potomac Community Recreation Center, 11315 Falls Road, Potomac, MD 20854 Between Glen Road and Bells Mill Road. Other close by sites include:

- The Executive Office Building, a 15 Story building, 101 Monroe St., Rockville, MD 20850. Parking is located at the County Council Building one block away, the entrance to the parking is located on Monroe Street between East Jefferson and Fleet Street.
- Jane E. Lawton Community Recreation Center 4301 Willow Lane, Chevy Chase, MD 20815.

The Primary Election will be on June 26, 2018, from 7:00am until 8:00pm. Voting will be in Churchill High School in the cafeteria.

The Ballot will be long and we would recommend that you study it in advance and bring the sample ballot to the polling place with your choices filled in.

Position	Dem	Rep	Num of Votes
Governor	9	1	1
Lt. Governor	9		1
Comptroller	1	1	1
Attorney General	1	1	1
U. S. Senator	8	11	1
Representative in Congress (Cong Dist 6)	8	4	1
State Senator (Dist 15)	2	1	1
House of Delegates (Dist 15)	9	3	3
County Executive	6	1	1
County Council at Large	33	4	4

Position	Dem	Rep	Num of Votes
County Council (Dist 1)	8	1	1
Judge Circuit Court	8	8	7
States Attorney	1	-	1
Clerk of the Circuit Court	2	-	1
Register of Wills	1	1	1
Sheriff	1	1	1
Democratic Central Committee:			
- Female At Large	6	-	4
- Male At Large	10	-	4
- Female (Dist 15)	1	-	1
- Male (Dist. 15)	2	-	1
Republican Central Committee (Dist 15)	-	11	8
Board of Education:			
- At Large	8	8	1
- Board of Education (Dist 3)	3	3	1

Unaffiliated voters can only vote for the Board of Education at Large and District 3.

More information is available on the State Board of Elections web site [here](#).

BRINGING GREENERY AND SHADE TO YOUR NEIGHBORHOOD

Glenn Lesak – RECA Board Member

A friend of mine who is a certified “Master Gardener,” of Montgomery County informed me of a tree-planting program that gives you six to eight-foot tall trees absolutely free! If you look at what nurseries charge for a tree these days, you’d claim this is too good to be true, but it is true! - with caveats, of course.

Let me explain my experience and you can decide if you are interested. In the summer of 2016, I emailed [Tree Montgomery](#). From their web site, “*Tree Montgomery is a FREE program to plant shade trees across Montgomery County, Maryland. Our goal is simple – to plant shade trees and increase our tree canopy to provide a wide array of benefits for you and your community. We’re working hard to grow our tree canopy for the benefit of all who live and work in Montgomery County.*

Tree Montgomery staff will work closely with you to choose locations and species to plant on your property. We’ll plant the shade trees for you and help you with caring for your new trees, all for free.”

They responded two days later and they informed me that they would get back to me when they could. I had been forewarned that it would be 9 to 12 months by my Master Gardener friend. (If you are in a hurry to plant trees, look elsewhere.) Sure enough, in mid-summer of 2017, I was contacted by Evan Keto, the Trees Program Manager who requested a site visit to select varieties and locations of the trees. In brief we had a choice of 30+ non-flowering trees (remember, it is a canopy project) and Evan was extremely helpful in assisting us in selecting appropriate varieties and sites in our yard. Once we selected the varieties we wanted, we paid several visits to Brookside Garden to view what the mature trees would look like.

Evan was extremely patient as we changed our selection four times before we settled on four trees (two Shumard Oaks and one each of a Red Maple and a Sycamore).

Once we were set on the varieties and location we were required to sign an access form that allows PEPCO to confirm that the proposed trees will not interfere with utility lines. This was signed in August 2016. In November 2017 a Miss Utility (PEPCO) representative arrived at the house with a map showing the location of where we intended to plant the trees. He marked the spots with blue paint on the grass and confirmed that all was ready to go for the planting.

The following day, (it was never clear to us when they were coming but they said if you don’t have pets in the yard, you don’t have to be there for the planting as all is recorded on the Miss Utility-approved map) D&A Dunlevy Landscapers (the Montgomery Co. contractor) arrived. The Dunlevy folks had the four trees and we worked out exactly where they should be planted (within two-feet of the map) and they planted and staked the four trees. The trees they brought were all more than 7-feet tall (what a nice surprise) and were mulched.

The agreement is that they will return four times a year to fertilize and water the trees and replace any that did not survive the winter/transplant. I expected them back in March but as we are not required to be there when they check on the trees we’ll only see them if we are home when they are in the yard.

In conclusion, after PEPCO’s abusive de-forestation of our yards, it is really nice to see that Montgomery County would like to support our efforts to plant more trees. Your choice of trees is limited to 30+ but that was not an issue for us. I was pleasantly surprised at how large the trees were and my

Master Gardener friend, who started a year before me, reports that they are very regular in their support visits.

I just wanted to share this with my neighbors as I was unaware of this program until my Master Gardener friend mentioned it. Consider it, but you can't be in a hurry. **GO GREEN!**

SHOULD AIR DUCT CLEANING BE PART OF SPRING CLEANING?

Bill Wydro – RECA Board Member

There are 2 basic decisions here – whether air duct cleaning is advisable or not, and if so, how to find a reliable and reasonably priced company to do it. There is no clear-cut answer to either, but the following article discusses the issue. If you have an opinion on the matter, RECA would like to hear it - a good place to share it is on our Facebook page.

The EPA article below is from epa.gov (search term: air duct cleaning). There is lots more information at this site for those who want more detail.

Consumer Reports (articles can be found at consumerreports.org) and the Better Business Bureau caution consumers to beware of scams. Also, Washington Consumer Checkbook (checkbook.org) has a similar and excellent companion article to EPA's that is skeptical of duct cleaning. If you are determined to do it anyway, Checkbook has a listing of local air duct cleaning services, and if you are a Checkbook subscriber, you can see customer and price ratings for those companies. (At the end of this article is a pricing overview).

Here are two links you might find helpful. The [first](#) shows in detail what one type of duct cleaner does, and makes the case for doing it, and the [other](#) shows a scammer caught by an undercover investigation.

Here's another piece of advice from Checkbook: Take the following measures before you even consider hiring a duct-cleaning service.

- **Check and Change or Upgrade Your Air Filter** - Frequently changing air filters is the best way to keep dust, allergens, and other particles out of your home.



ELEANOR SCHMETTERLING

I'M IN *THE* BOOK!

(Your Neighborhood Directory)

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If your property is currently listed with a real estate broker, this is not intended as a solicitation of that listing.

*I Have a
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in Maintaining
Our Neighborhood's
Property Values!*



Office: 301-983-0060

With a newly installed system, or a system in a home you've just moved into, check your filter monthly to determine how quickly it gets dirty at different times of the year. You will probably need to replace it two or three times during both the cooling and heating seasons.

- **Clean and Maintain Key Components of Your Heating and Cooling Equipment** - Researchers found that when duct cleaners also cleaned the blower fan blades, there was a small reduction in airborne particles. Cleaning the blower fan might also slightly improve your system's energy efficiency. The same holds true for the evaporator coils inside your home's cooling system. Evaporator coils cause condensation, dehumidifying the air before it circulates through your home. Condensed moisture can cause dust and other particles to stick to and build up on the coils. Also, cleaning the collector pan (and the drain spout in the pan) beneath the coils ensures that dirt doesn't build up and get drawn into the system. It also prevents water, which can cause mold problems, from building up on and beneath the coils.

Also consider having your duct system inspected for leaks, since leaky ducts lower efficiency and introduce air-quality problems.

Some duct-cleaning companies clean heating and cooling equipment (condenser coils, fan blades, etc.) as part of a comprehensive duct cleaning, and some charge less if you skip this step. Your heating and air-conditioning contractor may do this for you, but don't assume these services are part of regular maintenance; be sure to ask explicitly

EPA Summary: Knowledge about air duct cleaning is in its early stages, so a blanket recommendation cannot be offered as to whether you should have your air ducts in your home cleaned. The U.S. Environmental Protection Agency (EPA) urges you to read this document in its entirety as it provides important information on the subject.

Duct cleaning has never been shown to actually prevent health problems. Neither do studies conclusively demonstrate that particle (e.g., dust) levels in homes increase because of dirty air ducts. This is because much of the dirt in air ducts adheres to duct surfaces and does not necessarily enter the living space. It is important to keep in mind that dirty air ducts are only one of many possible sources of particles that are present in homes. Pollutants that enter the home both from outdoors and indoor activities such as cooking, cleaning, smoking, or just moving around can cause greater exposure to contaminants than dirty air ducts.

Moreover, there is no evidence that a light amount of household dust or other particulate matter in air ducts poses any risk to your health.

You should consider having the air ducts in your home cleaned if there is substantial visible mold growth inside hard surface (e.g., sheet metal) ducts or on other components of your heating and cooling system. There are several important points to understand concerning mold detection in heating and cooling systems:

- Many sections of your heating and cooling system may not be accessible for a visible inspection, so ask the service provider to show you any mold they say exists.
- You should be aware that although a substance may look like mold, a positive determination of whether it is mold or not can be made only by an expert and may require laboratory analysis for final confirmation. For about \$50, some microbiology laboratories can tell you whether a sample sent to them on a clear strip of sticky household tape is mold or simply a substance that resembles it.
- If you have insulated air ducts and the insulation gets wet or moldy it cannot be effectively cleaned and should be removed and replaced.
- If the conditions causing the mold growth in the first place are not corrected, mold growth will recur.
- You should also consider having the air ducts in your home cleaned if ducts are infested with vermin, e.g. (rodents or insects) or if ducts are clogged with excessive amounts of dust and debris and/or particles are actually released into the home from your supply registers.

If any of the conditions identified above exists, it usually suggests one or more underlying causes. Prior to any cleaning, retrofitting, or replacing of your ducts, the cause or causes must be corrected or else the problem will likely recur.

Some research suggests that cleaning heating and cooling system components (e.g., cooling coils, fans and heat exchangers) may improve the efficiency of your system, resulting in a longer operating life, as well as some energy and maintenance cost savings. However, little evidence exists that cleaning only the ducts will improve the efficiency of the system.

You may consider having your air ducts cleaned simply because it seems logical that air ducts will get dirty over time and should be occasionally cleaned. Provided that the cleaning is done properly, no evidence suggests that such cleaning would be detrimental. EPA does not recommend

ALLEGRETTO

MUSIC STUDIO

*Piano • Cello
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that the air ducts be cleaned routinely, but only as needed. EPA does, however, recommend that if you have a fuel burning furnace, stove or fireplace, they be inspected for proper functioning and serviced before each heating season to protect against carbon monoxide poisoning.

If you do decide to have your air ducts cleaned, take the same consumer precautions you normally would in assessing the service provider's competence and reliability.

Air duct cleaning service providers may tell you that they need to apply chemical biocide to the inside of your ducts as a means to kill bacteria (germs) and fungi (mold) and prevent future biological growth. They may also propose the application of a "sealant" to prevent dust and dirt particles from being released into the air or to seal air leaks. You should fully understand the pros and cons of permitting application of chemical biocides or sealants. While the targeted use of chemical biocides and sealants may be appropriate under specific circumstances, research has not demonstrated their effectiveness in duct cleaning or their potential adverse health effects. No chemical biocides are currently registered by EPA for use in internally-insulated air duct systems (see Should chemical biocides be applied to the inside of air ducts?).

Whether or not you decide to have the air ducts in your home cleaned, preventing water and dirt from entering the system is the most effective way to prevent contamination (see How to Prevent Duct Contamination on the EPA site).

Here is Checkbook's overview of duct cleaning charges in the area:

Low, Average, and High Prices Quoted for Illustrative Duct-Cleaning Work

Job	Low price	Average price	High price
Price to clean ducts for a small house (1,500 square feet, 2 levels, 7 duct openings and 2 returns)	\$175	\$372	\$560
Price to clean ducts and blower fan assembly, pans, and evaporator coils for a small house (described above)	\$395	\$795	\$1,553
Price to clean ducts for a large house (3,000 square feet, 3 levels, 15 duct openings and 5 returns)	\$250	\$393	\$595
Price to clean ducts and blower fan assembly, pans, and evaporator coils for a large house (described above)	\$465	\$1,081	\$1,669

ALL THINGS INTERNET

Edited by Mitangi Mehta, RECA Board Member

Cybersecure Home

https://securingthehuman.sans.org/newsletters/ouch/issues/OUCH-201801_en.pdf



As more home owners decide to put "smart" technologies in their homes, we must also be aware of securing them. This is not only to protect us from those smart school kids and tech savvy "immature" burglars but also to help the community and at a larger scale the country.

If you are not updating your computers and devices and it is comprised then it can be used as "zombie" to launch attacks against other systems on the Internet. "Zombie computer" is the term used when an attacker takes control of your computer, without your knowledge, and it either steals your data, or makes your computer do things that it normally shouldn't, like send out spam. Or, most likely, do both: steal your sensitive information AND attack other computers.

We must do our best to keep our computers and devices up to date. Just set it to update automatically.

Newsfeed changes from Facebook



<https://www.cbsnews.com/news/what-facebooks-news-feed-change-means-for-users-businesses/>

Facebook users will see fewer posts from publishers, businesses and celebs they follow. Instead, Facebook wants people to see more stuff from friends, family and other people they are likely to have "meaningful" conversations with — something the company laments has been lost in the sea of videos, news stories (real and fake), and viral quizzes on which "Big Bang Theory" character you are.

Doorbells designed to keep you safe



Who would have ever thought that the common doorbell could be reinvented as a home security device? That's what's happened with the advent of the smart doorbell. Perhaps the best known of these is the one made by Ring. Ring was recently acquired by Amazon so I shall leave it to your imagination where that could end up!

Today, though, such doorbells have a camera, microphone and a motion sensor. Most importantly, they provide the ability to communicate with your Smartphone. So, what does this enable you to do? Their capabilities enable you to:

- Be notified of any motion near your front door on your smartphone and then view the doorbell camera to see what that motion is (or was) via live or recorded feed.
- Hear the doorbell on your smartphone, no matter where you are. And of course, in your house!
- Have a conversation with the person at the door from your smartphone, should you wish to. Again, it doesn't matter where you are – home or not!

The most compelling reason to have a smart doorbell though is as a safeguard against potential intruders. Anyone with a modicum of knowledge will realize that anything they do at or near your front door is being recorded. So, who would attempt to break in or take anything knowing that visual evidence is being accumulated about them?

The answer is fewer burglars. A study by the Los Angeles Police Department concluded that such doorbells may reduce burglaries by up to 50% according to an article in USA Today. Pretty compelling!

The Ivy Mount School | 11614 Seven Locks Road | Potomac, MD 20854
P: 301.299.6442 | beverlyfarms@mccaedu.org

High Quality, Play-Based Child Care

Serving the community since 1986



Preschool, Pre-Kindergarten, School Age Programs and Summer Adventures

- Year round enrollment for children 3 to 12 years old
- Preschool open daily Monday-Friday from 7:30 am to 6:30 pm at our Ivy Mount location
- School Age open daily Monday-Friday from 7:00-9:00 am and 3:30-6:30 pm on the premises of Beverly Farms Elementary School
- Large outdoor area with playground and blacktop at both locations
- Research based, nationally recognized curriculum that focuses on school readiness
- Skilled staff with expertise in early care, education and school age development
- Field trips for Preschool and Pre-Kindergarten
- Nutritious breakfast and snacks
- Parent/teacher conferences
- Family events and programs

**Contact the Center Director at 301-299-6442 or
cindy.ocarroll@mccaedu.org for more information or
to schedule a tour.**

Visit our website at www.mccaedu.org.

Smart doorbells are not too expensive and pretty straightforward to fit and connect to Wifi. They are battery operated but can take advantage of mains power if your current doorbell has that. The batteries are rechargeable and have a pretty good life before they need to be recharged.

Montgomery Child Care Association for Preschool and Pre-K Education

Montgomery Child Care Association, Inc. has been serving the Regency Estates/Beverly Farms community since 1978. We began providing child care services for the community with two classrooms of Before and After Care at Beverly Farms Elementary School. Today, we are recognized as a leader in high quality learning at our Preschool and Pre-Kindergarten programs at Ivymount and we deliver a vibrant School Age program for our children and families at the Beverly Farms Elementary School.

MCCA's approach to programming is child centric and focused on the individual interests and needs of each child. MCCA implements the Creative Curriculum® in its preschool classrooms. Providing high quality, play-based child care is the foundation of the organization's mission. In providing this care, MCCA employs a comprehensive approach that assesses the developmental needs of the whole child in four areas--Social/Emotional, Physical, Language and Cognitive. Our School Age curriculum includes time for children to do their homework and also participate in specialty clubs, arts and crafts, sports and other fun and exciting hands-on activities. MCCA's committed staff of early care and education professionals strive to create a learning environment that fosters a sense of community and encourages exploration of the environment, social interactions and problem solving.

We are proud of the work we have done over the past 40 years providing high quality and affordable child care for the Regency Estates/Beverly Farms Community. Call for a tour and we will be delighted to show you high quality child care and early learning in action!

50+ Volunteer Network Update: New Skilled Opportunities Arriving Daily

Use your professional skills and personal interests to volunteer with a nonprofit or government agency through the Montgomery County 50+ Volunteer Network, which uses personal consultations to match volunteers and organizations. The only requirements are that you are at least 50 years old and have a desire to make a significant contribution of time and talent to the community, while still retaining your flexible schedule!

The 50+ Volunteer Network is finding new volunteer needs almost every day. In addition to ongoing opportunities to tutor, mentor, teach, and provide administrative services, recent requests include:

- Salesforce software expert for an arts organization
- Domestic violence criminal court monitors for a victim's rights agency
- QuickBooks bookkeeper for a service animal organization
- Job search mentor for low-income clients
- Administrative support/professional development classes coordinator for a work force development agency
- Meal delivery coordinator/volunteer manager for a food security organization
- Fundraising expert for a local museum
- Volunteer recruiter and manager for an arts organization
- Advisors to interview, advise, and match volunteers with nonprofits and government agencies for a county program

For information about these and many other opportunities, [email the program coordinators](#).

Learn about new and last-minute service opportunities, volunteer news, and information to inspire on the [Montgomery County Volunteer Center Facebook page](#). If you haven't already done so, Like us to get the latest information in your Facebook feed. You can also stay connected through these links:



Need Escape from the Summer Heat? Join Your Neighborhood Pool!

Located at 11511 Gainsborough Road
between Seven Locks & Tuckerman
www.rescswimpool.org



Spend summer with your friends and neighbors at **Regency Estates Swim Club!**

The newest neighborhood pool has beach-entry, water slides, fountains, reserved lap lanes, water buckets, 3-meter and 1-meter diving boards, and fenced toddler pool. Large modern playground is in shaded area. Swim lessons for young & old. Successful Swim and Dive teams provide quality coaching and fun competitions.

Enjoy barbeques, raft nights, water volleyball, ice cream parties, free Wi-Fi, bingo nights, and other social activities – fun for everyone!

Regular schedule is Memorial Day weekend through Labor Day.

∞ Limited Memberships ∞

Competitive rates for permanent and temporary members; payment plans available.

Join Today to Assure Your Place in the Fun and Sun!

For Membership Information, call 301-299-5208
or send an e-mail to rescpool@gmail.com