



# The REGENCY RECORD

Newsletter of the  
Regency Estates  
Citizens Association

Summer 2020

## *President's Message*

How the world has changed since the last issue of the Regency Record in early March! The last few months have been challenging for us all — mentally, financially and physically.

The coronavirus has, of course, overturned everyone's lives and in many unfortunate cases, taken lives away. During our continued state of crisis, it's difficult for me to fathom how anyone could regard wearing a mask as anything other than a civic duty and an act of consideration for fellow citizens. But here we are...

That said, we have seen the rise of "Black Lives Matter," which has taken root in an unprecedented way around the country and galvanized individuals and communities towards social justice like never before.

Even as we are in the midst of many uncertainties, there are still signs of optimism and gratitude within our own community, for which I'm thankful.

For example, I walk around the neighborhood most evenings when the weather permits and have been gratified by the way everyone is friendly and considerate about social distancing. While I still haven't figured out what the protocol is for who walks in the road and who stays on the sidewalk, somehow it works!

I've also been gratified and impressed by the creativity that has been on display to celebrate senior (and younger!) graduations in the neighborhood. Congratulation signs can still be seen all over neighborhood front yards!

During these trying times, when we scramble to bring the pandemic under control and struggle to eliminate racial inequality from society, I am grateful and heartened by human kindness I've experienced within our Regency Estates community.

Regards,

David Freeman, President

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### NEWSLETTER

Editor-in-Chief: David Freeman  
Writer: Mitangi Mehta  
Editor-Designer: Rick Chen  
Database Manager: David Levin  
Advertising: David Freeman  
david.freeman@regencyestates.org

### CONTACT INFORMATION

Regency Estates  
Citizens Association  
P.O. Box 34744  
Bethesda, MD 20827-0744

E-Mail: [comments@regencyestates.org](mailto:comments@regencyestates.org)  
Website: [www.regencyestates.org](http://www.regencyestates.org)

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## AROUND THE NEIGHBORHOOD

### A special graduation for WCHS Class of 2020



*WCHS 2020 seniors celebrate graduation with the time-honored tradition of throwing caps post-ceremony.*

In the face of unprecedented coronavirus challenges, Winston Churchill High School (WCHS) moved forward to safely and proudly honor the academic achievements of its 2020 graduates. The school made its graduation celebrations extra special this year, in recognition of the stress and uncertainties its seniors faced and continue to overcome.



From May 14-May 22, WCHS filled social media outlets with photos and videos and of young future leaders and shared their post-secondary plans. On June 7, WCHS held a pre-graduation parade at the school, complete with balloons, honking vehicles and dozens of friends and families lining the streets to cheer students on. The official virtual graduation celebration followed on June 9 for 560 graduates and their families.

Speaking in front of the school, class president Andrew Jin gave the student address, highlighting the achievements of his class' unique spirit and accomplishments of the past four years. Churchill Principal Brandice Heckert told seniors that their spirit still fills the halls of the school, even though they haven't been there in person since March.



"You have undeniable strength," said Heckert. "Among this class are activists, humanitarians, artists, caregivers, athletes, scientists, journalists and musicians. You are kind, compassionate, sympathetic, hardworking and resilient. I know the future is still unclear but be proud of what you have accomplished and continue to strive to achieve your goals."



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## AROUND THE NEIGHBORHOOD

### Topping off new parking garage at St. Andrew's Episcopal School

by David Freeman



**Joe Phelan (l) and David Freeman (r), on-site  
at St. Andrew's Episcopal School.**

I was recently invited to St. Andrew's Episcopal School by Joe Phelan, Director of Operations, to witness the completion of school's new parking garage.

The garage is located to the right of the school's main entrance on Postoak Road. It comprises two levels, taking advantage of the road gradient leading up to the school to largely obscure the structure from the view of the surrounding area. Each level is accessed independently from the entrance road – there is no ramp between the upper and lower levels.

The RECA Board has been supportive of the garage as it will serve to reduce congestion during school start and end times on Postoak Road, and reduce the need for school-related parking near the campus. Further, the garage is situated in a way that does not make it an eyesore for the neighborhood. If you walk past the entrance of St. Andrew's you will also notice that the garage design, with its brick façade, complements the look of the main school buildings.

On the day that I was invited to St. Andrew's, the culminating task was to lift the final, massive concrete slab from a flatbed truck via crane onto the upper deck of the parking structure, placing it to rest on small blocks that protruded from the main structure. Workers were preparing by welding when I arrived. A boxed lunch followed for the construction workers and managers, during which Joe thanked RECA for its support for the new garage. I will admit, eating lunch under the partially constructed deck of a garage felt a little unnerving. However, since everyone else was doing the same thing, I put this down to being away from my usual routine having lunch at my desk.

After lunch, the main show started with me being at a safe distance from the crane and the slab, but close enough to see the marvel of a crane operator placing the T-shaped slab with absolute precision into its designated location. It was certainly a very unusual, but extremely interesting and welcome way for me to spend a few hours away from my desk. I would once again like to thank Joe and the rest of his team for allowing me to witness the final stages of this construction project.



## AROUND THE COUNTY AND STATE

### Neighboring communities band together to support black lives



In June, residents from all around Montgomery County gathered to support black lives and demand racial justice in response to the death of George Floyd – a 46-year-old black man who on May 25 was pinned to the ground by Derek Chauvin, a white police officer, in Minneapolis.

On June 2, hundreds packed into the Bethesda library parking lot and street for a large Black Lives Matter protest that was one of two demonstrations. By 5 p.m. dozens of residents filled Wisconsin at Rosedale Avenue and multiple streets south of there for “Justice Can’t Wait Vigil.” Demonstrators waved signs at cars encouraging drivers to honk in solidarity with those across the country protesting police-brutality against black communities.



One of the student protest organizers, a young black Walt Whitman High School graduate, shared how excited she was to see the crowd, which was predominately white.

“It means a lot because of living in Bethesda and being one of the only black girls at my school – I face a lot of ignorance,” said Rachel Adeoti.

In Rockville, protests were held during the afternoon of June 5, starting with a gathering in the plaza outside the Montgomery County Circuit Court building and Executive Office building in Rockville. The peaceful protests featured multiple speakers, including students. The crowd then walked south on Rockville Pike, which police had closed to traffic.

“Minorities have suffered long enough, said Yotam Scheflan, a 16-year-old student at Walter Johnson High School in Bethesda. “Something should be done about it. It’s like a revolution, man. Change is coming.”

Read the full stories here:

Bethesda: <https://www.fox5dc.com/news/everyone-thinks-bethesda-doesnt-care-hundreds-of-montgomery-county-residents-protest-tuesday>

Rockville: <https://bethesdamagazine.com/bethesda-beat/news/protesters-take-over-rockville-pike-to-support-black-lives-matter/>

### Montgomery County increases minimum wage

The minimum wage began its first phase increase in Montgomery County on Wednesday, July 1. Signed into legislation on Nov. 17, 2017, Bill 28-17 raises the minimum wage incrementally, each July 1, until it reaches \$15 per hour in 2022. The number of workers employed by the business will determine the amount of the increase.

The County’s minimum wage is now \$14 for employers with 51 or more employees and \$13.25 for employers with 50 or fewer employees; a small employer, with 10 or fewer employees, is required to pay \$13 hourly. More information about the County’s minimum wage increase is available on this [informational notice](#).

## AROUND THE COUNTY AND STATE

### I-270 improvements

by Jerry Garson

**The widening of the I-270 northbound lanes on the western spur of I-270 is complete.** This section is between Democracy Boulevard and the right lane exit from the express lanes to the local lanes, just before Falls Road. There are now three northbound lanes, plus the high occupancy lane between Democracy Boulevard and the northbound split at Tuckerman Lane. After the split, there are four northbound lanes and the HOV lane, and two local lanes until the exit from the express lanes to Falls Road. The road then narrows to three lanes and the HOV lane northbound.

**Southbound on I-270, an extra lane was added to the local lanes from Falls Road to the left lane exit into the express lanes, just before Montrose Road.** If you are traveling on the right local lane from north of Falls Road, you will have to change lanes to the new right lane that permits you to exit at Montrose Road to Regency Estates neighborhood.

**An additional lane was added southbound to the western spur of I-270, between Montrose Road and Democracy Boulevard.** There are now three lanes and the HOV lane southbound until the exit for Democracy Boulevard. The State Highway Administration resurfaced the Southbound Lanes from Falls Road until the split at Tuckerman Lane.

**The major project of adding a new interchange at Watkins Mill Road was completed on June 10, 2020.** This should improve the traffic on northbound I-270 in the weekday afternoons. Historically, there had been backups in the local lanes approaching the exit for Montgomery Village Avenue.

**Additional completed congestion relief projects include traffic lights and other traffic detection equipment to the southbound road at all feeder lanes from Montgomery Village Avenue to Montrose Road.** This ramp metering will safely permit traffic flow from the feeder lanes when there are breaks in the traffic. The State Highway Administration (SHA) implemented these changes to help reduce highway congestion and improve the speed of traffic on I-270 southbound on weekday mornings.

SHA will begin implementation once normal traffic resumes, likely after the end of COVID-19.

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## AROUND THE COUNTY AND STATE

### Dropping the ballot on this year's election

by David Freeman



The 2020 election, set for November 3, will be here before you know it. The options for voting seem to be evolving daily, even at the time of writing this.

In normal times, without hesitation, I would vote in person at Winston Churchill High School. However, there is talk of a shortage of election workers and judges. Governor Hogan recently issued a proclamation for the use of "Voting Centers," which enable any voter in their county of residence to vote at any Voting Center in the county.

Confused? Concerned? I certainly was. That's why, out of an abundance of caution, I and my family have already applied online for mail-in ballots. All registered Maryland voters can vote by mail-in ballot. Do not be confused by the terms mail-in ballot and absentee ballot – they are one and the same. I must admit that I had verify this myself after the President drew the distinction at various times this summer.

Anyone who wants a mail-in ballot must apply by October 20. Even if you've applied for a mail-in ballot in the past, you must do so again for this election. Maryland does not maintain a permanent list of individuals who have applied for mail-in ballots in the past.

#### **There are two ways to apply for your mail-in ballot this year, in light of the COVID-19 outbreak.**

- 1) The most efficient method is to use your Maryland driver's license or MVA-issued ID card:  
<https://voterservices.elections.maryland.gov/OnlineVoterRegistration/InstructionsStep1>. This process is straightforward and only takes a few minutes. Do not get confused by the early stages of the process that appear to register you as a voter, even if you may already be registered. Simply follow the steps.
- 2) Alternatively, you can download, complete and mail in an Absentee Ballot application here:  
[https://elections.maryland.gov/voting/documents/Absentee\\_Ballot\\_Application\\_English.pdf](https://elections.maryland.gov/voting/documents/Absentee_Ballot_Application_English.pdf).

The State Board of Elections web site provides easy-to-follow mail-in voting instructions here: <https://elections.maryland.gov/voting/absentee.html>, which I encourage you to visit.

**Regardless of your chosen method, please make sure you vote at the November 3<sup>rd</sup> election.**

## A good news only network



Looking to read something other than the usual glum of the latest coronavirus report? The Good News Network (GNN) may be your antidote.

The website, with its archive of 21,000 positive news stories from around the globe, serves to prove that good news itself is not in short supply—the broadcasting of it is. From its 5-star app, new book (*And Now, The Good News: 20 Years of Inspiring News Stories*), weekly Good News Gurus podcast and Morning Jolt email newsletter, GNN aims to be the daily dose of hope millions of readers are seeking. Read more:

<https://www.goodnewsnetwork.org/>

## Instantly decontaminate your N95 with this popular home appliance

Instant Pot



Vital COVID-19 personal protective equipment such as N95 filtering facepiece respirators (FFRs) are in limited supply due to high demand. The Centers for Disease Control and Prevention has provided guidance for decontamination and reuse of FFRs where shortages exist, and moist heat is one of their recommended decontamination methods. They have apparently identified programmable multicookers with a sous vide function, or equivalent setting, as a suitable means to treat FFRs with moist heat at home. Read more:

<https://www.dhs.gov/publication/st-multicooker-decontamination-n95-respirators>

## FOUR WAYS TO BEAT THE COVID BLUES

BY MARJORIE BENDER



This article was provided by one of our advertisers,  
Geneva Day School.

## Bald eagle study grants wings to student-scientists



Talon. . . Aerie. . . Raptor!  
These words fly to mind as Geneva Day School Pre-kindergartners pull out their science notebooks for observation of the National Arboretum Eagle Camera.

Trained on a nest, tucked high in a poplar tree, this

live camera reveals how Mr. President and First Lady, a bonded pair of bald eagles, prepare to be parents. STEAM (Science-Technology-Engineering-Art-Mathematics) powers this innovative pre-kindergarten program, as it does all others within Geneva Day School.

"Every Friday is a big science day with experiments and questions to answer. The students use the Eagle Cam to make use of technology," says pre-kindergarten teacher Mrs. Pyle, who has authored this dynamic curriculum for the past 18 years.

Bald eagles usually raise at least two or three young in the spring. As their lifecycle unfolds, live and unedited, student-scientists acquire nature vocabulary. From hatchings to feedings, they make observations and hypothesize about the eagle young, graphing their predictions.

"Alumni often remark that this (Eagle Cam) project is the highlight of their year in pre-kindergarten," said Mrs. Pyle. "Many continue to follow the President and First Lady each year on their own computers!" Likewise, the adventures and discoveries of students may be followed via the school's online presence.

Truly, this Bald Eagle Study grants wings to student-scientists at Geneva Day School.

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## VACATIONING IN COVID TIMES

by Mitangi Mehta



Family vacations can be a tricky topic. Coordinating schedules, making reservations, not to mention, dealing with a pandemic this year. COVID-19 was a significant challenge, but I'm happy to share how we safely got together this summer and still had fun along the way.

With the implementation of shutdown and quarantine procedures, brought on by peak infection rates in March, we started doing Zoom calls with family every Saturday. But that didn't seem like enough, even though we had just seen each other at a wedding in California. Some of our siblings within 5-10 hours of driving distance entertained the idea of renting a house or two in Deep Creek Lake. After initial discussions of health safety, we agreed to move forward with the plan.

Before we finalized on the rental, we discussed logistics since each family had different set of exposure and risk factors. There were 13 of us, ranging from 9-65 years old. Within each family, there were agreements, disagreements and concerns about the whole plan. And so began our open discussion.

Do we wear masks? Do we social distance? Do we share bathrooms? If someone is asymptomatic, does the virus spread via HVAC? Do we share the kitchen

area? What about food sharing? Do we pay for rental insurance in case someone gets sick few days before the vacation week? We even discussed that we wouldn't blame each other if someone did get sick after the vacation.

Finally, we came to a mutual understanding and agreement. We decided that with four families we would rent two houses. This would allow us to have separate bathrooms. We would wear masks all the time and social distance unless we were outdoors six feet apart. During meals, we would sit with our own family since we were unmasked for eating.

At the end, we all closely followed mask wearing and social distancing, though we all agreed that it was difficult to remember wearing masks when going to get food. In the back of our minds, we all thought that one of us could be asymptomatic and someone could get sick. But in the end, we took comfort knowing we had done our best to follow our own strict guidelines, to manage our paranoia. We agreed that honesty was the best policy to vacation with friends and family during COVID times.

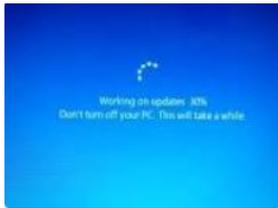
Ultimately, we all had a blast. We did hikes, kayaking, tennis, biking, and lots of cooking, eating and drinking.



# ALL THINGS INTERNET

By Mitangi Mehta

## The power of updating



You may not realize it but cyberattackers are constantly looking for and finding new vulnerabilities and weaknesses in the software people use every day. This software may run your laptop, could be the mobile apps you use on your smartphone, or perhaps even the software in your baby monitor or other devices in your home. Bad guys take advantage of these software weaknesses, allowing them to remotely break into devices around the world. At the same time, the software and device vendors are constantly developing fixes for these weaknesses and pushing fixes out as software updates. One of the best ways you can protect yourself is to ensure the technologies you use all have the latest updates, making it much harder for cyber attackers to break into them. Read more:

<https://www.sans.org/security-awareness-training/resources/power-updating>

## Password managers



One of the most important steps you can take to protect yourself is to use a unique, strong password for each of your accounts and apps. Unfortunately, it's almost impossible to remember all of the different passwords. In addition, we know it's time-consuming to constantly have to type in your passwords at different sites, generate new passwords, track the answers to all your security questions, and numerous other factors. However, there is a solution that will make your life both much simpler and far more secure—password managers. Read more:

<https://www.sans.org/security-awareness-training/resources/password-managers-0>

## Data Doctors: Who owns copyrights to your online photos?

The term “copyright,” when it comes to any type of creative work, is pretty much what it sounds like: the right to copy. The person that created the work and anyone they authorize to use the work are the only ones that can legally make use of it.

Though it's true that when you signed up for your social media accounts, you agreed to allow each of the social networks to share or reuse your images, it does not mean that you gave up the copyrights. Read more:

<https://wtop.com/social-media/2020/06/data-doctors-when-you-post-photos-on-social-media-who-owns-the-copyrights/>

## What is ransomware?



Ransomware is a type of malicious software (malware) that is designed to hold your files or computer hostage, demanding payment for you to regain access. Ransomware has become very common because it is so profitable for criminals.

Like most malware, ransomware starts by infecting your computer, most often when you open an infected attachment or click on a malicious link in a phishing email. Once ransomware infects your computer, it encrypts files on your hard drive – possibly even your entire hard drive – or anything else connected to your computer, so you can no longer access your files. It then informs you that the only way you can recover your files is to pay the cybercriminal a ransom (thus the name ransomware). Sometimes, the criminals also threaten to release your files publicly if you don't pay the ransom. The criminals may demand payment in the form of untraceable digital currency, such as Bitcoin. If you pay the ransom, the criminals might give you access to your files, but there are no guarantees. Sometimes they will even take your money and still leave your computer infected without you knowing it or keep asking for more money.

Protect Against the Infection: <https://www.sans.org/security-awareness-training/resources/ransomware>



*Have a safe rest of the Summer!*

