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REAL ESTATE, PAGE 2 ♦ ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 6

PHOTO BY DEBORAH STEVENS/THE ALMANAC

# Potomac ALMANAC

## WELLBEING PAGE, 8

Eliana Villwock works on her art project during the weekly sessions at the Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo Park. Art activities, which change weekly, are available for parents and children. Visit [www.glenechopark.org/saturday-art-explorers](http://www.glenechopark.org/saturday-art-explorers).

## Indoor Winter Fun

ENTERTAINMENT, PAGE 6

### Day of the Girl

NEWS, PAGE 3

### Managing ScreenTime For Children

WELLBEING, PAGE 8

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## December, 2018 Sales, \$420,000~\$699,000

IN DECEMBER 2018, 42 POTOMAC HOMES SOLD  
BETWEEN \$2,700,000-\$420,000.



④ 11511 Glen Road — \$590,000



① 1062 Pipestem Place — \$699,000



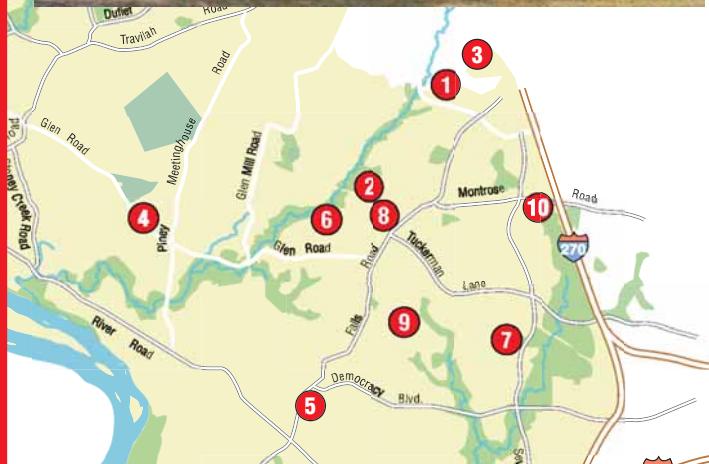
② 12316 Coppola Drive  
— \$693,600



⑤ 10221 Falls Road  
— \$587,500



⑧ 11934 Frost Valley Way  
— \$550,000



Address ..... BR FB HB ... Postal City .. Sold Price .... Type ..... Lot AC . PostalCode ..... Subdivision ..... Date Sold

- ① 1062 PIPESTEM PL ..... 5 .. 3 .. 0 ..... POTOMAC .... \$699,000 .... Detached ..... 0.23 ..... 20854 ..... FALLSMEAD ..... 12/17/18
- ② 12316 COPPOLA DR ..... 4 .. 2 .. 0 ..... POTOMAC .... \$693,600 .... Detached ..... 0.29 ..... 20854 ..... COPENHAVER ..... 12/14/18
- ③ 1410 FALLSWOOD DR ..... 3 .. 2 .. 1 ..... POTOMAC .... \$625,000 .... Detached ..... 0.24 ..... 20854 ..... FALLSWOOD ..... 12/20/18
- ④ 11511 GLEN RD ..... 3 .. 2 .. 0 ..... POTOMAC .... \$590,000 .... Detached ..... 1.28 ..... 20854 ..... DARNESTOWN OUTSIDE ..... 12/03/18
- ⑤ 10221 FALLS RD ..... 2 .. 1 .. 1 ..... ROCKVILLE .... \$587,500 .... Detached ..... 1.00 ..... 20854 ..... POTOMAC OUTSIDE ..... 12/31/18
- ⑥ 11913 AMBLESIDE DR ..... 4 .. 2 .. 1 ..... POTOMAC .... \$559,000 .... Detached ..... 0.42 ..... 20854 ..... ROBERTS GLEN ..... 12/21/18
- ⑦ 10969 DEBORAH DR ..... 3 .. 3 .. 1 ..... POTOMAC .... \$550,000 .... Townhouse .. 0.05 ..... 20854 .. INVERNESS FOREST TH ..... 12/20/18
- ⑧ 11934 FROST VALLEY WAY .... 3 .. 3 .. 1 ..... POTOMAC .... \$550,000 .... End of Row/TH 0.08 ..... 20854 ..... FALLSBERRY ..... 12/31/18
- ⑨ 8911 BARROWGATE CT ..... 2 .. 2 .. 1 ..... POTOMAC .... \$485,000 .... End of Row/TH 0.04 ..... 20854 ..... FOX HILLS ..... 12/06/18
- ⑩ 12224 GREENLEAF AVE ..... 4 .. 2 .. 3 ..... ROCKVILLE .... \$420,000 .... Townhouse .. 0.05 ..... 20854 ..... WATKINS GLEN ..... 12/19/18

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# Day of the Girl

BY PEGGY MCEWAN  
 THE ALMANAC

**K**ana, a middle school student at St. Andrew's Episcopal School in Potomac, was not thinking about speaking at the Maryland State House when she began work on her Girl Scout Bronze Medal project, but one thing led to another and that is what she will do next week.

She and a few of her supporters will speak Monday, March 12 before the Maryland House of Delegates, Health and Operations Committee in support of House Bill 0744 "Requiring the Governor annually to proclaim October 11 as the International Day of the Girl; and requiring the proclamation to urge educational and cultural organizations to observe the International Day of the Girl properly," according to the synopsis of the bill on the Maryland bill tracker website.

"This is a fun project," Del. Kathleen Dumais (D-15), the bill's sponsor, said. "It's unusual for someone this age to be so active."

Dumais said Kana got in touch with her sometime last fall, they met and Dumais agreed to sponsor the bill. The next step is for it to get out of the House committee and "crossover" to the Senate. Then, after getting out of the Senate committee, it will be voted on and go to Gov. Larry Hogan to sign.



PHOTO CONTRIBUTED

**Kana, middle schooler at St. Andrew's Episcopal School, Potomac, will speak at the Maryland Statehouse urging Gov. Larry Hogan and governors to follow, to declare Oct. 11 Year of the Girl.**

Kana's testimony and that of her supporters is to convince the House to move the bill along.

"I think she is going to wow them," Dumais said. "She's powerful."

Also speaking on behalf of Kana and the Day of the Girl bill will be St. Andrew's Middle School Head Dr. Rodney Glasgow and Rachel Levine, GIS [Geographic Infor-

**Potomac student gathers support for Maryland Day of the Girl.**

Kana is a volunteer mapper with Levine, which brings this story back to the beginning when Kana was working on her Bronze Medal, the highest award for Girl Scouts in middle school.

Her project centered on the problem of coastal flooding in West Africa, Kana said.

"While researching my project, my dad introduced me to Missing Maps," Kana said in an interview published by St Andrew's. "After using this humanitarian mapping platform, I realized that it would be fun and educational for girls my age to learn how to use humanitarian mapping platforms. I really enjoyed being able to visually go to places halfway around the world and see how mappers can help people affected by coastal flooding."

However, I realized that these platforms are not designed for kids to use. That needs to change.

"On the International Day of the Girl Child [a United Nations designated international observance declared October 11, 2012.] I believe that countries should promote programs that introduce groups of girls to humanitarian mapping."

With Levine, Kana works to create online spaces for other young women to learn how to participate and creates best practices for this community, Levine said in an email.

Comments on this bill can be sent to Kathleen dumais at [Kathleen.dumais@house.state.md.us](mailto:Kathleen.dumais@house.state.md.us).



PHOTOS BY MARY KIMM/THE ALMANAC



**Marching Toward Spring**  
**Snow drops, Lenten rose, promise of daffodils ....**

# OPINION

# Watching Out for Public Health

By GINNY BARNES  
WMCCA President

The Potomac Subregion was lucky that when it came time to revise our Master Plan in 2000, the county had just acquired GPS systems that allowed mapping of natural resources. We had the advantage of an Environmental Inventory showing streams, wetlands, forest canopy, accurate topography and soil types. We were the first Master Plan to use these new tools. Protection of the streams that lead to the Potomac

River and the public drinking water supply drawn from Watts Branch became the solid foundation of the revised plan.

At the time, cell phone towers were just starting to be approved. We didn't know the dangers of common pesticides; not just to water quality but to those applying them. The county had only just started to monitor streams for temperature, pH, and aquatic life. The Countywide Stream Protection Strategy had just been published 2 years earlier, in 1998. Stormwater runoff has since proved to be one of the greatest threats to the health of the Chesapeake Bay. Climate change was only beginning to be considered a threat. We were just beginning to realize the value of trees to water quality protection and carbon sequestration. Waste reduction and recycling were relatively new programs. Organically grown food was uncommon. There were no solar farms and the country ran on fossil fuels. We didn't have artificial playing fields and had not heard of synthetic turf.

Nearly 20 years later, the health hazards of stormwater runoff full of sediment and toxins, the loss of the ozone layer from burning fossil fuels, the dangers of pesticides and growth hormones in our food, and the risks, especially to children, of playing sports on fields laden with shredded tire infill containing lead, mercury, zinc, biocides, and other toxic chemicals creates new levels of concern. Synthetic fields have been around long enough to wear out and require disposal, creating tons of dangerous plastic carpet waste that now requires attention. Currently, this waste is being carted

## Next Meeting

Kathleen Michels, PhD, a neurobiologist and public health scientist, will speak at the next meeting of the West Montgomery County Citizens Association on Wednesday, March 13, 7:15 p.m., at the Potomac Community Center.

Michels has been active in the environmental community since the 1990s. She helped start the Safe Healthy Playing Fields Coalition which has worked to bring awareness of the health risks inherent in synthetic playing fields. Michels will discuss the health problems they represent and the additional concerns of disposal once these fields have worn out.

As always, the public is welcome to attend. If schools are closed because of inclement weather, the meeting will be cancelled.

off to unregulated dump sites or incinerators. Thankfully, Maryland has introduced HB 1142, an effort to track and regulate the disposal of these materials.

WMCCA has long supported eliminating synthetic fields altogether and supports HB 1142. Carol Falk, WMCCA board member, submitted testimony on our behalf in support of the legislation. The following is an excerpt from her letter urging the committee's support:

"The West Montgomery County Citizens Association (WMCCA) together with several other civic-minded organizations are deeply concerned about the failure of public schools and other institutions in Maryland to oversee the safe disposal of toxic materials contained in used synthetic turf fields. These plastic carpets and infill are composed of small pellets made from recycled tires that contain known carcinogens which often break down into a powdery substance that off-gas into the atmosphere, polluting the air we breathe, the soil we walk on, and the ground water which flows into our stream river valleys."

"The latest estimate from a leading synthetic turf trade organization is that 12,000 synthetic turf fields are in use across the country. We are encouraged to see that Maryland is stepping up to the task of tracking and regulating the disposal of these materials to protect our public health and the environment. WMCCA supports HB 1142 and asks that you favorably vote this bill out of committee."

Sign on to the Sierra Club action alert on the Maryland bills to protect human and environmental health:

- ❖ to prevent pollution from dumping of worn out synthetic turf carpets and tire waste infill; and
- ❖ to promote funding for safe, healthy, natu-

ral surface fields and playgrounds instead of synturf:

<https://www.sierraclub.org/maryland/synthetic-turf>

## Potter Glen Preliminary Plan No.120190120 - Query Mill & Glen Roads. Re-2 Zone.

By GINNY BARNES

A proposal for five houses has been submitted to the Park and Planning Commission. The property is densely wooded with some wetlands and involves driveways on two Rustic Roads. The plan presents complications for two existing residences at the center of the property served by a gravel road not maintained by the county. The current plan could upgrade and use the existing road for at least two of the five driveways, however the developer does not wish to do so. The Rustic Roads Advisory Committee has been asked to weigh in on the driveway configuration. WMCCA has visited the site and is following the proposal closely.

## Bumps in the Road and Signs on the Ground – Who Ya Going to Call?

By BARBARA HOOVER

If there's something lumpy that makes your ride bumpy, or you missed that turn and just continued on cause that sign is gone ... who ya going to call?

For County Roads contact the county. County Roads don't have numbers. You can call 311 or file an online service request at <https://www3.montgomerycountymd.gov/311/Services.aspx?SolutionId=-1>. You must have the closest address or crossroads, with a good description of the problem. Think MacArthur Blvd., Democracy, Bells Mill, Tuckerman, Seven Locks. For State Roads contact the state. You can file an online request at [http://marylandsha.force.com/customercare/request\\_for\\_service](http://marylandsha.force.com/customercare/request_for_service). You must have the closest address or crossroads, with a good description of the problem. Think Wilson Lane (Rt. 188), Falls Rd. (Rt 189), River Road (Rt. 190), Bradley Blvd (Rt. 191). There are three types of roads maintained by the state:

- ❖ Interstates
- ❖ Roads with US Route #s
- ❖ Roads w/ MD Route #s

Winter is ending, and that means lots of potholes and cracks in the road. It also means there are a lot of signs that have been knocked down by storms and snow plows. The state and county rely on residents to report problems, so don't complain — report the problem.

cious form of litter is that the petroleum-based plastic breaks down into small pieces as it makes its way to the Chesapeake Bay, but it does not completely dissolve. This makes it incredibly difficult and costly to clean up. It also ends up in the food supply, as fish and oysters eat the bits of foam. The only way to meaningfully reduce this scourge on our watersheds is to ban it. Hopefully, the rest of Maryland will soon join us.

Hans Riemer  
Councilmember, At-large

# POTOMAC ALMANAC

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## Snapshot

Pileated woodpecker in Potomac.

# BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## SOBER-RIDE FOR ST PATRICK'S DAY

**Free Sober Rides.** Sunday, March 17, 4 p.m. through Monday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 3 p.m. on March 17 on [www.SoberRide.com](http://www.SoberRide.com).

## THURSDAYS TO SUNDAYS

**Tour the Glenstone Museum.** 10 a.m.-3 p.m. At Glenstone Museum, 12100 Glen Road, Potomac. Ride On Route 301 riders don't need advance reservations for the Glenstone Museum through April 2019. Riders will be given free passes for entry to the museum. There are four buses daily 10 a.m. - 3 p.m. from the Rockville Station of the Metrorail Red Line on the Route 301 bus. Museum hours are Thursday - Sunday 10 a.m. - 5 p.m.

## WEDNESDAY/MARCH 6

Ash Wednesday Services and

**"Quiet Day" Activities.** Noon and 7:30 p.m. At St. James Episcopal Church, 11815 Seven Locks Road, Potomac. St. James' will hold two Eucharist services with imposition of ashes. At noon – after the service, stay for "Quiet Day" activities designed to lead participants on their Lenten journey. At 7:30 p.m., there will be the Eucharist with choir. Call 301-762-8040 or visit [www.stjamespotomac.org](http://www.stjamespotomac.org).

## FRIDAY-SUNDAY/MARCH 8-10

**High School Robotics Competition.** At Walt Whitman High School, 1700 Whittier Blvd., Bethesda. Forty of the best and

brightest high school robotics teams from Virginia, Maryland and the District of Columbia will compete in First Destination: Deep Space. Free and open to the public. Visit [www.montgomeryschoolsmd.org/schools/whitmans/](http://www.montgomeryschoolsmd.org/schools/whitmans/) for more.

of Montgomery College, will host the first in a series of five public education budget forums. Contact Councilmember Rice's office at 240-777-7955 or Councilmember.Rice@montgomerycountymd.gov.

## SATURDAY/MARCH 16

### Remodeling a Kitchen or

**Bathroom.** 10:30 a.m.-12 p.m. At Hopkins & Porter, 12944 Travilah Road, Suite 204, Potomac. Free. During this seminar, learn: latest design trends in kitchens and baths; three levels of kitchen and bath remodeling; how to budget for a kitchen or bath; what to expect when remodeling, and more. RSVP by calling 301-840-9121.

*Thinking about aging in place?  
Looking to volunteer locally?*

### Bring a Friend Social Lunch

*Thurs, March 7, 12 noon, Tally Ho Restaurant  
Participants pay for their own meal*

### and "Get to Know PCV"

*Sunday, March 17, 2 – 4 pm  
at a private Potomac home*

*For prospective members, volunteers to  
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240-221-1370 to RSVP, to learn more  
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## NEWS

# Focusing on Troubled Properties

## New interactive housing code website launched.

**A**t the direction of County Executive Marc Elrich and following the County Council's approval of Executive Regulation 5-17 "Troubled Properties," the Montgomery County Department of Housing and Community Affairs (DHCA) launched a new interactive housing code website at <https://stat.montgomerycountymd.gov/stories/s/54rw-g6jz> as well as the Troubled Property List at <https://data.montgomerycountymd.gov/Consumer-Housing/Troubled-Properties-Analysis/bw2r-araf>.

The new website provides interactive maps, a progress report on DHCA's two-year inspection surge, housing code statistics including violation details, useful links to tenant rights information and the Troubled Property List.

Executive Regulation 5-17 "Troubled Properties" is one of three new regulations that better protects tenants and further promotes building safety. The other two regulations are:

- ❖ Executive Regulation 02-17 – "Establishing Inspection Fees." Multifamily rental property owners must correct housing code violations by the first re-inspection. If problems persist, property owners will receive citations and will pay for all subsequent inspections based upon an escalating fee schedule.
- ❖ Executive Regulation 3-18 – "Repair and Deduct." If landlords fail to correct a housing code violation timely, the DHCA Director may authorize tenants to repair the violation and deduct up to one

month's rent.

The designation of troubled properties is intended to assist DHCA in prioritizing where to focus its limited housing code inspection resources among the 688 multifamily rental properties in Montgomery County; these properties contain approximately 73,000 individual rental units.

"Troubled property" is a multifamily rental property, which – because of the severity and quantity of housing code violations observed during DHCA's most recent inspection of the property – is subject to annual inspections by the DHCA.

A property may also be designated as a troubled property if one or more of the following conditions are observed:

- ❖ Rodent or insect infestation affecting 20 percent or more of the units in the building;
- ❖ Extensive or visible mold growth on interior walls or exposed surfaces;
- ❖ Windows that do not permit a safe means of egress;
- ❖ Pervasive or recurring water leaks resulting in chronic dampness, mold growth, or personal property damage in more than one unit; and,
- ❖ Lack of one or more working utilities that is not shut off due to tenant non-payment.

Additionally, a property designated as troubled must develop and implement a corrective action plan that describes in detail the specific actions that the landlord will take within a specified time schedule to both identify and correct current and ongoing housing code violations in a timely manner and help prevent future housing code violations.

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## WELLBEING



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A new study shows that even after one hour spent on electronic devices each day, children and teens may begin to have less emotional stability and a greater inability to finish tasks.

# Managing Screen Time

Working collaboratively with one's child can decrease the struggle.

BY MARILYN CAMPBELL

Julia Wires purchased an iPhone for her 12-year-old daughter in part she says, because many of the girls at her Potomac, Md. school have smartphones that they bring to campus daily. Wires and her husband were initially hesitant to make the purchase because their daughter was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorder at the end of 2018.

"First, there's the social pressure she feels because all of her friends have iPhones. Then there's the issue of her dad and I being able to keep in touch with her now that she has more freedom to go places on her own," said Wires. "Both of those [factors] are juxtaposed against the fact that she has trouble staying focused and calming down when she needs to. That made the decision tough for us."

Too much time spent on gaming, smartphones and watching television could exacerbate symptoms in children who've been diagnosed with ADHD, according to a new study by researchers at San Diego State University and the University of Georgia. The report showed that even after one hour of screen time, children and teens may begin to have lower self-control, less emotional stability and a greater inability to finish tasks.

"Kids with ADHD have trouble keeping track of time, so they could spend hours on their tablet without realizing it. Screen time can make bedtime rou-

tines more difficult and parents might have an additional struggle getting their kids to fall asleep," said child psychologist Adele Schwartz, Ph.D., of McLean, who was not involved in the study. "Kids with ADHD also might be more likely to ignore parental guidelines and I would worry more about them engaging in risky behavior online."

Helping a child with ADHD transition from playing a video game to doing their homework could require special handling, advises Sarah Bryant, LCSW. "Instead of telling your child that they have to stop watching television at six o'clock or that they have five more minutes on a video game, try telling them that they have to stop at the next commercial break or at the end of the round in a video game," she said.

Working collaboratively with one's child will reduce the chance of a power struggle, says Bryant. "You and your child can work together to list all of

the things that need to get done, like homework, time spent outside, doing sports, chores and other activities and come up with a schedule," she said. "Figure out how much time is left for things like video games and television. Hang the schedule somewhere that's visible to both of you. Your child will see how little time is left for playing video games and since they were part of the process, they'll feel like they're part of a team rather than a subordinate with no control over their life."

"Parents of kids with ADHD should definitely make use of parental controls on tablets, smart phones and television, especially during school hours or when kids should be doing their homework," added Schwartz. "It's also important that children, especially those with ADHD not use electronics at least an hour before bedtime. And it almost goes without saying that parents should model the behavior that they want their children to have by limiting their own screen time."

**"... parents should model the behavior that they want their children to have by limiting their own screen time."**

— Adele Schwartz, child psychologist