



# The REGENCY RECORD

Newsletter of the  
Regency Estates  
Civic Association

Spring 2025



Photo by Ahamed Iqbal: [youtube.com/@aaisaguy](https://www.youtube.com/@aaisaguy)

## President's Message

Dear Fellow Neighbors,

Spring has finally sprung, and like flowers of the season, we have some freshly picked articles to share — written by Regency Estates residents like you!

We are pleased to feature resident Ahamed Iqbal as he shares his background in the creative arts, photography, and digital/social media space. We also have the pleasure of introducing resident and new advertiser Dr. Francine Kamhoua and her wellness practice, Authentic Wellness, LLC. In today's brooding political climate and economic uncertainty, Dr. Kamhoua shares some of her top wellness tips to keep top of mind. Speaking of new advertisers, we are also pleased to welcome BeMobile Verizon, recently opened in Cabin John Village Mall.

From our own RECA Board, member Don Carney presents an introspective reflection on one of the most unmistakable yet overlooked Regency Estates landmarks — our power lines! And don't let member Bill Wydro's article on stolen catalytic converters escape your eyes, as you'll want to know why these are such a sought-after item among thieves.

As always, we have an open invitation to residents to share any personal stories or news of interest. If you feel inspired to share a story, whether your own or another's, feel free to contact me. We hope you enjoy reading the stories that make up our unique community!

Best,  
Rick

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## In Our Neighborhood

### Meet the Human AI

by Ahamed Iqbal, Regency Estates resident



Hi! My name is Ahamed Iqbal and I'm excited to share a little more about myself with this great community. I moved to the Regency Estates neighborhood in 2021 with my wife, Robyn, and my two kids, Vanesa and Zavi, after living in Seattle for almost 9 years. Both Robyn and I previously lived on the east coast (mainly around Philadelphia) and we've really enjoyed learning about the unique aspects of Maryland and the DMV area.

Ever since we've moved, we've really appreciated the genuine sense of community and kindness expressed by so many of our neighbors. The friendliness and warmth are very apparent, whether we're visiting nearby shops or taking a walk around the pleasant tree lined streets. Both of our kids have enjoyed being able to walk to school (first Hoover and now Churchill) and having so many friends and activities within a short distance.

Our favorite thing about the community is the diverse collection of interesting people that we see and interact with. There are people at every stage of life with national and international experiences who have so many deep and compelling stories to share.

My own story reflects the community's diversity and variety. I was born in India and after moving to the US as toddler, I've lived in a number of very different places (Alabama, Pennsylvania, California, France, Hawaii, and Washington State) and have experienced a number of different careers and interests (Finance, Accounting, Law, and Photography). Currently I'm focused on video production for local clients and my own YouTube Channel (@aiisaguy).

Broadly, my channel is all about my lifelong curiosity for and love of art. Through video, I'm able to share my process of creating art, my thoughts about art and creativity, projects I'm working on, and beautiful and interesting things I observe in the everyday world. I've also created a recurring series where I'm able to connect with other artists of all different disciplines to find out more about them and their art. The series is called "Artist to Artist (A2A)" and I've been

fortunate to learn from a variety of artist to find out how they approach the creative process.

I've always found it inspiring to experience art through the artist's own voice and I'm excited to share this with viewers as well. I hope that by sharing the thoughts of a variety of artists, you will either find the motivation to create your own art and/or be more curious and interested about the art that surrounds us. I truly believe that art and creativity can have a positive impact on everyone's life and I'm looking forward to sharing that even more with every new video.

If you're an artist in any way or know an artist, please let me know if you'd like to participate in a future video. You can reach me by email or through the comments on my channel (or if you see me walking around the neighborhood). And make sure to subscribe so you can hopefully see some of your neighbors sharing their art sometime soon.

Thanks,

Ahamed Iqbal

[ahamediqbal@gmail.com](mailto:ahamediqbal@gmail.com)

<https://www.youtube.com/@aiisaguy>

I'm also excited to announce that I'll be contributing a brief art/creativity article to each RECA issue. For this month here are 3 creative projects to celebrate the arrival of Spring in our neighborhood.

1. Collect some wildflowers and plants on your walks and press them. There are many guides and techniques online but generally you're applying pressure and allowing moisture to slowly be removed.
2. Take the same photo of a tree you see regularly and put the pictures together to create a short movie or gif. You can take photos weekly, daily or even more frequently and you'll be surprised with how much the environment changes, especially in spring.
3. Challenge yourself to collect as many colors of the rainbow (red, orange, yellow, green, blue, and violet) from plants and flowers in the neighborhood. Once you collect them you can arrange them into a rainbow shape or use them to make other art.

If you try any of these and want to share, send them to the RECA newspaper and your photo might be featured in the next issue! And if you have any other creative projects for the spring or summer, please send them into RECA [newsletter@regencyestates.org](mailto:newsletter@regencyestates.org).

## Transform Your Mental Well-Being



Dr. Francine Kamhoua

In today's fast-paced world, mental wellness is not a luxury, it's a necessity. Whether you're struggling with anxiety, depression, PTSD, or other mental health challenges, you deserve compassionate, expert care tailored to your unique needs. As a longtime Regency Estates resident, it's my pleasure to introduce myself and my wellness practice to the community.

I'm a board-certified psychiatric mental health nurse practitioner (PMHNP-BC) whose dedicated over a decade to empowering individuals on their journey to mental wellness. Serving Maryland, the District of Columbia, and Virginia, I provide personalized care designed to help you regain control of your mental health and lead a fulfilling life. With a Doctorate of Nursing from Wilmington University, a Master of Nursing from Walden University, and a Bachelor of Nursing from Keuka College, I combine clinical expertise with a holistic approach to mental healthcare. I specialize in:

- **Comprehensive psychiatric assessments** – Understanding your unique mental health needs
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- **Psychotherapy & cognitive behavioral therapy (CBT)** – Evidence-based strategies for healing
- **Medication management** – Safe and effective treatment options
- **Mindfulness training & holistic wellness strategies** – Empowering patients beyond medication
- **Long-term emotional & mental health support** – Building resilience for a brighter future

I am passionate about destigmatizing mental illness and helping patients feel heard, understood and supported. Here are some of my **top 5 mental wellness tips**:

### 1. Prioritize Self-Care

Your mental health matters. Set aside time for activities that bring you joy — whether it's reading, exercising, meditating or simply unwinding.

### 2. Build a Strong Support System

Surround yourself with people who uplift and support you. Meaningful relationships with friends, family, and support groups can make a significant difference in your mental health journey.

### 3. Practice Mindfulness & Stress Management

Mindfulness helps you stay grounded in the present moment, reducing stress and anxiety. Try deep breathing exercises, journaling or guided meditation.

### 4. Get Enough Sleep & Maintain a Healthy Lifestyle

Your mind and body are connected. Prioritize restorative sleep, eat nourishing foods and engage in physical activity to boost your overall well-being.

### 5. Don't Be Afraid to Seek Help

Asking for help is a sign of strength, not weakness. If you're struggling, reach out to a mental health professional who can provide guidance, therapy and support.

### Take the First Step Towards Better Mental Health

You don't have to navigate mental health challenges alone. I offer a safe, judgment-free space where you can openly discuss your concerns and receive expert, compassionate care. Whether you're seeking therapy, medication management, or a holistic approach to mental well-being, I'm here to help.

### Visit me at one of our convenient locations:

- **Gaithersburg, MD:** 10810 Darnestown Road, Ste 103
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## Catalytic Capers are Among Us: What You Need to Know

by Bill Wydro, RECA Board member



An example of a catalytic converter

Back in January, a resident on Enid Drive (which goes between Post Oak and Gainsborough) reported on NextDoor that a catalytic converter was stolen from their car. When I searched on NextDoor, I discovered that over the past year similar thefts have been reported all over the area

(e.g. Twinbrook, Aspen Hill, Grosvenor). They have become a prime target for thieves primarily because they contain precious metals such as platinum, palladium, and rhodium, whose market values have surged in recent years. These metals can be extracted and sold to recyclers, often fetching a high price relative to the cost of the theft itself.

Criminals can quickly remove the converter and sell it, often with little risk if the parts change hands rapidly in the black

market. The converters are typically mounted underneath vehicles and are not securely fastened. With basic tools like a reciprocating saw, a determined thief can remove one in just a few minutes. Since the theft can be done quickly, and the parts are hard to trace, the perceived risk of being caught is relatively low.

The vehicles most likely to be targeted are high ground clearance vehicles, like trucks and SUVs. Their design makes the catalytic converter more accessible. Hybrids like the Toyota Prius are also common targets, as their converters often contain higher concentrations of the precious metals. In summary, the combination of high resale value, ease of removal and minimal security on many vehicles makes catalytic converter theft a persistent problem.

What can you do? Unfortunately, not much can be done cheaply or easily. Converter shields are available from \$75 – \$300, but are not easy for the car owner to install. Having a security camera at least can record the theft which can be reported to police.

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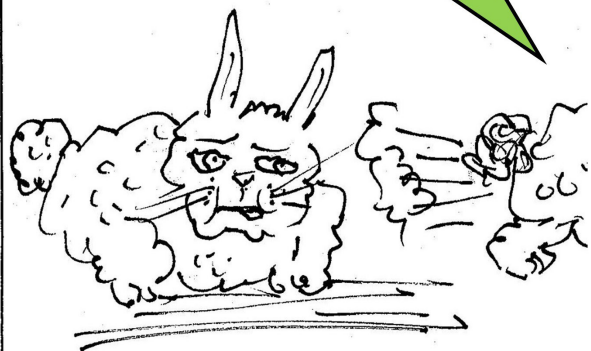
## THIS JUST IN!

*By Marge Bender and Rick Chen*

Hey! Did you hear on the news last night that...



NAH! I'm good!!!



MKB 20



# An Appreciation of the Power Lines Transiting Regency Estates

by Don Carney, RECA Board member



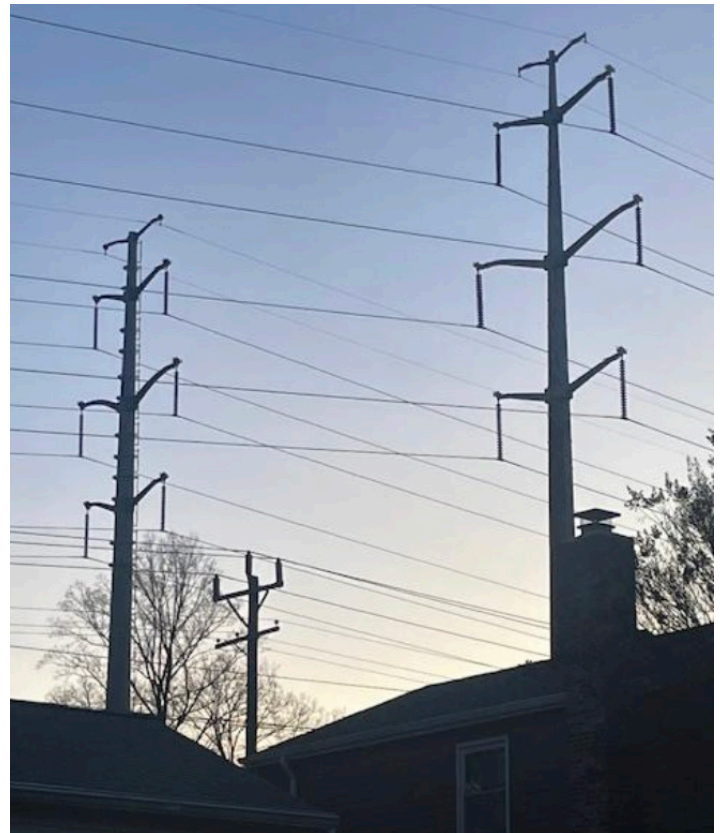
*Lines stretch onwards to Dickerson.*

The towering power lines stretching from the Dickerson Generating Station to the Bells Mill Substation make an unmistakable presence over the landscape, cutting through neighborhoods like Regency Estates with an industrial grandeur. These steel giants, often viewed as an unavoidable necessity, inspire a mix of reactions — some see them as an eyesore, while others recognize a stark, almost sculptural beauty in their presence.

The large-capacity power lines running through Regency Estates, comprised of transmission towers, power lines, and a usually well-mowed grass right-of-way, have become a feature of the neighborhood that I have come to appreciate. These transmission towers, appearing as tubular steel poles, differ from the lattice structures seen in more industrial environments or rural parts of the county. Their streamlined and modern aesthetic blends with the landscape in an unexpected way.

## A Landscape in Flux

One of the most striking aspects of the power lines is how their appearance shifts throughout the day and across seasons. At twilight, the towers stand dark and solemn against the fading sky, their silhouettes forming a rhythmic pattern as they march into the distance. By contrast, on bright sunny days, they appear blanched, their metallic



*Transmission towers at twilight.*

surfaces glaring white in the midday sun. When storm clouds roll in, they take on an ominous, brooding presence, as if echoing the tension in the sky.

Time has left its mark on some of the structures. Some towers bear discoloration, rust creeping up their once-uniform frames. The gates meant to secure access to the double-track maintenance roads beneath them are in varying states of disrepair — some hanging open, forgotten, while others lean at odd angles, failing in their task of keeping out trespassers. These small signs of neglect add to the quiet, almost melancholic atmosphere surrounding the corridor.

## A Newfound Appreciation

During COVID and in the years since, I have walked more frequently through the neighborhood and found myself growing fond of the dozen or so large power line towers. Observing them regularly, I have come to admire their structure and the space they create within Regency Estates.

Looking at a map, the power line footprint resembles an upside-down hockey stick, beginning at Tuckerman Lane and extending to Falls Road at the top. Along the way, the path crosses over Gainsborough Road and Postoak Road, making its way across Regency Estates. Because of their height, the tops of these towers are visible from much of Regency Estates, making them a distinct part of

the neighborhood's skyline. Their presence, though initially unremarkable, has grown on me over time, transforming into a familiar and appreciated landmark.



*Sublime sunset colors.*

### **The Beauty of the Towers**

I have grown to like their appearance and role in several respects:

First, the design of the towers themselves is visually appealing. I have seen many transmission towers, and I find the tubular poles used here to be particularly attractive. Their smooth, minimalist shape gives them a refined look, avoiding the more industrial feel of lattice towers. However, some towers show signs of weathering and rust, and a fresh coat of paint would enhance their appearance. The gates that once secured access to the double-track maintenance roads beneath them have fallen into disrepair in places, hanging loosely or left ajar, another area where restoration could improve the overall presentation.

Second, the open space beneath the power lines has become a haven for wildlife. When looking down the expanse of the right-of-way, it is not uncommon to see groups of deer grazing or a lone fox darting across the grass. The cleared land beneath the lines has created an unexpected green corridor, inviting nature into the suburban landscape. The contrast between towering steel structures and the gentle presence of wildlife offers a curious and welcome juxtaposition—one that adds to the charm of this space.

Third, the towers interact with light in fascinating ways. In the morning, they catch the sunlight and reflect it, giving them a bright, almost radiant quality. During the day, they

take on a soft blue tint, blending subtly with the sky. At twilight, after catching the last light of the sun, they stand as stark black silhouettes against a deepening blue backdrop, adding an almost artistic dimension to their presence. On overcast days, their darkened frames seem to merge with the gray clouds, lending them an imposing, yet oddly graceful, presence.

### **A Symbol of Industry and Progress**

Beyond their aesthetic appeal, the power lines serve as a reminder of the infrastructure that supports modern life. They represent the balance between nature and industry, progress and necessity. Driving past them, I often find myself thinking of *Wichita Lineman* by Glen Campbell. The song's quiet, contemplative melody and lyrics about a solitary worker maintaining the lines resonate with the quiet persistence of these structures. The sight of them stretching toward the horizon seems to hum along with the song's refrain — "I am a lineman for the county, and I drive the main road, searching in the sun for another overload..."

The rhythm of the towers marching across the landscape, each one standing in service of an unseen yet essential purpose, echoes the theme of the song. They embody dedication, resilience, and the uncelebrated yet crucial work that keeps our world running and bring power to us. Much like the lineman himself, the power lines remain steadfast, always present but seldom acknowledged.



*Open, well-used gate.*

### **Preserving and Enhancing Their Presence**

While I have grown to appreciate the towers and their role in the neighborhood, I would encourage those responsible for their maintenance to take steps to enhance their appearance. Repainting the rusted structures and repairing the gates that are meant to close off the double-



track maintenance roads would go a long way toward preserving their aesthetic and functional role. These simple improvements would ensure that the power lines remain a well-maintained and visually appealing part of Regency Estates.

Whether admired or overlooked, the power lines stand as silent sentinels over the neighborhood, shaping the landscape in ways both practical and artistic. They have become a fixture of Regency Estates — one that I, for one, have grown to appreciate. There's something undeniably compelling about their presence. They stand as a testament to progress and infrastructure, but they also create a unique visual and environmental space, where deer frolic beneath metal giants and foxes weave through their shadows. They change with the light, the seasons, and our perceptions — sometimes looming, sometimes blending in, always there. Whether they are admired or resented, these silent sentinels of Regency Estates hold a quiet, unshakable place in the landscape.



*Two towers; one significantly rusted.*

## ATTENTION NEW NEIGHBORS!



### Have you recently moved into Regency Estates?

If so, please contact us by completing the 'Contact Us' form on our web site, [www.regencyestates.org](http://www.regencyestates.org)

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## **Generosity and #GDSSpirit Reigned at Geneva Day School's Annual Auction, *Geneva Royale***



*The Geneva Royale Lineup*

Glamour. Glitz. A good cause. This April 5, Geneva Day School's annual, GPA-sponsored Auction raised the roof at The Retreat of Gaithersburg with 1960s Palm Beach fanfare.

Drawing inspiration from the beloved Apple TV series "Palm Royale," the Auction, known as *Geneva Royale*, rallied families and friends through dynamic fundraising.

"The Auction is an important fundraiser at our school as it helps raise funds for scholarships as we wish to provide a lifelong love of learning to as many students as we can in the community," stated Director Daisy Lizama.

*Geneva Royale's* live auction, casino games, elevated appetizers, and irresistible drinks (which ranged from a special bourbon-tasting for the "Billionaires Club" of generous donors and magnificent mocktails for those who might eschew alcohol) characterized the evening as an innovative blast.

"We extended the time by an hour this year as we noticed no one ever wants to leave," described Auction Chair Mrs. Sarah Kirschner, who waved her wand to make a third consecutive annual auction possible, ranked as 28th in the school's history overall.

"It's such a different night out than what parents are used to ... It's just a great time of giving back and meeting new people. And forming strong relationships with friends you already have at the school, as well as new ones with the staff," Mrs. Kirschner explained.

The Palm Beach aesthetic invited attendees to dress in a bold palette of 1960s design ... An enormous "thank you" to all sponsors, donors, and participants for meeting Geneva Day School where the palm trees (and the bidding) proved green!

We continue to accept Academic Year 2025-26 Applications just as Summer Program registration remains underway.

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## A Social Security card for John Doe, number 555-555-5555. The card is white with a blue border and features a red circular stamp that reads "STOP HEALTHCARE" and "NO SOCIAL SECURITY". The card is signed "John Doe" and has the text "SIGNATURE" below it. The card is placed on a blue background with a pattern of classical columns.

The Act ends the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO). These provisions reduced or eliminated the Social Security

- Teachers, firefighters, and police officers in many states;
- Federal employees covered by the Civil Service Retirement System; and people whose work had been covered by a foreign social security system.

You can also stay up-to-date regarding SSA benefits here: <https://blog.ssa.gov/category/social-security-benefits/>



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Photo by Ahamed Iqbal: youtube.com/@alisaguy

