

REGENCY REPORTER

Vol. 21, No. 2, FEBRUARY 2024 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Photos from left: Celebrating New Years Eve at Regency are the Piekny's, Sether's, Stromeyer's, Schaffter's, and Leski's.

Photo submitted by Sheldon Piekny

Lena Aurilia (left) and Angela Bastiani at the New Year's Eve Party.

Photo by Tom Cullen

Photo by Steve Wandy



Sporting their team favorites at the Cocktail Club Tailgate party are, from left, Roz Esserman, Elaine Robin, Maddy Riback, Karen Calder, Laini Katz, Sherry Vitanza, and Marci Kraut.

Photo submitted by Karen Calder



Mita Sheth (top left), Rupa Murali (top right), Gan Murali (bottom left), and Deepak Sondhi (bottom right) dancing along with Hidden Gems at the IAG Last Hurrah of 2023 Party.

Photo by Bharat Doshi



The black and white photo by our member Bharat Doshi of a Nagaland Cowboy in India surely makes you think of his character and hard life supporting the quote. Read more in the Shutterbug article on page 7.

Photo by Bharat Doshi, submitted by Howard Wichansky



Karen Gala with her dancing penguins!

Photo by Renee Horowitz



Lois Effron playing the keyboard for Name That Tune at the Regency Woman's Group Snow Much Fun event.

Photo by Harriet Fabrykant

A Message from the Architectural Review Committee

By Fred Hollinger

To avoid any confusion regarding lighting in the rear of the home, the Architectural Review Committee has revised the rules to include a clarification for Backdoor and Patio lighting on Patio Pillars. Please review the attached rule. If you have any questions, please contact Donna Barbour, Community Manager, or Fred Hollinger, Chairman of the ARC.

Motion Detectors

- Motion detectors may be added to existing fixtures in the front entrance of the house.
- Motion detectors with no more than two floodlights and an on/off switch may be installed in the rear of the house. Maximum wattage for rear floodlights is a total of 300 watts (i.e. 150 watts per light), or LED equivalent.
- Motion detectors with flood lights may be installed on the front of the house provided that motion occurring at 10 feet or more from the house will not activate the motion detector, and the lights do not shine beyond the front property line.
- Motion detectors installed in the existing lighting fixtures must be adjusted or removed if they become activated whenever a motor vehicle passes by and/or a pedestrian walks by in the street.

Flood or Spot Lighting in Rear of Home

- Maximum wattage for rear floodlights is a total of 300 watts (i.e. 150 watts per light), or LED equivalent.
- Flood and rear spotlights must be turned off by 10:00 p.m. If an exception is required for an event like a backyard party, the resident must notify all adjacent neighbors, in advance.
- Per homeowner agreement (Phase 10): two-story homes on Whispering Straights Drive may not install exterior

flood or spot lighting on the second level of the rear of the home.

Back Door and Patio Lighting on Pillars

- Back door lighting is permitted to stay on all night provided that the bulb used in each fixture is a maximum 60 watt or LED equivalent.
- Patio lighting on pillars must be off by 10:00 p.m. If an exception is required for an event, or backyard party, the resident must notify all adjacent neighbors in advance.

HOA Events to Look Forward to in 2024*

- Bachelors of Broadway
- Caribbean Carnival Dinner
- Exclusive Event Crab and Lobster Bake
- Regency Hoedown
- Princess Tea Party
- Coffeehouse Sunday Nights each month
- Eagles Tribute Band
- Glow Party – Dancing Through the Decades
- Left, Right, Center Tournament
- Photo Pop up Booths (Summer/Springtime)
- We are Rockin’ the 80s Party
- Travel Show

- James Taylor, Carly Simon, and Carole King Tribute Show
- Tina Turner Tribute
- Drive-In Movie Night
- Chili Cook-off
- Hands-on Workshops
- Comedy Night
- Trivia Night
- Sip, Soup, and Savor
- Bus Trips, Travel Getaways, and so much more!

* Dates to be Determined

We are excited for 2024!

2024 Public Board Meeting Schedule

All Public Meetings will be hybrid in the Clubhouse Ballroom when possible and/or via Zoom at 6:30 p.m. on the 2nd Wednesday of the month.

February through May via Zoom

Wednesday, February 14

Wednesday, March 13

Wednesday, April 10

Wednesday, May 8

June - Board Elections

July through December – Clubhouse and Zoom

Wednesday, July 10

Wednesday, August 14

Wednesday, September 11

Wednesday, October 9

BUDGET PRESENTATION

Wednesday, November 13

Budget Presentation if not previously approved in October

December

Wishing everyone a joyful holiday season and Happy New Year

Winter Regency Reporter Delivery

The policy of the Regency Reporter Editorial Board is not to stop delivery to residents who are away for the winter. There are too many people going away and we feel that it’s unfair to ask our volunteer delivery staff to have to “know” who does not want their paper while they are away for the winter. The Editorial Board of the Regency Reporter kindly requests that residents ask a neighbor to remove and recycle their papers while they are away.

Thank you for you understanding,

The Editorial Board of the Regency Reporter

A Note from Your Board of Trustees

By Gerry Guidice

Happy New Year to everyone! We wish you and your family a Healthy and Happy New Year.

Regency had a terrific year in 2023 and for that I am grateful. The Board, Management, and our committees had many accomplishments that we are proud of. As we look forward to 2024, there are many key topics for the Board to consider. We are working on a couple of major projects that will be completed in 2024 - the pickleball court expansion and the Clubhouse renovation. These projects are both complex and costly, and required community members and Board members to work together to get to solutions. We have had many dedicated people assisting with these projects, which show the commitment of residents in our community to participate.

Personal safety and our continued focus to have all traffic laws followed continue to be very important. We continue to speak to our police department to ensure we are doing everything they suggest. The next step will be installing new speed calming signs on Riviera and the Board will consider deploying additional technology in the future. We are also moving forward with a vote in January to replace the gate equipment and illuminated arms at all entrances. Much of our equipment is 20 years old and Management has sourced new equipment. Management completed an analysis and a review of the competitive landscape and made a formal recommendation. This will be moving forward in 2024. A quick word on safety; it is important that if you see something that is suspicious or someone breaking the law, your first call is to the Police Department. Calling Management or another community member should be your second call.

The Board is reviewing strategies to manage the increasing issue of corporations buying homes in communities like ours and utilizing them as rental properties. This issue, if not properly managed, can impact our home values and is a key priority for the Board in 2024. This trend is impacting home pricing and quality of life in the US. There will be more to follow from the Board in coming months.

Condolences

The Editorial Board of the Regency Reporter and the entire Regency community send sincere condolences to Cecile and Morton Spector and Family on the loss of their beloved son-in-law Richard Morrissey, to the Wofchuck and Heller Families on the passing of our dear friend and neighbor Phoebe Wofchuck, to the Family of our dear friend and neighbor Susan Kaplan, and to Ed Levine and Family on the passing of his beloved brother Irving.



The strategic management of our financials both operating and capital budgets and our reserve accounts continues to be a top priority for the Board. Our expenditures are reviewed weekly; our strategic reserves are reviewed quarterly with Management. Our project decisions are based on need and a market and competitive analysis. Additionally, I am proud to say that we have added two new resident financial experts to our strategic committee, and they will be working with us through the year on all operating, capital, and reserve fund strategies. We have excellent financials and continue to strategically review how we manage our assets.

The Board will commence reviewing our gym equipment. We will develop a needs assessment and a strategy on proper timing for these expenditures if the Board approves them.

The Board is also readying a “So you want to be a Board member” training session. We are proud that we had so many candidates come out in 2023 and we look forward to a larger interest in 2024. Please bring those ideas and solutions and run for the Board.

The Board is also continuing to evolve its communication strategy. The Board is requesting if anyone with this expertise in the community would like to submit a resume for consideration, please send it to Management. We need a volunteer. The Board needs a social media strategy and other key techniques. We need to deliver content suitable for all homeowners (educational videos, webinars, and general information). We need a comprehensive strategy between Board and Management that serves the entire community. As an example, the Board wants to inform the community on how the HOA functions, what do the underlying documents mean to you (By-Laws, CC&R’s, Rules and Regulations), and based on these documents, how the Board is supposed to function. There is so much more between Board, Management, and the strategic committee that we need and want to deliver, but we need a communication expert.

We look forward to working with you in 2024 and beyond. Please consider volunteering! The community needs you, in whatever capacity fits your comfort. I think it is important to thank each of you for putting your trust in your Board. The Board works hard to keep our community a great place to live, work, and play.

All the Best...

REGENCY REPORTER

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All materials for Regency Reporter are due on the tenth of the month prior to publication month.

Please E-mail your materials to:

NINA WOLFF E-mail: nwolff0325@aol.com

Letters to the Editor: Publication of letters to the editor is at the discretion of the Editorial Board. All letters must be submitted with signatures.

Disclaimer: Unless otherwise stated, the articles contained within this paper are solely the thoughts and opinions of the authors, and do not necessarily reflect the views and opinions of the Regency Reporter’s editorial board or Princeton Editorial Services.

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A Publication for The Homeowners of Regency

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Up Close and Personal

By Barbara Bickel (**)



February Birthdays

1 – Hank Josephs/Alan Klein/
Michael Lereah/Albert
Marandola/Barbara Nurnberg/
Mike Smedley/Marcia Zajac
2 – Frank Gottlieb/Janette
Rumennik
3 – Sarah DeSimone/Ellen
Jacobs/Ellie Levene
4 – Bernard Ghee/Nancy Lane/
Gerald Post/Ellen Roth
5 – Judy Goldstein/Stanley
Goldstein/Steven Gootnick/
John Healey/Howard Kaplan/
Les Langer/Tina Lieberman
6 – Joan Boncore/Linda
Capello/Norman Morell/
Michael Vider
7 – Norma Balshem/John
DiDonato/Herb DiDonna/Flora
Feldman/ Sue Miller/Shari
Nisenson/Peter Peters/Sondra
Ravin/Jake Shein
8 – Paul Epstein/Stanley Kaye/
Cindy Smilowitz/Karen
Wurman
9 - Toni Scaturro

10 – Carole Goldman/Deanna
Katz/Marilyn Lipner/Harvey
Nash
11 – Ron Kane/Rose Pasternak
12 – Patty Bonney/Andrea
Brandt/Ellen Buxbaum/Sandy
Effron/ Larry Fishman/Bette
Meyerowich/Sharon
Schleifstein/Dorothy Thomas
13 - Phyllis S. Greenberg/Fran
Koppell/Linda Pill
14 – Lyobov Berlyant/Diane
Magnani/Eugene Schwartz
15 – Steve Baliff/Garry Fox/
Harold Levy/Gail Namm/Marie
Rando
16 – Shay Reisert/Harry
Wasserstein
17 – Irene Daniels/Karen Gala/
Marci Leibowitz/George
Nugent/Robert Pladdys
18 – Mickey Berke/Pat
DiGiacomo/Susan Friedman/
Bernie Schwartz/ Harriet
Silverstein
19 – Bonnie Esterow/Sharon
Furia/Al Muller/Michael
Koppell/Michael Toubin
20 – Carl Fink
21 – Camile Astel/Michael
Lieberman/Jack Perel/Marci
Singer
22 – Mona Ascher/Gloria
Bauman/George Berg/Meg
Pribyl/Marc Solomon/Joseph

Spinelli
23 – Genia Beeferman/Mike
Esposito/Wendy Wendel/Allen
Wolkow
24 – Sandra Cooper/Patrick
Flynn
25 – Michelle Berger/Michael
Bluth/Barry Gallanter/Dany
Harel/Wendy Kotula/Dennis
Lyons
26 – Lori Piekny
27 – Shahnaz Ali/Steve
Finkelstein/Joel Hershey/Risa
Jarvis/Bruce Lederman/Mitchell
Schwam/Judith Sivin/Cy
Wyche
28 – Concetta Anzaldi/Alice
Kupcho/Frank Landsman/
Carmen Nicolisi/Nancy
Silverman
29 - Harriet Harris/Nanci
Tringali

February Anniversaries

1 – Brian & Delores
Brandenberg/Ira & Caryl
Cohen/Ray & Sue Melcher
2 – Mark & Bonnie Greenstein
7 – Paul & Gail Namm
9 – Joel & Rochelle Kaplan
12 – Jerry & Gwen Minkin
13 – Robert & Diana Pladdys/
Bernie & Susan Sabel
14 – Lori Anastasio & Ed
Hammer/Marty & Fran Pickus
15 – Robert & Susan Johnson/
Ron & Carole Miller
19 – Ed & Linda Hyman
20 – Stuart & Rachelle Loss
22 – Fred & Debbie Impson
23 – Arthur & Rita Albert
25 – Steve Finklestein & Patty
Bonney/Len & Cheryl Spilka
27 – Davi & Sharon Friedberg

(**) If any of the above dates are incorrect or if any have been omitted, please contact me so that our information is up to date. Thanks, BB

ATTENTION NEW RESIDENTS We certainly want your dates included, so please contact me with them, and it will be done! Thanks, BB

Fruits of Our Lives (Not the Pits)

By Christiana Barone

A Special Note to All Newcomers to Our Community

If there are any new additions to your family, an engagement/marriage of your son/daughter, yourself, or if someone close to you has joined the military defending our country and last but. not least, has received a special award, please let us know. All you have to do is drop a note of the forthcoming event in the mailbox of Christiana Barone, 8 Country Club Drive or e-mail me at ccbar-



one@aol.com with a reference in the subject box "Regency News" by the first of the month and magically it will appear in our community publication. If you choose to e-mail me, please indicate Regency News in the subject area. That's all folks. See you next month with the FRUITS OF OUR LIVES, (not the pits).

Thank You Notes

Mr. Milton Paris
Regency Culture Club
Monroe Township, NJ 08831
Dear Mr. Paris and Club Members,

On behalf of the Monroe Township Food Pantry and its recipients please accept my heartfelt appreciation for your endless support of our community in helping spread joy throughout the Holiday season. Regency Culture Club's annual contribution of turkeys for our Holiday Food Baskets once again goes above and beyond, and we cherish your charity and kindness.

We are so grateful for your partnership in helping our neighbors during difficult times, and we thank your organization for truly making a difference in their lives, you fill their hearts with gratitude. We, and all the people you touch by your thoughtfulness, are very appreciative of your dedication and we thank you, again, for your support of such a worthy cause.

Your devotion to our mission is exceptional and we value your compassion and good will.

Every year the charitable efforts of Regency Culture Club are indispensable, and we truly appreciate your benevolence. You are all very special people, and we profoundly cherish your commitment and dedication.

With gratitude,
Nancy Harrigan,
Director

On behalf of myself and the Old Bridge Animal Shelter, thank all of you for your compassion and generosity by giving many, many needed items for keeping our canines and felines healthy with blankets, food, toys, cleaning aids, and so many other necessities. I'm so grateful for the overwhelming response I've gotten. Again, thank you.

Bea Siegel
Regency resident, and volunteer
at the Old Bridge Animal Shelter



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Wednesday, March 6th
10:00am | 2:00pm | 7:00pm

Freehold

Radisson
50 Gibson Place
Thursday, March 7th
10:00am | 2:00pm | 7:00pm

You may register by calling our office at
(732) 238-6000 or online at www.levinefurman.com/seminars.

Most attendees choose to make an appointment at the end of the presentation, so please bring your calendar with you.

Men’s Club Happenings



By Sheldon Piekny

The Men's Club is off to another great year. We had our final meeting at the Clubhouse before the renovation begins. Our guest speaker was Florence Chukwuneke who gave a very informative and useful discussion on how to prevent a

stroke and a heart attack. We also had our first trip of the year to the Stress Factory, which as usual had us laughing all night. Lots of events are coming up. Keep looking at all the flyers as they come out. Just a reminder the monthly meetings will continue to be held at the Tennis Pavilion during the renovation.

Men’s Club Scheduled Events

- Wednesday, March 27 - Silver Mine
- Wednesday, April 17 – West Point
- Sunday, May 5 - Mother's Day Brunch. Due to the Clubhouse closure, Mother's Day will be held at Senior Center.

As well as many other events with dates to follow



Snow Much Fun.

Photo by Harriet Fabrykant

Regency Women’s Group

By Barbara Wilner

The Regency Women’s Group is on a roll as our events continue and so many members have been enjoying them. Our December Snow Much Fun was held after the *Reporter’s* last deadline. We are so glad to re-

port that that evening warmed the winter night. Our committees had a beautiful display of the most special desserts and comedienne Helene Angley entertained 200 members. Great job ladies! We are still receiving kudos from attendees.



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Now it’s time for lunch. On January 8, 120 members enjoyed the afternoon at an expanded Anemos restaurant feast. A special menu was planned for us. We thank Lois Effron for her beautiful and skillful keyboard accompaniment. Great food, music, games, and friends rounded out our day.

There is no meeting in February. Our Board and Committees have been meeting and discussing planning future events while our Clubhouse is closed. We have things in the works. Be on the lookout for our news.

Again, best New Year wishes to you. Whether home or away this season, enjoy it all in good health.

Till next time...

New Clubs or Interest Groups New Club Suggestions Backgammon Club

Beginners to advanced players welcome, or just learn more about Backgammon. Discuss strategies and teach new players. Potentially we can hold a tournament.

Regency Newcomers

Discuss how to meet people at Regency and what resources are available, both at Regency and in Monroe. It can be hard to find people who share your interests, let’s help each other figure it out.

If you are interested in either of these clubs, please contact Laura Balsam.

My phone number is in the directory, or email me at new-clubs08831@gmail.com

Want to Start a Club or Interest Group?

Send me a brief description with your contact information and we will publish it here. I can print your name as the organizer, or I can receive the responses and forward them to you.

Regency Cocktail Revolution Club

By Karen Calder

January 9, 2024, will mark the end of the second six month membership of the Regency Cocktail Revolution Club. During these past six months we had many memorable celebrations to reflect back on - James Bond Night, a Halloween Costume Cocktail Party, a Thanksgiving Dinner that as Arlo Guthrie would say “couldn’t be beat,” a December Holiday Celebration, and we will end in January with a Football Tailgate Party. Due to the *Regency Reporter* article submission cutoff date this update is being written prior to the tailgate evening.

The American Tailgating Tradition has a surprising wartime history. This truly American ritual of tailgating at football games started in the 1800s during the Civil War. American citizens would bring picnics to watch the Civil War and this is considered a likely precursor to our modern-day tradition of toting food and drinks to a football game. The



Barbara Potasky, President of the Cocktail Revolution Club posing with our partner, Travis Helmka of Yorktown Discount Wine and Spirits in Englishtown.
Photo by Karen Calder

Cocktail Club will honor this tradition with our own style celebration. We have asked all attendees to wear their favorite team jersey and anticipate sixty-four attendees who will come decked out in team regalia. I, for one, am a rabid screaming fan of The Ohio State University and though this season was very disappointing for me I do plan to attend the club meeting in full scarlet and gray attire.

Travis Helmka from Yorktown Discount Liquor and Wine in Englishtown will once again be partnering with the Regency Cocktail Revolution Club. The drinks on the agenda to be served up are:

- Raspberry Margarita made with tequila.
- Grid Iron Old Fashion made with bourbon.
- Super bowl Vodka Screwdriver
- Football Mule made with Jack Daniels.
- Little Beer, which is a shot of the Mexican Liquor 43 with Baileys Irish Cream floating on top to give the drink the appearance of a foamy beer and that is where the drink name is derived from.
- Five different craft beers hand selected by Travis to honor the tradition of beer drinking at a tailgate party.

Accompanying the alcohol choices will be a full array of tailgate appetizers and dinner catered by The Food Emporium on Route 520 in Morganville. Food choices to be offered are cocktail sandwiches, assorted wraps, Panini’s, grilled vegetables, assorted hot hors d’oeuvres, Caesar pasta salad, apple walnut salad, fruit salad, and a cheese and cracker platter. Accompanying the main food will be a plethora of amazing desserts also catered by The Food Emporium. Choices will range from assorted Italian pastries, Italian cookies, and brownies. There will also be pretzel nuggets and specialty sauces from The Philadelphia Pretzel Factory in Old Bridge and a make your own sundae station.

The January meeting marks the end of the past six-month membership. We are pleased that once again everyone who participated raved about their experience, and it has been our pleasure to get to know so many new Regency residents and celebrate together monthly. We look forward to meeting new members in our next six-month group, which will start with a meeting on February 6, 2024 and run thru July. The theme for the upcoming February meeting will be a celebration of the Chinese New Year.

2024 Shalom Club Calendar

Friday, July 19 -

Shabbat Dinner

Featuring Herman Lentz -

Author of *Jewmorous*

Sunday, August 18 -

Featuring Keith Spencer -

Baritone Vocalist

Sunday, September 15 -

Featuring *The Mamales*

Tribute to the

Yiddish Theater

Sunday, October 20 -

Featuring Linda Belt -

Comedian

Become One of the Regency Reporter's Contributors!

Do you have a special interest?

Do you have information to share?

Do you love to write?

Why not join the Regency Reporter team?

We are always looking for new contributors!

The Regency Reporter would love to have you!

Contact Nina Wolff to discuss your ideas.

nwolff0325@aol.com

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Dancing to the Live Performance by Hidden Gems invited by IAG. Photo by Bharat Doshi

Traveling with Road Scholar A Regency Singles Club Event for the Entire Community

By Rheva Katz

Traveling is one of life’s great pleasures. Especially if you are with people who travel at your speed, get your jokes and who remember who our thirty-fifth President was. It was John F. Kennedy in case you are having a senior moment.

On January 3, The Regency Singles Club hosted a Zoom presentation that introduced the not-for-profit Road Scholar travel group to the community. To be fair, many at Regency have traveled with them and may remember them as Elder-hostel. They re-branded in 2010 to better reflect their mission to inspire and educate adults ages 50 and above. Since we are of that age, we invited Cindy and

Clyde Harris, two Road Scholar Ambassadors, to explain over Zoom why this tour group was worth a look. According to the Harris’, Road Scholar is unique because they do a deep dive into the culture and history of a locale and provide a total immersive experience. A Road Scholar expert leads the tour, and they also engage in-country lecturers with specific knowledge of the country. Our Ambassadors shared some of their experiences, which included dancing with the Māori of New Zealand and watching how those famous Cuban cigars are rolled. Do we still ban them? Well, they would have known had I thought to ask them.

The Ambassadors stressed a

few other important distinctions that made Road Scholar a good travel choice. They go to over 100 countries and all 50 states. They can take you around the world whether you are traveling with a group, solo, as a family, or with your grandchildren. Road Scholar tours are categorized and realistically described in their brochures to recognize different physical abilities. Their trips range from Easy Going to Challenging. However, the most important element of a Road Scholar tour was the likelihood of meeting like-minded people and the friends you made along the way. And when you think about it that is what it’s all about.

IAG’s Last Hurrah of 2023



By Bharat Doshi
A Scintillating Performance
by Hidden Gems on
December 10

Editor’s Note: The Editorial Board of the Regency Reporter welcomes Bharat Doshi as the writer of the IAG articles. We thank Rajesh Kapadia for penning the article for the past two years and wish him the best in all future endeavors.

The Indian American Group (IAG) celebrated the winter holiday season with a lively performance by a team of singers and entertainers from Hidden Gems, a non-profit ‘Sing with Passion Support a Cause’ group based in New Jersey. IAG

invited members as well as non-members to attend this event and a total of about 125 showed up. The program started at 6:30 p.m. when each attendee was welcomed with a box containing delicious Indian snacks, including Samosa, Batata Wada, Kachori, and Laddu. Coffee, tea, and water provided an appropriate complement. Many attendees brought alcohol to liven it up further. Hidden Gems performers were introduced just after 7 p.m. and they performed non-stop for two hours. A wide selection of songs from Bollywood movies brought the audience to the dance floor throughout those two hours. Many songs inspired foot-thumping dances and some brought romantic Waltz movements. It was a sight to watch the oldies dancing like teenagers. Overall, it was a fun evening to welcome holidays and winter. Anil Shah coordinated this lively event.

The 3D Art Group

By Renee Horowitz

On January 4 we had our magical gift exchange and bagel breakfast to usher in the New Year.

As we gathered to work on our projects the room was filled with great conversations and bagels, setting the stage for a morning filled with excitement. The highlight of the morning,

however, was undoubtedly the gift exchange. As we took turns picking out our secret gift and unwrapping them the room buzzed with anticipation and surprise. Thoughtful presents that could be used for 3D creations, showcased the genuine connections we share. Every gift reflected the unique personalities within our group. The

(Continued on page 7)

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All the members eating and enjoying the morning.

Photo by Renée Horowitz

The 3D Art

(Continued from page 6)

bagel breakfast and gift exchange proved to be the perfect combination, fostering a

sense of unity and appreciation among us. In the end, our morning was a celebration to the power of good company, delicious food, and the joy of giving and receiving. It was a

celebration of togetherness that left everyone with a warm glow, reminding us all that sometimes the simplest moments are the ones that create the most lasting impressions.

Shutterbug
Regency Digital Photography Club

By Howard Wichansky

The meeting held in December took a unique turn away from photographs and elements to improve our images. Instead we opted for a lighter theme for a little fun to explore in the realm of photography. We asked the members to find two or three catchy or epic quotes or sayings that reveal an interesting meaning to photography. They could be deep, witty, or highly informative about a technical or artistic aspect of this highly endless subject. So be it. We wound up with one or two liners from people spanning the likes of Ansel Adams to Ziggy, the cartoon character. Surely, a few made me think for a while; others laugh or just plain realize why we love photography. Why not give you some to enjoy here?

Let's start with a few contributed by Regency resident Charles Kaplan from the most renowned landscape photographer, darkroom genius, and environmentalist- Ansel Adams. They are as follows:

- A good photograph is knowing where to stand.
- The negative is the equivalent of the composer's score, and the print performance.

How about a quote from another famous name in photography that you are sure to recognize, George Eastman? Club member Shelly Ludwig found this fundamental quote:

- Light makes photography. Embrace light. Admire it. Love it. But above all know light.....and you will know the key to photography.

If you want to get philosophical a quote submitted by resident Frank Ruggiero from a French master Henri Cartier Bresson, who pioneered the genre of street photography, would pull out all the stops. He wrote:

- It is an illusion that photos are made with a camera... they are made with an eye, heart and head.

How about two comical contributions? The first by Shelly Ludwig used a play on a word:

- Today I am going to shoot someone...and they will love me for it. (Author unknown)

The second a cartoon saying found by Howard Wichansky that was devoted to photography:

- It appeared in Ziggy by Tom Wilson in the *Star Ledger* and read: *They say that having a hobby can make you a more active and interesting person! I wonder if having a door-bell camera counts as taking up photography?* That expresses with humor the hope of all of us in the camera club - that our photography hobby, for real, broadens us as individuals and enriches our lives.

A quote from Ted Grant who was influential in shaping Canadian newspaper photography

was brought to our attention by Bharat Doshi and is as follows:

- When you photograph people in color, you photograph their clothes, but when you photograph people in black and white, you photograph their souls. (A black and white photograph taken by Bharat proves the point.)

A magnificent quote uncovered by Howard Wichansky that captures the essence of photography and its monumental value whether you've taken a picture of a landscape, a wrinkled face, or a family celebration comes from an unlikely author and reads:

- A photograph can be an instant of life captured for eternity that will never cease looking back at you. This is from a photographer by the name of Brigitte Bardot.

I hope you have enjoyed our diversion from the normal meeting topics. At the next meeting we will look at a subject that can help you improve your pictures and hope you will join us.

News and Views

By Marcia Midler,
Michael Zieky, Bert Busch,
and Phil Sloan

News and Views, Regency's current events discussion group, will meet the second and fourth Monday of February at 3:30 p.m. Time and place will be announced prior to each meeting and for meetings after the closure of the Clubhouse. If you wish to receive notifications and are not currently receiving them, email mjzieky@gmail.com. Our two meetings in February will be on February 12 and 26. Masks are not required, but we do ask that all participants be vaccinated. Everyone is welcome, regardless of their

views on current events.

First item on Mike Zieky's Agenda for our single December meeting was **The Houthis**, a disruptive rebel group funded by Iran. It has worked to foment civil war in Yemen, to attack American bases in Syria, American naval ships in the Red Sea, and also to target commercial shipping. Their fighters have joined Hamas terrorists in Gaza. They are far enough from Israel to make retaliatory strikes hard.

Suggested questions:

How should America respond to Houthi attacks on global shipping, on ships of our Navy, and our bases in Syria?

Should the American re-

(Continued on page 8)



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**The Regency Ethnic Restaurant Eat Around (EREA) Club
Due to Popular Demand Will Return to
Sophie’s Bistro for a French Dinner on March 3**

By Marty Feldman

Following a number of slightly more exotic or not-so-commonplace cuisines, such as Filipino and Ethiopian, the EREA has acquiesced and scheduled a French bistro dinner on March 3, 2024. The dinner’s venue is Sophie’s Bistro in Somerset, the site of our previous French dinner six or seven years ago. If you asked the average person of my generation what ethnic cooking style has influenced the American palate over the last century you would probably get one of three answers: Italian, Chinese, and

French (think Julia Childs, Jacques Pepin). You only have to travel about one block in most major American cities to find a Chinese or Italian restaurant; sometimes two or three. However, French restaurants are few and far between, even though the French cooking influence can be seen in most, if not all upscale restaurants. If we look within a twenty mile radius, only one restaurant comes to mind, preparing classic French food.

The first French dinner we had at Sophie’s was on a cold, snowy night in February, and we had filled about half of the restaurant with Regencyites. This dinner, based upon the early interest shown, will probably enable us to take over the entire restaurant, which has a capacity of 75. Due to the number of people expected to participate we will be required, by

the restaurant, to have a buffet dinner. The good news is the dinner will include two appetizers, four entrees (chicken, pork, fish, and pasta) accompanied by potatoes and vegetables; dessert, coffee, tea, and soft drinks will also be included.

The cost of the dinner is \$76 per person, tax and tip included. Only 75 people can be accommodated so seats will be assigned on a first come first served basis. Checks should be made out to Marty Feldman and should include any group names wishing to be seated together. The EREA is open to all Regency residents, singles and couples. There are no dues and there are no commitments. Your only commitment is to the dinners you wish to attend. Please call me to add your name to our list or for more information.

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News and Views

(Continued from page 7)

sponse (if any) focus on Houthis in Yemen, or directly on their sponsors in Iran?

How likely is it that an American response to the Houthis would involve America in another war such as we waged in Afghanistan and Iraq? What about an American response to Iran?

Second item: The American Economy. Objective measures such as job growth, rising wages, and decreased inflation are all trending positive, yet polls consistently show that most Americans believe the economy is in trouble.

Suggested questions:

What accounts for the discrepancy between reality and perception regarding the economy?

To what extent are views of the economy influenced by views of the political party currently in power?

How do you think the economy is doing? Do your views reflect or refute the objective measures? Were you better off under Trump than you are under Biden, or not?

Third Item: New Treatments for Sickle-Cell Anemia. The Food and Drug Administration approved two new treatments for Sickle-Cell Anemia, a blood disease that causes great pain, debilitation, and early death. It affects primarily people of African descent. About 100,000 people in the US have the disease as do millions of people in Africa. The problem is that treating a single patient costs from 2.2 to 3.1 million dollars and very few facilities are able to offer the treatment. Furthermore, the existing facilities can treat very few (5-10) patients per year.

Suggested questions:

Should medical insurers be required to pay for the treatment? Could they pay for the

treatment without making the cost of insurance soar beyond what most people can afford?

Should available treatment for a disease be withheld from people who cannot afford it? What is the responsibility of the government in covering costs of treatment for uninsured people?

What criteria should be used to select the 50 or so people who can be treated each year out of the 100,000 who suffer from the disease in the US? Is it likely that treatment for Sickle-Cell will ever be available for a significant proportion of diseased people in Africa?

In general, at what point does medical treatment become so expensive that it should be withheld from people who need it?

Fourth Item: Are Calls for Genocide OK? In recent Congressional testimony, the presidents of several elite universities (Harvard, MIT, and The University of Pennsylvania) said that whether or not calls for the genocide of Jews violated the schools’ codes of conduct or constituted bullying or harassment of Jewish students “depended on context.” By way of contrast, Harvard has cautioned undergraduates that “using the wrong pronouns” qualified as abuse, contrary to the code of conduct.

Suggested Questions:

In your opinion, what context, if any, would make it acceptable to call for the genocide of Jews?

How do you think the presidents of the universities would have responded to calls for the genocide of Black people or the genocide of LGBTQ people?

Are calls for the genocide of any group protected by the need for freedom of expression on a college campus? Is any speech so abhorrent that it should not be allowed on a college campus? Who gets to decide?



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The Regency Book Club

By Judith Zipkin

Hello Beautiful

In 1996, Oprah Winfrey decided to share her love of reading with the vast audience that followed her by forming her own book club. This past year, Oprah had to choose a very important book; her one hundredth. She searched for a book that was well written, with characters and a story that moved her. *Hello Beautiful* by Ann Napolitano was her choice. On Tuesday, January 2 nearly twenty Regency Book Group members met to discuss *Hello Beautiful*, a book about an Italian American family living in a working-class neighborhood in Chicago. The Padavano's, Charlie and Rose have four daughters. Julia is the eldest and she is the high achiever with her future all planned out. Her closest sister is Sylvie, a dreamer, who works in the library and is happiest with a book. Next are the twins, Cecilia, the kindhearted artist and Emeline, the nurturer who loves children. Their father Charlie is not a great breadwinner, but he is a kind presence at home. He loves to read and quote Walt Whitman and loves his daughters unconditionally. He always greets each of them with "hello beautiful." Rose, disappointed in her husband Charlie, spends her time in her garden and talking about her saints. Her priority is that her daughters be educated and that they all attend college; something she was not able to do. Ms. Napolitano draws a lovely picture of a family with two sets of sisters; their thoughts and lives intertwined and buoyed by their love of each other, their hopes and dreams for the future, and the love of their father.

The book opens in 1960, not, however, with the Padavano family but with William Waters and his family. William is born into a very different family, one with financial means but without love. Several days after he is born, his older sister dies suddenly, and his parents are thrust into a grief they never recover from. William learns to expect nothing and lives a quiet, solitary life without the parental love and attention every child deserves. He finds basketball to be his savior. He makes the school team and with the assistance of his coach, he obtains a basketball scholarship to Northwestern University. It is at college that he meets Julia Padavano and their story begins.

The author, Ann Napolitano, believes that every person sees life events from their own perspective. The book is written in alternating chapters, highlighting the different points of view of the main characters Julia, Sylvie, and William. *Hello Beautiful*, is both a character and plot driven novel that is heart wrenching yet hopeful, and asks many questions of the reader including: What is family? Can there be forgiveness?

Can people change?

The group discussion began with one member saying that she thought William was the main character. The group agreed and felt that Charlie, the other male character, while having a smaller presence in the book, had a major, lasting influence on each of his daughters and on William. A book the reader expected to be about the sisters, also had very well developed, complicated, male characters. Someone wished that Julia's voice had been stronger and present more often in the later part of the book and that was discussed. We also discussed how family history repeats itself, which was so well illustrated by the actions of Rose, the mother, who repeated several of the mistakes of her mother, and which are then repeated by one daughter. The group discussed the recurrence of a bench, with members mentioning several different pairs of characters sitting, talking and "seeing and being seen" when they were alone on different benches throughout the book. It was on these benches that the group noted characters gained insight into themselves and others.

Hello Beautiful is a book filled with many of life's events: births, deaths, marriages, divorces, joy, depression, love, family support, and family cut-offs. Although the book deals with many difficult situations the author leaves us with hope. Ann Napolitano lets you experience the sadness of a loss and reminds us that often the loss brings an opportunity for a new life experience. While there were some minor criticisms of the book, overall, it was well liked.

Please join us on February 6 when we read *Tomorrow and*



Tomorrow and Tomorrow by Gabrielle Zevin, and then again on March 5 for *Code Name Edelweiss* by Stephanie Landsem. All residents are welcome. Remember reading is a pleasure and sharing your thoughts about a book with others is a gift.



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Hadassah Highlights



HADASSAH
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By Carol Kortmansky
Karen Ross, President

In this New Year, may we continue to join together as we pray for the miracle of peace in Israel and throughout the world. May we continue to pray that all people, everywhere, will be able to be who they are and live in peace and harmony. And yes, may our support as well as our prayers for all who are suffering through this time, continue! Am Y'Israel Chai!

Let Israel be safe and her future be bright!

We would like to welcome **Roberta Chopp Rothschild**, who has recently transferred her Life Membership to our chapter. In addition, we would like to welcome **Susan Klarer** and **Helen Drobni**, who have joined our chapter as annual

members. Thank you and we look forward to seeing you at our exciting events.

Our December meeting brought many new faces, as well as many of our long-time members who are home at Regency. We welcome all our new neighbors and hope you will continue to come and enjoy our programs. Many thanks go to our very own Hadassah member and neighbor, **Mardi Leibowitz**, for a great program in December of “stretch and kvetch,” and for sharing the program with **Sherry Glick** who taught us about a mindless meditation. We not only learned a lot that night but had fun while we did it.

With the Clubhouse closure beginning in February, we are working hard to figure out what is next in programming. We will

have events on the calendar so please watch your emails for upcoming events. The same goes for our Book Club, which will be meeting at the Tennis Pavilion while the Clubhouse is closed.

We are excited for the return of our own Women’s Seder, which will be held on April 15, 2024. In the past this evening has proved to be an inspirational and emotional one led by Cantor Michele Teplitz of the Marlboro Jewish Center. We are so pleased that Cantor Teplitz will be joining us again this year! The evening will include a beautiful and unique Haggadah written by our own Hadassah members, highlighting the most important Jewish women in our lives, traditional and more modern melodies and songs sung by the Cantor as well as the audience, and a full Kosher Seder style meal catered by Exquisite Caterers. Hold the date. Publicity will be going out shortly with more information about this beautiful evening in the form of emails, fliers, and in the Hadassah Highlights article in the *Regency Reporter*.

Our Theater Party will be held on June 2, at which time we are going to see *Evita* at the Axelrod Performing Arts Center. Tickets are on sale now through Hadassah at \$54 per ticket. Contact **Joan Blitz** or **Naomi Trachtenberg** for more information. Their home numbers can be found in the Regency Directory.

If you have ordered Mah Jongg Cards through Hadassah please note they will be sent out directly from the Mah Jongg League in March to the address given when you ordered the card. If you ordered a card and asked **Karen Ross** to hold it for you, please contact her when you return to Regency to obtain it from her. We thank the whole Regency Community for their support in helping Hadassah by order-



ing their cards through us.

We would like to remind our members that condolence and greeting cards can be purchased from **Shelly Schwartz**, **Sandy Mailman**, or **Marilyn Krawet**. If you cannot reach one of our Card chairpersons, please contact **Karen Ross**. For JNF Trees (\$18 if delivered in Regency and \$19 if mailed out of the development) and Certificates (\$10 if delivered in Regency and \$11 if mailed out of the development) contact **Karen Ross** or **Linda Strauss**.

Once again, a reminder that all checks for any Hadassah event or donation must now be made payable to **Hadassah** and not to Regency Hadassah and if you have changed your email,

please let **Linda Strauss** (lstrauss@floods.net) or **Karen Ross** (kbr1253@aol.com) know as soon as possible.

Please watch your email for updates on future Hadassah events. As noted before, we are in the midst of working on future events and locations because of the closures during the next few months, and will update you as often as necessary via email.

Stay warm, safe, and well! Wishing everyone a very Happy and Healthy 2024.

Regency Hadassah Schedule of Events

- Monday, April 15 - Women’s Seder
- Sunday, June 2 – Vita at the Axelrod Theatre

Yiddish Club ➔ Shalom Club

By Art Cooper

Have You Heard?

The Regency Yiddish club has been an active club in Regency for over 20 years. During this time we have held many educational and entertaining meetings for all of Regency. Although our name implies our programs are designed to enhance the knowledge of Yiddish among those attending, they are not. Our meetings sometimes begin with a joke told slowly in Yiddish with a line by line translation while being told. Of course we always have a delicious breakfast or dinner depending on the event. When new residents move into Regency they have commented they don’t speak Yiddish and are not interested in attending our meetings. We then have to explain our club activities. Similar organizations around the area are called Shalom Clubs. Just in Monroe alone Clearbrook, Concordia, Encore, Greenbrier, The Ponds, Renaissance, Stonebridge, and Venue all have Shalom Clubs.

In 2012 Shalom Club members at Four Seasons in Jackson thought it would be a good idea for all the Shalom Clubs to join together to form a bigger and more active group. This group became the Central Jersey Shalom Cultural Club (CJSCC). This group meets regularly to share



information about their programs, speakers, etc. The CJSCC also sponsors a major entertainment event to bring together members from all the clubs. The CJSCC now has 20 active groups. The clubs are located in Middlesex, Monmouth, and Ocean Counties. The Regency Yiddish Club has been a very active member since its formation.

As the new leaders of the Regency Yiddish Club, **Art Cooper** and **Alan Datz**, have discussed the activities of our club, our membership in CJSCC, and confusion new residents have had upon seeing Yiddish in our name. For these considerations we decided to rename our club the Regency Shalom Club. Greenbrier in Monroe recently changed their club name from Yiddish Club to Shalom Club for similar concerns. We feel this name is more descriptive of our activities and aligns us with the other members of CJSCC. We look forward to your continued support and are hoping more residents will join us for our very social and entertaining meetings. We have no membership fees; just pay for the meeting you plan to attend. You don’t have to be Jewish to enjoy our events.

With the closing of the Clubhouse until July, 2024 we have a shortened meeting schedule this year. But since we took the reins over from **Rich** and **Hedda Lans** we have been busy putting together an exciting meeting schedule you will not want to miss. Our schedule for 2024 starts with our annual Shabbat dinner on Friday, July 19. Our first breakfast is on Sunday, August 18 followed by breakfasts on September 15 and October 20. Mark your calendars. We look forward to welcoming all to our meetings. In addition, the CJSCC sponsors a performance each year for all members to attend. This year the show is scheduled for Sunday, August 11 in the Jackson Memorial High School. We look forward to greeting more of our residents at each of our events.

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Beyond Words

“Er, um, like, you know, okay, I mean”

Conversational Fillers

“Well, um, actually, I, um, was going to, um, tell you about that later.” “Basically, in a manner of speaking, uh, if you don’t mind my saying so, truth be told, the quality of the food was, uh, not what I, uh, expected.” Conversational fillers are, in essence, words that are empty; they have no real meaning. Why do we use fillers? One reason is to “keep the floor,” that is, to fill in any silent moments, so no one else can jump in and end our conversational turn. Another reason is to stall for time to gather our thoughts, just a moment or two, to think of how we want to answer a question or relate some information. Also, when a thought eludes us we need time to search our memory. When we use many fillers we may appear to be uncertain about what we are saying or not well prepared when expressing our thoughts. In the movie *Twelve Angry Men*, for example, one of the jurors kept saying, “You know what I mean” when he had difficulty expressing his concerns adequately.

There are times when we use filler terms to take some of the sting out of a comment. “I thought his outfit was *kind of*, *you know*, *kind of* outdated.” Or, fillers can be used as indicators of support. “Well, *you know*, I don’t *actually* think it was such a bad idea.”

When my grandchildren were very young, three or four years of age, they would, on occasion, start a sentence with, “Well, *Actually*...” Looking back, I can see why they used these fillers words—to signal that they were about to impart some wonderful words of wisdom, so get ready to listen! Many fillers are, in effect, attention getters. “Okay, so, do you need to arrange anything else before you leave?”

There are times when conversation fillers can drive you crazy, such as when you are having a long conversation with someone who repeatedly punctuates each sentence with, “I mean,” “okay,” “Ya know” or “like” (I was *like*, I don’t believe this. I, *like*, don’t even know the address. I have, *like*, no cash. The movie was, *like* so boring.)

Unfortunately, individuals who are feeling awkward or insecure make even greater use

of fillers without realizing they are doing so. While listening to a Chinese tour guide speaking English, I realized she would frequently say “yah” after every few words. “We should be there, yah, in ten or fifteen minutes, yah, and then we’ll walk, yah, to the entrance.” The next tour guide peppered her speech with “okay.” “Okay, so we’ll have lunch, okay, after we see the village.” I’ve become accustomed to hearing people in the United States who speak English as their primary language, use conversational fillers, but never thought about their use by people in other countries who are speaking English as a foreign language. But why not? It’s even more logical for someone who is probably searching for just the right word in a language that is not their native tongue, to need the momentary pauses afforded by conversational fillers.

In fact, conversational fillers are used in most languages. In France, for example, they use the French words for: *what*; *you see what I mean*; *well*; and *like*. In Germany, popular fillers are the German words for *so* and *actually*. In Hebrew the most common fillers are *eh* and *em*. Young people often use the Hebrew version of *like*. In Italy, the Italian words for *like*, *there*, and *actually* are common fillers. Interestingly, in Asian countries like China and Japan, listeners, especially on the phone, use words such as *ah* repeatedly, to show that they are paying attention. Is this an example of a filler word, or does it, indeed, have meaning as a signal?

Watching current movies makes it seem as if some obscene four-letter words have become conversational fillers. One starting with f... is used repeatedly as a non-meaning word. Its purpose is probably to titillate, and to indicate the nature of the social milieu being depicted.

While the overuse of conversational fillers can be annoying and distracting to the listener, there are several positive as-

pects to these “non-meaning” words. As previously mentioned, they give us time to search our memory for thoughts that are eluding us; they can add emphasis to a statement; they can lessen the harshness or add strength to what we are saying; they give us time to reconsider what we are saying, and possibly change our mind about what we are about to say; they provide a moment to find just the right word; they give us the opportunity to expand our ideas; and, they help us connect our diverse thoughts into one cohesive idea.

The other day I started to pay close attention to my own speech, and, lo and behold, I found it to be liberally sprinkled with (Oh, my gosh!) conversational fillers. The truth is, we all use fillers, but it’s a matter of degree and purpose.

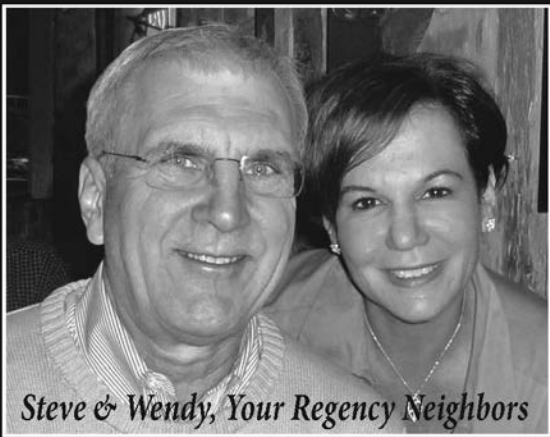


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By Marcia Milgrom and Marilyn Jaclin

The Boys in the Boat

Between North and South, Marilyn in Florida and Marcia in Monroe managed to see this non-fiction sports drama in a movie theater near them. *M and M* had already read the book by the same title and enjoyed it immensely. This true story is about an eight man rowing crew, focusing on Joe Rantz (Callaum Turner), a University of Washington student. Joe has been homeless since the age of fifteen and is desperate to earn money for his tuition.

It is 1936, the height of the depression. There are few jobs and the University of Washing-

M&M Movie Minutes

ton will give money to anyone who makes the crew team. The boys who try out, and there are hundreds of them, will do anything it takes to make the team. They are hungry and some have holes in their shoes. The coach says that, "This is the most difficult sport in the world. The average body is not fit [for it]." Nevertheless, Joe was chosen for the junior varsity team. The training is grueling. Called the Husky's and coached by Hal Ulbrick (Joel Edgerton) the junior varsity team was sent out to compete with other teams, eventually ending up getting a Gold medal in the Berlin Olympics, taking on the first place German team. When they get to Berlin they see Adolf Hitler sitting in the stands.

George Clooney is the director and sums it up best. "You gotta beat the seniors and then you gotta beat the legacy schools and then you gotta beat the rich kids and then you gotta beat Hitler." We loved Joe from the beginning. He and his team

did have obstacles along the way. Joyce (Hadley Robinson), a classmate of Joe had to nudge him each time he fell asleep in class. The two did fall in love in spite of Joe practicing constantly. We are guided along by radio commentary so we can follow the team. The scenery was wonderful to watch and the rowing was mesmerizing.

M and M wholeheartedly recommend this film. It was interesting to see how the coach put his job on the line by believing in this less experienced team. It was imperative that they be a cohesive group or they would fail. We did not have the opportunity to get to know all the rowers but we did enjoy George Pock (Peter Guinness) the artisan who worked on the racing sculls. Joe helps him and at least had the idea of what a father figure can be. There were many poignant scenes. The book, as always, was more much more in depth. The movie was compelling and inspirational. See it!

Home Trends

By Cheryl Hand

Re-Sale Update for 2023


The re-sale market in Regency this year was similar to the past two years. The last three years will be known as the supply and demand years; the demand being greater than the supply, causing prices to inflate and multiple offers to be presented. Regency has become the place to be for buyers. Seller's watched as their homes came on and flew off the market quickly. Some of the re-sale properties that were listed sold in a matter of days. The days on the market decreased in 2023 and the units sold increased. Properties continue to sell at the asking price, close to the asking price or, not unusual these days with a multiple offer situation, selling over the asking price.

I hope that most of you have read my annual market update, so I will not list every property address that sold in 2023 – it's too burdensome for our over-worked editors. I will, however, sum up the market for you in the next few paragraphs and as always, if you have any specific questions, please contact me.

We had a total of FIFTY closed re-sales in 2023 as compared to forty-two in 2022. There are currently three homes under contract that will close early 2024.

The prices of the *thirty-one* Ranch homes that sold ranged from \$539,800 for a Prestwick built in 2001 up to \$850,000 for a Bayhill built in 2017. As always, there is a wide range of price in our community. The Ranch homes that sold in 2023 had an *average* sales price of \$678,680 slightly lower when compared to \$696,971 in 2022. The Ranch homes had an *average* of *forty-seven* days on the market – down from an *average* of *fifty-eight* days on the market in 2022.

Nineteen two-story Loft homes were sold with the prices ranging from \$585,000 for a Prestwick built in 2001 up to \$1,060,000 for a Merrimack built in 2014. The Loft homes that sold in 2023 had an *average* sales price of \$811,368 up from \$793,372 in 2022. The



average days on market came to *thirty-five* days down from *eighty*.

Real estate is not a clear-cut black and white business, but an emotional one. I wish I was a fortune teller so I could predict what to expect in 2024. I will say that with so few homes on the market (six re-sales at this writing) - if you have been considering selling your home, it will sell and most likely will sell quickly. Remember from grammar school? The Supply and Demand Theory. Less competition = higher prices = faster sales. I will keep you updated on a quarterly basis so you can all be aware of what your largest investment, your home, is worth. Happy New Year to all - wishing you a healthy one.

Pet Corner

By Bea Siegel


What Canine Breed are You?

Time for a good laugh. 🐾 As the saying goes, "If you stay together long enough, you begin to look like each other," and many times dogs and their guardians are look-a-likes and have similar personalities, but did you ever consider what breed of canine you might be? Well, here's your chance.

Golden Retriever: The sun is shining and there's nothing to worry about, so let's socialize, or chill-out together, 'cause "I'm the perfect companion."

Border Collie: I need a job - I can work all day and keep my eyes on everyone, 'cause "I'm the perfect organizer."

Dachshund: Hey, somebody get me a ladder so I can get the cookie jar! "I'm a real come-



dian," just watch my ears fly.

Greyhound: If it isn't moving, why bother? Believe it or not, "I'm the original couch potato."

Shih Tzu: You don't have to bless me, I didn't sneeze; pronounce it right, 'cause "I can rule the world just sitting on someone's lap."

Labrador retriever: Everybody in the pool, 'cause "I love having fun, getting hugs and kisses and being a party animal."

Poodle: Who cares? "I'm getting my nails done." I'm prim and proper with a sense of humor.

(Continued on page 13)

Seniors Living Corner Chat

By Barbara Berg SRES®,
and Keri Zoumas SRES®
Seniors Real Estate Specialist®

Welcome to Barbara and Keri’s Corner Chat on all things senior living. As **Seniors Real Estate Specialist®**, we look forward to offering these series of articles to share information that touches the lives of the senior community. We welcome your feedback and requests for future articles!

Nurturing Social
Connections: A Vital Aspect
of Senior Well-being

As individuals mature, maintaining social connections becomes increasingly crucial for overall well-being. Seniors often face challenges such as isolation, loneliness, and a decline in physical and mental health. Cultivating and sustaining social connections is essential to address these issues and promote a healthier and more fulfilling life for older adults.

The Impact of Social
Connections on Senior Health is
varied and includes:

Mental Well-being

Social connections play a pivotal role in preserving mental health among seniors. Engaging in meaningful conversations, sharing experiences, and participating in social activities stimulate cognitive functions, reducing the risk of cognitive decline and conditions like dementia.

Emotional Support

Emotional well-being is closely tied to social connections. Seniors with strong social networks are better equipped to cope with stress, grief, and life's challenges. A sense of belonging and emotional support from friends and family can significantly contribute to a positive outlook on life.

Physical Health

Studies consistently show a correlation between social inter-

actions and physical health. Seniors with active social lives are more likely to engage in regular physical activities, leading to better cardiovascular health, improved immune system function, and overall increased longevity.

The Challenges of Social
Isolation in Seniors can be:
Reduced Mobility

Physical limitations can make it challenging for seniors to engage in social activities. This reduced mobility may lead to feelings of isolation, as seniors may find it difficult to participate in community events or even visit friends and family.

Loss of Loved Ones

The passing of friends, spouses, or family members can result in social isolation for seniors. Grieving and adjusting to life without a loved one can be an isolating experience, emphasizing the need for support from other social connections.

Cultivating Social
Connections for Seniors:
Community Engagement

Encouraging seniors to participate in local community events, clubs, or senior centers fosters a sense of belonging. These activities provide opportunities for social interaction, shared interests, and the chance to make new friends. There are many offerings within the Regency community as well as at the Monroe Senior Center.

Volunteer Opportunities

Volunteering not only gives seniors a sense of purpose but also exposes them to new social circles. Contributing to the community allows seniors to connect with like-minded individuals, enhancing their social well-being while making a positive impact.

Family Involvement

Regular family visits and involvement in family activities are crucial for seniors. Building



strong connections with grandchildren, children, and extended family members provides a stable support system and helps combat feelings of loneliness.

Technology Training

Bridging the technological gap is essential for seniors to stay connected in today's digital age. Providing technology training or assistance with using devices and social media platforms can open up new avenues for communication and connection with others.

Support Groups

Joining support groups for specific life experiences or health conditions allows seniors to connect with peers facing similar challenges. Sharing experiences and advice within a supportive community can alleviate feelings of isolation and foster a sense of camaraderie.

In conclusion, the importance of social connections for seniors cannot be overstated. The positive impact on mental, emotional, and physical well-being underscores the necessity of cultivating and sustaining social relationships as individual's age. Addressing the challenges of social isolation through community engagement, family involvement, technological integration, and support groups can significantly enhance the quality of life for seniors. By recognizing the value of social connections and taking proactive steps to nurture them, society can contribute to the well-being of its aging population and ensure that seniors enjoy fulfilling, connected, and vibrant lives.

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THE COMMUNITY



Pet Corner

(Continued from page 12)

Mixed-Breed: I come from a family of great wealth and knowledge, but no one knows it, ‘cause "I'm not pretentious."

German Shepard: This loyalty thing is too much stress, but talk about "beauty, brains and kindness, I got it all."

Husky or Malamute: Don't fence me in, I'll figure a way out ‘cause "I'm extremely clever and energized."

Boxer: Okay, put on the gloves, and let's play. I'll snore in my sleep, then I'll patrol the house, ‘cause "I'm a good police officer."

Keeping our pets safe and warm with lots of love is key to keeping them healthy.

NOTE: I sincerely thank everyone for their compassion and generous donations given to Old Bridge Animal Shelter. You all made a tremendous difference in the lives of the shelter’s canines and felines. It's most appreciative.



Hi, my name is Ziggy Potasky. I'm your resident Shih Tzu mixed with Havanese/Pug, (don't laugh). Me and my mom, Barbara, love going for long walks, but she can't keep up with me. We have so much fun together; I love her. Read my story next month in the Regency Reporter.

Photo by Barbara Potasky

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Healing with Yoga Therapy



By Jaya Gupta

Hello Friends,

Hope you all had very Happy Holidays. Last month, we reviewed our multi-dimensional body and what practices help to heal it. In the last three years, we had an opportunity to learn meditation to heal our mind body, breathing to heal our etheric (pranic/breath) body, and this year we will learn how to heal our physical body by coupling these two together with yoga poses and movements. The simple yoga movements you will learn are called the **Joint Free Series**. JFS are simple yet very powerful yoga movements when done correctly with yogic breath. They make one very flexible and eventually strong. The best part is that anyone can

do them because they can be done on the mat, in the chair or even in the bed to keep us in good health.

We know that joint pain can be caused by bursitis, gout, lupus, and infectious diseases like mumps, hepatitis, influenza, cancer, Fibromyalgia, etc. But the most common are over worked joints (knee), injury, tendonitis (inflammation of tendons), Osteoarthritis, and Rheumatoid Arthritis. Without going into too much detail, we know that OA affects adults over 40 due to the breakdown of the cartilage that serves as a cushion and shock absorber to the joints like wrists, hands, hips and knees. RA, the most debilitating disease causes pain, inflammation, and deformity by building fluid in the joints as the body's immune system attacks the membrane that lines the joints. So far, there is no cure to completely eliminate the joint pain associated with OA or RA or keep it from returning, but these are some common ways to

manage joint pain:

- Use of a topical pain reliever or nonsteroidal anti-inflammatory drugs to reduce pain, swelling, and inflammation.
- If pain is not due to arthritis, nonprescription anti-inflammatory drugs, massage, warm bath, stretching, and adequate rest helps.
- Keep our body weight in a healthy range by eating the right food.
- But the most important are being physically active, stretching before exercising, and yoga to maintain a good range of motion and strength.

That brings us to the Joint Free Series. JFS is the series of movements, which help to move our joints freely, through its range of motion, without cracking, discomfort, muscular stress, or causing stress in adjacent joints. The benefit of this practice will vary according to our activity, time, age, weight, postural imbalances, injuries, pain, and emotional mood.

Let's understand the anatomy of a joint. The movement of a joint is controlled by various muscles. The stability of a joint depends on ligaments and special cartilage, which absorbs pressure to ensure smooth and pain free movement. Where bones meet the joint, they are tipped with cartilage that serves to cushion the meeting of two bones in their movements. A joint capsule, a membrane filled with Synovial fluid, surrounds the joint and lubricates the surface to provide smooth movement. During normal motion, one side of the joint muscles contract and the antagonist muscles on the other side relax. That means half of muscular activity is created by tension and the other half by simultaneous relaxation. If a person's nervous system hasn't learned to relax during motion, the muscular tension can cause damage to the cartilage and to the joint capsule, giving a feeling of stiffness. If ignored this starts the feelings of tiredness, lack of coordination, and eventually to pain, aches, and disease. Classical yoga tells us, it's not impor-

tant how many poses one knows but teaches us how to be comfortable and sturdy in a pose or movement. You learn to differentiate between comfort and discomfort, good pain vs. bad pain, good range of motion, and alignment. We need to learn all these factors to be free of joint pain. By creating a healthy sense of joint space in alignment and training ourselves to minimize the tensions of muscular activity, movements become very comfortable and natural and we begin to enjoy the glow of circulatory health.

In the coming articles, I will try to explain which specific muscles and joints react during which movement. You will learn which muscle contracts, which one stretches, what the range of motion is, and what not to do. But to learn them correctly, please join us for free mat/chair yoga classes on Monday at 11:00 a.m. and Wednesday at 10:30 a.m. in the fitness area near the pool or on Zoom to truly understand, and experience the power of yoga. Until then, take good care of yourself, stay blessed and be happy.

Love, Jaya

The Joys and Challenges of the Peace Corps Experience

Saturday, March 2
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To commemorate March 1, 1961, the day President John F. Kennedy established the Peace Corps, we will honor the important ways that the Peace Corps fosters connections and contributes to meaningful change in the United States and around the world. View a photo exhibit and listen to returned Peace Corps volunteers provide insights into their service and experiences overseas.

Registration is not required.



Tech Trends

By Don Haback

The Comcast (Xfinity) Data Hack!

As announced on December 19, Comcast suffered a huge hack of its email system. The company said that as many as 36 million customers were affected – AND THIS INCLUDES MANY OF US! It does not include any of us using Verizon (or any other provider) for their Internet service. Apparently, a routine Cybersecurity exercise on October 19 uncovered the internal systems issue during the previous few days – but it wasn't until November 16 that the scope of the hack was determined – and that a Federal Law Enforcement investigation began. Sadly, although the 'breach' apparently happened in mid-October, Comcast made it public only on December nineteenth.

OK, these things do happen – but what can we do about it? Unfortunately (and obviously, since the announcement suggested that the hack was found at the end of last October), our information was probably available to the hackers for two months. We think that individual users - like us – were probably not the intended targets. However, clearly, our email addresses as well as any data we may have entrusted to Comcast may all be now known to the hackers and to anybody to whom they may have sold it. Is there anything we can do about this issue? The first thing is to carefully check all the emails you may have sent and received since mid-October. If any were sent to banks, financial institutions, and even good friends, please advise them of the possibility of issues! Secondly, shut your com-

(Continued on page 15)

Healing Ourselves Naturally



By Steven Soffer N.D. MH
Our Future is in
Our Own Hands

This article is being written on January 6, 2024, three years after an attack at the U.S. Capitol took place. What we as voters do and what our politicians do will determine our freedom and the strength of our democracy. Yes, these are definitely scary times. Wars, climate change, poverty, power grabs from different countries and authoritarianism vs. democracy. We have a lot of choices to make as voters and our choices determine our future. This is the most important election of our lives.

As crazy as the world is currently, we must learn to look beyond appearances. Richard Bach says, "There is no such thing as a problem without a gift for you." Ernest Holmes says, "The Divine Plan is one of freedom; bondage is not God-ordained."

In the Bible is a story about a woman who believes if she could just touch Jesus' robe, she will be healed. When she manages to touch it, Jesus feels it, turns to her and says, "Your faith has made you whole." This

is just another way of saying, "It is done unto you as you believe." What it means is if we have the faith to look beyond appearances, the universe opens to us.

There is a fable about a man marooned on an island. He builds a hut that houses all of his belongings. Everyday, he prays to be rescued. One day as he is cooking breakfast, he sees an ocean liner. He runs to wave at it, to no avail. When he looks back, his hut with all his belongings has burned to the ground. He is devastated. The next morning, the ship arrives to rescue him. When he asks how they knew he was there, the captain says, "We saw your smoke signal." Even our worst events can turn into the best, so we should **NOT JUDGE BY APPEARANCES**. Christian Larson tells us, "We need to live in the conviction that we are greater than any limitations or conditions we meet." When we know this in our hearts, we gain the power to transcend any limitation. We know there is more goodness than we may be seeing in the moment. So, what we want to do is look for the good within. "Ultimately, the whole and the broken live side by side in us all." Estelle Frankel. At some point in our life, we all face failure and disappointment. What do we do when life hurts? That is the most important question. Will we lash out in anger and pain or

will we pause, take in the situation and respond with wisdom and discernment?

Ernest Holmes tells us, "No matter how many times we may have failed, we can undo the failure and set our lives on a new path." How, may you ask? "By changing our thinking," he says. It may not be done in a day, a week, a month or a year, but if we stick with it, we can turn our lives around.

Holmes offers us hope when he tells us we have an inner guide always there to direct us to our good. He writes, "There is an institution in you that already knows you are one with good and that your destiny is certain, and you **MUST LISTEN** to this intuition, for that is the voice of the spirit in you." If you are hurting, please know there is a power for good ready to move into you life, if you open to it. When you do, dreams can be reborn and healing abounds.

The important thing is that we have to release our fear. Emmett Fox says, "Do it trembling if you must, but do it." Fear is a universal experience. Pema Chodron has this saying on the wall of her office, "Only to the extent we expose ourselves over and over to destruction can that which is indestructible be found in us." We are powerful beings, but sometimes we forget. When we go through difficult experi-

(Continued on page 17)

Tech Trends

(Continued from page 14)

puters down when you're not using them. The third thing - and as recommended by Comcast - is to change the passwords on our WiFi routers (the units that connect our local area networks to the Internet).

Beware - you'll also have to change the passwords on all devices that use your Local

Area Network so they match the new router password. This could include your computers, phones, iPads and other network-attached devices (which can include TV sets, lights, doorbells, etc.).

Please contact Comcast for help! The phone number is 800-934-6489. Please let me know if you have any issues with them.

I wish everyone a HAPPY and HEALTHY NEW YEAR.

M. David DeMarco, *President*, N.J. Lic. No. 3203
Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651
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SPORTS

Play Softball, Wear Cool Uniforms, Have Fun

By Bob Zyontz

Note from the Editor: The Editorial Board of the Regency Reporter welcomes Bob Zyontz as the author of several sports articles. Unfortunately, we failed to welcome him for his contributions last month!

They don't call February the dead of winter for nothing. The air is frigid, the cold wind bites, snow is always a possibility, and my house doesn't have a fireplace. Despite these challenges, I neither get down nor depressed because spring is just around the corner. Soon, birds will be singing, flowers will be blooming, and the Monroe Senior Softball League will be warming up for its 2024 season. Turn the clock back a full year and the league didn't even exist. However, we put a plan in place, made smart decisions, and managed to hit the field running with seven sponsored teams and 120 players from across Monroe Township. The excitement was palpable as we watched the league coalesce around a great group of seniors. With Ray Catena Auto Group as the official league sponsor, our first season proved to be a big hit from start to finish. Our end-of-season "Pitch for Pink" charity game raised over \$13,000 for breast cancer research. Now that we have established our brand, we are ready to write the next chapter on our "Expansion."

We are in the process of add-

ing teams and recruiting new sponsors. To fill these rosters, we are looking for men and women from Regency to join the 40+ other residents already in the league to engage in some friendly competition. If you're ready to step up to the plate and show your inner Mike Macenko or Dot Richardson, here's what you need to know about the league in order to make an informed decision to sign up:

Eligibility and Basic Skills Requirements:

- You must be a Monroe resident and over 55 years of age to play.
- You need to possess minimal softball skills, and at tryouts, be able to:
- Catch and throw the ball.
- Put the bat on the ball.
- Hit the ball past the pitcher's mound.
- Make it to first base.
- Since this is not an instructional league, these skills are important.

The registration fee for 2024 is \$100 per player. This will enable us to hire certified, United States Specialty Sports Association (USSSA) umpires - an important upgrade that will ensure that qualified, experienced, and consistent officiating will be available at all our games and will relieve our "volunteers" of that responsibility.

About Our Game

- This is an arc ball league (6-

10 feet).

- 60 feet between bases.
- Double first base and double home plate.
- Pitching mat will be used to call balls and strikes.
- All at bats will start with a 1-1 count.
- Games will be officiated by certified umpires.
- Teams will be outfitted with top shelf, sponsor-branded shirts and caps.
- Player safety is our first priority, and our rules align with that.

All games are played on Tuesdays, Wednesdays, and Thursdays during the season, starting at 9:30 a.m., at the Thomas L. Allen Softball Complex on 76 Gravel-Hill Spotswood Road. The Township keeps all three fields in pristine condition for us and they're great to play on. There's even a snack bar!

Interested in becoming a part of our growing softball community? You can learn more about the Monroe Senior Softball League and access the player registration form online by visiting monroe-seniorsoftball.com. Applications are also available at the Clubhouse. Should you have any questions, please contact league commissioner Bobby Harris at robert-harris44@gmail.com.



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Only 1 out 10 pedestrians survive.





Regency Reporter Updated Delivery Procedures

If you live in the newer sections (formerly Fairways) of Regency and are experiencing newspaper delivery problems, please call Vinny Valerio – 516-317-2935

*If you live anywhere else in Regency please call Linda Strauss, 732-656-0140.
Do not call the concierge at the Clubhouse.
Do not call or email Barbara Bickel.
Do not call or email Nina Wolff.*

Call Vinny Valerio for newer sections (formerly Fairways) issues: 516-317-2935
Call Linda Strauss for other Regency delivery issues: 732-656-0140.
Linda and Vinny handle all *Reporter* delivery issues.

Scrabble Scribbles



The Regency Scrabble Club

Join us for Scrabble each
Monday at 1 p.m. in Ballroom 3and
Thursday at 7 p.m. in the Multi-Purpose Room
For information, contact Linda Litsky
linlit32@gmail.com · 732.492.0921

A Message from the Regency Tappers

The Regency Tappers, a group that danced for over 15 years until the pandemic shut us down, is looking to start dancing again.

We are a group of women who enjoy dancing and range anywhere in talent from beginner to intermediate. We just love the fun and camaraderie that this kind of class brings.

If you are interested in learning more about this group or would like to join us, please contact Carol Kortmansky at carolee@aol.com.

Please Help Israel


The Jewish Congregation of Clearbrook is currently accepting donations to be given to Magen David Adom, which is an organization that solely supports supplies and emergency services to the injured in Israel. If anyone would like to contribute, please mail to: Jewish Congregation of Clearbrook, 1 Clearbrook Drive, Monroe Twp., NJ 08831, or call Michael Katz at 609-619-3762. Make checks payable to Jewish Congregation of Clearbrook with a memo “For Israel” or “For Magen David Adom .”

Wouldn't you rather see them coming?



Always walk facing traffic!

“Flock” License Plate Readers – A Valuable Tool in Deterring Crime



By Monroe Mayor
Stephen Dalina

As Monroe is widely recognized as one of the safest communities in New Jersey, we are often asked about initiatives we are undertaking to deter crime.

One recent strategy has been the investment in the latest law enforcement technologies. Last year, we installed a set of “Flock Safety” license plate recognition cameras around the township and another group is currently being installed.

The cameras, affixed to stationary sites around Monroe, can read license plates of passing vehicles and instantly inform police if any of these cars or trucks have been reported stolen or have active felony warrants. These cameras have made an immediate positive impact.

A great example occurred on December 8, when police were notified through the Flock Safety camera of a stolen vehicle. As a result, Monroe police were able to locate and pursue the vehicle, as the suspect drove through Manalapan and Englishtown.

The suspect was arrested in Englishtown. We later learned the vehicle had been stolen out of Old Bridge earlier the same day. We strongly believe the suspect would not have been arrested so quickly without the help of Monroe Township’s investment in this technology.

Since the cameras were installed last September, alerts received from the devices directly led to the arrest of many criminal suspects. Additionally, alerts are helping Monroe’s detectives in several other ongoing investigations, as well as tipping off officers whenever suspect vehicles enter our town.

The importance of this license plate technology for Monroe residents:

- According to the International Association of Chiefs of Police, upwards of 70% of crime involves using a vehicle.
- In many cases, a license plate number is the best piece of evidence law enforcement can use to make an arrest.
- Stolen vehicles are often used to commit additional crimes. Alerting Monroe police when a stolen vehicle or known suspect enters a community can prevent crime before it happens.

I am pleased we are able to double the amount of these cameras throughout the township this year in our continued efforts to combat crime and provide the Monroe Township Police Department with the tools it needs to maintain the highest level of service to our citizens.

In addition, last summer, 26 patrol cruisers were installed with in-car camera systems and automated license plate readers. This high-speed, computer-controlled technology automatically captures license plate numbers, and reviews them in real-time with state and regional databases.

These important, ongoing safety investments are all part of our ongoing efforts to improve our equipment and technology, enhance crime prevention efforts and provide a stronger link with County and State law enforcement.

While these technological improvements play an important role in deterring crime in Monroe Township, residents also play an important role in keeping their neighborhoods safe. Please stay alert, lock your vehicles and report suspicious activity to the Monroe Township Police Department.

The Joys and Challenges of the Peace Corps Experience

By Cathleen Norback

To commemorate March 1, 1961, the day President John F. Kennedy established the Peace Corps, we will honor the important ways that the Peace Corps fosters connections and contributes to meaningful change in the United States and around the world. View a photo exhibit and listen to returned Peace Corps volunteers provide insights into their service and experiences overseas.

This program will be held on Saturday, March 2 from 2 p.m. to 4 p.m. in the Meeting Room, at the Monroe Township Public Library, 4 Municipal Plaza, Monroe Township, and is in collaboration with The Monroe Township Cultural Arts Commission. Registration is not required.

Please join your neighbors for this upcoming event. Hope to see you there!

Did You Know?

The Monroe Township Library offers **At Home Services**? This personalized service is for patrons who are unable to visit the library due to health or mobility issues. Our friendly, knowledgeable staff will bring library materials right to your door. Eligible items include: regular and large print books, books on CD, movies, magazines, notary services by appointment, Talking Book and Braille, digital & downloadable services, music CDs (from other libraries in the consortium). Call the Library at 732-521-5000 ext. 135 or email ahs@monroetwplibrary.org for more information.

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Understanding ‘Warning Strokes’

What to expect if you experience stroke symptoms, even if they disappear

Diagnosing a transient ischemic attack (TIA), sometimes called a “warning stroke,” can be challenging because symptoms often disappear within an hour. However, it’s important to seek emergency assessment to help prevent a full-blown stroke.

While a TIA, which is a temporary blockage of blood flow to the brain, doesn’t cause permanent damage, nearly 1 in 5 people who have a suspected TIA will have a stroke within three months, according to a scientific statement published in the American Heart Association

journal “Stroke.” Additionally, almost half will occur within two days – which is why TIAs are often described as warning strokes.

People with cardiovascular risk factors, such as high blood pressure, diabetes, obesity, high cholesterol and smoking, are at high risk for stroke and TIA. Other conditions that increase risk include peripheral artery disease, atrial fibrillation, obstructive sleep apnea and coronary artery disease. In addition, a person who has had a prior stroke is at high risk for TIA.

TIA symptoms are the same as stroke symptoms, only temporary. They begin suddenly

and may have any or all these characteristics:

- Symptoms begin strong then fade
- Symptoms typically last less than an hour
- Facial droop
- Weakness or numbness on one side of the body
- Trouble finding the right words or slurred speech
- Dizziness, vision loss or trouble walking

The F.A.S.T. acronym for stroke symptoms can also be used to identify a TIA: F – face drooping or numbness; A – arm weakness; S – speech difficulty; T – time to call 9-1-1, even if the symptoms go away.

Given the appropriate scan, 2

in 5 people will learn they actually had a stroke rather than a TIA, according to the scientific statement, which highlights the importance of seeking prompt medical attention. Upon arrival to the emergency room, a series of tests may be completed after assessing symptoms and medical history, including a CT scan, MRI and blood tests.

• **CT Scan** – a non-contrast scan used to look at the blood vessels in the head and neck to rule out brain bleeding and TIA mimics (conditions that share some signs with TIAs but are due to other medical conditions such as low blood sugar, seizure or migraine). A CT scan may also be used to assess the neck arteries; nearly half of people with TIA symptoms have narrowing of the large arteries leading to the brain.

• **MRI** – The preferred way to rule out a brain injury, such as a stroke, magnetic resonance imaging (MRI) is typically done within 24 hours of symptoms beginning. Because some emergency rooms may not have access to an MRI scanner, patients may be admitted to the hospital or transferred to a center. About 40% of patients who go to the emergency room with TIA symptoms are diagnosed with a stroke based on MRI results.

• **Blood Tests** – Blood work will typically be completed to rule out conditions that may cause TIA-like symptoms, such as low blood

sugar or infection, and check for cardiovascular risk factors like diabetes and high cholesterol.

Once a TIA is diagnosed, a cardiac checkup should be completed within a week of having a TIA, if not done in the emergency room. Consultation with a neurologist should also be completed within 48 hours (no longer than one week) after experiencing a TIA, as early consultation with a brain specialist is associated with lower death rates after a TIA.

To learn more and find additional resources, visit [Stroke.org](https://www.stroke.org).

(Family Features)

Photo courtesy of Getty Images

Healing

(Continued from page 15)

ences and come out the other side, the transformation reveals the indestructible part of us.

Fear is the absence of faith. We must have trust and faith that this year will set us back on track. Your life is in your hands, **SO VOTE!!!** Make this year the most important year of your life. All of our futures depend on it. Travel lightly but fly! Angels have wings because they take themselves lightly. Steve encourages questions and comments from free-thinking individuals.

“He who knows others is wise. But he who knows himself is enlightened. He who overcomes others is strong. But he who overcomes himself is mightier still.” Lao Tzu



Understanding the Impacts of LDL Cholesterol

FAMILY FEATURES

About 38% of American adults have high cholesterol, which can be caused by poor lifestyle habits or genetics, according to the Centers for Disease Control and Prevention. Having a high low-density lipoprotein (LDL) cholesterol number – considered “bad” cholesterol – can contribute to fatty buildups (plaque) and narrowing of the arteries.

LDL cholesterol is also the type of total cholesterol most closely associated with an increased risk for a heart attack or stroke. In fact, 75% of heart attack and stroke survivors reported having high cholesterol, according to a Harris Poll survey conducted on behalf of the American Heart Association, yet less than half (49%) prioritize lowering their cholesterol.

“There’s a pervasive lack of public awareness and understanding around bad cholesterol and its impact on your cardiovascular health,” said Joseph C. Wu, MD, PHD, FAHA, American Heart Association volunteer president and director, Stanford Cardiovascular Institute and Simon H. Stertzer, MD, professor of medicine and radiology at Stanford School of Medicine. “As bad cholesterol usually has no symptoms, we often find that many patients are walking around without knowing they’re at risk or how to mitigate it.”

To learn about LDL cholesterol, its impact on heart health and the steps you can take to maintain a healthy number, consider this information from the Lower Your LDL Cholesterol Now initiative, nationally sponsored by Amgen.



Photos courtesy of Shutterstock



Get to Know Your LDL Number

According to the survey, nearly half (47%) of heart attack and stroke survivors are unaware of their LDL numbers. While cholesterol levels can vary by race and ethnicity, with higher levels of LDL seen most often among Asian men and Hispanic women, various research studies on LDL have shown “lower is better.”

For healthy adults an LDL at or below 100 mg/dL is ideal for good health. If you have a history of heart attack or stroke and are already on a cholesterol-lowering medication, your doctor may aim for 70 mg/dL or lower. In addition to race and ethnicity, family history, age, sex, tobacco use or exposure to secondhand smoke, eating habits, lack of physical activity, heavy alcohol usage and obesity can impact LDL numbers.

Understand How Often to Check Your Numbers

Because high LDL does not typically cause symptoms, it’s important to have your number checked by your health care professional. Ask your doctor for the right frequency for you. Generally, healthy adults ages 20-39 should have their cholesterol checked every 4-6 years. Adults over age 40, or those who have heart disease (including prior heart attack) or other risk factors, may need their number checked more often.

Learn Risks Associated with LDL

Too much LDL cholesterol can lead to a buildup of fatty deposits inside your arteries – a condition known as atherosclerosis – which can narrow arteries and reduce blood flow. If a piece of the plaque breaks free, it might travel into the bloodstream and block a blood vessel to the heart or brain, causing a heart attack or stroke. This narrowing also elevates the risk of peripheral artery disease.

Take Steps to Manage High LDL

Managing high cholesterol is not one size fits all. Talk with your health care professional to map out the right treatment plan for you. According to American Heart Association guidelines, lifestyle habits can help control your cholesterol, including:

- Eating a healthy and balanced diet (emphasizing fruits, vegetables, nuts and seeds, lean protein and fish)
- Staying active and aiming to get at least 150 minutes of moderate activity each week (such as brisk walking)
- Managing stress
- Eliminating tobacco use

However, some individuals, especially heart attack and stroke survivors, should have a conversation with their doctor about cholesterol-lowering medications.

Talk to your doctor about getting your cholesterol tested and visit [heart.org/ldl](https://www.heart.org/ldl) for more information.

Monroe Township Inaugurates Mayor and Council Members

Mayor Stephen Dalina, Councilwoman At-Large Miriam Cohen, Councilman At-Large Terence Van Dzura and Councilman Ward 1 Michael Markel Sworn in

January 12, 2024 – The Township of Monroe held inauguration ceremonies on Monday, January 1 at the Senior Center where newly reelected mayor and council members were sworn in to begin their terms.

Mayor Stephen Dalina was administered the oath of office to begin his first full term as Mayor of Monroe Township by the honorable retired Judge Alan A. Rockoff, who resides in Monroe’s Regency community.

Mayor Dalina addressed the crowd and welcomed family, friends, dignitaries and residents in attendance. He thanked the residents of Monroe for entrusting him with the honor of serving as Mayor. “When I first became Mayor I said, I am not going to do this by myself and I can’t do this by myself,” he said. “I would like to thank my

family and my Monroe Township municipal family for all their hard work. Monroe is about positive interactions and living in a town that we all love dearly.”

He concluded his remarks with a message to all residents: “Please know that the person sitting in the mayor’s office is always there for you. I am positive and I am proud to be your mayor. I look forward to working hard for every resident over the next four years.”

Following the Mayor’s address, Councilwoman At-Large Miriam Cohen, Councilman At-Large Terence Van Dzura and Councilman Ward 1 Michael Markel were sworn into their Council-at Large seats. Each addressed the crowd with gratitude and a dedication to working together in the best interest of the Township.

During the reorganization meeting held on Wednesday, January 3, the Township Council unanimously reappointed Councilwoman Miriam Cohen as Council President and Councilman Terrence Van Dzura as Council Vice President.



February 2024 at the Monroe Township Public Library

Sit-N-Stitch
Fridays, February 2 & 16 at 10:30 a.m.

Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program is held in person. Registration is required.

Pop-Up Shop
Saturday, February 3 from 10 a.m. to 4 p.m. Backer Farm

Saturday, February 10 from 10 a.m. to 4 p.m. Three Bs Soap, Sweet Birch Warehouse, Blake’s Chocolates, Bow Wow Buddies

The Monroe Township Library Foundation provides Pop-Up Shop rental space on select Saturdays between 10 am and 4 pm.

Book Café
Wednesday, February 7 at 11 a.m. & 1 p.m.

What have you been reading? We want to know! Join other book lovers for a lively discussion. Book Café is a perfect place to find your next great read or share what you have enjoyed. This is a hybrid program. Join us via Zoom or in person. Registration is required.

Crafty Creations
Wednesday, February 7 at 3 p.m.

Let’s celebrate Valentine’s Day by making a fun travel Tic Tac Toe personalized game using rocks and a burlap bag. This program is for adults ages 18 and over. All materials will be provided. Registration is required.

Sound Meditation
Wednesday, February 7 at 6 p.m.

Join Mayor Dalina’s Wellness Commission Sound Meditation Event for a unique relaxation experience. You will be guided through meditation while listening to various instruments and singing bowls. Tuned to different frequencies, these sounds will help align and heal the body, relax the mind, and allow for deep states of relaxation. Bring a yoga mat or towel. Registration is required. To register, email ebien-nas@monroetwp.com, or call 732-521-4400 ext. 114.

The Music Lounge
Thursday, February 8 at 2:30 p.m.

Each month, we pick a musician, listen to a couple of their songs, and read the lyrics. Then, we’ll talk about what makes the writer and their music so timeless. Like a book discussion, but for music! Registration is required.

International Film Discussion
Thursday, February 8 at 2:30 p.m.

Hosted by the Friends of the Monroe Township Library. Films are available to stream for free on Kanopy, accessible with your library card online at <https://monroetw.kanopy.com>. The discussion is virtual and will be held via Zoom. Register to receive the link to the Zoom meeting. The February film title will be announced at the end of the January session.

Virtual Author Talk:
Tessa Bailey
Thursday, February 8 at 8 p.m.

Join us as the #1 New York Times bestselling author Tessa Bailey talks about the launch of her new super-hot sports romance duology with a rom-com about a bad boy professional athlete who falls for his biggest fan in her new book Fangirl Down. This is a virtual program. Registration is required.

Unearthing Tea:
Tea Talk & Tasting
Friday, February 9 at 2:30 p.m.

Discover tea through its history! Learn where tea is grown and how it is produced. Understand the differences between

(Continued on page 19)

Ladies Ping Pong
Fridays from
3 - 4 p.m.
Clubhouse Fitness Room
Contact Harriet Silverstein
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harrietsil@gmail.com



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Monroe Township
Senior Center
12 Halsey Reed Road
**FEBRUARY 22ND,
3:30 PM**

Public Library

(Continued from page 18)

white, green, oolong, black and pu’erh teas. Taste teas from top tea-producing countries. Presented by Tea-For-All. This is an in-person program. Registration is required.

Poetry Group Workshop

Monday, February 12 from 11 a.m. to 12:30 p.m.
Join us the second Monday of each month to read, write, and discuss poetry. This is an in-person program. Registration is required.

Socrates Café

Monday, February 12 at 7 p.m.
Socrates Café are gatherings around the world where people from different backgrounds get together and exchange philosophical perspectives based on their experiences, using the version of the Socratic Method developed by founder Christopher Phillips. Moderated by Dr. Allan Cooper. This is an in-person program. Registration is required.

Blood Pressure & Cholesterol Screening

Tuesday, February 13 from 10 a.m. to 12 p.m.
February is American Heart Month! Sign up for a free blood pressure and cholesterol screening and take care of your health. Screenings will be provided by nursing staff at Saint Peter’s University Hospital and held at Monroe Library. Registration is required. Space is limited. Call 732-521-5000 ext. 132 to register and schedule an appointment.

Photography Club

Tuesday, February 13 at 3:30 p.m.
This monthly club is open to Township residents ages 12+ and welcomes all skill levels. No experience is necessary to join. Bring a camera (smart device is acceptable) and share your love of photography. This is an in-person program. Registration is required.

Mix & Mingle Social for Adults with Special Needs

Tuesday, February 13 at 5 p.m.
Join us on the second Tuesday of the month for a fun, themed social hour. Designed for adults (ages 18+) with cognitive or developmental disabilities and their parent or caregiver. Registration is required and must be done in person by the parent or caregiver of the attendee. Please visit the Monroe Library Youth Services Department to register.

Caregiver Support Group

Wednesday, February 14 at 11 a.m.
This Caregiver Support Group meets at the Library monthly on the second Wednesday of the month and is intended for caregivers only; no solicitation and no distribution of promotional materials. Led by Kat Verdi, MAT CDP, CADDCT, Certified Alzheimer’s and Dementia Care Trainer, of The Gardens at Monroe. This is an in-person program. Registration is not required.

Creative Writing Workshop

Wednesday, February 14 from 12:30 p.m. to 2 p.m.
Join this small group, instruc-

tor-led workshop to improve your writing skills, give constructive criticism and get feedback on your work. Bring a typed copy of your work (1,500 words or less). Whether it is a complete short story or a piece of a larger project, be prepared to read your work to the group and receive feedback. Space is limited. Registration is required. This is an in-person event for adults 18 or older.

Genealogy Club

Wednesday, February 14 at 2 p.m.
Beginner and experienced genealogists welcome to discuss research, share findings and resources. This program is held in person. Registration is required.

Page Turners

February 15 at 11 a.m.
Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic. The theme for this session is Presidential Families – stories about presidents and their families, fiction and non-fiction. This is a hybrid program. Join us via Zoom or in person. Registration is required.

Black History Music Concert of Celebrated Music Artists

Thursday, February 15 at 2:30 p.m.
The Universal Singers will perform hit songs by artists that include Sammy Davis Jr., Aretha Franklin, Prince, Whitney Houston, Ella Fitzgerald, Phyllis Hyman, Ledisi, and more! The concert will also include selections from celebrated Negro Spiritual and Traditional Black Gospel songs. Sponsored by Friends of the Monroe Township Library. This is an in-person program. Registration is required.

All You Need Is Love Book Discussion

Friday, February 16 at 11 a.m.
Join our modern romance book group. The book for February is “Fortune’s Rocks” by Anita Shreve. This is a hybrid program. Join us via Zoom or in person. Registration is required.

Mahjong Club

Friday, February 16 from 2 p.m. to 4 p.m.
Join us for some casual, non-competitive rounds of traditional Chinese mahjong. There

are no joker tiles in this style of play. Brush up on your skills, become more confident with your gameplay, and meet players of all levels. Mahjong sets are provided. Registration is required.

Raised Gardening

Saturday, February 17 at 11 a.m.
Why garden off the ground? Raised bed, straw bale, and container gardening take place above the surface of the soil. There are many advantages to these methods, including accessibility, aesthetic design, pest control, and being able to garden in a small space. Presented by Master Gardener Patricia Donahue. Sponsored by the Monroe Township Environmental Commission. This is a hybrid program. Join us via Zoom or in person. Registration is required.

Coffee and a Book

Tuesday, February 20 at 11 a.m.
Join us for a discussion of “Take My Hand” by Dolen Perkins-Valdez. Inspired by true events that rocked the nation, a profoundly moving novel about a Black nurse in post-segregation Alabama who blows the whistle on a terrible wrong done to her patients, from the New York Times bestselling author of “Wench”. This is a hybrid program. Join us in-person or via Zoom. Registration is required.

Short Story Discussion Group

Thursday, February 22 at 2

Regency Defibrillators - Do You Know Where They Are?

The Clubhouse is equipped with four (4) AED’s - the locations are as follows;

- Ballroom 2 - by the second set of doors
- Indoor Pool
- Fitness Studio
- Gym

The Tennis Pavilion and courts each have an AED - There is one (1) located in the Tennis Pavilion on the wall by the kitchen. The other is located on the walkway between the middle courts.

We also have one (1) at the outdoor pool and one (1) at the pickleball courts.

Regency Recycling Rules

For questions or concerns regarding recycling at Regency, please reach out to Republic at 732-545-8988.

Republic Services, our recycling company states that the following should be placed in the all-in-one recycling container.

- Paper – any paper, newspaper, junk mail, etc., as long as it is not contaminated with foodstuff.
- Used tissues, napkins and paper towels should be put in the trash.
- Cardboard – In addition to corrugated cardboard boxes, this includes the cardboard tubes from toilet paper and paper towels, cereal boxes, pasta boxes, tissue boxes (with any plastic removed), etc.
- Plastic – All recyclable plastic bottles and containers with numbers ONE through TWO. The types not allowed are plastic bags, even though many of them now have recycling symbols.
- Cans – This includes all metal cans including soda cans, soup cans, etc.
- Glass – All bottles and jars, of any color.

All the above types of containers should be rinsed out before you recycle them.

For items other than what goes in the recycling bins, you may contact the Department of Public Works on Gravel Hill Road.

p.m.
We will discuss “The Key” by James Alan McPherson in “The Best American Short Stories of the Century” edited by John Updike and “Seams” by Olga Tokarczuk, translated from the Polish in The Best Short Stories 2022 edited by Valeria Luiselli. Registration is required.

Friday Afternoon Movie

Friday, February 23 at 2:30 p.m.
We are unable to list the title of the film here due to our licensing agreement but visit our website or call the library for more information. In this

month’s film, a young girl from South Los Angeles tries to make it to the National Spelling Bee. This program will be held in-person. Registration is required.

3D Printer Demonstration

Sunday, February 25 at 1 p.m.
Did you know that the library has a 3D printer? A 3D printer is a machine that can take a digital design from your computer and “print” it out into a solid three-dimensional object. During this session you’ll see a 3D printer in action, understand how it works, and learn how it is used at the library. All ages welcome. This program is held in-person. Registration is required.

CLASSIFIED ADVERTISING

Help & Health Services

AT ANGEL TOUCH HOME CARE we provide excellent care for the elderly with licensed, insured and bonded thoroughly screened aides. We are a company that cares for our patients and makes sure they are treated by the best. 24-hour care (living with resident). Elderly companion-ship. Call (609) 907-6059.

ANNA’S HOME CARE – Certified professional caregiver is looking for live-in/live-out job in Monroe Township. Experienced, references. Driver’s license. Accepts long-term care insurance. Low prices. Private care option. Call Anna at (609) 917-4208 or (908) 337-7462.

Wanted to Buy & Sell

ALWAYS BUYING: Sports Cards and Non-Sports Cards, and Comic Books, 28 Harrison Ave., Englishtown, NJ (Bldg. 9). (732) 490-5700. micalizzifurniture@gmail.com

CARS AND TRUCKS bought and sold. CASH paid. Call (732) 208-0571.

BUYING & SELLING GUNS – Call for pricing. (609) 558-9509. Ask for David. Licensed Firearms Dealer.

Miscellaneous

EQUINOX TRAVEL AGENCY—Let us plan your next vacation. Call/text Nancy (732) 690-3542. www.equinoxtravelus.com

For Sale

TWO ABOVE-GROUND, adjacent crypts at Woodbridge Memorial Gardens inside Chapel Garden Mausoleum, Woodbridge, NJ. \$12,000. lebom@juno.com

Transportation

FORMERLY CAROLE’S SHUTTLE—Now GJ & M Car Service. Airports, appointments, cruise ports and more. (640) 250-2619.

BOB’S RIDES FOR CASH. All airports and N.Y.C. Locals. Concordia resident. Call Bob at (609) 819-1240.

MONROE SHUTTLE—Local, long distance, NYC and airports. (732) 306-0803.

AAA TRANSPORTATION—Monroe area. (Encore resident.) Transportation to airports, trains, piers, NYC, and I will drive your car to and from Florida. Reasonable rates. Call Howard (732) 979-3085.

LIMO GUY — Our 22nd year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

ARNIE’S DRIVING SERVICE. Fully insured. Newark Airport \$75. Anywhere. Anytime. Airport and NYC specialist. 609-751-1612.

NEED A RIDE? NJ/NY/PA. Airports, cruise terminals, medical appointments. (609) 642-9877.

Cleaning Services

Shannon’s Sunshine Cleaners— friendly faces. Fast service. Fully insured. 908 413 0961.

CLASSIFIED Ad COUPON

Ads must be received by the 14th of the month preceding publication month.

MAIL TO:

Princeton Editorial Services P.O. Box 70

Millstone Twp., NJ 08510

RATES FOR ONE PUBLICATION

\$14 for 10 words, 50 cents

each additional word

Multiple: 10 words in two

publications = \$14 x 2 = \$28.

10 words in three

publications = \$14 x 3 = \$42.

Check those that apply:

☐ Clearbrook Courier ☐ Concordian

☐ Encore Speaks ☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven

All ads must be mailed with payment.

No classifieds accepted by phone or email.

Note: Phone numbers count as one word. Do not count punctuation. Do not abbreviate.

State category/heading, ie., “For Rent”, “For Sale”, “Help Wanted.” No charge for the heading.

One check or money order must accompany insert, PAYABLE TO PRINCETON EDITORIAL SERVICES

Set the Menu for a Successful Year



BLT Wraps with Avocado Spread

FAMILY FEATURES

If your goals for 2024 include a healthier lifestyle and added nutrition, your mission is likely to start with a refreshed menu. Add a few newfound favorites to this year’s rotation like wraps, salads and smoothies to power each day and propel yourself toward wellness success. These easy-to-make, better-for-you recipes offer simple solutions to keep your goals on track without taking

flavor off the table. Begin busy days with an energy boost from a Strawberry Oatmeal Smoothie then tackle lunchtime cravings or make family dinner a cinch with BLT Wraps with Avocado Spread. For a hearty salad to pair with favorite meals or enjoy all on its own, this Roasted Cauliflower and Potato Spinach Salad is an ideal way to make 2024 your best year yet. Visit [Culinary.net](#) to discover more nutritious solutions in the new year.

Wrap Your Way to a Nutritious Year

Planning and executing a more nutritious menu can often be thwarted by lunchtime cravings or busy weeknights that leave little time to cook at home. Rather than giving in to those takeout temptations, turn to easy recipes you can create yourself with just a few simple, on-hand ingredients. Grab tortillas out of the pantry and a few favorites from the refrigerator to make these BLT Wraps with Avocado Spread, which are perfect for meal-prepping weekday lunches or whipping up at a moment’s notice for a family dinner. Bacon, a nearly unanimous favorite, teams up with a homemade avocado spread, lettuce and tomatoes for fresh taste without the hassle. For a satisfying meal without leaving behind health goals, serve with a hearty salad or Spanish rice and banana peppers on the side.

BLT Wraps with Avocado Spread

Servings: 4

- 8 slices bacon
- 1 avocado, peeled and pitted
- 1/4 cup sour cream
- 1 lime, juice only
- 1/2 teaspoon hot sauce
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 4 flour tortillas
- 4 large red leaf lettuce leaves
- 2 large tomatoes, cut into 1/4-inch slices

Spanish rice (optional) banana peppers (optional)

In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside. In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth. Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll. Serve with Spanish rice and banana peppers, if desired.



Roasted Cauliflower and Potato Spinach Salad

Fresh Flavors for the New Year

If you’re among those looking to set goals and wellness intentions for the new year, it’s important to equip yourself with the right tools, whether information or inspiration, to help support you on your journey toward a healthier lifestyle. That can start with something as easy as elevating your menu and the ingredients you keep on-hand. For example, Fresh Express offers more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, including the French Blue Cheese Salad Kit, which combines a nutrient-dense salad mix of fresh baby spinach, spring mix, red cabbage and carrots, and is enhanced with aromatic blue cheese, crunchy garlic brioche croutons and a savory French blue cheese dressing. Available in the refrigerated produce department, the kit can be paired with better-for-you ingredients like roasted cauliflower and seasoned potatoes to make this Roasted Cauliflower and Potato Spinach Salad in less than an hour. Visit [freshexpress.com](#) to discover more recipes and find a store near you.

Roasted Cauliflower and Potato Spinach Salad

Prep time: 15 minutes
Cook time: 40 minutes
Servings: 4

- 1 small head cauliflower, cut into florets
- 3 tablespoons olive oil, divided
- 2 teaspoons Italian seasoning, divided
- 1/2 teaspoon salt, divided
- 1 pound fingerling potatoes, quartered
- 1 package (8 ounces) Fresh Express French Blue Cheese Salad Kit

Heat oven to 425 F. In large bowl, toss cauliflower florets with 2 tablespoons olive oil. Sprinkle with 1 teaspoon Italian seasoning and 1/4 teaspoon salt; mix well. Arrange in single layer on sheet pan. Bake cauliflower 30-40 minutes, tossing once halfway through, until tender and lightly charred. Cool. In bowl, toss potatoes with remaining olive oil. Sprinkle with remaining Italian seasoning and salt; mix well. Arrange in single layer on sheet pan. Bake potatoes 20 minutes until tender and lightly browned. Cool. Place greens from salad kit in large bowl; add roasted vegetables. Drizzle with dressing from salad kit; mix well. Top with croutons and blue cheese from salad kit.



Strawberry Oatmeal Smoothie

Start Each Day Strong

Giving your mornings a delicious boost doesn’t have to be a chore. In fact, it can be just as easy as it is delicious with a fresh, fruity smoothie ready in a matter of minutes. Just six blended ingredients are all you need to make this Strawberry Oatmeal Smoothie, a creamy solution that makes for a nutritious, refreshing and filling breakfast before heading out the door.

Strawberry Oatmeal Smoothie

- 1/2 cup rolled oats
- 1 banana
- 14 frozen strawberries
- 1 cup soy milk
- 1 1/2 teaspoons sugar
- 1/2 teaspoon vanilla extract

In blender, grind oats. Add banana, strawberries, soy milk, sugar and vanilla extract then blend until smooth. Pour into glass or to-go container and serve.