

REGENCY REPORTER

Vol. 21, No. 1, JANUARY 2024 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



The Chinese Dance Group is invited to present a dance at the Monroe Township Senior Center on February 9, Lunar New Year's Eve. From left: Jay, Kathy, Emily, Winnie, and Li.

Photo by Amy H.



Regency Hikers at Tatum County Park.

Photo by Doug Poye



Having a wonderful time at the Dance Club's 70's Party are three good friends, from left: Andrea Arbitol, Marilyn Wandy, and Bea Siegal.

Photo by Stave Wandy



Our 2023 Italian American Club Board Members

Up front: Biagio Madaio, center, left to right: Maria Battiloro, Nina Gulinello, Annette Valerio, back row Sue DiMartino, Anne Marabello, Lucille Centonze-Springer, and Fran Plisko.

Photo submitted by Annette Valerio



On November 19, the Masters section of Regency residents celebrated our annual Holiday Luncheon at Antonio's. Enjoying himself and playing the Elf is Joe Barcelona.

Photo by Janet Befi



DASHEN owner TG performs the traditional Ethiopian coffee ceremony at a recent EREA gathering.

Photo by Marty Feldman



Principal Stephanie Dunk, center, is surrounded by members of the Regency Women's Group, who collected toys and other items for the children and staff of the Jamesburg Elementary School.

Photo submitted by Elyn Lyons



Tom Cullen, who usually takes the pictures, lines up his shot while Pnina Matlow waits her turn.

Photo submitted by Bob Zyontz



Neil Berg and his fabulous entertainers put on a terrific show at the Regency Clubhouse, from left: Neil Berg-Piano/Musical Director, William Michals, Catherine Brunell, Roger Cohen-Drums (hidden), Rita Harvey, Richard Todd Adams, and Abraham Saenz- Bass.

Photo by Art Cooper

From the Entertainment Committee



By Ruth Gaswirth

Neil Berg’s 100 Years of Broadway

November 16 turned out to be a spectacle evening in the Regency Ballroom. Neil Berg’s *Best of Broadway* brought the audience as close to the real Broadway for a stirring 90 minutes of memorable renditions of

well-known musical theatre hits. The show began with the classic Rogers and Hammerstein’s composition *Some Enchanted Evening* from the musical *South Pacific* and ended with another one of their gems, *You’ll Never Walk Alone* from *Carousel*. Also included on the program were songs from *Man of La Mancha*, *Showboat*, *Les Misérables*, *Jekyll and Hyde*, *The Sound of Music*, *Annie*, and *Phantom of the Opera*. Also performed was one of Neil’s original compositions from a new musical based on the iconic movie, *My Cousin Vinny*.

Neil shared the stage with four exceptional artists who

previously performed in several original Broadway productions. They provided extraordinary interpretations of songs that are an indelible part of our memory. Two excellent musicians also added much to the evening’s musical experience.

This will be the last stage show in the ballroom as we move forward with the renovations of the Clubhouse. We look forward to resuming in the 2024 year when our ballroom activities resume, for which planning has already begun.

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 second Wednesday of the month
Wednesday, January 10, 2024 - Clubhouse and Zoom
February through May via Zoom

Wednesday, February 14, 2024
Wednesday, March 13, 2024
Wednesday, April 10, 2024
Wednesday, May 8, 2024
June - Board Elections
July through December – Clubhouse and Zoom
Wednesday, July 10, 2024
Wednesday, August 14, 2024
Wednesday, Sept. 11, 2024
Wednesday, October 9, 2024

BUDGET PRESENTATION
Wednesday, Nov. 13, 2024
Budget Presentation if not previously approved in October
December 2024
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

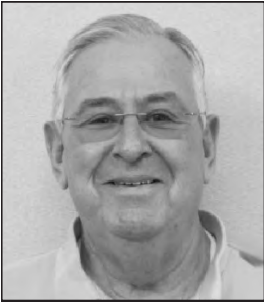
A Note from Your Board of Trustees

By Rich Lans

The summer and fall seasons are behind us. For those traveling south and west we wish you a safe journey. We will be awaiting your return in the spring. While you are gone Regency will be very busy. The Clubhouse renovation is already under way; starting February our design team will be starting the redesign of the upper level of the Clubhouse. We are very excited to see a new design that is bright and cheery. The target date for completion is July of 2024. As you know this is only a target date. Our confidence is high and you will be seeing periodic updates. Our thanks go out to our design team that worked diligently on this project

Our next major project is the pickleball courts. Work is well underway and depending on weather we should be opening in April. Our costs are on target. We will be having six courts in the same area that they are today. This has been a major project that started last year. Many thanks to all that have been involved.

On another note, handicapped parking spots are being used by non handicapped people. We are



requesting that you be respectful to those that truly need those spots. Some hanging tags are outdated. If the tag is not for you, please park else where and leave the handicap spots for those that truly need them. We have many walkers in our community; that is a good thing. Please do not walk in the streets and stay on the sidewalks. Traffic has increased in Regency. Delivery and home improvement trucks are here on a daily basis, for your safety please stay off the streets.

As you know we are entering the snow season. Management has sent out messages regarding parking and what is required if you have a medical condition and require priority plowing. Please make sure you follow the guidelines.

To all residents have a Happy and Healthy New Year, We also want to thank you for your continued support of our Board and Management teams.

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!**

Fruits of Our Lives (Not the Pits)

By Christiana Barone

It is great when two families are welcoming new little ones into their families. There is nothing better. Enjoy!!

Babies

Ken and Pat Thrasher are very excited to announce the birth of their fifth grandchild. **Logan James Thrasher** was born November 18, 2023, 8 pounds, 9 ounces and 21 inches long. Logan joins big sister Mackenzie, 4, along with his parents James and Kimberly Thrasher in Washougal, Washington.

Toby and Jules Weissman would like to share their good news. They are the great-grandparents of a beautiful baby girl, **Harlie Fay Bernstein**, born September 20, 2023, to parents Jonathan and Erika Bernstein.

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 if someone 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 ccbarone@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).



REGENCY REPORTER

Published by: Princeton Editorial Services, Inc.
P.O. Box 70 Millstone Twp., NJ 08510
732-761-8534 - pescmd1@gmail.com

EDITOR-IN-CHIEF: Nina Wolff
EDITORIAL BOARD

Barbara Bickel	Laurie Lipper	Cecile Spector
Louis Flumen	Sandy Newman	Linda Strauss
	Doug Poye	

EDITORIAL ASSISTANTS

Phyllis Carlinsky	Audrey Flumen	Arleen Panson
Jane Cooper	Marty Kornfeld	Mort Spector
Carol Herman	Carol Kortmansky	Linda Strauss
Sylvia Fleischer	Laurie Lipper	Allen Tinkler
	Sue Melcher	

DELIVERY COORDINATORS

LINDA STRAUSS - 732-656-0140 • VINNY VALERIO 516-317-2935

DISTRIBUTION:

Gary Austein	Doreen Genkin	Bill Langer	Vinnie Sequenzia
Norm Blumenstock	Carole Goldman	Les Langer	Bob Shumsky
Phyllis Carlinsky	Hy Grossman	Harold Leibowitz	Barbara Spilken
Carmine Carrara	Anne Haback	Linda Mail	George Steinberg
Paul Cibbarelli	Cheryl Hand	Jeff Malester	Jeff Strauss
Sandy Efron	John Healey	Roberta Nelson	Linda Strauss
Harvey Einstein	Fred Hollinger	Sheldon Piekny	Dan Tanzi
Kathleen Fabian	Micki Indursky	Ellen Porges	Neala Vogel
Steve Farron	Linda Kamins	Doug Poye	Arlene Weber
Lou Flumen	Joel Kaplan	Steve Rich	Eleanor Weisenberg
Debbie Frimmer	Bruce Kapp	Shelley Rothy	Art Wilde
	Barry Kleinman	Mark Schwartz	

ATTENTION CONTRIBUTORS

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.

Display and Classified Advertising — (732) 761-8534

Advertising Deadline: 14th of every month

A Publication for The Homeowners of Regency

*NOTE: *Regency Reporter* is published on or before the first of every month except for holiday months when the press reschedules to accommodate holiday closings. Issues usually affected are January, July, September, December.

This publication is not liable for any typographical or printing errors that may appear, including in its display or classified advertising, over the cost of the space of the advertisement. We only publish original editorial materials. We do not accept reprints or any materials downloaded from the internet.

The advertisements here are, to the best of Princeton Editorial's knowledge, accurate representations of the products and services offered. However, no endorsement by *Regency Reporter*, PES or any other party is intended or implied. Acceptance of all materials is at the discretion of the publisher.

WE RESERVE THE RIGHT TO EDIT ALL MATERIALS.

All rights reserved. No part of this publication may be reproduced or utilized in any form or by any means, without express permission in writing from the Editorial Board.

© 2024, PRINCETON EDITORIAL SERVICES

Up Close and Personal

By Barbara Bickel (**)



January Birthdays

1 - Ilene Ashkenazy/Jack Battipaglia/Steve Howard/ Josephine Raijlin/Yaghik Mehta/John Reisert/Don Rothschild/Toby Rudolph Carla Warren
 2 - Robert Ascher/Norman Barofsky/Jay Carey/Carmela Farinola/Lida Fishman
 3 - Raymond Amato/Seth Kame/Eddie Levine//Shelly Schachter/Nat Willner/In-Suk Wyche
 4 - Lisa Citron/Lynn Goldberg
 5 - Noreen Gummic/Roberta Nelson/Fred Ross
 6 - Linda Cappello/Raisa Krutyansky/Sharon Meyers
 7 - Ronald Lane/Howard Schwartz/Ruth Skole/Susan Sloan/Mitchell Stoffer/Arlene Yesner/Nancy Young
 8 - Murray Cautin/Susan Fleisch/Leslie Hayes/Debbie LaSasso/Sharon Taxman
 9 - Roger Dantoni/Susan Goldfarb/Bonnie Greenstein/ Elise Stein
 10 - Michael Falk/Carol Rosenfeld/Susan Scher/Sheldon Wexter/Judi Zipkin
 11 - Nancy Smolanoff/Lenny Toker/Barbara Winograd
 12 - Michael Alcon/Alan Briskin/ Carol Chaykin/Iris Jason/Anne Lewites/Michael Nebel/Dianne Robins/Paul Scher/Barbara Schwartz/Kathy Soffer
 13 - Barbara Berg/Barbara Bickel/Rachel Borenstein/Kathy Bracco/Sue Cannato/Diane Gibson/Linda Nash/Karen Speicher
 14 - Harriet Blumenstock/Patsy Braxton/Philip Levy/Barbara Rosenberg/David Schlesinger
 15 - Pamela Friedman/Marcia Hershey
 16 - Rhoda Hegt/Morris Katz/

Linda Lieberman/Donna Rosenberg/Hal Scheckner/Nora Scott
 17 - Richard Allen/Barbara Engel/Les Offenber
 18 - Andrea Abitbol/Sharon Harris/Jay Koppelman/Maria Palmer/Greta Post
 19 - Donna Corea/Tom Healey/ Harriet Levine/Ronni Neiverth/ Lazarro Pappagallo/Michael Spitzer/Kathy Toth
 20 - Annette Muce/Jeff Scherling/George Sperling
 21 - Lisa Ruskowski
 22 - Ronnie Girshek/Vivienne Harnick/Paul Parsowith/Gary Ramella/Michael Trapani/Pat Trapani/Alice Williams
 23 - Vito Cappello/Bonnie Gessman/Anne Schuman/Sheila Solat/Mindy Steinberg/Roz Steinberg/Ed Trimas
 24 - Renee Comack/Joanne Horowitz/Laurie Lipper/Carol Moss
 25 - Barry Karben/Gloria Lederman/Stuart Schauman/ Arlyne Schutzer/Gail Serpico
 26 - Bharat Doshi/Jerry Krzyzkowski/Steve Orodener
 28 - George Carney/Rochelle Kaplan/Susan Kaplan/Linda Levinson/Alan Moskowitz/ Joanne Randone/Sara-Ann Wallerstein
 29 - Neil Diamond/Carol Langer/ Becky Ratner/Shirley Zinstein
 30 - Craig Jarvis/Donna Meerinsky/Janet Pincu/Larry Speichler/Tommy Toscano/ Neala Vogel
 31 - Joan Bass/Neeta Khurana/ Carol Kowalski/Sandra Mailman/Rosemarie Maltese/ Lori Morell/Richard Okun/Gail Smith

January Anniversaries

1 - Carole & Alan Cohen
 7 - Marcelle & Safwad Eid
 8 - Maureen & Thomas Chillemi
 9 - Jane & Donald Cooper/Ellen & Isaac Levy
 10 - Sandy & Irwin Gleitman
 12 - Arleen & Barry Panson
 14 - Linda & Barry Levinson
 15 - Mary & Royston Cruikshank/Cheryl & Richard Hand
 17 - Roberta & Don Rothschild/ Deborah & Melvin Solomon
 19 - Sharon & Maurice Ben'ous/Gail & Jerry Seasonwein
 21 - Elaine & Larry Kapusta
 22 - Vivian & Henry Karpf/ Janet & Bob Pincu/Marcy & Paul Smith/Lois & Lenny Toker
 24 - Deanna & Morris Katz/ Sonia & Henry Lieberman

26 - Mary & Natale Grisancich
 28 - Linda & Larry Ehrlich/ Amita & Yagnik Mehta//Becky & Bud Ratner
 29 - Sharon & Dan Furia
 30 - Francine & Ronald Deutchman/Sherry & Mark Kaufman
 31 - Joyce Fisher & Bill Countess/Sharon & Hal Scheckner

(**) If any of the above dates are incorrec,t or if any have been omitted, please contact me so that our information is up to date. ATTENTION NEW RESIDENTS: We certainly want your dates included, so please contact me with them and it will be done!

Thanks, Barbara Bickel (barbick132@aol.com.)

Smiles that look as young as you feel.

FREE Cosmetic Consultation and 2nd Opinion



SARI KLERER DMD

254 Cranbury Half Acre Rd. Monroe Twp., NJ 08831

609-655-3555

www.monroesmilesnj.com



Steve & Wendy, Your Regency Neighbors

Wendy Feinberg-Kotula

Sales Associate

Cell: 732-598-5343

wend56@aol.com

wendyfeinberg-kotula.com

Stephen Kotula

Sales Associate

Cell: 732-492-3441

stephen.kotula@yahoo.com



335 Rt 9 South, Manalapan, NJ 07726 | Office: 732-462-4242 | Owned & operated by NRT LLC



Happy New Year!

Wishing you good luck, good health, good fortune and good times! Happy New Year to all!



RESIDENTIAL BROKERAGE

Planning to buy or sell a home in 2024?

Call Steve & Wendy!

Everything we touch turns to SOLD!

Condolences

The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to Sara-Ann Wallerstein and Family on the loss of her beloved husband Stan, and to Barbara Bickel and Family on the loss of her beloved brother and our dear friend and neighbor Stan Wallerstein.

New Club Suggestions

By Laura Balsam, Organizer

Do you want to Start a Club or Interest Group? Regency Newcomers

Discuss how to meet people and what resources are available. A lot of information is by word of mouth. It can be hard to find people who share your interests; we hope to meet that need.

Pet Bird Owners and Enthusiasts

This is an example of a group for people who want to talk about pet bird ownership and care. We'll also share resources and experiences. Email me at the address below

If you want to start a Club or Interest Group, send your announcement to me and I will put them in the *Reporter*. Please describe your group in three sentences or less. My phone number is in the directory, or email: newclubs08831@gmail.com

Worth Waking Up For!

Classic Egg Favorites

only \$7.99*

Your choice of: Smoked Bacon, Sausage Links, or Sausage Patties, served with two Grade AA large eggs, cooked to order, with hash browns or breakfast potatoes and choice of • three buttermilk pancakes • fresh-baked Mammoth Muffin® • white, rye or whole wheat toast.

Available Monday-Friday, 7³⁰-11 a.m. (excluding holidays).



*No substitutions, not valid with any other discount or coupon. Excludes holidays. Valid only at participating restaurants. Sales tax, if applicable, must be paid by customer. Printed in the U.S.A. © 2010 Perkins & Marie Calender's Inc.

East Windsor • 50 Princeton Highstown Road • 609-443-0722

Men’s Club Happenings



By Sheldon Piekny,
President

We held our last meeting of 2023. I explained to all that the Board has decided to change our dues to an annual calendar, and that all paid up members will be in good standing for the entire year of 2024.

Detective Bob Bennett was our speaker. He did an outstanding job of explaining all the scams and preventive tools at our disposal to make our lives more secure.

We plan on having a very exciting 2024, with lots of

events planned. Look for our flyers as they come out. The Board, the Entertainment Committee and I wish you and your families a very healthy and happy holiday season and New Year!

Men’s Club Events

- Wednesday, March 27 - Silver Mine
- Wednesday, April 17 – West Point
- Sunday, May 5 - Mother’s Day Brunch
- Sunday, May 5 - Monmouth Park
- Special Surprise Dinner?!
- Saturday, July 20 – *School of Rock*, Kelsey Theatre
- Sunday, October 27 - Annual Member’s Breakfast

As well as many other events with dates to follow



From left: Al Marandola, Vice President, Mike Drobnis, Vice President, and Sheldon Piekny, President present Detective Bob Bennett, of the Monroe Police Department with a plaque after he spoke at the November Men’s Club meeting.
Photo submitted by Mike Drobnis

FIorentini FAMILY DENTISTRY

The FIORENTINI FAMILY
has been taking care of Monroe Township
and surrounding area patients **FOR MORE THAN 40 YEARS!**

PERSONALIZED TREATMENT BY CARING PROFESSIONALS COMMITTED TO EXCELLENCE

Reclaim Your Smile! A small smile imperfection can drain your confidence. Whether it’s a minor chip in your tooth or you’ve noticed your teeth start to yellow, the cosmetic dentistry treatments we offer at Fiorentini Family Dentistry can help. Together with our skilled team, you can erase these imperfections improve function, and restore a dazzling smile that commands a second look for all the right reasons!

**BEFORE
AFTER**

**Now Accepting
NEW Patients!**

- SINGLE-VISIT CROWNS/VENEERS
- IMPLANT PLACEMENTS & RESTORATION
- COSMETIC DENTISTRY
- SLEEP APNEA TREATMENT

Located on Applegarth Rd. across from the entrance to Clearbrook.

609.655.1023 | www.fiorfamdent.com
294 Applegarth Rd, Suite H, Monroe Township, NJ 08831

The Regency Book Club



By Judi Zipkin
The Measure
What a pleasant surprise to have over twenty members of the Regency Book Club

gather on December 1 to discuss *The Measure* by Nikki Erlick. Unlike so many of our other book group choices by well-known authors, *The Measure* is the debut novel for Ms. Erlick, a travel writer. Covid meant losing her job and like many people, dealing with feelings of loss of control and connection. It was during this time that she wrote this book, an instant *New York Times* best seller.

The premise of *The Measure* is clever -one day, every person in the world, twenty-two years and older, wakes up to find a small box at their doorstep. The boxes are all identical, and inside each is a string of varying lengths. Each box is inscribed “The measure of your life lies within.” As time goes by it is understood that the length of each string will determine the precise length of each person’s life. It is simple to assume that this will be a story about how each person deals with this unfathomable knowledge. Will they open their box, leave it closed, or attempt to throw it away? Will they tell their parents, their spouses, or lovers the length of their string? Will it change the way they live their lives?

Ms. Erlick takes the story many steps farther as she leads the reader on an exploration of the implications these boxes will have on society at large. Using eight main characters, most belonging to a support group to help “short stringers” deal with their fate, we learn about the political, social, and cultural implications of the strings. She explores prejudice between “long stringers” and “short stringers.” How the string is used to discriminate against those with short strings by denying them health care, insurance, entry into the military, or medical or legal programs. The reader sees that

(Continued on page 5)

Regency Women's Group



By Barbara Wilner

In this season of giving, the Regency Women's Group has again been so beyond generous to worthy causes. Our November 28 drive through donations to Women Aware, the Middlesex County Agency for abused women along with the children of the JFK School in Jamesburg were again the recipients of gift cards to stores offering needed basics and toys to disadvantaged children. The thanks we received were truly heartfelt and appreciated. Our group thanks its member for your generous support.

A few snowflakes were already seen this season as we get ready for our December 11 Snow Much Fun evening, starring comedienne Helene Angley. There will be special desserts and warm holiday cheer as we celebrate the season. The event takes place after our editorial deadline so I

will be reporting on this good time next month.



Helene Angley, "That Tall Blonde Comic."

Photo by Elaine Robin

There is no meeting in February. Our plans for March and beyond are in the works as we await the re-opening of the Clubhouse. The Executive Board and committees of the Women's Group thank you all for the support you have shown us in 2023. We look forward to presenting a New Year's worth of fun and informational programs and having you join us.

We send our best wishes to you and your families for a joyous, healthy and peaceful 2024.

All the best! Till next time...



A group of Regency friends at the Regency Women's group's Snow Much Fun Evening.

Photo by Elaine Robin

Book Club

(Continued from page 4)

string length turns into another way to divide people, as our society already does now by race, class, religion, education, gender, or sexual orientation. But how do you measure your life? Is the meaning of life the same as the measure of life? These are all areas the group explored in a discussion that never paused for a minute of the session.

We began by discussing what we would do in the "string" situation. Many said they would never open their box, wanting to live their lives as normally as possible. Others, who had experienced sudden loss, said that knowing would have helped them to say and do things they never had the chance to do. Still others said their curiosity or impulsivity would have made the decision for them. One member suggested calling a family meeting, as opening one box would affect everyone in the family, and this called for a discussion before any action. A member of the group questioned whether, had it been known in advance that certain lives would be cut short, would society have been deprived of the brilliance of Mozart, Gershwin, and Presidents Lincoln, Roosevelt and Kennedy? The group also discussed knowledge as power, and the need for some group members to always "know" in order to make informed decisions.

We discussed the characters and how well drawn they were, making us care about them and their relationships. Someone noted that the author seemed to like her characters, focusing more on good people with short strings and only one or two characters that used their long strings to gain power to manipulate and control others. Growth was noticed in the characters as they connected and learned to live with the knowledge of their life spans. The support group was an example of how people, who never knew

each other before, could become family to each other, because they shared similar concerns.

The discussion ended with a sharing of messages members thought Ms Erlick wanted to convey to the reader. They included: everything happens for a reason; prejudice will always exist; live everyday as if it is your last; love like your string is short; and best said by Ralph Waldo Emerson – "It is not the length of life, but the depth of life that matters." All agreed that *The Measure* by Nikki Erlick was a wonderful choice for our book group.

Join us January 2 when we read *Hello Beautiful* by Ann Napolitano, followed by *Tomorrow and Tomorrow and Tomorrow* by Gabrielle Zevin on February 6. All residents are welcome. Remember reading is a pleasure and discussing your thoughts on a book with others makes it a gift!

The Best Hands In Real Estate!



Cheryl Hand
Broker/Sales Associates
732-598-0355 (Cell)
732-536-1200 (Office)
Cheryl.Hand@foxroach.com
www.CherylHand.com



THIS HOME IS WAITING FOR IT'S NEW OWNER!



CORSICA MODEL

\$679,888

~19 Country Club Drive~
Hardwood Floors Thru-Out
Full Walk-Out Basement
Granite Countertops
Oak Cabinets-Granite
HWBB Heat! Immaculate
Inside and Out!
Help Me Spread the Word!

CALL ME TODAY TO SCHEDULE YOUR PRIVATE SHOWING

BERKSHIRE
HATHAWAY
HOMESERVICES

FOX & ROACH,
REALTORS®



Prudential New Jersey Properties is an Independently Owned and Operated Member of The Prudential Real Estate Affiliates



We welcome you to visit the "New"
Historic Cranbury Inn!
-Under New Ownership-

Open for Lunch & Dinner daily + Brunch on Sunday!

Offering trivia nights, live music, special tasting menus & more! To view our upcoming events, menus, make reservations, or book a private event visit: www.thecranburyinn.com



Visit Our
Brand New
Liquor Store!



Follow us on Instagram @cranburyinn or visit our Facebook page for updates!



(609) 655-5595
21 South Main St Cranbury, NJ 08512

Thank You Note

To all my friends at Regency,
I want to thank you all for the deep feelings you have shown to the Wallerstein's and to me upon the loss of my wonderful brother – Stan Wallerstein. He was an exceptional person and you joining with us – being with us with your presence at the funeral, with gifts, donations,

visits, and calls, you have made this time SO meaningful! Both Stan and I had 87 years of being together, but you helped make 20+ years of special memories living here and we thank you ALL for caring and making our lives here so complete...
Thank you...
Barbara Wallerstein Bickel



President Barbara Potasky outlining future plans for the Cocktail Club. Photo by Karen Calder

The Cocktail Revolution Club

By Barbara Winograd

On Tuesday, December 5, the Regency Cocktail Revolution Club toasted the holidays with a “Winter Holiday Celebration.” On the ninetieth anniversary of the end of prohibition, Travis of Yorktown liquors, wowed us with a festive assortment of cocktails for the season. Coquito, the Puerto Rican version of eggnog was a traditional favorite. Other libations included Bailey’s Mint Martini, Chocolate Eggnog, Maple Butter Kiss and Gingerbread Martini. Boardwalk Boss comprised of 1.5 oz. of Bourbon, 0.5 oz. of Sweet Vermouth, and 1.5 oz. of Apple Brandy was both potent and popular. Mingling and merriment continued while we feasted on hor d’oeuvres like quiche, batter fried mushrooms, Mac and cheese bites, and charcuterie. Desserts included ice cream, gourmet cookies, and mini-cheesecakes.

Travis reminded us that cordials, the medicinal drinks of the monks, progressed to more widely appreciated drinks such as the eggnog of Medieval Europe consisting of curdled milk, eggs, and spices, a treat enjoyed by the Upper Classes. A spirited trivia competition was won by Harriet Fabrykant who received a generous gift certificate to Yorktown Liquors.



Lovely ladies toasting the moment. Photo by Barbara Winograd

We learned that the first New Years Eve ball drop in Times Square was in 1907, 360 million glasses of Champagne are consumed on New Years, and that there have been seven versions of the Times Square Ball to date. The Dutch believe that eating donuts on New Years will bring you good luck. In Spain

they eat a dozen grapes at midnight for good fortune. This session of the Cocktail Revolution Club will wrap up in January with a gala Super bowl celebration. Until then the Regency Cocktail Club wishes you happy holidays and Happy New Year and the good fortune of sharing cocktails together.

From The Wine Club

By Sheldon Opperman

How to Experience Different Wines:
A Guide for Beginners and Enthusiasts

I began my journey into wine while studying medicine in Antwerp, Belgium. In the nineteen seventies, you could purchase a



bottle of Bordeaux in any supermarket for \$1-\$2. It wasn’t until I completed my medical training that my passion for learning about wine began. Wine is such a fascinating and diverse beverage. It offers a range of sensory pleasures, from its color’s visual appeal, to its bouquet’s complexity, to its taste and texture. Whether you are new to wine or a connoisseur, there are always new wines to discover and enjoy. That was my impetus for starting a wine club here at Regency. Here are some tips on how to experience different wines and expand your wine knowledge and appreciation.
1. Learn the basics of wine tasting. Wine tasting is not just about drinking wine, but about observing, smelling, and tasting it. Wine tasting has five steps: look, smell, swirl, taste, and conclude. By following these steps, you can learn to identify the main characteristics of wine, such as its color, aroma, flavor, body, acidity, tannin, sweetness, and finish (i.e. how long the taste of the wine remains after you have swallowed it). You can also compare
(Continued on page 7)

16 Winnie Palmer Court
Monroe — UNDER CONTRACT

51 Turnberry Drive
Monroe — SOLD

38 Tamarack Road, Monroe
NEW PRICE \$945,000

Sotheby's International Realty™ is a licensed trademark to Sotheby's International Realty Affiliates, Inc. Each Office Is Independently Owned and Operated.

SHERYL SIEGEL
Realtor-Associate

m: 917.783.4093
o: 732.946.9200
sheryl.siegel@sothebysrealty.com
Holmdel Office - 38 Main Street

Real Estate licensed in
New York for 40 years.

Heritage House | Sotheby's INTERNATIONAL REALTY

MIKE “THE HANDYMAN”
732-780-0468
Lic. #13VH08300900

- No job too small, so don't hesitate to call
- Same-day callback, work done within 24-48 hours
- Fully Insured
- References gladly furnished upon request

OVER 33 YEARS OF EXPERIENCE

Regency on the web: www.regencyhoa.com

New Jersey to Florida

YOUR GUIDE TO • BOCA RATON • DELRAY BEACH • BOYNTON BEACH AND SURROUNDING AREAS

- 55+ Active Lifestyle Communities
- Intracoastal and Beachfront Properties
- Condos and Single Family Homes
- Country Club Communities
- New Construction
- CONCIERGE SERVICE
- STRESS FREE TRANSITIONS
- WE GO ABOVE and BEYOND!

Jill Rothman, Realtor®
561-399-3962
jill@sellingandbeyond.com

Rori Huberman, Realtor®
561-573-6111
rori@sellingandbeyond.com

The Keyes Company

Powerline Road, Suite C-7
Boca Raton, FL 33433
561-750-1000

www.sellingandbeyond.com

Shutterbug

Regency Digital Photography Club



Exceptional People Pictures from Regency’s Participation in the Inter-Community Competition

Photos submitted by Howard Wichansky
An Honorable Mention was given to Ruth Bawarshi for her image “A Child on the Stairs” catching the striking beauty of the angelic child.

An Honorable Mention was given to Steven Wandy for his image “Checking His Messages” capturing a moment of contrast.



Wine Club

(Continued from page 6)

different wines and evaluate their quality and style.

2. Explore different types of wine. Don’t always purchase the same wine because you feel comfortable with the taste. You will never learn anything about wine if you do not diversify. Wine can be broadly classified into a few main types: red, white, rosé, sparkling, and fortified. Each type of wine has its own distinctive features, depending on the grape varieties, regions, winemaking methods, and aging techniques involved. For example, red wines are defined by their dark fruit flavors and tannins, making them a great match for food. Oak aging plays a part in many red wines. White wines tend to be tarter and more refreshing than reds, with aromatic notes like flowers, citrus, and orchard fruits. White wines are usually lighter in body and alcohol. Rosé wines are made from red-skinned grapes that have short contact with the skins, resulting in a pink color and a fruity flavor. Sparkling wines are wines that have bubbles, which are created by secondary fermentation in the bottle or in a tank. Sparkling wines can range from dry to sweet and light to full-bodied. Fortified wines are wines that have been fortified with distilled spirits, such as brandy, to increase their alcohol content and shelf life. Fortified wines are often sweet and rich and are

usually consumed as dessert wines or aperitifs.

3. Try different wines from different regions. Wine reflects the terroir, the combination of factors that influence its character, such as the climate, soil, topography, and the winemaker. Different regions worldwide have different terroirs and, therefore, different flavors of wines. For example, wines from France are often elegant and balanced, with a strong sense of place and tradition. Wines from Italy are diverse and expressive, with a wide range of grape varieties and styles. Wines from Australia, such as Shiraz, are bold and fruity and sometimes spicy. Wines from Chile are fresh and vibrant, focusing on value and sustainability. By trying different wines from different regions, you can learn about the wine’s history, culture, and geography, and appreciate its diversity and complexity.

4. Experiment with different wine and food pairings. Wine and food are meant to be enjoyed together, and finding the right wine and food pairing can enhance the flavor and pleasure. There are no strict rules for wine and food pairing, but some general guidelines can help you make a good choice. For example, you can match the intensity of the wine and the food, such as pairing a light white wine with a delicate fish dish or a full-bodied red wine with a hearty meat dish. You can also balance the acidity, sweetness, and tannin of the wine and the food,

such as pairing a crisp white wine with a creamy sauce, or a sweet wine with salty cheese. You can also complement or contrast the flavors and aromas of the wine and the food, such as pairing a floral white wine with a spicy dish or a smoky red wine with a grilled dish. By experimenting with different wine and food pairings, you can discover new combinations.

5. Wine is a wonderful and rewarding beverage that can enrich your life and palate. Following these tips allows you to experience different wines and broaden your wine horizons. Cheers!



Attention Regency Residents

- Home Security System Monitoring
****\$14.50 per month****
- Established Company – 45 Years of Experience
- Owned & operated by a Regency resident
- No Contracts
- No Conversion Fee
- Home Improvement Contractor Number 13VH00561800
- 3-Year Rate Guarantee
- No Gimmicks
- Great for Regency Residents coming off Existing Contracts
- Call Now (800) 343-3526, ext. 122
- Service & Upgrades Available

**Open to Regency @ Monroe residents only. Rate requires annual billing and landline for monitoring. Rate for GSM or Cellular Communicator is \$26.00 monthly.

Visa & MasterCard accepted. USA will refund any portion of unused monitoring in the event of cancellation prior to the annual monitoring anniversary.

240 Frisch Court, Suite 303, Paramus, NJ 07652
Telephone (201) 343-4777 · (800) 343-3526
Fax (201) 343-6624 · Web Address: www.usa-sec.com

35 Years of Serving the Community!

HAPPY New Year

Your One Stop Auto Shop!

Automotive Service & Repair • Auto Body & Collision
NJ State Inspection & Re-Inspection • Towing

609-655-AUTO (2886)

251 Applegarth Road- Monroe Township NJ, 08831

AB LIC# 00678A

Seniors Living Concierge Group

Helping the 50+ Community with Various Housing Services

Contact us today for more information!



KW WEST MONMOUTH
KELLERWILLIAMS REALTY



BARBARA BERG

KERI ZOUMAS

BARBARA BERG
Broker Associate
SRES® • Luxury Properties Specialist Keller Williams
OFFICE 732-536-9010 • MOBILE 732-239-8783
Barbaraberg10@gmail.com • BarbaraBerg.KW.com

KERI ZOUMAS
Broker Associate
SRES® • NJAR Distinguished Sales Club
OFFICE 732-536-9010 • MOBILE 732-718-7155
KeriZ@kw.com • kzoumas.kw.com

508 Route 9 North, Morganville, NJ 07751 | WWW.WESTMONMOUTHKW.COM

Each office is independently owned and operated. If your home is currently listed for sale with a real estate agency, please disregard this notice. It is not our intent to solicit the offerings of other brokers.

MIRANDA VERDERAME
BUSINESS DEVELOPMENT SPECIALIST

46 HIGHWAY 36 | KEYPORT, NJ 07735 | OFFICE 732.383.5287
CELL 732.685.9588 | MIRANDAV@ALLAHEADTITLE.COM
WWW.ALLAHEADTITLE.COM



Traffic Safety Announcement

Please drive carefully within the community making sure to STOP at stop signs, use your DIRECTIONAL SIGNALS and abide by the SPEED LIMIT. Also, please be certain to park on the right side of the street.



Why settle for less? Get the BEST!

Regency Expert

5-Star Reviews!

Adult Community Specialist



SCAN THE CODE TO FIND OUT WHAT YOUR HOME IS WORTH!

Your Regency Listing Specialist



SUZANNE "SUE" NADWODNY
Broker Associate
C: 609.313.4864
Sue@LevinsonERA.com

HomeSalesBySue.com
349 Applegarth Road • Monroe Twp. • Office 609.655.5535



PLUMBING

**Fast & Reliable Service
Always Available**


~ Fully Insured & Bonded ~

(732) 972-7779

Herb Weinberg
NJ License 9844

P.O. Box 493
Morganville, NJ 07751


Scrabble Scribbles



The Regency Scrabble Club

Join us for Scrabble each
Monday at 1 p.m. in Ballroom 3 and
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.



Parker
we make aging part of life®

We're Accepting New Admissions for our Nursing & Memory Care Homes

Meeting all the state's infection control requirements for senior living communities

Call and ask how we keep your loved one safe in our care.

Parker at Monroe
395 Schoolhouse Road • Monroe Twp, NJ 08831
Parkerlife.org | 732-992-5200 | 



Happy New Year (Buon Anno) from the Italian American Club at Regency

By Annette Valerio

Happy New Year Regency Residents! If you have not joined us (The Italian American Club) already, you are missing out on so much fun. On Saturday, December 9, we held our annual Christmas Party. It was attended by approximately 211 people, and what a great night we had. We danced the night away and were pleasingly entertained by “Memories.” Our food was catered by Livoti’s and was both delicious and abundant. We even had fun with the old classic *Twelve Days of Christmas*! We added a new twist to it and it became the *Twelve Italian American Days of Christmas*! I was so pleased to hear such positive comments from our residents as I circulated around our ballroom throughout the evening.

Thank you again to all of our Board members and their spouses who work so hard and so tirelessly to make each of our events so successful. A very

special thanks goes out to Marie Battiloro’s daughter, Danielle, who set up and ran our photo booth, and to her husband who played the jolly old man himself, Santa.

As the New Year approaches and our Clubhouse will be un-

der renovation, our club will be doing a lot of thinking outside the box to bring you as many events as possible without use of our ballroom. So stay tuned and keep a lookout. Until next month.... Happy and Healthy New Year to each and everyone!



“Memories” beautifully entertained the club members with holiday songs, and music to dance the night away.

Photo by Annette Valerio

The 3D Art Group



Claire Castellanos with her latest picture. Super cute! This Muppets masterpiece was made for her granddaughter Olivia. Photo by Renee Horowitz



Gail Weichman made this FANTastic Met Citi Fields picture for her husband. Who, we’re told, loved it! Photo by Barry Weichman

By Renee Horowitz

For anyone needing a little encouragement to breakout some art supplies on “Inspire Your Heart with Art Day,” con-

sider this. Research shows that creating art comes with a host of health benefits, including reducing levels of the stress hormone, cortisol. This information was published by *Women’s Day Magazine, Winter 2023*.

You don’t have to wait until January 31 to celebrate *Inspire*

your Heart with Art Day. Tap into your creativity with the help of 3D Art. We meet every Thursday in Ballroom 3, 10-12. Individual paper and embellishing projects offer a diverse range of creativity. Collaborative creativity can make the winter months more enjoyable.

Come join us!

2024 Yiddish Calendar

- Friday, July 19
Shabbat Dinner, Herman Lentz Author of *Jewmorous*
 - Sunday August 18
Keith Spencer, Baritone Vocalist
- Sunday, September 15
The Memales, Tribute to the Yiddish Theater
 - Sunday, October 20
Linda Belt, Comedian



**MONROE TWP.
FIRE DISTRICT #3
AT YOUR SERVICE,
ANYTIME.**
www.mtfd3.com
609-409-2980

Singles Mingle

By Barbara Lemberger

We wish everyone a wonderful, healthy, happy New Year. As we enter 2024, we look forward to many exciting meetings, activities, and outings. Our holiday season was very special this year. We held a tremendously successful holiday party on December 2 at Anemos Greek Restaurant in Manalapan. The atmosphere was quite festive as we enjoyed a Greek feast, which included salad, spanakopita Kia, hummus, tzatziki, saganaki and several other delicious Greek appetizers. The sangria was abundant and added a special touch to our main courses and dessert. Each attendee received a small tray of homemade cookies as a party favor. The highlights of the evening were a photo booth complete with seasonal props to enhance the photos, and a game to figure out the names of seasonal songs from pictures. The ladies at each of the two winning tables received holiday lottery tickets. Hope there were some winners among the winners! Kudos goes to Mary



Mary Tournour and Fran Lehrfeld, organizers of the Singles Holiday Party.
Photo by Barbara Lemberger

Tournour and Fran Lehrfeld and all the bakers for all their hard work, which made our party such a success.

The Regency Singles Club will host a Road Scholar presentation – “Learning – It’s a Trip” on January 3, at 7 p.m. Road Scholar is a leading provider of travel programs for adults 50 years and over. They specialize in experiential trips for Groups,

Solos, and Grandparents and their Grandkids. This will be a live Zoom event given by two Road Scholar’s Ambassadors who will also answer your travel questions. It will be held in Ballrooms 1 and 2. Everyone in the community is welcome to attend. For information, or to reserve your seat, email Rheva Katz at rhevakatz@comcaast.net.

The Regency EREA Goes on a Gastronomic and Cultural Exploration of Ethiopia

By Marty Feldman

On a rainy Sunday afternoon, an adventurous group of 34 Regency people were introduced to the vibrant cuisine of Ethiopia at a local Ethiopian restaurant, DASHEN, the nine-year-old Ethiopian restaurant in New Brunswick. The group was offered a unique and authentic dining experience.

Our immersive journey consisted of an array of flavorful dishes, which included the spongy, pancake-like bread Injera, made from Teff flour; Doro Wat, the spicy chicken stew; a beef mixture with onions, garlic, and ginger named Tibs Wat; and a lamb stew called Yebeg Alichu. These three meat dishes were accompanied by their vegetable counterparts Gomen, Qessir, and Shiro - collard greens, beets with carrots, and mashed chick peas, respectively, all flavored with typical Ethiopian spices of berbere, a blend of 10 or more dry spices; nit’ir kibe, a clarified butter infused with many spices; and korerima, a member of the ginger family also called black cardamom.

Before the above entrees were served, our journey began with Sambusa, an Ethiopian pastry stuffed with brown lentils, jalapenos, and onions, along with a very spicy dipping sauce called awaze. This is an Ethiopian sauce made from berbere, mixed with tej, honey wine, and arak, an anise-flavored spirit. A small DASHEN house salad followed, leading us to the main dishes already mentioned above.

Following the entrees, we were treated to a traditional Ethiopian coffee ceremony performed by TG, the owner of DASHEN. With incense being burned, the coffee was poured from a height into small decorative cups. This coffee was made from beans TG had pan-roasted before our dinner



DASHEN owner TG shows diners the coffee beans roasting in pan. Shown seated are Chris Barone, Leslie Kohn, and Howie Kohn.
Photo by Marty Feldman

even began. TG had brought the hot pan with smoking, roasting beans to each table to smell the aroma of Ethiopian coffee beans roasting to perfection.

The dishes for the dinner were chosen to showcase the rich cultural heritage of Ethiopia, with its communal dining style and its emphasis on communal sharing. The event allowed participants not only to savor the diverse flavors of Ethiopian cuisine, but to immerse themselves in the country’s customs and traditions. Some of us chose to eat the foods the traditional way using injera to scoop the food. Some used the forks and serving spoons provided rather than using their fingers. Either way resulted in a delicious luncheon. The desserts served, baklava and tiramisu, although probably not traditional, added a sweet ending to our meal.

Many left with a newfound appreciation of the intricacies of Ethiopian cuisine, making this event a remarkable success.

The REGENCY EREA (Ethnic Restaurant Eat Around) is open to all Regency residents, singles and couples. There are no dues and no commitment other than to select the dinners you wish to attend. Always, first come, first served. Call for more information.

LET’S PLAN TOGETHER

Call to schedule a free at home consultation



Freeman Manalapan-Marlboro Funeral Home

344 Route 9 North, Manalapan NJ 07726
(732) 972 - 8484

Glenn A. Freeman -Manager N.J. Lic. No. 3662

SERVING ALL FAITHS SINCE 1847
COMPARE OUR PRICES

CATS AT HOME

Emily Jarvis, DVM

609-915-8671

home veterinary visits
27 years all-feline experience
\$10 off first house call fee with this ad



WANTED TO BUY

JEWELRY (GOLD, SILVER OR COSTUME)
DIAMONDS • ARTWORK • FURNITURE
GUITARS • CAMERA • RECORDS, ETC.
COMPLETE CLEANOUT SERVICES
Call Dan at 609-306-0613
AMERICAN FURNITURE EXCHANGE

Plan For Your Future and Empower Your Legacy

You’ve worked hard your entire life to provide for your family and we want to help you protect and pass on that legacy.



LEVINE • FURMAN • RUBIN

ESTATE PLANNING & ELDER LAW ATTORNEYS

F-3 BRIER HILL COURT, EAST BRUNSWICK, NJ
19 N COUNTY LINE ROAD SUITE 3, JACKSON, NJ

WWW.LEVINEFURMAN.COM
732-238-6000

We can help your family with:

- Estate Planning
- Elder Law Planning
- Medicaid Planning
- Medicaid Applications
- Guardianship
- Power of Attorneys
- Veteran’s Benefits
- Special Needs Planning
- Probate, Estate and Trust Administration




Call us to request our Recorded Seminar or download our FREE Estate Planning Worksheet at www.levinefurman.com

M. David DeMarco, *President*, N.J. Lic. No. 3203
Thomas J. DeMarco, *Manager*, N.J. Lic. No. 4651
Peter S. Winther, *Director*, N.J. Lic. No. 4763
Jennifer L. Burry, *Director*, N.J. Lic. No. 5172

"Family Owned & Operated"

M. David

"Totally Barrier Free" 

DeMarco

Funeral Home, Inc.



205 Rhode Hall Rd.
Monroe Twp., NJ 08831
732-521-0555
www.demarcofuneralhome.com

ELECTRICIAN 732-851-1561

All Electric Services - Lic.# 15848

- Ceiling Fans • Recessed Lights • Bathroom Fans
- TV Mounting • Smoke Detectors • Security Lights

\$10 OFF sale thru the end of the month!

www.allelectricnj.com

Send news releases to:
nwolff0325@aol.com

Hadassah Highlights



HADASSAH

the power of women who **DO™**

By Carol Kortmansky
Karen Ross, President

This article is being written as we are about to start the holiday of Chanukah, the holiday of miracles. May we all join together as we pray for the miracle of peace in Israel and throughout the world and for all people everywhere to be able to be who they are and live in peace and harmony with all others.

Regency Hadassah is proud to announce that we have received ribbons of honor from the Region in the areas of Fundraising, Membership, Advocacy and Education, Financial Management, Young Judea, Programming, Email Communication, Social Media, Chai Society, Bulletin (*Hadassah Highlights*), Community Outreach, and Publicity. We thank all of our members, the greater Regency Community and our Executive Board and Chairpersons for their support and dedication.

The November Hadassah Book Club was canceled. We will be sending out an email with the next Book Club date, book, and location shortly. Please watch your emails for more information. At our meeting on December 18, we will enjoy entertainment from Mardi Leibowitz, our friend and neighbor at Regency. Thanks to Mardi in advance for making the evening so enjoyable and thanks to Genia Beeferman and Leslie Kohn for planning our programs and to Micki Indursky and Sharon Taxman for working so hard on hospitality.

We are excited for the return of our own Women's Seder, to be held on April 15, 2024. In the past this evening has proven to be an inspirational and emotional one, led by Cantor Michele Teplitz of the Marlboro Jewish Center. 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 future emails, fliers and *Hadassah Highlights*.

Our June 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 further details. Their home numbers can be found in our directory.

If you are new to our community or know of someone who has recently moved in and would like to learn more about Hadassah, please contact our president, Karen Ross (kbr1253@aol.com), or our Membership Vice Presidents Cheryl Hand (cherylhand18@gmail.com) and Marilyn Krawet (mickey3105@yahoo.com).

com). Their home phone numbers can be found in our Regency Directory.

For all who ordered Mah Jongg Cards, 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 ordering 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@floes.net) or Karen Ross (kbr1253@aol.com) know as soon as possible.

(Continued on page 11)

The Regency Dance Club



Scenes from The Regency Dance Club's 70's inspired dance party!
Photos by Steve Wandy

By Alan Wurman

The 70s were calling and boy did we answer! *Saturday Night Fever* happened on December 2 at the Regency Dance Club. We hustled the night away to the great music provided by DJ Billy.

We even had a surprise performance from Tina Turner. Everyone had a fun time and enjoyed delicious decadent desserts (love a good alliteration)! Our next dance event will be mid-summer when we host our Summer White Attire Party in our newly designed ballroom. The date will be announced in the spring. Till then 'Keep on Truckin!'



Everything Stacey touches turns to
SOLD!

 Gets You the Best Price

 Is Dedicated to Your Sale

 Your Partner In The Process

 An Agent You Can Trust



 neighborhoods.com
PARTNER AGENT

 55places.com
PARTNER AGENT

**RE/MAX**
FIRST REALTY
33 Brunswick Woods Drive East Brunswick, NJ 08816


https://linktr.ee/staceyvilardi_homehotspot



**Happy and
Healthy
New Year!**

STACEY VILARDI | REALTOR ASSOCIATE
Direct: 732-266-7999 | Office: 732-257-3500
staceyvilardi@gmail.com | www.staceyvilardi.net



The Hanukkah Party drew a large and happy crowd.

Photos by Dov Koller

Israeli American Club

By Sam Fisher,
Club President

On December 14, the last night of Hanukkah, the Israeli American Club held our second annual Hanukkah party, with close to 150 people in attendance. We all enjoyed delicious potato latkes and doughnuts, while listening to the wonderful music provided by Avi Maza Entertainment. These Israeli-born musicians, a keyboard player and drummer, played and sang a variety of Hebrew and English song classics. It was truly a very enjoyable evening.

In the days leading up to the party, the Club reached an unbe-

lievable milestone. Only 13 months after formation, we signed up our four hundredth member. No one would have ever dreamed that the Club would take off the way it has in such a short time.

Looking ahead, our next meeting will be on Thursday, January 11, 2024, which will be our last meeting before the Clubhouse closes for the renovations. Tentatively planned is a movie night.

Starting in February, we will be holding monthly meetings on the second Thursday of the month in the Tennis Pavilion, until the Clubhouse reopens.

Monday, March 25, will be our Purim party – details will follow, including the location of the event.

The second week in May, we will be celebrating Israeli Independence Day with our gala dinner event. The exact date and location has not yet been determined.

If you are not a club member, please consider joining us and participating in our many fun events. Application forms are available at the Concierge desk.

For all the snowbirds in the community, enjoy the nice weather down south, and we'll see you in the spring.



Joyous dancing of the Hora at the Israeli American Club's Hanukkah Party.

Hadassah Highlights

(Continued from page 10)

Please watch your email for updates on future Hadassah events. With the Clubhouse ballroom closures, we are in the midst of working on our future events and locations during this time period and will update you as we can 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 – *Evita* at the Axelrod Theatre



REMEMBER
OUR MEN
AND
WOMEN
IN THE
SERVICE

Regency Poker Club

By Frank Gottlieb

The December 4, 2023 Regency Poker Club Tournament was a complete success. Lots of fun was had by all.



The Regency Poker Club Tournament winners are from left: Rick Goldfarb, Joel Scharf, and Art Wilde.
Photo by Frank Gottlieb

Veteran Owned Business

Mr. Electric®
a neighborly company

**\$50 off Any
Electrical Service.**

Only at participating locations. Must present coupon at time of service. Cannot be combined with other offers or discounts. Limit one per transaction. Limited time offer.

732.426.2559
MrElectric.com/Monroe

Locally owned and operated franchise. © 2023 Mr. Electric SPV LLC. All Rights Reserved.

You name it, we take it!

- Estate Sale Clean Outs
- Garage Clean Outs
- Appliance & Furniture Removal

We will beat or match any price!

800-609-3696
www.wecollectjunk.com

**DANIK
SERVICES**

FREE ESTIMATES

cell: 646-706-2998

Gardening

**Install and Remove
Christmas Decorations**

Gutter Cleaning

Grocery Shopping

REASONABLE RATES

- Post-Hospitalization Rehabilitation
- Personalized Goal-Oriented Treatment
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- 24-hour Nursing Staff
- Certified Dietician
- Long Term Care
- Respite Care
- Hospice & Palliative Care
- Medicare, Medicaid & most insurances accepted

Call our admissions team today to schedule a tour!

THE GARDENS AT MONROE
189 Applegarth Road, Monroe, NJ 08831 | www.thegardensatmonroe.com
609.448.7036

Beyond Words

By Cecile Spector

The “Traffic Signals” of Language

It may be hard to believe that a book about punctuation could be a runaway bestseller, but in 2002, *Eats, Shoots and Leaves* was just that, placing number one on the bestseller lists in Great Britain. The title was based on the following joke: A panda walks into a cafe and orders a sandwich. After he finishes eating, he pulls out a gun and fires into the air. As the panda starts walking toward the exit, the confused waiter asks, “Why?” The panda tosses a poorly punctuated wildlife manual to him and says, “I’m a panda, look it up.” The waiter turns to the proper entry and, lo and behold, finds an explanation. “Panda – Large black and white bear-like mammal, native to China. Eats, shoots and leaves.”

Punctuation marks were designed to help people make sense of what they are reading. They signal us to slow down, notice this, take a detour, and stop at the appropriate times. In other words, they are the “traffic signals” of language. For the most part, punctuation marks are either “separators” or “terminators.” Commas, for example, are separators and they have many jobs. Although some grammarians have said that the use of commas cannot be learned by following rules, rules for commas do exist. One such rule is the use of commas for lists. For example, I love chocolate, vanilla, pistachio and strawberry. If the comma can be replaced by the word *and* or *or* then it is correct. In the past, I used what is called the *Oxford comma*, where you put a comma after the last word in a series. In this case there would be a comma after pistachio. Which is preferred? It’s up to the writer to decide if the sentence is improved by its appearance.

The following sentences show just how important the placement of commas can be:

“Woman, without her man, is nothing.”

“Woman, without her, man is nothing.”

Isn’t it amazing that by moving the comma back just one-word, opposite sentiments

are conveyed? In some instances, the lack of a comma may be deadly:

We walked through the woods, enjoying the play of sunlight filtering between the branches of the trees and the sound of leaves crunching beneath our feet. The air was scented with cedar and all around it was a great day. Our thoughts were captured by the beauty nature provided. After several hours our growling stomachs told us it was time for lunch. The rest of the family was following closely behind. When we saw them, my brother shouted, “Let’s eat grandma.”

Is this a family of cannibals, or is there a missing comma?

Apostrophes play an important role in conveying meaning to an utterance. In Lynn Truss’s book, *Eats, Shoots and Leaves* the following example is offered: Over a large play area for children, there hangs a sign that says, “Giant Kid’s Playground.” Everybody stays away from it – probably because they are afraid of the Giant Kid. Apostrophes also are used for many other reasons such as: to show possession (Pandora’s Box); to indicate time (In one month’s time); and to indicate omission of figures in dates (The depression of ‘29.)

The hyphen is another useful punctuation mark. Consider the following sentences:

“At the beach, she saw a man-eating fish.” (Dangerous)

“At the beach, she saw a man eating fish.” (Delicious)

Like so many other aspects of language, over time, the way punctuation is used changes. For instance, many of the words which used to be hyphenated no longer have this mark. E-mail is now email; web-site is now website, life-style is now lifestyle, etc. Text messages and emails often use the barest number of punctuations marks, often leaving their content ambiguous. Add “creative” spelling to the mix, and you may end up with, “Huh?”

In writing, a period, a punctuation terminator, is generally put at the end of a complete thought. By changing the position of the period the thought is changed, as you will note in



the following two versions of a letter:

Dear John,

I want a man who knows what love is all about. You are generous, kind, thoughtful. People who are not like you admit to being useless and inferior. You have ruined me for other men. I yearn for you. I have no feelings whatsoever when we’re apart. I can be forever happy – will you let me be yours?

Jennie

Dear John,

I want a man who knows what love is. All about you are generous, kind, thoughtful people, who are not like you. Admit to being useless and inferior. You have ruined me. For other men I yearn! For you I have no feelings whatsoever. When we’re apart I can be forever happy. Will you let me be?

Yours,
Jennie

Another terminating mark is the exclamation point. Of all the punctuation marks, this is the “loudest.” It screams for attention! It’s used for spontaneous comments such as, “Wow!” “I don’t believe it!” or “Frankly, my dear, I don’t give a damn!” An old beer commercial comes to mind, “Oh my gosh! It’s Frothingslosh! Overuse of exclamation points negates their impact. When every sentence calls attention to itself then nothing stands out. (Oh, my goodness! It’s snowing! What a nice surprise! Look at the size of those snowflakes! It must be a foot deep by now!)

Punctuation marks that clarify the expression of our thoughts – we hope – are plentiful. In addition to commas, apostrophes, hyphens, periods, and exclamation points, there are single and double quotation marks, colons, semicolons, question marks, dashes, ellipses, parentheses, brackets, and slashes, many of which can be used in numerous ways. When I was at NYU one of my professors, after reading sections of my dissertation, asked how I decided where to put commas. I was unable to quickly think up a decent explanation, so I replied, “I feel comma.” She accepted my response, and now I can see why!

MONROE TWP. FIRE DISTRICT #3 – AT YOUR SERVICE, ANYTIME.



www.mtfd3.com
609-409-2980



MONROE DENTAL GROUP

Comprehensive Dental Care
609-655-3551
www.monroedental.net

New Patients Welcome

- General & Cosmetic Dentistry
- Implant Dentistry
- Digital Radiography
- Emergency Dental Care



Adam Klein, DMD
Amanda Thompson, DMD

18 Centre Drive Suite 102, Monroe Twp, NJ
Located right off Applegarth Road



Beth Israel MEMORIAL CHAPEL

Conservative, Orthodox & Reform

Affordable Jewish Funeral Services and Monuments

Traditional and Alternative Funeral Services Available
Arrangements by Telephone or in Your Own Home
Pre-Planning Specialists Offering FDIC Insured Trusts
Call us at Your Convenience for More Information



475 Main Street
Spotswood, NJ 08884
www.bimemorialchapel.com
732-251-9000
Theodore J. Ricci, CFSP,
Manager, NJ Lic. No. 4455



Home Care

We help you to live comfortably and independently at home

Local - Reasonable - Experienced - Flexible schedule
Just 2 hours a day can make a world of difference
HOURLY & OVERNIGHT CARE
646-413-0813
www.CaringElderCare.com Monroe Township

732-257-6254 NJ Lic. # 8843

David J. McConnell

Plumbing * Heating
Home Improvements
#13VH04604300

- Bathroom Remodeling
- Boilers Installed/Repaired
- Water Heaters Installed
- Draines & Sewer lines Cleaned
- Sewer & Water Mains Installed

- Kitchen Remodeling
- Framing
- Sheet Rock
- Tile Floors
- Decks



WE BUY

ANTIQUES, COLLECTIBLES, JEWELRY,
POSTCARDS, EPHEMERA, POTTERY, PRINTS,
PAINTINGS, SILVER, COINS AND BOOKS.

WE PURCHASE ESTATE CONTENTS
 Downsizing/Moving? Call Us.
ANTIQUE APPRAISALS AVAILABLE.
609-658-5213
Email: LarryFeldman51@gmail.com



News and Views

(Continued from page 12)

tion, continued through Russian pogroms, and reached new levels of horror during the Holocaust. Henry Ford republished *Protocols of Elders of Zion*, purporting to reveal a Jewish plot for world domination. Anti-Semitism increased under Trump, and peaked after the October 7 Hamas terrorist attacks in Israel. There is a clear difference between disagreements with Israeli policies and attacks on Jews, but very often the former leads to the latter. Suggested questions:

How would you define anti-Semitism?

If you are Jewish, have you experienced anti-Semitism?

What happened? What did you do?

Fourth item for consideration was **Separation of Church and State**. Newly elected Speaker Michael Johnson has said faith should be “a big part of government.” It was Thomas Jefferson who advocated “a wall of separation between Church and State.” Suggested Questions:

To what extent do you think religion should influence government?

To what extent do you think government should influence religion?

In your opinion, does the First Amendment require “separation of church and state,” even if the phrase does not appear in the Amendment?

Seniors Living Corner Chat

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

Welcome to Barbara & 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!

Travel Tips and Destinations for Seniors: Embracing Retirement Adventures

Retirement marks a new chapter in life, offering the gift of time and the opportunity to explore the world. Traveling during your golden years can be an enriching experience, filled with adventure and discovery. In this article, we'll delve into essential travel tips and suggest senior-friendly destinations that cater to the unique needs and desires of retirees. One of the primary considerations for seniors embarking on a travel adventure is health. Before setting off, it's crucial to consult with a healthcare professional to ensure that you're fit for travel. Make sure to carry an ample supply of medications, and keep a copy of your prescriptions. Additionally, investing in comprehensive travel insurance provides peace of mind, covering unforeseen medical expenses and unexpected travel disruptions.

When selecting a destination, prioritize those with senior-friendly infrastructure and easy

accessibility. Consider places rich in cultural and historical significance, providing an immersive experience. Opt for climates that align with your preferences, whether it's the warmth of the Mediterranean or the cool breezes of coastal regions. Rather than rushing from one destination to another, embrace a slow travel approach. This allows for a more profound connection with each place, fostering a sense of belonging. Extended stays in one location provide the opportunity to delve into local culture, make meaningful connections, and truly savor the beauty of a destination. Choose accommodations that prioritize senior comfort and accessibility. Many hotels and resorts now offer amenities such as handrails, ramps, and spacious bathrooms. Consider alternatives like serviced apartments or vacation rentals for a homey atmosphere. Prioritize comfortable beds to ensure a good night's sleep, a crucial factor for an energized and enjoyable trip.

Create a comprehensive packing list, including essentials like medications, comfortable clothing, and necessary documents. Choose lightweight and versatile clothing suitable for various climates. Invest in travel-friendly gear, such as collapsible walking sticks or easy-to-manage luggage. Familiarize yourself with airport assistance services and consider requesting them for a smoother journey.

Immerse yourself in the local



culture by participating in senior-friendly tours and activities. Explore historical sites, attend cultural events, and interact with locals to gain a deeper understanding of the destination. Don't shy away from trying local cuisine—many places offer culinary delights that cater to different dietary needs. Consider the benefits of group travel, especially designed to cater to seniors. Many travel agencies offer packages with carefully planned itineraries, ensuring a stress-free experience. Joining a senior travel group provides the chance to forge new friendships, share experiences, and enjoy the journey in the company of like-minded individuals.

Maintain your well-being during your travels by incorporating light physical activities. Participate in walking tours, practice gentle exercises, or engage in outdoor activities suitable for your fitness level. Choose destinations that offer wellness options, such as spa retreats or yoga classes, to rejuvenate both body and mind. Staying connected with loved ones is essential while traveling. Familiarize yourself with technology tools that facilitate communication, such as video calls and messaging apps. Language translation apps can be invaluable, helping you navigate

language barriers and communicate effectively in different regions.

Budgeting is a crucial aspect of senior travel. Take advantage of senior discounts and travel deals offered by airlines, hotels, and tour operators. Plan your expenses meticulously and consider setting aside a contingency fund for unexpected costs. This ensures financial peace of mind

throughout your journey. Amidst the excitement of exploring new destinations, carve out time for relaxation and reflection. Choose serene locations where you can unwind, recharge, and appreciate the beauty around you. Whether it's a tranquil beach, a picturesque mountain retreat, or a charming countryside, allow yourself moments of peace and quiet.

(Continued on page 17)

A New Year, a New Chance to Invest



By Susan Sloan

Now that 2023 is behind us, you can rejoice at all the great decisions you made last year in your financial life. It was indeed an interesting year with many new technologies coming forward. Did you participate? Whatever the response, you now have a new slate to begin the new year. I am assuming that you were able to take some profits along the way, and were wise enough to offset the gains with some of the losers so you don't have to pay tax unnecessarily. Don't tell me you had no losers, since everyone has some along the way. If you loved the loser you had but sold it for tax reasons, you can buy it back if it

is 30 days past the sale. You might even get a lower cost on it and watch it turn into a profit.

If you are more inclined to be more conservative you should look at the money market offered by Brokers. It is kind of like the old CDs the banks would offer but you are not locked into a time period. The banks are not thrilled with this product because they like to keep your money without paying much interest. Most of the banks were paying three percent last year while other companies were offering five percent and paying interest monthly not just at the end of the time period.

The top brokers, like Merrill Lynch, now a division of Bank of America, and Schwab, offer these money markets vehicles. You can watch the amount grow month after month. You can take your money out any time you wish with no penalty especially when and if interest rates start to drop. Don't let the money you keep liquid interfere with your long-term investing cash.

Making the Connection Between AFib and Stroke



Photo courtesy of Getty Images

FAMILY FEATURES

For many people, the heart naturally contracts and relaxes to a regular beat. However, those living with atrial fibrillation (AFib) experience a quivering or irregular heartbeat that can lead to further health issues including stroke, heart attack, heart failure or sudden cardiac arrest.

In fact, people with AFib are up to five times more likely to have a stroke, yet many people are unaware that AFib is a serious condition. Managing your AFib is important to reducing your stroke risk.

Consider this important information from the American Heart Association's Getting to the Heart of Stroke, an initiative sponsored nationally by the HCA Healthcare Foundation, to understand if you may be at higher risk of a stroke.

Symptoms

While some people with AFib don't have symptoms, those who do may experience a racing heartbeat or irregular heart rate. Other common symptoms include heart palpitations (rapid "flopping" or "fluttering" feeling in the chest), lightheadedness or faintness, chest pain or pressure, shortness of breath, especially when lying down, or fatigue.

During AFib, some blood may not be pumped efficiently from the atria (the heart's two small upper chambers) into the ventricles. Blood that's left behind can pool in the atria and form blood clots. The clot may block blood flow to the brain, causing a stroke.

Risk Factors

Anyone can develop AFib. The risk factors for AFib are broken into two categories: heart-health factors and behavioral factors. Heart-health factors may include advancing age (especially over age 65),

family history of AFib, high blood pressure, prior heart attack or disease, diabetes, sleep apnea and prior heart surgery. Behaviors that may be associated with higher risk factors include excessive alcohol use, smoking and prolonged athletic conditioning. (Appropriate physical activity is important for a healthy lifestyle, but you should discuss your exercise plan with a health care professional.)

"Early identification and treatment of AFib is critical to stroke prevention, especially in high-risk populations experiencing health care disparities or barriers to accessing vital health care resources," said Steven Manoukian, MD, FAHA, senior vice president at HCA Healthcare. "Common risk factors, like high blood pressure, are more prevalent within Black communities, yet Black patients may be diagnosed less often with AFib. Creating awareness of AFib, stroke risk and treatment options can be a lifesaving first step in stroke prevention."

Treatment Options

It's important to talk to your doctor if you think you may have symptoms of AFib or be at risk for AFib. Diagnosis of AFib starts with an in-depth examination from a doctor. Work with your doctor to identify a treatment plan and goals to help manage your AFib and reduce your risk of stroke.

Treatment options for AFib may include medications to prevent and treat blood clots or control heart rate and rhythm, procedures or surgery. Your doctor may also prescribe medications to prevent and treat blood clots that can lead to a stroke. Discuss the best options for you with your doctor to create a shared decision-making plan.

To learn how to manage your AFib and connect with others, visit [MyAFibExperience.org](#).



GETTING TO THE
HEART OF STROKE™

AFib can happen to anyone.

What are the symptoms of AFib?

Common symptoms may include:



Racing heart, fluttering or palpitations



Fatigue, shortness of breath



Lightheadedness



or no noticeable symptoms at all



Get regular checkups.

It's important to listen to your heart. If you think you may have AFib, talk with your health care professional and find out what you can do to lower your risk for stroke.

People with AFib are at greater risk for stroke.



AFib is linked with a

5x

— HIGHER —
STROKE RISK



Compared with white people, Black people are about one-third less likely to be aware they have AFib.

Visit [heart.org/AFib](#) to learn more about AFib symptoms and stroke risk.

HCA Healthcare®
FOUNDATION

The HCA Healthcare Foundation is the national sponsor of Getting to the Heart of Stroke®.

© Copyright 2023 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Getting to the Heart of Stroke is a trademark of the AHA. Unauthorized use prohibited.

M&M Movie Minutes



By Marcia Milgrom and Marilyn Jaclin

The Burial

M and M like courtroom dramas. And that is just what we got by seeing *The Burial*. This is a legal drama loosely based on a true story, showing how a big corporation can take advantage of the little business owner. The movie also focuses on race and injustices, as well as other interesting components that take place in the 90's. Jeremiah O'Keefe (Tommy Lee Jones), funeral home owner, and owner of an insurance burial business is taking on a large funeral company called The Loewen Group. He is having financial troubles and is forced to sell parts of his business. He asks his longtime friend Mike Allred (Alan Ruck), a lawyer, to help him. Mike takes him to Vancouver to meet up with Raymond Loewen, (Bill Camp), owner of the very large conglomerate. They meet on Ray's yacht and make a deal.

Consequently, there is a law suit against the Loewen Funeral Company. They have not been true to their word. They did not sign the deal.

A new young attorney, Hal (Mamoudoh Athie), a family friend, is leery about the unsigned deal. He convinces Jeremiah to hire Willie E. Gary (Jamie Foxx), a black personal injury lawyer who wins all his cases. He is convinced that a white attorney will not be able to convince a black jury. Gary is flashy, self-effacing, and convincing. He takes over as lead attorney. At one point O'Keefe decides to drop the case. Information is found that proves the Loewen group hires members of the Baptist church to inflate charges to the black community.

We can't tell you the ending but this was an interesting and entertaining movie that *M and M* are very comfortable in recommending. The title is misleading, but it certainly held our attention. Jamie Foxx was superb! Charismatic! Tommy Lee Jones in his low key mannerisms was also good.

All actors were believable. We say, if you can get Amazon see it!

By Doug Poye

School Superintendent Receives Lucrative Contract

At its December meeting, the Monroe Township Board of Education approved raises and extended the contract for Superintendent Chari Chanley, which, from the comments of a large majority of the attending public, was overly generous and unwarranted. The previous contract was to end on June 30, 2025, with a salary in the final year of \$208,080. Under the new contract, which extends her service to June 30, 2028, her salaries will be: \$211,750 for 2023/24, \$225,965 for 24/25, \$232,624, for 25/26, \$239,483 for 26/27 and finally \$247,547 for 2027/28. President Chrissy Skurbe explained that the increases resulted from Chanley's having been in the district for 20 years and her having recently earned her doctorate degree. She also stated that the Board was impressed with the vision for the district that Chanley had shared with them.

Prior to allowing public comment on the proposed contract, Chanley presented that vision in a 45-minute presentation to the public. Based on this writer's having observed every Board meeting since Chanley became superintendent in the district, much of her presentation consisted of an explanation of her past actions which, when done, had caused considerable questions from the public about her decision-making. Looking to the future she mentioned establishing a full-day kindergarten program, returning more special education students to the district from their out-of-district placements, adding more prevocational programs and opportunities for students to earn college credits while still in high school, as well as more enrichment learning and a 12-month credit advancement program.

Following the superintendent's presentation, the public had the opportunity to comment and question the Board's plans to extend and increase her contract. Multiple speakers questioned the need for the extension as the current contract still had 18 months remaining. Several speakers mentioned that she was already the highest paid superintendent in the history of the district with one questioning the rationale of increasing the pay so much when a teacher in the district receives only \$1500

Board of Education



members of the public, each having four minutes, who spoke on the matter of a new contract; 11 opposed it and two spoke in favor. The public session lasted 53 minutes. When all was said and done, the Board voted with six in favor, two opposed, and two abstaining. Those voting in favor included Kathy Belko, Gazala Bohra, Peter Tufano, Mildred Scott (the representative from Jamesburg), newly appointed member Jeff Gorham, and President Skurbe.

This report has not been written at the request of the Board but by a private citizen who served on the Board from 2013 through 2015.

Healing with Yoga Therapy

By Jaya Gupta



Hello Friends, I'm wishing you all a very Happy New Year. May the golden divine light bless us all

with divine wisdom, protect us from the outside world and shield us from negative thoughts within. May it also bless us with good health, love, laughter, happiness, and a blissful life. I hope you had a wonderful holiday season and are ready to take on new challenges and fulfill your new year's resolution of being healthy.

Last month we discussed what yoga truly is and how four components (breathing, meditation, poses and deep relaxation) balance our mind, body and soul; helping us heal completely. First, we need to understand how the combination of all four helps us to heal. According to yoga our body is a multi-dimensional being, comprised of five bodies that must be nourished and aligned for complete healing to live an easeful, useful, and peaceful life.

These yogic bodies are:

1. **Annamaya Kosha** – The **Physical body** created and sustained by food (e.g., good food/

bad food). "You are what you eat." It needs to be nourished by proper diet in moderation, moderate exercise with breath and relaxation to make us healthy, flexible and strong. (Poses)

2. **Pranamaya Kosha** - The **Pranic body or energy body**. This subtle body's anatomy is **made of energy**, prana channels or nadis, which terminates in spinning centers called Chakra. This body is composed of our senses and emotions. When we are exposed to beautiful sensory impressions like art, nature, music or consume good food, they are converted into energy and keep this body healthy. (Yogic breathing or Pranayama)

3. **Manamaya Kosha** – The **Mind body or Knowledge body**, body of thoughts or mind. Positive uplifting thoughts or Mantras, which means "the word when contemplated can transform the mind." This subtle body is nourished by reading spiritual or uplifting books to nurture and uplift the mind. Choose music, movies, books that uplift your mind and have companions and friends, who not only uplift but support your practice (Meditation or sadhana). Reflect on your day and practice by writing or journaling. Meditate to quiet the

(Continued on page 17)

Photo Courtesy of Shiv Yog



VOLUNTEER AT JFS MIDDLESEX!

Opportunities Available:

- Program Support
- Food Bank Pickup
- Drivers*
- Wellness Callers

*Kosher Meals on Wheels and Café Europa

CONTACT US TODAY!
732-777-1940
michelleb@jfsmiddlesex.org
www.jfsmiddlesex.org/volunteers



Wouldn't you rather see them coming?

Always walk facing traffic!

Yoga Therapy

(Continued from page 16)

mind, freeing us from misperception and healing the mind and wisdom bodies by pacifying the mind and revealing wisdom.

4. **Vijnanmaya Kosha** – The **wisdom body**, where detachment to other grosser bodies happens and you start to think about the welfare of all. This body is accessed by meditation and reflection and nourished by good company, spiritual literature, and selfless service to others.

5. **Anandmaya Kosha** – The **bliss body**, seated right of your physical heart and made of happiness. Once our first four bodies are aligned, the fifth will automatically align and we will live in bliss. If you are taking good care of these five bodies and living a blissful life, you are living like a **yogi**, leading a healthy and happy life. If not, add that part in your daily life and keep doing whatever you are doing and keep smiling.

Over the past three and half years, you had the opportunity to read and practice breathing, meditations, and mudras etc. Starting next month, you will learn simple movements with breath to make you strong and flexible one part at a time. 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 am 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

Healing Ourselves Naturally



By Steven Soffer N.D. MH
Planting Seeds for Today and Tomorrow

“There are *only two* ways to live your life. One is as though *NOTHING* is a miracle. The other is as though *EVERYTHING* is a miracle.” Albert Einstein

“A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit.” Elton Trueblood

With crazy monumental events happening in our world every day, we cannot help but reflect on our forefathers who carried the same desire and intent within their hearts that we carry. The idea of life, liberty and the pursuit of happiness is nothing new. Many, named and unnamed, have blazed these trails, tilled the soil and removed rubble from our landscape in order that those things might be created.

There is a profound Zen proverb that says, “The seed never sees the flower.”

Far too many times we see how those from our ancestry have planted seed after seed after seed yet never fully reaped

the benefit of the blossoming that you and I do. And the same can be said that we also plant seeds that perhaps will blossom long after we have made our exit from this Earth. Our job is to keep planting seeds.

The world is in a difficult place right now with the long-standing war with Russia and Ukraine, and Israel defending itself against the horrific attacks perpetuated by Hamas. The list goes on and on. A number of democratic countries have elected authoritarian heads of state recently. The future of democracy may be at stake throughout the world.

We have come upon a New Year now, an instrumental year in determining the future of America and the world. We all know how complicated politics can become in America. We see it every day, expulsions in Congress, complications in the House of Representatives, dismissal of the Speaker of the House and many politicians choosing not to go for reelection. It is all up to us! We, the American people can help determine the future of our country, our policies and our politicians. We, the American people have the power. So we MUST VOTE! Follow your heart and choose who you think will best support the future of this country and the world. Our democracy is at stake. In simple terms that means our FREEDOM!

Last month I wrote about

gratitude, and I gave a quote for everyday for something to be grateful for. I received such positive feedback I am sharing more quotes.

“In writing the story of your life, don’t let anyone else hold the pen.” Jack Kerouac

DO YOUR PART: “But when you have chosen your part, abide by it, and do not weakly try to reconcile yourself with the world.” Ralph Waldo Emerson

NEVER STOP DREAMING: “Don’t stop dreaming just because you had a nightmare.” Jill Scott

LIVE ON YOUR GROWING EDGE: “Life isn’t about finding yourself. Life is about creating yourself.” George Bernard Shaw

LET GO: “Sometimes letting things go is an act of far greater power than hanging on.” Eckhart Tolle

KEEP DANCING: “Life isn’t about waiting for the storm to pass. It’s about learning to dance in the rain.” Vivian Greene

SPIRITUAL MASTERY: “Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.” Dalai Lama

A SPIRITUAL MOMENT: “When the solution is simple, God is answering.” Albert Einstein

HIGHS AND LOWS: “Think left and think right and think low and think high. Oh, the thinks you can think up, if only you try!” Dr. Seuss

LET KINDNESS BE YOUR

GUIDE: “No act of kindness however small is ever wasted.”

Aesop The Lion and the Mouse
BLOOM WHERE YOU’RE PLANTED: “Not all who wander are lost.” JRR Tolkien

USE YOUR CONSTRUCTIVE ANGER: “You must not under any pretense allow your mind to dwell on any thought that is not positive, constructive, optimistic, kind.” Emmet Fox

MAKE A CONSCIENCE CONNECTION: “While loneliness has the potential to kill, connection has even more potential to heal.” Vivek Murthy
EMBRACE IMPERMANENCE: “How can you follow the course of your life if you do not let it flow?” Lao Tzu

A TOKEN OF LOVE: “Love is friendship that has caught fire.” Ann Landers

THE LAW OF ATTRACTION: “The price of greatness is responsibility.” Winston Churchill

(Continued on page 19)

Seniors Living

(Continued from page 15)

Traveling in retirement is a unique opportunity to create lasting memories, explore diverse cultures, and embark on new adventures. By following these travel tips and selecting senior-friendly destinations, retirees can ensure a fulfilling and enjoyable exploration of the world. Embrace the journey, savor each moment, and let your retirement be a time of discovery and wonder!

A Delicious Way to Support Your Immune System

FAMILY FEATURES

Bolstering your immune system during winter, when coughs and colds seem to take control, is a must for the entire family. Supporting your wellness can start in a simple place – with the foods you eat and drink.

Consider an easy choice for any season like Florida Orange Juice, which can help you and your loved ones get the vitamins and minerals you need all winter long. With 100% of the daily recommended value of vitamin C in every 8-ounce serving along with key nutrients like potassium and magnesium, there’s a reason it’s referred to as the “Original Wellness Drink.”

With no added sugar or artificial flavor, it provides the benefits you need without the additives you don’t. It contains natural sugar from the whole fruit for a delicious solution that’s one of nature’s nutrient-rich foods with vitamins, minerals and phytonutrients. Plus, it’s easy to use as a nutritional ingredient in wintertime favorites like this comforting Orange Juice and Coconut Chickpea Soup or to start your day strong with a Superfruit Breakfast Smoothie.

Paired with a healthy lifestyle, 8 ounces of 100% orange juice may help support a healthy immune system as an excellent source of vitamin C and a good source of vitamin D in fortified juices. Vitamin C is commonly associated with helping maintain and strengthen healthy immune systems by protecting cells and promoting the production and function of immune cells. Meanwhile, vitamin D also plays an important role in regulating immune response by helping immune cells fight off bacteria and viruses.

“Safeguarding your health against the spread of illness is important year-round, especially during colder months when reports of cold and flu increase,” said Dr. Rosa Walsh, director of scientific research at the Florida Department of Citrus. “A key step in supporting your immune system is maintaining a well-balanced diet that is high in essential nutrients. Incorporating an 8-ounce glass of 100% orange juice can help you meet the recommended daily value of vitamin C and support your hydration.”

Beneficial plant compounds, like those in Florida Orange Juice, along with flavonoids and colorful carotenoids work to support the immune system by fighting inflammation and helping cells communicate, which can help strengthen immune responses when encountering infections.

Additionally, 100% orange juice is a source of phytonutrients like hesperidin, which has been shown in clinical studies to have antioxidant-like properties, heart health benefits and may help reduce inflammation. Hesperidin has also been linked with benefits related to cognitive function, immune system function and bone health.

To find more information and immunity-boosting winter recipes, visit FloridaJuice.com.



Superfruit Breakfast Smoothie

Servings: 2

- 8 ounces Florida Orange Juice
- 4 ounces dark sweet cherries
- 2 ounces pomegranate juice

In blender, puree orange juice, cherries and pomegranate juice then serve.

Orange Juice and Coconut Chickpea Soup

Servings: 8

- 1 tablespoon olive oil
- 1 cup diced yellow onion
- 1 red bell pepper, diced
- 1 1/2 cups diced carrots
- 1 1/2 teaspoons kosher salt
- 3 cloves garlic, finely grated
- 1/2 teaspoon ground cardamom
- 1 quart vegetable broth
- 1 can (14 ounces) light coconut milk
- 1 can (14 ounces) chickpeas, drained and rinsed
- 1/2 cup Florida Orange juice
- chopped cilantro (optional)

In medium saucepan over medium high, heat olive oil until it shimmers.

Add onions, bell pepper, carrots and salt; cook until onions are translucent, 5-7 minutes.

Add garlic and cardamom; cook 1-2 minutes, or until garlic is fragrant. Do not brown.

Add vegetable broth, coconut milk and chickpeas; bring to simmer.

Decrease heat to low and cook until carrots are tender, about 10 minutes.

Add orange juice, remove from heat and stir. Taste and adjust seasoning as desired.

Serve garnished with cilantro, if desired.

Pet Corner

By Bea Siegel

No Pet Left Behind

What if you decided to move to Manhattan, Brooklyn, Staten Island, or any of the boroughs surrounding New York City? Maybe the Jersey Shore is what you’ve always wanted, or perhaps a different state that might be more affordable, desirable, and accommodating to your dog or cat. Now more than ever people are moving great distances, and leaving their pets behind due to apartment pet policies that can make it very difficult to continue sharing life with their beloved pet, and it’s very often a problem if you have a dog.

What to expect when look-

ing for an apartment with your dog

Weight limits for your pet; big or small, depends on the landlord’s pet policies; i.e., some landlords charge a flat, non-refundable fee, additional security deposit, or extra monthly rent until the lease is up. Cats need to be kept indoors. If you have a disability and have a service dog, the landlord cannot turn you away, and usually there is no additional charge for your dog or cat or any service animal.

All pets must be vaccinated and licensed. The “Dangerous Dog Law Act” prohibits specific breeds; i.e., German Shepherds,



Rottweillers, Chihuahuas, Pit Bulls, Dobermans, and more. Unfortunately, these breeds have a stigma against them due to negligent ownership. Talk to the manager about getting a good recommendation for your dog, and they just might change their mind.

Ask about a dog park in the community, or surrounding area. Moving is not easy for anyone, whether it’s a rental home or apartment the transition can be overwhelming for anyone, especially your canine companion or feline friend. If anxiety sets in such as barking or continual whining, work with them on it until they adapt to their new environment. Walking with your dog is the perfect way to introduce him to his new community, meeting new people and making friends with his own species. It won’t take long before you both enjoy your new life.

When in doubt about home or apartment rentals, contact a realtor to be your agent. They know the ropes that will help you out. Many animal shelters and facilities are no longer accepting new dogs since too many people are giving them up without even trying or wanting to share their new home with them. Shelters are full to capacity. There are many circumstances involved as to why a person has to give up their pet, but in the end, if this is mandatory, you’ll find a way and be glad you did. So, never leave your pet behind. If you have any questions regarding my article, just contact me.

Happy New Year To All



At six-months old CiCi Healey, a Havanese of Cuban descent, thinks she’s a “rock star” since she squeaks her stuffed animals like an instrument. Rose Marie and Tom say she’s all personality and they love their “cutie canine.”

Photo by Bea Siegel

For Display Advertising In The Regency Reporter

Contact

**Princeton Editorial
Services**

P.O. Box 70
Millstone Twp., NJ 08510

732-761-8534

pescmd1@gmail.com

Ladies Ping Pong

Fridays from
3 - 4 p.m.

Clubhouse Fitness
Room

Contact Harriet
Silverstein

908-208-0864

harrietsil@gmail.com

SPORTS



Regency Pickleball Club 2024 Preview



By Bob Zyontz

Greetings, Regency Picklers. As my first official act of 2024, I would like to extend a very Happy and Healthy New Year to all members of our Pickleball Club and their families from the Board of Directors.

Now down to the business at hand. Despite the weather getting colder, the Board’s activities are heating up. We have been meeting since last November to assess 2023 so we can use what’s worked to develop our plans for 2024. Based on what we’ve learned, we are in the process of finalizing the Club’s expanded activities for the year.

Our goal is to continue to build and sustain a vibrant and inclusive pickleball community here at Regency. We plan to achieve that goal by:

- Developing a series of exciting, engaging events to maximize the usage of our new, six-court Pickleball Center.
- Attracting new members to the group.
- Ensuring that each member gets the most value and satisfaction from their Club membership.

While our 2024 plans crystalize, here’s a snapshot of some of the action items we’ve al-

ready completed, and others that are in the works:

- Bill Shuzman has been named to the Board as Recording Secretary by a unanimous vote. He will be responsible for keeping the minutes of all meetings of the Board and Club.
- The Club’s revised by-laws were formally adopted on November 14, 2023, and have been posted to our TeamReach site.
- Minutes of each Board meeting are available upon request. Please direct message Bill Shuzman.
- Working on plans for a major pickleball season “Kickoff” party to be held in conjunction with the ribbon-cutting ceremony for our much-anticipated Pickleball Center. It’s going to be an event you won’t want to miss.
- Taking a fresh look at how we structure, schedule, and execute our tournaments, leagues, and other activities.
- Exploring the viability of offering Regency Pickleball Club-branded multi-generational apparel (shirts, hats, visors) for members to purchase for themselves, their children, and their grandchildren.

This is simply the tip of the proverbial iceberg. There’s going to be plenty of pickleball to be played in 2024, and six spanking new courts to play it on. Can’t wait to share what fun and excitement is in store for you all this year and announce when our outdoor season will begin. So, get ready to paddle up, and...

Come Pickle with US!

Regency Shuffleboard Is Back Powered by a Growing Group of Avid Shufflers

By Bob Zyontz

Shuffleboard, like the mythical Phoenix, has risen from the ashes.

It’s now a lock to say that the Regency shuffleboard lanes will never be underutilized again. Thanks to the efforts of Regency Sports Commissioner George Rothweiler, and athlete extraordinaire Judy Azoulai, shuffleboard has caught lightning in a bottle.

The force creating this interest is the newly minted Regency Shuffleboard Group. Started just last September, the group is rapidly approaching 100 members as of this writing. Growth has exceeded all expectations, and more members are expected to join in the spring, when the first full season of play begins.

Now, for a little splash of trivia. Did you know that shuffleboard is a game of disputed origins that probably began in Europe around 500 to 600 years

ago? Legend has it that the portly English monarch, King Henry VIII, was a big fan of the game, and especially liked betting on it when he wasn’t busy beheading his wives or consuming large portions of mutton. But I digress.

Leading the Regency Shuffleboard Group is captain Bob Zyontz and assistant captain Jed Steinberg, two sports junkies with a plan.

Following a series of new member meet and greets last fall to build interest and camaraderie, Bob and Jed have been using the winter months to develop a calendar of exciting activities and special events for the 2024 season. Their goal is to ensure that members have fun playing, get featured in a Tom Cullen photograph, and make lasting memories with their fellow shufflers.

What can we expect when

(Continued on page 19)

Stopping at a stop sign ...



is not a request ... It’s a requirement!

The Journey of Healing

By Kathy Sisler Soffer

In the summer of 2021, I went into congestive heart failure. My body started filling up with fluids on a cellular level. I had already had two open heart surgeries to replace, both times, my mitral valve. After further testing, it was determined that I needed another open-heart surgery to replace, again, the mitral valve, replace the aortic valve and strengthen the tricuspid valve. October 6, 2021, I went to Cornell Hospital in New York City and had this complicated surgery. While coming out of the anesthesia, I had a vision within me. The heart was the king of the body as it helped the body and organs and cells and muscles and tendons and bones function. The breath was the queen of the body who served the king, working with oxygen to keep health going. Then one day, the queen gathers all of her power and leaves the body and without her the king couldn't function.

I was sent home too soon and needed oxygen, so after a week I was admitted into a different hospital where they worked on strengthening my lungs. Then I was sent to in-patient rehab where I began the rhythm of moving my body again. After I came home I began cardiac rehab to strengthen my heart with monitored activity. The problem became severe edema preventing me from doing as much as I wanted. This they diagnosed as right sided heart failure. In April of 2022, I was admitted once again into Cornell Hospital where for three weeks I received diuresis through IV.

When they sent me home this time I was put into hos-

pice and told I had three to 18 months to live! "Wow," I said. I had oxygen tanks in my house, which I needed for about three months. Within me I felt healing and the desire to live. Slowly I got stronger and was able to drive again and be active. In September of that year, I lifted a plant and fractured my spine. My body was so fragile and weak from everything. Sigh! For four months I was in so much pain and couldn't lie down. Finally, the pain doctor injected medical grade cement into my spine, and I found relief and further healing. Hurrah! After three months of physical therapy, I was getting stronger and stronger. My sister visited me from Denver, and I was able to have fun and do things with her.

In June of 2023, a woman fainted and fell on me. She caused me to jam my upper hamstring into a wall. I couldn't sit for five weeks. Healing from this, I finally was able to drive again and live life. I drove to the Hamptons by myself to see my family. I started playing bocce again and felt I had moved forward 25 steps! Then, at the bocce court I stepped backwards to sit, and my left calf muscle cramped and then locked into the cramp. When I sat my knee twisted to the left. I tried to stand and crumpled to the ground like a rag doll, fracturing my tibia. Once again I was disabled. I couldn't stand or walk and spent five weeks in my bed. It felt like 40 steps backward. Throughout all of this trauma, I would breathe and ride my breath to conquer pain or discomfort. My breath was my constant companion and was the life force that kept me going.

Now, I can finally walk, and I am finishing physical therapy. It is January and a new year is here. My friend gave me a framed picture that says, "The journey of healing is traveled one step at a time." With my heart healing, I touched my inner strength and knew healing had to come from within me. It was my job. When I fractured my spine, I learned extreme patience...step by step and moment by moment... I lived through such pain. When the women fainted on me, I knew that again I had to heal from within. When I injured my leg, I experienced humility, as I needed help with everything. My dear husband Steve was amazing in his beloved care for me.

November 17, 2023, was 18 months since they had put me in hospice. I am still alive and healing, and grateful and willing to get stronger and stronger. I think I have had enough trauma. My prayer is, "Please Lord, heal with me and let me appreciate every moment on this journey of my life." Everyone I know has had someone in their family or themselves that needs healing. Be patient, humble and grateful and believe and feel your own inner strength. The journey of healing is traveled one step at a time. Be well and know your own power is within you.

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.

Healing

(Continued from page 17)

FLEX YOUR SPIRITUAL MUSCLE: "Mastering others is strength. Mastering yourself is true power." Lao Tzu 'Tao Te Ching'

THE UPWARD SPIRAL: "I try to avoid looking forward or backward and try to keep looking upward." Charlotte Bronte

ALWAYS DO YOUR BEST: "Live like you are already dead, man. Have a good time. Do your best. Let it all come ripping right through you." Jeff

Bridges

THE UPSIDE OF RESTRICTION: "Until you know what you really want to say yes to, you will continue to say yes to everything else." Robert Holden

TRUE LOVE: "True love stories never have endings." Richard Bach

It's a New Year. Make it the best ever. Stay positive, active and most importantly, full of love. Happy New Year to all... from Steve and Kathy

Questions and comments from free thinking individuals are always welcome.

CLASSIFIED ADVERTISING

Home Improvement & Services

MIKE THE HANDYMAN – See my display ad in this edition. (732) 780-0468.

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 companionship. 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

AMY'S EFFICIENT ERRAND SERVICE—Trustworthy, reliable and convenient errand services. Amy Solomon. (609) 610-1838. amysol28@gmail.com

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

Transportation

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

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 20th 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. Anywhere. Anytime. Airport and NYC specialist. 609-751-1612.

House Cleaning

HOUSE CLEANING. Local references. Call Bella at (609) 356-8333.

Send Regency news releases to: nwolff0325@aol.com

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

Shuffleboard Is Back

(Continued from page 18)

spring arrives, and shuffleboard fever strikes? Here's a sneak peek of what's coming:

- Winter meetings will be held to get member input on events they would like scheduled and to assess expectations for the season.
- Regency General Manager Stephanie Harmon has offered to provide new surfaces for our four lanes that will immediately benefit play for all members.
- Programs designed for both "no pressure" open play, and league play for those who crave some friendly competition.
- Special events, such as Grandkids Day, will add value for members and their families.
- Build a team to compete in the Mayor's Cup, with players selected from among our best who want to represent Regency in the tournament against other communities from across Monroe.

So why is shuffleboard suddenly so popular and attracting Regency residents in growing numbers? It's a sport that both the most and least athletic of us can play. In a community like

ours, that's quite appealing, as shuffleboard presents a healthy opportunity to be outdoors and socializing while having fun playing a low-stress sport with friends. It's a win-win for all.

If you're interested in joining the Regency Shuffleboard Group, please email bzyontz@gmail.com

Quick, Easy Recipes to Add to Your Dinner Rotation



Poached Egg Tostadas with Avocado-Tomatillo Salsa

Simple, nutritious meals to make more time for family

FAMILY FEATURES

Making time for meals together can have a positive impact on the well-being of families, including children and adolescents. In fact, regular meals at home can help reduce stress and boost self-esteem, according to research published in “Canadian Family Physician.”

Mealtime conversations are also a perfect opportunity to connect with your loved ones. A study published in “New Directions for Child and Adolescent Development” showed these conversations help improve children’s vocabularies more than being read aloud to.

Making time for meals together shouldn’t require spending all night in the kitchen, however. A simple-to-prepare

ingredient like eggs can help you spend less time cooking and more time with family.

For example, these heart-healthy recipes for Poached Egg Tostadas with Avocado-Tomatillo Salsa, Sweet Potato Hash with Eggs and Poblano Frittata from the Healthy for Good Eat Smart initiative, nationally supported by Eggland’s Best, are ready in 15 minutes or less. They include a wide variety of vegetables, fruit, whole grains and healthy protein sources, which are recommended by the American Heart Association to help prevent heart disease and stroke.

To find more tips for family mealtimes and recipe inspiration, visit heart.org/eatsmart.

Poblano Frittata

Servings: 4 (2 wedges per serving)

- 4 large eggs
- 1/4 cup fat-free milk
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon olive oil
- 2 medium poblano peppers, seeds and ribs discarded, chopped
- 2 cups frozen whole-kernel corn, thawed
- 2 medium green onions, chopped

- 1/4 cup finely shredded Cotija cheese or crumbled queso fresco
- 1 medium tomato, chopped
- 1/4 cup fat-free sour cream

In medium bowl, whisk eggs, milk and cilantro.

In medium skillet over medium heat, heat oil, swirling to coat bottom of skillet. Cook poblano peppers 3 minutes, or until browning on edges, stirring frequently.

Stir in corn and green onion. Reduce heat to medium-low and

carefully pour in egg mixture. Cook, covered, 10 minutes, or until mixture is just set on edges and still soft in center. Avoid overcooking. Remove from heat.

Sprinkle with cheese. Cut into eight wedges. Place two wedges on each plate. Top with tomatoes and sour cream.

Nutritional information per serving: 244 calories; 8.5 g total fat; 2.5 g saturated fat; 1.5 g polyunsaturated fat; 3 g mono-unsaturated fat; 192 mg cholesterol; 177 mg sodium; 27 g carbohydrates; 4 g fiber; 8 g total sugars; 13 g protein.



Poblano Frittata

Sweet Potato Hash with Eggs

Servings: 4 (1 cup per serving)

- 2 teaspoons canola or corn oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
- 1/2 medium red or green bell pepper, chopped
- 2/3 cup fat-free, low-sodium vegetable broth
- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme, crumbled

- 1/2 teaspoon coarsely ground pepper
- 1/8 teaspoon salt
- 4 large eggs
- hot pepper sauce (optional)

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pressure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of

spoon, make small well in potatoes. Slip egg into well. Repeat with remaining eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on “keep warm” setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

Nutritional information per serving: 258 calories; 7.5 g total fat; 2 g saturated fat; 1.5 g polyunsaturated fat; 3 g mono-unsaturated fat; 186 mg cholesterol; 244 mg sodium; 39 g carbohydrates; 6 g fiber; 9 g total sugars; 10 g protein.

Poached Egg Tostadas with Avocado-Tomatillo Salsa

Servings: 4 (1 egg and 1/2 cup salsa per serving)

- Nonstick cooking spray
- 4 corn tortillas (6 inches each)
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs

Salsa:

- 1 medium avocado, diced
- 1 medium Anaheim or poblano pepper, seeds and ribs discarded, diced
- 1 medium tomatillo, papery husk discarded, washed and diced
- 1/2 medium tomato, diced
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 medium garlic clove, minced
- 1/8 teaspoon salt

Preheat oven to 400 F. Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray.

Arrange tortillas in single layer on foil. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas to prevent from filling with air. Bake 5-6 minutes on each side, or until golden brown. Transfer to serving plates.

In large skillet over high heat, bring water and vinegar to boil. Once water is boiling, reduce heat and simmer. Break egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, avoiding eggs touching in water. Simmer 3-5 minutes, or until egg whites are completely set and yolks are beginning to set but aren’t hard. Using slotted spoon, drain eggs. Place each egg on tostada.

To make salsa: In medium bowl, gently stir together avocado, pepper, tomatillo, tomato, red onion, cilantro, lime juice, garlic and salt. Serve with tostadas.

Nutritional information per serving: 185 calories; 11 g total fat; 2.5 g saturated fat; 3 g polyunsaturated fat; 5 g monounsaturated fat; 186 mg cholesterol; 169 mg sodium; 15 g carbohydrates; 3 g fiber; 2 g total sugars; 9 g protein.



Sweet Potato Hash with Eggs