

REGENCY REPORTER

Vol. 20, No. 1, JANUARY 2023 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Among many Singles Club members enjoying the gift exchange at the Singles Holiday Party are, front and center, from left: Sharon Schleifstein, Karen Ross, Joan Blitz, and Naomi Trachtenberg.

Photo by Barbara Lemberger



Members of the Regency Women's Group with toys collected at the annual Holiday Drive with JFK School Principal Stephanie Dunk (kneeling).

Photo submitted by Barbara Wilner



Aggie Frank and a group of Regency residents dancing with the DJ at the recent Dancing in the Moonlight party. See page 6.

Photo by Steve Wandy



Members of the Indian American Group at their Holiday dinner. See Page 6.

Photo by Rajesh Kapadia



We had our 3D Art Fall brunch on November 17. We supplied the bagels and our fantastic members brought delicious sides. We had quite a spread! See page 2.

Photo by Renee Horowitz



Regency Hikers after visiting the clothing-optional beach at Sandy Hook, appropriately attired, of course!

Photo by Doug Poye



The Ladies Who Lunch Holiday Party.

Photo by Sandy Newman.



Our 3D Art members that were present at the brunch.

Photo by Kori Little

REGENCY REPORTER

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A Note from Your Board of Trustees

By Alton Kinsey



Happy New Year our Regency friends and neighbors. We've just come to the end of an interesting year. With the completion of the final transition negotiation with Toll Brothers, our focus is on making sure that all items in the negotiated agreement are done to everyone's satisfaction. Although a couple of items remain, the majority of items are done. Despite delays caused by supply chain and worker shortages, Toll Brothers finished the work within the community in a shorter time than expected.

Winter is in full swing, and part of Regency's population has escaped to warmer climates. Although that does not mean that those who have stayed in New Jersey will be forgotten. Our lifestyles staff has planned various events throughout the winter months, so keep on the lookout for the upcoming events that you will be able to participate in and you will be pleasantly surprised.

As mentioned, Toll has completed the retaining wall fencing replacement project throughout phases 7 and 8. Replacement shrubs and additional stones to the beds may still need to be replaced. Toll will complete this work in the spring, if not sooner.

The Board is always trying to be as transparent as possible, although some members of the community feel that the methods used in business and various city government contract negotiations will also apply to our negotiating efforts. Many aspects of dealing with a limited number of vendors makes it difficult for us to always obtain the quality and quantity of vendors we would like to procure. In addition, after 20+ years of going out to the same vendors, some of those vendors know exactly what we are looking for and feel they cannot compete for our business. Moreover, we see on the larger projects that a project manager is needed in order to make sure that we receive the quality, time, and completion of those projects. Even so, the Board and management seek to obtain the best vendors available to us. That said, on occasion we determined that a single source could deliver and meet the necessary specifications to meet these requirements. As always, we will keep the community in the loop on these decisions whenever possible.

There are many items that are being looked at by your HOA Board. Some of the major topics

include the safety of the community. We are looking at the gates and the overall security system that is 20 years old. Parts in the equipment are likely to become hard to find and replace due to the age of these products. Furthermore, technology is changing in this area at a fast pace, and we are searching for the right fit here at Regency. Since we are a gated community, the only way we can maintain its integrity is to have functioning gates. These gates become inoperable if people try to circumvent the system by going through the gates before they are completely up and/or try to piggyback in when a resident clicks to come into the community. If you notice such behavior, please report it to Management and let your guests know they should come through the main gate. Deliveries should be directed to the main gate as well so that we can announce their arrival. Gate damage is increased when cars and trucks wait at gates in order to piggyback in on homeowners. As a community, we need to not let these individuals in the resident gates and direct them to the main gate.

In addition, the Board and Management have looked to increase the quality of security at the front gate. We are in communication with our current security vendor to make clear the needs of the community and to have prompt and timely service. Furthermore, request for proposals have gone out to several security companies.

Clubhouse updating has been under consideration for some time. Its refurbishment is likely to occur during the years 2024 through 2025. The HOA Board is looking at furnishings that have taken increase wear and tear over the years. The chairs in various areas of the Clubhouse were recently refurbished and or replaced. A committee is currently looking at the Clubhouse, and remodel plans will be phased in over the coming years. These plans will be rolled out once they get back to the Board with community input, as provided by the results of the recent survey sent out by the Strategic Committee.

The Regency HOA Board wants to wish everyone a Safe, Happy and Healthy New Year.



Founders of the 3D Art Group - Renée Horowitz and Claire Castellanos.

Photo by Caryl Coh

The 3D Art Group

Poem by Robin Geisler

New Year, new you
 Glitter, sparkles and lots of glue!
 What better way to bring in 2023
 Then by making 3D art for all to see?
 Come to class, check it out, pick your picture, get your supplies, And make yourself a weekly fixture.

HOA Calendar of Events

HOA Events for January
 Dates to be announced

- Christopher Stevens Hypnotist and Comedy Show
- Chinese New Year Luncheon and Performance
- Coffeehouse Experience

Public Board Meeting Schedule for 2023

All Public Meetings will be hybrid
 Held in the Clubhouse Ballroom and via Zoom @ 6:30pm

Wednesday, January 18
 Wednesday, February 15
 Wednesday, March 15
 Wednesday, April 19
 Wednesday, May 17
 Wed, June 7th – Candidates Night & Wed, June 14th Annual Election
 Wednesday, June 21st
 Wednesday, July 12
 Wednesday, August 9
 Wednesday, September 13

Wednesday, October 11
 BUDGET PRESENTATION
 Wednesday, November 16
 Budget Presentation if not previously approved in October
 December 2023
 Wishing everyone a joyful holiday season and Happy New Year

Up Close and Personal

By Barbara Bickel (**)



January Birthdays

1 - Ilene Ashkenazy/Jack Battipaglia/Steve Howard/ Josephine Raijlin/John Reisert/ Toby Rudolph/Carla Warren
 2 - Robert Ascher/Norman Barofsky/Jay Carey/Carmela Farinola/Lida Fishman
 3 - Raymond Amato/Eddie Levine/Howard Mednick/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/ Charlene Lehrman/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 - Barbara Engel/Les Offenberg
 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
 22 - Ronnie Girshek/Vivienne Harnick/Paul Parsowith/Gary Ramella/Michael Trapani/Pat Trapani/Alice Williams
 23 - Vito Cappello/Bonnie Gessman/Allan Price/Anne Schuman/Sheila Solat/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
 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/Zach Weintraub

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 - 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/ 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 incorrect 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.)

Fruits of Our Lives

(Not the Pits)

By Christiana Barone

A Special Note to All New-comers to Our Community

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

ana 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.



Condolences

The Editorial Board of the Regency Reporter and the entire Regency community send sincere condolences to Ellie Levene and Family on the passing of her beloved husband and our dear friend and neighbor Len, to Roz Esserman and Family on the loss of her beloved husband and our dear friend and neighbor Bob, and to Bobby Bernstein and Family on the recent passing of his beloved wife and our dear friend and neighbor Elaine.



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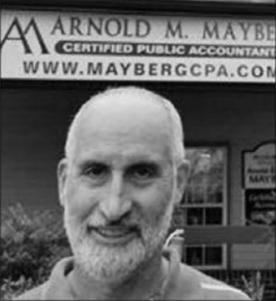
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Men's Club Happenings



By Steve Rich, President

Well here we are in January of the New Year 2023. On behalf of the Men's Club, I'd like to wish all of our members, their families and our other residents here at Regency a very Happy and Healthy New Year. I also would like to thank all of our members for their support in 2022 and going into 2023. We are optimistic that we will continue our growth with new members in the upcoming year.

We are now off and running with a list of events that we will be pursuing for this year. As was indicated in my article in a recent *Regency Reporter*, we had input from our membership, as well as our Entertainment Committee, for potential events for 2023. We are in the process of determining dates that are appropriate throughout the year for these potential events. These are as follows:

- Kelsey Theater – *Bye Bye Birdie*
- Stress Factory - Comedy Club
- Sculpture Gardens - Evening Trip
- Thomas Edison Museum

- Amazon Distribution Center
 - Golf Course Outing - 9 Hole Shotgun and Dinner Buffet
 - Mother's Day at The Clubhouse - Breakfast and Entertainment *
 - Mini Golf Course - Dinner and Entertainment
 - Somerset Patriots Game
 - Hockey Game - Devils vs Rangers *
 - End Of the Year - Breakfast and Entertainment *
- Note: events listed with an asterisk already have planned dates.

Wanted

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- Annual Mother's Day Extravaganza!
- Men's Club Annual Paid up Breakfast.

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Please contact any of the Following for Additional Information: Steve Rich (732) 718-6397—Sheldon Piekny (914) 588-5021 Michael Drobnis (732) 887-0222

Regency Women's Group

By Barbara Wilner

The holidays have come so fast. It seems that so many of us were just at the pool and now we are getting ready to celebrate this special season. How lucky we are to be able to enjoy it all!

In regard to enjoying, it was our pleasure to recently host our annual Holiday Drive to benefit both needy children at our local JFK School in Jamesburg and Women Aware, the domestic violence agency for Middlesex County. Though the collection day was bleak, we were warmed by your generosity of toys and gift cards to help those in need. We were again grateful for all that was received and so happy to deliver much needed cheer to many.

This is the time to remember that we are most charitable year-round. In the spring we ask you to tell us of any cause dear to you, and we have donated to them all. There is a total of over 20 charities that have received our help. It feels so good to give.

We will end the year in high spirits at our Holiday Get Together, with the event scheduled after this writing. Comedian Linda Belt will bring us laughter. I will report on the evening next month, at which time many will be looking forward to our

January luncheon.

There is no meeting scheduled for February, but Bingo will be back in March.

As we end the year, I want to give my personal thanks to the wonderful Board and Committee members that make the Women's Group work. The camaraderie and friendship we share are so special. It is our pleasure planning and enjoying all we do. We ask you to please come join us.



We want to wish you all, both home and away, all the best to enjoy. May the holidays and New Year bring happiness and health to you and your families. Stay well and safe. Here's to you and yours!

Till next time...

Ladies Who Lunch

By Sandy Newman

Ladies Who Lunch is a group of your neighbors here at Regency who love to have lunch with interesting women, cook, and share recipes. Six times a year we meet at the Tennis Pavilion to share our favorite cooking delights, exchange cooking ideas, and enjoy the company of other women who enjoy cooking and eating interesting items we might not cook ourselves. Attending the luncheon were: Mona Ascher, Maria Battiloro, Susan Carey, Florence Codner, Dawn Guidice, Rosemarie Healy, Marcia Hershey, Elaine Hudson, Linda Kantor, Sarla Kumar, Gloria Locker, Gail Maloof, Lois

Matarangeli, Sandy Newman, Diptika Patel, Diana Pladdys, Fran Plisco, Margie Schwartz, Sheryl Siegel, Sadhana Shah, Mary Tournour, Annette Valerio, and Phyllis Zieky.

Florence Codner (florencecodner@aol.com) is the chairperson. She lets us all know when the planning meetings and the luncheons are. She also organizes who is bringing what so we have an assortment of appetizers, main course, and desserts that go together well. We always have a program after lunch so we can get to know each other better and exchange ideas. If you want to be added to our email list for future lunches, please email Florence.

NEEDED! WANTED!

ARE YOU IN "TOWN" FOR THE WINTER? CAN YOU HELP DELIVER THE REPORTER FOR US?

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OR

Lou Flumen - 732.985.0926 if you live in the newer sections

Thank You

The Editorial Board of the Regency Reporter

The Regency Book Club

By Judi Zipkin

The Last House on the Street
On December 6, twelve Regency readers ventured out into the rain to discuss *The Last House on the Street* by Diane Chamberlain. Everyone agreed they were glad they had come.

The novel, set in a small town in North Carolina, is the story of two women and how their lives intertwine. Ellie Hockley's story begins in 1965. She is a white, idealistic college student. We meet Kayla Carter in 2010. She is a newly widowed young architect.

In 1965 Ellie decides she must do something to right the injustices facing people of color. Against the objection of friends, family, and community, Ellie joins the organization SCOPE (Summer Community Organization and Political Education). She hopes that she can make a difference in the lives of Black citizens by helping them register to vote in preparation for the signing of the Voting Rights Act. She is very committed to her goal and goes forward with her plan, never thinking there may be consequences to her actions.

In 2010, Kayla and her daughter Rainie are about to move into their new home on the same street where Ellie grew up. It is a house that Kayla and her recently deceased husband, also an architect, designed together. The Hockley house, Ellie's family home, is the only old house left in a neighborhood of new modern homes. One day Kayla stops at the old house and meets Ellie. Ellie has returned to her childhood home after 45 years to care for her aging mother and severely ill brother.

What follows is a good story filled with twists, turns, suspense, and a surprise ending, all trademarks of a Chamberlain novel. We meet a mysterious woman who warns Kayla about the haunted woods behind the house she has just built. We sense that something happened years ago in those woods, but do not know what. We learn about the struggle for voting rights, the deep seeded and continuing racism of the South, the desire to preserve the Southern way of life at all costs and the history of the KKK in the state of North Carolina. And, of course, there are stories of young love. Most members felt that Ellie's story of growing up in the 1960's civil rights era was the more engrossing of the two.

All agreed that the book was an enjoyable read. Using the novel as a jumping off point, members shared their personal experiences with one of the prevalent themes - prejudice.

Discussion included feeling like an outsider, being an outsider as a Jewish person, a Christian person or an Indian person, the difficulties of intermarriage and the struggles of growing up in the South. There was talk about growing up in the time of the civil rights movement, recognizing that progress has been made, but fearing things may be slipping back. The members also discussed learning the nuances of a new culture when you enter a country or a new region with which you are not familiar. The conversation that sprang from the book kept members talking well past the typical hour discussion.

Please join us January 3, when we discuss *Horse* by Geraldine Brooks, and then again on February 7 for a discussion of *Mad Honey* by Jodi Picoult and Jennifer Finney Boylan. Merry Christmas, Happy Chanukah, Happy Kwanza, and Happy New Year to all!



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HAPPY NEW YEAR!

The Wine Club



By Sheldon Opperman

Test your Knowledge about Wine

- What kind of French wine is traditionally made from the pinot noir grape?
- What was Dom Perignon's occupation when he invented Champagne?
- Which US state consumes the most wine (by volume)?
- Globally, more red wine is consumed than white wine. True or false?
- Which US President toured Bordeaux in 1787 and produced a ranking of the best regional wines?
- Which color of wine is the French region of Provence famous for?
- Which two grapes make up most wines of Bordeaux?
- What is the primary grape in Chianti Classico DOCG?

(Continued on page 6)

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Singles Mingle

By Barbara Lemberger

Oh, what a night it was! The Singles Holiday Party on December 4 was a tremendous success. Mary Tournour and Fran Lehrfeld created a festive environment in ballroom three, complete with holiday decorations and balloons. Their plan-



The Tanglewood Acoustic Band performed at the Singles Holiday Party. Photo by Barbara Lemberger

Wine Club

(Continued from page 5)

- What grape is Beaujolais made from?
- What does it mean if a wine is described as "hot"?
- What are the two most popular wines in the United States, both to plant and to consume?
- Where does the color of wine come from?

Answers: 1. Burgundy 2. A Monk 3. California 4. True 5. Thomas Jefferson 6. Rosé 7. Cabernet Sauvignon and Merlot 8. Sangiovese 9. Gamay 10. High in alcohol 11. Cabernet Sauvignon and Chardonnay 12. The grape skins

ning was superb, our gift exchange was fun, and the outstanding live acoustic music provided by Tanglewood had people dancing and partying.

We are now looking forward to January 4 when Jill Whalen will present a program entitled Longevity, Fitness, and Wellness. She will discuss nutrition for seniors, including tips on cooking for one, appropriate exercise, and ways to ease anxiety and stress. The program will be interactive, so wear comfy clothes and participate, or just watch.

Looking forward to February, the Singles Club is extremely excited to announce that in cele-

bration of Black History Month we will be presenting a very special program on February 1. The program will be a living history portrayal of the life and works of Sojourner Truth, Women's Suffragist and Civil Rights Pioneer. Sojourner Truth will be portrayed by Dr. Daisy Century of the American Historical Theater. This will be a free event and open to the entire Regency Community. Wine and cheese will be served. The program will begin at 7:00 p.m. in the Clubhouse ballroom. Save the date and be sure to come out to witness this live historical reenactment.

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Dancing in the Moonlight



The DJ from Pulse Events at the Dancing in the Moonlight Party. Photo by Steve Wandy

theme was A Winter Wonderland. Our fabulous DJ and MC took us to a world of happiness to be alive. The decorations and special desserts just added to this joyous night. Indeed, we all lived, loved, and laughed at our festive Dancing in the Moonlight evening! Save the Date for our next event

By Sheryl Siegel Beckman

Our most recent event was our hello to the Holiday Season. Our

which will be on Saturday night, April 15.

The Indian American Group



IAG friends enjoying a holiday dinner at the Spice Culture Restaurant. Photo by Rajesh Kapadia

By Rajesh Kapadia



IAG members celebrated a Holiday Dinner with Karaoke Music. The Holiday Dinner was

held at Spice Culture Restaurant in South Plainfield and was attended by 25 members. There was Karaoke Music and singing of popular Bollywood Songs by professional singers provided by the restaurant. The event took place on November 16, 2022.

Everyone was dressed up in colorful attire. Activities included

live music dancing and singing. It was a very entertaining evening for everyone. People were mesmerized by the rhythmic tunes and the songs played by the entertainers.

The festivities began with a social hour where attendees mingled with each other and tried some of the delicious dishes. It was a great evening of fun, food, live music, and dancing. All participants were very actively engaged in the musical and dancing activities.

Lastly we sincerely thank all the volunteers for their continued support and hard work in making this a memorable event.



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Hadassah Highlights



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By Carol Kortmansky
Karen Ross, President

We want to wish all of our members and Regency friends a very Happy and Healthy New Year.

On January 16 at 7 p.m., the Regency Hadassah Book Club will be meeting on Zoom to discuss Lisa Scottoline's novel, *Eternal*. The discussion will be held on Zoom to enable all of our members here and in warmer climates to participate. With anti-Semitism on the rise, *Eternal* is a very timely read. It unfolds over decades and is a story of loyalty, loss, family, food, love, and war. Look for updates via email from Karen Ross about Zoom information and future book selections. For all Book Club meetings, it is necessary to RSVP to Marilyn Jaclin (mjaclin@aol.com) or Marcia Milgrom (milgromm

@aol.com) if you plan to attend. In addition, if you would like to act as our facilitator or if you have suggestions for a book, please contact them.

Karen Ross is continuing to collect money for the 2023 Mah Jongg Cards until January 15. Please note price for these cards - \$14 for the standard print card and \$15 for a large print card. Checks should be made payable to Hadassah and left in the lower mailbox of Karen Ross (42 Beth Page). Please indicate the address where you want your card sent. If you are not sure where you will be in late March, Karen can hold your card and get it to you when you return to Regency.

Hold the date of Thursday, May 4 for our next Book and Author Luncheon to be held in our ballroom at 12 noon featuring author Joyce Maynard. She is the author of eighteen books,

including the *New York Times* bestselling novels, *Labor Day* and *To Die For*, which became a movie with Nicole Kidman. Details will follow. Please watch your email.

Plans are in the works for a Card and Mah Jongg Dessert Party during the winter months. Please watch your email for more information.

We would like to thank all of those who contributed to our **Matching Funds Campaign** for the Cardiogenetic Clinic at the Hadassah Center for Precision Cardiovascular Medicine. In addition to those listed in the December issue, donations have been received from:

Hollis Borak in honor of her grandchildren, Ryan, Casey, Luke, and Reid

Marcia and Herb Greenberg
Linda Grossman

Marilyn and Sam Krawet in



memory of their parents, Eunice and Murray Smith and Helen and Jack Krawet

Elaine Robin in honor of her grandchildren, Max, Tyler, and Hope

Sharon Taxman in memory of her parents, Doris and Bernard Levi

We would also like to thank Karen Calder, Sharon Schleifstein and Naomi Trachtenberg for helping us with this campaign.

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) and our Membership VPs Annette Kushner (annette.kushner@gmail.com) and Linda Grossman (lindarg@aol.com). Home phone numbers can be found in the new Regency Directory.

rectory.

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 e-mail, please let Linda Strauss (lstrauss@floes.net) or Karen Ross (kbr1253@aol.com) know as soon as possible.

Stay safe and stay well!

Israeli American Club



By Sam Fisher

Editor's Note: The Editorial Board of the Regency Reporter welcomes the Israeli American Club to our community and Sam Fisher as a new contributor.

The Israeli American Club is the newest addition to the Regency Club community. We've held a few preliminary meetings so far and, recently have been officially sanctioned by the Homeowners' Association. I will be coordinating the programs over the winter months, since the Club officers will be in Florida. We are currently planning on having two meetings per month - the first Friday and third Tuesday of the month. All meetings will be held in the Tennis Pavilion and will be from 7 to 9 p.m. Our kick-off event was a Chanukah celebration, held on Tuesday, December 20, complete with holiday music and, of course, potato latkes, doughnuts, etc. It was a huge success, with upwards of 100 people in attendance, causing us to switch venues from the Tennis Pavilion to the Clubhouse. We plan on having events with Jewish holiday themes, while, at the same

time, promoting Israeli culture.

No, you do not have to be Israeli or even Jewish, to attend any of our meetings or programs or to join the Club. All Regency residents are invited and welcome. However, if you do choose to become a member, there is an annual membership fee of \$10 per person to defray any miscellaneous Club expenses. We communicate with our members via WhatsApp, so you should have the application to stay in touch. If you don't have it, you can simply

download the application, provide me with your cell phone or email address, and you're good to go. We will be posting future events over the coming weeks and months, so check the weekly HOA blasts and the flyers in the Clubhouse. If you have any questions, feel free to send an email to ssfisher1024@gmail.com.

Hope to see you at our next event, and, whichever holiday you celebrated, I hope it was a very happy one. Best wishes for a Happy New Year.

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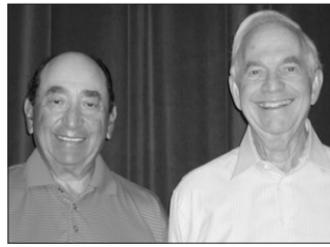
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News and Views

**Marcia and Mike Midler,
 Bert Busch and Phil Sloan**

Part I

News and Views, Regency's current events discussion group, is again holding bimonthly meetings. We meet on the second and fourth Monday of each month at 7:30 p.m., now in the Multi-purpose Room and Spa Area of the Clubhouse. Our two meetings in November were on November 14 and 28. For the present, masks are not required, though we do ask that all participants be vaccinated.

Meeting a week after the mid-term elections, we generally interpreted the election results as a success for the Democrats in the Senate, in state elections, and down ballot offices. Though we suspected that the Republicans would take the House by a narrow margin, as they later did, it certainly was NOT a Red Wave - maybe a Red Trickle. Once again, we concluded that the pollsters got it wrong, predicting for two weeks that the voters were "trending" for the Republicans. Perhaps voters responding to pollsters have stronger views and are, therefore, most vocal. We felt that the independent voters had a preference for "Team Normal" over "Team Crazy," with a significant number of voters rejecting extreme positions. The Right to Choose and the preservation of democracy were more significant for many voters than the price of gasoline, crime, or immigration. In many states, the voters seem to have considered SCOTUS "way too conservative." The Senate went to the Democrats, we believed, because voters wanted more centrist judges and justices. Women generally and younger voters were energized, turning out en masse. We felt that Republicans running for the House in California and New York flipped seats, in part due to gerrymandering. Elsewhere, we noted strong showings for the GOP with DeSantis in Florida, Kemp in Georgia, Abbott in Texas, and Vance and DeWine

in Ohio, to name a few. We also commented on the number of election firsts among women, Blacks, LGBTQs, and Gen Z 25-year-olds. We had a collective sigh of relief, feeling confident that there would be a normal, peaceful transfer of power.

Pondering Trump's 2024 Presidential announcement, we noted that his endorsements and handpicked candidates generally failed but acknowledged the huge base standing by him. DeSantis (FL) and Youngkin (VA) were major winners and potential presidential candidates. The events of January 6, the possible indictments, and other legal issues may frustrate his plans for a 2024 run. Stay tuned.

We acknowledged Biden's trip to Asia and his efforts to shore up support to oppose China's territorial claims. He and China's leader, Xi Jinping, have known each other for years. Each was coming to their private meeting fresh from successful elections at home. We further noted that China has never recognized Taiwan as being independent of China. We expressed hope that China will maintain the status quo.

While the Kherson area of Ukraine is now under the sole control of Ukraine, following Russia's hasty retreat, it is clear that the war is far from over. We saw no basis for negotiation, since Ukraine wants to reclaim all of the land that Russia has seized, including Crimea, which it took in 2014. Tens of thousands of people have died because of Putin's invasion, and he will never acknowledge that he made a mistake by invading a peaceful country. As a result, millions of Ukrainians will have to endure a freezing winter with little electricity, gas, or hot water. We spoke of Elon Musk's take-over of Twitter, his firing of thousands of employees, and his attempts to understand the company he bought. Overall, we dubbed it a bad investment.

News and Views

**By Marcia and Mike Midler,
 Bert Busch, and Phil Sloan**
Part Two

Our second meeting of the month began with a discussion of mass shootings in Virginia, Colorado, and Idaho. We cited mental health problems, as claimed by the Republicans, supporting the GOP proposal to provide greater investments in law enforcement. Still, we believe that hateful rhetoric, the easy access to assault weapons, and the absence of a waiting period before the issuance of a gun license, as claimed by the Democrats, are important causes of the mass shootings. We lamented that the Internet is not regulated, that the US has 4% of the world's population and 42% of the mass killings, and that we

had 610 mass killings thus far in 2022. Turning to the narrow GOP edge in the House and control of the Oversight Committee, we believed that eventually Kevin McCarthy would be elected Speaker. What, we wondered, would McCarthy have to "give" to the likes of Marjorie Taylor Greene and others to get their vote? Perhaps, a guarantee that the House would impeach Biden?

Based on Michael Zieky's part of the agenda, involving oral arguments before SCOTUS in the Harvard and the University of North Carolina cases, we had two thoughts. First, we expected the Court to rule against the race-based affirmative action programs of the universities. Additionally, we expressed mixed opinions on whether such programs should provide educational benefits to compensate for past inequities directed against people of color. Affirmative action may wind up as an historical footnote. One of us recalled the printed language on a 1949 application to Cornell Medical School, which unambiguously stated: "Hebrews need not apply." It was no secret that many selective universities had religious quotas.

Objective crime statistics have indeed been rising, but has the perception of crime been rising even faster? How much worse is the perception than the reality? Some of us have changed activities due to crime on the subways in New York City. Very few of us had been the victims of violent crime. The political ads by the GOP, blaming the Democrats for being soft on crime, apparently had only limited success in the mid-term elections. On the issue of free speech, we mostly felt that people should be allowed to post whatever language they want on their own property, so long as there is no threat of violence or bodily harm.

Regarding NASA plans for renewed intentions to return humans to the moon, we had mixed feelings. Some felt that expenditures for space exploration could be better spent on earth. Others applauded the incredible amount of human knowledge that is being gained.

Finally, we discussed the issue of Biden's age. We septuagenarians and octogenarians felt that numbers, such as age, do not automatically define us. It is not "one size fits all." We felt that Biden handled NATO well with regard to the alliance's resistance to Russia's invasion of Ukraine. We also felt that Biden had not received adequate credit for his legislative accomplishments with the Inflation Reduction Act, the infrastructure, and Veterans, to name a few. We wondered whether Biden would agree to step aside for 2024 if a promising candidate came along.

If you have questions of any sort regarding the News and Views discussion group, or just wish to be put on our email list (not required for participation), please feel welcome to call or email any of us (Mike, Marcia, Bert or Phil).

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Beyond Words



By Cecile Spector

Today's Geography

If you were studying geography today, the nature and relative arrangement of Earth's places and physical features, and looked at a globe of the world from about 1920, you would probably not recognize many of the countries. Persia, Siam, Burma, Ceylon, Holland, and Rhodesia all occupy basically the same space, but are now called Iran, Thailand, Myanmar, Sri Lanka, Netherlands, and Zimbabwe. What used to be Yugoslavia, now is broken into Bosnia, Herzegovina, Croatia, Macedonia, Serbia, Montenegro, and Slovenia. The names of many cities also have changed. For example, Constantinople became Istanbul, Bombay became Mumbai and Saigon became Ho Chi Minh City. Wars are a major reason for geographical changes as boundary lines are shifted. Belarus is an excellent example. Different states at various times controlled the lands of modern-day Belarus. At times it was part of the Soviet Union, then more than half of Belarus became part of Poland. Different parts of Belarus kept changing hands until

about 1939. In 1945 the current borders of Belarus were recognized by the United Nations.

The physical shape of countries also changes. Over time, the oceans claim land bit by bit from one place and deposit the silt and sand in other places. At some locations the shorelines are in flux. The barrier islands of the outer banks of North Carolina are an example of this phenomenon.

The movement of the tectonic plates are a cause of major geographic changes. The Pacific Ocean has become smaller, while tectonic plates beneath North and South America are moving apart from those beneath Africa and Asia, widening the Atlantic Ocean at a rate of about 1.5 inches a year.

Some Interesting Facts about Our World Geography

- Big Diomedes and Little Diomedes are two islands in the Bering Strait between Alaska and Siberia. Big Diomedes belongs to Russia and Little Diomedes belongs to the United States. Russia and the United States, at their closest points, are about 2.4 miles apart. These two islands are separated by the International Date line, which also marks the international border between Russia and the United States.
- Vatican City is the smallest country in the world. Its land mass only spans 0.2 square miles.
- Continuously inhabited since at least 11,000 years ago, Damascus, Syria is the oldest city in the world.
- The Mariana Trench in the Pacific Ocean is the deepest place on the surface of Earth,

It reaches depths of nearly 35,814 feet.

The Names of Countries

There are three reasons why country names can be confusing. First, as mentioned, country names have been changed. The second reason is that each country is called a name in the language of the country. For instance, I was recently on a trip that took me through España, al-Mamlakah al-Maghribiyah, Turkiye and Hellas. In other words, or in English, I was in Spain, Morocco, Turkey, and Greece. Have you ever been to Nippon-koku? Tokyo, Kyoto, and Osaka are all located there. We call the country Japan. If you were having "Luncheon in München" in which city and country would you be? Why it would be Munich, Allemagne. No, no, that's what a Frenchman would say. An American would say Munich, Germany. A German would say München, Deutschland. A Spaniard would say Munich, Alemania, and an Italian, Monaco di Baviera, Germania. How about eating schnitzel in Wein? Where are you? You would be in Vin if you were Estonian, or Vienne if you're French, or Vienna if you're British or American.

The third reason for country name confusion may be pronunciation. For example, in Portugal I was in Lisbon (pronounced lees-boh-ah. - Lisboa), in Hungary, Budapest is pronounced boo-da-pesht. The /s/ is pronounced as /sh/ in Hungarian,

In Spain, Cádiz, (a Castilian city) (is pronounced with a voiceless th - Cadeth).

There is an interesting myth about the substitution of the /th/ sound for the /s/ sound in Spain. It has been said that a medieval king had a lisp, so everyone in society emulated his pronunciation to alleviate any embarrassment he might feel. This story is untrue. People in Barcelona, for instance, pronounce it "Barselona" because they speak Catalan, not Castilian. Catalan does not have the /s/ sound pronounced as /th/.

We don't have to leave the United States to have issues with the pronunciation of various locales. Note the following:

- La Jolla, California. ... la-hoy-uh
- Louisville, Kentucky. ... LOO-a-vul
- Houston Street, New York City - is pronounced HOW-

stun, instead of HUE-stun, because it is not named after Sam Houston.

- Willamette Valley, Oregon - Will-AM-it
- Mackinac Island, Michigan - ma·kuh·naa ai·luhnd
- Worcester, Massachusetts - wooster

Did you know that the town of Ushuaia, in Argentina, located on the Tierra del Fuego

archipelago, is the southernmost tip of South America? It has been called the "End of the World." The other end, or the northernmost town on earth, is Longyearbyen, which is located in the Norwegian archipelago of Svalbard.

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M&M Movie Minutes

By Marilyn Jaclin and Marcia Milgrom

The Good Nurse

Since it was such an unusually busy month, big birthdays, and an unexpected wedding, *M and M* could not find a mutually convenient time to find a movie in a theater. But we did agree on seeing *The Good Nurse* on Netflix. The film is a true story about serial killer Charles Cullen and the nurse who was suspicious of him. The movie is taken from the book of the same name, written by Charles Graeber.

In 2003 Amy Loughren (Jessica Chastain), single mom and ICU nurse, is working in the Parkfield Memorial Hospital in New Jersey. Amy suffers from cardiomyopathy. However, she does not want anyone to know of her condition since she is afraid of being fired. She has to work four more months before she can get health insurance to cover a heart transplant. The hospital at this time has hired an experienced nurse, Charles Cullen (Eddie Redmayne), who is working the night shift with her. They become friends and Amy tells Charles about her condition. He agrees to keep it a secret.

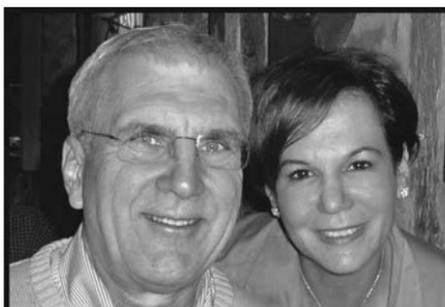
We next see an elderly patient, Ana Martinez who has been looked after by the two nurses. Suddenly, Ana dies. The



hospital contacts the state police. Two policemen, Danny Baldwin (Nnamdi Asomugha) and Tim Braun (Noah Emmerich) respond. The hospital board's risk manager Linda Garran (Kim Dickens) downplays the incident, claiming the death was unintentional and they were sticking to hospital protocol. Baldwin is concerned and thinks Ana's death is suspicious. The death was reported seven weeks after her death, and her body was already cremated. The officer becomes fixated on Charlie. He finds that the nurse had been convicted of minor offenses in 1995. Amy does a little investigating herself and finds that insulin had been administered to Martinez even though she was not diabetic.

The police begin to contact the other hospitals where Charlie worked, but the hospital administrators would not cooperate. Amy, at this point, calls a friend, another nurse with whom she had previously worked, who had also worked

(Continued on page 11)



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Health Issues Pertinent to Regency Residents



By Sheldon Opperman, M.D.

Nine Medical Myths Debunked
Myth One: It's okay to have higher blood pressure when you're over sixty-five.

As we age, the walls of our arteries become stiff. Our hearts now must pump harder. The result is an increase in blood pressure. This phenomenon was called "essential hypertension." Doctors thought this high blood pressure was "essential" for older people to ensure enough blood was being pumped to the brain. It was thought that after age sixty-five, a blood pressure of up to 150 systolic (the upper number) was optimal. Research has now shown that the goal of blood pressure management should be aimed at a systolic blood pressure no higher than 130 systolic for all ages.

Myth Two: You can catch a cold or flu by being outside in the cold.

No matter what your mother or grandmother told you, being outside in the cold does not make you sick. In fact, one research study has shown that healthy men exposed to above-freezing temperatures for several hours had an increased immune response to cold viruses. You can only catch a cold or flu from another person who is infected with the virus.

Myth Three: Eating Sugar Tends to Make Children Hyperactive.

Parents and teachers often claim that eating sugar causes hyperactivity and behavior problems in children. Extensive research has not found a connection between sugar and hyperactivity and there is no evidence consuming sugar can make a child with a normal attention span hyperactive.

Myth Four: Eating eggs causes high cholesterol and is bad for your heart

In 1968 The American Heart Association announced a dietary recommendation that all individuals eat no more than three whole eggs per week. Scientists have since debunked the idea that eggs increase your blood cholesterol and heighten your risk for heart disease, and Harvard University's analysis of two 2018 studies even suggest that eating eggs can improve your heart health.

Myth Five: You shouldn't salt your food.

We all know that high salt intake can contribute to high blood pressure, but it's not because of sprinkling table salt on foods. Only five percent of your salt intake comes from adding salt at the dinner table. Most of the hidden sodium comes from packaged and processed foods and dining out. Condiments such as ketchup, mustard, and soy sauce are packed with salt.

Myth Six: Ulcers are caused by spicy food and stress.

Doctors once believed that ulcers were caused by stress or spicy foods. Not true. Most ulcers are caused by the infection *Helicobacter pylori* bacteria (*H. pylori*) and can be treated with antibiotics. Medications, most commonly aspirin and other non

-steroidal anti-inflammatory medicines (NSAIDs), are the second most common cause of ulcers. That said, spicy food and stress worsen the discomfort, as do caffeine and alcohol, no matter what the original cause.

Myth Seven: People only use 10% of their brains.

This may be true for some of us. However, neurologist Dr. Barry Gordon of Johns Hopkins School of Medicine says that "The idea that we only use 10% of our brains is so wrong it's almost laughable." It turns out that we use virtually every part of the brain, and that the brain is active almost all the time. It is true that not all parts of our brain are used all at once, but it does not mean that those areas are never used.

Myth Eight: Eating Turkey Will Make You Sleepy

Turkey contains the amino acid tryptophan which does play a role in sleep. However, pork and cheese contain more tryptophan than turkey, and chicken contains just as much. We probably associate turkey with sleepiness because of heavy Thanksgiving meals — likely with a glass or two of wine.

Myth Nine: You should drink at least eight glasses of water a day.

In 1945 a government agency said that the human body needed around 8 glasses of fluid a day. That's how the myth got started. However, the eight-glass requirement included all fluids from all the foods we eat and drink. For some reason, the fluid from our diet was ignored, thus the eight-glass water requirement emerged. There is no medical evidence that drinking

(Continued on page 11)

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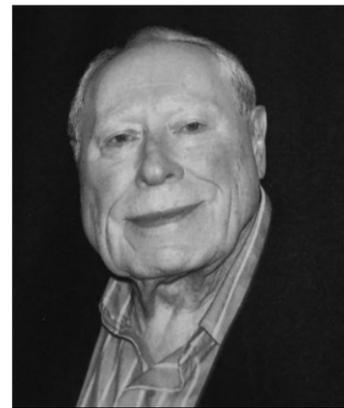
In Memoriam

Len Levene

By Barbara Bickel

It is with great sadness that we mourn the loss of Len Levene in our lives. He and his wife Ellie moved into Regency twenty years ago and quickly became friends and neighbors to many of us. At that time he was completing his career at a major electronic design corporation as a Senior Vice President there. On retirement, he quickly found opportunities to be of service here, solving problems that were arising in a brand new community. He served on a community committee formed to improve the drainage problems on and behind Crenshaw Court and French drains were effectively installed there. As the community kept growing, he appeared at the Monroe Township Planning Board as a spokesperson for an additional expansion of the Clubhouse by the builder, and this was approved. He then served for several years as a vital addition to the Technological Committee.

In Monroe Township, using his expertise, he was elected for six years as a Fire Commissioner in District Three. His dedication to his responsibilities led to his becoming Chairman to the whole of District Three for three of those years. In appreciation of his leadership the Central Fire Station has been



Len Levene

draped in black bunting in his memory. After his service to the fire department, he served on the Monroe Township Planning Board for six years, serving part of the time there as Vice Chairman.

When Len found some free time, he enjoyed auditing advanced classes at Princeton University. He and Ellie kept traveling, catching up with old associates in the Israeli aeronautics industry, and visiting some of the other places that were still on their "bucket list." Weekly games in the pool room, social card playing, the Men's Wine Group, and being with so many friends and close family contacts made for wonderful times. We are so grateful for all that you have done Len. Thank you from Regency and Monroe Township, and as a wonderful person to know as a very dear friend!

Healing with Yoga Therapy



By Jaya Gupta

Dear neighbors and friends,
Hope you all had a wonderful holiday season. I wish you all a very Happy, Healthy and prosperous New Year. May the divine golden healing light shine on all of us, blessing us with divine wisdom and knowledge, surrounding us to protect us from negativity of the outside world and inside in our thoughts and bless us with the best of health and happiness.

I have been writing these articles for the last two and half years and would like to share with the new Regency residents why and how yoga works with

our mind, body and soul. Though many forms of yoga such as Power yoga, Iyengar yoga, Vinyasa yoga, etc. are considered exercises, Hatha yoga, the true ancient form of yoga, is not considered exercise. It is “a moving meditation” or discipline for the mind and body that nourishes one’s soul. We need this nourishment every single day. It’s no matter what type of yoga we practice, if it is done in a meditative state, it helps us to become flexible and strong, relaxes us, lowers anxiety, calms our mind and makes us peaceful.

We have Mat yoga every Monday at 11:00 a.m. and chair yoga every Wednesday at 10:30 a.m. in the Clubhouse. These classes are

perfect for residents who are Zoom shy and love in-person sessions. The same classes are also Zoomed for residents whose immunity is compromised but love to do yoga, or who are enjoying sunny Florida in the winter and would like to join from home. If you’ve never tried yoga before, it is the perfect opportunity for you to give it a try as these classes are very convenient and free.

You are never too old to try yoga. Integral yoga can be done at any age by anyone who is seeking to stay in good physical and mental health. It integrates four very important components of true yoga for the union and alignment of body, mind, and soul. In our classes you will learn:

1. Breathing (Pranayama) – Yogic breathing helps to detox our bodies, to make our lungs healthier and stronger, to cure sinus problems, headaches, insomnia, and to let go of unwanted emotions. You learn to lengthen the amount of time to inhale and exhale. Practicing slow, controlled and mindful breathing stimulates our vagus nerve, which increases the activity in the parasympathetic nervous system and sends a signal to the entire body, including the brain, to relax. A relaxed mind and body lowers heart rate, improves digestion and sleep, which in turn lowers stress and strengthens the immune system.

2. Meditation - makes our minds stronger, stops the chatter

in our minds, increases focus and memory, and keeps Alzheimers and Dementia away.

3. Poses - make our physical bodies flexible and strong. Flexibility is how much a muscle can be stretched passively and the range of motion is how much muscles can be used to control movement of the joints. You learn many poses but, in every class, you will practice the most important series of poses, called Joint Free Series (JFS), that can be done on a mat, in a chair or in the bed until our last breath and provides a ray of hope and fast recovery after any injury. JFS increases the range of motion and strengthens every single muscle in your body. Balancing poses, grounding our feet on the ground, forming a tripod with big toe, little toe and heel and focusing, trains the proprioception and visual system. These poses improve our balance and lower our blood pressure if the hands are above our head. You also learn yoga practitioners’ most favorite series, Sun Salutation, on the mat, sitting in the chair and/or standing with the help of a chair.

4. Deep Relaxation - to absorb the benefits and to heal us by increased REM sleep and help in sleeping disorders or Insomnia

The benefits of the poses alone are enormous, but true health benefits can only be achieved by combining all four components. Though there will be no classes for the next two months because I will be in In-

dia on vacation and will be learning more in an Ayurvedic institute, I encourage you to practice what you have learned. For the Zoom link or to be added to our email distribution list feel free to contact me at JayaGupta.lotus@gmail.com. Hope you will get inspired and make a resolution to join us in-person or on Zoom in March. Enjoy the rays of Sunshine on beautiful white snow or warm weather in sunny Florida or wherever you are. Take care and stay well. See you when I come back. Love - Jaya

Movie Minutes

(Continued from page 9)

with Charlie. Amy was told that there were numerous deaths dealing with insulin. Eventually, Amy is convinced of Charles’s complicity. The police arrest and hold him. He will not confess. When Amy visits Charlie in jail she encourages him to confess and asks him why he did such things, and his answer was “Because they didn’t stop me.” At the end of the movie Charles is sentenced to eighteen consecutive life sentences for the murders of 24 patients but he admits there could have been as many as 400. On screen, at the end of the filming, it was written that Amy did get a new heart and was living in Florida.

M and M were impressed with this true story and felt it was authentic and the acting was good. We say if you have Netflix try to see it!

Health Issues

(Continued from page 10)

that much water is beneficial to your health. Drink when your body tells you you are thirsty.

Myth Ten: Cognitive decline leads to dementia

Cognitive decline refers to a gradual decrease in mental functioning with age. Not everyone who experiences cognitive decline will develop dementia. One study reported that 22.2% of people in the U.S. aged 71 or older experience cognitive decline. Of these, each year, 11.7%–20% develop dementia. The Alzheimer’s Association evaluated the evidence of risk factors for both dementia

and cognitive decline. They identified that maintaining regular physical activity and managing cardiovascular risk factors, such as diabetes, obesity, smoking, and high blood pressure were strongly associated with a reduced risk of cognitive decline. They also found that a healthful diet and lifelong learning or cognitive training reduce the risk of cognitive decline.

Ref:

The Harvard Health Letter December 2022

LiveScience.com

Medical News Today: Health Conditions

Barry Gordon MD, Director, Cognitive Neurology Division Johns Hopkins

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As you celebrate the start of a new year and set your resolutions - make sure to include your health as a priority.

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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.

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.

Tech Trends

By Don Haback
Get your Tech Ready for the New Year

First, Anne and I wish all of you the HAPPIEST NEW YEAR! We all look forward to a sweet and healthy year. This month's article includes updated elements of previously published articles along with really useful new thoughts. This material is fully relevant to ALL our technology devices. The Boy Scouts' motto, "BE PREPARED," is a great introduction for this month's article!

First: CHANGE ALL YOUR PASSWORDS! You should be doing this regularly. Most corporations and government agencies require employees to regularly do this quarterly and as often as monthly. Today, most of our providers (email, Facebook, Banks, etc.) are requiring at least eight characters, including both upper and lower case alphabets, numerals, and special characters (for example "!, \$, #," and those above the 'number' line on our keyboards). One more hint - if you're using 'proper' names or words (like street names), don't capitalize the first letter, use one or more of the letters inside the word (like cyNthiA). I'd also suggest that you don't use names that can somehow be associated with you.

Next, let's look at our emails, whether on your computers, smart phones or tablets. YOU HAVE TO REMAIN AWARE! DON'T AUTOMATICALLY ASSUME that messages from your friends, family members, and associates are from whom they purport to be. After you review the 'title' of the mail hover your mouse over their address on your email inbox. When you do this, (for every email service), you'll see the actual origination address. Here's an important ex-

ample: I regularly receive emails purporting to come from ME! Mail like this is obviously NEVER TO BE OPENED! When I hovered my mouse over one of them last week, I saw donhaback@CMJINGua.ancrallsovis.com. Obviously NOT ME! My personal email address is donhaback@aol.com. THIS SHOULD GIVE YOU THE IMPETUS TO CHECK EVERY INCOMING EMAIL! If any incoming email has anything other than the full address you KNOW is that of the sender, DON'T OPEN IT - DELETE IT! Don't automatically label it as spam - this may prevent your real friends and families from contacting you. Similarly, DON'T AUTOMATICALLY ASSUME that incoming text as well as Facebook (and other similar site) messages are authentic. Check those senders too. Simply opening them can open the gates to unscrupulous hackers!

Have you ever tried TWO FACTOR AUTHENTICATION? This concept is finding new industry-wide acceptance, especially with email and web service providers. Both AOL and GMAIL offer this for additional security. Here's what happens: You start the sign-on process using your email address and password and then there's another step. The provider can send you a text message or email to a second provider, giving you a unique code sequence. You then enter that code into your original sign-in screen - the second factor! Yes, it's another step - but it definitely adds more security to your web browsing and your email usage. I recommend this.

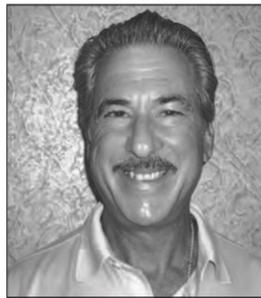
We've ALL seen the growth in unwanted smart phone calls.

These arise from the fact that our cell numbers are, basically, in the public domain. You've probably already seen calls - AND TEXT MESSAGES - from unknown sites offering all manner of enticements. The most egregious that I've recently seen have come from sites offering to cover unknown bills (including tax) or offering refunds from companies that say you've been over billed. The enticing thing is that they ask you to PUSH #1. NEVER EVER PUSH #1!

One last thought - you've probably heard me saying that "there are two major classes of computer users, THOSE WHO REGULARLY BACK UP THEIR MACHINES and THOSE WHO WISH THEY HAD!" Backing up simply means regularly copying all the contents of your computer's main hard drive to a second 'outside' drive giving you the means to recover your computer in case of failure or outside attack. Ransomware is an attack in which the attacker takes your computer hostage and demands payment in order to unlock it and release your data. In some cases, a simple power-off reboot can recover your machine. You'll probably need to recover your backed-up files - but they're probably not ransomed. Setting up a backup capability is relatively easy - needing only the addition of an external hard drive and the appropriate software. Backing up is not difficult - and can be set up as a daily automatic operation.

I'll get into updated anti-virus and malware apps as well as other ways to keep our systems 'fast and clean' in the coming months.

Healing Ourselves Naturally



By Steven Soffer, N.D. MH
Half Full or Half Empty? The Choice is Yours!

Last year I wrote about the anatomy and physiology of the heart. I also spoke about something called Broken Heart Syndrome, an actual diagnosable illness that manifests from sadness, loss and a feeling of not enough love, self-worth, etc. This month I want to go deeper. I want to talk about one of the heart's primary metaphysical functions and that is LOVE!

Life is all about choices. Every day we have thousands of choices to make, how we feel about things, basic daily activities, breaking down our individual thoughts and guiding our mind in choosing what we think. Our glass can either be half full or half empty. This completely depends on the choices we are making about the thoughts we think. Let's look at love. At birth we are infused with love, first with our mother, then father, then family and as we age, friendships and our many different

various relationships. We have all grown up hearing songs, seeing movies, and reading books about love. We watch our family and friends as individual members search and hopefully find love. One might say to know the nature of love, one must first love themselves. To this there is much truth. What an elusive question. How DOES one go about loving oneself?

The beginning starts with choice. We limit our love when we put attention into negative emotions. Fear, doubt, loss, confusion, anger, resentment, and denial are basic energy drainers Fear is simply the absence of faith. Darkness is the absence of light. The absence of love creates negative emotions and devalues the recognition of our own true self. We have incredible power within ourselves. Choosing what we think, eat, do, who we spend time with and what we believe in creates power. People are as wise as the tools they choose to use and the knowledge of how to use them. To one person astrology is a science; to another it is a hoax. If we want love we must believe that we deserve love. Clearly, we do! One of our primary functions on this planet is to learn to love and be loved. This is where happiness begins. What we focus on grows.

(Continued on page 14)

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Pet Corner

By Bea Siegel

Yummy, Yummy, But Oh, My Tummy!

Holiday leftovers of turkey and yams, buttermilk biscuits with lots of jam, the aroma of cookies baking in the oven, as our pets stare at us wishing for something. So, the dog says to his feline friend, “Hey, there must be some scraps around, let’s put our noses to the ground and sniff them out.”

This all sounds like fun, since a dog’s sense of smell is powerful and much stronger than ours, that if they could talk, they could tell you the ingredients in soup, (just add a bit more salt). The problem is that scraps of food may contain toxic ingredients for your feline or canine companion; especially fatty turkey gravy that can create havoc in your dog’s pancreas, creating pancreatitis and other problems. Every year, especially during the holiday season, animal clinics see an increase in emergencies that could have been avoided. Symptoms of illness can include diarrhea, vomiting, feeling lethargic, dehydrated, and many other kinds of discomfort. If you suspect your pet has eaten something and all of a sudden becomes ill, call your veterinarian, or an emergency animal clinic for assistance.

So, please cut the scraps out, no feeding from the table, under the table, or sneaking human edibles to Rex or Felix. Most sweets and non-sugar goodies use Xylitol, which is very toxic and dangerous to your pets. Instead, give extra hugs and kisses, bring out his favorite ball or stuffed animal, or just run around the house with them, having some fun.

Pet Aerobics

Have you ever thought of your dog or cat as a personal trainer? When you think about it, they teach us a lot about exercise, like jumping onto high places. Our pets also love to stretch their bodies out, roll on the floor, crawl for that ball. Your dog sleeping on his back with legs up in the air is a positive sign of trusting and feeling secure. Well, if you have a big dog, seems it would be you crawling on the floor, searching under furniture, trying to retrieve his ball; watch your dog training you how to get up from the floor. You don’t need four legs, just stretch out, twist your body a bit, hands flat on the floor, become a parachute, and wham, you’re up. Good luck with that and have fun. I’m sure your dog will think you’re playing as they come over to you with kisses.

Your Pet’s Worst Nightmare - The Garage

Automobile antifreeze is sweet-smelling and sweet tasting to your dog. This toxic chemical can be an attraction to your dog. If ingested it could be life-threatening since ethylene glycol is being absorbed from the gastrointestinal system into the bloodstream. Best thing to do is keep the product on a shelf or closet where your pet can’t get to it. Also lurking in your



garage may be a rodent being attracted to rodent deterrent, which is also a threat to your pet.

Hope you enjoy my articles; if you have any questions related to them, or anything I can help you out with, just call me. I’m in the book. I hope all your holidays were wonderful and wishing everyone a Happy New Year.



New kid on the block, “two year old Terrier/mix of love,” is Baci Cohen, enjoying the canine Halloween day at Regency with his human companion, Steve. Baci’s a real character looking to make friends on his walks with Steve and Karen. This little guy got real lucky....

Photo by, Bea Siegel

Animal Idioms

By Robin and Shaina

Punum Hurewitz (her dog)

Cat Got your Tongue



Perhaps the most popular cat saying, this should not be taken literally! It refers to someone who isn’t talking, particularly if they don’t respond to a question. This idiom possibly dates to ancient Egypt, where punishment for a crime meant your tongue would be cut out and fed to a cat, and the Middle Ages, when a witch’s cat would steal or paralyze your tongue so that you couldn’t speak.

So if you are a naturally quiet, non responsive person... SPEAK UP or BEWARE!

School Board Begins Budget Process

By Doug Poye

In its December meeting, the Monroe Township Board of Education took the initial step in developing the budget for 2023-24 school year: presentation of its “budget philosophy.” In contrast to past years, this presentation was much shorter and less detailed. Superintendent Chari Chanley gave the priorities that would guide the development of the new budget: providing student and staff security, maintaining the current programs and staff, and addressing capital improvement needs. The new Business Administrator, Laura Allen, indicated that the district could anticipate an increase in revenue from property taxes of \$2,248,560, which would come from new housing in the township. However, Allen then added that there would be a loss in revenue of \$4,036,790 as the result of a reduced surplus from the current year’s budget as well as other funds that in past years contributed to revenue. She went on to say that the resulting net loss of revenue would be \$1,788,230. This loss is predicated on no increase in state aid (presently \$9,601,594), which may not be the case, but which will not be known until

the state releases these figures sometime in early 2023. The new budget is projected to be \$114,676,549, an increase of 2% as allowed by state statute. As long as the increase is kept to 2% or less, the state does not require that the budget be approved by a referendum vote. Missing from past years’ “budget philosophies” were specifics on additional cost projections for curriculum, staffing, transportation, and capital improvement projects needed in the various schools in the district. Unless there is an appreciable increase in state aid, taxpayers will likely face an increase in school taxes for the tax year 2023-24.

In her report, Superintendent Chanley spoke about the ongoing preparations for the upcoming building referendum designed to alleviate the overcrowding in the middle and high schools as well as one of the elementary schools. Among her remarks was mention that the referendum is planned for April 18 and will be in the amount of \$103 million. Drawings are being prepared of the various building projects and will be placed in various municipal buildings (town hall, library, recreation center) and



schools so that the public can be informed of what the referendum would provide. QR codes will accompany all drawings so that anyone seeking more details can use that medium to access more information. “Town Hall” meetings are planned for March and the Board is willing to make presentations in other venues if invited. Chanley also indicated that the district expects to receive notification from the state as to its share of the cost.

Near the end of November, the county clerk’s office released the official results of the election: Peter Tufano (8325 votes), Gail DiPane (7558), Carmen Alvarez (6875), Linda Bozowski (6777), Adam Elias (5166) and Anne Cugini (4099). It was good to see that two of the newly elected Board members, Gail DiPane and Carmen Alvarez, were among the members of the public attending the meeting. The newly elected members will be taking their seats on the Board in January.

This report was written by a former member of the Board of Education who served on the Board from 2013-2015 and not at the direction or approval of the Board.

Getting Ahead in Business

By Milton Paris

Financial Self Evaluation Questionnaire

Let’s take a good look at ourselves at this stage of life. The following questions are designed to stimulate your thinking. In some cases, a yes or no answer will suffice; in others you will want to expand or qualify your answers. Change, modify, add to, or delete as required. Above all play straight and enjoy getting to know yourself!

After you have completed the questionnaire, go back and review your answers. If you are basically happy with your answer, consider it a strength. If you wish you could have answered it differently, consider it a weakness. Recognize that some of your weaknesses could very easily become strengths and some of your strengths can be developed even stronger.

1. Do I place the proper emphasis on money and what it will buy?
2. Do I try to keep up with the Joneses?
3. Do I neglect other areas of my life in pursuit of money and/or material things?
4. Do I spend money carelessly?
5. Am I often short of cash?



6. Do I have a budget?
7. Do I live within my budget?
8. Do I save regularly?
9. Do I have good credit?

The purpose of this exercise is to take a comprehensive look at the financial area of your life and thereby gain a better understanding.

“THERE’S ALWAYS ROOM AT THE TOP” - Daniel Webster



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Healing Ourselves Naturally

(Continued from page 12)

I wrote a poem in the ninth grade. "Love is like a fox. Quietly it stalks its prey; but when it strikes, it makes its presence known." All of us at one time or another have felt love and been loved. When you felt loved, remember how wonderful it was? Minor petty annoyances didn't matter, a rude comment that might have offended you didn't. You couldn't park. You didn't care. You were ten minutes late for an appointment and it was ok. You don't feel those little aches and pains that normally are there. Everything just seems better. This is the power of love! Some say God is love. Truly to find love it helps to connect with one's own spirit. This can be done through private practices, meditation, going to temple or church, spending time with rabbis, priests, wise and enlightened souls, or listening to spiritual

wisdom.

Take disease. Break it into two — dis-ease. When we are not at ease, it is easier to become ill. When we are at ease it is much easier to feel love and wellness. There are many different levels of love. You can love your house, your pet, a piece of art, your family and friends; but how much do you really love yourself? This is where it all begins - WITHIN YOURSELF is where the magic of love is created and born. Seeing things half full rather than half empty is essential.

A basic metaphysical teaching is what you want, you already have! In order to create a change within yourself, you must see the change as if it has already occurred. If you want that new job, picture yourself already working there. Do you want to lose ten pounds? Then see yourself ten pounds thinner now! Within your mind is this power that operates through cause and effect and right thinking to create the life you want to live. Yes, you MUST BELIEVE this is true. However, when you start experiencing receiving what you asked for, it is these demonstrations of your wishes that proves its truth to you! Then belief becomes knowing. Another basic metaphysical teaching says one can only create what one has already accepted as having. To reach any goal, you must believe you are already there.

Remember no other can ever love you enough! Nothing outside of yourself can supply what you believe is missing. You already have love within you. Love, tolerate, give, and become more of those ideals you believe are righteous and that you respect in others. Always remember the most powerful force in the universe is love. The mind forgets, but the heart always remembers. Live, laugh and be happy. Steve encourages questions, comments and free-thinking individuals.

AK Softball League

By Bobby Harris and George Rothweiler

Starting in the spring of 2023 (likely in May), we will be putting together a softball league. We already know through conversation that many of you want to dust off your softball glove and play in a fun and Over-55 friendly league. We also know from our Pickleball League how a league builds camaraderie and new friendships. The Pickleball League also uncovered some heretofore hidden athletic ability. Holy Potential Softball Talent Batman?! We have already spoken with the Monroe Township Recreation Director and he will help us secure permits for Thompson Park. We are tentatively looking to lock down Tuesday mornings (10 a.m. through noon) for those permits. This is subject to change, but for the purposes of garnering interest assume Tuesday mornings. So, with all of that in mind we are trying to get a feel for how many of you are interested in playing in the AK Softball League. Please fill out the following non-binding application. This is purely to garner interest. Please return the completed application to George Rothweiler (12 Inter Lachen Court).

AK Softball League Application

1. Name _____
2. Phone _____
3. Email Address _____
4. Capable of playing SS or 3B Yes ___ No ___
5. Capable of playing OF Yes ___ No ___
6. Comments (let us know your past softball resume)

Note: In order to play in this league, you need to have minimal skill. You must be able to catch a ball and make it to first base. We will not hold clinics—this is for serious past or present softball players who wish to recapture some of that old softball glory and in the process have lots laughs and lots of good fun.

School funding - League of Women Voters presents program

By Linda Bozowski

Rozella G. Clyde, Ph.D., co-chair of the LWVNJ State Education Committee and Linda Kinsey from our local Monroe LWV and member of the LWVNJ State Education Committee will be sharing some information on how our schools are funded and the funding process. This LWV general

meeting will be held at the Monroe Library on Jan. 23 at 6:30 p.m.

The League of Women Voters encourages public awareness and participation.

All meetings are open to the public.

League membership is not required. Please join us for this informative presentation.

Start the New Year on a High Note: Join the Monroe Township Chorus

Calling all Sopranos, Altos, Tenors and Bass to come and join the fun and camaraderie of a wonderful group of men and women and share the Gift of Song. We sing four-part harmony and rehearsals will begin on Tuesday January 10 from 9 to 11 am at the Monroe Township Senior Center, 12 Halsey Reed Rd. Senior Center membership is required.

For more information contact Sheila Werfel, Director at 609-619-3229 or sheila1120@gmail.com

We don't sing because we're happy, we're happy because we sing.

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 your understanding,

The Editorial Board of the Regency Reporter

Become One of the Regency Reporter's Valued Contributors!

Do you have a special interest?
Do you have information to share?
Do you love to write?
Why not join the Regency Reporter team?
We are always looking for new contributors!
The Regency Reporter would love to have you!
Contact Nina Wolff to discuss your ideas.

nwolff0325@aol.com

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Please observe all STOP signs in the community for everyone's safety!

Thank you!

January at the Monroe Township Public Library

Please note the Library's hours are Monday through Thursday: 9:30 a.m. until 9:00 p.m., Friday 9:30 a.m. to 5:00 p.m., Saturday and Sunday 10:00 a.m. to 5:00 p.m.

Book Café

Wednesday, January 4 at 11:00 a.m. & 1:00 p.m.

What have you been reading? We want to know! Join other book lovers for a lively discussion. Book Café is a perfect place to find your next great read or share what you have enjoyed. This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Sit-N-Stitch

Fridays, January 6 & 20 at 10:30 a.m.

Socialize with stitchers & crafters of all skill levels. Bring your own supplies. This program is held in person. Registration is required. Register at the Reference Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Device Advice

Mondays, January 9, 16, 23 & 30 at 10:00 a.m.

Tuesdays, January 10, 17, 24 & 31 at 10:00 a.m.

Wednesdays, January 11, 18 & 25 at 4:00 p.m.

Thursdays, January 12, 19, & 26 at 3:45 p.m.

Need one-on-one tech help? Register for a 45-minute one-on-one session for assistance with your phone, tablet, laptop or any technology device, e.g. navigating our website and online resources, how to use an iPad, tablet, Kindle, smartphone, laptop or other device, download books and media onto your device, how to access your email account. Registration is required. Register by phone at (732) 521-5000.

Caregiver Support Group

Wednesday, January 11 at 11:00 a.m.

A Caregiver Support Group meets at the Library monthly on the second Wednesday of the month. Kat Verdi, Certified Alzheimer's and Dementia Care Trainer, of The Gardens at Monroe leads the group. Her mission is to educate, empower and encourage caregivers. All are welcome. This program is held in person. Registration is not required. Sponsored by The Gardens at Monroe.

Genealogy Club

Wednesday, January 11 at 2:00 p.m.

Beginner and experienced genealogists welcome to discuss research, share findings and resources. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Virtual Author Talk:

Namina Forna

Thursday, January 12 at 2:00 p.m.

Join us for an action-packed online conversation with Namina Forna, New York Times bestselling author of The Gilded Ones Series in a discussion about her second installment in the series, "The Merciless Ones". This is a virtual

program. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/authortalks or by phone at (732) 521-5000.

International Film Discussion

Thurs., January 12, 2:30 p.m.

Hosted by the Friends of the Monroe Township Library. This month we will watch and discuss "The Syrian Bride" (2004, 1hr 36min). A Syrian woman living in a Druze Village in the Golan Heights is to marry a man who is living in Syria. She may never return to her home village once she crosses into Syria. Many complications occur. View the film in advance at your leisure and join us for the discussion. Films are available to stream for free on Kanopy, accessible with your library card online at <https://monroetw.kanopy.com>. The discussion is virtual and will be held via Zoom. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000 to receive the link to the Zoom meeting.

3D Printer Demonstration

Thurs., January 12 at 7 p.m.

See a 3D printer in action, understand how it works, and learn how it is used at the Library. All ages welcome, but space is limited. This program will be held in-person at the Library. Registration is required. Register at the Welcome Desk, at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

International Book Club

Tuesday, January 17 at 11:00 a.m.

Join us for a discussion of discuss "Convenience Store Woman" by Sayaka Murata (Japan).

A brilliant depiction of an unusual psyche and a world hidden from view, "Convenience Store Woman" is an ironic and sharp-eyed look at contemporary work culture and the pressures to conform, as well as a charming and completely fresh portrait of an unforgettable heroine. This is a hybrid program. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Ladies Ping Pong

Fridays 3 - 4 p.m.

Clubhouse Fitness Room

contact Cathy at

cunningham08831@gmail.com

Regency Reporter Delivery Procedures

If you live in the Fairways and are experiencing newspaper delivery problems Please call Lou Flumen 732-641-2495

If you live anywhere else in Regency

please call Linda Strauss, 732-656-0140.

Do not call the concierge at the Clubhouse.

Do not call or email Barbara Bickel.

Do not call or email Nina Wolff.

Call Lou Flumen for Fairways issues: 732-641-2495.

Call Linda Strauss for other Regency delivery issues:

732-656-0140.

Linda and Lou handle all Reporter delivery issues.

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.

Virtual Author Talk: Dana K. White & Watch Party

Tuesday, January 17 at 2:00 p.m.

Start your new year calm and collected by learning to become better organized and clutter-free. Join us in-person at the library to watch a livestream of the virtual author talk with best-selling author and decluttering expert, Dana K. White, creator of popular podcast and blog, A Slob Comes Clean, as she imparts tips from her books "Organizing for the Rest of Us" and "Decluttering at the Speed of Life". Following the watch party, stick around to share your decluttering and organizational tips with other attendees and library staff. Register to partici-

pate in person at the Welcome Desk, by phone at (732) 521-5000 or online at www.monroetwplibrary.org/calendar. If you only plan to attend the virtual author talk remotely, register at www.monroetwplibrary.org/authortalks to receive a link to the virtual author talk.

Library Board of Trustees Meeting

Tuesday, January 17 at 6:30 p.m.

Boheme Opera Performance: Poor Little Buttercup

Wednesday, January 18 at 1:00 p.m.

This lecture performance features the songs and stories from the satiric operettas of Gilbert

(Continued on page 16)

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Home Improvement & Services

F&D CONTRACTING dba FOREVER YOURS LANDSCAPING, INC. – Home renovations. New bathrooms & kitchens, closets, shelving, moldings, flooring and more. Owner operated. Fully insured. Free estimates. License #13VH05891100. Call Frank (732) 284-1692.

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

Transportation
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January at the Monroe Township Public Library

(Continued from page 15)

and Sullivan. Romantic ballads and rousing patter songs abound in shows including H.M.S. Pinafore, The Pirates of Penzance, The Mikado, and others. Songs will include Poor Little Buttercup, The Pirate King, When Frederic was a Little Lad, Poor Wandering One, The Major General's Song, The Moon and I, Tit Willow, and others. Sponsored by Monroe Township Cultural Arts Commission. This program will be held in-person at the Library. Registration is required. Register at the Welcome Desk, on our website at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Page Turners

Thursday, January 19 at 11:00 a.m.

Looking for something to read or add to your reading list? Library staff will present and recommend a variety of titles pertaining to a different topic, both new and old titles. The

theme for this session is New Year, New You (self-help, organization, DIY, etc.). This is a hybrid program. Join us via Zoom or in person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Non-Fiction Book Discussion

Monday, January 23 at 2:00 p.m.

Join us for a discussion about "In the Heart of the Sea: The Tragedy of the Whaleship Essex" by Nathaniel Philbrick. This is a hybrid program. Join us via Zoom or in person. *Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Taking Great Photos

Tuesday, January 24 at 6:00 p.m. (inclement weather date is January 31)

Wednesday, January 25 at

1:00 p.m. (inclement weather date is February 1)

This workshop will help you learn to take better photos and have more fun with photography, regardless of the camera or smartphone you use. Learn the fundamental building blocks of great photos and some useful tips about light and composition that you can apply to all your photos. This program is for photographers of all ages and skill levels interested in taking great photos or just having fun with photography. The presentation will be hosted by photographic artist, teacher and "Princeton Photography Club" president, Dave Burwell. Dave's lifelong love of nature sparked his passion for photography. Dave uses his photography to explore and express his creativity, and to help others feel a stronger connection with, and reverence for, nature. Sponsored by Monroe Township Cultural Arts Commission.

Short Story Discussion Group
Thursday, January 26 at 2:00 p.m.

We will discuss "The Second Tree from the Corner" by E.B. White in *The Best American Short Stories of the Century* edited by John Updike and "What We Talk About When We Talk About Anne Frank" in *The Best American Short Stories* edited by Roxanne Gay. This program is held in-person at the Library. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/calendar or by phone at (732) 521-5000.

Meet Your Sewing Machine

Thursday, January 26 at 6:30 p.m.

Monday, January 30 at 3:00 p.m.

Learn about sewing machines with this hands-on session for adults, ages 18 and over. This program will be held in-person. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/

calendar or by phone at (732) 521-5000.

Virtual Author Talk

Tuesday, January 31 at 2 p.m.

Please join us for what is sure to be the most fun-filled hour of your day as we chat online with Randall Munroe about his new book "What If? 2: Additional Serious Scientific Answers to Absurd Hypothetical Questions". This is a virtual program. Registration is required. Register at the Welcome Desk, online at www.monroetwplibrary.org/author-talks or by phone at (732) 521-5000.

Winter Reading Challenge

Get ready for the 2023 Winter Reading Challenge! Start planning your winter reads and enter a raffle every month to win prizes! Entry forms will be available in January. January's theme is historical fiction, February is memoir/biography and March is science fiction.

Holiday Hours

The Library will be closed on Sunday and Monday, January 1 and 2 and Monday, January 16.

DON'T START YOUR YEAR LIKE THIS!



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