

# REGENCY REPORTER

**VOL. 20, No. 11, NOVEMBER 2023 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY**



*Pretty in PINK! The Play for P.I.N.K. Game Day Committee, standing from left: Rose Marie Healy, Carol Herman, Rita Levy, Judi Adel, Carol Kortmansky, Carol Langer, Sue Ferber, Carol Chodos, Maxine Taskowitz, Maxine Saum, Faye Katz, and Carol Okin. Kneeling from left are: Judi Zipkin, Linda Mail, and Ruth Gaswirth.* **Photo submitted by Carol Chodos**



*Members of the Cocktail Revolution Club dressed up in their Halloween finery are, from left: Travis Helmka, Georgette Bruno, Sherry Vitanza, David Young, Nancy Young, Barbara Potasky, Elaine Robin, Karen Calder, and Marcia Glanzberg.* **Photo submitted by Barbara Potasky**



*The Winning Mayor's Bocce Team at the Mayor's Cup Breakfast. Standing from left: Allan Kahn, Paul Parsowith, Phil Bracco, Kathy Bracco, Angelo Bruno, Captain Carmine Carrara, Frank Ruggiero, Frank Perrelli, John Wakie, and Sandy Farinola. On left kneeling is Johanne Sikorsky and right is Mary Caccamo. Steve Schnell and Judy Azoulai were camera shy.* **Photo by George Rothweiler**



*The Regency Women's Group's guest speaker, 60 Minutes producer Ira Rosen, with from left: Debbie Etter, Beth Ross, and Barbara Wilner.*



*Regency EREA takes over Don Pepe Peruvian Restaurant in Freehold and await the Peruvian Degustation Dinner.* **Photo by Marty Feldman**



*The lovely ladies of the Indian American Group dressed in their finest at the Fall Festival of Culinary Art.* **Photo by Rajesh Kapadia**



*Some of the gorgeous cars that showed up at the Regency Car Club's Car Show.* **Photo by Fred Hollinger**



# Regency Hikers Return to the Trails



Regency Hikers at the Delaware and Raritan Canal.

Photos by Doug Poye



By Doug Poye

With the arrival of fall, members of the Regency Hikers eagerly took to the trails in its first three outings: Delaware and Raritan Canal (D and R), Monmouth Battlefield State Park, and Cheesapeake State Park. The D and R is an historical locale running through Mercer

and Somerset Counties that once provided an important shortcut for shipping coal from Pennsylvania to New York City. Opening in the 1830's it was dug by hand largely using Irish immigrants as labor with the vessels being pulled by mules on a towpath. It is that towpath that provides for an easy hike between Kingston and Rocky Hill. The return path is on the east side of the canal using a long-abandoned railroad bed. The highlight of this hike was Shay Reisert receiving a pin for having done 300



Allan Kahn (left) and Ron Kane sporting their 500 mile Hiker hats at Monmouth Battlefield.

miles with the club. Our second hike was also an historical venue: nearby Monmouth Battlefield where General George Washington's Continental Army successfully routed British forces led by General Clinton on a hot day in  
*(Continued on page 5)*

# A Note from Your Board of Trustees

By Renee Comack, Board Trustee



When one is looking to move to the most sought after and prestigious over 55 communities in Central New Jersey, shouldn't Regency at Monroe be the first that comes to mind? Our community is a welcoming active community, whose members take advantage of all Regency has to offer. We are a caring community, that holds dear, concern for, and kindness to our neighbors. We are a community that reaches out with compassion to those that unfortunately are faced with difficult times. What is special about our community?

**We recognize we must stay current with the times:** In that vein, we are very excited about the two major enhancements in our community: the six new state-of-the-art pickleball courts as well as the contemporary redesign of the first level of our Clubhouse. These undertakings will surely maintain our premier status, protecting as well as increasing our property values.

**Diverse choices for those that want to get involved:** There are many diverse choices for those that want to participate in activities and events. We have 45 active clubs, including Women's, Men's, Ethnic, Singles, Car, Music, Art, Sports, etc. For those interested in getting involved in making a difference in our community, we also have six committees. Three committees are established by our by-laws: Architectural Review, Election Advisory Board, and Strategic Planning. At this time, our long term ad hoc committees are: Grounds and Landscaping, the Sports Committee dedicated to the Mayor's Cup Games, and the Entertainment Committee.

We also create short term ad hoc committees on an as needed basis. The Pickleball Committee helped design the new courts from layout, to court colors, lighting, and accessories. Once this was achieved and construction began, this committee ended. Our recently formed Clubhouse Design Committee is working with the designer to redesign the entire first level of the Clubhouse, which encompasses the main lobby, ballrooms, all upper level seating, the pre-function area, the lifestyle area, and the bathrooms. Our goal is that our Clubhouse be sophisticated, aesthetically pleasing, have a timeless design that will provide a positive consistent homeowner experience while maintaining quality, safety, and functionality. At the beginning of December, prior to materials being ordered, two renderings will be presented to the community for a vote.

**Unsurpassed Community Management:** Our sincere thanks to, and recognition of, Stephanie Harmon, our Community General Manager, her management team, and our custodial staff for their commitment to excellence in all areas within their responsibility and accountability. We enjoy the pristine well maintained grounds, buildings, amenities,

and infrastructure. And, behind the scenes, not readily seen by most, are their countless responsibilities with our financials, project planning and tracking, contract negotiations, vendor management such as pool, gatehouse, proshop, refuse, your work orders, as well responding to the countless phone calls, walk-ins and emails. They are well prepared and cross trained for emergency procedures. They are recognized by our neighboring communities, as well as CAI (Community Association Institution) as role models in the industry.

**Unparalleled Community Lifestyle:** When it comes to our community lifestyle, accolades to our Lifestyle Director Kori Little, her staff, and the HOA Entertainment Committee members that have "knocked it out of the park" with what has been outstanding, creative, non-stop entertainment and events. They surely know what our community enjoys, and their seamless execution of events is apparent in every event they plan. Congratulations and thank you to our Play for P.I.N.K. Committee, and the many volunteers that planned and executed to perfection, the weeklong events, culminating with a fabulous Cocktail Party. As of the end of September, our charitable community donated a record \$46,000 to the Breast Cancer Research Foundation.

**A Hard Working and Cohesive HOA Board:** We are cognizant that we must maintain financial stability, while at the same time stay current with the times. Our overarching responsibilities focus on: financial safety and stability, protecting the general welfare and safety of our residents, managing the property, affairs, and the business of the Association. You are welcome to attend our 1:00 p.m. Thursday Workshops to see us cover our broad agenda, inclusive of finances, community issues, strategic planning, projects, status reporting, and communications. In the spirit of transparency and keeping you informed, we have established a schedule for email updates from the Board and Management about lifestyle, pickleball construction, and Clubhouse redesign. You will receive weekly status updates of our pickleball progress, and twice monthly updates of our Clubhouse redesign progress.

**Closing:** It is with sincerity and gratitude that I thank you for re-electing me as your trustee for the next three years. I truly value your trust and confidence in me, and will continue to act in the best interests of our community, always aiming towards making a positive difference. As we give thanks and celebrate our blessings, we wish all a happy and wonderful Thanksgiving. May it be filled with warmth and laughter, and good health!

## REGENCY REPORTER

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

Please E-mail your materials to:

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

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

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## 2023 Public Board Meeting Schedule

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

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

## HOA Events\* November

- Friday, November 10 – Veteran's Breakfast
- Wednesday, November 15 – Custom Holiday Centerpiece Making and Lunch
- Friday, November 17– Neil Berg Stage Show 8:00 p.m. show only
- Tuesday, November 21 - Sip, Savor and Celebrate the Holidays in Style.

## DECEMBER

- Sunday, December 3 – Coffeehouse Experience
- Sunday, December 31 – SKY2024 New Years Eve Celebration

\* All events are subject to change, availability, and RSVP's to event.



# Up Close and Personal

By Barbara Bickel (\*\*)



### November Birthdays

1 - Elaine Barbakoff/Carol Chodos/Linda Ehrlich/Steve Hammond/Joyce Kaplan/Jerel Levenson  
 2 - Shelly Gallanter/Marty Indursky/Kent Roth/Arlene Scher/Rosemarie Spinelli  
 3 - Stanley Cramer/Cheryl Frazzini/Bob Mankin/Fran Plisko/Mark Reiner  
 4 - Irene Kahn/Pauline Sperling  
 5 - Joel Brandt/Lana Perez/Alan Schwartz/Fran Sellitti/John Wakie  
 6 - Terri Avallone/Maria DeSantis/Allessandro Farinola/Max Friedman/Gary Roth  
 7 - Michael D'Ambrosio/Lynne Unice  
 8 - Gloria Berry/Peter Gonzalez/Molly Kalomeer/Rolene Magid/Nicholas Narinelli/Mike Nikitas/Glynis Rich/David Rosenfeld/Richard Strug  
 9 - Laura Alster/Mickey Zelin  
 10 - Jeannie Gersten/Marty Lipchik/Peter Schild/Neil Zipkin  
 11 - Jeff Brisman/Marco Chistina/Gaile Feldman/Dinesh Gala/Rose Grosseto/Mark Kaufman/Melinda McGrory/Sheldon Piekny  
 12 - Edwin Espiritu/Rose Marie Healey/M. Esther Johnson/Paul Smith  
 13 - Bob Jaclin/Jane Napoletano/Phyllis Poye  
 14 - Sue Graham/Marcia Mankin/Goodie Mollen/Harold Starker/Sandy Stollar  
 15 - Janet Ramella/Lloyd Zeitman  
 16 - Charlie Nurnberg/Antonio Rizzo/Sy Shuren  
 17 - Gary Esterow/Vivien Karpf/Larry Mazzuchetti/Alan Rockoff  
 18 - Christiana Barone/Maryanne DeFeo/Susan Gootnick/Kathryn Jones/Kathleen Muller/Joseph Mulligan  
 19 - Sharma Nihar/Zachary Shapson  
 20 - Caryl Cohen/Leslie Sney-

ers/Barbara Steng/Beverly Stern  
 21 - Helene Aquavella/Hal Genkin/Phyllis Orenstein  
 22 - Charlie Berhang/Susan Paris/Bob Pincu/Alan Strauss  
 23 - Karyn Waller-Finkelstein/Marlene Kurland/Harold Solat  
 24 - Tina Allen/Elaine Carrara/Judi DiDonna/Jerry Lubetzki/Robert Weil  
 25 - Bari Belosa/Helene Langman/Vivienne Rubin/Steve Schuman/Johanna Troshane  
 26 - Ilene Brudner/Marty Cohen/Jim Florin/Marilyn Jaclin/Marilyn Karben/Annette Quinto  
 27 - Susan Cohen/Micki Indursky  
 28 - David Gelfman/Ellen Heitner  
 29 - Arthur Rosen/Carl Schwartz  
 30 - Yasmin Fisher/Ross Goldberg/Susan Post/Annette Szaichler

### November Anniversaries

1 - Audrey & Reid Goldman  
 2 - Beverly & John Boccone/Barbara & Ira Schwartz/Tina & Gil Silverstein  
 3 - Vicky & Harry Herbst/Eleanor & Joseph Susanno  
 4 - Geri & Jerry Garfinkle  
 5 - Marcy & Emil Berger/Rosemarie & Tom Maltese  
 6 - Shahnaz & Abdullah Ali  
 8 - Risa & Craig Jarvis/Marlene & Alan Kurland/Gayle Nelson & Jay Lynn  
 9 - Barbara & Terry Daly  
 10 - Terri & Steve Avallone/Cindy & Jerel Levenson  
 11 - Renata Rozenfeld & Zachary Shapson  
 15 - Debbie & Peter Gonzalez  
 16 - Ellen & Nolan Epstein  
 17 - Judi & Herb DiDonna/Ellen & Bob Rosenthal/Louise & Andrew Sether  
 19 - Judy & Stanley Goldstein/Carol & Elliot Kominsky  
 20 - Jaya & Prem Gupta/Joyce & Scott Thompson  
 21 - Laura & Laurence Alster/Ro & Jack Barton/Linda Lieberman & James Fisher  
 22 - Daisy & Joseph Grispino/Linda & Alton Kinsey/Janet & Bob Pincu/Bev & Al Ross/Barbara & Ira Schwartz  
 23 - Carol & Kieve Kortmanskyl/Jackie & Harold Shain  
 24 - Nancy & Ronald Lane/Sandy & Bernie Newman/Sheila & Richard Strug

25 - Carolyn & Howard Bernstein/Faye Katz & Robert Giacomino/Roberta & Philip Rothenstein/Beverly & Ed Stern  
 26 - Shelley & Stuart Bernstein  
 27 - Linda & Vito Cappello/Fran & Sam Gordon/Stephanie & Fred Hollinger  
 28 - Lynn & Irving Eckstein/Anita & Michael Toubin  
 30 - Marilyn & Barry Karben/Harriet & Barrie Levine

(\*\*) Are your dates correct? Are your important dates not listed? If this is true, let me know, and it can be fixed. (barbick132@aol.com)

## Please Help Israel

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



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### Marlboro

Bella Vista Country Club  
100 School Road East

Tuesday, November 28th  
10:00am | 2:00pm | 7:00pm

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101 Crawford Corners Road  
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10:00am | 2:00pm | 7:00pm

### Monroe

Courtyard Marriott  
Cranbury South Brunswick  
420 Forsgate Drive

Thursday, November 30th  
10:00am | 2:00pm | 7:00pm

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

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

## Fruits of Our Lives

(Not the Pits)



By Christiana Barone

It is getting closer to winter, which means many of our friends and neighbors will be leaving us for warmer weather. We will miss them. In the meantime, two families are enjoying the joys of grandchildren, one is an engagement and the other a new little one in the family. Another family is proud of their daughter's accomplishments.

### BABIES

Karen and Alan Wurman welcomed their newest granddaughter, **Goldie**, on Monday

August 28, 2023. Parents are Rebecca and Alex Gorelik of Scotch Plains. Big sister, Gili, is elated to have a BFF.

### ENGAGEMENTS

Flora and Marty Feldman are very pleased to announce the engagement of their granddaughter, **Carly Rosenberg** to **Jeff Crosteau**. The couple resides in Boston, Massachusetts and wedding plans have not, as yet, been announced.

### ACCOMPLISHMENTS

Nina and Alan Wolff are proud to announce that their daughter **Amy Beth Wolff** has taken over the General Management of Peachy Keen Restaurant on forty-fourth street in New York City between eighth and ninth avenues, right in the heart of the Broadway district.

(Continued on page 3)

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A group of Men's Club members, family, and friends on the recent Men's Club trip to Ellis Island and the Statue of Liberty. Photo submitted by Michael Drobnis

## Men's Club Ellis Island and Statue of Liberty Trip

By Michael Drobnis

Our Men's Club Members, several wives, and friends, made the VERY short trip to Jersey City to visit Ellis Island and the Statue of Liberty. Our friend Allan Ellis was very

helpful in the coordination of this wonderful trip. As most everyone knows, the Statue of Liberty was presented to the people of the United States from France. It is recognized as the symbol of Freedom all over the world. Millions of

people visit the Statue of Liberty every year.

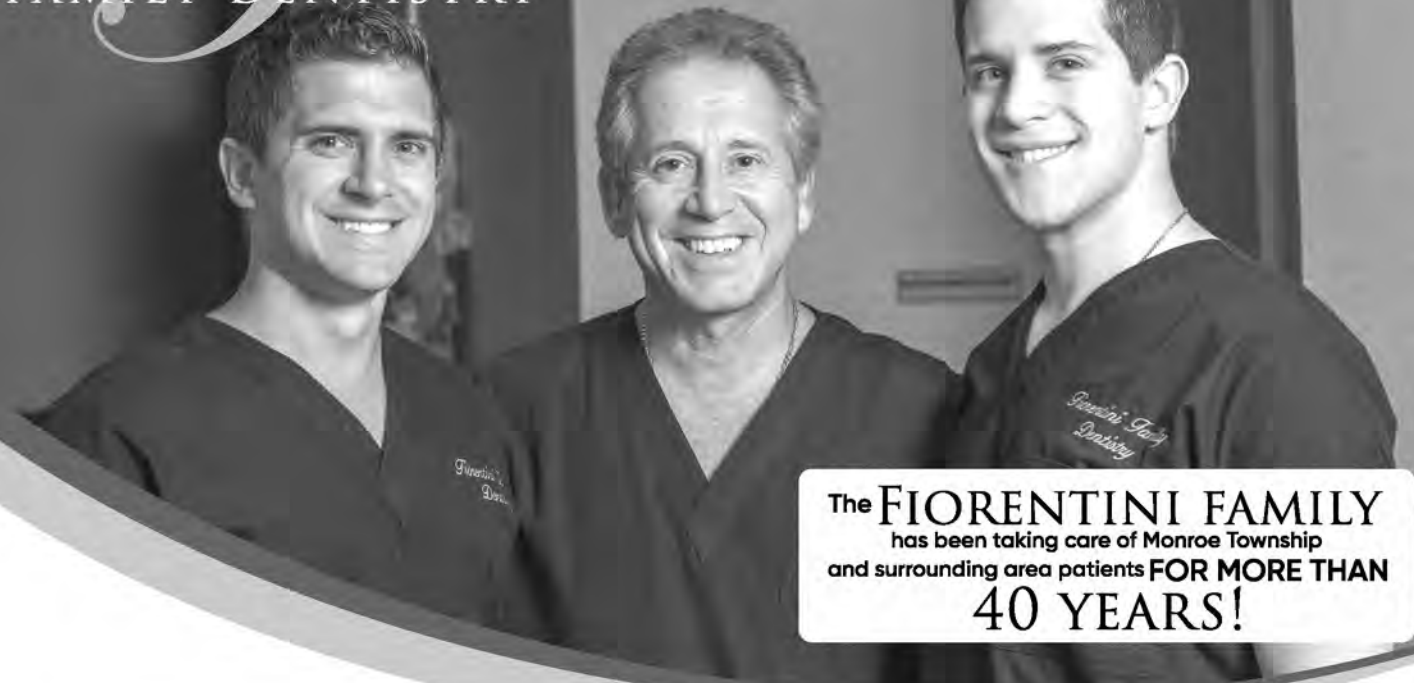
The Ellis Island story is more complicated. Ellis Island was the gateway for more than 12 million immigrants to pass through. The years from 1892 through 1954, were the years that these immigrants passed through Ellis Island, for freedom of speech, and religion, and economic opportunity in the United States. More than 40 percent of the United States population can trace their roots through Ellis Island. We enjoyed a self-guided tour, reliving the immigration experience through narration, and firsthand experiences of the immigrants. Their stories of unrelenting hardship, fear of the unknown, and the pain of separation, were impactful.

The Ellis Island exhibit space is devoted to The History of Ellis Island and the population of America. Through America's Gate is an experience that replicates an immigrant's journey through the immigration station. This fourteen room exhibition features audio recordings of the immigrants, remembering then, and reacting to their arrival in America. One of the many rooms was The Treasures from Home. It is a collection of hundreds of artifacts and photographs brought by immigrants to the United States. The American History Center is a research facility that offers access to arrival records of nearly 65 million passengers and crew members, who entered into the United States through all entry points. The American Immigrant Wall of Honor commemorates almost a million individuals and families, whose names were placed, regardless as to when, or where they entered America.

We could have easily spent several days on Ellis Island, and the Statue of Liberty. The experiences that we all relived (the experiences of our families) will be part of us forever.

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# A Message from the Regency EMailer

By Ron Post

It's hard to believe that each week I send out one or more emails to the Regency Community. My list of those residents to whom I send my emails has expanded from less than 100 to more than 1900. I guess doing this for 21 years would increase the number of email addresses I have and there are many residents who have moved but still want to receive my emails. Keeping residents informed about what is going on here at Regency is my main job. If something happens that requires an immediate notification to residents, this can come from either the HOA, or from me, or both. New residents can learn more about Regency by going to my website (www.regencyemailer.com). You can view my previous emails to learn more about our community. You will also find links to various types of information. For example: Community Vendor list Cell Phone List Phone Directory by street Phone Directory by last name High Schools Birthdays and Anniversaries by date Faces of Regency Residents

Who to contact when you want to join a club  
Where your main water shut off is located by model  
Each month the lead article on my website is the *Regency Reporter*. Thanks to Nina Wolff and all those residents involved in giving us a monthly *Reporter*. Having it on my website is easier to read and the color pictures are brighter as many residents have told me. Frankly, with my eyesight, I definitely find it easier to read the *Reporter* from my website. You will also find information about the ROMEO'S (Retired Old Men Eating Out). This is especially helpful for new male residents who want to meet other men from Regency. Rich Lans gives us a list of restaurants we go to each month on Tuesdays. We can have at times 40+ men attending. There is also a group of women who go out for lunch and information as to which place and when is also provided on my website. One list used very often is the Vendor List. Rich Strug provides us with this list,

which is also found on my website. Sometimes a resident who moves here from out of state has no clue who to call when something is required to be fixed or purchased for your home. Rich has developed this list from residents who recommend a vendor. We thank Rich for providing us with this service.  
I developed a High School  
(Continued on page 9)

## Fruits

(Continued from page 3)  
Amy, who holds a Master's Degree in Management from Columbia University, is employed by HK Hospitality in Hells Kitchen. Pop in and say hi to her when you go to Broadway!  
**A SPECIAL NOTE TO ALL NEWCOMERS TO OUR COMMUNITY**  
If there are any new additions to your family, an engagement/marriage of your son/daughter, yourself, or if someone close to you has joined the military de-

By Sheldon Piekny

At our last meeting our guest speaker was Mr. Michael Penchenski, a Revolutionary War enthusiast. He was very knowledgeable about details of the war and gave us insights into events we probably never knew about. Our annual hot breakfast was held with over 100 members. I am sure everyone knows about the Clubhouse



fending our country and last but not least has received a special award, please let us know. All you have to do is drop a note of the forthcoming event in the mailbox of Christiana Barone, 8 Country Club Drive or e-mail me at ccbarone@aol.com with a reference in the subject box "Regency News" by the first of the month and magically it will appear in our community publication. If you choose to e-mail me, please indicate Regency News in the subject area. That's all folks. See you next month with the FRUITS OF OUR LIVES, (not the pits).

closures for five to six months. I want to assure everyone that the Board and our Entertainment Committee are working hard to make this an enjoyable year. We are trying to make sure that all of our club events will be held. See the accompanying tentative list of events.

- Men's Club Tentative Events**  
Stress Factory  
Silver Mine  
Sunday, May 5 - Mother's Day Brunch  
Monday, July 29 - Yankee/Phillies baseball game Monmouth Park  
Special Surprise Dinner?!  
Sunday, October 27 - Annual Member's Breakfast  
As well as many other events with dates to follow

## Hikers Return

(Continued from page 2)  
June, 1778. The battle is known for being the largest artillery battle of the Revolutionary War as well as the last major battle in the northern colonies. Our hike included the hedgerow where the British had their cannon and Perrine Hill where the Colonial forces' cannons were located. Placards are found at various sites among the fields of the battleground explaining the significance of that particular place. We were amazed at the huge clusters of apples that forced the tree branches to bow while we walked among the orchards located within the park. Unfortunately, we were unable to "sample" any of the fruit as signs were posted warning visitors that taking any produce was tantamount to theft. This hike marked significant accomplishments for two of our long-time hikers: Allan Kahn and Ron Kane who earned new hats for having done 500 miles with the club.  
Leaving history behind, 20 members took on the challenges presented when hiking in Cheesequake. Our 3.7 mile hike had us stretching our leg muscles as we climbed and descended small but steep hills, which constitute a large portion of this state park. Boardwalks were useful in traversing marshy areas and wooden staircases helped with some of tougher hills. We were joined by Eva and Richie Mandelbaum, newcomers to the Regency Hikers. Hopefully, they will join us on further ventures and not be deterred by the difficulties posed on this particular hike.  
Our hikes in October should have provided opportunities to enjoy some fall foliage as we planned hiking the hills and mountains of northwest New Jersey. Normally, our hiking season ends in early November.

Newly opened fine dining steak & seafood restaurant in Monroe. Local farmers supplied fresh products to our chef for daily service to our guests. True farm to table menu. Full bar service and a great wine list for the perfect pairing with an outstanding prime steak.

Enjoy the live piano music of  
Arnie Abrams  
Check our website for November appearances.  
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Attention: Regency Culture Club

Let's Talk Turkey!



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The Regency Culture Club SUPPORTS OUR COMMUNITY during this 18th Annual Turkey Drive by assisting the Monroe Township Office on Aging Holiday Food Basket Drive!

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Joan & Ken Kastin, 10 Harbor Town Way  
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WE CAN MAKE A DIFFERENCE

Let's Talk Turkey 2023

Our Turkey drive for the past 18 years has always been important, but this year it is imperative that we feed the needy families of Monroe Township. We are gearing up for our annual Ten for Turkey Drive. As the holidays draw near, turkeys will be absent from many households. The Regency Culture Club supports our community by assisting the Monroe Township Office on Aging Holiday Food Basket Drive. We are once again turning to our friends and neighbors and requesting each household makes a minimum donation of \$10 so that we can put a turkey on the table to complete the holiday picture for many township families. One turkey goes a long way in providing a number of meals. And the bones, oh those bones make a great soup. Your generosity over the past 18 years that we have been collecting Ten for Turkeys is much appreciated. Your support is urgently needed once again. Help make a difference in the lives of our township neighbors in need.

Please make your checks payable to the Regency Culture Club and leave them in the mailbox of either:

- Milt and Sue Paris (25 Crenshaw)
- Ken and Joan Kastin (10 Harbor Town)
- Sue Miller (19 Torrey Pines)
- Barry and Laura Shandler (10 Hogan)
- Marsha Krane (16 Country Club)
- Jim and Sue Graham (13 Ballybunion)
- Sandy and Larry Cains (94 Kings Mill)

If you have any questions, please contact: Milton Paris, you can find his number in the Regency Directory.

Thank you for your generosity.

The Regency Women's Group



Regency Women's Group Officers were installed at the recent Membership Dinner. From left are: Barbara Wilner, Elaine Robin, Sylvia Fleischer, Arlene Fradkin, Ellyn Lyons, Debbie Etter, Harriet Fabrykant, Sue Olin, Carole Goldman, and Harriet DiSalle. Also installed but not pictured are Linda Gerber, Beth Ross, Fran Pickus, Janet Gursky, Laini Katz, and Shelly Wichansky.

Photo by Anita Solomon

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.

By Barbara Wilner

We have been so busy and I have much to report. Our September meeting was held after the *Regency Reporter* deadline. As we knew there would be great interest in the evening's program, we were so glad to have members bring a guest, as both women and men welcomed **60 Minutes** producer Ira Rosen. From his 20 plus years of behind the scenes programming, especially working with reporter Mike Wallace, Mr. Rosen told stories of politics and celebrities that was of such great interest, that his time speaking flew by. We will all remember his talk of how segments and issues get on air, while watching the show in the future.

We shouted 'Ole!' at our October Membership dinner as we enjoyed the taste and dance of Spain. A cocktail hour of sangria and empanadas was followed by a dinner beginning with gazpacho, a great buffet of Spanish favorites, and ended with churros and tres leches cake. The true dessert was a performance by The Alborada Spanish Dance Theatre flamenco dance troupe. The room was set by our wonderful team who designed the decor with a beautiful true Spanish flair. We hope our members enjoyed the evening as much as we enjoyed bringing it to you.

A personal highlight of the night was the installation of our Board for the next two years. It is my honor to serve with these wonderful women, and we look forward to working together to bring our members so many programs of interest to all.

November 13 is our happy time to call out BINGO! This always popular game is back! November 28 is our toy drive. Both our December 11 and January 8 events are being planned. Watch our flyers for details. As the Clubhouse will be closing in February, we will soon be learning of how the remodeling will affect us all and when future meetings can be held. We will report on details when they are available.

It seems it was just summer and now it's time to wish all a Happy Thanksgiving! Our best wishes to you and your families for the best of good times together in good health and peace.

Till next time...

Women's Group Events

- Monday, November 13 – BINGO
- Tuesday, November 28 – Holiday Toy Drive

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## Regency Ladies Learning Bridge



Prem Gupta being thanked by the ladies who he taught to play Bridge. From left: Fareeda Barot, Amita Mehta, Jaya Gupta, Prem Gupta, Sadhana Shah, and Dipti Patel. Photo submitted by Amita Mehta

By Amita Mehta

Prem Gupta was the center of attention on September 20. Have a look! Prem with his group of Bridge students! It all started with a phone call to my friend Sadhana Shah on late March of this year. It didn't take any time to us to decide which game and who could teach it. As Prem was approached, he gladly and instantly

agreed. And he was teaching us right from second week of April. Not only did we all have a good time learning from him, but his sincerity and dedication to teaching (even a game) is worthy of memory. Our entire group will enjoy playing Bridge and remembering his all detailed instructions! Thank you, Prem!

## Calling All Veterans

By Harry Herbst

The Regency Veterans met on Thursday, October 5 and had a productive discussion. Our mission is to be a service organization, to raise funds for local veterans who are in need, and to provide visits to local veterans in the Menlo Park Nursing Home. We would like these visits to include barbecues, bingo, and just spending time on a one to one basis with the veterans. *However none of this can be accomplished without the input of our Regency Veterans.*

Our HOA is sponsoring the Annual Veteran's Breakfast, and I look forward to seeing many of you there. It will take place on Sunday, November, 5 at 9:30 a.m. We have a full program scheduled, including an honor guard. As I stated previously Regency needs a viable Veteran's representation. Please come and support us.



## On our side

Senator Linda Greenstein, Assemblyman Wayne DeAngelo, and Tennille R. McCoy for Assembly care about Seniors and want to keep New Jersey affordable. *That's why they've supported property tax relief programs like the StayNJ plan – which will reduce most seniors' property taxes by 50%.*

**Early voting starts Oct. 28 - Nov. 5th  
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Councilman Terence Van Dzura**

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**Election Day:** November 7

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The Italian American Club

By Annette Valerio

Who and Why

Christopher Columbus

Who was Christopher Columbus, and why is he so important in the Italian Culture? Columbus was born in Genoa, Italy in 1451. His exact date of birth is unknown; he died in Spain on May 20, 1506. His real name was Cristoforo Colombo. We have through time Americanized his name. At the age of 14, Columbus began his career as a seafarer. He later supported himself by selling maps and charts. Sponsored by the Spanish Monarchs, he completed four Spanish based voyages across the Atlantic Ocean thereby opening the way for the widespread European exploration and European colonization of the American continent. On October 12, 1492 Columbus landed in the New World, making landfall in what is now the Bahamas. He died never knowing it was the Americas and not the West Indies where he made landfall.

Fast forward approximately



Phyllis Attenasio, Mike Felice, and Lucille Kandakis enjoying the evening.

Photos by Annette Valerio



Antoinette and Joseph Buthorn enjoying the music of our wonderful DJ.

four hundred years. When the Italians immigrated to America they were embraced by the Irish Fraternal organization of the Knights of Columbus, seeing them as a part of a larger mission to make Catholicism more popular in what was then still an anti-Catholic country. They say that linking the Irish Catholics and the Italian Catholics to a national hero like Columbus was one way to do so. For Italians, a new group in a new country facing

discrimination, promoting Columbus' Italian origins was a way to help them "assimilate better," as Dunbar- Ortiz quoted to *Time Magazine*.

We at the Regency Italian American Club had our Columbus Day celebration on Saturday, October 7, and what a celebration it was in honor of this great man! The food was overflowing from the cocktail hour all the way through to dessert. The dance floor was never empty thanks to the great mix of music from our wonderful DJ. The party was attended by around 260 club members. The best part of the night was a remark we received from a 17-year resident at Regency. I will quote him now without mentioning his name – "In the 17 years I have lived here, this is the best party I have ever attended." I think that says it all. Thank you to all that attended, and to the tireless work of our wonderful Italian American Club Board for making this evening so perfect.

Looking forward, our next big event will be our Christmas Party on Saturday, December 9. Look for flyers online and in the Clubhouse.

Until next month...

Israeli American Club

By Sam Fisher

The Israeli American Club joins the rest of the civilized world in condemning the atrocities that took place in Israel on the holiday of Simchat Torah, a day that should be celebrated with joy and festivities, not with the mourning over the slaughter of over 1,000 innocent men, women, and children. We hope and pray for a quick end to the war and the safe return of those in captivity. Of course, I am writing this article three weeks before its publication, so there is no way of knowing what the status of the war will be when you actually read this.

As far as club activities go,

things have been rather quiet due to the long holiday season. Several of us will be attending the play, *The Pianist*, on October 22 at the George St Playhouse in New Brunswick, followed by dinner at the kosher Turkish restaurant in Highland Park. I am working on having a guest speaker in November, addressing the situation in Israel. Details will be announced as soon as they are available.

In December we will have our Chanukah party, when we will be celebrating our victory over the ancient Greeks.

Let us all pray for an everlasting peace in Israel and throughout the world.

Visit Regency on the web:

www.regencyhoa.com



# The Regency Car Club



The Regency Car Club delivered over 200 pounds of food and a check in the amount of \$1500 to the Monroe Food Bank. All of the food donations came from the Car Show. From left: Mike Scheinzeit, Mike Battiloro, Laurene (Food Bank Volunteer), Mart Pickus, Frank Moschella, and Barry Shandler.

Photo by Bud Ratner



By Fred Hollinger

## The Regency Car Show September 30 and 31

Who could have guessed, almost a year ago when we planned the date for our show, that Saturday, September 30, would be cloudy and rainy?

We had expected a large turnout for our fifteenth Annual Car Show, however by 8:00, all the car club volunteers were in place to accommodate the expected crowd, all the trophies had been unpacked and on display, but only three participants, who were brave enough to bring their cars out in the drizzle, showed up. By 9:00, the decision was made to cancel and reschedule for the rain date the next day, Sunday September 31. We packed up everything and moved it inside. We hoped that we would still get a large number of cars to show up. You

never know when you switch to a rain date at the last minute.

Sunday morning was glorious! The sun was shining, and the temperature was perfect for a car show. Participants began arriving by 7:45 and kept coming until 12 noon! We even had cars arrive as late as 1:30! All in all, we had a great turnout. It was nice to see so many residents, some with their pets, walking the show. It was a perfect afternoon.

Thirty-four trophies were awarded to the winners in ten categories. This year we gave the residents an opportunity to vote for their favorite car and we also included a “Kids Favorite” trophy. Kids were able to vote for their favorite car and, as a reward, they were given a Hot Wheels Car. The “Best in Show” trophy went to a 1931 Model A Ford Pick-Up. The Club Trophy was awarded for a 1955 Oldsmobile 88 convertible. The Kid’s Trophy was given to a 1970 Pontiac GTO

However, the big winner was the Monroe Township Food

Bank. We collected over 200 pounds of non-perishable foods for the Monroe Food Bank and presented them with the food along with a \$1500 donation from the club.



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## Regency Emler

(Continued from page 5)

list. Why? Well, with all the residents living here in Regency, who knows, your best friend from High School might be living here also. I list the information by high school and year you graduated so it makes it easy to find someone who might have been in your class. I also developed a cell phone list. Why? Well, our telephone directory does have some cell phone numbers but mostly home phone numbers. If you are away and there is an emergency happening you should know about, having a cell phone number listed, might be very helpful.

Finally, my thanks go to the Regency community for all your kind words of appreciation. Each time I think about stopping I remember that your emails keeps me going!



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✓ Sharp, electrical-like pain

✓ Burning or tingling

✓ Difficulty sleeping from leg or foot discomfort

✓ Muscle weakness

✓ Sensitivity to touch

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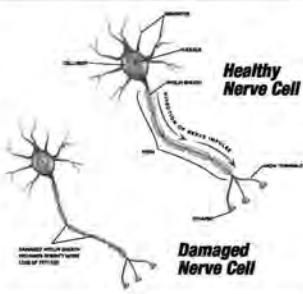
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Hadassah Highlights



HADASSAH  
the power of women who DO™

By Carol Kortmansky  
Karen Ross, President

**Let Israel stay safe and her future be bright!**  
Time is fleeting! In just three weeks, Thanksgiving will be here, then Chanukah, and soon after, the New Year, 2024. It seems as though we just returned from winter in Florida, and here I am, planning the winter months once again. Although many of us are snowbirds, following the sun all year, many stay here in beautiful Regency ready to enjoy all that Hadassah has to offer.  
We thank Genia Beferman and Leslie Kohn for the wonderful Book and Author Luncheon and all the attendees who enjoyed the afternoon and for supporting our chapter. We also thank author Susan Meissner for an interesting talk and Pickled Her- ring for our delicious lunch.  
Thank you to Marilyn Jaclin, Marcia Milgrom for our interesting Book Club discussion on October 23 and Phyllis S. Greenberg for facilitating the book *In Love* by Amy Bloom. Look for more information about upcoming Book Club discussions.  
On November 16, Regency Hadassah will be sponsoring an afternoon with friends from 1:00 p.m. to 4: p.m. This fun card and Mah Jongg party, featuring a delicious dessert buffet, will be

held in the Regency Clubhouse ballroom. All members of Hadassah, neighbors and friends are welcome. The cost is \$20 per person, checks to be made payable to Hadassah. However, registration for this event closed on October 26. If you would like to find out if there is any availability, or for more information please email Genia Beferman ([genhow181@gmail.com](mailto:genhow181@gmail.com)) or Leslie Kohn ([holekow@gmail.com](mailto:holekow@gmail.com)).  
On December 18, 2023, please join us for latkes, donuts and some surprise fun entertainment at our annual Chanukah party. More information about this evening will be forthcoming. Save the date!  
We are excited for the return of our own Women's Seder, which in the past this evening has proved to be an inspirational and emotional one, led by Cantor Michele Teplitz of the Marlboro Jewish Center. The Seder will be held on April 15, 2024. The evening will include a beautiful and unique Haggadah written by our own Hadassah members, highlighting the most important Jewish women in our lives, traditional and more modern melodies and songs sung by the Cantor as well as the audience, and a full Kosher Seder style meal catered by Exquisite Caterers. More information about this beautiful evening will be forthcoming in future emails, fliers and Hadassah Highlights. Right now, just save the date.  
Save the date for a theater party on June 2 to see *Evita* at 3: p.m. at the Axelrod Performing Arts Center. Watch your email for further details about this wonderful afternoon.  
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](mailto:kbr1253@aol.com)), or our Membership Vice Presidents Annette Kushner ([annette.kushner@gmail.com](mailto:annette.kushner@gmail.com)) and Marilyn Krawet ([mickey3105@yahoo.com](mailto:mickey3105@yahoo.com)). Their home phone numbers can be found in our Regency Directory.  
We would like to remind our members that condolence and greeting cards can be purchased from Shelly Schwartz, Sandy Mailman, or Marilyn Krawet. If you cannot reach one of our Card chairpersons, please contact Karen Ross. For JNF Trees (\$18 if delivered in Regency and \$19 if mailed out of the development) and Certificates (\$10 if delivered in Regency and \$11 if mailed out of the development) contact Karen Ross or Linda Strauss.  
Once again, a reminder that all checks for any Hadassah event or donation must now be made payable to **Hadassah** and not to Regency Hadassah and if you have changed your email, please let Linda Strauss ([lstrauss@floes.net](mailto:lstrauss@floes.net)) or Karen Ross ([kbr1253@aol.com](mailto:kbr1253@aol.com)) know as soon as possible.  
We look forward to seeing you at all our upcoming events! Stay safe and stay well!

Schedule of Events

- Thursday, November 16 – Card and Mah Jongg Party with Desserts
- Monday, November 20 - Book Club - *Gangsters vs Nazi's* in the Tennis Pavilion
- Monday, December 18 – Chanukah Party
- Monday, April 15 - Women's Seder
- Sunday, June 2 – *Evita* at the Axelrod Theatre

The Regency Book Club

By Judith Zipkin  
Wild

The Regency Book Club met on October 3 to discuss the reissued Kristin Hannah book, *Magic Hour*, now renamed *Wild* – a very fitting title. Kristin Hannah is a best-selling, award winning author and a favorite of this group. Many members had read and loved her books *The Great Alone*, *The Nightingale* and others.  
*Wild* is the story of two sisters and a frightened, abused child in a small town in northern Washington State. Julia Cates is the brilliant, shy sister who never fit in and left her hometown to make a life for herself elsewhere. Ellie is the beautiful, popular, former high school queen who stayed and became the town's Chief of Police. The child, a feral child, emerges from the dense forest surrounding this

town battered, scarred, frightened, and non-communicative. She screams and howls instead of using words to communicate. Can she speak? Is she autistic? Who is she? Where did she come from? Her sudden appearance in a high tree with a wolf pup elicits compassion from the townspeople and a communal desire to help find out who she is and where she has come from.  
As the book opens Julia, a renowned child psychiatrist, has just been found not guilty of charges that she contributed to the murder of four teens by not noticing the signs of fury in a patient she was treating. The media attention is heavy and although she is cleared of all charges, her practice falls apart and she finds herself all alone and lonely. Ellie, as Chief of Police, must find out who this feral child is. While she and Julia were so different growing up and had never been close, Ellie decides she must call upon her sister now to come home and work with this young psychologically wounded girl.  
It is Julia's therapeutic work with the girl, whom she calls Alice, which is at the heart of this  
(Continued on page 11)





The Indian American Group men at the Fall Festival.

Photo by Rajesh Kapadia



By Rajesh Kapadia

On October 8, IAG members celebrated a Fall Festival of culinary art in the form of a potluck dinner with music and dance. The multi-cultural potluck dinner was held in the ballroom 2 at the Clubhouse, and we had a record attendance of 60+ participants with more than 40 dishes prepared by different people representing different parts of India as well as the United States. Some of the dishes included favorites like Samosas and the chats and the curries with different flavors, Chhole, Pav Bhaji, Vadas, and Fritters like bhajias. The variety of snacks and appetizers included such glamorous items as Dhokalas, Idli, Naan, Dahi Vada, Puri Bhaji, and the like.

## The Indian American Group

A lot of sweet dishes including Shrikhand, puddings, soups salads, pastas, and different types of Pulavs and Birianis accompanied the main dishes.

The gathering was complimented by beautiful music playing in the background. People were dressed up in different national and colorful attire. This was an excellent occasion for attendees to intermingle and socialize with each other. This was definitely a great evening for fun and food and everyone enjoyed the colorful atmosphere. The dinner was followed by a fall dance festival, consisting of various Indian and western dances.

1. Garba: We started the program on a traditional note with the lively and rhythmic Garba dance. Garba is a folk dance from Gujarat, India, and is typically performed in a circle with participants clapping and swirling around.

2. Raas: This was followed with the energetic and fast-paced Raas dance. Raas is a

traditional dance form that originated in the state of Gujarat. It involves using wooden sticks called dandiya and coordinated movements in pairs or groups.

3. Bhangra: We then transitioned to the high-energy Bhangra dance, which originated in Punjab, India. Bhangra is characterized by lively music, energetic movements, and powerful kicks. It's a great way to infuse some vibrant and joyful energy into your program.

4. Twist: We added a touch of Western influence by including the Twist dance. The Twist is a popular dance form that became popular in the 1960s. It involves twisting the hips and moving the body in a rhythmic manner. This dance will bring a fun and nostalgic element to any program.

Lastly, we sincerely want to thank all the volunteers for their continued support and hard work, and making this evening a successful and memorable event.

## Singles Mingle

By Barbara Lemberger

Fall is in the air so the Regency Singles have embraced the season with crafts and humanitarianism. On October 5 many of our members enjoyed making glamorous pumpkins to adorn their front entrances. One of our members, Karen Holmes, led the activity. There were large pumpkins and a variety of ribbons, rhinestones, and other glitz available for our creative group. The Tennis Pavilion was awash with laughter and fun. We also enjoyed apple cider and apple cider donuts from Battleview Orchards. On October 12 and 13 our members Tanya Ashuck and Georgia Dole coordinated a successful coat, scarf, hat, and glove drive to benefit Lunch Break of Red Bank. Lunch Break provides food, clothing, and shelter to those in need. Many of our members helped with the effort. Many thanks go out to our community members who so generously helped make this drive a success. Now many less fortunate individuals in Red Bank will be a little more comfortable this winter.

We look forward to our special Trivia night on November 1 and our holiday party sometime in early December.



Pumpkin decorating Singles Mingle-style!



Members of the Singles group having a great time decorating their pumpkins.  
Photos by Barbara Lemberger

## Book Club

(Continued from page 10)

book. The methods she uses to establish a relationship with a very frightened and untrusting, abused young girl are beautifully described. The reader is drawn in as Julia talks and talks and reads and reads in a calm voice, and endures the howls, screams, and attacks by Alice, who trusts no one. Day after day Julia stays with her, rarely leaving her side and teaching her that she can trust; that not all people are bad and to be feared. While this reader wished for even more details of this treatment, the author needed to broaden the book and so the story of Julia, Alice, and Ellie is surrounded by romances, media attention and, towards the end, some details of Alice's disappearance and kidnapping.

The group enjoyed the book with some small reservations. They agreed that the love stories were necessary to make this a book, rather than a case study or a short story, but found it a little too much like a *Hallmark* production. The growing relationship and love between the sisters were explored and found to be a well written part of the story. How the media swooped in to cover both Julia's trial and the "feral child" case, stirring up mobs in the beginning and then disappearing when they found them less inter-

esting was discussed and compared to the influence of today's media on our world.

We were lucky to have two experienced speech language pathologists in our group who were able to expand our knowledge and understanding of Julia's therapeutic methods and how they were some of the techniques that would have been used to treat any severely damaged child. They pointed out that because Alice had a foundation of language, the chances of success in working with her increased. While many felt that the characters were not as well fleshed out as they could have been and that Kristin Hannah took the best seller approach by tying up the story with a happy ending, most agreed that they would recommend the book to friends. The messages of resilience of the human spirit, the ability of people to open themselves up to accept and give help to heal, as well as the core Julia-Alice relationship were believed to make this book very worthwhile.

PLEASE NOTE: The book group will meet next on November 7, Election Day, at 3:50 p.m. in the Tennis Pavilion to discuss *The Heaven and Earth Grocery Store* by James McBride. Reading is wonderful; discussing the book with others makes it even better. Join us!

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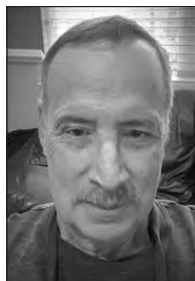
Claire and I both did the same picture that we're both holding. They are exactly the same pictures just different embellishments and different frames. Beautiful finished artwork ready for hanging!

**Renée Horowitz, President  
and Claire Castellanos, Vice President**  
Photo by Caryl Cohen



Linda Grossman, Carmine DePresco, Barbara Lemberger, Marlene Barbieri and Cathy Cadmus enjoying our Salad Buffet Luncheon. Everyone brought in a salad item to share during class. It was a delicious and successful luncheon.

Photo by Renée Horowitz



By Sheldon Opperman

## Thanksgiving Wines

At this time of the year, I am often asked "What wines should I serve at my Thanksgiving dinner?" With so many different wines to choose from, it can be tough to know where to start. Every year, wine critics publish their lists of the best wines for Thanksgiving. If you Google the best wines for Thanksgiving, almost every wine you can think of is mentioned by wine experts. While their recommendations are often excellent, there really is no consensus. That's why I've decided to compile my own list of Thanksgiving wines, based on my own experience and research.

Here are a few of my recommendations:

### Red Wines

**Pinot Noir:** Pinot Noir is a classic Thanksgiving wine for a reason. It's a light- to medium-bodied red wine with flavors of red and black fruit, mushrooms,

and earth. Pinot Noir is versatile enough to pair with dark and white meat turkey, as well as a variety of side dishes. Some examples of good Pinot Noirs for Thanksgiving include Pinot Noirs from Oregon's Willamette Valley such as Four Graces Pinot Noir 2017 or Amici Pinot Noir Russian River Valley 2021. Really, most any Pinot Noir for your budget will work.

**Zinfandel:** Zinfandel could very well be the #1 All-American Thanksgiving wine choice given that it was once the most planted variety in California (prior to the Prohibition era). Consider the Ridge Vineyards "Lytton Springs" Zinfandel from California's Sonoma County. This wine's rich, fruit character and balanced tannins are a delightful match for Thanksgiving fare.

**Beaujolais:** Beaujolais is the Francophiles #1 choice for Thanksgiving wines. This wine is made with 100% Gamay, which has a lot of similarities to Pinot Noir, except with way more bang-for-the-buck. One good example would be Georges Duboeuf Beaujolais Villages.

**Rhone Blends from France:** If you're in for a more sophisti-

cated and refined red, go for a classic Rhone blend of Grenache, Syrah, and Mourvedre (GSM). For example: Chateauf-neuf-du-Pape, Gigondas, or Cotes du Rhone. They are the perfect wine match for roasted veggies and traditional turkey dinner with gravy and cranberry sauce.

**Chianti Classico:** Chianti's juicy red fruits explode with flavor and are well balanced wines. They will go well with your Thanksgiving turkey, stuffing (sausage optional), mashed potatoes, and vegetables. There are so many good Chianti's. You would find one in your budget. Most, except for Chianti Reserva will cost around \$20.

### White Wines

**Champagne or Prosecco:** You can serve a glass of bubbly as an aperitif with cheeses or other apps before dinner, or you can keep a bottle (or two) of sparkling wine on the table to pair with the entire meal...it's just that versatile. Sparkling wine is high in acidity, which is key when you have so much butter and cream in your recipes.

**Sauvignon Blanc:** Sauvignon Blanc is another good option for Thanksgiving. It's a dry white wine with high acidity and flavors of citrus, green apple, and grass. Sauvignon Blanc can pair well with dark and white meat turkey, as well as side dishes like stuffing, mashed potatoes, and asparagus. A Sauvignon Blanc from France, for example Sancerre or a Sauvignon Blanc from New Zealand will work well.

**Rosé wine:** These wines can range from dry to sweet and from pale pink to deep salmon. Rosé wines can offer flavors of red berries, citrus, melon, and herbs, and pair well with turkey, ham, or vegetable dishes. A good example would be Whispering Angel from Cotes du Provence.

**The Wild Card: Riesling:** For those who prefer a white wine with a hint of sweetness, Riesling is a surprising but delightful choice. The slight sweetness of Riesling can balance out the spiciness of dishes like sweet potato casserole and harmonize with the diversity of flavors on the table. For example: explore the Dr. Loosen "Dr. L" Riesling from Germany's Mosel region. Its vibrant acidity and notes of

(Continued on page 14)

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# Cocktail Revolution

(Continued from page 12)

man Empire and Christianity "All Saints Day," also known as "All Hallows Day" was established on November 1. The night before became known as "All Hallows Eve" or Halloween. Practices such as "souling" emerged where people would go door-to-door offering prayers for the deceased in exchange for soul cakes. By the early twentieth century, Halloween had become a community-centered holiday, celebrated with parades, parties, and trick-or-treating, a practice derived from "souling." As is often the case, Halloween became commercialized due to books (*Dracula*) and Hollywood movies, not to mention television shows and haunted attractions. Today, Halloween is a much-loved holiday for young and old alike.

Back to the evening's food and cocktails: Travis served up Witches Brew, Pumpkin White Russian, Vampire's Kiss, and Poison Apple, among others.

Georgette Bruno, Karen Calder, and I presented a display of Halloween themed foods including a Frankenguac, a bloody brain (made of shrimp), deviled egg skulls, a candy corn shaped veggie tray, severed fingers (made of string cheese), and a skeleton skull made of prosciutto wrapped around a cream cheese base, sculpted to look like a skull. And of course, for those who associate candy and sweets with Halloween, there were pails of assorted chocolate candies on each table, and delicious mini-Halloween inspired desserts made by Lisa and Brianna's Lil Chips of Heaven.

The room was decorated with two life-sized mummies greeting everyone as they walked in along with many other decorations. To add to the atmosphere, black tablecloths covered the tables with flameless candles on each table and low lighting in the room. Everybody had a wonderful time. I hope everyone enjoyed Halloween. We are looking forward to next year's celebration. Bottoms up!



# The Wine Club

(Continued from page 13)  
green apple and honey make it an excellent partner for Thanksgiving dishes.

While fuller-bodied wines like Cabernet Sauvignon and Chardonnay are crowd-pleasers, their bold and typically oaky notes are better suited to the roasted red meats of December’s holidays. If you love them, by all means, serve them.

**The Bottom Line: Personal Preference:**  
Ultimately, the best wines

for Thanksgiving dinner are the ones that you and your guests enjoy. There is no right or wrong answer when it comes to wine pairing, as long as you have fun and appreciate the wine and the food. You can also mix and match different wines throughout the meal or offer a variety of options for your guests to choose from.

**Have Fun and Enjoy! Happy Thanksgiving**



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# Beyond Words

By Cecile Spector

## Do Reviews Influence Our Judgment?

There are reviews about automobiles, online products, colleges, college faculty, and so on. Who is writing the reviews, a select group or the general population? Is the review written to support a relative or friend, or to get back at someone or a company that you believe wronged you? Reviews have to be taken with a grain of salt unless we know the motive for what is written.

**Book Reviews:** I often look at reviews of books I plan to read to determine whether the content is the type that aligns with my reading preferences. Reviewers sometimes give a brief summary of the book, but differ in what they consider important, be it writing style, plot and character development, topic being discussed, and so forth. Of course, there are going to be those who love a book and those who don’t. What surprises me, however, is how judgments of a book’s worth are made. For example, some books are given one-star reviews, the lowest rating, for the following reasons:

“The cover had a big smudge on it.” Should the book be judged by its cover?

“Not what I expected.” Does that mean the book is not good?

“The book arrived later than it should have.” Are you judging the mail service or the book?

“I first met (the author) at a GFWC convention many years ago and have read all of her books. Perhaps because my late husband was Korean I have always been interested in the history and culture of Korea and China.” So why is the book given only one star?

“Print is tiny. Get yourself a magnifying glass first! Worthless to me. BE AWARE.”

“This is a most pleasant read with feel good characters and style. I read it in one day while sitting by a fire on a rainy, cold day and I highly recommend you do the same!” Sounds like the reviewer meant to give a high rating.

The authors of these books are being short changed. The reasons given for a poor review have nothing to do with the quality of their work.

**Movie Reviews:** Are you a fan of action films? Romance? Musicals? Do you decide to see a movie because of which stars are in it or the plot? Whatever you enjoy, you may scan movie reviews to see what critics and others have felt about the latest screen offerings before purchasing a ticket. If you know of particular critics whose take on films is closely aligned with yours, then you’re in luck. You can rely on their comments. Or you can depend on the judgment of the general audience. For example, the movie *Superpower* was rated 50 percent by critics; 74 percent by audiences. See it or not? This one is possible if you go by audience reaction. *Nandor Fodor and the Talking Mongoose* was rated 46 percent by critics and 90 percent by audiences. Quite a difference. In the final analysis, do the critics or do your fellow movie goers hold greater sway over your deci-

sion?

**Restaurant Reviews:** When we want to find a good place to dine, we often read restaurant reviews. There are many sites that provide this information, such as Yelp, TripAdvisor, Open Table, or Zagat. What is it we are looking for? First, I suppose, it’s the quality of a specific type of food, followed by the service, price, ambiance (e.g., décor, spacing of the tables, noise level, etc.) I know someone who prefers restaurants with white tablecloths. Is your restaurant choice sometimes determined by word of mouth? “Oh, everyone is going there - the food is great.” Or “The noise level is through the roof.” This is important information if you abhor places where you can’t hear your dinner companions unless they shout or you’re a good reader of lips. How much credence do you give restaurant reviews? Let’s look at a few and see if we can discern the basis of their judgments.

\*\*\* ...it took 20 minutes before anyone came to our table to offer even water. We finally had to ask to have a server come to our table. That was a little annoying. Once things got started though, everything was good. The space is lovely and cozy.



Would still go again. Service was an issue, but food and ambiance won the day.

\*\*\*\*\*Wonderful restaurant! The food was delicious, and the ambiance was lovely. This was our first time at this restaurant, and we will definitely return. The service was excellent! Love letter about the restaurant.

\*I stopped by for dinner and asked for seating outside. Host said, “Sorry I don’t have any servers to wait on you outside.” She is rude and not accommodating. If that’s the attitude of this place, stay away...far away. He wants what he wants when he wants it. Doesn’t see the problem faced by the host. Nothing about a dining experience is mentioned.

Many people only write a review if they are unhappy about something, but, unfortunately, stay silent if they are pleased. Do you ever write reviews?

# Health Issues



## By Sheldon Opperman MD Some Body Parts You Can Do Just Fine Without

Have you ever wondered why our bodies have certain organs or glands that we can safely do without? You may think that every part of your body is essential for your survival, but there are some that are not needed. These are organs or glands that either have no clear function or can be replaced by other parts of the body. In the past, tonsil removal was a common recommendation for even healthy children- including me, often followed by a sweet reward like extra ice cream. “That practice is no longer routine.” But it does raise an interesting question: “Why do we have body parts that can be safely removed?” “If they’re not needed, why do humans have them in the first place?” One theory suggests that these nonessential organs and glands once played vital roles in the lives of our ancestors but have now become anatomical relics. Here are several glands or organs that can safely be removed from our bodies without any significant consequences.

• Appendix: This is a small pouch attached to the lower right side of your large intestine. It may have helped our ancestors digest plant-based foods, but now it seems to have no use. Sometimes it can get blocked, infected, or inflamed, causing a condition called appendicitis. This can be treated with antibiotics or surgery to remove the appendix (appendectomy).

- Tonsils: These are two lumps of tissue (lymph nodes) at the back of your throat that help fight off germs. Today removing the tonsils (a tonsillectomy) is only recommended for people with repeated bacterial throat infections such as strep throat, which is a common problem in children. Once the tonsils are removed, other lymphoid tissue, including the actual lymph nodes, can take over the job.
- Adenoids: These are similar to tonsils, but they are located in the back of the nose. These, like tonsils, help fight off infections but can also become enlarged or inflamed, causing breathing difficulties and ear infections. So, when the tonsils are removed, the adenoids are generally removed at the same time. And like tonsils once adenoids are removed other lymph nodes can take over the job.
- Uterus: We all know the uterus is essential for reproduction. It also sheds its lining each month during menstruation. However, the uterus is not essential for survival and can cause problems such as severe bleeding, pain, fibroids, or even cancer. When necessary, the uterus can generally be removed (hysterectomy) without impairing health.
- Gallbladder: This is a small sac under the liver that stores bile, a fluid that helps digest fats. Sometimes bile can form hard stones (gallstones) that block the flow of bile or cause inflammation of the gallbladder (cholecystitis). The gallbladder may need to be removed (a cholecystectomy) if it becomes inflamed without affecting digestion.

(Continued on page 15)



## Seniors Living Corner Chat

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

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

### Avoiding Internet Scams: Protecting Yourself in the Digital Age

In our increasingly interconnected world, the Internet has become an integral part of our daily lives. From online shopping and banking to social networking and entertainment, the Internet offers convenience and access to a vast amount of information. However, with this convenience comes the risk of falling victim to Internet scams. These scams can take various forms, from phishing emails to fake websites and fraudulent online transactions. In this article, we will explore strategies to help you avoid falling prey to Internet scams and protect your online identity and finances.

**Beware of Phishing Attempts:** Phishing is one of the most common types of Internet scams. It involves attackers posing as legitimate organizations or individuals to trick you into revealing personal information, such as usernames, passwords, or credit card details. These scammers often use fake emails, websites, or messages that look convincingly real. To avoid falling victim to phishing:

- Verify the sender; double-check the email address or sender's name for any inconsistencies or unusual characters.
- Don't click on suspicious links, Hover your mouse over links to preview the URL

before clicking.

- Use Two - Factor Authentication (2FA). Enable 2FA whenever possible to add an extra layer of security.

**Secure Your Online Accounts:** Your online accounts, whether it's email, social media, or online banking, are valuable targets for scammers. To protect them, use strong, unique passwords, avoid using easily guessable passwords, and consider using a reputable password manager. Regularly update passwords, and change your passwords periodically, especially after a data breach. Monitor account activity; keep an eye on your account statements and activity for any suspicious transactions.

**Verify Websites:** Scammers often create fake websites that mimic legitimate ones. Before entering personal or financial information on a website, check the URL, ensure the web address begins with 'https://', and has a padlock icon in the address bar, indicating a secure connection. Verify the website, search for reviews or information about the website's legitimacy before making a purchase or sharing sensitive data.

**Stay Informed About Current Scams:** Internet scams evolve rapidly, and new ones emerge regularly. To stay informed, follow trusted sources. Keep up to date with Internet security news from reputable sources. Educate yourself; understand the common tactics scammers use so you can recognize them.

**Be Cautious with Emails and Attachments:** Emails are a common vector for scams. Be cautious when opening attachments or clicking on links in emails. Don't download suspicious attachments. If you receive an unexpected attachment, verify the sender's identity before opening it. Hover before clicking, hover



over links to see the destination URL, and only click if you're certain it's safe.

**Avoid Impulse Purchases:** Online shopping is convenient, but it can also be risky if you're not careful. Research the seller, check reviews and ratings of the seller or website before making a purchase. Use secure payment methods, pay with credit cards or trusted payment platforms that offer fraud protection.

**Protect Your Personal Information:** Be cautious about sharing personal information online.

Limit what you share, avoid over sharing personal information on social media or websites. Use privacy settings. Adjust privacy settings on social media platforms to control who can see your information.

**Install and Update Security Software:** To protect your devices from malware and viruses, install reputable antivirus software, ensure it's regularly updated to detect and remove threats. Enable automatic updates; keep your operating system, browsers, and software up to date to catch security vulnerabilities.

**Trust Your Instincts:** If something seems too good to be true, it probably is. Trust your instincts and exercise caution. Always question unexpected offers. Be skeptical of unsolicited emails promising riches or free products. Verify requests for money. Confirm the identity of anyone requesting money or sensitive information.

**Report Scams:** If you encounter a scam or believe you've been targeted, report it. Contact your local authorities and relevant online platforms to report the incident. Warn others - share your experience to help prevent others from falling victim to the same scam.

In conclusion, the Internet offers numerous benefits, but it also poses risks. By staying vigilant, educating yourself, and following these tips, you can significantly reduce the chances of falling victim to Internet scams. Protecting your online identity and finances is crucial in the digital age, and taking proactive steps will help you navigate the online world safely and securely.

## M&M Movie Minutes

By Marcia Milgrom and Marilyn Jaclin

### Love at First Sight

*M and M* could not find any movie in the local theaters that appealed to us. A friend suggested we see *Love at First Sight*, a new film on Netflix. What we saw, and were quite surprised to see, was a heartfelt, poignant, romantic drama featuring an adorable couple. Hadley (Haley Lu Richardson) meets Oliver (Ben Hardy) when she misses her flight from New York to London. Both young people are having a snack while they wait for the next plane. She is charging her phone and he is studying statistics. Once they are on the next flight they are seated together and spend the night talking. They seem to be attracted to each other. She tells Oliver that she is going to her father's wedding. Oliver talks about his mother's ill health. They plan to meet in customs when they land. Oliver gives Hadley his phone number. She puts the number on her phone. As fate would have it, they lose each other and Hadley drops her phone losing the number. They don't even know each other's last name. We now see and hear a narrator (Jameela Jamil) who tells us that this is a story about fate. The narrator appears from time to time throughout the film.

Hadley is now running late for



the wedding. She hasn't even met her father's future wife, but she is a bridesmaid. Oliver has his challenges also. His parents (Sally Phillips and Dexter Fletcher) are hosting a Shakespearean costume party, a memorial to honor the woman before she dies. She wants to hear good tributes while she is still alive. The rest of the movie shows Hadley and Oliver looking for each other. Hadley just makes it for the wedding ceremony. Oliver gets to see his mother in her costume. Their reunion is both sweet and sad.

The narrator appears and says that "love is a choice" and both of the young people made choices all the time. When Hadley lost Oliver's phone number, she chose to look for him. When Oliver gave a speech in his mother's honor and then left to look for Hadley; that was a choice as well. The film is delightful, a really feel good movie. The couple - delightful! Although not for all audiences, if you are a romantic, *M and M* say see it!

## Tech Trends

By Donald Haback

### High Speed Internet

For some of our 'old-timers', going online involved working at speeds of ten characters per second (huge back in the '60s). This correlated to about two words per minute, a low typing speed. Current generations of printers can work at speeds up to 100 times faster than the old ones – but these do not even approach the speeds that data can be transmitted using the Internet.

A simple example is our current fifth generation (5G) Internet - capable of speeds in excess of one billion bits per second

(GB/S). This number correlates to about 100 million characters per second or 20 million words per minute – TOTALLY HUGE!

Of course, our current printers are far slower than that – but still, if you watch one at work, you'll still marvel at their printing speeds. By the way, the sixth generation (6G) Internet can run at up to 10 times faster than the last one, but what does that mean for us?

The first meaning, for us, is that we can now view high-definition video with no problems on current cable systems – and increasingly also on digital cable channels.

Many of us – for the last several years – have watched relatively short digital videos as attachments on our email systems – and most are problem-free.

Here, at Regency, we have been exceedingly fortunate to have worked with Comcast and Verizon to have had reliable high speed cable service. These services will certainly continue to grow in both capability and breadth. We are looking forward to taking advantage of the continuing leveraging of these technologies to provide us with more and better service capabilities.

STAY TUNED!

## Health Issues

(Continued from page 14)

- Other organs that can safely be removed are the Spleen and the Thymus gland.

The bottom line is you can live comfortably without some of these organs. My advice: keep what you have; our understanding about these "spare parts" may change over time.

**Sources:** Mayo Clinic, Appendix, Tonsils, Gallbladder, Adenoids, Robert Shmerling, MD Senior Faculty Editor Harvard Health Harvard Health Letter: October 2023

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## Healing Ourselves Naturally

By Steven Soffer N.D. MH

### The Fountain of Youth!

I remember growing up studying in school and learning about Ponce De Leon and his search for the fountain of youth. I also remember learning about Grandma Moses who at the time was America's oldest living woman. She was over one hundred! To live that long 65 years ago was quite an accomplishment! Certain things can clearly influence and affect our longevity. Lifestyle modifications and diet are the two primary influences that can either lengthen or shorten our lives. We know that eating certain foods can influence cancers and degenerative diseases in either a positive or negative way. Life is about choice. The choices we make as to our eating habits, our lifestyle and exercise habits, and our sense of purpose can greatly influence our lives.

There are places around the planet called Blue zones where the inhabitants live longer and more extraordinary lives. These five areas are Okinawa, Japan; Sardinia, Italy; The Nicoya Peninsula of Costa Rica; Ikaria, Greece; and Loma Linda, California. These people live well into their eighties, nineties, and hundreds. There are certain definite habits and lifestyles that blue zone inhabitants share. Eating a plant based diet and engaging in daily physical activity are two common denominators. Ikaria, Greece, off the coast of Turkey, has one of the lowest rates of middle age mortality and the lowest rates of dementia. Okinawa, Japan has more of the world's longest living women. Sardinia, Italy, in the mountainous highlands of an Italian island, boasts the world's greatest concentration of centurion men. Loma Linda, California, where

the most Seventh Day Adventists live in America, on average live ten years longer than most Americans. In the Nicoya Peninsula of Costa Rica residents have the world's lowest rate of middle age mortality and the second most concentration of male centenarians. What are the common denominators? What longevity factors do these areas share? One thing is they move naturally, they have purpose, they follow the 80% diet rule, they consume plant based diets, they drink wine at 5 p.m. (I love that one!), they have a sense of community, and many loved ones.

Let's start with moving naturally. These people live in places where they constantly move. They grow gardens and everywhere they go, they walk. The next is a sense of purpose. Research has shown that recognizing the purpose in your life can add seven years to it! Everyone experiences stress and stress we know leads to chronic inflammation. The Okinawans take a few minutes everyday to reflect on their ancestors. Adventists pray. Ikarians nap and Sardinians do happy hour.

The 80% rule reminds people to stop eating when their stomachs are 80% full. That 20% difference between no hunger and feeling full and bloated can make the difference between losing or gaining weight. Blue zone inhabitants consume their smallest meal late in the afternoon or early evening; then they don't eat anymore until the next day. Meat, mostly pork, is eaten once a week and the serving size is three or four ounces, about the size of a fist. Fava, black, pinto beans, and lentils (a plant based diet) are the center of most centurion diets.

Drinking wine at five - Blue zone people (even some Adventists) consume small amounts of alcohol regularly. Moderate drinkers outlive non-drinkers. The secret is to consume one or two glasses a day with friends and or a meal. It is best NOT to wait all week and consume all



the drinks in one day.

The world's oldest inhabitants either chose or were born into social circles. These support healthy behavior. Loneliness is contagious and strong social networks absolutely influence longevity and favorably influence health. Most centenarians belong to a community and somewhere there is a faith attached to it. It doesn't matter if it is Hebrew, Christian, Buddhist, or anything else. Healthy centenarians in these areas always put family and loved ones first. Aging parents and grandparents are close by or actually live in the home. This decreases the diseases and mortality rates of their family members.

Many of them consume the Mediterranean diet. They consume many wild greens, olive oil, lemon, dandelion, and arugula. These mountain greens contain high amounts of minerals like iron, magnesium, potassium, calcium, and also carotenoids that the body turns to Vitamin A and act to enhance your immune response to infections. As I have said before, the societies that eat the LEAST by choice (not due to poverty or starvation) live the longest.

We are blessed to be here at Regency. We have family, friends, purpose, and most of all WE HAVE CHOICE! If you want to see your great-grandchildren, if you want to be around another twenty to forty years, utilizing some of these strategies may make a huge difference in your success. Always be grateful for your life. Keep an attitude of gratitude. Do unto others as you would have them do unto you and practice kindness always. These lifestyle strategies may take you far.

## How a Government Stimulus Works. It Does Work.

By Susan Sloan

### \$100 bill

It's a slow day in the small town of Pumphantle and the streets are deserted. Times are tough, everybody is in debt, and everybody is living on credit.

A tourist visiting the area drives through town, stops at the motel, and lays a \$100 bill on the desk saying he wants to inspect the rooms upstairs to pick one for the night. As soon as he walks upstairs, the motel owner grabs the bill and runs next door to pay his debt to the butcher.

(Stay with this...and pay attention)

The butcher takes the \$100 and runs down the street to retire his debt to the pig farmer. The pig farmer takes the \$100 and heads off to pay his bill to his supplier, the Co-op. The guy at the Co-op takes the \$100 and runs to pay his debt to the local prostitute, who has also been facing hard times and has had to offer her "services" on credit. The hooker rushes to the hotel

and pays off her room bill with the hotel owner. (Almost done...keep reading)

The hotel proprietor then places the \$100 back on the counter so the traveler will not suspect anything.

At that moment the traveler comes down the stairs, states that the rooms are not satisfactory, picks up the \$100 bill and leaves.

No one produced anything. No one earned anything. However, the whole town now thinks that they are out of debt and there is a false atmosphere of optimism and glee.

And that, my friends, is how a "stimulus package" works!





## Board Fails to Meet in September

By Doug Poye

Normally when I arrive for the Monroe Township Board of Education's monthly meeting, I do so somewhere around 7 p.m. as the public portion of such meetings begins at 7:15. However, on September 20 when I arrived, I noticed four Board members already sitting at the tables; the president was not among them. I was particularly interested in this meeting as the Board was to interview candidates and select someone to replace the recently vacated seat of Vice President Karen Bierman. Chatting with a few acquaintances, I learned that there was a lack of a quorum, which for our Board meant having six members present. Such an occurrence is indeed rare for our Board of Education. In fact, I believe that several years have gone by since this had happened. Once President Skurbe appeared, it was obvious that it was her faction of the membership that was present. Ms. Skurbe then proceeded to read a statement that she had prepared detailing the efforts that had been made to secure a quorum. She indicated that the agenda for September would now be delayed until the meeting on October 18. She subsequently detailed that the failure to conduct a meeting on this night could jeopardize student field trips, the hiring of badly needed bus drivers, approval of payment of bills, and various other issues included in the agenda. Fortunately for those affected based on attorney's advice, many of these approvals were able to be granted.

Board member Peter Tufano later requested that Skurbe share with the public emails from missing member Teresa Alvarez. When Skurbe declined to do so, Tufano urged the public to OPRA them (a formal request allowed under the Open Public Records Act). He went on to mention that Alvarez had requested that a separate meeting be held for interviewing candidates for the open seat - a request that had evidently been denied. He also added that Ms. Alvarez said that unless her "demand" was met

there would not be sufficient members present for a quorum. At 8 p.m. President Skurbe wrapped up the discussion by saying that there would be no comments from the public allowed since there was no official meeting.

The following day, I searched the Board's policies looking for the one dealing with a quorum. Policy 0163 provided me with the following information: "*All Board meetings shall be called to commence not later than 8:00 p.m. of the designated day (in this case, September 20) ...if a quorum be not present at that time, the member or members present may adjourn the meeting to commence not later than 8:00 p.m. of another day, but not more than seven days following the date for which the meeting was called (in this case, that would have allowed another meeting to be held by September 27).* So, why did the president not call for another meeting within the seven days allowed? For that answer, I must wait until the meeting in October. A letter, later made public, from three of the missing members (Alvarez, Fabiano, and Rattner) showed that they had each notified the president in advance that they would not be able to attend the meeting on September 20. The fourth missing member, Ms. DiPane, had also indicated that she would not make the meeting due to her travel plans.

On a different note, Superintendent Chari Chanley received her doctorate from Rowan University recently. When a member of the public recently OPRA'd a request for a copy of her dissertation, the request was denied in that "Dr. Chanley or Rowan University" had requested that the document not be made available to the public until September 2025.

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



## Healing with Yoga Therapy

By Jaya Gupta

Hello Friends,

I hope you've enjoyed reading the inspiring testimonies of those in our community who have embraced yoga and are now living healthier, pain-free lives. If you're enduring chronic pain or relying heavily on medications, I urge you to consider the transformative power of yoga. Don't be discouraged by the impressive yoga poses you see; yoga is much more than just physical postures. Today, I've been given the privilege to share my own journey with yoga.

My introduction to yoga came at a young age, with my father, a yogi doctor, serving as my first teacher. For me, yoga was never just about wonderful poses; it was a way of life. It taught me to care for not only myself but also those around me, to be generous, follow my passions, and make a positive impact every day. I practiced yoga alongside my career in IT, but as life got busier with children and work, I inadvertently neglected some important aspects of yoga, like breathing exercises (pranayama), medita-

tion, and deep relaxation.

Then, in my mid-40s, fate intervened. An accident at the gym left me with persistent pain in my pelvis, a frozen neck, and sciatica. After two years of agony, a moment of realization struck me as I wrote the last check to MIT. I understood that to live pain-free, I needed to take care of myself. The next morning, I made a life-altering decision, quitting my job to revisit my yoga roots. Deep down, I knew yoga held the answer. When we take charge of our lives, the universe is there to help us; we only need to listen and follow its guidance.

During this period, I also ventured into Bharat Natyam Dance and organized summer yoga camps for kids, all part of my mission to give back to the community. One day, I decided to take a few yoga sessions at my temple. After watching my Sun salutations, the teacher invited me to join him on stage to co-teach the class. That moment a yoga teacher was born. After the class, I confided in him about my pain and desire to heal. He intro-



duced me to a powerful healing meditation, a pivotal moment in my yoga journey. By practicing this meditation and my yoga poses twice daily for several months, my pain vanished. This experience deepened my faith in yoga, and I had no inclination to return to IT. I decided to become a yoga teacher to help others heal themselves. My husband and children supported my decision, understanding that happiness stems from following one's heart.

I gathered information from a friend who had transitioned from IT to become a yoga teacher, wrote a heartfelt essay, and applied for yoga teacher training at the Integral Yoga Institute in Yogaville, Buckingham, Virginia. The universe continued to support my yoga journey, building my confidence, and paving the path to certification. Following certification, I registered with Yoga Alliance and opened my studio in Oak Hill, VA, in January 2003. This marked the beginning of my second life, one filled with teaching in various settings, including yoga studios, recreation centers, assisted living facilities, and hospitals. Teaching yoga became my true passion. Two years later, I obtained certification in the scientifically proven "Yoga of the Heart" program by Dr. Dean Ornish and Nischala Joy Devi. This equipped me to create programs and presentations for heart and bariatric patients at the hospital.

My thirst for knowledge remained unquenched. Five years later, I pursued certification in Structural Yoga Therapy under Mukunda Stiles and became a member of the International Association of Yoga Therapists (IYTA). Life, however, had other plans for me. A near-death experience in a car accident on I-95 served as a reminder of the precious gift of life. I realized it was time to give back for this second chance. Simultaneously, my husband and I decided to move closer to our children and grandchildren in New Jersey. During my search for a new community, I stumbled upon this wonderful place, a perfect canvas for giving back and pursuing my passion right in my own backyard. The universe once again played its part in guiding me to this opportunity.

Over the past twelve years of teaching here, I've faced various physical challenges, including a twisted ankle, torn meniscus, and a major shoulder surgery following an e-bike accident in New York City. Yet, I attribute my full recovery solely to my unwavering faith in yoga practice. I share this to emphasize that we all have an innate power to heal; we are blessed children of the divine. Tap into that inner strength, connect with it, and heal yourself.

In the coming month, I'll begin sharing basic yoga movements and poses that you can practice at home to stay active and healthy. Until then, remember to take good care of yourself, stay blessed, and find happiness within. With love, Jaya

## Pet Corner

By Bea Siegel

### Seasonal Changes Holiday Cheer, Winter Woes, and More

It's that time of year again when gift-giving brings so much joy to all, especially our pets; we spend more time searching for the right gift to give them, I think more than for ourselves. When its time to start unwrapping, your party animal is ready to help just rip them up; it's so funny to watch dogs, cats, puppies, and kittens wait their turn, giving you that look, like, "Hey, give me my gift so we can play." The *aroma* of food is all around and arousing your canine's nose, which can pick up the scent a thousand times more than we can. Your kitty is also wonder-

ing how they can check out what's cooking in that pot. They'll follow you around just to grab that turkey plate, but be cautious, because fatty foods and gravy is attributed to symptoms of Pancreatitis; i.e., abdominal pain, vomiting, lethargy, and much more. You'll know when your pet all of a sudden isn't acting like themselves. This is definitely a visit to your veterinarian or emergency animal hospital.

Rain, snow, and ice can be winter woes, so be sure to check your canine's feet upon entering your house. Remove snow and ice, which can cause infections if not cleaned. Just take a warm cloth and lightly rub your dog's feet to get those small pieces of snow/ice out from between the toes; dry their feet afterwards in order to prevent any problems. Senior dogs and puppies, depending on age, can have a prob-

(Continued on page 18)



## Home Trends

By Cheryl Hand

### Regency Re-Sale Market Update

The year is almost over. I find my readers asking about the housing market more than anything, so here is a brief update of the first nine months of our re-sale market in Regency at Monroe. As of this writing, we have only SEVEN re-sale homes for sale. They range from \$599,000 for a San Remo with a full basement built in 2001 up to \$1,200,000 for a Merrimack with a full basement built in 2018. Quite a range of value for one single community – we are a rare breed when it comes to your home's value. The other five homes are priced from high \$600's into the low \$800's. There are currently THIRTEEN homes Under Contract. These homes range from \$599,900 for a San Remo built in 2001 up to \$999,900 for a Bayhill with a loft and full finished basement backing to the hill and built in 2008. The actual sales prices will be reported when the properties close.

This year has brought another year of consistent sales. The prices are certainly stable; the days on the market vary per house, some just one or two days others almost six months – location, condition and the model of the home make the difference. As is typical in years past, the BAYHILL model still reins supreme. Seems if you try to sell a Bayhill Ranch in the mid-\$600's, your property will be sold quickly! To date in 2023, we have sold and closed THIRTY-TWO homes. These properties range from \$539,800 for a Prestwick built in 2001 up to \$1,060,000 for a Merrimack with a pond view built in 2014. Worth mentioning is that we had another home close at \$1,025,000 – it was a Bridleridge built in 2017. I can't say it enough, that's quite a range of price for one community!

In conclusion, the news is certainly positive. Between the closed properties and the Under Contract homes, we already have at least FORTY-FIVE re-sales in the community this year and it's

not over. That is a higher number than in years past. The homes have sold for higher prices and usually in less time. The market is still brisk, the inventory is low, and although the market never comes to a stand still, we are going into the holidays and winter months. The mad rush has quieted down, although there is still plenty of activity in our community.

Since inventory is still LOW and demand is still HIGH, it remains a good time to sell your home, if you have been considering it. Rest assured that your investment is a sound one because Regency has gained popularity among buyers in recent years. Yes...your home is in demand!

During this holiday season may you be surrounded by good food, family, and friends!



End of summer pool party for sixteen month old Buddy Wagner and his canine friends. He's one happy puppy when Barry drives him to his day-camp three days a week.

Photo by, Brandon  
(Buddy's swim counselor)





Allan Kahn is starting the game with a great throw to score a few points for us. Great job, Allan.  
Photo by Tom Cullen

Pickleball Club 2023

By Lisa Citron

Have you recently experienced a sense of loss, or an unexplained sadness that appears out of nowhere? Do you wake in the morning with a feeling of emptiness, as well as still experiencing anxiety at 6:59 in the morning (waiting for that Chelsea Reservation)? Have you been visiting the pickleball court renovation site? Possibly, you have even taken pictures. If so, you are not alone. These feelings are familiar to the many Regency Friends who are also suffering from Pickleball Separation Anxiety. Yes, there will be those who will not understand. They may laugh at our behaviors, both behind our backs or even in front of us. They cannot fathom such an attachment to a sport. Seriously, we get it. The reason is simple. The Pickleball Bug has yet to bite them, but you never know when it will. All it takes is one game with friends, one rally, one dink, and one successful slam.

By the time these words are read, the cooler weather will have settled in. Many Regency Pickleball Friends will have flocked and migrated to warmer weather, where sun filled courts await them. Many Regency Pickleball Players will compete

for outdoor courts hoping to capture as much sunlight and fresh air as possible before winter officially moves in. And some will move the pickleball game indoors where degrees Fahrenheit and wind velocity do not matter. These are the employed strategies to help ease our Pickleball Separation Anxiety. Together we said our goodbyes to our Regency Courts during the last Pickleball League Games, or at the last games of morning play. Goodbyes, as well as memories, will have been shared at the “End of Season Pickleball Celebration.” Together over 155 Pickleball Friends will have partied the night away, taking time to laugh at past memories, enjoy the music in the moment, and look to the spring for the “rebirth” of the Regency Pickleball Courts, and the “2024 Regency Pickleball Club Season!”

In the December issue of the *Regency Reporter*, full coverage of the second, “End of Season Pickleball Celebration,” will be shared. This will definitely warm the hearts of club members. The December issue will also bring with it the results of the Regency Pickleball Election. A new slate of officers will have been elected by club members. So much must be cele-

brated regarding, the formation of the Pickleball Club and its success. The goals the club set out to accomplish: “To Build a Vibrant Regency Pickleball Community,” to bring the community together, to support the development of new friends, to provide opportunities to elevate individual play, to encourage opportunities for social interaction, and to establish opportunities for competitive play have all been achieved. There is so much for all of us to be proud of.

TOGETHER, SO MUCH WAS ACCOMPLISHED!

Another Mayor’s Cup Victory for Regency

By Carmine Carrara

The Regency Bocce Ball Team won the Mayor’s Cup on Wednesday, September 20, 2023. The score was four to zero and concluded the season, after also winning the Senior Bocce League Championship last month. The players devoted countless hours of practice during the dog days of summer and every team member was a contributor. Kudos goes to the entire team for yet another successful season.

Pet Corner

(Continued from page 17)

lem regulating body heat; wrap a warm blanket or towel around them. They'll show you what love is as they roll around, drying themselves even more.

Enjoying winter weather with your dog is a great time to go for walks, drive to the beach and take a walk on the boardwalk, or go to the park. Your dog will love the change of all the new scents he's picking up, and when you arrive home, use the fireplace, relax and hug your dog; your pooch will love it. You may not be walking your kitty, but when you're "chilling out," your feline friend wants a part of you, too.

If you have holiday pictures of your pet, send them to me, and they'll appear in the *Regency Reporter*. Thank you.

HAPPY HOLIDAYS TO ALL.

The Regency Tennis Club



By Steve Brody

Year-End Review

I started these quizzes two months ago. Perhaps this will morph into a regular thing to kick off my monthly articles? Here is this month’s quiz.

1. Who was the first American to win Wimbledon?

2. Novak Djokovic won this year’s US Open. How many times counting this year has he won the US Open?

a. 4  
b. 7  
c. 9

3. Which country is credited in originating the tennis scoring system?

a. Britain  
b. Netherlands  
c. France

Answers are at the end of this article.

Here is a recap of what we did club-wise this season. Let me start at the end! On Sunday evening October 1 the Regency Tennis Club held its season-end celebration. The event was attended by 50 members. Festivities started at 5:00 p.m. with open tennis matches. Then at 6:00 p.m. we retreated to the Tennis Pavilion for food and drink. For the food the focus was on appetizer type dishes that included scallops rolled up in bacon, stuffed mushrooms, fried ravioli, chicken and beef empanadas, eggplant roll ups

and finally, chicken and cheese steak egg rolls. Drinks on the most part were bring your own, which generally means wine and beer, but someone put a bottle or two of the stronger stuff out on the counter for those who wished for something different. Everything worked out perfectly; people enjoyed themselves and made plans to play in the fall both outdoors and indoors.

During the season we had several Tennis and Pizza Nights rotating between Friday and Sunday evenings. In the beginning of the season weather was not a factor but into July and August we were rained out on many of those nights.

The club’s major events went off without weather issues. Those events included Opening Day with a Tennis Pro, Color Wars, and Breakfast at Wimbledon. We also inaugurated Wednesday Night Tennis, which was geared to matching up like-skilled players with one another.

Even with the unusual amount of rain we had during the season many of the club members were able to play on a regular or at least semi regular basis. Like last year the courts will remain open during the winter so as long as we don’t have any snow or ice.

For those of you who head south for the winter, enjoy the warmth and keep on playing.

- ANSWERS
1. Bill Tilden - 1920  
2. a. 4  
3. c. France



The athletic Sam Fisher reaching and returning a put away shot.  
Photo by Steve Brody

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.

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Contact Harriet Silverstein  
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—

Please meet at the courts to schedule Bocce times  
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Wednesdays at 5 p.m.  
Call Carmine Carrara  
732 656 3134  
Or just stop by the Bocce courts



# The Circle Game

By Kathy Sisler Soffer

About a month ago, I saw on PBS television that Joni Mitchell received from the Library of Congress the Gershwin award for excellence in song-writing. It was wonderful hearing other artists sing her songs and then, Joni, who had suffered an aneurysm, stroke, and coma, got up on stage, received the award, and then sang *Summertime* from *Porgy and Bess*. Her voice was strong and I felt moved. When a teenager, I would come home from school and put on her recording then sing with her over and over again. I have always loved her. The finale to the show was all the artists who had performed her songs singing *The Circle Game* with Joni.

The song is about a young boy who as a child puts dragonflies in a jar and a child whose eyes were full of wonder. Then the young boy becomes a teenager and trades his cartwheels for car wheels and zips round the town. Then the young boy is twenty and looking forward into his future...and life goes on. The chorus says:

*The seasons they go on and on....the painted ponies go up and down. We're captive on the Ferris wheel of time...we can't return, we can only look behind from where we came....and go round and round and round in the circle game.*

Thus of course, I reflected on life and time. Spring with so much hope and wonder as the leaves begin budding on the trees and the temperature begins

to warm up. The spring of our lives is full of wonder and hope. Summer with all its beautiful flowers and time to really enjoy the warmth and the comfort of being able to live and dress more freely. The summer of our lives...our youth and growth into the incredible human beings we all are. We enjoy, we create...we seek in the summer to be comfortable and enjoy life.

The autumn comes almost like a whisper. The weather becomes cooler and we are surrounded by the beautiful colors of the trees as they paint with red, orange, and yellow and then finally help the tree remove those leaves to prepare for winter and hibernation. The autumn of our life is when we also slow down our pace and appreciate more the colors and vibrant nature that life is. Then the winter comes and it is cold and the trees are bare. We bundle up our delicate human frames and seek the comfort indoors can bring. Enjoying a book, or a craft, or a TV show...winter is a time of reflection, enjoying our inner wisdom and letting go into the essence of the season. The winter of our life...a good time to reflect from within all the many wonderful things we have experienced and hibernate with ourselves seeking and trusting that inner wisdom and the desire to join forces with our own spirit that breathes within our body.

King Solomon was a very wise man. He observed that life consists of beginnings and end-

ings and saw that every moment in every season in the cycle of life is appointed by the Great Spirit and there is a rhythm of ever-changing seasons and cycles of life. There is a time for everything and a season for every activity under the heavens.

*"A time to be born and a time to die. A time to plant and a time to uproot. A time to kill and a time to heal. A time to tear down and a time to build. A time to weep and a time to laugh. A time to mourn and a time to dance. A time to scatter stones and a time to gather them. A time to embrace and a time to refrain from embracing. A time to search and a time to give up. A time to keep and a time to throw away. A time to tear and a time to mend. A time to be silent and a time to speak. A time to love and a time to hate. A time of war and a time of peace."* Ecclesiastes

In the past twenty years, I have almost died three times... but I lived! Life and time to me is very, very precious. I love being alive and exploring what it is to be a good and decent human being here on earth. I love closing my eyes and ears and taking the time to explore the incredible world within me. I love growing older and seeing that through my experiences I am who I am today. Take the time to seek and know yourself and stay light! Use your time wisely as you live and enjoy your own incredible life! Go round and round and round in the circle game...

## The Monroe Chorus Presents "A Chorus for all Seasons"

Under the direction of Sheila Werfel and Music Director David Schlossberg, this performance will take place Wednesday evening, November 29. Doors will open at 6:30 p.m. and the Show will begin at 7 p.m. at the Monroe Township Senior Center, 12 Halsey Reed Road. Mark your calendar to attend for a most enjoyable musical evening. Admission is \$10 per person at the door and children through high school age are free. For more Information contact Sheila Werfel at 609 619-3229.

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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

## Regency Reporter Updated Delivery Procedures

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

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

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

## CLASSIFIED ADVERTISING

### Home Improvement & Services

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

### Help & Health Services

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

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

### Wanted to Buy & Sell

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

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

### Transportation Services

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

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

LIMO GUY — Our 20th year. We go almost anywhere. Upgraded SUVs. \$100 to Newark Airport. \$205 Philadelphia. \$205 JFK. We go almost anywhere. 24/7. Call (732) 803-2521.

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

### House Cleaning

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

CLASSIFIED  
ADS GET  
THINGS  
DONE!

### CLASSIFIED Ad COUPON

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

MAIL TO:

Princeton Editorial Services  
P.O. Box 70

Millstone Twp., NJ 08510

RATES FOR ONE PUBLICATION  
\$14 for 10 words, 50 cents

each additional word  
Multiple: 10 words in two

publications = \$14 x 2 = \$28.  
10 words in three

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

Check those that apply:

☐ Clearbrook Courier ☐ Concordian

☐ Encore Speaks ☐ GW Voice

☐ Regency Reporter

☐ Renaissance Reflections

☐ The Rossmoor News

☐ Check here for all seven

All ads must be mailed with payment.

No classifieds accepted by phone or email.

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

State category/heading, ie., "For Rent", "For Sale", "Help Wanted."

No charge for the heading.

One check or money order must accompany insert, PAYABLE TO

PRINCETON EDITORIAL SERVICES

## Cultural Arts Commission Presents N.J. Festival Orchestra - "A Woman of Affairs" Starring Greta Garbo

By Cathleen Norback

Please join us for an exciting performance by the N.J. Festival Orchestra, conducted by internationally acclaimed Maestro David Wroe. They will perform, with split-second timing and precision, a new live soundtrack composed for the original 1928 movie – "A Woman of Affairs" - starring Greta Garbo. The silent film will be projected above the orchestra.

The score is an exquisitely beautiful masterpiece by Carl Davis (the UK's answer to our renowned John Williams) – a rhapsodic fantasy based on one of Liszt's piano preludes, but composed for an orchestral ensemble, which then accompanies the movie.

The program, sponsored by the Monroe Township Cultural Arts Commission, will be offered on Sunday, Nov. 5 at 3 p.m. with doors opening at 2 p.m. at the High School Performing Arts Center, 200 Schoolhouse Road, Monroe Township, New Jersey 08831.

Ticket information is available on our website: www.MonroeTownshipCulturalArts.com. Please join your neighbors for this upcoming exciting performance.

### 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.



FOR EVERYONE'S SAFETY,  
NO SPEEDING IN THE COMMUNITY







Raspberry Streusel Muffins

# Go **Whole Grain** for a **Healthy Heart**

FAMILY FEATURES

Eating healthy is a priority for many Americans but knowing where to start and with what foods may be a little trickier. One way to level up the nutritional value of your meals is to better understand whole grains and why they are important for a heart-healthy diet.

As a key feature of heart-healthy diets, whole grains like sorghum, oatmeal and brown rice are rich sources of dietary fiber, may improve blood cholesterol levels and provide nutrients that help

the body form new cells, regulate the thyroid and maintain a healthy immune system.

However, according to a survey by The Harris Poll on behalf of the American Heart Association, U.S. adults are least knowledgeable about refined vs. whole grains compared to other foods like fruits, vegetables and proteins. Also, when asked to identify whole grains and refined grains, most adults incorrectly believe multi-grain bread is a whole grain and only 17% believe sorghum is an example of a whole grain when

it is, in fact, a nutritious whole-grain option.

If you're looking to try more whole grains, sorghum is a primary ingredient in these heart-healthy recipes for Pancakes with Blueberry Vanilla Sauce, Raspberry Streusel Muffins and Garden Vegetable Stir-Fried Sorghum. These flavorful dishes can be part of an overall healthy diet as recommended by the American Heart Association's Healthy for Good initiative, supported by the Sorghum Checkoff.

Find more heart-healthy meal ideas at [Heart.org/healthyforgood](https://heart.org/healthyforgood).

## Raspberry Streusel Muffins

Recipe courtesy of the American Heart Association and Sorghum Checkoff  
Servings: 12 (1 muffin per serving)

- Muffins:**
- Nonstick cooking spray
  - 1 1/2 cups whole grain sorghum flour
  - 1 teaspoon ground cinnamon
  - 3/4 teaspoon baking soda
  - 3/4 cup low-fat buttermilk
  - 1/3 cup firmly packed light brown sugar
  - 3 large egg whites
  - 1/4 cup canola or corn oil
  - 2 teaspoons grated lemon zest
  - 1 teaspoon vanilla extract
  - 1 cup fresh or frozen unsweetened raspberries, thawed if frozen
- Streusel:**
- 2 tablespoons whole grain sorghum flour
  - 2 tablespoons light brown sugar
  - 2 tablespoons uncooked quick-cooking rolled oats
  - 2 tablespoons chopped pecans
  - 2 tablespoons light tub margarine
  - 1/2 teaspoon ground cinnamon

To make muffins: Preheat oven to 400 F. Lightly spray 12-cup muffin pan with nonstick cooking spray.

In large bowl, stir sorghum flour, cinnamon and baking soda.

In medium bowl, whisk buttermilk, brown sugar, egg whites, oil, lemon zest and vanilla. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing. Spoon batter into muffin cups. Top each muffin with raspberries.

To make streusel: In small bowl, stir sorghum flour, brown sugar, oats, pecans, margarine and cinnamon to reach texture of coarse crumbs. Sprinkle over muffins, gently pushing into batter. Bake 16 minutes, or until wooden toothpick inserted in center comes out clean. The USDA recommends cooking egg dishes to 160 F.

Transfer pan to cooling rack. Let stand 5 minutes. Carefully transfer muffins to rack. Let cool completely, about 20 minutes.



Pancakes with Blueberry Vanilla Sauce

## Pancakes with Blueberry Vanilla Sauce

Recipe courtesy of the American Heart Association and Sorghum Checkoff  
Servings: 4 (2 pancakes, 1/4 cup sauce and 2 tablespoons yogurt per serving)

- Sauce:**
- 2 teaspoons cornstarch
  - 1/3 cup water
  - 1 cup blueberries
  - 1 tablespoon sugar
  - 1 1/2 teaspoons vanilla extract
- Pancakes:**
- 1/2 cup quick-cooking rolled oats
  - 1/2 cup whole grain sorghum flour
  - 1 1/2 tablespoons firmly packed light brown sugar
  - 1 1/2 teaspoons baking powder
  - 1/2 teaspoon ground cinnamon
  - 1/2 cup fat-free milk
  - 1/2 cup unsweetened applesauce
  - 1 large egg
  - 1 tablespoon canola or corn oil

- Topping:**
- 1/2 cup fat-free plain Greek yogurt

To make sauce: Put cornstarch in medium saucepan. Add water, stirring to dissolve. Stir in blueberries and sugar. Bring to boil over medium-high heat. Boil 1-2 minutes, or until sauce thickens slightly. Remove from heat. Stir in vanilla. Cover to keep warm. Set aside.

To make pancakes: In medium bowl, stir oats, sorghum flour, brown sugar, baking powder and cinnamon.

In small bowl, whisk milk, applesauce, egg and oil. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing.

Heat nonstick griddle over medium heat. Test temperature by sprinkling drops of water on griddle. Griddle is ready when water evaporates quickly.

Pour 1/4 cup batter for each pancake on griddle. Cook 2-3 minutes, or until tiny bubbles appear on surface and bottoms are golden brown. Flip pancakes. Cook 1-2 minutes, or until cooked through and golden brown on bottoms. The USDA recommends cooking egg dishes to 160 F.

Transfer pancakes to plates. Spoon sauce over pancakes. Top each serving with 2 tablespoons yogurt.

## Garden Vegetable Stir-Fried Sorghum

Recipe courtesy of the American Heart Association and Sorghum Checkoff  
Servings: 4 (1 1/2 cups per serving)

- 1 cup uncooked whole-grain sorghum
- 2 teaspoons toasted sesame oil
- 2 medium garlic cloves, minced
- 1 teaspoon gingerroot, peeled and minced
- 1 cup fresh or frozen broccoli florets, chopped, thawed if frozen
- 1 cup snow peas, trimmed and halved
- 1/2 cup carrot strips, sliced into matchsticks
- 1/2 cup red bell pepper, diced
- 1/2 cup button mushrooms, thinly sliced
- 1/2 cup frozen shelled edamame, thawed
- 2 large eggs
- 2 tablespoons low-sodium soy sauce, divided
- 1/2 cup water chestnuts, rinsed and drained
- 1/4 cup green onions, diagonally sliced

Prepare sorghum using package directions, omitting salt. Once cooked, spread sorghum in

even layer on rimmed baking sheet or 13-by-9-by-2-inch baking dish. Let stand 5-10 minutes at room temperature. Refrigerate, uncovered, 20 minutes, or until cool.

In large nonstick skillet over medium heat, heat oil, swirling to coat bottom. Cook garlic and gingerroot 30 seconds, stirring frequently. Increase heat to medium-high. Cook broccoli, snow peas, carrots, bell pepper, mushrooms and edamame 10-12 minutes, or until vegetables are tender-crisp, stirring frequently.

In small bowl, using fork, beat eggs and 1 tablespoon soy sauce.

Reduce heat to medium. Stir water chestnuts and sorghum into vegetable mixture. Push mixture to sides of skillet. Pour egg mixture into center of skillet. Using heatproof rubber scraper, stir 1-2 minutes, or until partially set.

Stir vegetable mixture into partially cooked egg mixture. Cook 1 minute, or until eggs are cooked through and sorghum is heated through, stirring constantly. The USDA recommends cooking egg dishes to 160 F.

Remove from heat. Stir in remaining soy sauce. Sprinkle with green onions.



Garden Vegetable Stir-Fried Sorghum