

REGENCY REPORTER

Vol. 18, No. 2, FEBRUARY 2021 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Above, Howie Bixenholtz's beautiful Bird House.

Middle photo, Howie's Wine Rack. The one he is offering (see article) will be this design but will hold five bottles.

Far right, Howie's Unique Wall Hook System. See article on page 7.

Photos by Howie Bixenholtz



SHUTTERBUG

Clockwise from top left: These three flowers were photographed by Howard Wichansky in the Monet Gardens in Giverny, France.

The lily pads were photographed by Charles Kaplan in Wakodahatchee Wetlands in Delray Beach, Florida.

This modern staircase was photographed by Bharet Doshi in Ljubljana, Slovenia.

Photos submitted by Howard Wichansky (See article on page 8.)



Photo above, Bill (left) and Mike Palmieri, Champs of the Regency and Friends Bowling Fall League.

Photo by Neil Diamond



Left, Dov Koller with his goal set to ride 10,000 miles in 2020. See article on page 6.

Photo submitted by Dov Koller



By Art Cooper

2020 was a long year. During the year many new residents have moved into Regency and have never been in the Clubhouse. No Mah Jongg, no canasta, no bridge and no shows. It's now February, 2021. January was an exciting month in the country. People have started to receive the Covid-19 vaccine and hopefully, that will work to bring back some normalcy to into our lives. We have a new President and a new Congress now leading our country. At Regency we have a new Life Style Director. I want to take this opportunity to welcome Kori Little who began her tenure at Regency on January 4, 2021. Kori has an extensive background in entertainment and we look forward to working with her and bringing great entertainment to Regency. In anticipation of the Clubhouse opening, hopefully by the summer, the Entertainment Committee has some exciting live shows scheduled and we look forward to bringing them to you later in

From the Entertainment Committee

the year. For the new residents, and some of the long term residents, our Coffee House shows, presented on Sunday afternoons in a more intimate setting, brings entertainment to Regency that we normally do not have for a major presentation. We are hoping we can bring many of these shows to you via Zoom. We are working with the artists to get through some technical and logistical problems. On Sunday February 21, 2021 we are having our first Zoom Coffee House presentation with French harpist Melanie Genin. She is hailed as a "globetrotting" and "singular harp virtuoso." Since her solo debut at Carnegie Hall she has performed in some of the most

prestigious halls around the world. This is a Zoom presentation and there is a minimal charge to cover expenses. By the time you read this you will already have received the details on how to register. Unfortunately our March coffee house with concert pianist Olga Vinokur has to be postponed. Technical details could not be resolved. We will reschedule this performance when we again have access to the Clubhouse. And of course our very own Gary Roth Trivia Night is scheduled for April 30.

So stay tuned for additional updates as they become available. Stay safe, wear your mask, social distance and we will see you soon.

A Peek into Regency's Past

By Nina Wolff

Recently, long-time Regency resident, Len Levene, provided me information pertaining to actions taken in August of 2003 by a committee of residents on behalf of the community. That committee became known as the Residents Clubhouse Enhancement Committee. At that time concerns about the size of areas within the original Clubhouse were brought to the attention of then Mayor Richard Puzzi and other Township Officials. As a result, Mayor Puzzi recommended the establishment

of a Joint Committee to investigate said concerns, the committee to be comprised of four Township Officials, two representatives of Toll Brothers, and three Regency residents.

According to the information provided to me by Mr. Levene, by December of 2003, Toll Brothers had committed to extending the Ballroom. Final drawing packages were to be completed by October, 2004; final necessary approvals in the spring of 2005; and project completion in the spring of 2006. Toll Brothers agreed to make every effort to minimize the time that the original Ballroom would be unusable. My husband and I moved into Regency in August of 2002 and well remember the excitement that accompanied this expansion.

Along with the expansion were to come, among other things, a Video Projection System, a Surround Sound System, a ceiling mounted color video camera, and moving the stage lights from behind the curtain forward to increase usability. Interestingly, at that time there was also discussion of Toll Brothers configuring a new room beneath the Ballroom as a large Fitness Center. Obviously, those plans were scratched and the new Fitness Center was constructed instead. The original Fitness Room became known as the Dance Room and is used for many purposes. Anyone moving into Regency after 2006-2007 were amazed to learn how much had changed!

The original members of the Residents Clubhouse Enhancement Committee were: Chairman Len Levene, Mario Barone, Stan Cramer, Anne Haback, Kieve Kortmanskyy, Ron Post, Susan Sloan, Herb Cohen, Larry Ehrlich, Don Haback, Marty Kornfeld, Sandy Ruden, Norm Spector, Steve Baliff, Max Friedman, Al Kahn, Charlie Lerman, and Irv Shatsky. The Committee, in turn, thanked Mayor Puzzi for initiating the process, the Joint Committee for their efforts and support, and Toll Brothers for their generous offer to extend the Ballroom.

And there you have a Peek into Regency's Past!

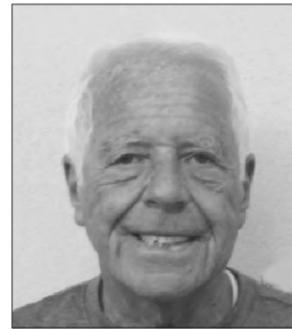
A Note from the Board of Trustees

By Steve Farron

To our Regency Family:

I will begin this article hoping you and your families are all healthy and have been able to endure possibly one of the worst periods of our lifetime. Hopefully, 2021 will bring us a much happier year. So now let's discuss the positive aspects of the last few months. As of the date of preparing this article (January 3), we have had only one snowstorm in December and during 2019-2020 virtually none. This has created a real bonus for our operating budget. As a result we were able to hold our maintenance fee to the same as last year. I believe this is a first for the community. Projecting the 2021 budget was a difficult task and we were guided and helped by our Strategic Committee in its completion. We have a new two year contract with our current management company, First Service Residential. This agreement took many months of negotiating and the result has been a decrease in FSR's management fee for the next two years. We also have an option, as they do, to renew the contract for an additional two years at the same fixed price. Other service enhancements were also provided in the contract.

During the last few months we have refurbished the locker rooms and are continuing an upgrade of the spa level. Repair of the golf course bulkhead wall is proceeding as scheduled and we anticipate full use of the course when it is reopened. We are also looking to enhance our front entry feature. A survey was sent to the community to gather your thoughts and recommendations before we proceed. The Board is in the process of reviewing and updating the HOA by-laws, which have not been reviewed since inception



and with the fact that Toll will shortly be leaving the community this review and update is extremely important. The Board is continuing the negotiations with Toll on Transition Two and have begun the necessary review of Transition Three. This is all done with our engineering firm guiding us as well. We all should commend our Management Team led by Stephanie for their commitment during this last nine months. They have been on premises every day to deal with the day-to-day operations. In addition, the Maintenance Staff has done a great job as well.

I think the most important issue to consider at this time is when we will be able to receive our vaccinations. We will be reaching out to the Township to try to expedite the process. At this time the federal and local governments have not been properly prepared. Let's hope this changes. My final comment is that communities and their boards always look for the best ways to protect property values, fairly enforce rules, govern proactively, and inspire residents to get involved and engaged. This is what your current Board and Management strive for.

In closing: Best wishes for a Happy, and most importantly, Healthy 2021 on behalf of myself and our Board members.

REGENCY REPORTER

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2021 Public Board Meeting Schedule

All Public Meetings are held in the Clubhouse Ballroom unless otherwise noted

Wednesday, February 17, 2021

6:00 p.m. – Public Board Meeting via Zoom

Wednesday, March 17, 2021

6:00 p.m. – Public Board Meeting via Zoom

Wednesday, April 21, 2021

6:00 p.m. – Public Board Meeting via Zoom

Wednesday, May 19, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, June 2 – Candidates Night

Saturday, June 5 – Coffee with the Candidates

Wednesday, June 9 – Annual Election

Wednesday, June 16, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, July 21, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, August 18, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, September 22, 2021

6:30 p.m. – Public Board Meeting in Ballroom

Wednesday, October 20, 2021

6:30 p.m. – Public Board Meeting in Ballroom – BUDGET PRESENTATION

Wednesday, November 17, 2021

6:30 p.m. – Budget Presentation if not previously approved in October

Public Board Meeting in Ballroom
SUBJECT TO ADDITIONS AND DELETIONS

Up Close and Personal

By Barbara Bickel (**)

February Birthdays

- 1 – Hank Josephs/Alan Klein/
Albert Marandola/Barbara
Nurnberg/Mike Smedley/
Marcia Zajac
- 2 – Frank Gottlieb/Janette
Rumennik
- 3 – Sarah DeSimone/Ellen
Jacobs/ Ellie Levene/ Herb
Tillem
- 4 – Bernard Ghee/Nancy Lane/
Linda Marandola/Gerald Post/
Ellen Roth/Judy Goldstein/
Stanley Goldstein/Steven
Gootnick/John Healey/Howard
Kaplan/Les Langer/Tina
Lieberman
- 6 – Joan Boncore/Michael
Vider
- 7 – Norma Balshem/John
DiDonato/Herb DiDonna/Flora
Feldman/Sue Miller/Peter
Peters/Sondra Ravin
- 8 – Paul Epstein/Stanley Kaye/
Cindy Smilowitz/Karen
Wurman
- 10 – Carole Goldman/Deanna
Katz/Marilyn Lipner
- 11 – Ron Kane/Rose Pasternak
- 12 – Patty Bonney/Andrea
Brandt/Ellen Buxbaum/Sandy
Effron/Larry Fishman/Bette
Meyerowich/Sharon
Schleifstein/Dorothy Thomas
- 13 – Phyllis S. Greenberg/Fran
Koppell/Linda Pill
- 14 – Lyobov Berlyant/Diane
Magnani
- 15 – Steve Baliff/Garry Fox/
Gail Namm/Marie Rando
- 16 – Shay Reiser/Harry
Wasserstein
- 17 – Irene Daniels/Karen Gala/
Marci Leibowitz/Robert
Pladdys

- 18 – Mickey Berke/Pat
DiGiacomo/Susan Friedman/
Bernie Schwartz/Harriet
Silverstein
- 19 – Bonnie Esterow/Sharon
Furia/Al Muller/Michael
Koppell/Michael Toubin
- 20 – Carl Fink
- 21 – Camile Astel/Michael
Lieberman/Jack Perel/Marci
Singer
- 22 – Mona Ascher/Gloria
Bauman/George Berg/Joseph
Spinelli
- 23 – Genia Beeferman/Judy
Chait/Wendy Wendel
- 24 – Sandra Cooper/Patrick
Flynn
- 25 – Michael Bluth/Barry
Gallanter/Dany Harel/Wendy
Kotula
- 26 – Lori Piekny
- 27 – Shahnaz Ali/ Steve
Finkelstein/Joel Hershey/
Mitchell Schwam/Judith Sivin/
Cy Wyche
- 28 – Concetta Anzaldi/Alice
Kupcho/Frank Landsman/
Nancy Silverman
- 29 - Harriet Harris

February Anniversaries

- 1 – Ira & Caryl Cohen/Ray &
Sue Melcher
- 2 – Mark & Bonnie Greenstein
- 7 – Paul & Gail Namm
- 9 – Joel & Rochelle Kaplan
- 12 – Jerry & Gwen Minkin
- 13 – Robert & Diana Pladdys/
Bernie & Susan Sabel
- 14 – Lori Anastasio & Ed
Hammer/Len & Ellie Levene/
Marty & Fran Pickus
- 15 – Ron & Carole Miller
- 19 – Ed & Linda Hyman



- 20 – Stuart & Rachelle Loss
- 22 – Fred & Debbie Impson
- 23 – Arthur & Rita Albert/Barry
& Sandee Ziskind
- 25 – Steve Finklestein & Patty
Bonney/Len & Cheryl Spilka
- 27 – Davi & Sharon Friedberg

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

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

Thanks, BB



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Fruits of Our Lives

(Not the Pits)

By Christiana Barone

Hope everyone is staying safe. I do miss seeing everyone. Hopefully, we can get together soon. There are two families celebrating “happy news.” A new little blessing for one family and the other family is celebrating the achievements of a father and daughter.



Babies

Karen and Alan Wurman's daughter and son-in-law welcomed a baby girl, **Gili Elle Gorelik**, on December 16, 2020. Gili Elle weighed 6 pounds 3 ounces, and was 19 inches long. The parents are Rebecca and Alex Gorelik of Scotch Plains.

Achievements

Riley Rosenzweig, granddaughter of **Gail and Al**

Rosenzweig, graduated from the University of Alabama in December. She graduated in three and half years. On the same day, her father **Andrew** was named CEO of Datarcard Corporation in Irvine, California.

A Special Note to All New-comers to Our Community

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

Thank You Note

When Bob and I moved to Regency we were hoping to meet friends with similar interests. We never imagined that we would find a second family. The outpouring of compassion and offers of help that resulted from Bob’s long illness and passing is almost overwhelming. My family and I thank all of our Regency friends and neighbors for the many phone calls, meals, sympathy cards, Mass cards and charitable donations in memory of Bob. Your generosity and kindness are so greatly appreciated.

Marie Rando

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By Mort Spector

We met Bob and Marie as members of the Regency Hiking Club. After various conversations we discovered that we had many of the same interests (going to museums, the ballet, the opera, and classical music concerts), and decided to do them together. Bob was an opera expert and Cecile and I found ourselves going to operas we had never seen in addition to our old favorites. Indeed, Bob would call me and he and I would go to see HD operas in movie theatres that were little known and not often performed, sometimes with good reason. When it came to museums, the Philadelphia Museum of Art and the Metropolitan Museum of Art were among our favorites. When we went to the Met, we discovered that Bob and Marie knew their way around very well, including all the short cuts to the important places like the cafeteria, where we could have our coffee break. We all loved

fine dining. Bob would always keep abreast of the latest reviews and suggest restaurants for us to try. We had many great meals.

The four of us traveling together became a significant part of our lives. We drove to places like Charleston and Ashville and took cruises in various parts of the world. This worked out well since we liked to do the same things and kept the same hours. On these trips Bob took hundreds of photographs, far more than I did. After a while, in addition to the typical photos I took, I started taking photos of Bob taking photos. Knowing Bob's delight in playing tennis, and his skill, I asked him to give me some pointers. We played several games in which Bob stood in one place while I ran all over the court. I suggested that the fact that my racquet was old and not up to the latest technology was holding me back. Bob said that my old racquet was not the problem and that given the way I played, no new

racquet, no matter how technically advanced, would help me. Bob and I enjoyed teasing each other about everything; the color and make of our cars, the jackets we bought, the clothes we wore, the verbal expressions we used, etc.

Our times together were always interesting, rewarding and fun. Anytime Bob came upon something new he immediately had a hundred questions about it. Bob got great enjoyment out of everything he did, and that enjoyment was contagious. When Bob became ill, he was determined not to let his illness stop him from living life to the fullest. In spite of the discomfort and the pain he continued to do the things he loved, cutting back slowly as walking became more and more difficult. He faced the end with courage.

Bob was a great friend and a joy to be with. He brightened our lives. He was spectacular, the best ever. Though we will miss him terribly, he will live on in our memories.

Remembering Renea Zukerberg

After a prolonged illness we lost our queen of hearts. Renea Zukerberg along with her husband Herb loved living in Regency and where they proudly created the Yiddish Club. Renea kept the traditions alive after losing Herb several years ago. Now we lost a dear friend to

everyone she came in contact with. Based on the overwhelming results from her Monroe and Florida friends a major donation has been made on her behalf to the Chabad House on Applegarth Road, where she worshipped.

May she Rest In Peace.

In Memoriam

By Cecile Spector

Robert Rando

On December 21, 2020, Bob Rando passed away at his home in Regency. He was a retired Electrical Engineer with degrees from Polytechnic Institute of Brooklyn and Columbia University. He moved to our community with his wife Marie in 2008. Bob enjoyed a wide range of activities. For many years, Bob played tennis for two hours on most mornings. He joined the Regency Hiking Club with Marie and spent many happy hours on the trails. Bob was a wine aficionado and member and leader of a wine group. He enjoyed good movies and was part of a small movie group. He had a beautifully written column in the *Regency Re-*

porter called *Lure of the City*. It was an enjoyable read for its many followers.

Bob's knowledge of opera was prodigious. He loved a wide range of operas and was a series subscriber at the Met each year, and at other venues. Ballet, classical music concerts, Broadway shows, and museums were also part of his sought-after life experiences, as was fine dining in good restaurants and at home (thanks to Marie). Travel played a major role in his life. Over the years, he and Marie visited numerous places in countries all over the globe. Amongst them were China, Japan, India, Cambodia, South Africa, Botswana, Egypt, Jordan, Morocco, Israel, Turkey, Greece, Australia, New Zealand, Europe, Russia, and Scandinavia.

With a keen, inquisitive mind, Bob found so many things to be of interest. He would research any particular topic that tickled his fancy until all his questions were answered. His fascination with all he learned was contagious, as was his zest for life. Bob had a wonderful sense of humor and laughed often. Everyone who knew him regarded him as one of the most considerate, caring, and loving people they had ever met. He was a truly good man in every sense of the word.

Bob will be sorely missed by his wife Marie, his son Anthony, his sister, Joan, niece, Gina and nephew, Andrew, and his many, many friends in the community and elsewhere.

Condolence

The Editorial Board of the Regency Reporter and the entire Regency community send sincere condolences to Leslie and Warren Gifford and Family on the loss of their beloved daughter Sharon Gifford and to Nancy Cambria and Family on the passing of her beloved husband and our dear friend and neighbor George. We also send sincere condolences to Marilyn and Bob Jaclin and their daughter Jill Sampel on the passing of Jill's beloved husband Michael Sampel, to Ron Post and Family on the recent passing of his beloved brother Jerry, and to Allen Appelstein and Family on the loss of his beloved sister Susan Leban.



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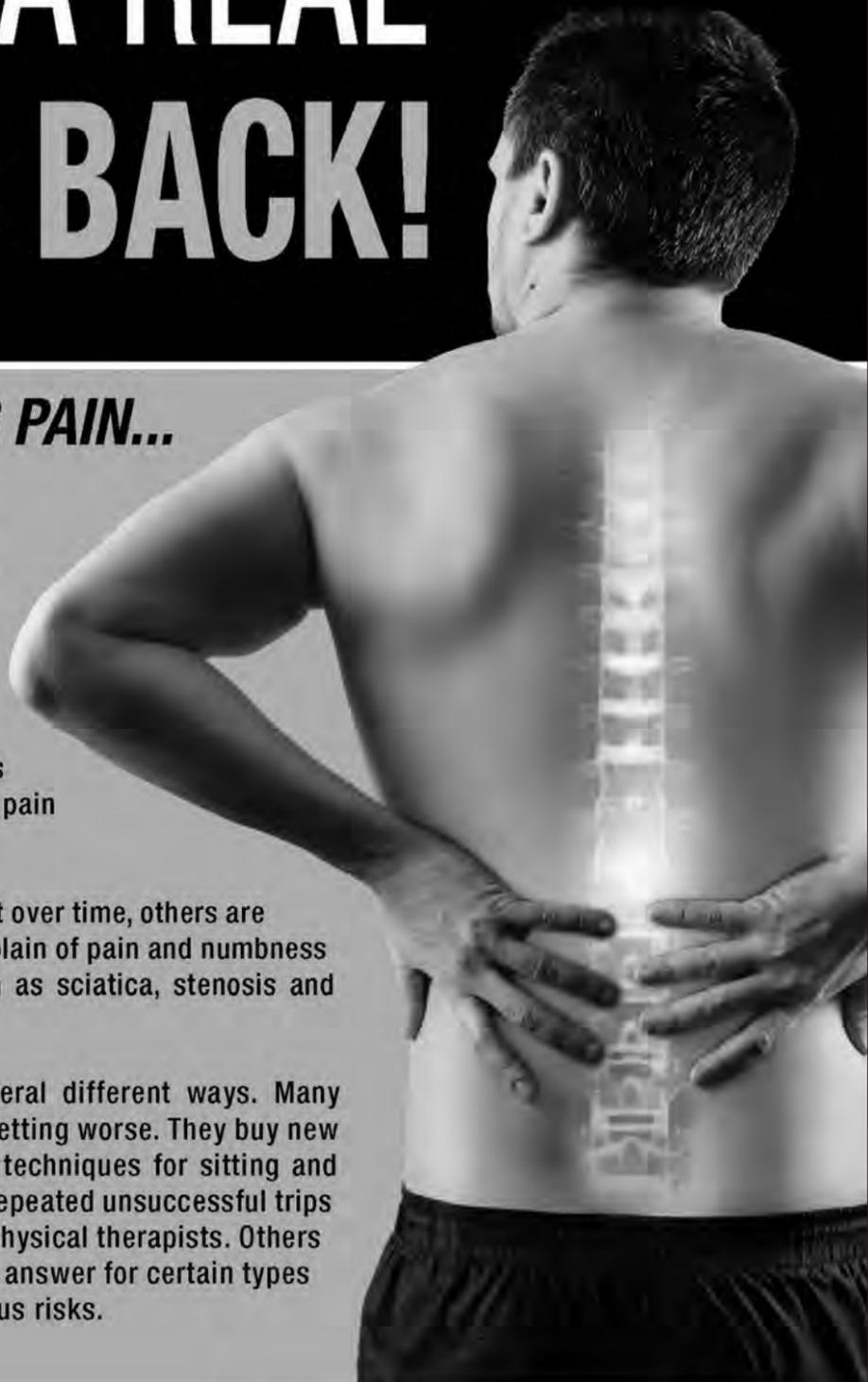
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30 Million Americans suffer from back pain every day. This affects everything that they do, from work to play and ultimately their quality of life. 7 out of 10 people experience lower back pain at some point in their lives and it is one of the most common reasons for patient visits to primary care physicians. There is no doubt that low back pain exists in epidemic proportions today.

There are many causes of back pain. Some people develop it over time, others are injured in sports, work or auto accidents. Most people complain of pain and numbness in their legs, usually the result of spinal conditions such as sciatica, stenosis and herniated discs.

Regardless of the cause, people cope with pain in several different ways. Many people try to wait back pain out only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new techniques for sitting and standing, yet their conditions do not improve. Some make repeated unsuccessful trips back and forth between their doctor, chiropractors and/or physical therapists. Others opt for surgery, and while it is true that surgery may be the answer for certain types of back injuries, it is highly invasive and not without serious risks.



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Dov Koller, center, with his biking buddies Michael Tomac, left, and Joe Dorrego.

Photo submitted by Dov Koller

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Biking in 2020

By Dov Koller

At the beginning of 2020, Dov Koller set a goal to bike 10,000 miles for the year. He knew it would be a difficult accomplishment as he had not ridden more than 7,000 miles in a year but he set his bar high. He also did not know there would be a pandemic. However, COVID-19 turned out to be a tailwind rather than a headwind for his cycling. Taking advantage of working from home and the added flexibility to ride longer in the morning and squeeze in some afternoon rides, Dov was able to ride 11,007 miles in 2020 smashing his previous records. No weather held him back as he rode in temperatures ranging from 10 to 90 degrees. In a year when most people did not drive 11,000 miles, it was quite an accomplishment to hit that mark. He would like to thank his two biking buddies Michael Tomac and Joe Dorrego for joining in on many of the rides.

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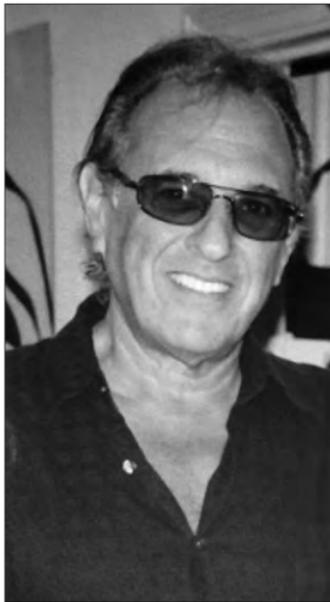
Recycling

Mixed recycling is now collected each Wednesday. All recyclables (paper, bottles, cans, plastic, etc.) can be placed in the same container and put out each week.



Unique guitar made in Howie's workshop.

Photos by Sandy Newman



Regency woodworker Howard Bixenholtz.

Photo submitted by Sandy Newman

yours. Howie's email address is hbixen@gmail.com. Contact him. Just seeing his workshop would be a treat. Please see pictures of the bird house, wine rack, and hook system on the front page of this issue.

Know More about Your Neighbors

By Laurie and Stan Lipper

In order to learn more about our Regency family, during these difficult times of socializing, we plan to highlight Regency residents each month in the *Regency Reporter*. If you are interested (and we hope you are) please email Laurie at 1234lipper@gmail.com. Please include your phone number so she can contact you and ask you some general information about



you and your background. Then look for an article about you to appear in the next issue of the *Reporter!*

Wood for Good

By Sandy Newman

Want a handmade bird house, a wine rack or hook system? If you donate \$25.00 or more to the charity of your choice Howie Bixenholtz will make one especially for you. Howie and his wife Marjorie bought a home in Regency in March and after months-long renovation moved here from Marlboro in June. They were no strangers to Regency as many of their Marlboro friends already live here.

Howie, who learned woodworking as a young man in Brooklyn, first became interested in building "cigar box" guitars. These are one string guitars originally made from cigar boxes and broom handles with a single string used by blues musicians in the 1800's. They were called diddle bows. Eventually they evolved to have three strings. Howie learned to play this instrument and became interested in building them out of exotic woods. Some of the woods he uses are black limba, red grandes, zebra wood, wenge, and ambrosia maple. These create beautiful guitars, which are electrified. Many of these are displayed in his home. Additionally, he has built dining tables and other large projects

Howie has set up a large woodworking workshop in his garage here at Regency. He loves creating things from wood and spends hours doing it. He would like to do something good with things he loves to make. Thus *Wood for Good*. So if you make a donation to the charity of your choice and send proof of that to Howie he will let you choose a bird house or a five-bottle wine rack or a clever hook system that he created. Howie especially likes St Jude's or MS but the choice is



Howie's workshop

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Shutterbug Regency Digital Photography Club

By Howard Wichansky
Descriptions of Photos
By Phil Levy

The Regency Digital Photography Club has been busy after its usual time off during the winter of 2020 and then the serious impact of COVID. Like so many activities, we had to reorient our meetings into the Zoom format. Thanks to our members, Phil Levy and Bharat Doshi, we have been able to structure our virtual meetings to include viewing of member images and on-line content. In the Zoom mode our members were asked to offer their top images, which were reviewed and many submitted as “Print of

the Month” to the *Regency Reporter*. The meetings that followed employed one meeting for establishing an assignment and the next to bring the project resulting images for a critique. Two such projects captured “backyard” photographs and another involved taking a series of photographs of the same subject from different angles or trying black and white, close up, post processing variations, etc.

Our most recent sessions were devoted to “Composition.” Anyone can snap a picture of a beautiful sight (landscape, animal, or people) but to make it a breathtaking image worthy of a “wow” from any observer, it is important to know the guidelines of composition. These elements are a major step in improving your picture making. Once you learn these basics and practice, they become second nature and influence how you frame/compose a photograph. Our first meeting took advantage of an on-line article from *Digital Photography School* entitled *Composition Checklist for Beginners*. Be assured all skill levels could appreciate the content. An expert view of the subject was obtained from a video, *Wise Composition Tips from Masters of Photography*. Armed with this information our members provided at the next meeting images that demonstrated the composition elements we covered.

There were 15 things to look for in the composition checklist and a few of the important ones are:

- Is the subject strong and obvious within the image?
- Is the main subject sharp? With animals and people, are the eyes sharp?
- Is the background not distracting? Reposition to remove a pole coming from a person’s head, for example.
- Does your eye follow you to the subject, not out of the picture?
- Less is more- what can you leave out?

- Check out the members images on the front page of this issue that they submitted and you will see composition elements (some not mentioned above) that make them impressive.
- In the photograph of the spiral staircase, the rails lead the eyes to the middle vortex and captures the imagination wondering where it is leading.
- In the photograph of the lily pads, their outline on the pond is a curve that brings you to the beautiful flower. The composition is balanced and gives the viewer a calm feeling.
- In the photograph of the three flowers, they create a triangle to capture your attention. The low angle shot from below and the sun shining through the petals result in a different perspective and an unusually striking capture of a flower.

In conclusion our club strives to improve the skill level of our members. These Zoom meetings and projects, especially mastering composition, will make our participants better photographers. If that is a goal of yours Google the above article and video, but better yet join the club.

Relationships During the Covid -19 Pandemic

A Zoom Talk by Dr. Jay Levin

The Jewish Heritage Museum of Monmouth County presents Relationships During the Covid -19 Pandemic, A Zoom Talk by Dr. Jay Levin on Sunday, February 21 at 2 pm. Admission is \$7 members, \$10 non-members.

To make a reservation, please call the Museum at 732-252-6990. You will receive an email with the Zoom link after your registration is processed by the Museum.

Dr. Jay Levin is a licensed psychotherapist with a private practice in Colts Neck, New Jersey. He specializes in marriage counseling and couples counseling, child counseling, and adult therapy, and has been in practice for over 27 years. Dr. Levin is one of a very few psychotherapists personally trained by Dr. John, author of *Men are from Mars, Women are from Venus*. He also is a past president of the New Jersey chapter of a prestigious children’s therapy organization. Dr. Levin holds an undergraduate degree from Rutgers University and advanced degrees from Yeshiva University and California Coast University. Clients describe him as warm, empowering, and caring. He is extremely proud of his marriage of 35 years and his two children.

Funding has been made possible in part by a general operating support grant from the New Jersey Historical Commission, a Division of the Department of State, through grant funds ad-

(Continued on page 9)



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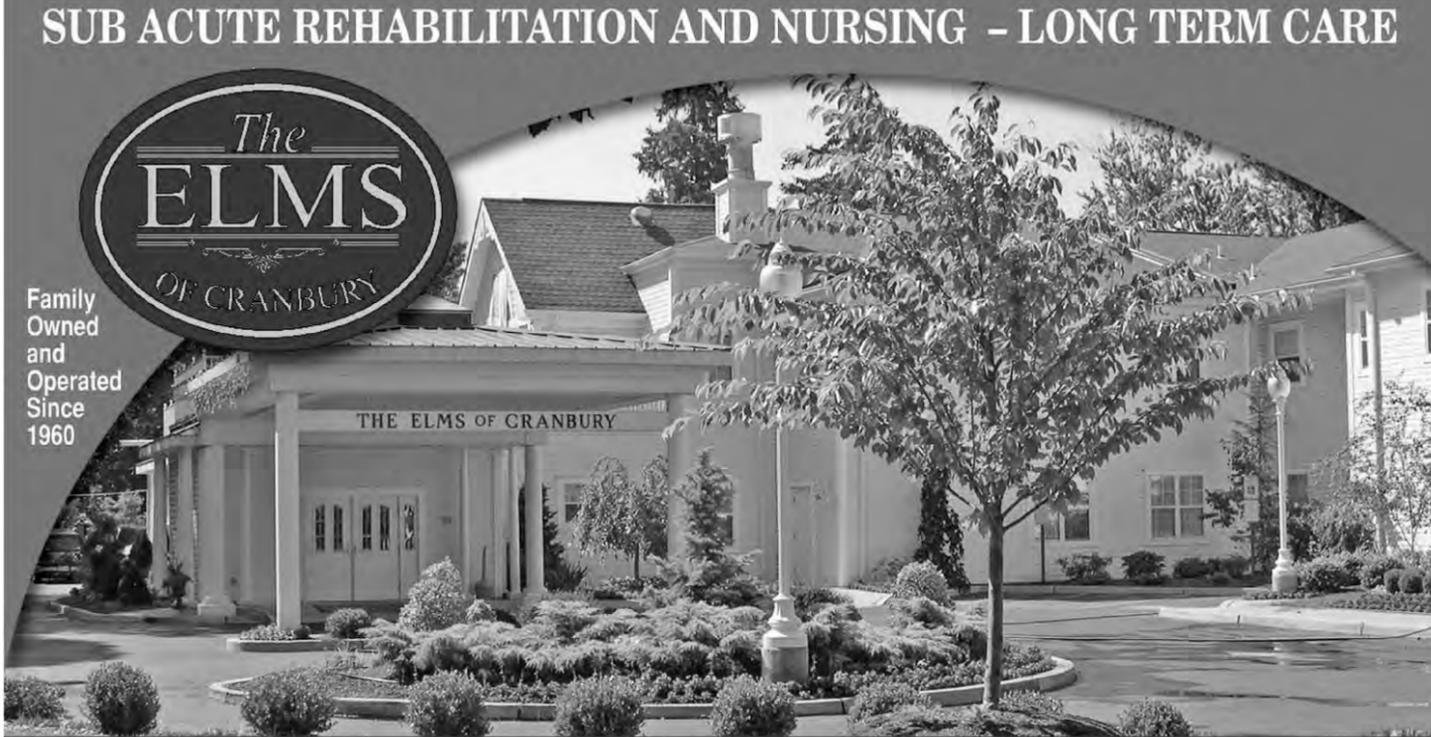
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The Regency Book Club

By Nina Wolff

In *The Guest Book*, Sarah Blake tells a convoluted story of three generations of the Milton's - a true blue privileged family - their secrets, their silence, and their Island. A nice sized group of "bookies" met on Tuesday, January 12 to dissect this intricate tale, and we must give a hearty thank you to Marcia Midler for guiding us through it. The many characters in the book come, go, and return again and again as history layers upon itself. The story is told in three separate time frames - 1935, 1959, and 2018. In 1935 we see Kitty and Ogden Milton living a seemingly wonderful life with love, money, and three beautiful children. When tragedy befalls them, Kitty goes into deep mourning and Ogden tries to bring her out of it by buying her an island on which sits a dilapidated house. Crockett Island, itself, becomes a major character. Kitty and Ogden both have a secret in 1935, and the silence that they keep haunts them and future generations throughout the book.

In 1959 we meet Kitty and Ogden's daughter Joan and her sister Evelyn on the eve of Evelyn's wedding to a man who meets with Kitty and Ogden's approval because he "belongs to their set." One sees that Jews and Blacks do not fit "into their set," so the author is also dealing with issues of racism and anti-Semitism in this family as the generations progress. Joan meets Len, they have a tumultuous relationship. Len goes to work for Joan's father Ogden and more secrets are kept, because Len is Jewish and while that works for Ogden's rapidly expanding empire it will not work anywhere else. Len's best friend is Reg, a Black man who meets and befriends Joan's brother Moss and another secret is born.

So, ultimately, this is a story about women who keep secrets silently and have no one to talk to and how they go on because it isn't acceptable not

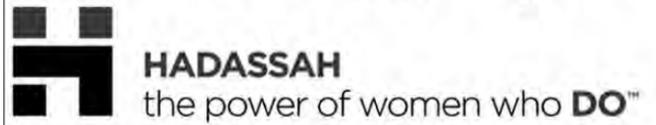
to. At the beginning of the book James Baldwin is quoted as saying, "People are trapped in history and history is trapped in them." We see this come full circle as Evie in 2018 finally comes to understand what transpired in 1935 and 1959 and wonders why none of the older women in her family spoke about those events or if they even knew about them. Evie is Joan's daughter and she is mourning the loss of her mother. She is also faced with the decision of whether or not to keep Crockett Island, as that island has played a very important part in the lives of all the Milton generations. But Evie is an historian who has built her reputation on telling the stories of long ago women whose strength was the silence they kept. So what was the strength of the Milton women? The secrets, the silence, or the ability to keep them and go on as if nothing ever happened? It's up to the reader to decide.



On Tuesday, February 9, the Regency Book Club will meet again via Zoom at 4 p.m. We will be discussing *The Stationary Shop* by Marjan Kamali. Marcia Midler will send out the link and Judi Zipkin the reminder. Please plan to join us with questions, ideas, and comments you wish to discuss. We would love to have someone volunteer to moderate and another to volunteer to call on attendees who raise their hand to speak. We are trying very hard not to have people speak over one another. Everyone is welcome even if you have not read the book. Stay well and stay safe! Wear your mask!

Keep reading - it's good for the soul...

Hadassah Highlights



By Carol Kortmansky
Karen Ross, President

2021 is one month old, and our hopes for a better year are still with us. Although the events of January 6 were horrific, we still have faith that the year will be better than 2020! We hope with all our hearts that it shall be so! As Rhoda Smolow, Hadassah National President said after this tragedy, "We feel the heavy weight of today's events and the chasms that divide our nation. We hope that we will continue to learn from and about others, to love our neighbors, and to move forward as one nation."

We'd like to extend a welcome to Kelli Richman who has transferred her Life Membership to our chapter. Thank you to Cynthia Kaplan for renewing and updating to Life Membership. We would also like to thank the following



Carol Kortmansky

women for renewing their annual memberships: **Laura Alster, Vicki Berhang, Marta Berkowicz, Renee Comack, Doris Dodkowitz, Elaine Esterman, Marilyn Faden, Penny Fink, Karen Gala, Melissa Gelfman, Rhoda Hegt, Lisa Kosofsky, Laini Katz, Faye Katz Giacomino, Joi Margolis, Marlene Met-**

(Continued on page 10)

Relationships

(Continued from page 8)

ministered by the Monmouth County Historical Commission.

For more information, please call the Museum at 732-252-6990, or visit www.jhmomc.org. The Jewish Heritage Museum is located in the Mounts Corner Shopping Center, at 310 Mounts Corner Drive Freehold, NJ, at the corner of Route 537 and Wenrock Road (between the CentraState Medical Center and Freehold Raceway Mall). It is on the second floor of the historic Levi Solomon Barn. The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code. Although not currently open to the public, the Museum is handicapped and assistive-listening accessible.

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Hadassah Highlights

(Continued from page 9)

rick, Barbara Milchman, Rosalie Shuren, Tina Vider, Ann Weintraub, and Shari Weissman. 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, or our Membership Vice-Presidents, Linda Grossman or Annette Kushner for more information. Their phone numbers are listed in the directory. Thanks again, Linda and Annette!

Please note that due to the pandemic, Hadassah's annual leadership conference will be held on Zoom, and will be open to all members of the Mid-Atlantic Region, of which we are a part. Programs will be held once a month from February through April. More information about the programs, dates and registration can be found on the Hadassah's Mid-Atlantic

website. Also, please note that although we are still not able to enjoy Hadassah's in person programs, Hadassah's website, Hadassah@home offers wonderful programs to keep you busy and engaged during the dark days of winter.

On December 22 over 100 people welcomed the author Ronald Balson to a virtual meeting during which he told us about his background, his novels, and the creative process involved in writing. Mr. Balson was a lawyer in his earlier career, and didn't pen his first novel, *Once We Were Brothers*, until 2010. Since that time, he has written many other wonderful books, including *Saving Sophie*, *Karolina's Twins* and *The Trust*. He discussed the differences between legal writing and creative writing, both of which include protagonists as well as antagonists. In addition to the process of choosing a

topic of interest, he also described the intense and time-consuming process of researching his stories. His newest project, tentatively called *Defending Britta Stein*, is a novel that takes place in Denmark during World War II. Many people may not be aware of the role that that country played in protecting their Jewish residents. Of the 7,600 Jewish residents at the beginning of the war, 7,000 survived and were able to return home at the conclusion. Just knowing how much I enjoyed his other books, I look forward to Mr. Balson's newest effort.

On January 18, our Zoom book club met to discuss the *The Lost Shtetl*, by Max Gross. This is a remarkable debut novel about a small village in the Polish forest that is so secluded that no one knew it existed until now. As the meeting occurred after this article went to print, it will be discussed in next month's article.

On February 15, at 7:00 p.m., also via Zoom, we will discuss *Nobody Will Tell You This But Me*, by Bess Kalb, an Emmy nominated TV writer and *New Yorker* contributor. In this debut memoir, the author through her beloved grandmother's voice, recounts both family lore and family secrets from four generations of indomitable women and the men who loved them. From Belarus to America, from the pogroms in the "old" country to the rough and tumble world of L.A. television, Grandma Bobby's wisdom reaches out: "If the earth is cracking behind you, you put one foot in front of the other. Never. Buy. Fake. Anything. I swear on your life every word of this is true."

Please RSVP if you wish to attend any of our book club discussions or if you would like to act as our facilitator. You will receive log in instructions in advance of the Zoom meeting. You can contact Marilyn Jaclin or Marcia Milgrom directly. Please watch your emails for updated information on all of our events and programs. If you change your email, please contact us and let us know immediately. Send your updated email to kbr1253@aol.com

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 (now \$18 if delivered in Regency and \$19 if mailed out of the development) and Certificates (now \$10 if delivered in

Regency and \$11 if mailed out of the development) contact Karen Ross or Linda Strauss. Contact Helen Spector if you wish to place a leaf on our Tree of Life. Stay safe! Stay well!

Beyond Words



By Cecile Spector

How Do We Make Decisions?

We are constantly making judgments and decisions, consciously and unconsciously. When as experienced drivers we encounter a stop sign, a traffic light, a car coming from the left or right, we unconsciously make decisions about the way we maneuver the car, especially on highways. We go down the road "on autopilot." But let's say a child on a bike starts to ride in front of the car. We can no longer continue on autopilot, we have to make a quick, conscious, purposeful decision about what to do. If we are learning something new, say how to play a sport or a musical instrument, we must be mindful because, not having yet developed the skill, there are many conscious judgments and decisions to be made. When it comes to making decisions, our brain can think in two different ways. The first way, sometimes referred to as *System 1*, is when it operates automatically and quickly; we don't need to stop and think, we use rapid, intuitive judgments. The second way, referred to as *System 2*, is when we allocate attention to effortful mental activities; we are thinking deeply about something and paying attention. We are concentrating.

Factors that influence our decision-making

- *Cognitive strain* – during the COVID crisis, many of us are really strained by having to do too much. For instance, a young family with three children learning at home, while the parents are trying to do their jobs at home, while managing the household in general, is likely to experience cognitive strain. This would lead to a tendency to use the less demanding *System 1*.
- *Personal predispositions, preferences, and biases* determine how we view the world. Cognitive biases are persistent and consistent; they stay with us and tend to remain the same. We all have biases about the type of food we like, the music we prefer, the genre we choose to read, and so on. We don't open our minds to lifting our biases until we get *System 2* involved.

- *Availability bias* is when the most recently available information biases our next decision. We usually don't bother to verify the information, and don't open our minds to diverse opinions before forming judgments.
- *Confirmation bias* is when our opinion is formed, and we are anchored in this viewpoint. Any new information is filtered to reinforce this particular opinion. In the medical field, there is an old adage about decision-making: "When the diagnosis is made, the thinking stops."
- *The "halo effect,"* is the tendency for an impression created in one area to influence our opinion in another area. We get an overall impression that influences how we feel or think. For example, we may form an opinion of a person based on one attribute, frequently a physical one, and have a tendency to like or dislike everything about the person. How is this going to influence our decision-making? Well, we've made a decision, and if we hear it affirmed by somebody whom we have a tendency to like, then we're going to give it more credence. If we hear it from somebody we have a tendency to dislike, we won't give it as much credence. If we want to find flaws, we will. As previously mentioned, when we're convinced we're right, we ignore information that doesn't support our position.

Our biases develop and occur when our *System 2* fails to engage successfully and override that automatic response from *System 1*. These biases create errors in our reasoning. Unfortunately, if we have made a decision, we tend not to look for new information to make sure it's correct. We may look at it with a slant of affirming what we've already decided. We become confident of our decision, even with scarce or conflicting evidence, and even if we are aware that we have biases. We want to believe what we want to believe.

- *Confidence in our own knowledge* – we may assume that our limited information is all there is to know – this occurs because *System 1* has taken over. We have what has been called "willful blindness" where we don't seek out any other information. We have the ability to ignore our own ignorance. In fact, we tend to be overly confident in the accuracy of our own knowledge. In an experiment with college students, when asked to predict how well they did in a particular subject, the research participants tended to overestimate their abilities, and it was most pronounced

(Continued on page 11)



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Healing with Yoga Therapy



By Jaya Gupta

Dear neighbors and friends,
 Hope you all had a wonderful holiday season. Welcome to 2021 and a very Happy New Year to all of you. May we all be blessed with good health and happiness and once again our homes be soon filled with our loved one's love, hugs, laughter and happiness. Winter is here and days are colder. Many of us feel it's too cold to walk outside, but look for a little warmer day to go out to walk and enjoy the sunshine. Hope you are all doing some exercise to challenge your mind, body and soul. Spring will be here soon and with it will come the flu season. As promised, we will learn some yogic breaths so that we can take good care of ourselves

in spring. These yogic breaths or *Pranayama* help not only in the sinus but also with headaches, migraines, insomnia, sleeping disorders, lowering one's blood pressure, clearing mental fog, etc. A few minutes of proper breathing every day and a few changes to take care of your sinus area will improve your life from all the above as well as from low energy and lethargic body. I will try to explain it here but there is much more to breath than what I can put on the paper. So please send an email to Jayagupta.lotus@gmail.com and join us in Zoom classes in the comfort of your home on Monday at 11 a.m. and/or Wednesday at 10:30 a.m. The best part is that they are free for Regency residents. This is a link to a Deep Breathing Video: deep breath.MOV. I am also going to put the video on Ron Post's email for you to watch and learn. Please look for the link to the Deep Breathing Video on Ron's email. But it is a good idea to learn these breaths under the guidance of a yoga instructor to make sure that you are doing them right and reaping the full benefit.

Before we learn yogic breaths, let's understand what *Pranayama* means. *Prana* means "vital energy" or "life force." It is more subtle than air we breathe or oxygen. *Ayama* means "extension" or "expansion." Thus, the word *Pranayama* means extension or expansion of the dimension of *prana*. *Pranayama* utilizes breathing to influence the flow of *prana* in the energy channels and the five yogic bodies. It activates and regulates the life force energy to go beyond one's normal boundaries and limitations and attain a higher state of vibratory energy. Things to remember before starting to practice yogic breathing:

1. Always clean your nose with warm water and take all the gunk out. If someone has sinus issues, he/she can also use a Neti pot.
2. Brush your teeth and wash your face or take shower. Do not take shower immediately after the practice.
3. Always breathe in and out through nose unless instructed; learn and practice first under the guidance of a yoga teacher.
4. The best time to practice is early morning or after sunset and on an empty stomach.
5. Sit in a comfortable meditative posture on a mat or in a chair with the spine, neck and head erect but relaxed.
6. Most important is to **Avoid Strain**. Listen to your body and stop if feeling strain. Practice slowly with a few breaths and increase slowly with time. Rest between breaths.
7. **Avoid practice** when you are

- sick or have a cold.
8. A sensation of itching, tingling, heat or cold, lightness or heaviness may occur due to purification or release of toxins. Just relax and rest. Do not strain.
9. No smoking.

Deep Breath: The most important yogic breath is **Deep Breath** because it will be incorporated in all yogic breaths. To get 100% benefit of other breaths, master the Deep Breath first. If you watch a newborn's tummy, you will notice how rhythmically and deep it goes up and down. As we grow older, due to everyday stress some of us actually forget to breathe or breathe opposite to normal breath or just take shallow breaths. If you find that you get tired very fast or your breaths are short, practice and you will overcome lots of issues. Deep breath is also called

abdominal breath, three-part breath (filling three parts of your lungs) or sedative breath and is a good one to **fall asleep**. Sit comfortably; place your hands below your navel and inhale, as deep as you can. Diaphragm moves downward, pushing the abdominal contents down and outward. During the exhale, the diaphragm moves upward and abdominal contents move inward. Close your eyes and visualize as if it's a balloon, inflates as you breathe in and deflated as you breathe out. **DO NOT STRAIN**. Rest after a few breaths. Start with three sets of five breaths and slowly increase over a few weeks. Rest and relax.

Alternate Nostril Breathing (Anuloma-Viloma or Calming Breath): As the name indicates, in this breath you are alternatively breathing from both nos-

(Continued on page 13)

Beyond Words

(Continued from page 10)

in individuals with the lowest performance. It would be better if they realized that "the more we know, the more we can see how much we don't know."

• *Comfortable being comfortable* – We like to hang out with people who think the way we do. We don't like to listen to a point of view we disagree with. There's a concept called "group think" which is a tendency to go along with the group. When we watch TV or listen to the radio, we tend to enjoy those channels or stations with whose bias we agree. It goes along with the concept of being comfortable.

Is it truly possible to make good decisions without the attention and thinking we use in *System 2*?

Consider the following when making decisions:

- Don't only pay attention to information that confirms your opinions
- Don't assume most people share your opinions
- Don't learn a little about a topic and assume you know all you need to know
- Don't rush to judgment – there may be other information that may cause you to change your original decision. The best decisions are made when we:
- Are not under cognitive strain – put off deciding until you feel capable of doing so
- Purposefully seek diverse opinions and ideas
- Avoid group think – encourage others to ask questions, encourage dissent so that all viewpoints are carefully considered

When you read a newspaper or hear the news on TV do you use *System 1* or *System 2* thinking?

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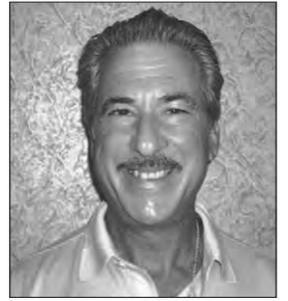
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Healing Ourselves Naturally



By Steven Soffer N.D. MH

What...to eat or not to eat. That is the Question.

After graduating college, before medical school, friends and I opened up a vegan restaurant in Key West, Florida. This was 1975. Many famous and interesting people came through the restaurant. One day a man came in that was on the thirty-fifth day of a forty day fast. He had just seen Dr. Alvira Fulton, an expert in bowel management and fasting. She was the doctor that the famous comedian Dick Gregory saw. She helped Dick lose 150 pounds and created a liquid seaweed diet, which he exclusively used running across the United States. This was all he consumed. The gentleman at the restaurant was very interesting and had much to say about fasting. He convinced me to try it. I only did it for 12 days, but for those 12 days all I had was lemon water. Fasting is an amazing way to detoxify your body, give it a break and lose weight at the same time. Not all fasts are alike. Some people do juice fasts and consume nothing but organic fruits or vegetable juices. Some do bone broth; some do soup. There are numerous ways to fast, detoxify, and cleanse the body.

Phil Mickelson, a professional golfer for over 20 years, has started fasting as well. Phil needed a change. Since he won at Pebble Beach last February, his game slowly began to sink. His body needed a re-set, so he fasted for six days in July, consuming only water and a special coffee blend. This was Phil's recipe: 12-16 ounces of Ethiopian coffee, 2-3 tablespoons of MCT or XCT oil, which helped burn fat and increase energy, one large scoop of flavorless collagen protein powder, a dash of Himalayan pink sea salt, a small glass of almond milk, 200mg of the relaxing amino acid L-Theanine, one tablespoon Manuka honey and one teaspoon cinnamon. Phil's directions were simple. Upon waking, drink 16oz of pure water. Brew 12-16oz coffee and blend all ingredients. Down it quickly and then drink pure water the rest of the day. "The first two days are brutal," Phil said. It gets easy after that because you feel so good. Phil initially lost 15 pounds and has dropped the same in the months following. He says he has incredible sustained energy now and is eating much healthier. You don't have to do Phil's fast. You can try just eating less or not eating at all for a day or two. Especially during the pandemic, many of us have gained weight being at home. So an initial day or two of fasting could be quite beneficial to almost everyone and clearly inspire one to lose some weight.

In February 2020, the Centers for Disease Control and Prevention presented data on obesity rates in America. A startling 42.5 percent of American adults are obese. An additional 32 percent are overweight. That is three quarters of the adult population of America. The situation is projected to get worse. A study published in the *New*

England Journal of Medicine estimates by 2030, the percentage of obese American adults will rise to about 50 percent. The increase in medical costs per person are astounding. Almost \$3500 each! Unless we do something about this, the financial burden for obesity-related medical costs will explode in the next decade. That is almost \$450 billion annually!

Obesity is the underlying cause of one out of five deaths in America. We are in the midst of an obesity epidemic that is just surging out of control. Obesity contributes to hypertension, diabetes, high cholesterol, other cardiovascular diseases, Alzheimer's, and at least 13 different types of cancer. Genetics do play a role in all of this but sedentary lifestyle and diets high in very processed foods, diet and regular soda, ice cream, breakfast cereals, most fast foods in general, and fast heat- and -serve dishes are a major reason for the increase in obesity. I believe the best diet with the most supporting research for weight loss and overall health is the Mediterranean diet. It is loaded with vegetables, fruits, whole grains, beans, nuts, seeds, extra virgin olive oil, fish and seafood, and small amounts of organic poultry, eggs and dairy, with very little meat and sweets.

Populations having the lowest intake of processed foods, called blue zones, like Sardinia, Italy, Ikaria, Greece, Okinawa, Japan, Loma Linda, California and Nicoya, Costa Rica, live an average of ten years longer than those with the typical American diet and have more people living over 100 than anywhere else in the world. Drinking diet soda

or using artificial sweeteners actually **increases** the risk of obesity! Regular consumption of artificially sweetened diet soda causes a 60 percent increase in obesity! Diet soda does have fewer calories but the artificial sweeteners create changes in the gut flora and that is the primary reason people gain weight on diet soda.

So, if you want to lose weight, even just take off a few extra pounds, try the simplest of all exercises first...walking. I like to walk every day, much of which I actually do in the house. I created a small walking track on the first floor of our home. It goes through the living room, kitchen, breakfast nook, and dining room. It is almost like an oval track. Every five laps I take, I go up and down the stairs as well. It takes 40 laps to do a mile...2200 steps. I like to do this twice a day after eating. Lighten up your caloric load, drink lots of pure water, try the Mediterranean diet, ditch the artificial sweeteners, substitute with stevia, a natural plant-based zero calorie replacement, and get walking. If you are brave and ambitious, try fasting for a few days. You may feel better and lighter for it. Try it! You might **really** like it! What have you got to lose but a few pounds? Steve encourages questions and comments from free-thinking individuals.

Home Trends

By Cheryl Hand

Re-Sale Update for 2020

The re-sale market in Regency this year came to a complete stand still the week of March 16. Until mid-June, we did not have any new sales or re-sale properties on the market. The realtors in Jersey thought they were doomed for the year, due to the Covid-19 shut-down, and then BAM! Regency became a feeding frenzy for buyers! So many homes sold that currently there are only five homes on the market. The re-sale properties that were listed from mid-June on, sold in a matter of days. They sold close to the asking price, some sold over the asking price, and a few had multiple offer situations. Multiple offers are typical in the Single Family sector but not always in the adult communities. With that said, the Regency re-sale market had its best year ever! Over **FIFTY** re-sales sold and closed in 2020 and there are at least five currently under contract. To help you put these numbers in perspective, 36 re-sales sold in 2019. The prices, for the most part went up and the days on market went down. All signs of a healthy real estate market. Since so many homes did sell, I will not list each one. A personalized mailing listing



all sales in 2020 was sent to every household in the community.

The prices of the 37 Ranch homes that sold, ranged from \$365,000 for a Corsica built in 2001 up to \$700,000 for a Merrick built in 2014. As always, there is a wide range of price in our community. Of these 37 Ranch homes, 22 were Bayhill models – proving that the Bayhill model still reigns supreme as buyer's favorite. The Ranch homes that sold in 2020 had an *average* sales price of \$522,500 with an average of 71 days on the market. In 2019 the average sales price was \$512,000 and days on the market averaged 96.

Fourteen two-story Loft homes were sold with the prices ranging from \$538,000 for a Bayhill built in 2010 up to

(Continued on page 13)

Stay Tuned

By Barbara Potasky

If you have never heard of the limited series *The Queen's Gambit*, then you must not know anyone who subscribes to *Netflix*. After releasing all seven episodes last October, the series quickly became the most-watched miniseries in *Netflix* history! And if you are familiar with the streamer's many popular shows, that's saying a lot! If you are unfamiliar with the title, *The Queen's Gambit* is a series of chess moves. But don't be fooled into thinking this is some boring drama about the game of chess. That would be like saying *Friday Night Lights* was a series about football. And, if you don't understand that reference, I highly recommend you check out that fabulous 2006-2011 series starring Kyle Chandler and Connie Britton on *Hulu* or *Peacock*. But I digress!

The Queen's Gambit stars Anya Taylor-Joy as chess phenom Beth Harmon and takes place mostly in the 1960s. We see Beth as a young girl who is taken to an orphanage after losing her mother in a car "accident." After seeing the custodian, Mr. Shaibel (Bill Camp), playing chess by himself in the basement, she becomes interested in the game, and he teaches her to play. He quickly sees that she is no ordinary player, and soon enough

the nine-year old girl is winning. All the girls at the orphanage are given tranquilizers, and Beth starts relying on them to visualize chess games on the ceiling to figure out moves. When the pills are outlawed, she tries to steal some from the room where they are kept, and she gets caught after overdosing. This early experience with pills leads to problems with drugs and alcohol as Beth gets older and is finally adopted at the age of 13. Sad to leave her best friend Jolene (Moses Ingram) at the orphanage behind, as well as Mr. Shaibel, she goes to live with Alma and Allston Wheatley (Marielle Heller and Patrick Kennedy).

It quickly becomes apparent that all is not well with the marriage, and Allston spends most of his time 'traveling on business.' Alma spends most of her time drinking, taking tranquilizers, and playing the piano. Beth steals some of her pills, the same ones that she used to take at the orphanage. Earlier in the marriage, the couple had a child who died; we never learn the circumstances, but we can see the impact that it had on Alma and the marriage. Beth steals a chess magazine from the neighborhood store and learns about a chess tournament taking place near where she lives in Kentucky. It costs five dollars to enter and since she doesn't have the money, she writes to Mr. Shaibel and tells him she will pay him back ten dollars if she wins a prize. He sends her the money and without telling Alma she goes to the tournament and wins. It is her first experience learning about the rules of tournament play, and it is where she meets her first crush, Townes (Jacob Fortune-Lloyd), as well as Harry Beltik (Harry Melling), the Kentucky state champion who Beth defeats in her final round, and who later becomes a true friend. Af-

ter the tournament she learns that Allston is not coming home. Afraid that she will be sent back to the orphanage (this is the '60s), Alma tells her they will lie so she can stay. When she learns that Beth won the chess tournament, she sees a way that they can financially survive without her husband.

We see Beth continue to win tournaments around the country, accompanied by her mother, who is her manager. Her first international tournament is in Mexico City. After losing to the Soviet world champion, Vasily Borgov (Marcin Dorociński), Beth returns to her hotel, and finds her mother dead in the room. She goes back to Kentucky and spends days drinking and taking pills. Harry, who is now in college comes to see her and winds up moving in with her. He obviously loves Beth, but he winds up leaving once he realizes that Beth is more interested in chess than in him.

Beth goes to New York to prepare for a tournament in Paris. Benny Watts (Thomas Brodie-Sangster), the reigning United States champion, who has beaten Beth in the past offers to train her for the tournament. He helps her get sober, but the night before her final match in Paris against Borgov, an old friend convinces her to go out for a drink, and she is hung-over the next morning, arrives late for the match and loses to Borgov again. Back home in Kentucky, Beth's friend Jolene from the orphanage comes to see her to tell her that Mr. Shaibel, the custodian who taught her to play chess, has died. They go to the funeral, and then stop at the orphanage. Beth goes down to the basement where she used to play chess, and in one of the most touching scenes of the series, she sees a wall full of articles of all her successes, which he cut out and saved.

In the last episode of the series, Beth heads to Russia to play in the World Championship. She wins all her matches, and finally, once again, faces Borgov. I won't spoil the ending for those who choose to watch this terrific series. And, if you don't watch and want to know the ending, you can always check online. Be well, and as always, stay tuned...

Home Trends

(Continued from page 12)

\$862,500 for a Merrimack built in 2015. Ranch homes have always been easier and quicker to sell in Regency, however, 14 Loft homes is a higher number compared to 11 in 2019. The average sales price of these sold homes was \$646,700 with days on market averaging 94. The average sales price of Loft homes in 2019 was \$554,000 with 115 days on market. Once again, the prices increased and the days on the market decreased. This is what we want to happen every year!

Since real estate is not a scientific business, but an emotional one, there is no way for me to predict what to expect in 2021. I will say that with so little on the market, if you have been considering selling your home here, it will sell and most likely will sell quickly. The supply and demand theory explains this. Less competition = higher prices = faster sales. I will keep you updated on a quarterly basis so you can all be aware of what your largest investment, your home, is worth.

Happy New Year to all... wishing you a healthy one. Wear Your Masks!

Yoga

(Continued from page 11)

trils and the durations of inhalation and exhalation are controlled. It is a **good breath for mental clarity, stress reduction by calming your entire nervous system, and to lower your blood pressure.** Sit comfortably in meditative pose or in a chair. Close your eyes and do not breathe through mouth. Close the right nostril with thumb and breathe out through the left nostril. Deep inhale through the left, counting Om1, Om2, Om3, Close the left nostril with ring finger. Open the right nostril and count while exhaling. Deep inhale through right, close right nostril with thumb and exhale through left. Breathe in through left, close and breathe out from right. Do 10-12 breaths, rest and repeat two more rounds of 10-12 breaths. Eventually your aim is to double the count of your exhale e.g., five counts in inhales to 10 counts in exhales. During this process the air is going through your three sinus cavities from right to left and left to right vibrating your Vagus nerve, which sends a signal to all the nerves to calm down hence lowering stress and blood pressure. If you do not feel the effect of this breath, please join our Zoom session or learn under the guidance of a yoga instructor.

Next month, we will learn Bee breath to keep sinus problems at bay. Until then, take care, be well and stay safe. Love - Jaya

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Resident Phone Numbers in Articles

While many residents are mentioned in articles as people to “get in touch with,” their phone numbers are not. The policy of the Regency Reporter is not to print phone numbers in articles. The phone numbers of residents mentioned in articles can be found in the Regency Directory.

Thank you for your understanding and cooperation.

The Editorial Board

Board of Education Organizes for 2021

By Doug Poye

At the annual reorganization meeting of the Monroe Township Board of Education on January 4, the members of the Board unanimously voted Michele Arminio to serve as its president for 2021. For vice president they elected Adi Nikitinsky who, when invited, chose not to speak of his qualifications prior to the vote. Subsequently, during the public session several members of the public called to speak of the need for change and to congratulate the new officers. As in the past, this meeting was held using Zoom technology. Other callers spoke of the need for the Board to continue to look at the need for more classrooms. Despite its efforts to address this problem, the Board’s two most recent referenda did not receive a favorable vote from the public. Clearly, the new Board will be spending time during the year on trying to find a remedy for housing the township’s ever increasing student population. There were also callers expressing the need for Monroe to increase the amount of instructional time for students engaged in remote learning as well as callers who wanted their children to return to the classroom. As the new president, Arminio was generous with the Board’s time when accommodating public comment and even agreed to accepting emails from the public that would be read during the next meeting. The desire to accommodate public input is commendable but may lead to meetings that are even longer than in the past when they often ran to 11 p.m. or later.

During the business portion of the meeting the Board voted to expand the free and reduced lunch program to include breakfast. During discussion prior to the vote Business Administrator Michael Gorski indicated that slightly more than 600 students were currently using the lunch program and that he projected a similar number would participate in the breakfast option. He also stated that most meals are picked up by parents with a limited number being delivered by transportation personnel. Because the cost of producing these meals is about half the amount subsidized by the state, the Board will see a profit, which will lessen the impact of reduced funds from the meal program when schools were operating prior to the Covid-19 crisis. Additionally, the Board directed that the administration should proceed to advertise for an in-house attorney to replace the one who resigned in December. During the discussion of this action the Board learned that having an in-house attorney saved approximately \$100,000 each year based on past experiences.

A Virtual meeting of the Board is scheduled for February 17. Members of the public interested in participating in meetings may do so by going to the district’s website: www.monroe.k12.nj.us and selecting the “Bd Of Ed” tab at the top. If the meeting has already been held, then a video of the meeting will be available for viewing a few days later.

This article is written by a former member of the Board of



Education and has not been written at the request of the Board. It is provided for informational purposes to the members of this community.

Tech Trends

By Don Haback

Malware Issues Must Always Be Addressed

I continually try to stay up to date on all issues that may affect the proper operation of our computing equipment – and these include detailed attention to discovering and removing malware of all kinds. I’m always reviewing various industry sources, paying careful attention to our use of the Internet. We all use the Internet regularly, starting by getting our email there – and continuing by shopping, getting news, and doing various research. Just about all of the malware we get (as personal users – business users may face other issues) comes from the Internet so we have to be extremely careful with the sites we visit. Last month’s issue detailed the need for all of us to regularly change our passwords. This month, we’ll look at another major source of problems – malware that’s installed (sometimes unknowingly) directly on our systems – primarily into our Internet browsers.

Wait! What’s a browser? Again, we’re basically aware that the browser is our main entrance to the ‘wonderful world’ of the Internet. How do we get to our Google searches? Our emails? Our banks and brokerage houses? Our browsers are the key. Browsers are applications, running on our systems – and controlled by our computers’ operating systems. The primary browsers are Internet Explorer, Apple’s SAFARI, and Microsoft’s EDGE (for Microsoft PCs). Other main browsers are Google’s CHROME (I have this on my MAC and PC) and Mozilla’s FIREFOX. Yes, there are literally hundreds more of them. I use all of these plus a few more. As our Internet browsers interface with the Internet, our browsers are also the primary way that malware can get into our systems – and therefore, the main place where they can be defeated – or at least diminished. There are several ways that these ‘anti-malware’ actions can be taken – some before the browser (in our operating systems themselves), others inside the browsers, and more after (or ‘between’) the browsers and ourselves as the users. The following, taken directly from Apple, defines its basic anti-malware strategy: “Apple provides layers of protection to ensure that apps are free of known malware and haven’t been tampered with. Users can access these apps on their Apple devices

without undue fear of viruses, malware, or unauthorized attacks.”

In general, WINDOWS-based systems are more susceptible to malware than are Apple products. However, Microsoft also has a large amount of anti-virus capability built into its operating systems, including WINDOWS DEFENDER. There has been – until the latest releases of Windows – nothing similar to Apple’s ‘sandbox,’ which basically requires all apps be certified before being released by the Apple Store. Now, most Windows applications can only be loaded through the Microsoft Store (but there remain several ways to avoid it). Each of the browsers – those that have lasted – has incorporated unique ways to attack and defeat malware. Each also requires regular updating to assure that you’re using their best solutions.

The primary ‘after the browser’ tools are the various anti-virus and anti-malware apps available today. Looking at the PC environment, Microsoft included WINDOWS DEFENDER is reasonably good by itself – but I like to extend it by using additional FREE software rather than the ‘paid’ offerings from Norton, McAfee, BitDefender and others. I would note that McAfee and Norton products are also available for Apple product users. My general ‘go-to’ starting point is to download – USE AND REGULARLY UPDATE – MALWARE-BYTES. This app is free, in basic form, for both Apple and PC users, and does a good deep dive approach to finding and removing malware of all kinds. There is an up market version that adds several nice features, but the free version seems to work nicely. It’s not ‘automatic,’ but this is not a problem for most of us. I have MALWAREBYTES on both my MAC and all of my PC systems, use it regularly and recommend it.

In addition to MALWARE-BYTES, I also use AVAST antivirus and CCLEANER on my PCs. Both of these are available for both PCs and MACs. I’d note that AVG, another good name for antivirus, is a subsidiary of AVAST. I used to use AVG but have replaced it in all my systems. CCLEANER, while not a pure antivirus app, does an excellent job of maintaining the basic functions of my machines, removing ‘junk,’ and keeping my browsers effi-

(Continued on page 15)



Hope - My Strength

By Anil Shah

After a tumultuous 2020, I HOPE our life during 2021 will feel a lot more normal. I do not possess the wisdom or knowledge to seamlessly solve all the difficult challenges that are thrown at me in my regular life, many because of circumstances that are beyond my control. Each time, in my efforts to arrive at a solution or result of my liking, I have been using (or abusing) one word - hope. Hope has helped me face adversities and find solutions or make necessary changes to adapt to new situations. It has also enabled me to continue my march forward with a positive attitude. I am a fluent English speaker, but it is my third language (my mother tongue is Gujarati and my national language is Hindi). I frequently use certain words in my regular communication, business and personal. Although I know their meanings in general, my curiosity led me to dust off my dictionary and investigate further the meaning of the word 'hope' because it's use has had a profound impact on my daily life. Google search was also helpful, but it exposed me to unlimited numbers of lengthy articles and links to books on the subject and it's importance in our lives – social, business, religious, spiritual, political, psychological, scientific, and much more. After an hour, my head started spinning!

I was content with the following simple definitions of hope: *To cherish a desire with expectation of fulfillment, or A feeling of expectation and desire for a certain thing to happen.* Hope is our belief that things will get better and happiness will return. It helps us accept the negative or adverse situation and motivates us to take steps to achieve it. Having hope has a positive impact on our lives, and it reduces stress. Each day, we use this word freely without giving much thought to it. Just a part of casual conversation. Some examples are: I hope you like it; I hope I am not late; I hope to be back shortly; I hope to see you (or not?!); I hope the store is open; I hope my clothes fit me; I hope I am not intruding; I hope I lose 10 pounds, and so on. The outcome of such hopes may have very little impact on our life, long term.

However, when we use this same word for more important

objectives or events, the outcome is more dramatic, and its impact far reaching. A few examples are: I hope I don't lose my job; I hope my surgery is successful; or I hope my relationship with an immediate family member improves.

Normally, almost always, we hope for positive results for ourselves and others. Occasionally we also hope for negative results, typically for others only. Such as: I hope he/she is not successful or worse, depending on our changing emotions and experiences. When we encounter situations that are beyond our control, we hope for positive results that not only benefit us individually but also benefit a group, community, or the entire human race. How many times do we think or say: I hope they find a cure for cancer; I hope they find a vaccine for this deadly virus; I hope the economy improves; I hope the country returns to stability, etc. Sound familiar? Then there are hopes that have no chance of achieving positive results. These are hopes without hope. Or perhaps more simply put, pipe dreams. What are my chances of winning the US Open or the PGA Championship?! I

hope I win the Power Ball Lottery!

One cannot live without hope. To live without hope is to cease to exist because it is hope that gives us a window into the future. If you are hopeful about something, you are optimistic. Optimism is healthy. Pessimism is unhealthy. Without hope, one can be forlorn. Hope and despair are linked. The great George Bernard Shaw may have put it best: "He who has never hoped can never despair."

At times, we also pray to fulfill our desires or wishes. I have always wondered if there is a difference between Hope and Prayer. Which is better? If I go by the written definition, Hope promotes the belief in a positive outcome related to events or circumstances in one's life. Prayer is based on one's faith and it is spiritual. However, beyond that I have not been able to find a satisfying answer. In my personal life I have found that both are essential.

Thank you for reading. I HOPE you and yours have good health, good wealth, and happiness!

Stay safe and stay well!

Manage Medical Conditions during COVID-19

Diabetes and heart disease are two pre-existing medical conditions that researchers believe contribute to elevated risk of severe complications from COVID-19. In fact, patients with two or more pre-existing conditions have 4.5 times greater risk of needing treatment at a hospital if they contract COVID-19, according to estimates by the Centers for Disease Control and Prevention.

How Diabetes Affects Heart Health

If you have diabetes, your body either makes too much or not enough insulin, which results in too much glucose in your bloodstream. Over time, high blood glucose levels can increase damage to your organs, including your heart, brain and kidneys.

Diabetes is associated with a buildup of plaque that can clog arteries, so the longer you live with type 2 diabetes, the higher your cardiovascular risk. At least one-third of people with heart failure have diabetes, and heart disease is the leading cause of death and a major cause of heart attacks, heart failure, strokes and disability for people living with type 2 diabetes.

Managing high blood pressure and high cholesterol, which are common in people with type 2 diabetes, along with keeping blood glucose levels in check, supports heart health and may also prevent or slow down progression of chronic kidney disease – another condition that heightens the risk of severe COVID-19 complications.

COVID-19 Precautions

Considering that people with conditions like diabetes and heart disease are at higher risk for severe illness from COVID-19, it's especially important to keep health-related numbers in

healthy ranges and manage these conditions, in addition to taking precautions against contracting the virus. Consider these tips from the American Heart Association and American Diabetes Association:

- If you've delayed or postponed medical appointments due to COVID-19, it's vital to resume them, either in person

(Continued on page 16)



Barbara Cohen
With over 35 years
of experience,
I get results!



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

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Do you have information to share?

Do you love to write?

Why not join the Regency Reporter team?

We are always looking for new contributors!

The Regency Reporter would love to have you!

Contact Nina Wolff to discuss your ideas.

nwolff0325@aol.com

Tech Trends

(Continued from page 14)

cient too. I would note that MAC DEFENDER, named to mimic WINDOWS DEFENDER is A VIRUS! NEVER DOWNLOAD IT! If you want to maintain your systems properly, minimize the likelihood of 'infections,' and clean out any that get into your systems, you ABSOLUTELY MUST MAINTAIN a good set of antivirus and anti-malware tools. You may have favorites that are different from mine, but, regardless of your choices, updating and running them often is mandatory. Please feel free to contact me if you'd like to discuss this or if you have any other questions or concerns.

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Manage Medical

(Continued from page 15)

- or through virtual options.
- Continue to take medication as prescribed. If you've lost your medical insurance or can't afford it, talk to your doctor or pharmacist about available resources. Stopping your medication without talking to your health care provider could lead to serious illness or death.
- Know your numbers. If you have diabetes, check blood glucose levels frequently and make necessary adjustments to insulin and diet to keep levels under control. If you have high blood pressure, make sure to monitor that number regularly from home.
- Manage stress, which can also

impact blood glucose and blood pressure levels. In addition to maintaining your social support network (even if it's through social distancing), exercise, adequate sleep and meditation can help improve your mental health.

- If you or someone has symptoms of heart attack or stroke, remember to call 9-1-1 as the hospital is still the safest place to go in a medical emergency.
- If you have diabetes, talk with your doctor about ways to reduce your risk of heart attack, heart failure, stroke and COVID-19.

Visit KnowDiabetesbyHeart.org for resources like diabetes-friendly recipes, success stories and a list of questions to ask your doctor.

(Family Features)

The Pet Corner



Meet celebrity, 15-year-old "Max" Wandy, a Shih Tzu of royal descent as he struts his stuff going into his palace to get some sleep. It was a pleasure taking photos of him as he tolerated me getting his attention. Max is the constant companion to Steven and Marilyn who keep the love of their life going.

Photo by Bea Siegel

By Bea Siegel

Winter Woes and Fun

December gave us a beautiful snowfall to brighten the holiday season. Hanukkah candles through the windows we see, and bright shiny lights from Christmas trees. Decorations were all around, but slippery

slopes on the ground.

Hold the Salt

De-icing and salt chemicals are unsafe for your pets, but especially harmful if ingested, which can happen when your dog licks their paws after a walk. As soon as you get home, wipe your dog's feet with a clean dry towel, or dampen it to loosen up any debris or snow stuck in the hair, or in-between toes on your dog's feet. The salt can dry out your dog's pads causing cracks, it also irritates the skin between the toes, which causes pain in a cut or scrape. We hold our breath when we see trucks salting the roads and sidewalks. Salt-based chemicals work by lowering the freezing point of water, which results in very cold slush. If you have a long-coated dog, be sure the hair around the feet is trimmed, otherwise your canine friend



will try to loosen up snow or ice caught in the hair, which looks like small hanging snowballs. At a shop in Englishtown you can find Four Paws Paw Guard with lanolin, which protects and restores moisture to the pads. Apply it very lightly on the paws before leaving the house. Don't use a lot or every day, since too much moisturizer will soften the pads; the pads should be kept tough, but not too hard, and you must avoid cracks. Also, Musher's Secret protects and keeps pads from drying out. Ask your veterinarian what they would recommend. Walking your dog keeps their pads normal and toenails short. If anyone has a recommendation of what canine moisturizer they use on their dog's feet, please let me know, and it will appear in my next article. You can call me (I'm in the book). I'd love to hear from you.

These Boots Were Made for Walking

Ice, salt, freezing temperatures, and slush from snow to rain does havoc to your canine's paws, and like all fashionable canines, booties work well to protect their feet, but not every dog will accept them. Many dogs just need time to adapt to them. Take for instance, "Coco," a beautiful Portuguese Water Dog and resident of Regency. She knows she's a diva wearing her fashionable winter coat and booties during her walks with her human companion, Beverly. My dog Lance, a handsome Golden Retriever, refuses to wear them, so Coco walks by him and with a wink in her eye, saying, "She's a lot smarter wearing them, rather than getting her feet wet." (It's their body-language talking to each other.) Preventing problems before they begin allows us to enjoy walks while the snow is falling and the plows have not yet cleared our drive-ways.

Note

Keep anti-freeze in an area where your dog or cat can't get to it - it's lethal if ingested. Never give human medicine or pills to your pet. If needed, call your veterinarian for specific advice.

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LABORATORY AND NURSING SERVICES

Available at Regency at Monroe
Penn Medicine Princeton Health exclusively offers
Regency at Monroe residents phlebotomy and
nursing services in the Clubhouse. See details below.

LABORATORY SERVICES

Phlebotomy services (blood draw) are provided
Every Tuesday from 7:15 a.m. – 9 a.m.

By appointment in the Clubhouse.

To make an appointment with our assigned phlebotomist,
please contact Regency at Monroe's concierge desk
at 732-605-9800.

Please note: a laboratory prescription from your
doctor is required at the appointment.

Masks must be worn

Do not arrive more than five minutes prior to appointment

You will receive a call on your cell phone

when you should come to the back door

The phlebotomist will escort you in

The room will be sanitized after each appointment

For more information, call 732-605-9800.

The Jewish Heritage Museum of Monmouth County
presents

A Program on  zoom

Relationships During the Covid-19 Pandemic

A Talk by Dr. Jay Levin

Dr. Jay Levin, a licensed psychotherapist, in private practice specializes in marriage and couples counseling, child counseling and adult therapy. He is one of very few psychotherapists personally trained by Dr. John Gray, author of *Men are from Mars, Women are from Venus*. He is a past president of the New Jersey chapter of a prestigious children's therapy organization, and an active member of the Jewish Business Network. Dr. Levin holds an undergraduate degree from Rutgers University and advanced degrees from Yeshiva University and California Coast College. He is in private practice at Monmouth Focused Counseling Center in Colts Neck.



Dr. Jay Levin

Sunday, February 21, 2021
2 PM

\$7 MEMBERS, \$10 NON-MEMBERS

To make a reservation, please call the Museum at 732-252-6990.
You will receive an email with the Zoom link after your
registration is processed by the Museum.

Funding has been made possible in part by an operating support grant from the
New Jersey Historical Commission, a Division of the Department of State, through
grant funds administered by the Monmouth County Historical Commission.

The JHMOMC is a tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code.

SPORTS

Regency and Friends Bowling

By Neil Diamond, President

Another successful Regency and Friends fall season came to an end on December 10. As the last night of bowling began two teams competed for first place and when the three games were completed, total points were tied. A one-game roll-off was required and that exciting match wasn't decided until the tenth frame.

Congratulations to our Fall Champions Bill Palmieri and Mike Palmieri as they defeated Peter Fiorello and Michael Kircher.

Other League

Accomplishments Include

- High Average: Bill Andruzzi – 200
- High Series: Rich Smilowitz – 692
- High Game: Tom Tomasulo – 299

Our league is enormously proud of our **Most Improved Bowlers**. These bowlers have shown their ability to work hard, focus and simply get better throughout the season. They increased their averages from the inception of the fall season. Those bowlers are:

- Bill Palmieri – 26 pins
- Michael Kircher – 22 pins
- Brian Dubin – 19 pins
- Jim Florin – 19 pins
- Gerry Guidice – 19 pins

Looking Forward

The Regency and Friends Winter League began on January 7 and runs for 10 weeks. We're proud to note that the upcoming league is full. As the New Year begins, we will start



registering bowlers for the Spring League, which will probably start the last Thursday in March and will run for 12 weeks.

Please Note

With the pandemic having impacted our lives as it has, we've been quite fortunate to be able to bowl. Bowling centers in New Jersey were permitted to open in July and we're hoping they will continue to remain open as so many of us enjoy the game. Working closely with the bowling center, we took steps to do everything within our power for bowlers to enjoy themselves while they maintain social distancing. Thankfully, everyone has been healthy and God willing it will remain that way. All bowlers who choose to bowl are given the opportunity to do so, however we emphasize to everyone to do what's right for themselves and their families. **Social distance bowling requirements will remain in effect throughout the winter season as well as our spring season.**

If anyone is interested in joining future Regency and Friends Bowling Leagues or has any questions, please feel free to contact me. I'm listed in the Regency Phone Directory

Around the Township

Stephen Dalina Takes Oath of Office as Township Mayor

Councilman Serves as Mayor Until Special Election in November



Stephen Dalina

Councilman Stephen Dalina has been appointed as Mayor of Monroe Township.

Dalina and his family have been active members of the Monroe Township community for more than two decades. He was elected councilman at-large in 2011 and served as council president from 2017 through 2019.

A special election will be held in November to elect the candidate who will fill the unexpired term of the late Mayor Gerald W. Tamburro, who passed away on December 30.

The Monroe Township Democratic Committee submitted three candidates and the Township Council selected Dalina.

Dalina took the oath of office during the council's January 20 meeting, pledging to continue to fulfill the objectives that Tamburro established when he was re-elected in November 2019.

In his remarks, Dalina expressed appreciation to his family for their support, as well as offered a special acknowledgment to his late father, Stephen "Pete" Dalina, who served on the county freeholder board for 19 years and was director in 2009. "My dad is always in my heart and I carry his guidance and wisdom with me every day of my life," said the mayor, noting his brother, Rick, and his nephew, Kevin, have also been inspired to serve the public in elected office in Middlesex County.

The new mayor expressed his appreciation to the municipal staff, as well as the township's emergency responders and volunteers, who continue to assist residents during the lingering pandemic. As state, county and local officials focus on vaccinations, Dalina said, a main objective of his office is to ensure Monroe residents are aware of all local opportunities to receive these vital inoculations.

"My initial goal will be to fight to get increased quantities of the coronavirus vaccine to Monroe as soon as possible," Dalina said. "Right now, I'm very concerned about the limited number of vaccines coming from the federal and state stores. I take this very, very seriously and I will make sure our voice is heard."

Dalina said another top priority will be to reach out to various constituents in the township, from leaders of boards and commissions, to department

heads, to the Board of Education to state officials who represent and serve Monroe. "I want to engage in these important conversations and foster inclusivity, as we all work toward a common goal," the mayor said.

The new mayor has been heavily involved in volunteer service for Monroe. He formerly served as chairman of both the Monroe Township Zoning Board of Adjustment and the Recreation Advisory Board. He is a past member of the Monroe Township Baseball Association Executive Board, serving as League president in 2007 and 2008, the former president of the Rutgers Club from 2005 to 2010, and previously served as secretary, treasurer and president of the Northern New Jersey Chapter of the Association of Records Managers and Administrators.

As a Council liaison, Dalina currently sits on the Monroe Township Library Board, the Citizens Review Board as chairman, the Affordable Housing Commission as chairman and the Recreation Advisory Board.

Dalina, a Woodbridge native, moved to the third ward with his wife, Susan, and two children in 1998. He is the director for Rutgers University's Business and Administrative Services, as well as served as a part-time lecturer in the School of Communication at Rutgers. He earned his bachelor of arts degree from Rider University and has a master of library science degree from Rutgers.

FATS

THE GOOD THE BAD & THE UGLY



✓ GOOD

Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

SOURCE

Plant-based liquid oils, nuts, seeds and fatty fish

EXAMPLES

- Oils** (such as canola, olive, peanut, safflower and sesame)
- Avocados**
- Fatty Fish** (such as tuna, herring, lake trout, mackerel, salmon and sardines)
- Nuts & Seeds** (such as flaxseed, sunflower seeds and walnuts)

✗ BAD

Saturated Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke

SOURCE

Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

EXAMPLES

- Beef, Pork & Chicken Fat**
- Butter**
- Cheese** (such as whole milk cheeses)
- Tropical Oils** (such as coconut, palm kernel and palm oils)

✗ UGLY

Hydrogenated Oils & Trans Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

SOURCE

Processed foods made with partially hydrogenated oils

EXAMPLES

- Partially Hydrogenated Oils**
- Some Baked Goods**
- Fried Foods**
- Stick of Margarine**

American Heart Association Recommendation

Eat a healthy dietary pattern that:

Includes good fats

Limits saturated fats

Keeps trans fats as LOW as possible

For more information, go to heart.org/fats

In Memoriam

Gerald W. Tamburro



Gerald W. Tamburro

Monroe Township Mayor Gerald W. Tamburro, who served in elected office in Monroe for 19 years and dedicated decades of his life to public service, passed away peacefully on Thursday, December 31, surrounded by family. He was 84.

He was elected as second-

ward councilman in November 2001. He went on to serve as council president for eight years before being elected mayor in 2015 and re-elected in 2019.

“Mayor Tamburro was a tireless and passionate advocate for Monroe Township residents and served the township with love and pride,” said Council President Miriam Cohen.

Mayor Tamburro became involved in public life shortly after moving to Greenbriar in 1997. Born in Newark, Mayor Tamburro grew up in Nutley.

He joined the U.S. Army in 1957 and was discharged in August 1964. He attended Seton Hall University, where he earned a degree in banking. He landed his first banking jobs at Boonton National Bank in the 1960s.

He was married for 60 years to the late Carole (Lombardo) Tamburro. They resided in East Brunswick where they raised six children. The couple moved to Monroe in 1997 in retirement.

Mayor Tamburro served as

vice president of commercial lending for the National State Bank of Elizabeth and as president of a community bank in New Jersey. He also earned a graduate degree from the Stonier Graduate School of Banking at Rutgers University.

He often spoke of his years of military service and its lasting effect. He still kept his old Army-issued foot locker, where he stored his shoe polish. He valued and honored all veterans and made it a point to personally thank veterans whenever possible.

His close friend was former Monroe Mayor Richard Pucci, who always appreciated Mayor Tamburro’s intelligence, extreme punctuality and focus on serving the community at-large.

“There was not a day when we wouldn’t speak,” Pucci recalled. “We had an outstanding, open-door relationship. Jerry was very special to me. He was a great public servant, and with his career in banking, he was very detail-orientated, especially when it came to finances.

His advice was exceptional. He kept a close watch over the town, with plenty of integrity, which is what you need to do as mayor.”

Mayor Tamburro is survived by his two sons: Gerald Tamburro, Jr. and his wife June and Peter Tamburro and his wife Alba. He has four daughters: JoEllen Schmidt, Susan Kinsey

and her husband Kevin, Lynn Manza and Cynthia Lombardi. He is also survived by a sister, a sister-in-law, nine grandchildren, and three great grandchildren.

Donations may be made in the name of Mayor Tamburro to the Monroe Township Library Foundation, 4 Municipal Plaza, Monroe Township NJ 08831.

Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals and not cheating on sleep, can all benefit your heart.

Because heart disease is largely preventable, focusing on improving your heart health is important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk, according to the National Heart, Lung, and

Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

“Studies show self-care routines, such as taking a daily walk and keeping doctor’s appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke,” said David Goff, M.D., NHLBI’s director of cardiovascular sciences.

It may be easier than you think to “put your heart” into your daily routine. Each Sunday, look at your week’s schedule and carve out 30 minutes for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep or make a medication checklist. Then seek out support from others to help you stick to your goals.

Consider these self-care tips to try each day to make your heart a priority:

Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself.

Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range.

Tasty Tuesday

Choose how you want to approach eating healthier. Start small by peppering your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension (DASH) eating plan, which is scientifically proven to lower blood pressure. DASH is flexible and balanced, and it includes plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains and low-fat dairy products.

Wellness Wednesday

Don’t waffle on your wellness. Move more, eat a fruit or vegetable you’ve never tried, make a plan to quit smoking or vaping or learn the signs of a heart attack or stroke. You could be having a heart attack if you have chest and upper body pain or discomfort, shortness of breath, cold sweats, nausea or lightheadedness. You might be having a stroke if you experience numbness in the face, arm or leg; confusion; trouble talking or seeing; dizziness; or a severe headache.

Treat Yourself Thursday

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit and meditate, go for



During the COVID-19 pandemic, emotional resilience is vital.

RWJBarnabas Health Institute for Prevention and Recovery’s Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of virtual services, this program aims to assist those impacted by the pandemic to better adjust to their new reality, mitigate stress, review options, develop coping strategies, and, if needed, find linkages to agencies, programs, and other resources in their community.

Services will be provided in **Essex, Hudson, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties.**

For more information, contact:

hopeandhealing@rwjbh.org
833-795-HOPE (4673)

Focused services provided for:

- Healthcare workers
- First responders
- Seniors
- Children and families
- Individuals with substance use disorder

rwjbh.org/hopeandhealing

Institute for Prevention and Recovery

RWJBarnabas HEALTH



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services’ Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

(Continued on page 19)

New Year Nutrition

Take on 2021 with a Sustainable, Low-Carb Eating Plan

A new year brings with it new opportunities to better yourself in all kinds of ways, including your health. Start by evaluating your at-home menu to make sure it aligns with your nutritional goals.

These recipes for Vegetarian Ramen Zoodle Bowls, Broccoli and Bacon Egg Bites and Flourless Salted Peanut Butter Chocolate Chip Cookies from Atkins offer better-for-you options that fit within a low-carb lifestyle that can help you eat right and make smarter choices in your kitchen. Each option offers a balanced approach to eating comprised of high-fiber carbohydrates, optimal protein and healthy fats. Plus, they're easily personalized, allowing each recipe to help you meet your goals regardless of what eating plan you're following and whether you're looking to achieve weight loss, maintain your weight or achieve optimal health.

Vegetarian Ramen Zoodle Bowls

Recipe courtesy of "The Atkins 100 Eating Solution"
Total time: 30 minutes
Servings: 4
4 large eggs
ice water
2 cups fresh water
1 quart vegetable broth
5 ounces (3 cups) broccoli florets, cut into bite-size pieces
10 ounces (4 cups) spiralized zucchini
5 ounces (5 packed cups) baby spinach
1 tablespoon, plus 2 teaspoons, white miso paste
¼ teaspoon kosher salt, plus additional, to taste, divided
1 tablespoon toasted sesame oil, plus additional for garnish, to taste
2 cups mung bean sprouts, for garnish
chili garlic sauce, for garnish
1 cup shredded raw carrot, for garnish
4 tablespoons crushed peanuts, for garnish

In large saucepan of gently boiling water, cook eggs 7 minutes then transfer to bowl of ice water.

Drain cooking water from saucepan then add broth and fresh water. Bring to simmer over medium-high heat. Add broccoli and cook 3 minutes then add zucchini and spinach. Continue cooking until spinach is wilted and zucchini is crisp-tender, 2-3 minutes. Remove from heat.

Ladle about 1/2 cup broth from saucepan into small bowl. Add miso paste and 1/4 teaspoon salt; whisk to combine. Return mixture to soup, add sesame oil and stir to combine. Add additional salt, to taste. Cover to keep warm.

Remove eggs from ice bath; peel then cut in half lengthwise. Ladle 2 cups soup into four serving bowls. Top each portion with one egg and 1/2 cup sprouts. Drizzle with chili garlic sauce and additional sesame oil, to taste. Top each serving with 1/4 cup shredded carrot and 1 tablespoon crushed peanuts.

Nutritional information per serving: 10 grams net carbs; 17 grams total carbs; 7 grams fiber; 16 grams protein; 13 grams fat;

253 calories.

Broccoli and Bacon Egg Bites

Recipe courtesy of "The Atkins 100 Eating Solution"
Total time: 45 minutes
Servings: 4
Nonstick cooking spray
5 slices (4 ounces) no-sugar-added bacon
5 large eggs
3 ounces cream cheese
2 tablespoons feta cheese
1 tablespoon hot sauce
1/2 teaspoon kosher salt, plus additional, to taste, divided
4½ ounces broccolini (5-7 stalks), stalks and florets thinly sliced
1 tablespoon water
1½ cups baby arugula
1 tablespoon lemon juice
1 tablespoon extra-virgin olive oil
freshly ground black pepper, to taste
1 cup fresh blueberries

Preheat oven to 350 F. Lightly coat eight silicone egg-bite mold cups or eight cups of standard nonstick muffin tin with nonstick cooking spray and set in large baking pan.

In large nonstick skillet, cook bacon over medium heat until golden, about 5 minutes per side. Transfer to paper towel-lined plate to drain. Chop bacon into small pieces.

In blender, puree eggs, cream cheese, feta cheese, hot sauce and 1/4 teaspoon salt until smooth.

Pour off all but 1 tablespoon fat from skillet. Add broccolini, water and 1/4 teaspoon salt. Cook over medium-high heat, stirring frequently, until broccolini is tender, 3-5 minutes. Remove from heat.

Fill each egg cup with 1 teaspoon bacon and 1 tablespoon broccolini. Top with egg mixture, filling cups to about 1/8 inch from top. Add just enough boiled water to baking pan to come halfway up sides of molds.

Bake egg bites until set, 20-25 minutes. Take pan from oven then take molds from water bath. Let egg bites cool then remove from molds.

In medium bowl, toss arugula, lemon juice, oil and salt and pepper, to taste. Place 3/4 cup salad, two egg bites and 1/4 cup blueberries on four plates and serve.

Nutritional information per serving: 9 grams net carbs; 11 grams total carbs; 2 grams fiber; 14 grams protein; 34 grams fat; 400 calories.

Flourless Salted Peanut Butter Chocolate Chip Cookies

Recipe courtesy of "The Atkins 100 Eating Solution"
Total time: 50 minutes
Yield: 24 cookies
1 cup sugar-free smooth or creamy peanut butter
2 teaspoons stevia extract powder
1/2 teaspoon baking soda
1/4 teaspoon kosher salt
1 large egg
1 teaspoon vanilla extract
1/2 cup sugar-free semisweet chocolate chips
1 teaspoon flaky sea salt

Set oven racks in upper- and lower-third positions. Preheat oven to 350 F. Line two cookie

sheets with parchment paper.

In medium bowl, use handheld electric mixer on medium speed to beat peanut butter, stevia, baking soda and salt, scraping down sides if needed, until well combined, about 1 minute. Reduce speed to low, add egg and vanilla extract; beat until combined.

Shape dough into 24 balls (about 1 tablespoon each) and place 2 inches apart on prepared cookie sheets. Using tines of a fork carefully flatten each ball, creating crisscross pattern.

Bake, rotating cookie sheets from top to bottom and back to front halfway through, until edges begin to brown and cookies are set, 7-9 minutes. Cookies should not be browned. Let cool 10 minutes on cookie sheets then carefully transfer to cooling rack to cool completely.

In small microwave-safe bowl, add chocolate chips and microwave on high in 20-second increments, stirring after each, until melted, about 1 minute.

Dip dry fork into chocolate then drizzle over cookies. Sprinkle with sea salt.

Nutritional information per serving (1 cookie): 1.5 grams net carbs; 3 grams total carbs; 1.5 grams fiber; 3 grams protein; 6.5 grams fat; 79 calories.

An Easy-to-Follow Food Guide

The latest science continues to support the many health benefits of a low-carb approach to eating beyond just weight loss. Simply reducing your carb and sugar intake by two-thirds over the "Standard American Diet" helps avoid the development of obesity, metabolic syndrome and type

2 diabetes.

While many eating approaches can be vague in their approach, "The Atkins 100 Eating Solution's" fan-favorite program provides a clear-cut way to control your carb intake with 100 grams of net carbs (the total carbohydrate content of the food minus the fiber content and sugar alcohols) and shows you how to make delicious and satisfying food choices that lessen their impact on your blood sugar. This personalized approach is a way of eating you can follow for life.

With cutting-edge research and delicious recipes, this book provides a variety of foods with plenty of room for personalization. This easy-to-use guide, written by Colette Heimowitz, the company's vice president of nutrition and education, can also show you how the plan can be modified to fit in with most ways of eating, including vegetarian, Paleo, Mediterranean and more regardless of food preferences, lifestyle or cooking abilities.

Visit atkins.com/atkins-100-eating-solution-book to order the book.

(Family Features)

Heart Health

(Continued from page 18)

a long walk or watch a funny show. Whatever you do, find a way to spend some quality time on yourself.

Follow Friday

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too. Two of the main hurdles to self-care are depression and a lack of confidence, according to a study published in the "Journal of the American Heart Association." If your mental health is taking a toll, take action to show your heart some love. Reach out to family and friends for support, or talk to a qualified mental health provider.

Selfie Saturday

Inspire others to take care of their hearts. Talk about your self-care routine with loved ones or share a selfie on social media. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight and quit smoking.

Learn more about heart health and heart-healthy activities in your community, and see what others are doing for their heart health, at nhlbi.nih.gov/ourhearts or follow #OurHearts on social media.

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MARSI HOME ORGANIZATION—Home organization and cleaning services. Please call (848) 218-3326.

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

Help & Health Services

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.

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

House Cleaning

ANA SANTOS HOUSE CLEANING Services—Changes and launders bed sheets, uses own vacuum cleaner, reasonable. References available. Please call Ana at (732) 337-5743.

Wanted to Buy

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

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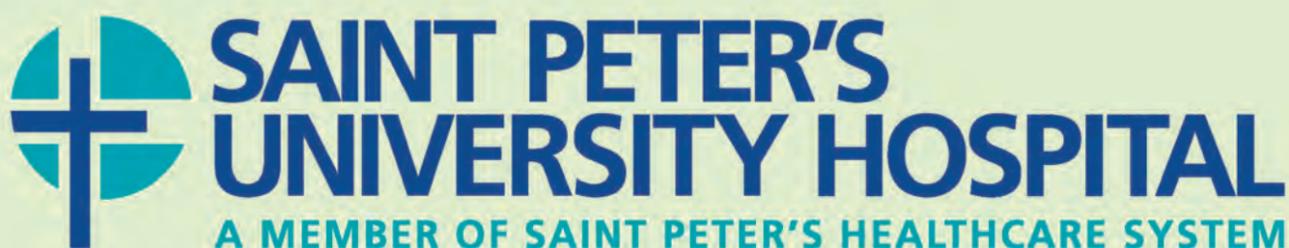
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