

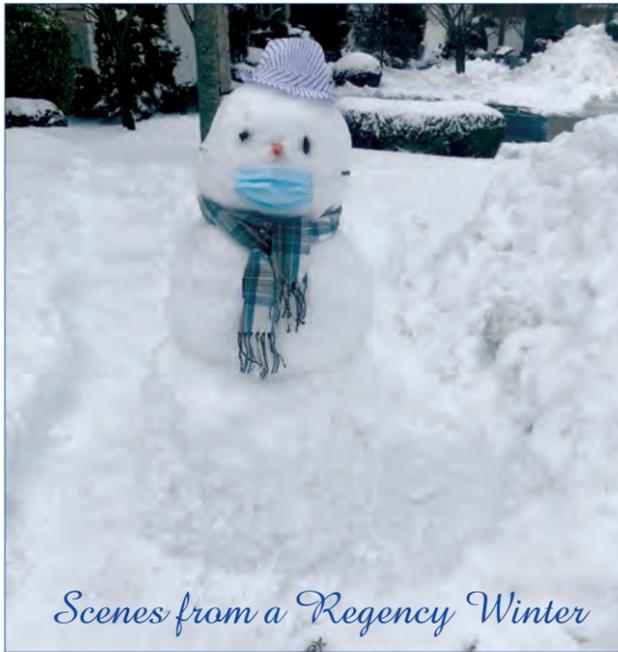
# REGENCY REPORTER

Vol. 18, No. 3, MARCH 2021 - PUBLISHED MONTHLY FOR THE RESIDENTS OF REGENCY



Nancy Lynn with her Super Bowl Snow Woman.

Photo by Gary Lynn



Scenes from a Regency Winter

Riviera Snowman built by a very bored Harriet Fabrykant after the Nor'easter. He is quite cute.

Photo by Harriet Fabrykant



Hanging icicles capture this winter in a single photograph

Photo by Howard Wichansky



Both pictures belong to one of The Regency Car Club members. Above is a 1912 fire chief's truck and below a 1941 Ford Woodie.

Photos by Steve Schnell



Kori Little, Regency's new Lifestyle Director.

Photo by Sandy Newman



Jay Kaplan's creative take on his Family Tree. Please read the Creativity Blooms article to learn more.

Photo by Sandy Newman



One of Judi Azoulai's beautiful Covid creations. Look for others inside this issue.

Photo by Judi Azoulai



Middle School Students' Ancient Egypt Projects. Read all about the incredible things being done in the Monroe Township School System in this issue.

Photo submitted by Dori Alvich



The Old Bridge Food Bank was overwhelmed by Regency residents' contribution and very grateful for our support.

Photo submitted by Harriet Fabrykant

## Kori Little Named New Lifestyle Director

By Sandy Newman

On January 4, Kori Little joined the Regency team as our new Lifestyle Director. She comes to us as a seasoned event planner. She grew up in Colorado and went to college in Idaho majoring in event planning, communication, and marketing. Her first job out of

college was as an event planner in Las Vegas for the Bellagio. Kori is looking forward to creating exciting experiences for us at Regency. These include travel, food experiences, lifestyle, and home fashion events. She also mentioned a Kentucky Derby Party, Purse Bingo (an interesting game with

our purses and our personalities), a Cuban theme party at the pool, wine tasting, Slot and Black Jack tournaments, a Grillmaster cooking demonstration, and lot of varied musical entertainments. Some of it even in the morning.

Since coming here she is impressed with our management team's efforts to provide activities even during the pandemic and to keep as many things as possible open. I am impressed with that myself. She has come to see we like to party at Regency. I believe Kori's background and experience will shine through to create "out of the box" events and memorable adventures for us. She told me that she looks forward to working with all the Clubs we have here at Regency. Kori invites you all to connect by phone or at one of the "Happy Friday Coffees with Kori and Laurie" events that are held Friday morning between 7:30 and 9:30 at the Clubhouse Overhang. I heard the coffee and snacks are good too.

When not planning events, Kori enjoys spending time with her beautiful family and dogs. She says she has three "incredible" daughters who bring such joy and laughter into her world and keeps her young at heart. She is an avid traveler, loves the outdoors and loves to bake. Kori said in her next life she might become a pastry chef. She is looking forward to the summer months and things reopening. She invites us all to call her at the Clubhouse or to email with questions or ideas at RegencyMonroeLifestyle@gmail.com or Kori.little@fsresidential.com. You can find a picture of Kori on the front page of this issue.

## A Note from the Board of Trustees

By Rich Lans,  
Vice President

During last month we experienced an unusual amount of snow totals. Considering all factors, it was incredible that our community had been dug out within a reasonable period of time with few exceptions. Kudos go to our strong management company led by Stephanie Harmon and her team. It all starts before the storms hit when our streets are salted and then continuously plowed. Planning is key as well as the updates that were provided to all residents. All our workman do have access to comfort stations during the storms. On behalf of the Regency residents a donation has been made to the Monroe Library on the passing of Mayor Gerald Tamburro. He was a strong leader and a friend to our community. He will be missed.

In January, Kori Little joined the Regency family as our Lifestyle Director. Within a short period of time she implemented Coffee with Kori and Laurie, a Valentine's Day event, and Friday Updates. She has strong credentials and we look forward to her contributions to our community. Kori has jumped on board quickly with some exciting new ideas. Due to the pandemic, Coffee on Fridays is a good time for you to get to meet her. A special shout out to Laurie Brindley, our concierge, who has worked tirelessly and filled in as our Lifestyle Director along with her other duties for most of last year. Laurie will continue to work with Kori.

As of April 1, dependent on weather, we plan to open our outdoor amenities. This includes golf, tennis, bocce, shuffleboard, and pickleball.



In May our outdoor pool and the café will open. Our plan is to maintain the same protocols as last year for these outdoor activities. Reservations will be required where appropriate. In regard to opening the Clubhouse and Tennis Pavilion, we will follow state and local directives. It remains our objective to open up all our facilities as soon as possible but always follow safety guidelines. A great deal is required by our management team to ensure that we follow all state guidelines and then plan a safe reopening.

Now an update on some projects. The restoration of the locker rooms on the spa level are complete pending a punch list. The bulkhead on the golf course at hole #4 is done. Other projects under consideration are enhancements of our front gate entry, painting and floor replacement of the spa level, refinishing the dance floor, and new curtains for the ballroom. In addition, the outdoor pool area has some safety issues that need to be addressed prior to opening. They include picking up all the concrete and replacing with pavers. All these aforementioned items are under consideration and expenditures will be discussed and voted on in an open Board meeting. Now that Toll has sold all properties in Regency, we have also started updating our by-laws, which is an ongoing project. This has not been done since the early days of the development.

Speeding and stopping at stop signs remains a problem for our community. The snow mounds particularly affect our sight lines. We need to slow down and stop at signs. We need to protect our walkers. Previously we reported that we were working with a traffic engineer on safety. This effort has been hampered by the snow but remains a priority for our Board. Our Zoom Board meetings during this crisis have been well attended and we want to thank all the attendees. It has also enabled us to stay in touch with residents who are away for the winter.

Getting scheduled for vaccines has been a challenge. Hopefully we will see more places opening. Since last year we have been urging the town and county to expand coverage dedicated to Monroe and in particular the adult communities. We will continue with this focus. So, as we approach spring we look forward to when we can all be together. Stay well and safe



We thank all our Regency friends for making this Food Drive a huge success, we couldn't have been more proud of our neighbors. The Old Bridge Food Bank was overwhelmed by our contribution and very grateful for our support. In the above photo, from left are: Sandy Mailman, Laini Katz, Elaine Robin, Janet Gursky and Harriet Fabrykant.

Photo submitted by Harriet Fabrykant

### REGENCY REPORTER

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

Please E-mail your materials to:

NINA WOLFF E-mail: nwoff0325@aol.com

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

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

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## 2021 Public Board Meeting Schedule

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

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 (\*\*)

The Editorial Board of the *Regency Reporter* regrets the unintentional incorrect printing of the following February birthdays; they should have appeared in this format:  
4 - Bernard Ghee, Nancy

Lane, Linda Mirandola, Gerald Post, Ellen Roth  
5 - Judy Goldstein, Stanley Goldstein, Steven Gootnick, John Healey, Howard Kaplan, Les Langer, Tina Lieberman

### March Birthdays

1 - Carlon Fagan/Rhonda Okun  
2 - Barbara Daly/Don Frantz/  
Larry Kapusta/Ellen Porges/  
Steve Schnel/Shari Weissman  
3 - Mohammed Saleem/Marsha Schwartz  
4 - Shelley Bernstein/Steve Farron/Joseph Grispon/Mark Sivin/Joe Stuby/Joseph Susanno/Fred Thurm  
5 - Mary Caccamo/Linda Kinsey/Marion Levy/Laura Shandler  
6 - Stanley Blaustein/Georgia Doyle  
7 - Melissa Gellman/Michael Kendal  
8 - Penny Fink/Emil Krutyansky/Jules Weissman  
9 - Terry Daly  
10 - Bob Isaacs/Joan Moskowitz/Roz Thurm  
11 - Merrill Jaslow/Victoria Kobierowski  
12 - Laurence Alster/Frank Cheriff/Fran Gottlieb/Laini Katz/Beverly Kurtz/Anthony Tesoriero  
13 - Arlene Agulnick/Myrna Barnett/Larry Cains/Cathy Connolly/Jay Gummic/Daniel Katz/Carol Kortmansky/  
Michael Russo/Steven Schwartz/Shelly Siegel/Goldie Weisz  
14 - Ro Barton/Martin Brattner/  
Janet Epstein/Robert Reddington  
15 - David Berman/Leo Friedlich/Stuart Jason/Susan Kirschner/Sara Levy/Sandi Miller  
16 - Joel Barnett/Joel Kaplan/  
Daniel Levine/Henry Lieberman/Bill Slater  
17 - Linda Abrams/Bob Kalomeer/Ken Thrasher/Naomi Trachtenberg/Lydia Weintraub  
18 - Michael Battiloro/Elissa Chiaia/Joanne Coniglio/Chaim Roiter/Karen Singer  
19 - James Boncore/Lynne Eckstein  
20 - Barry Citron/Irving Eckstein/Philip Fishman/Steve Frazzini/Hy Grossman/Shelly Roth/Jane Sussman  
21 - Regina Barofsky/Susan

Fox/Nancy Greenfield/Barrie Levine/Margaret Tkachuk  
22 - Howard Bigman/Joan Edelman/Fred Impson/Barney Silver/Mitchell Strear  
23 - Ellen Baliff/Judy Lubetzki/  
Helen Spector  
24 - Barbara Baronfeld/Samuel Krawet/Norma Landsman/  
Selena Subryan/Ira Taubman/  
John Toth  
25 - Lisa Kosofsky/Steven Levine/Gene Overton/Nina Wolff  
26 - Charles Kaufman/Jeff Moss/Stuart Ritter  
27 - Mitchell Schwam/Jeff Strauss/Margie Zirrih  
28 - Linda Brattner  
29 - Marty Abrams/George Bedros/Aaron German/Elyse Kleinman/Marvin Roth/Steve Soffer/Pat Thrasher/Ronnie Weil  
30 - Anita Kendal/Diane Schauman/David Zajac  
31 - Andrea DeNapoli/Charles Fleisch/Allen Glassman/Arleen Nebel/Michael Salvo

### March Anniversaries

2 - Elissa & Nicholas Chiaia/  
Phyllis & Harry Greenberg  
3 - Gail Gold & Bennet Singer  
4 - Fran & Alan Datz/Raisa & Emil Krutyansky  
5 - Andrea & Simon Abitbol/  
Rosemary & Vincent Albano/  
Anne & Don Haback  
6 - Elaine & Paul Barbakoff/  
Micki & Marty Indursky  
8 - Joanne & Domenick Randone  
11 - Carol & Steve Herman  
14 - Faima & Ed Fowler/  
Suzanne & Allan Friedland/  
Fran & Frank Gottlieb  
17 - Frances & David Berman/  
Lovina & Edwin Espiritu/  
Debbie & Bill Lasasso  
18 - Arleen & Michael Nebel/  
Jean & Ira Taubman  
19 - Sue & Jay Carey  
20 - Linda & Bert Busch/  
Marilyn & Bob Jaclin  
21 - Cathy & Craig Cadmus/  
Shirley & Larry Zinstein  
23 - Janet & Jack Gursky/  
Arlene & Larry Yesner



24 - Deborah & Gary Green  
25 - Carol & Michael Kanthal  
27 - Carol & Mark Chaykin/  
Dorothy & John Davis/Sue & Carl Silverman  
28 - Janet & Alan Klein  
29 - Pam & Jeff Brisman  
30 - Arline & Goodie Mollen/  
Lea & Chaim Roiter/Shelly & Gary Senack/Meryl & Mitchell Soffer

(\*\*) Are your special dates not here or are they incorrect? Please let me know so they can be fixed. Thank you. BB (barbick132@aol.com)

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## Fruits of Our Lives

(Not the Pits)

By Christiana Barone

Between the weather and the Covid-19 virus, most of us are at home. Therefore, when I get a chance to report "happy news," it brightens my day. I am happy to report a family seeing their granddaughter achieving high honors in college.



### 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

(Continued on page 5)

### Achievements

**Kathy and John Toth's** granddaughter, **Kiera O'Sullivan**, got straight A's for her first term at Hofstra University. Not only did she make the Dean's List, she made us very proud of her.

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# Creativity Blooms



Jay Kaplan poses with some of his creations.

Photos by Sandy Newman

**By Sandy Newman**

Our neighbor, Jay Kaplan, the consummate salesman and a successful business owner, blossomed into the creator of amusing art objects. All it took was a lockdown, a pandemic, and hitting golf balls into the rough!

Let me explain. Jay and Joyce Kaplan moved to Regency 14 years ago because they knew the Shuster's and they were so happy here. Five years ago, Jay retired after 37 years in business.

Born in Brooklyn, Jay and Joyce lived in Matawan. After leaving the service, Jay got a job as a salesman and found he was very good at it. This led him to the opportunity to start his own operation. His business, Kastle Kreations, creates no risk fund raising programs for schools. It occupies 57,000 square feet of industrial space and services customers from Maine to Baltimore. Jay says, "It isn't the biggest but it is the best," focusing on the customer's needs.

Jay is especially proud of the great reputation he and his

company have in his industry. Currently Kastle Kreations is run by Adam, Jay and Joyce's

older son. Interestingly, their younger son, Darrin, is a detective in Las Vegas. Jay and Joyce have five grandchildren.

Now to the artwork. Jay mentioned that when he walks into the woods he sees these sticks. He began collecting them and noticed the possibilities to create interesting items from them. He searched the Web and found miniature hats, eyes, eyeglasses, mustaches, bow ties, and tubes of glue. He calls these creations, which he fashions in his workshop Family Trees. He shares them with friends and people he cares about like his doctors...so far. Look for photos of Jay's creations on the front page of this issue and accompanying this article.



Jay's workshop.

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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 currently be found in the 2020 Phone Directory or in a link on Ron Post's email.

The *Regency Reporter* is working with HOA Management to have a complete and correct 2021 directory emailed to each resident. Thank you for your understanding and cooperation.

The Editorial Board

The Editorial Board of the *Regency Reporter* regrets that this condolence note was not in the February issue. "The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to Joan Blitz and Family on the loss of her beloved husband and our dear friend and neighbor David."

## Condolence

The Editorial Board of the *Regency Reporter* and the entire Regency community send sincere condolences to Lorraine Zimmerman and Family on the passing of Lorraine's beloved sister Esther Francis, to Jeff and Paulette Strauss on the death of their beloved daughter Michelle Strauss, and to Carol Chodos and Family on the passing of her beloved Aunt and Uncle, Ruth and Vic Levy. We also send sincere condolences to Carmen and Barbara Verderosa and Family on the loss of their beloved son Carmen Jr., and to Arthur Ehrlich and Family on the recent passing of his beloved wife and our dear friend and neighbor Alice.

## Single Stream 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.



Judi Azoulai, one of Regency's premier athletes has turned to her other love - ART - during the Covid. She says she really misses her sports, but has been creating amazing works of art.

All photos taken by Judi Azoulai.

Above, Nature's Art, a beautiful snowy scene.



This beautiful creation could be a shawl or a necklace.



Interesting wall hanging designed by Judi.

### Fruits

(Continued from page 3)

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).

Send Regency news releases to: [nwolff0325@aol.com](mailto:nwolff0325@aol.com)

## The Regency Book Club

By Nina Wolff

In a well attended Zoom, our group met on February 9 to discuss *The Stationary Shop* by Marjan Kamali. Tired of politics and Covid, the vast majority of us loved this book about young love set in 1953 Tehran. Others of us found the book lacking in sophistication and felt it was more suited to a young adult audience. We did, however, have a lively discussion. The teenaged star-crossed lovers, Roya and Bahman come from different backgrounds but find commonality in Mr. Fakhri's Stationary Shop, surrounded by books, fountain pens, and thick

pads of soft writing paper. Away from prying eyes, they share their favorite books, Rami's poetry, and fall in love. Mr. Fakhri is complicit in this budding love, as he leaves the two alone often. This is 1953 and Muslim girls in Tehran are never to be alone with young men. Why this is allowed to happen in his stationary shop is a question that is eventually answered.

Roya and her beloved sister Zari are lucky to have been raised by a forward-thinking father. He believes in education for his daughters and has high aspirations for their future pro-



fessions. He dreams of them going to University and for Roya to become a scientist. This is all playing out as the politics in Iran are coming to a head. Roya's father, as well as Bahman, hope for democracy in Iran and support Prime Minister Mohammad Mossadegh over the Shah who they feel is giving away Iran's oil to the British

(Continued on page 6)

# DO YOU SUFFER FROM PERIPHERAL NEUROPATHY?

## DO YOU HAVE ANY OF THESE SYMPTOMS?

- ✓ Numbness
- ✓ Pain when you walk
- ✓ Sharp, electrical-like pain
- ✓ Burning or tingling
- ✓ Difficulty sleeping from leg or foot discomfort
- ✓ Muscle weakness
- ✓ Sensitivity to touch?

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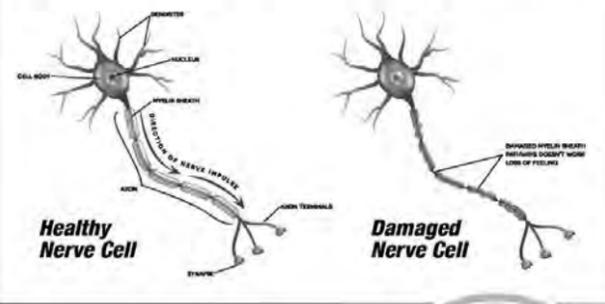
AllCure Spine and Sports Medicine is pleased to announce their new program for treating Peripheral Neuropathy, which includes a combination of advanced FDA-cleared treatments with breakthrough technology that aids in healing the damaged nerves. The effects of this program can be felt on the first few visits. This treatment restores, stabilizes, and rebuilds the nerves in your extremities. Treatment has also been effective in addressing painful symptoms of arthritis, MS, and other forms of chronic pain. Patients generally feel relief physically throughout the treatment period and even feel better emotionally after experiencing a reduction in pain.

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#### HOW DO YOU KNOW IF YOU HAVE NERVE DAMAGE?

Peripheral neuropathy is the consequence of damage to your peripheral nerves. There are over 100 different kinds of peripheral nerve disorders or neuropathies – some are the result of a disease like diabetes, while others can be triggered by a viral infection. Still others are the result of an injury or compression on the nerves. No matter where the problems begin, it is imperative nerve disorders are resolved as soon as possible to prevent permanent damage. Many people suffer with pain for years, not realizing that their symptoms may be due to Peripheral Neuropathy. Symptoms start gradually, then get worse, including numbness, burning or tingling sensations and sharp, electrical-like pain. Treatment options have been limited to a small assortment of pain medications, which can lead to further issues. Ignoring the problem or masking the symptoms has never been a viable solution. If you suffer from any of the aforementioned symptoms, we can help.



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# The Regency Car Club: From the Beginning



By Steve Schnell

*Editor's Note: The Editorial Board of the Regency Reporter welcomes Steve Schnell as the new contributor of Regency Car Club articles.*

The Regency Car Club was officially founded in 2007 when Alan Eisman and Allen Tinkler met, both having homes on Turnberry Drive. Mark Greenstein and Fred Hollinger joined them in forming the club. Coincidentally, all four of them were from Long Island. At the time Alan had a 1974 Corvette and a 1955 Pontiac, Allen had a 1963 Monza Corsa Corvair convertible, Fred had a 1975 Corvette, and Mark had a 1992 Corvette; another coincidence – almost all were made by Chevrolet! After some discussions the four men organized the Regency Car Club, which is open to all the residents. It was established and created to promote a common interest in classic, vintage, antique, or special interest cars.

The first car show in 2008 was members only and it was held in the poolside parking lot during the summer. The author moved

into Regency at Monroe in late summer 2008 and joined the club in 2009 and at that time I had the only Porsche in the community. For our second show our club purchased water, hot dogs, and hamburgers and hired some young guys (a couple of high school students) to stand in the 90+ degree heat and barbeque for us. It was a success but we had many pounds of meat and rolls left over. This was our first learning experience.

As we grew, non-residents asked the Club about participating in our shows and we opened it up to the public. Under the leadership of our new President, Lou Principe, we organized larger shows open to all types of cars. With support from the Regency at Monroe HOA, Toll, and outside sponsors the show grew in size and reputation as one of the best in the area. Due to the Corona Virus our 2020 show was canceled but in 2019 we had over 170 participants' cars plus about 30 of our members' cars present. We use the show as a means to collect nonperishable food products, which the club donates to the Monroe Food Bank.

The club is open to anyone with an interest in cars regard-

less of what they drive. Currently we have 75 members and of that eight members do not have a classic, sports, or vintage vehicle - just their "daily driver." Although most members have one vehicle, we do have some members with a large number of collectable cars in their fleet. Our member Dave, has 36 vehicles, most are orange, all are rare and have extremely low mileage. Harold is the king of the Woodies with 15 cars in his collection including an 1899 three-wheel Reese Horseless Carriage that has been on loan to museums, a 1912 fire chief's truck and ten Woodies, some of which are rare. A picture of the 1912 truck and a 1941 Ford Woodie are shown on the Front Page of this issue. For the uninitiated readers a Woodie is a car with real wood on the doors, trunk, and fenders. We have other members that are into quarter mile track racing and rally racing. But we all love cars!

*(Continued on page 7)*

## Book Club

*(Continued from page 5)*

and Americans. As Roya and Bahman's love grows, so does the discontent in Tehran, ending with a violent coup d'etat.

Bahman is an activist who comes from a wealthy family. As the only child in the family, and a son at that, he has been nurtured, spoiled, and groomed for the life his mother wants him to have. She has picked out his wife and dominates the entire family to her will. His father comes across as weak and ineffectual even though his status among their "set" is high. But, of course, all is not well as Bahman's mother suffers from mental illness, stemming from the time she was a 14 year old melon seller and tragedy struck.

Bahman is constantly torn between his mother's needs and his love for Roya, whom his mother can not stand even to look at.

Roya and Bahman become engaged and eventually plan to elope as they realize that despite the fact that Roya's family is pleased with the match, Bahman's mother will never allow it. They agree to meet on a certain day, at a certain time, in a certain square in Tehran. But letters they have written to each other are sabotaged and Roya is told to go to a different square. She gets caught up in the massive demonstrations amongst different factions on the day of the coup and never sees Bahman again.

This book has a little bit of everything and swept the reader along with ease. Ms Kamali's writing style was enjoyable (to most) and the readers really enjoyed the story - young love, loss, Roya and Zari coming to Mills College in California, new love, heartbreak, discovery, and a final meeting of Bahman and Roya 60 years later in the Boston area. If you want to find out all the juicy details, I suggest you dive into *The Stationary Shop*, sit back, and enjoy!

We want to thank Cecile Spector for moderating this Zoom meeting. Our upcoming books are: Tuesday, March 9 - *The Fortunate Ones* by Ed Tarkington (make sure you check the author as there is another book by this title), moderated by Anne Wolfson and Marilyn Jaclin, and Tuesday, April 13 - *Miracle Creek* by Angie Kim, moderated by Nina Wolff. Marcia Midler will send out the Zoom link before the next meeting. 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...

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# Singles Mingle

By Karen Calder

As we start the New Year, the Regency Singles group Executive Board decided to not let the pandemic derail our group from any further activities. Prior to the pandemic, Regency Singles met the first Wednesday of every month at the Tennis Pavilion. It therefore seems quite fitting that starting with February 3, 2021 the Singles will have a monthly Zoom meeting the first Wednesday of each month. Our first Zoom meeting was actually conducted on January 27, 2021. This meeting was a welcome "Bring Your Own" for new residents, new singles and any residents who expressed an interest in finding out what the Regency Singles are all about. On this cold winter evening 15 singles Zoomed in. Our Executive Board introduced themselves and welcomed our fellow residents. They each introduced themselves and the conversation flowed from there. Some found common ground in hobbies, where they moved to Regency from, and all found comfort in meeting other new singles in the community. We hope that these newly interested residents join our future programs and become members of the Singles group. I would like to take this opportunity to thank Stephanie Harmon who helped facilitate this meeting and was kind enough to stay on at night to make sure the use of the HOA Zoom system went well. As a group we also want to thank Stephanie and her team for allowing us to use the HOA Zoom facility for our monthly group meetings scheduled for 2021.

February 3 was our first monthly Zoom program to start up the Singles group again after the stop in early 2020. What a wonderful evening we had. From the warmth of our homes 30 plus Regency Singles joined via Zoom participating in this welcome back. Lina Perez led the meeting. She introduced the Executive Board, described the 2021 Zoom programs currently scheduled and from there the discussion just took off. Like every other discussion we all have, initially it centered around vaccinations but then we moved our focus onto Regency Singles items. Suggestions were made for future Zoom meetings and in person programs once the Clubhouse is available to us again. We also discussed what everyone has been doing during the pandemic and some ideas were shared on how to best use our time. We want to thank Stephanie Harmon for joining the entire meeting as our Zoom monitor and for helping us to understand some of the thoughts of the HOA board and management regarding Regency facilities during the pandemic. We greatly appreciate her openness and that she gave of her time during the evening after working a long day. The following monthly Zoom programs have been scheduled:

• March 3 - Rock and Roll

(Continued on page 9)

# Women's Group Food Drive

It truly takes a village! The Women's Group would like to thank the community for your outstanding generosity with the recent food collection for the Old Bridge Food Pantry. Countless trips with SUVs filled with much needed food were made to the delight of both our drivers and the food pantry. Not only was the amount of food contributed amazing, but we also want to thank residents for the notes attached, thanking us for spearheading this drive but also asking if they could do more. In these trying times, it feels so good to help. Thank you as well to our volunteers for a job well done, both a tearful and heartfelt experience.

Photos on pages 1 and 2 submitted by Harriet Fabrykant

# Car Club

(Continued from page 6)

One of our sponsored events is the annual Road Rally where Regency at Monroe residents are given a set of instructions and questions and then released on a timed basis. During the event they must collect information based on the questions on the instruction sheet. It has a limited number of openings due to the time it takes to release the participants and then meet them at the finish line, log them in, and calculate the winners. As we have grown and matured as an

organization, we have established a website under the direction of Fred Hollinger (regencycarclub.org) and a Facebook page (regencycarclub). Please take the time to check us out in both locations. The flyer for our planned 2021 car show in our parking lot is also shown. Anyone interested in joining the club can contact me at schnell\_45@hotmail.com. My phone number is in the 2020 Phone Directory that many residents have or check out the link to a phone directory that is currently on Ron Post's email.

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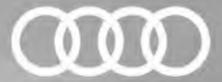
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# Singles

(Continued from page 7)

- Trivia, presented by Liz Busnar-Rothman:** This interactive presentation is a mixture of Name That Tune, Trivia Questions, pictures and a lot of fun interesting facts about musicians ranging from Elvis Presley, Johnny Cash, Jerry Lee Lewis, The Everly Brothers, Ricky Nelson, and Buddy Holly to name just a few.
- **April 7 - Mindfulness to Reduce Stress, presented by Penn Medicine:** Learn how mindfulness can help reduce or stop brain chatter, habitual reactions, improve mood and energy, increase your focus and mental clarity, and help your enjoyment of life.
  - **May 5 - Ziegfeld Girls, presented by Martin Schneit:** Martin Schneit is an historian and licensed New York City Tour Guide. Born and bred in New York, he has lectured at many prominent city venues. Marty will discuss how The Ziegfeld Girl became an American Institution.
  - **June 6 - Bingo with Prizes, presented by Elaine Cress:** Elaine will lead the group in playing ten games. Game sheets will be provided to all who choose to participate. Prizes will be awarded throughout the night.
  - **July 7 - Flexibility Exercises and Stretches with Paul Trinkoff, D. C.:** Dr. Paul Trinkoff is a Chiropractor who provides services at Re-

gency. His practice stresses the importance of learning, understanding, and taking care of your body to improve quality of life. The evening will consist of Dr. Trinkoff leading the group through some exercises to achieve the goals of his practice.

- **Summer - Paid members Barbecue with lots of delicious food**
- The Singles group is open to all Regency residents. Dues are \$30 per year. For those members who paid their dues in 2020 there is no payment due in 2021 as the dues will apply from last year through 2021. For those residents who did not pay for 2020 or new members joining please leave your check for current dues in the mailbox of Elaine Cress (47 Riviera) by March 2021. As mentioned in a prior article the Regency Singles group will be run by an Executive Board committee for 2021. The current board members are listed below. We welcome anyone interested in volunteering to join the Executive Board. Please contact Lina Perez if you would like to get involved or have suggestions for future programs.
- Membership - Coordinator - Linda Litsky  
 Secretary - Dorothy Thomas  
 Treasurer - Elaine Cress  
 Programming - Gloria Solomon  
 Sunshine - Mary Tournour  
 Nominating Committee - Lina Perez  
 Reporter - Karen Calder  
*Stay healthy and safe.*

(Continued on page 10)

# Hadassah Highlights



**HADASSAH**  
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**By Carol Kortmansky  
Karen Ross, President**

It's been a year since our world was turned upside down, since many of us have seen our children, hugged our grandchildren, or shared a meal with our friends. This pandemic has been difficult for everyone, but women of all ages have been affected in such large numbers, whether it be the young college grad or new employee who has been unable to find or keep a job, or the woman in the middle -- or so-called sandwich generation -- who worries not only about her children, but also about her elderly parents. Then there is the senior generation who are lost in their attempts to get a vaccine or who suddenly find themselves alone in a strange and unknown world. But in the midst of all this, Hadassah is a bright and shining light in so many different ways, whether in their support and work in developing a vaccine and possible cure, in their outreach programs through Hadassah@home, or in their Advocacy program.

One such Advocacy program, which was brought to our chapter through the Advocacy Committee was a program presented by Rabbi Michael Pont of the Marlboro

Jewish Center, on February 22 via Zoom. The program dealt with the alarming increase in the cases of anti-Semitism in the United States and worldwide, and discussed strategies to battle the phenomenon. More information about future Advocacy programs will be forthcoming.

As I reported in last month's article, Hadassah's annual leadership conference is being held on Zoom, and is open to all members of the Mid-Atlantic region, of which we are a part. The first program was held in February. There are programs being held in March and April. More information about the programs, dates and registration can be found on the Hadassah's Mid-Atlantic website.

On February 15, at 7:00 p.m., also via Zoom, our book club discussed *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. Look for a review of the discussion in next month's newspaper.

Join Hadassah for our



Carol Kortmansky

monthly Book Club on Monday, March 15 for a most interesting read and discussion. Phyllis S. Greenberg has graciously volunteered to facilitate this discussion. Winner of the 2020 Midwest Book Award in Autobiography/Memoir, *The Color of Love* is an unforgettable memoir about a mixed-race Jewish woman who, after fifteen years of estrangement from her racist great-aunt, helps bring her home when Alzheimer's strikes. In 1970, three day old Marra B. Gad was adopted by a white Jewish family in Chicago. For her parents, it was love at first sight—but they quickly realized the world wasn't ready for a family like theirs. Marra's biological mother was unwed, white, and Jewish, and her biological father was black. While still a child, Marra came to realize that she was "a mixed-race, Jewish unicorn." In black spaces, she was not "black enough" or told that it was

(Continued on page 10)

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## Hadassah Highlights

(Continued from page 9)

okay to be Christian or Muslim, but not Jewish. In Jewish spaces, she was mistaken for the help, asked to leave, or worse. Even in her own extended family, racism bubbled to the surface.

Marra's family cut ties with those relatives who could not tolerate the color of her skin—including her once beloved, glamorous, worldly Great-Aunt Nette. After they had been estranged for fifteen years, Marra discovers that Nette has Alzheimer's, and that only she is in a position to get Nette back to the only family she has left. Instead of revenge, Marra chooses love, and watches as the disease erases her aunt's racism, making space for a relationship that was never possible before. *The Color of Love* explores the idea of "yerusha," which means "inheritance" in Yiddish. At turns heart-wrenching and heartwarming, this is a story about what you inherit from your family—identity, disease, melanin, hate,

and most powerful of all, love. With honesty, insight, and warmth, Marra B. Gad has written an inspirational, moving chronicle proving that when all else is stripped away, love is where we return, and love is always our greatest inheritance.

During Covid our book club will be held via Zoom on the third Monday of each month. Some books that are being considered as future reads are *The Winemaker's Wife* by Kristine Harmel, *Evening* by Nessa Rappaport and *The Lehman Trilogy* by Stefano Massini. Please RSVP if you wish to attend any of our book club discussions or if you would like to act as our facilitator contact Marilyn Jaclyn or Marcia Milgrom directly. 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'd like to thank **Marilyn Lipner, Mardi Leibowitz and Susan Goldfarb** for renewing

their annual memberships. 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 can be found in the 2020 Phone Directory or in the Phone Directory on Ron Post's email. Thanks again, Linda and Annette!

Many people have inquired as to whether their checks have been deposited or lost after they have submitted them. Please know that your checks have been received and deposited for Mah Jongg cards, certificates, trees and greeting cards. Please be assured that we have sent out your certificates and tree requests and all Mah Jongg cards have been ordered as requested. National and Region have changed the procedure for depositing all checks. Once the chapter has processed your check, we prepare them for deposit and send it to the Region Financial Office where they actually deposit the checks and process monies to National. Unfortunately, it takes a very long time for them to deposit all the checks that they receive and that is why you are not seeing it in your bank statement as quickly as you were accustomed. Please know that at this time, all individual chapters no longer have a chapter account so all checks must be made out to **Hadassah** and not Regency Hadassah. We appreciate your understanding, cooperation and support.

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.

We would like to take this opportunity to wish you a Zissen Pesach. In these strange times we hope you are able to celebrate with your loved ones, and we pray that next year we may all celebrate together once again.

Stay safe! Stay well!

## Regency Singles Monthly Zoom Programs

(and hopefully some in-person!)

- March 3 - Rock and Roll Trivia, presented by Liz Busnar-Rothman
- April 7 - Mindfulness to Reduce Stress, presented by Penn Medicine
- May 5 - Ziegfeld Girls, presented by Martin Schneit
- June 6 - Bingo with Prizes, presented by Elaine Cress
- July 7 - Flexibility Exercises and Stretches with Paul Trinkliff, D. C.
- Summer - Paid members Barbecue with lots of delicious food



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# Beyond Words

By Cecile Spector

## Are You an Early Bird or a Night Owl?

When I was a child, I loved to spend weekends with my cousin Harriet. She and I were just a few months apart in age and we enjoyed doing the same things. Except - she liked to sleep until whenever. I, on the other hand, was always up with the sun and ready to start the day. I would peek into her bedroom until I couldn't stand it anymore. Then I would relentlessly poke her and say, "When are you getting up?" After all, morning play-time was the best! All my life I've been an early bird, while Harriet remained a night owl. Why is this so? According to the *National Sleep Foundation*, there are two processes that affect our sleep. The first is *sleep pressure*, or the need for sleep, which is built up over hours of wakefulness, and the second is the *circadian rhythm* that determines the sleep/wake cycle. A circadian rhythm is a natural, internal process, unique to each individual, that regulates the sleep/wake cycle and repeats with each rotation of the Earth, approximately every 24 hours. The term *circadian* comes from the Latin phrase "circa dies," which means "about a day." During daylight our internal clock sends signals to keep us alert, awake and active. When darkness falls, or lights are dimmed, our internal clock sends signals to start the production of *melatonin*, a hormone that promotes sleep. These signals to promote sleep also keep us asleep throughout the night.

When we travel, we may experience "jet lag" when we go through different time zones. It can take a few days for our body clock to reset to the new time. Circadian rhythms change as you age. The body clock shifts. During adolescence, for example, teens want to go to bed later and sleep longer than young children. The need for sleep changes at different stages in our lives. In infancy we tend to sleep about half of the twenty-four-hour day. Our sleep time slowly decreases as we get older. Sometime during childhood our sleep patterns change, where we develop preferences for being a "morning person" (aka "a lark") or "a night owl." I had a friend who felt rested after sleeping about four to five hours each night. Her husband joked, "Nancy says she sleeps with me, but when I go to bed at about 11:30 and wake up at 7 she's never there beside me." How much sleep is enough sleep? Although we each have a slightly different biological clock, in general, the *National Sleep Foundation* found that for our body and mind to function in a healthy manner, adults need approximately seven to nine hours. Adults over 65 need seven to eight hours.

Our sleep cycle has several stages. We start with wakefulness. Sometime during the first hour after our head hits the pillow, we go into stage one, the transition between wakefulness and sleep. Then stage two, when we become unaware of

our surroundings, our body temperature drops, and our breathing and heart rate fall into a natural rhythm. Stages three and four, or *Deep sleep*, is when our blood pressure decreases, and our muscles become completely relaxed. It is during this restorative deep sleep when blood flow to muscles increases, growth hormones are released, and tissues repair themselves. And then there is REM (rapid eye movement) sleep. REM phases, which last about ten minutes, are sprinkled throughout our sleep cycle, but don't begin until we have been asleep for about 90 minutes to two hours. REM sleep is a highly active sleep phase, which takes up about twenty-five percent of our sleep time. Not only are our eyes moving rapidly, our heart rate and our breathing rate increase, but the voluntary muscles of our body are paralyzed. We do most of our dreaming during REM sleep.

As we get older, we spend less time in deep sleep, which happens to be the most restorative phase of sleep. The tendency to nap during the day doesn't allow for the buildup of sleep pressure, which is necessary for a long sleep cycle. There is also reduced strength of the circadian signal, as well as a reduction in melatonin production. More time is spent in stage one, the very lightest phase of the sleep cycle. This means that sleep is shallower and more easily disrupted. Dehydration is a frequent sleep disruptor, as is the need for trips to the bathroom.

### Ways to Improve Your Sleep

- Get daily exercise: Activity during the day can support your internal clock and help make it easier to fall asleep at night. Avoid exercise late in the day.
- Seek out sun: Exposure to natural light, especially early in the day, helps reinforce the strongest circadian cue.
- Follow a consistent sleep schedule: Varying your bedtime or morning wake-up time can hinder your body's ability



to adjust to a stable circadian rhythm.

- Make sure your mattress and pillow are supportive and comfortable.
- Avoid stimulants like caffeine and alcohol in the hours before bedtime. They can keep you awake and throw off the

(Continued on page 12)

## LABORATORY AND NURSING SERVICES

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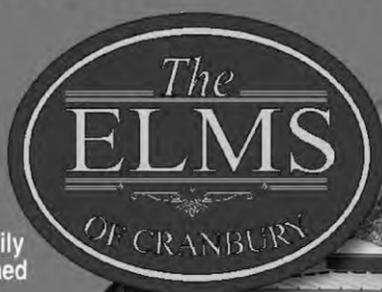
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# Healing Ourselves Naturally

By Steven Soffer N.D. MH

## The Magic of Springtime!

Well, we finally made it to March, which is one of my favorite times of the year. I love springtime! I love the beauty of life that is emerging all around. I love gardening, getting my hands in the soil, and interacting with the laws of nature to bring forth more growth and beauty. I love all the colors and just watching how things grow. I faithfully water every day and during the summer sometimes twice a day. But, it's not just the beauty of this I love; I love how the season reminds me of the

order of the universe and the magic of the universe. We are surrounded by a Creative Law that gives us exactly what we put into it. Life is a mirror. As we think, we become. What we put out, we get back. The seeds of today become the plants of tomorrow all through the laws of cause and effect.

The key is the understanding and application of these few and simple basic principles, which have the power to completely change our lives. First we have to begin with an understanding that there is an invisible and immutable Law at work in the



Universe and our consciousness is not separate from this power. We can easily see and accept this invisible power at work in an acorn to bring forth an oak tree...or in spring bulbs to bring beautiful and colorful tulips and lilies. We must also come to understand that that same force is always at work in our minds,

thoughts and mental atmosphere. This creative force and power in the Universe is good and, therefore, never against us. What I am saying is, I believe the Universe only desires that everything within it blossoms into its full potential and that of course includes you and me. I do not believe that the Universe is ever against us, nor that there are any *Star Trek* type aliens out there wanting to harm us. I believe in the power of good, the creation of good, and the manifestation of goodness. So, if the Universe is for us, the real question becomes, are we?

Are we using our mental, spiritual and emotional creative capacities to bring forth good and more good in our lives and the lives of those around us? The laws of the universe work the same whether we're aware of them or not. We don't have to understand why they work or even how they work, just *that* they work. It's up to each of us to have our own awakening within, our own awareness, and use the laws accordingly. Each one of us is at a different place consciously in time and space and all of us are going through different, yet similar conscious learning lessons. I have said often, "A man is as wise as the tools that he uses and the Knowledge of how to use them." But we don't necessarily have to understand why or how they work, just *that* they work. Do we know why the sun rises? We just know and trust that it will. If you are not an engineer or an electrician and you turn on a light switch, you expect it to work but you don't necessarily understand how or why. The same is true with many metaphysical laws as well. It is just a matter of knowing the laws and having trust and faith in them and how they operate.

This is a new season and a year into the pandemic. Many of us have pandemic fatigue, but the vaccines are out and we know and see now there is light at the end of the tunnel. This spring season, make every flower you see a new bloom; an external reminder of the love, health, wholeness, and beauty that lies within you. As we all start remembering and engaging in this

act, remembering the truth of our being, we set a new wave of thought into motion and therefore, plant new seeds that will be tomorrow's demonstration and manifestation of today's thought. This is our spring awakening. So grow and plant your garden well. Happy spring! Steve welcomes questions and comments from free thinking individuals.

"All I have seen teaches me to trust the Creator for all I have not seen." Ralph Waldo Emerson

"The only way to have a friend is to be one." Ralph Waldo Emerson

"The wound is the place where the Light enters you." Rumi

"Spring is nature's way of saying 'Let's party'." Robin Williams

"There is no remedy for love but to love more." Henry David Thoreau

"It is not the mountain we must conquer, but ourselves." Edmund Hillary

"You are very powerful, provided you know how powerful you are" Yogi Bhaajan

"It's never too late to be what you might have been." George Elliot

"I love myself...for I am a beloved child of the Universe and the Universe lovingly takes care of me now." Louise Hay

"I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor." Henry David Thoreau

"The hardest arithmetic to master is that which enables us to count our blessings." Eric Hoffer

"Reason is God's crowning gift to man." Sophocles

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." Ralph Waldo Emerson.

"There is a balance and we are all trying to achieve it." Shirley Soffer



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## Beyond Words

(Continued from page 11)

- natural balance between sleep and wakefulness,
- Avoid eating heavy food at night. Digestion of food can delay the onset of sleep.
- Disconnect from electronic devices like mobile phones and laptops at least a half hour or more before bedtime.
- Keep naps short and early in the afternoon: Late and long naps can throw your sleep schedule off-kilter.
- The temperature of the room where you sleep is more important than you may realize. The *National Sleep Foundation* suggests ambient room temperature be between 60 and 67 degrees at night as this is most conducive to both falling asleep and staying asleep. This gives the body temperature a chance to drop, and dropping body temperature is what promotes deeper levels of sleep.

If you've been gaining weight lately, you might be interested in a little-known sleep-related eating disorder— it's when an individual consumes what are typically highly caloric or forbidden foods, or strange foods, while in a sleep-walking state. Hmm.



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## Healing with Yoga Therapy



By Jaya Gupta

Dear Neighbors and Friends,

Hope all is well with you and that many of you have gotten your first shot of the Covid19 vaccine. Regardless of whether you have gotten the vaccine or not, stay safe and keep well. Spring will be here pretty soon and with that comes pollen allergy pains and sinus problems. I hope that you have read about Yogic Deep Breathing and Alternate Nostril Breathing in the February *Regency Reporter* as well as on Ron Post's Emails, have seen the video, and are practicing them. These are the two most widely used Yogic breaths. Deep breathing will be an essential part of every yogic breath you will learn. To reap 100% benefit of any yogic breath it is important to do deep breathing properly.

As promised, this month we will learn *Bhramari* or Humming Bee breath. This breath is very powerful not only to help with sinus, but also alleviates headaches, migraines, stress, anger, insomnia and sleeping disorders, calms nerves, and reduces blood pressure. It speeds up the healing of body tissues and can be practiced after many surgeries. However, check with your physician or an experienced therapist before starting the practice. This breath also strengthens and improves the voice and eliminates throat ailments. After clearing your nose, practicing three rounds of this breath in the morning and before going to bed at night will keep you happy for many hours and give you a good night's sleep. One can overcome his/her sinus problems after practicing this breath for a few seasons. Yogic breaths are pretty powerful and have a very subtle impact on your body. So please be careful and never overdo them. Again, I will try to explain this breath, but there is more to the breath than I can put on paper. So please send me an email on Jayagupta.lotus@gmail.com and join us for Zoom classes on Mondays at 11:00 and/or Wednesdays at 10:30. You can also watch this video IMG\_3488.MOV, which will appear on Ron Post as well.

Things to remember before practicing any yogic breath:

1. **Avoid breathing practice** when you have a cold or when you are sick.
2. Always first clean your nose with warm water and take all the gunk out. If you have sinus issues, you can use a Neti pot.
3. Brush your teeth and wash your face or take shower. Do not take shower immediately after the practice.
4. Always breathe in and out through the nose unless instructed otherwise. Learn and practice first in the guidance of a yoga teacher.
5. The best times to practice are early mornings and after the sunset, and on empty stomach.
6. Sit in a comfortable meditative posture on a mat or in a chair with spine, neck and head erect but relaxed.
7. Most important is to **Avoid Strain**. Listen to your body and stop. Start slowly with a few breaths and increase very slowly over weeks, months and years. Rest between the breaths and **never overdo**.
8. A sensation of itching, tingling, heat or cold, lightness or heaviness may occur due to purification or release of toxins.
9. Smokers should start very slowly with just a few breaths and STOP smoking slowly and completely.

Humming Bee Breath or *Bhramari*: In this breath you will be making the sound of a humming bumble bee from the upper part of your throat. The vibration will vibrate your larynx, moving up and cleansing your three sinus cavities, vibrating the *Pituitary gland* (a pea-sized body, which is the major endocrine gland body attached to the base of the brain) and the *Pineal gland* (a pea-sized conical mass of tissue behind the third ventricle of the brain) and eventually vibrating your *Vagus* nerve. The vibration of the Vagus nerve sends signals to all nerves to calm down and that lowers stress and blood pressure. First, we have to learn how to extend the length of our exhale from the nose by not losing air from the other four openings in our body (eyes, mouth, ears, and anus). We need to keep these four openings closed by sitting comfortably in meditative pose or in a chair, and only breathing through our nose. Close your eyes and



mouth. Raise the arms sideways; bend your elbows bringing the hands to the ear. Press the flap of the ears with your thumb and place the other four fingers on top of the head on four sinus pressure points on both sides as shown in the pictures.



1. Exhale, take a deep inhale and make a sound of humming bumble bee from upper part of your throat as you exhale.
2. Do three times, bring your hands down and rest for a few seconds.
3. Repeat two more rounds and bring your hands down in your lap. Place your hands on top of each other with thumbs touching together. There will be no thoughts in your head and you will experience the peace within you. You are now ready for your meditation.

If you do not feel the pleasant effect of this breath, please join our Zoom session or learn under the guidance of a yoga instructor. Keep practicing and I hope that you can overcome many issues mentioned above or keep sinus problems at bay. Next month, I will answer some of the questions asked. If you have any, please send me an email. Until then, take care, be well and stay safe. Love - Jaya

## Tech Trends

By Don Haback

Another Just-Emerging Computing Term - **Neuromorphic Computing**

Let's start at the very beginning. We're all familiar with our home and business computing systems. These are DIGITAL COMPUTERS, working on principles that were first developed by John Von Neumann (1903-1957) – a globally renowned mathematician. The architecture is called "Von Neumann" and is based on 'binary' arithmetic. Electric switches are either ON or OFF – and these binary 'states' are represented by the numbers '1' and '0' in base-two arithmetic (those are the only numbers used – but there can be a huge number of them). Today's computers typically are designed to use 'words' consisting of 64 'bits'; (comprised of either zeros or ones). Here's a table showing numbers from one through ten in both our usual decimal system and in base-two:

BASE 10	BASE 2
0	0
1	1
2	10
3	11
4	100
5	101
6	110
7	111
8	1000
9	1001
10	1010

A 'word' consisting of eight bits is called a BYTE. The above table only uses four of the 64 bits generally considered to be a com-

(Continued on page 14)



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**M&M Movie Minutes**

**By Marcia Milgrom and  
Marilyn Jaclin**

**The Dig**

Once again, Marilyn in the sunshine and Marcia in the snow-storm had a hard time finding a movie that appealed to both of us. Luckily, *The Dig* was our film of choice, and we liked it. The movie, as shown on Netflix, was based on real life events and was very informative, even though the title seemed dull to us. It is a bit-sweet British drama taken from the book by the same name, just before England entered World War II. Initially, we see Edith Pretty (Carey Mulligan), a wealthy widow, and Basil Brown (Ralph Fiennes) discussing him heading an archaeological dig on her Suffolk estate. There are large mounds of earth on her property. They both expect that there are significant items under that ground. Basil is a self-taught, unorthodox archaeologist who develops a benign friendship with Edith. Basil is a quiet, unassuming man who is perhaps unaware of his own worth. These are no nonsense individuals, not afraid to get their hands dirty. Even the servants help with the excavation. Edith has faith in Basil, more than his wife May (Monica Dolan) does. He guesses that there is an Anglo Saxon ship under one of the mounds. In the meantime, Basil develops a paternal relationship with Edith's young son Robert (Archie Barnes). The man is the first to discover that the child's mother has a debilitating illness.

We soon see another group from the British Museum who wants to take over the dig. They look down their noses at Basil. Edith insists that Basil be part of that team. Among the people who come to work on the dig are Stewart Piggott (Ben Chaplin) and Peggy Piggott (Lily James). They are a married couple who have no passion for each other. Stewart asked the group if Peggy could work with them. To add interest to this film, Edith's cousin Rory Lorax (Johnny Flynn) takes pictures of the artifacts. While compiling his photos he is called up by the Air Force. He and Peggy develop a love connection. The entire movie shows the pending war, with planes flying overhead. Therefore, the dig becomes a race against time because work will

have to be completed before the war breaks out in England. Once found, they now have to figure what to do with what became known as the Sutton Hoo treasures. The British Museum and the local museum both want it. Edith feels they are hers to do with what she seems fit. We find out that the artifacts end up at the British Museum. Her name was mentioned, but not Basil's until much later.

The mounds behind Edith's mansion remind us of other civilizations. Coming to terms with that "is the trickiest juggling act of all." *M and M* have



to say that this movie was enjoyable. It is not a great movie but okay especially for those of us huddled at home in a snow storm. There is a little suspense, a touch of romance, finely acted characters, and a beautiful English landscape. Try it! *M and M* felt it was an engaging film. Don't let the title fool you. You would do well to watch it.

**Tech Trends**

*(Continued from page 13)*

excluded the remaining 60 bits. Computers certainly use 'instructions' along with numbers to do their work. I won't go any deeper, but there's a LOT of work going on! Most current computing systems were based on 'serial' computing. Instructions are performed one at a time – and can 'call' numbers from their memory systems to perform operations on them – and then 'put them back' in other memory locations. Newer computers – including just about all of today's PCs – use some elements of 'parallel' computing, where the computing elements can be shared and various types of operations can be performed at the same time. The major issue that had to be solved for parallel computing was assuring that the various steps were properly integrated. Operations could depend on more than one of those parallel 'processes' and therefore everything had to be properly timed.

In the commercial environment, computing started after World War II, when business simply outgrew pencil and paper calculations. IBM became the largest supplier of computers to businesses around the world – and still maintains its 'mainframe' systems in perhaps 85% of all global large enterprises. Sometimes, however, the need for computing capability outgrew the performance of these commercial computers leading to the emergence of 'Super Computers' in the late 60's. Companies like Control Data and Cray were the pioneers and now they're in use around the world – with constant competition regarding which one (from which country) is the fastest. It's important to understand that the Von Neumann architecture underlies just about everything in current use, right down to our phones and smart appliances. In fact, Alexa's last name should be Von Neumann.

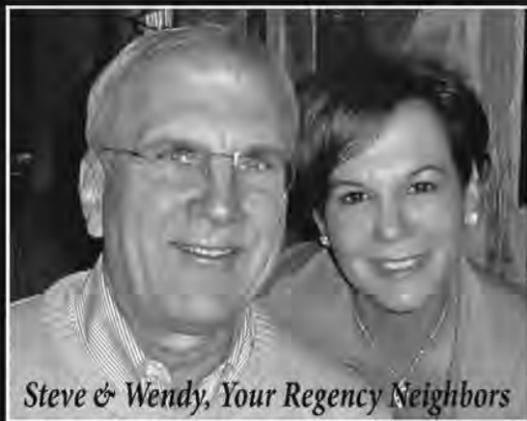
In recent years, we've just started to move beyond Von Neumann, starting with Quantum Computing. For those of you who keep back copies, the February and March 2020 issues of the *Regency Reporter* included my two-part 'Tech Trends' report on Quantum Computing. Please contact me if you'd like another copy. It's important to know that just about NO SOFTWARE – including operating systems, tools, and applications written to run on Von Neumann machines will run (today at least) on non-

Von Neumann machines!  
NEUROMORPHIC COMPUTING is the brand-new concept I'm going into in this month's issue. It's based on understanding how our brains work. Yes, synapses and neurons! Think about our bodies and our systems. We take inputs from our eyes, ears, noses, skin, and internal organs and constantly use them to help us through our days. Consider driving our cars. Think about moving at speeds of 75 MPH (over 100 feet per second) on today's highways in cars that are 16 feet long. This is more than six car lengths per second. We have a VERY SHORT TIME to react if there's any shift in the traffic, especially considering that the stopping distance from that speed can be much longer than a few car lengths! We always have to consider road and weather conditions as well as occasional disturbances inside our cars. After some training, our brains can easily handle this situation! It requires a GREAT DEAL of 'computing' power. Consider that our brains weigh a few pounds and use about 20 Watts of power and operate at 'body' temperature. Compare that with typical computers. They are much larger, use lots more power and consume a huge amount of energy too, compared with just one element of what our brains are usually doing while we drive. So, our brains include literally millions of synapses and neurons – which can connect to each other in myriads of patterns – in milliseconds! If we could build computers based on these 'things', we could advance technology by another 'quantum leap.' And YES, research is underway around the world.

Today, we have thousands of engineers working in Artificial Intelligence (AI), and many of them are now considering themselves to be neuromorphic engineers! They are looking into the question of whether the mind is enough like a machine that a device that can replicate those brain functions may be able to 'mimic' some brain functions. WOW! Clearly, there are a huge number of problems to be solved before we can perform 'computer-like' calculations. For a moment, let's consider chess-playing machines. These devices (actually AI in nature) have all the chess rules embedded – and have 'learned' to play at truly advanced levels. When compared to what's needed to properly drive a car in today's environment, however, chess is VERY SIMPLE! There is no question in my mind but that neuromorphic concepts will be the "next wave."

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## Home Trends



**By Cheryl Hand**  
**Realtor = Resource**

The local real estate market has not heated up yet for 2021. One home came on the market and went into contract almost immediately. It's a seller's market, period. If you are considering selling your home this year, do not wait for the others. Do it early while there is hardly any competition. Supply and demand! Low supply brings higher prices. Without much to report, I wanted to write something creative this month. During one of my recent sleepless nights, I started reminiscing about my past thirty-four years as a realtor and the experiences I've had. A few situations struck me funny, I hope to make you chuckle in my re-telling of this story.

One of the first homes I sold in Marlboro back in the late 1980's was to a friend and her husband. It was a beauty. Located in the Paddock Club North on a private cul-de-sac. As a newer agent, I was totally excited about making this sale. The home had a finished basement and there was just one couch in it. Through-out the sales process, each time we went back to the house, my client, Mr. Buyer, repeatedly told me he did NOT want the couch in the basement when he closed. We requested the sellers remove it. Now, that is not an unreasonable request. Furniture is rarely included with a sale and it is common for the sellers to empty

the house. However, you should know that when the basement was finished, the couch was already in it. The basement was finished around the couch. When moving day came, the seller's moving company tried and tried but could not remove the couch from the basement. It was too long to navigate up the narrow basement steps. Oh-Oh...Mr. Buyer was not happy when we did the final walk through. Rationally, we all know this was not my fault, right? Of course not! However, Mr. Buyer was angry with me. I was his representative. He threatened not to close and made quite a stir. Remember, I was a newer agent in the 80's. His threats terrified me...I couldn't lose this sale...it was one of my first. My children were little, we needed the income, the fear of not getting paid was real. I put on my thinking cap...

To this day, I repeatedly tell my buyers and sellers that realtors have many jobs - they become a confidant, detective, friend, advisor, negotiator; they are your *resource*. And that is exactly what I've become throughout the years. In my opinion, this is the key to success. A light bulb went off in my head. I put in a call in to Mr. Buyer's mover. When Mr. Buyer's furniture showed up, I was there to meet the mover. First things first, I walked them down to the basement and instructed them to remove the couch...any way they could. Within minutes they produced a box of tools - and within the hour the couch was in two pieces - moved right up and out of the house. **PROBLEM SOLVED!**

Moral of the story - make sure the realtor you hire knows the area, the houses, the in's and out's of selling. Your realtor will become your *resource!*

Stay healthy. Get vaccinated. Wear your masks!

## Board of Education Indulges the Public

**By Doug Poye**

During the Board of Education's first regular meeting of 2021 members of the public witnessed a session prolonged by public input. President Arminio provided almost two hours for people to make comments and ask questions. The one hour and fifty-two minutes of public input occupied just under 50% of the just under four-hour meeting. When I was first on the Board some years ago, I learned during training sessions provided by the State Association of School Boards that the purpose of public attendance was to allow that public to observe the work of the Board. Clearly, Ms. Arminio has a different view as she demonstrated a willingness to indulge public input that included many speakers making the same comment.

Topics brought up during the two public sessions varied in content and in the number of times a particular topic was mentioned.



Related to the pandemic were concerns about staff shortages and a cleaning machine under consideration for sanitizing the schools. However, the most pressing issue and the one consuming the most discussion time (12 callers) was a new mandate by the administration that high school students virtually attend short afternoon sessions on classes that they had attended during the morning. Superintendent Alvich responded that the new mandate occurred in an effort to meet parents' former re-

(Continued on page 16)

## Who Benefits Most from Rising Interest Rates?



**By Susan Sloan**

It is now a given fact that after 11 years of declining and then static interest rates, rates are rising. So far the rise has been small, but more increases are coming. The Fed announced at least two and possible three increases in 2021 and a longer term target of two to 2.5% rates on Fed funds, which would be a more normalized rate and create some inflation and bolster the economy. That said, what does that mean to you? The biggest purchase affected by interest rates is a mortgage. Next is a car loan or lease cost. However, based on my very unprofessional polling, most retirees don't do mortgages when moving at this point in their lives.

Your current mortgage rate does not change (unless you have an adjustable, which most people recognized was a poor choice, since the move in interest rates could ONLY go up). For those with higher than 4% rates, you get one last chance to refinance and lock in a lower rate. Car loans or car leases, on the other hand is something you will have to deal with, but as rates go up, there will be plenty of deals around to stimulate sales and that may equalize the costs.

As rates raise, however, the retirees benefit from higher rates on their CDs, new bond purchases, Social Security payments, etc. The bonds currently owned will not change their rate of payments, the prices will go down, but gradually rise as they grow closer to the maturity date. Bond funds, however, may be

hurt. Higher interest rates also brings with it some inflation. While they tell you that there is little inflation now, I know that everything I buy in the supermarket is more expensive (or a smaller package at the old price). Health care is also more expensive, but perhaps that is because newer tests and techniques just happen to cost more, rather than the old type costing more. The real benefit of inflation is in property, which may rise, but may also be pushed ahead by the wave of millennials entering the housing market.

The biggest beneficiary of rising rates are the banks. They will still be securing funds at very low rates (under 1%) and lending it out at several multiples of that. That may be something you want to investigate and then invest in.

## 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!*



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## Board of Ed

(Continued from page 15)

quests for more instructional time. She went on to say that she would be discussing the issue with the high school principal. Even though Ms. Arminio had stated at the start of the first public session that callers were to restrict their comments to items on the agenda, she allowed parents and students to share their dissatisfaction with the afternoon sessions: a topic which was not to be found anywhere on the agenda nor in any of the committee reports that preceded the public session. In that such a topic deals with the administering of the schools, it would have been better to inform all callers that they should address their concerns to the superintendent and that it would not be considered during Board's meetings.

Another issue raised by callers was the make-up of the committees for this year. Committee assignments are made by the newly elected president at the start of each calendar year. The importance of the committees is the time it allows for discussion by members of the Board on issues relevant to that particular committee. Following such discussion committees will often develop a motion to be considered by the full Board at its next regular meeting. Members indicate their interest in serving on each com-

mittee and are normally assigned to two or more. This year, President Arminio chose to exclude Paul Rutsky from service on any committee whereas his occupation in financial matters equips him to be a valuable member of the Finance Committee. Similarly, she removed Andy Paluri from the Building, Grounds and Transportation Committee, one on which he is well qualified to serve in light of his occupation. Another member with experience, Rupa Siegel, was assigned to only one committee: Curriculum. Interestingly, Chrissy Skurbe, a newcomer to the Board and a frequent critic of past boards, was assigned to five of the six committees and the chair of two: Community Engagement and Policy. Siegel, Paluri and Rutsky were part of a faction of past boards with which Arminio often found herself at odds.

The Board of Education will meet on Monday, March 15, at 7 p.m. To sign into the Zoom meeting go to [monroe.k12.nj.us](https://monroe.k12.nj.us) and look for the link. If you prefer to watch it at a different time, go to the same website, click on Board of Ed, then Video Recordings of Meetings.

*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.*

## The Pet Corner



Charlie is one of many puppies you'll find at animal shelters. Adopted at three-months old, this Boxer-Pit-Mix was lucky to find a good home, while his siblings remained at the shelter until six-months old. Many people look for a purebred puppy or an adult dog, but mixed-breeds are wonderful, loving canines; just ask them.

Photo by Bea Siegel

### By Bea Siegel Newz You Can Use (From the Dog's Paw and the Cat's Meow)

New technology shows up everywhere, and Tufts University leads the way for restoring damaged tissue of dogs, cats, and other animals. It's called "Cold Plasma Therapy," and Tufts has reportedly become the first veterinary facility in the United States to use this new treatment for speeding up wound-healing in dogs and other animals. The first patient to receive this treatment was a 16 year old Golden Retriever with an infection near a tooth. The infection was described by his owner as recurring infections in his mouth around his upper right canine tooth that looked like some type of growth. After the dog received the cold plasma therapy treatments there was less gum inflammation and less bleeding; to say the least, this treatment was successful. This is very

exciting news, since it is painless, and sedation is, in many cases, unnecessary. Who knows...Cold Plasma Therapy could become the perfect alternative to healing wounds, not only for animals, but also for us human species.

We all wonder about our pet's food. Should I give them steak for dinner or their same-ol' pet food? We all need a change in our diet, but feeding your dog steak with all the trimmings can cause pancreatitis or other problems; just stick to their same-ol' boring food that gives them a shining coat, bright clear eyes, and good poop. Giving your cat your can of salmon would bring loyalty and a dream come true, but actually the ingredients in their own can of food is better for them. Lots of good, new research is always happening to serve our pets the best way there is. There is now online help for choosing the right dog food, so I'll share with you the best dog-food sites to check out:



- Cummings Veterinary Medical Center at Tufts University calculates your dog food cost by using how many kilocalories a day your pet needs and what is provided by the food you are using: click onto <https://tinyurl.com/food-cost>
- Pet Nutrition Alliance has information on manufacturers, such as whether they employ a nutritionist and if they own their manufacturing plant: click onto <https://tinyurl.com/mfg-background>
- World Small Animal Veterinary Association addresses quality-control measures for "complete and balanced" foods: <https://tinyurl.com/complete-balanced>

### Canine Hero

The American Kennel Club (AKC) honored a two-year old Rottweiler, named Dogtor Loki, and the Go Team Therapy Dogs with the "Paw of Courage" award. The dog, owned by a medical student delivers care packages to medical professionals working on the front lines during the COVID-19 pandemic.

Regency's population of dogs and cats is growing; I would love to meet them to take their picture to appear in the *Regency Reporter*. Just call me. I'm in the 2020 Phone Directory that many residents have or check out the link to a phone directory that is currently on Ron Post's email. To everyone - take care, stay safe, and keep walking your dog.

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**Belt up  
For Life**

## Stay Tuned

By Barbara Potasky

When I first read the best-selling novel, *The Flight Attendant*, by Chris Bohjalian, I really enjoyed it. So, when I heard that it was being made into a series airing on *HBO Max*, I was excited to watch it. If you subscribe to *HBO* on Comcast, you might not know that you can watch the streaming service for free. (I am not sure if the same is true for Verizon or Dish subscribers, so you might want to check with your provider). And the series was already renewed for season two, which will take it beyond the material in the book – not always a good thing, so we will need to see if the audience stays tuned. But, as for season one, it was the most watched series so far on the young *HBO Max*.

*The Flight Attendant* stars Kaley Cuoco (*The Big Bang Theory*) as Cassie Bowden, an alcoholic flight attendant, prone to hooking up with men on her travels, and often blacking out the next day and not remembering exactly what she did or what happened. On a flight to Bangkok, she flirts with Alex Sokolov (Michiel Huisman), a busi-

nessman in first class. After having sex with him in the restroom, they go out partying in Bangkok that night, and spend the night together in his hotel room. The next morning, she wakes up next to him – dead, with his throat slit. After finding Alex dead, and not remembering exactly what happened the previous night, Cassie panics and cleans up the crime scene instead of calling the police, because she is afraid that the police will think that she killed him. So, she boards her flight back to New York, her home town, while desperately trying to remember what happened.

It is difficult to classify the genre of this series. It is a little bit of everything; thriller, mystery, drama, and even some comedy. The twist, and the comedy in this series, is that Cassie sees herself having conversations with dead Alex, who is trying to help her solve his murder. There is also a subplot involving Cassie's fellow flight attendant, and self-proclaimed best friend, Megan Briscoe (Rosie Perez), a bored, married middle-aged woman, who is stealing files from her husband's company to sell to the North Korean government. Megan, along with flight atten-

dants Jada (Yasha Jackson) and Shane (Griffin Matthews) all want to know what happened with Cassie and "3C" (Alex's seat on the flight), as they all saw the two of them flirting.

When Alex's death is discovered by the hotel housekeeper, the FBI get involved and question all the flight attendants. Cassie denies having seen Alex after the flight landed. She becomes increasingly nervous about getting caught in her lie, as she continues to party and hook up with men, including Buckley (Colin Woodell), who she meets at a nightclub in New York City, and then spends the night with. Her brother Davey (T.R. Knight) who is married with two children, is concerned about her, and is scheduled to come visit her with his husband and children but tells Cassie he is not sure they should come, because he doesn't want her drinking around his girls. Cassie is asked by the two FBI agents on the case, Kim (Merle Dandridge) and Van (Nolan Gerard Funk) to come in for additional questioning, so she finally tells her (actual) best friend Annie (Zosia Mamet), who conveniently is a lawyer, what happened in Bangkok. Cassie, with

(Continued on page 17)

**SPORTS**

**Forward Thinking for the 2021 Tennis Season**



**By Steven Brody**

My glass is overflowing with optimism that we will have a 2021 Regency Tennis Club season! I've already submitted a Tennis Club schedule to property management reserving the tennis courts and Tennis Pavilion for special club events that are planned. Weather and COVID permitting we will open

the season on May 1 with an open house. If you moved to Regency in the last 12-18 months you may not have had the opportunity to use the tennis courts and or meet like-minded tennis players. We have members who play at a competitive level as well as others who play just for fun and exercise. The open house will be a great opportunity to sign up for the club, meet the members and even play a game or two.

Last year I had hoped with some degree of ambition to run an in-house tennis tournament for club members. We haven't tried something like this for several years. I had lined up sponsors that would provide us with gift cards for first and second place finishes and tennis shirts for all members. I hope to have those sponsors back with the same opportunity to provide

prizes and shirts. Besides the open house and in-house tournament, we will do our traditional Breakfast at Wimbledon - a Sunday morning event. We will also have monthly tennis and pizza nights starting in June. Traditionally we've done this on Friday nights. This year we will try to do some on Sunday nights as well. Other activities are being planned such as barbecues, round robins and tennis lessons. We are also looking into organizing an event that would raise money for a charity. All in all, there will be lots of fun activities throughout the 2021 season. We welcome new ideas, just get in touch with me or any club member. My phone number can be found in the 2020 Phone Directory or in the directory on Ron Post's email.

I am currently working on revising the Regency Tennis Club registration form that we fill out every year. Once the registration form is completed it will be available in the Clubhouse for easy pick up. An electronic copy of the form can be sent via email as well. In closing, I would like send a hearty thank you to the property management team in keeping the tennis courts open throughout the winter. Even as I write this and look out my window at nearly two feet of snow, I know that it will slowly melt away and the next warm day I'll be out there hitting the ball around. During this COVID experience it was very thoughtful for management to keep this outside amenity open throughout the winter when it usually does not. Thanks again.



*Congratulations to our very own Bill Palmieri, the Vice President of our Regency Bowling League. Bill rolled a 297 on January 21 of this year. This accomplishment is extremely impressive. Another of Bill's amazing achievements was a three game, 721 series on November 17 of last year. Congratulations to a true gentleman...*

**Photo submitted by Neil Diamond**

**Stay Tuned**

*(Continued from page 16)*

the help of dead Alex, finally remembers that the night that they went out in Bangkok, there was a woman who joined them for drinks, and she remembers her first name - Miranda (Michelle Gomez). She starts to suspect that Miranda killed Alex. Annie's boyfriend, Max, who is a hacker learns that the company where Alex worked, Unisphere, is owned by the Sokolovs, and that it is a front for a money laundering scheme. Against the advice of Annie, Cassie attends a memorial service at Alex's parents' house, and steals some documents from the house. On her way home, she runs into Miranda who has been following her in New York, but she manages to get away.

Cassie now starts to question whether Alex is a bad guy and involved in the money launder-

ing scheme. She continues to play detective by visiting Unisphere and becoming friendly with the receptionist hoping to get some answers. She enlists Annie's boyfriend to help her, and he ends up getting hit by a car, and winds up in the hospital. How does it all end?

There are many plot twists in the last couple of episodes, and I won't spoil the ending for those who want to watch. If you don't have access to *HBO Max*, then you might want to read Chris Bohjalian's book. I almost always prefer the book to the movie or series, although in this case, I think the series is as good as the book. I am looking forward to season two (TBD), with a bit of skepticism, since it will go beyond the book, and when this has been done with other series, it does not usually turn out well.

Spring is around the corner! Enjoy whatever you are watching, and as always, stay tuned...

**Love Is a Necessity**

**By Anil Shah**

Love is my most favorite subject. Where can I begin?! Each year, February 14 is Valentine's Day; the day that is designated to celebrate our love for the special people in our lives. February is also noted as the month of Love and Romance. However, I firmly believe that love should be experienced, celebrated, shared, and enjoyed during each moment of our existence because 'Love is in the air', and it can be found all around us, at any time, always. We do not realize it and most of the time we take it for granted but love is a very important necessity in our daily life. Love is a feeling that everybody desires. Love binds us all together and helps us live a very joyous, healthy, and peaceful life. Love is not only for romance or sex. It can also be for family members, close friends,

pets, a profession, selected colleagues, your nation, mother nature, beliefs, hobbies, sports, art and literature, etc. Love is not just about others. It is also very important to direct it to oneself. Once we accept who we are and how we look, it becomes easier for us to love the people and things around us. Love keeps us going with positive energy and constantly encourages us to enjoy every moment, however insignificant it may be.

Our first experience of love is at birth when we look at our parents for the first time. The bond that we form with them along with others grows stronger. As time passes, our dependency on them, their caring and nurturing turns into love for each other. As we grow older, we become more independent and we get exposed to others (and other things) and

*(Continued on page 18)*

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# Love

(Continued from page 17)

start experiencing our love flourishing for/with them. Humans are social animals. We are dependent on each other and so the love for each other continues and grows. The marriage of my parents, and many years later my marriage confirms that with a willingness to respect other individuals and an ability to compromise is the basis of any successful and enjoyable relationship. Love also allows us to work out our differences when we disagree or disappoint one another.

Arranged marriages are very common in India and many other parts of the world. It is hard for my son and daughter or their children to believe that my parents were engaged on the day when my mother was born, and my father was only two years old. They were married during their teenage years. In those days, parents of a girl gave considerable importance to the background of the boy's family and his father's status in the community – financial and otherwise. They also ran

a background check on the boy's mother, the future Mother-in-Law, for her personality. I believe this system was followed to try and secure the daughter's comfort and wellbeing after her marriage. My father was super intelligent, highly educated, principle oriented, and stubborn in some respect. He had a very successful and respectable career. In contrast, my mother did not study beyond the fourth grade because the only school in her village did not offer further education. However, her approach to life was very practical. She tackled each problem successfully and peacefully. Despite tremendous discrepancy in their intellectual levels, they benefited from each other's strengths, gained respect for each other, took good care of the elderly, managed the affairs of the extended family, fulfilled all social obligations, and successfully raised three of their own children. Thinking back, I had never heard them saying "I love you" to one another but I know they loved and cared for each other.

Unlike my parents, I had

known Chandni (my wife) as a family friend for over seven years before we were married. Sadly, social barriers did not permit any 'hanky panky' before marriage. Our journey during the last 45 years also has been very rewarding. We are blessed with a very loving and caring family. Our grandchildren are a lot of fun and keep us feeling young.

It is not essential to get married to enjoy the benefits of love. The intensity and approach towards love can vary from one individual to the other because love demands honesty, care, patience, and trust. Love is a natural phenomenon. It is also our natural desire to be held and touched, especially in a romantic relationship, which may or may not always be permitted in public – it highly depends on our upbringing or restrictions imposed by religious or social following. For example, public display(s) of affection (PDA) is not acceptable in India. However, same sex physical contact is allowed. In 2007, when the famous actor Richard Gere kissed Shilpa Shetty, an Indian actress, at an

AIDS awareness event in New Delhi, a warrant was issued by an Indian court. People burned effigies of Gere and Shetty for publicly embracing in a "sexually provocative" way. I personally find this to be hypocritical especially in a country where *The Kama Sutra* was written, and which has grown the total population to 1.4 billion. I grew up with movies that included a few romantic scenes. Unfortunately for me, for each interesting scene, the director managed to get a large bush with colorful flowers or a train went by in time to hide the details. This was done to satisfy regulations imposed by the Censor Board. India is adapting to western culture very fast but I along with my friends missed the boat and feel deprived. Well, it is a subject for another time.

The journey to finding love may also cause you to experience the seesaw effects of feeling energetic, excitement, happiness, sadness, sleeplessness, loss of appetite, anxiety, panic, loss of freedom, disappointments, increased heartbeats, and much more. However, do not be discouraged. You

will find this journey well worth it when the destination is reached. In a romantic relationship, I am not sure if "like" is followed by "lust" (or vice versa), which may then turn in to love. It is my humble opinion that "falling in like" is very common and it is much easier, but such relationships may be short lived and only give temporary pleasure. Romantic love is a connection between two souls. As stated earlier, love is hard to find. It requires commitment, attention, and dedication. Love must be nurtured. Love and respect must be earned and cannot be demanded. A long time ago, I had read an article about this subject. It stated one major fact: We **fall** in love. We do not rise in love. Therefore, put aside your ego, be prepared to give in, and continue flourishing your love for each other. To find love, we must first be willing to give love. We should be willing to sacrifice and support each other to maintain the value of love. Yes, buying a dozen roses or a beautiful bouquet of colorful flowers or a nice gift on special days such as birthdays or anniversaries do go a long way.

After being in a romantic relationship for a long time, it can also lead you to wonder if you might be better off with someone else. You are free to explore other possibilities because 'Marriages are made in heaven' (more than once!). However, before you decide to look for "options," always try and remember that *'The grass is greener on the other side'* Or *'It is better to be with the devil you know'* and proceed with caution! Love is a destination without names. Some people say love should be unconditional and everlasting. However, every relationship has a few strings attached. In some respect, it is like a business transaction. *'You scratch my back; I scratch your back'*! In my opinion, love without reciprocity can exist and offer an ideal set up or a heart touching story only for a book or a play or a movie. In real life, love is closely linked with expectations. How many times do we feel or say: "I love him/her/they, but I am hurt that he/she/they did not...."? The only exceptions can be found in our relationships with our children, immediate family, and a very few close friends. Regardless of the circumstances, almost always at any time, we drop everything when they call us or need us and without any expectations.

Love for other things also requires dedicated efforts, intense training, sacrifices, and perseverance. Pets give us comfort and security. Sports and hobbies keep us engaged and help us meet like-minded people. Love for our nation encourages us to contribute for the wellbeing of others. Friends keep us entertained, provide support, and introduce us to different cultures. Love toward Mother Nature benefits us tremendously but it also comes with a great responsibility. It is essential that we are very mindful and protect it for the benefit of future generations. Love for a profession or business helps make a living enjoyable. I hope you liked reading this article. Now, stop and give a big hug to someone and continue to nurture your love for each other.

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## Celebrating Our Innovation Educators in Monroe Township Schools

**By Dr. Dori Alvieh,  
Superintendent of Schools**

This year has certainly been like no other. Educators have had to find new ways to teach lessons to students remotely. Monroe Township Schools have found innovative ways to continue to provide opportunities for our students. Every teacher and student uses Schoology (HS) and Google Classroom (K-8) as a Learning Management System. Teachers are utilizing conference tools, either Zoom, Google Meet or Schoology Conferences, for daily instruction. Many teachers use other applications for educational purposes. Two common applications are Kahoot, for learning games and trivia quizzes, and Pear Deck, which allows teachers to infuse interactive assessment questions directly into digital lessons and presentations.

Here are a few examples:

Mark Pearce, Business Teacher at Monroe Township High School incorporates an online simulation to complement his virtual instruction in the Sports and Entertainment Marketing class. Since taking over the course in 2019, his students have had the special opportunity to apply their learning and put it into action by participating in an exciting and realistic semester-long simulation. Students are tasked with making business decisions to improve the profitability of a professional sports and entertainment stadium. This year, utilization of the simulation helped students to not only apply and enhance their learning, but it also resulted in an increased sense of comradery amongst his students that is sometimes more difficult to achieve in a remote instructional setting.

Jessica Strincoski and Allison Murphy, Second Grade Teachers at Mill Lake School wanted to continue with the rigor and expectations of in person learning and have implemented many fun and interactive learning techniques during remote instruction. The use of Google Classroom, other Google apps for Education, and Zoom have put a new spin on the learning model. Teachers can provide students with immediate real time feedback enabling them to make corrections while it is still fresh in their minds. Google classroom assists in the transition to Twenty-first century learning in a way that is student-friendly and develops a comfortability with technology for all students. Even though they have not spent much time together in person, students are still able to interact with each other on a social level and develop connections with one another.

Principal Erinn Mahoney and Assistant Principal Maggie Fidura at Barclay Brook School have found new ways to share the STEAMaker Lab virtually with students. STEAMaker Lab is a space where students can explore and create. This year students cannot utilize the

STEAMaker Lab, but we wanted to afford them the opportunity to continue to enjoy the fun, creativity, and excitement of our STEAMaker Lab at home. Each Barclay Brook student received a STEAM bag containing consumable materials from our STEAMaker Lab including Popsicle sticks, rubber bands, paper clips, a spoon, and many other materials. Students also received a Bingo Board of activities and were challenged to only use the materials within the bag along with tape, glue, and scissors to design and build the items on the Bingo Board. During the span of the challenge, we received hundreds of pictures from students, and each one was more creative than the next!

Our choral and instrumental music teachers have had to find innovative ways for students to practice and demonstrate their musical abilities. All groups have been holding virtual concerts giving students that chance to perform for their teachers, peers, and families. Here are few links to the concerts: Fall Virtual MTHS Coffee House <https://www.youtube.com/watch?v=XMcfwUKuH8HYPERLINK> “<https://www.youtube.com/watch?v=XMcfwUKuH8&feature=youtu.be>”&HYPERLINK “<https://www.youtube.com/watch?v=XMcfwUKuH8&feature=youtu.be>”&HYPERLINK “<https://www.youtube.com/watch?v=tPI04CjCaPMHYPERLINK>” “<https://www.youtube.com/watch?v=tPI04CjCaPM&list=PLJzXNnndkF7aVSGx4MgAKf3XTHZyZ4IE5>”&HYPERLINK “<https://www.youtube.com/watch?v=tPI04CjCaPM&list=PLJzXNnndkF7aVSGx4MgAKf3XTHZyZ4IE5>”

The High School has created a virtual Preschool under the direction of Ms. Jodi Silberstein and Ms. Christine Scaletti. The program allows our high school students who participate in our Working with Children class to continue developing their skills through the use of Zoom conference technology. The high school students work with the preschool children on numerous instructional activities and educational games.

Mr. Dave Virelles has gone “old school” with his practices with MTHS Art students. He has transformed his kitchen into an art studio and has become the Bob Ross of MTHS. He has been instructing landscape painting for Studio Art courses over the past four weeks. He started off with some simple sketches and thumbnail paintings to gather baseline abilities for students. The class then painted all together using conferences, in what was called “technique week.”

Jennifer Hyer, one of our elementary art teachers had students create virtual art shows. Here are the links to some of the students’ work.

<https://www.artsonia.com/museum/gallery.asp?school=146115>

<https://www.artsonia.com/museum/gallery.asp?school=115423>

Ms. Beth Welsh has created a collaborative folder in Schoology for all of her World History sections to share and exchange ideas. It’s called “Extra Extra.” The folder consists of subfolders each containing subjects of interest within social studies. Students are invited to submit links to the teacher, via email, of interesting topics for approval. If the submission is chosen, it is published in the folder for all classes to peruse. Student viewers can do everything from taking a virtual tour of the Palace of Versailles to finding out how UNICEF is working to keep children safe in developing nations.

Elementary teachers are finding creative ways for students to share work. Ms. Poland’s students at Applegarth School completed a Constellations STEM project out of household items and shared their photos with the class.

Ms. Ciccarella’s class at Woodland School will be visiting with two authors for World Read Aloud Day.

Ms. DiBenedetto and Ms. Valville have found a fun website to review for tests and quizzes. Using “Wheel of Names” keeps students engaged because they never know where the wheel will land.

Mr. Schultz, Physical Education Teacher, has coordinated a Physical Education Virtual Challenge for this school year. Students who participated re-

ceived a Woodland School stepper to track their daily mileage. Woodland School students have completed their first two challenges to Six Flags Great Adventure (15.3 miles) and Liberty Science Center (35.4 miles). We had approximately 125 participants join this activity challenge! Our next location is to the Adventure Aquarium in Camden, NJ (56.2 miles).

The Hour of Code, an introduction to computer science, is a worldwide movement that takes place in December. Led and organized by Oak Tree School’s Media Specialist Mr. Gleason with the assistance of Ms. Kirner, Mrs. Dowe and Mrs. Kerstetter, Oak Tree held a Virtual Hour of Code Night. Third grade students and their parents worked side by side at home coding through a Star Wars challenge. It was an incredible evening in which participants could learn the basics in a fun interactive way.

The third grade students at Oak Tree are learning all about living and nonliving things, and plants and animal life cycles!

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