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**JULY 2020**

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 **Irene Shor, ESQ.**  
Divorce and Family Law

**Experienced, Compassionate  
and Aggressive Divorce Lawyer**

**Irene Shor  
Opens New Office  
In Red Bank**

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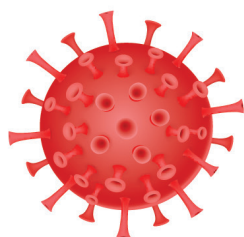
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- Include your name, age & town you live in
- Please email 1 photo per email, Limit is 3 photos per contestant
- Maximum photo size is 8 MBs

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Experienced, Compassionate  
and Aggressive Divorce Lawyer

# Irene Shor Opens New Office In Red Bank



Irene Shor, Esq. is an experienced family law attorney who has practiced law for almost 20 years. Originally from New York City, Irene Shor began her working career at Goldman Sachs, in the legal compliance department, ensuring that the firm and its employees remained within the legal confines of the SEC. However, the work became monotonous and boredom sunk in for Irene, which led her to pursue a Juris Doctorate at Rutgers University, completing her studies at the age of 24. Originally, Irene considered a career practicing Criminal Law, but after working in a firm in New York City co-counseling in a lengthy murder and drug trial, she realized that the very nature of that branch of legal work was not congruent with her values and desire to raise a family. Against significant barriers to entry into the small society of matrimonial attorneys since Irene is the first lawyer in her family, Irene accepted a highly-competitive clerkship with the Honorable Judge James B. Convery, who at that time was the lead matrimonial judge in Essex County. Thus, a career was launched, first in New York, and then North Jersey and finally, in 2003 Irene laid down roots at the Jersey Shore which became her permanent home with her husband, Dr. Alex Shor, a well-respected dentist and owner of a dental group known as Bella Dental.

Irene Shor loves the practice of matrimonial law. She explains that it is the polar opposite of boring. It has become her passion because it allows her to be an advocate, advisor, confidante, supporter, investigator, and allows her to assist her clients to achieve the best possible outcome, at a time of tremendous stress and frustration, which she attempts to accomplish with the least amount of heartbreak for her clients. In fact, her desire to provide more personalized advocacy for her clients is the reason that she opened her own practice, after 17 years as a partner at a Monmouth County law firm. She is so committed and empathetic that she wanted to be able to devote more time to that advocacy, under her

own "shingle". Irene's empathy for her clients and desire to advocate for them effectively is the leading cause for her success over the past 20 years. Nobody is a "case number" for Irene; all of the clients of Irene Shor, Esq. are people going through an emotionally or mentally challenging experience. They receive a partner in this journey; one serving as a navigator and not just a legal practitioner. Irene prides herself on providing meaningful and rational advice to people in an empathetic fashion. She explained that her clients do not always want to hear the advice that she has to give, but that she stays true to herself and makes sure that her clients know what they can truly expect rather than to have an attorney that just parrots their requests. Irene explained that too many divorce cases go on for far too long because clients are not provided with reasonable guidance as to a result they can reasonably expect under the law. By providing accurate information Irene believes she helps her clients avoid excessive legal fees and protracted litigation. Once a client has a firm understanding of the law, Irene advocates for them to her fullest giving rise to her slogan that she provides "aggressive representation for reasonable people with unreasonable spouses."

When we sat for this interview, Irene made it clear that although she is of the opinion that every divorce action should start in a collaborative manner, this is often not possible since divorce, by its very nature, is adversarial and replete with mistrust between parties. It is rare that two parties to a divorce both wish to be divorced at the same time and under mutual agreement, with no emotional component. Usually, one of the parties is extremely angry, creating irrational arguments that are not based upon the law, but upon emotion. The events leading to a divorce cause stress on both parties and their families. The additional stress of divorce where questions are raised with unknown answers concerning financial matters, parental rights and other issues that might ensue cause even more friction and strife during the divorce proceeding. Irene

explained that situations are rarely black and white in a divorce proceeding since families act in unconventional ways during a marriage when the thought of divorce has not yet crossed their minds, and it is then up to her to unravel the pieces and create a new puzzle where the pieces will more or less fit into place during a divorce proceeding and for what will be their new normal post-divorce.

In addition to the demands of the profession, including remaining educated in the ever-changing landscape of matrimonial law, Irene is a Certified Economic Mediator, which means that she can guide people in reaching a settlement when both are willing and committed to resolving their issues. The skills acquired from Mediation provide the ability to read people well which has contributed to Irene's enhanced ability to negotiate the most favorable settlement for her clients and to potentially avoid unnecessary and costly (both emotionally and financially) litigation. Irene feels that it is very important for her clients to feel that she has exceeded their expectations by being an unwavering advocate and support system for them in a divorce matter, and the reviews collated and posted on her website ([www.becausedivorcehappens.com](http://www.becausedivorcehappens.com)) support that.

Irene believes that timing is everything in the course of a divorce action. Today you may not be ready to accept and process the changing nature of your life, and your actions could be driven by the emotional nature of the current situation. However, as you reconcile your feelings and beliefs with the new reality of your future, those feelings subside. It's the task of Irene and matrimonial practitioners like her to help you to find perspective and not allow you to overreact and poorly present yourself during a difficult time in your life. There are so many components to matrimonial law which include the managing of expectations and emotions during the worst time in people's lives. This is not something which is taught in law school and only comes from years

of experience and a willingness to treat every client as an individual. An advocate must also know the law and be ready to prepare cogent briefs and use effective writing skills to persuasively argue a client's case. They must have complete comprehension of financial elements to advocate for clients and to help them understand what comes next, using a clear and comprehensive plan for their financial future. A family law attorney should be educated on all current practices and changes to the landscape of custody and parenting elements and sometimes a client needs more intensive support, by digging through data requiring Irene to act as a "detective" and uncover hidden facts or assets. Irene Shor enjoys the work she does on behalf of her clients because to her, every day is a new experience in matrimonial law.

When asked how being a family law attorney has impacted her own marriage, Irene explained that it has provided her with the proper perspective to appreciate her husband and family and not to focus on the insignificant irritations in any marriage. She expressed that being a family law attorney has strengthened her own marriage to her husband with whom she will celebrate her 20th wedding anniversary this year. Irene and her husband, Alex, have been active in their community by always providing support to local causes that are important to them and their children. Outside of work hours, Irene and Alex and their two children enjoy outdoor time together hiking, kayaking, jogging and going on trips together as a family.

As her website address states, "Because Divorce Happens", there will always be room for you at the offices of Irene Shor, Esq. if you find yourself at the end of a matrimonial relationship. Her practice is dedicated to all areas of matrimonial and family law. She has represented clients with all manner of relationships, from traditional to unconventional and every other kind in between.

- Paul J. Abrams

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# GET HEALTHY OR DIE!

Article by **Raj Gupta, D.C.**



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## YOU NEED IMMUNITY!

Now, preventative health care is no longer an option. Get healthy or die. We are so misguided that we don't realize that it has always been this way. Americans are not used to this. Wake up America! How long is it going to take for you to realize that you have it totally backwards? Americans consume 60% of the world's population of pharmaceuticals but we only make up 5% of the world's population. It averages to 8-10 pills per American per day. We are strong believers in a "pill for an ill" model. We only go to the doctor when we are sick, and then we expect to leave with a little blue piece of paper for the silver buck shot that is going to make us all better. However, according to the 2019 Bloomberg Healthiest Country Index, the U.S. ranks 35th out of 169 countries in overall health. We are fat, lazy, and sick. We reach for pills any chance we get and think that THAT is health care.

Well now, it is survival of the fittest. People are losing their lives due to poor health. We are scared. This virus is killing those with pre-existing conditions. Those with conditions previously covered up by medication are now in danger of being exposed and dying. You are now sick, in a sick care model, and worried about dying and becoming a statistic. There are no pills for this, no quick fixes, no silver buck shots. How un-American. Now what?

## VACCINE

Can't wait for the vaccine? Well, all vaccines depend UPON healthy immune systems in order for them to work properly. A vaccine is simply a small portion of the disease itself. That's right! All vaccines inject a very small portion of the disease into your body so that your immune system (your healthy immune system) comes in contact with the disease, builds up natural antibodies, and the next time you come in contact with it you are able to fight off the invader rather than succumb to it. However, you MUST have a strong working immune system in order for the vaccine to work. If not, you may fall victim to the disease you are trying to fight by taking the vaccine. This is seen each year when people get the flu from the flu shot. Think about this: if

a vaccine for HIV/AIDS was developed that had a small portion of HIV/AIDS in the vaccine, would you take it? If the answer is "NO", then would you be willing to take a vaccine for COVID-19? If the answer is still "probably yes", you first MUST make sure that your immune system is strong, because COVID-19 attacks those who are immunocompromised!

## HOW TO BOOST YOUR IMMUNE SYSTEM

Like bullets that ricochet off Superman's chest, you are only as strong as your force field. Stop looking for ways to kill the virus and start building your force field which will make you impervious to their presence. The two quickest ways to build your immune system are by receiving IV nutrition and taking immune boosting, anti-viral supplementation. Both provide you with the weapons you need to fight off invaders!

## IV NUTRITION

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For people who:

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Exercise: 3-5x/wk

Health: Have no medical conditions and take no medication

### Enhanced Kit

For people who:

Diet: Consume some processed foods, eat out occasionally

Exercise: 1x/wk, not part of schedule or daily routine

Health: May have some health issues, but no known diseases

### Ultra Kit

For people who:

Diet: Meals are brought from outside the home, take out/fast food

Exercise: Little to none

Health: Health issues and concerns, on medication(s), known diseases

What our "medical experts" are not telling you is the solution is in the soil (your immune system) and not the seed (COVID-19). Of the many who have died from this contagion, the majority have improperly functioning immune systems. Unfortunately, it is believed that COVID-19 is a flu-like virus, and like the flu, it will mutate and circle back around. Vaccines will need to be updated each year and the experts will guess about which strain to use as they do each year with the flu. Will we face the Coronavirus again, sooner or later, or maybe another virus? Those that prepare and support their immune system will be in a strong position. Those who believe this to be a passing virus, and believe in the promise of miracle drugs and vaccines, will struggle.

**Don't wait until it's here again to react—start today on a journey to ensure your immune system is in its optimal state! If you're not willing to put yourself first now, when those who are unhealthy are dying, when else will you do it?!**

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## PHYSICAL THERAPY IN THE TIME OF COVID-19

A lot has changed rapidly over the past few months as we have shifted our lifestyles during this pandemic. However, many aspects of our lives - such as family, friends and our health - remain priorities. We still need to care for ourselves in order to maintain and optimize our health, as well as be able to care for and show up for others. During this time, many individuals have had to put their health on hold, or have developed health issues in quarantine that need to be addressed.

Do you find yourself sitting more often? Have you been less active during this time? Has your diet and routine been off? You're not alone! With gyms being closed, social distancing remaining in effect for all activities, and the uncertainty on top of it all contributes to unease and is not conducive to optimized lifestyles.

With a reduction in movement overall and increased sitting time, aches and pains can develop. Low back pain is one of the most common. Sitting puts prolonged force and pressure on our muscles, bones and joints - all things that are meant to be moved and used throughout the day. Low back pain is not the only thing that can develop. Common diagnoses include:

- Carpal tunnel syndrome
- Neck pain
- Shoulder pain
- Knee pain
- Muscle spasm
- Hip impingement
- Tailbone/coccyx pain
- SIJ pain
- Piriformis syndrome
- Pelvic pain

Additionally, any of your existing aches and pains most likely have not just disappeared during this pandemic. Pain, weakness, and instability will prevail if no interventions and steps are taken to address them. Why not just wait to address it at a safer time? Well, while you may be learning to "live with it," often the longer you wait to address an issue, the more involved and more difficult it can be to address it. The musculoskeletal system is all connected. What may affect one area of the body can drive you to compensate with other areas and lead to more aches and pains down the line. For example, if your left knee has been aching, this may alter your gait pattern to cause you to overuse your right hip, which can lead to right hip pain that was avoidable.

Don't wait! You deserve the care you need - now. We at Inner Dynamics Physical Therapy are here to help! We have recently opened our doors back up and continue to offer Telehealth Physical Therapy services.

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# GRADUATING STUDENT *Profiles* 2020



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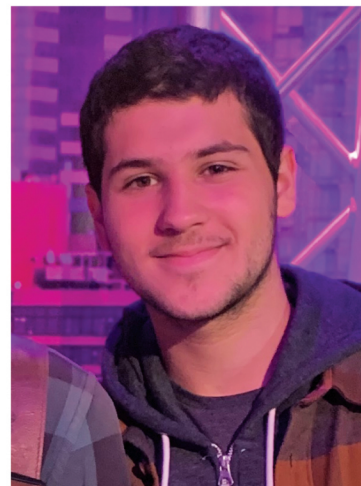
As I approach my last days of high school, I have spent more and more time reminiscing about my first days. Transitioning from middle school to high school was a tough experience. I was comfortable in the Intermediate School. I knew every teacher, I knew my way around the building with my eyes closed and I knew what my academics required of me. Of course my parents and teachers warned me that high school was going to demand more responsibility, rigor and effort, but I was fourteen and thought I was invincible. Then, September of my freshman year came around. First off, I had absolutely no idea where any of my classes were and had several embarrassing experiences of walking into the wrong room. Then, in my very first class on my very first day of high school, I was greeted with a freshman on their first day. It was after that day that I started to recognize the challenges ahead of me in this new phase of my life.

The transition, obstacles and growth definitely did not stop after freshman year. Later came taking Advanced Placement classes, learning how to drive, studying for the SAT, trying to research colleges, applying to colleges and the list goes on. However, throughout all these challenges I had so many unforgettable memories and fun. I had the time of my life running indoor and outdoor track, a sport that allowed me to make amazing friends, run at Penn Relays and compete at Nationals with an incredible relay team. I was also able to bond with many of my old

friends, who I was lucky enough to have classes with, and was able to make a bunch of new friends, who I mainly met through getting involved in other extracurriculars.

Finally, when the second semester of my senior year rolled around, I was back to the same comfort level I experienced as an eighth grader in the Intermediate School. It was impossible for me to walk down one of the hallways in the high school without saying hello to a friend or teacher. There was also no more walking into the wrong classroom by accident and I had my study methods and routines down to a science. However, the Class of 2020 is special in the way that after we truly were comfortable in high school, we had another situation to adapt to: online learning. Abruptly transitioning from learning in the classroom to doing assignments and assessments at home was a difficult experience I never saw coming. It taught me how to be ready to adapt quickly, how to be more self-disciplined and how to be more creative in ways that I could still be involved with extracurriculars. We suddenly had to find new and safe ways to connect with teachers, peers, and friends all while navigating uncertainty in other areas of our lives as well. The experience definitely was not ideal, but it made my ability to quickly adapt stronger.

Now, the Class of 2020 is faced with the transition from high school to a new phase in life, whether that be college, work, military service, etc. Although this transition may seem scary, I have confidence that the Class of 2020 will have no problem adjusting to whatever life may throw our way.



**MAHS**  
**LUCAS DA CRUZ PEREIRA**

As a foreigner who began his high school career with no knowledge of American culture or English at all, I can say with absolute certainty that these four years have been the greatest of my life. I have had the opportunity to experience better education, new foods, music, and even go to New York City, one of my dreams! Most importantly I made a cluster of new, caring and amazing friends, and although we will be splitting paths, I will always carry them in my heart, no matter where I go. To know that my high school career is coming to an abrupt, unplanned end has caused me to realize that I am not fully prepared to leave the Falcon family, just like I thought I would never be used to being part of it as a newcomer to such a large school.

Dalai Lama once said "when educating the minds of our youth, we must not forget to educate their hearts". Fortunately for me, I was lucky enough to find teachers who would go out of their way to teach me valuable lessons that helped me grow as a person and prepare me for the real world. One of my most beloved English teachers throughout high school taught me to constantly treat others with respect and kindness, a message I wish to spread to others around my community.

The thought of entering a brand new chapter of my life brings me enthusiasm and excitement because I know that it will be a unique opportunity to study college in the United States, as well as to embrace new experiences, and expand my

mind with more knowledge. I cannot wait to explore all of the endless opportunities that life will give me in the "Land of the Free". Therefore, I am very proud and excited to continue my educational career at Brookdale Community College.

However, I must admit that it upsets me to know that the Class of 2020 will not have the same privileges as the previous senior classes. Although we were not able to enjoy the fun senior celebrations, we fully understand that it is not possible due to the circumstances that we are living through now, and I am proud of every senior for dealing with this obstacle so well. I know that it might be heartbreaking for us to not have a "normal" senior year but our class will always be remembered for being so adaptive and sympathetic. I hope that we can all take advantage of this challenging time to be thankful for an amazing four years. As the great Albert Einstein once stated "in the middle of every difficulty lies opportunity".

I would like to, again, congratulate every graduating senior of the class of 2020, and wish them the best of luck. We are the minds and leading figures of the future and I am excited to see what life has in store for each and every one of you. Lastly, I would like to thank my teacher, mentors, parents and the Falcon family for always guiding me to success and helping me grow into the person I am today.

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# What Can You Do?

By Stacey Rose, PhD, LCSW

With all the massive upheaval in our world at this time, you may feel as if there's nothing you can do that will make a difference. I beg to differ. Whether we are thinking about the pandemic or about the injustice of the recent death of George Floyd and others, or its accompanied racism in our country, there is clearly a lot happening all around us. If someone would have told you in July 2019 that our world would look like it does today, you likely would not have believed them, and yet here we are. So, what can we do?

Firstly, it is important that we acknowledge how hard life has been for many of us and to recognize that any emotions we are feeling are understandable. I would like to make a distinction though that while the pandemic and the traumatic loss of George Floyd, Ahmaud Arbery and others has affected all of us, it has affected each of us differently. More specifically, some people have had coronavirus, others have lost family and/or friends to it, others have had to shut their businesses down and lost money, others have been able to collect unemployment and yet others have actually taken a bit of a 'staycation' at home and enjoyed the different pace of life. Also, some people have attended protests, others have donated money to African American organizations, and some have prayed. Again, while the state of our world has impacted everyone, it has not impacted everyone in the same way. That said, we all choose our response.

Secondly, if you have felt overwhelmed and unsure how to manage through this profoundly different time, you are not alone. How could we all not feel those feelings? This is normal. Many of us want to do something to help but are unsure what to do. There are many things we can do to help ourselves, our families, our friends, neighbors, society and our country. There is no one right way to respond. The only 'right' way to respond is asking yourself what you are willing to do to make a difference and then DO IT. Let it be in line with your values, and also to be able to contribute to making a positive difference in our society. Every step counts. You may think that buying your neighbor groceries doesn't make a difference in political policy and it may not but it certainly made a huge difference in your neighbor's life. You may think that reading a book on racism or what it is like to be a black person in a white person's world may not help, but how could it not? The more informed we are, the more we can consciously choose how to respond. Ignorance is not bliss.

Last, you can stay positive and hopeful. Look back at history to see how our country has weathered many storms, I believe we will weather all of these too-the coronavirus, the racism virus, the hatred virus. Life is too short and I imagine that you want the best (as you see it) for you and your loved ones. Why not contribute in a kind, loving, and respectful way? **That is what you can do.**

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224 Riverdale Ave, Tinton Falls	\$420,000
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614 Myrtle Ave, Ocean	\$430,000
43 Heath Ave, Ocean	\$456,000
15 Church St, Eatontown	\$465,000
5 Arlington St, Ocean	\$465,000
48 Jeryl St, Eatontown	\$492,000
37 Hillside Ter, Ocean	\$495,000
71 Maple Ave, Eatontown	\$539,000
1604 Finderne St, Ocean	\$549,900
118 Glenwood Dr, Tinton Falls	\$550,000
73 Riverdale Ave, Tinton Falls	\$572,450
10 Lockwood Pl, Ocean	\$575,000
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11 Topeka Ct, Tinton Falls	\$300,000
86 San Anita Dr, Tinton Falls	\$310,000
12 Secretariat Ct, Tinton Falls	\$325,000
6 Saint Paul Ct, Tinton Falls	\$335,000



## IMPORTANT INFORMATION

### JULY 7, 2020 PRIMARY ELECTION

Dear Monmouth County Residents:

Governor Murphy announced major changes to the July 7 Primary Election process due to the COVID-19 pandemic.

According to the Governor's Executive Order No. 144:

• Active registered Republican and Democratic voters will receive mail-in ballots for voting in the 2020 Primary Election. The mailing of Primary Election ballots will begin Friday, June 12th.

• All registered unaffiliated and inactive Republican and Democratic voters will receive a postage-paid vote by mail application so they can apply to receive a mail-in ballot to vote in the 2020 Primary Election. The vote by mail application is also available for download on our elections website at [MonmouthCountyVotes.com](http://MonmouthCountyVotes.com).

The 2020 Primary Election Vote by Mail Application requires registered unaffiliated voters to declare affiliation with either the Republican or Democratic Party in order to receive a ballot to vote in the Primary Election. Once the mail-in ballot application is received, the voter will receive a mail-in ballot from the County Clerk's Office based upon the political party declared on the submitted vote by mail application.

The deadline for the County Clerk's Election Office to receive a vote by mail application via mail is June 30. In-person vote by mail applications will be accepted by the County Clerk's Election Office located at 300 Halls Mill Road in Freehold prior to 8 p.m. on Primary Election Day, July 7.

In order for the ballot to be considered timely and able to be canvassed, all Primary Election mail-in ballots must meet the following:

• Any completed mail-in ballots returned by mail via the United States Postal Service (USPS), must be postmarked on or before Primary Election Day, July 7, and received by the County Board of Elections by 8 p.m. on July 14. For your convenience the County Clerk's Office has provided a postage-paid envelope for the return of the completed mail-in ballot.

• Secure drop boxes located throughout the County for voters who choose to deposit their mail-in ballot, as well as, completed mail-in ballots delivered in-person to the County Board of Elections must be received by 8 p.m. on Primary Election Day, July 7. Ballots delivered in-person, require presentation of identification when surrendering the ballot.

A limited number of polling places with only provisional paper ballots will be available for voters on Primary Election Day. Mailed notices regarding location of polling places will arrive one week before the Primary Election.

Voters with disabilities or who need an accessible ballot, should contact the County Clerk's Office at 732-431-7790, or may go to their assigned Primary Election polling place, which will provide access to an in-person accessible voting device on Primary Election Day.

For more information regarding the Primary Election or to view a sample ballot, log onto our elections website at [MonmouthCountyVotes.com](http://MonmouthCountyVotes.com) or download our free Monmouth County Votes Mobile App in the Apple App or Google Play Stores.

Voters with questions should contact the County Clerk's Election Office by phone to 732-431-7790 or email to [ClerkofElections@co.monmouth.nj.us](mailto:ClerkofElections@co.monmouth.nj.us).

Respectfully,  
Christine Giordano Hanlon, Esq. | Monmouth County Clerk

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# CLINICAL RELEVANCE OF OBESITY AND DIABETES IN COVID-19

The COVID-19 pandemic has presented us with many health concerns for which we do not yet have clear answers. What does appear to be clear is that obesity does pose a significant risk of infection and mortality and is present in almost half of hospitalized or deceased COVID-19 patients. Some research suggests that for this pandemic to run its course, 60-70% of the population will need to be exposed to the virus. With the current isolation practices in place, already overweight and obese patients are exposed to additional stressors. Stressors such as emotional eating can result in higher intake of processed foods, refined carbohydrates and alcohol. Especially with fitness centers and public parks (initially) being closed, there was/is little opportunity to participate in healthy activities.

So, what is the connection between obesity and increased mortality rate specific to COVID-19? It is important to understand that obesity is not only a risk factor itself, but it is also a contributor to other metabolic diseases like diabetes (type 2) and hypertension. Evidence points to infected obese patients as possibly being more contagious and more likely to spread a virus due to longer periods of viral shedding. Obese patients are also more likely to experience a delayed immune response. How can we reduce the impact of obesity on the risk of viral infection? Sleep-disordered breathing such as sleep apnea and obesity hypoventilation syndrome have been shown to reduce the function of natural killer cells. These cells are involved in acute responses to viruses. Handling and controlling any breathing issues would be important. Regular physical activity has been shown to have many positive effects on health.

These include improving metabolic markers, BMI, lipid profiles and immune response. I always encourage clients to start where they are, whether it be walking one block or cycling or even adding in some resistance training. Controlling inflammation would be an important clinical consideration also. Since the COVID-19 virus, by itself, does trigger an aggressive inflammatory response and our immune system can trigger inflammation in adipose tissue, the combination of these two actions can be deadly. This can damage lung tissue, cause systemic inflammation and multiorgan damage. In functional medicine, we handle inflammation with things like curcumin (Metagenics Inflammavoid) and omega-3 fatty acids/fish oil (Metagenics EPA-DHA 1000 or 720). Other bio-actives like EGCG, NAC, vitamin C and zinc (Metagenics Immune Booster) also work to control inflammation within the cells. Lastly, using specialized pro-resolving mediators (Metagenics or Designs For Health SPMs) to actually promote inflammation resolution without causing immunosuppression has been shown to increase activity in immune cells.

What else should we consider to improve immune activation and decrease chronic or acute inflammation? Moving away from a typical Western diet which is high in saturated fats, sugars and refined carbohydrates. Better to adopt an eating plan (Mediterranean) that includes high amounts of fiber, unsaturated fats and antioxidants and minimal whole grains.

As we know it's still too early to know the clear connection between metabolic disease and COVID-19, however, we can all start to control some of these possible risk factors now.

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**Nick Huisman and his neighbors from Tinton Falls recently donated 225 pounds of food to Lunch Break!** If you would like to organize a food drive please email Millie Jeter at: [mjeter@lunchbreak.org](mailto:mjeter@lunchbreak.org)

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