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### A COMMUNITY NEWSPAPER FOR EATONTOWN, OCEAN TWP. & TINTON FALLS

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INSIDE THIS ISSUE!









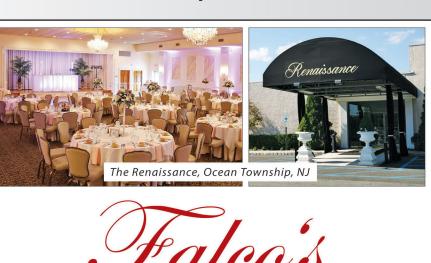


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FIND OUR BUSINESS SPOTLIGHT ARTICLE ON PAGE 7!

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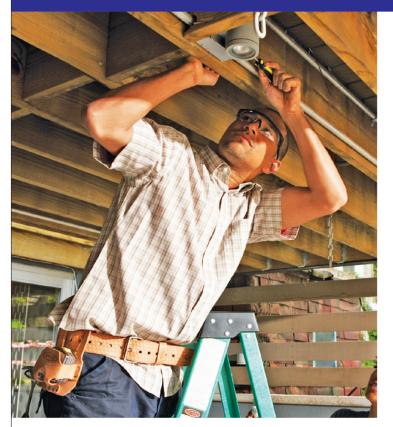








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## TABLE OF CONTENTS

- 7 Business Spotlight With MJA Wood Floors, Inc.
- **9 Getting Your Feet Ready For Fall And Winter** *By Dr. Eric J. Abrams*
- 11 Business Spotlight With Falco's Catering
- 13 What Are Your Hopes, Aspirations & Dreams? By Stacey Rose, Phd, LCSW
- 14 The Body-Swing Connection
  By Brad Czaszynski, DPT (Atlantic Physical Therapy Center)
- 15 Alzheimer's Detection?

  By Tricia Talerico, D.C., M.S., Nutr.
- 17 In The Schools: Ocean Township
- 18 Real Estate Today with Jessica Petraccoro
- 19 MRHS & OTHS Athletes of The Month
- 21 You Carry The World On Your Shoulders.
  Are You Hercules?
  By Philip Joshua, PT
- 22 Community Datebook
- 23 News You Need to Know!
- 24 The Wisdom Of A Hernia
  By Andrew Teeple MRHS Superintendent
- 25 Around Town
- **26** Pregnancy Pains? Physical Therapy Can Help!
  By Dr. Kimberly Breslin PT (Inner Dynamics Physical Therapy)
- Yes, You Need A Real ID For Air Travel By Fall 2020
  By Steve Weaver, President of Travel Leaders
- 29 Featured Artist Lauren Gill
- 31 In The Schools Tinton Falls

# THE Today Paper

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CONTRIBUTORS: Paul J. Abrams & Chris Petraccoro

Please contact Paul Petraccoro with any questions: (732) 245-2218 • paulpetraccoro@thetodaypaper.com

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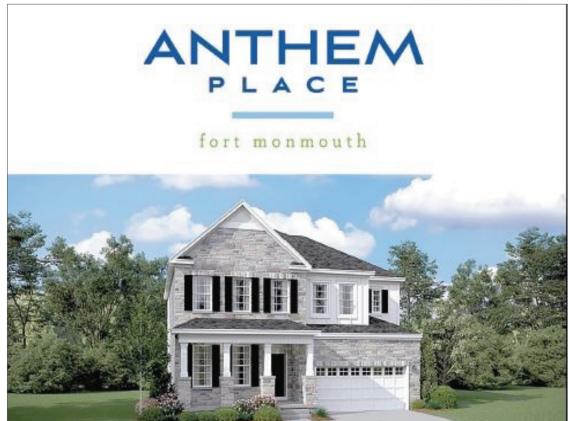
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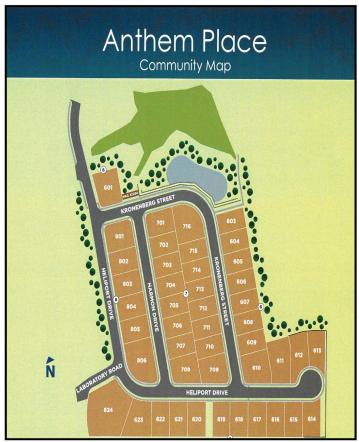






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#### **BUSINESS SPOTLIGHT**

with Kelen Alves, co-owner of MJA Wood Floors

(pictured above: Kelen and her husband Marcelo)

Can you describe your business? MJA Wood Floors is a local family owned and operated flooring company with over 18 years of experience in the industry. We specialize in all types of flooring installations and hardwood refinishing. In October of 2018, we opened our very own showroom where customers can find the best selection of solid wood, engineered and vinyl plank flooring. With the rapid growth of our business, our showroom has become a place where friends send their friends for new floors! We are involved in our local community by giving back as much and often as we can through supporting multiple local events and our local school's sports teams.

Is your business owned by one person? Or, do you have partners? The company is owned by my husband Marcelo Alves, and I joined the company in 2017.

How did the business begin? After a few years of working as a flooring installer at a nationwide flooring store and gaining some experience, Marcelo decided to open up his own flooring company with the intention of working directly with the homeowner to provide better communication and service. Marcelo started the company with just himself and one helper. Today we have 9 employees delivering quality service to our customers and community.

What is your favorite part of running your business? Our favorite part of running our business is being able to connect with our customers and develop a relationship with them. Customer service is a huge part of MJA's mission and being able to have a one on one connection with each of our customers helps us be able to provide the best service we can. We strongly believe that part of the reason why our customers are so satisfied, is because we are hands-on owners and we are always there working with our qualified crew to deliver the best service possible to every homeowner.

Are there any challenges you are currently facing? A challenge that we have faced in our business has been building our brand to stand out over our competition. With the growing flooring industry, there are hundreds of wood flooring companies that serve as competition to us. As a small business, to overcome this, we have carefully built our company brand based on our customer service; an exceptional customer experience is our priority so we always work closely with our customers to fulfill their needs. We are committed to excellence. Our projects are not complete until our costumer is 100% satisfied. We keep in touch with our customers, as well as those who have just asked for an estimate so that they know they can count on us to complete their job whenever they are ready.

Would you like to promote a specific service or an upcoming event? We would like to offer 15% off an entire floor installation for customers who can present us this article in The Today Paper.

Do you have a website? Where can we find you online? Our website is mjawoodfloorsinc.com. We are available on facebook and Instagram as well!



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## **GETTING YOUR FEET READY** FOR FALL AND WINTER

Extreme temperatures can cause serious problems. Many people go through a lot of trouble to pamper their feet and show them off during Spring and Summer. As we head into Fall and Winter, many forget to tend to their feet and begin to neglect them.

It's important to protect your feet from the cold and to wear proper footwear. Make sure your winter shoes and boots are warm as well as waterproof. With chilly temperatures approaching, it is important to wear warm socks and shoes with a good sole. Even using a wool insole or wool socks can give you extra warmth as well as protect your feet.

It is important to make sure that your feet have good circulation. If you suffer from poor circulation, which can occur with disorders such as peripheral vascular disease, peripheral neuropathy, diabetes or high blood pressure, your feet will be at greater risk during the cold weather months.

Damp, sweaty feet can chill more easily and are more prone to bacterial infections. To keep feet clean and dry, consider using foot powder inside of socks and incorporating extra footbaths into your foot care regimen this winter. Be sure to use moisturizers on your feet after bathing, as this will help soften the skin on your feet and prevent cracking and dryness, which is very common during the winter months.

When your feet are cold during the night, it can lead to a disruption in sleep. Use an extra blanket over the foot of the bed to keep them warm. Avoid placing your feet near any source of direct heat.

Keep your feet warm, dry and well supported during the cold weather months so you can show them o next summer!



### Dr. Eric J. Abrams

Fellow, American College of Foot & Ankle Surgeons Diplomate, American Board of Podiatric Surgery



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O: Why do leaves change color in autumn?

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#### **BUSINESS SPOTLIGHT**

with owners Joseph and Stephen Falco

**Can you describe your business?** Since its founding by brothers Stephen and Joseph Falco in 1995, Falco's Catering has become one of the premier full service, gourmet catering and event planning companies in New Jersey. We believe that making our customers happy and feeding them well is the most important part of what we do and that philosophy has become the cornerstone of our business. We are equipped to service 50 to 2,000 guests both On and Off Premise.

**Is your business owned by one person? Or, do you have partners?** Our business is family owned by Joseph and Stephen Falco.

**How did the business begin?** Stephen and Joseph Falco started in the restaurant industry when they were just teenagers. Along the way, they realized that they both had the food and business experience needed to start their own company. 5 years later they became the exclusive caterer at The Renaissance in Ocean Township and focused strictly on both On and Off Premise Catering. The rest is history.

What is your favorite part of running your business? Our clients! A majority of our business is repeat customers. Over the years they have become family. We have been there for their greatest milestones in life: Engagements, Bridal Showers, Weddings, Baby Showers and then their children's Birthday Parties, Communions, Bat and Bar Mitzvahs, Quinceneras and Sweet 16's. Our dedicated and talented employees care as much as we do and that makes us so proud!

**Are there any challenges you are currently facing?** Food allergies are a huge challenge for caterers. We are happy to accommodate any special menu you have in mind. From Philly Cheese Steaks to Sushi to Passed Hors D'oeuvres, we will prepare delicious food customized for your unique event.

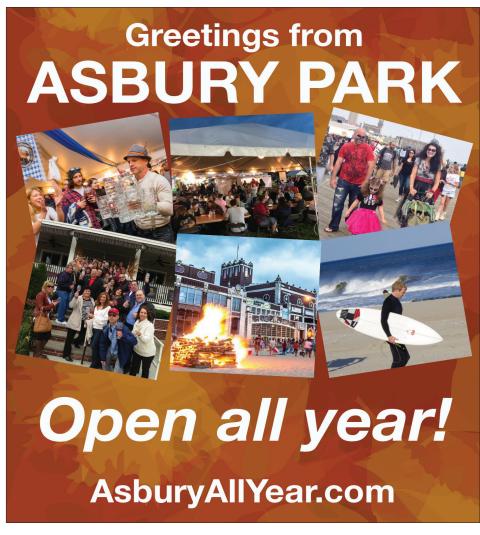
**Would you like to promote a specific service or an upcoming event?** The Holidays are around the corner. Falco's Catering is experienced in bringing enjoyable and successful home parties to life with our delicious food and expert event planning. Reach out today with any questions and to discuss the details of your upcoming Holiday home party.

**Is there anything else that you would like to add?** From our years of experience, we know that planning an event can be difficult and stressful, with hundreds of details to consider. At Falco's Catering, we focus on giving our customers peace of mind: we take care of the details so you can relax and enjoy your special occasion!

Do you have a website? Where can we find you online? www.falcoscatering.com



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# WHAT ARE YOUR HOPES, ASPIRATIONS & DREAMS?

#### By Stacey Rose, PhD, LCSW, Psychotherapist

If I asked you right now, what do you hope for, aspire to and dream about, what would you say? Would you know exactly what it is you want and strive toward? If so, good for you, but do you know how to achieve them? If you are not clear about what it is you want for your life or how to get there, I have good news!

Anthony Cuttitta, LCSW, a seasoned clinical psychotherapist and myself are offering a one day workshop on exactly this-Identifying your HOPES, ASPIRATIONS, and DREAMS. This workshop is an opportunity for you to clarify what it is you want for yourself and create a specific step-by-step plan to actually achieve it! So many people when asked this question will say, "I just want to be happy." But what does 'happy' mean to you? Ask 5 different people and you will likely hear 5 different answers. Through a combination of experiential exercises, writing, sharing and yes, even laughing, you will walk away with a

GPS of sorts to help you arrive exactly where you want to be.

The timing of this workshop (November 9, 2019) is geared toward being able to start the New Year with a plan. Too many people don't plan ahead and then set New Year's resolutions that fall to the wayside by February. By attending our workshop, you will be setting yourself up for success. During the day you will also be connecting with other participants and if you choose you can pick an 'accountability partner' that you can check in with after the workshop so you both stay on track.

Life can be hard sometimes. Why not attend a safe, educational, and therapeutic day filled with opportunities to grow and evolve? Imagine, just take a moment and really imagine...if your Hopes, Aspirations, and Dreams come to fruition...what then?? You might be...dare I say it... **Happy.** 

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**Cost?** \$200 before October 22, 2019, \$300 per person after October 22, 2019. Register early to save money and save your place as space is limited. Lite refreshments provided.

**How To Register?** Send check to Stacey Rose, PhD, LCSW @ 1405 Hwy. 35 Suite 206, Ocean, NJ 07712 or Call 732-517-1177 to give credit card information. Paypal and venmo will be arranged too.





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# THE BODY-SWING CONNECTION



By Brad Czaszynski, DPT

"We don't believe there is one way to swing a club; we believe there are an infinite number of ways to swing a club. But we do believe there is one efficient way for everyone to swing a club and it is based on what they can physically do." That is the Titleist Performance Institute's philosophy of the golf swing, which makes sense when you look at all the swings that tour players are able to utilize at the highest level. How often have you taken a golf lesson and your instructor tells you to turn at your hips, get your elbow up, keep your head down, swing through the ball? You try to do these things, but for some reason you just can't. This may be because of some physical limitation that you did not even know you had.

Over the last 25 years or so (around the time that Tiger Woods came on the scene), with all the research that has been done on golf and the golf swing, it has been increasingly evident that your body affects your performance. Prior to this time, it was believed that the three most important factors in building the "ultimate golfer" were: proper instruction, a good mental game, and properly fitting clubs. Following the emergence of Tiger Woods, the development of golfers changed. Instruction remained, but was broken down into three categories: basic instruction, shot making skills, and course management. Mental game and equipment remained the same and there was one major addition; physical conditioning, i.e. improving aspects of the body that can affect performance

This shift to include physical conditioning helped bring about the Titleist Performance Institute or TPI. TPI is an evidence-based certification program designed to teach industry professionals (golf teaching professionals, medical practitioners, and fitness trainers) how to increase player performance through an understanding of how the body functions during the golf swing, also known as the Body-Swing Connection. TPI works on improving your golf fitness. To improve your golf swing, you don't have to be able to run a marathon or be a body builder. Golf fitness is about being fit to play golf at your highest level and being able to do so without causing injury.

It is about understanding the body's limitations and how they influence the golf swing. As a physical therapist I can effectively address any of these strength or motion impairments.

During a TPI evaluation a golfer is brought through a 16-point screen, to find their physical limitations, followed by a video analysis of the golf swing both from the front and behind. Any limitations in the screen can show up as certain characteristics in the swing (the Big 12). The 12 most common swing characteristics can lead to inconsistency of shots, reduced distance, and injury. After the full evaluation the golfer is given exercises to address the limitations in hopes of optimizing the golf swing. As a physical therapist, I take this a step further with the limitations and am able to address any pain when playing golf. This is accomplished through the Selective Functional Movement Assessment (SFMA), breaking down any failed screens during any of the 7 top-tier movements of the SFMA. This evaluation process is able to determine whether the golfer has a "mobility dysfunction" or "stability motor control dysfunction." Once the full assessment is complete, the golfer is given exercises and any appropriate manual therapy techniques (stretching, joint mobilizations, passive range of motion), pain-relieving modalities (ultrasound, electrical stimulation, ice, heat), or swing modifications are performed. By ensuring you have adequate coordination, motor control, mobility, stability, strength, and speed, you will have all the basic tools needed for a high-performance golf swing.

The body-swing connection has helped to provide the basis for the Titleist Performance Institute and so far, it is yielding results, as 19 of the last 20 major champions were advised by a TPI certified expert and 25 of the top 30 players in the world are advised by a TPI certified expert.

The golf swing is incredibly complex and you could be losing accuracy or distance, or even getting pain for a variety of reason. If you or a loved one is an avid golfer looking to improve their swing or decrease pain or discomfort while golfing, come see me.



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# **ALZHEIMER'S DETECTION?**

Last month we talked briefly about how to prevent Alzheimer's or cognitive decline. We mentioned the term "cognoscopy", a term coined by Dr. Dale Bredesen, who has done ground-breaking work on the functional approach to treating Alzheimer's disease. Once we turn 50 years old, most of us will have our first colonoscopy, a great way to prevent colorectal cancer. What about our brain? Having a "cognoscopy" done at 45 years old is a great way to prevent cognitive decline and evaluate our potential risk factors and contributing factors. Why? We cannot fix or prevent a problem we are not aware of. Most people who are experiencing cognitive decline will, most often, not seek medical care because they have either been told nothing can be done or they have watched friends and loved ones go through the standard medical protocol with little or no results. The earlier the causes of cognitive decline are identified and corrected, the better our chance of avoiding Alzheimer's and even mild cognitive impairment.

A typical neurological evaluation of a patient with cognitive decline includes a brain MRI, CBC (complete blood count), CMP (complete metabolic panel), thyroid panel and B12. Hmmm…let's look at what may be missing.

#### 1. Genetics -

In addition to ApoE4, there are dozens of other genes that can raise the risk for Alzheimer's disease.

#### 2. Inflammatory markers -

We now know that chronic inflammation leads to cardiovascular disease, cancer, arthritis, accelerated aging and Alzheimer's disease. We can measure inflammation by looking at C-reactive protein (hs-CRP), ratio of albumin to globulin (A/G ratio), ratio of omega-6 to omega-3 in your rbcs, interleukin-6 (IL-6) and tumor necrosis factor alpha (TNF alpha).

#### 3. Presence of viral or bacterial infections -

These can be implicated in Alzheimer's disease.

#### 4. Homocysteine levels -

This is an inflammatory marker but also a marker of suboptimal nutrition.

#### 5. Toxic exposure -

We would definitely want to know a person's level of mercury and copper here. We would also want to know if they had sufficient zinc levels.

#### 6. Fasting insulin level -

This is an important marker in insulin resistance, diabetes and Alzheimer's disease.

#### 7. Microbiome status -

Understanding and knowing the health of the gut is key. This is done most accurately with a stool test. In my office we also use Vibrant's Wheat Zoomer/Leaky Gut test.

#### 8. Body Mass Index (BMI) -

A BMI less than 30 is optimal for brain health.

#### 9. Hormonal status -

Although this is a controversial area, it is definitely worth investigating. We would want to know our Vitamin D, thyroid, estrogen, progesterone, testosterone, cortisol, pregnenolone and DHEA status.

Yes, this can be somewhat overwhelming, especially since the above is not an all-inclusive list. In summary, the elements of the "cognoscopy" can reveal which synapse-destroying processes may be at work in our brain and ultimately can cause loss of memory and cognitive abilities.

## Alzheimer's Disease: A functional approach to prevention and treatment.

Join us on October 21st at 7:00 pm for an exciting workshop at Nutrition and Weight Loss Center. Space is limited so sign up today. Call us at 732-609-3366.



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Tricia Talerico, D.C., M.S., Nutr.

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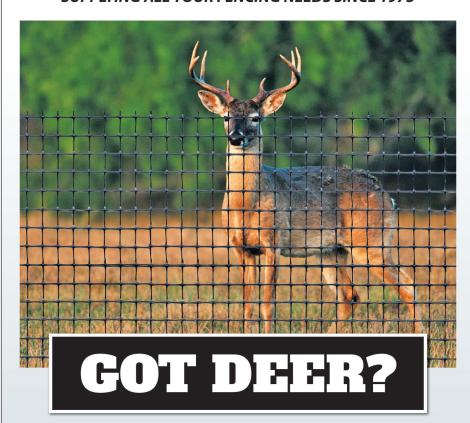


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# IN THE SCHOOLS: OCEAN TOWNSHIP

#### **OCEAN TOWNSHIP ELEMENTARY**

The recent fire at OTES presented unexpected challenges as our teachers, staff and custodians prepared for the first day of school. To the dozens of local teachers and kind-hearted Ocean families that swooped in to bring our classrooms extra board games and supplies – in time for the first day of school before replacements arrived – there aren't enough thanks!

The OTES PTA would also like to express our gratitude to Paramount Realty and the Zekaria family of Ocean for their generous donation which enabled us to gift all 30 teachers and support staff affected by the fire gift cards to Amazon and the Dollar Tree. To our "sister" PTA at Wayside Elementary School, eternal thanks for purchasing additional gift cards for our teachers to make their rooms even more 'back to how they were' and back to 'theirs' once again.

Edible Arrangements of Cobblestone Village also sent a delicious fruit basket. Owner Teena Sukharam Patel, Tinton Falls, knew our teachers were under a bit of stress in the past few weeks and wanted to cheer them up. Plus, fellow educators at Lightbridge Academy sent over some gift cards that enabled OTES PTA to purchase more snacks and drinks for our Teachers' Lounge. Also, we'd like to give a big thank you to New Jersey Natural Gas for their donation that's helping our custodians, teachers and staff.

We're so thankful for all that we have been able to purchase thanks to these sweet gestures. The PTA also placed a large order for laminating film as we anticipate higher volumes of requests to replace bulletin boards decorations that bring life to our hallways and classroom. Thank you to all!



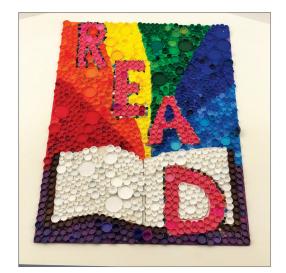
Second graders from Ms. Conti/Ms. Soares's classroom play with the many donated board games and rainy-day activities.

#### **WANAMASSA ELEMENTARY**

#### **Makerspace at Wanamassa**

Welcome to a new school year of fun and creativity! Wanamassa School's wildly popular Makerspace Club is heading into its 4th year of creativity under the direction of advisors Lorri Ann Wahlgren and Patty Pierson. The teachers and students are very excited to create, collaborate, and challenge their imaginations this upcoming school year. Past projects have involved technology, but the "low tech" projects have been the most requested! Students have created catapults, marble mazes, Franken-toys, finger weaving, bottle cap murals, newspaper teepees and a variety of building activities using materials found around the house or school.

A true makerspace succeeds and thrives on donations of much needed materials. We are hoping our amazing community may have items to donate that will be needed for future projects. If you are interested, we can use colored duct tape, masking tape, scotch tape, low temp hot glue sticks, broken or unused toys such as trucks or action figures for de-construction, tacky glue, and general craft supplies. You can also continue to send in thoroughly washed bottle caps so that we can create more murals. Any and all donations are much appreciated and can be dropped off at the main office of Wanamassa School. We are looking forward to a great new school year!







Wayside Elementary Students on their first day of school!

#### **WAYSIDE ELEMENTARY**

The Wayside PTA had our first meeting on Monday, 9/9/19. We had a great turnout and are very excited for all of the great events and fundraisers planned for this year! We'd like to extend a HUGE thank you to the fantastic faculty and staff at Wayside for making the transition back to school a smooth one for our students and families.

A special thank you to the volunteers who helped organize and volunteer at "Kindergarten Round-Up" and ensured that Wayside's youngest students felt safe, secure, and welcome at their new school. The first few days were filled with new friends, busy classrooms, and lots of smiles.

All Wayside families should have received a "PTA Member Packet" in their child's school folder, which provides contact information, ongoing fundraisers, instructions, and details about upcoming events and initiatives. We're in need of many volunteers this month to help with a variety of planned events, so please be sure to read your weekly emails, check the Wayside PTA Facebook page, and visit the Wayside PTA Memberhub site for volunteer sign-ups.

Our next PTA meeting will be held on Monday, October 7th at 7:00 pm. Child care will be provided, and new members are always welcome. Have a great October, Wayside!

#### **OCTOBER - UPCOMING EVENTS**

Tuesday, 10/1: School Closed for Rosh Hashanah
Mon. 10/7: PTA Meeting at the Wayside Library @ 7pm (child care provided)
Wednesday, 10/9: School Closed for Yom Kippur
Monday, 10/14: School Closed for Columbus Day
Sat. 10/19: \*Wayside Carnival\* at Wayside School from 11am-4pm
Monday, 10/21: School Store (2nd and 4th graders)
Tuesday, 10/22: School Store (1st and 3rd graders)

Wednesday, 10/23: School Store (Kindergarten) Thursday, 10/24: School Store (make-ups)

Saturday, 10/26: Flapjack fundraiser at Applebee's on 66 from 8-10am Tuesday, 10/29: Picture Day Make-ups

Thursday, 10/31: Halloween Parade @ Wayside from 1:15-2:15pm







#### Jessica L. Petraccoro

**Director of Analytics, Data & Economics** & Realtor Associate

office: 732-775-4660 ext 706 cell: 732-859-5691 jessicapetraccoro@gmail.com



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In times of uncertainty, consulting with a local market expert who knows the ins and outs of the neighborhoods that they serve will result in a successful, lucrative transaction!



### SEEK A LOCAL EXPERT TO DETERMINE YOUR HOME'S VALUE

Are you considering listing your home for sale? Before you do a google search to determine your home's value, you should be mindful of the margin of error associated with home value sites. According to Zillow, the accuracy of their Zestimate calculation for our local New York Metropolitan area is considered "fair". Only 70% of the homes that sold within the metro, had Zestimates that were within 10% of their actual selling price. As a home seller (or buyer), these online values should only provide a ballpark estimate and should not be taken literal. Only a Real Estate Professional with local knowledge or an Appraiser is able to place a value on your home's worth.

The listing experts at The Gallery Residential Brokerage have created a tool to competitively price a home in any given market. Applying appraisal techniques, we can set a realistic price for your home and educate you in the process! Studies have shown that overpriced homes take more time to sell and sell for less in the long run!

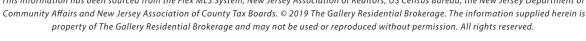
We are still actively in a "seller's market". If your home doesn't get an offer within the first 30 days... there is a problem. If your home isn't getting showings in the first 30 days... there is an even bigger problem!

This information has been sourced from the Flex MLS System, New Jersey Association of Realtors, US Census Bureau, the New Jersey Department of Community Affairs and New Jersey Association of County Tax Boards. © 2019 The Gallery Residential Brokerage. The information supplied herein is property of The Gallery Residential Brokerage and may not be used or reproduced without permission. All rights reserved.

#### **SALES DATA** 8/25/19 - 9/23/19

OCEAN TWP   EATONTOWN   TINTON FALLS	
SINGLE FAMILY	SALE PRICE
71 Clinton Pl, Tinton Falls	\$245,000
357 Meadowbrook Ave, Eatontown	\$296,400
41 Colonial Dr, Tinton Falls	\$297,500
2903 Sunset Ave, Ocean	\$305,000
69 Maple Ave, Eatontown	\$305,000
1310 Spruce Ave, Ocean	\$320,000
1301 Maple Ave, Ocean	\$344,000
411 Belmont Ave, Ocean	\$350,000
3 Rutgers Dr, Tinton Falls	\$352,500
653 Tinton Ave, Tinton Falls	\$365,000
740 Poplar Rd, Ocean	\$380,000
413 Parkview Ave, Ocean	\$385,000
160 Belmar Ave, Ocean	\$399,900
128 Garrison Dr, Tinton Falls	\$400,000
64 Thayer Dr, Tinton Falls	\$417,000
610 Dow Ave, Ocean	\$440,000
2005 Oakhurst Pkwy, Ocean	\$460,000
37 Charles Dr, Tinton Falls	\$460,000
1301 Allaire Ave, Ocean	\$462,500
2010 Oakhurst Pkwy, Ocean	\$495,000
50 Cold Indian Springs Rd, Ocean	\$500,000
11 Faith Dr, Ocean	\$500,000
6 Wemrock Dr, Ocean	\$500,500
331 Grant Ave, Eatontown	\$501,000
15 Avalon Dr, Tinton Falls	\$505,500
4 Wisteria Ct, Tinton Falls	\$510,000
56 Wellington Dr, Tinton Falls	\$525,900
36 Heath Ave, Ocean	\$530,000
184 Riveredge Rd, Tinton Falls	\$530,000
8 Windsor Dr, Eatontown	\$530,000
1001 Grove St, Ocean	\$530,000
18 Blair Ct, Ocean	\$581,000
	\$612,500
17 Horicon Dr, Ocean 10 Deannas Way, Tinton Falls	\$620,000
11 Joanna Ct, Ocean	\$718,000
2 Wardell Pl. Ocean	\$730,000
103 Cloverdale Cir, Tinton Falls	
	\$745,000
1 Old Farm Rd, Ocean 7 Centre St, Unit 3307, Ocean	\$1,600,000
	\$430,000*
7 Centre St, Unit 2308, Ocean	\$435,000*
71 Barberry Dr, Ocean	\$585,000*
7 Rolling Meadows Blvd, Ocean	\$600,000*
128 Rolling Meadows Blvd, Ocean	\$620,000*
28 Majestic Dr, Tinton Falls	\$725,000*
	* Active Adult
CONDO / TOWNHOUSE	
44 Fennec Ct, Tinton Falls	\$204,500
10 Carol Ct, Tinton Falls	\$205,000
96 Des Moines Ct, Tinton Falls	\$220,000
67 Malibu Dr. Fatontown	\$268,000

44 Fennec Ct, Tinton Falls	\$204,500
10 Carol Ct, Tinton Falls	\$205,000
96 Des Moines Ct, Tinton Falls	\$220,000
67 Malibu Dr, Eatontown	\$268,000
4 Beagle PI, Tinton Falls	\$279,000
12 Red Fox Ct, Tinton Falls	\$284,000
49 Phoenix Ct, Tinton Falls	\$288,000
49 Madison Ct, Tinton Falls	\$290,000
7 Madison Ct, Tinton Falls	\$292,262
58 Buford Ct, Tinton Falls	\$305,000
2 Oak Ln, Eatontown	\$307,000
122 Secretariat Ct, Tinton Falls	\$320,000
44 Birch Ln, Eatontown	\$325,000
65 Oak Ln, Eatontown	\$325,000
121 Daniele Dr, Unit 4705, Ocean	\$330,000
29 Bismark St, Tinton Falls	\$344,500
3 Tanya Cir, Ocean	\$381,000
73 Tanya Cir, Ocean	\$383,000
104 Halliard Dr, Eatontown	\$385,000
111 Waypoint Dr, Eatontown	\$442,000



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#### HIGH SCHOOL ATHLETES OF THE MONTH





**Who is your choice for team MVP?** Alix Parliaros. She had big shoes to fill considering the injury of our starting goalkeeper from last season, however she has not doubted for a second her capability to dominate in net.

**Most memorable experience in High School?** Probably my first varsity field hockey game under the lights. I had never played at night before, much less in front of a big crowd, so that was really exciting for me.

**Who are your role models?** My role model is my mom. After meeting my dad, she made the decision to leave her life and entire family in California and move 3,000 miles to start their own family here. I wish I had half the strength she does to maintain the long distance relationship everyday with her family back home.

**Plans for after High School?** They are not definite yet. I have been in contact with the coaches at Indiana University for over a year now but also been looking at schools down south like Auburn University and the University of Georgia in case things change. I like big time football!

**COACH'S COMMENT:** Allison has been an impact player from the moment she stepped on the field. This is her 4th year as a member of the Varsity team and 2nd year as a team captain. She works extremely hard on and off the field to achieve her goals. Her teammates look up to her for her hard work and dedication to the team. Allison's work ethic and drive to get the job done allows her to meet success on the field and motivates her teammates to find success also. - Coach Kristin McKenna





**Who is your choice for team MVP?** We don't have an MVP. All 11 guys on the field deserve the award because everyone has to play together to be successful.

**Most memorable experience in High School?** My junior year track season was probably my most memorable experience in high school. Our relay team broke several records and individually I placed top 10 in the state for 2 events.

Who are your role models? My Parents. They are two of the hardest working people I know and I appreciate everything they have done for me.

**Plans for after High School?** My plans after high school are to continue my academic and athletic career at Temple University.

**COACH'S COMMENT:** Trebor is a wonderful young man and a dynamic athlete. Trebor is a tireless worker and demonstrates qualities that make him a leader both on the team and in the community. Trebor consistently performs at a high level because of his speed, toughness, and versatility and remains humble throughout all of his success. We are very excited to watch Trebor continue to develop in our Program. - Coach Don Klein



# MRH5 ALYSON AMADRUTO FIELD HOCKEY

**Who is your choice for team MVP?** My team MVP would be the entire team. Everyone has been very dedicated and is working their hardest.

**Most memorable experience in High School?** Although I have only been in high school for a few weeks my most memorable experience would be joining the field hockey team so far.

**Who are your role models?** I've had many people that have helped shape me into the person I am today, but my biggest role models are definitely my parents. They are both very hardworking and do anything they can for my brothers and I.

**Plans for after High School?** Being only in 9th grade, hopefully my passion for sports will lead me to a college that will give me the necessary tools for a successful career.

**COACH'S COMMENT:** Aly is a freshman on the Varsity field hockey team- She has only played field hockey for two months but she has been one of our most valuable players on our forward line. She may be little, but she is fast, tough and a great teammate. She scored the game winner against Manasquan to beat them for the first time in over 20 years! We are so excited for the next 4 years with Aly. - Coach Angela Teeple



# MRH5 MASON MARTELLONI SOCCER

Who is your choice for team MVP? My choice for team MVP would be left back Junior Brian Leonard. Brian shows up to play everyday and leaves every last ounce of effort on the field. Leonard will not stop running at full speed no matter what and never gives up in any situation. This is the type of player I will always want to share the same jersey with out on the field. His work ethic is something that drives the whole team to be better.

**Most memorable experience in High School?** My most memorable experience in High School was being able to represent the Monmouth Regional Falcons in the first ever game on our school's brand new turf field. It also made it even better that I scored the first goal on the new turf in front of my home crowd.

**Who are your role models?** My role models in my life are my parents and grandparents. They are the ones responsible for making me the person I am today, on and off the field. They have taught me the importance of family, kindness and hard work.

**Plans for after High School?** After High School, I'm going to continue my education at Manhattan College, while playing Division 1 soccer. I am looking forward to improving my game to maybe play professionally down the line in my career.

**COACH'S COMMENT:** Mason never played high school Soccer until his senior year, and has started the season with 7 goals in 5 games. His consistent play and team 1st attitude has propelled MRHS to a 5-0 start. - Coach Darren Spadavecchia



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15 MAIDENSTONE DRIVE

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#### **MONDAY**



11:30am - 10pm



#### **TUESDAY**

**FOR TUESDAY** 2 Select Appetizers for \$12

11:30am - 10pm

**SHOT SPECIAL** 3 Shots for \$10

Jack, Jager, Cuervo, Fireball 7pm - Closing

#### WEDNESDAY

75 Cent Wings for orders of 5, 10 or 15



Handmade

Tito's Night \$6 pint size drinks 7pm - Closing

#### **THURSDAY**



1/2 PRICE **CHEESE STEAKS** 

11:30am - 10pm

**BUCKET NIGHT** 5 Bottles for \$16

7pm - Closing

#### **FRIDAY**

#### \$10 TEAM **PLATTERS**

Tenders, Sticks, Onion Rings, Fries 11:30am - 11pm



**WINE NIGHT** \$12 Bottles of Wine 7pm - Closing

# SATURDAY



ICE COLD **PITCHERS** 

> \$10 Domestic & \$15 Imports

All Day & Night



# YOU CARRY THE WORLD ON YOUR SHOULDERS. ARE YOU HERCULES?



By Philip Joshua, PT

Board Certified Specialist in Sports

and Orthopedic, SCS, OCS,

COMT-Certified Orthopedic Manual Therapist



The shoulder is a complex ball and socket type of joint. A joint with complex mobility that lacks stability. It is formed by 3 bones. Mainly the humerus (ball-part), scapula (shoulder blade) and the clavicle (collar bone). The clavicle has two ends. The one closer to the shoulder is known as the acromio-clavicular joint. The one closer to the sternum is called the sterno-clavicular joint.

There is also an important section which connects the scapula to the humerus, which is known as the scapulo-humeral joint. It is mainly connected through important muscles. The understanding and interest in the role of the scapula has grown considerably in the past 2 decades. The scapula plays several roles in facilitating optimal complex shoulder function and the scapular muscles must dynamically position the glenoid so that efficient glenohumeral movement can occur. When weakness or dysfunction of the scapular musculature is present, normal scapular positioning and mechanics may become altered. When the scapula fails to perform its stabilization role, shoulder function becomes inefficient resulting not only in decreased neuromuscular performance but may also predispose the individual to injury of the glenohumeral joint.

The synchronous function of nerves, muscles, tendons, joints and soft tissues including skin, capsules and fascia are required to get a pain free movement of the upper extremity.

Some of the common conditions affecting the shoulder joint complex are:

• Rotator Cuff Tendinitis - The rotator cuff is a group of 4 muscles that helps with the support and movement of the shoulder. The rotator cuff is meant to hold the ball within the socket during arm movement. At times, the tendons of the rotator cuff, which attach to the arm bone, can get pinched and become sore and painful. This causes tendinitis.

- **Impingement** Can be caused by poor posture or by weakness of the rotator cuff and scapular muscles. With impingement, there is an alteration in the mechanics of movement which leads to pain and impingement of the tendon with forward flexion and sideways reaching.
- **Bursitis** Bursa is a fluid filled sac; the main function of it is to cushion the tendons against the under-surface of bone-acromion; sometimes the bursa can be inflamed and can cause pain.
- Labrum It's a type of cartilage which gives added stability to the joint; commonly torn in pitchers, shoulder dislocation and other sports injuries. Repeated lifting, driving, carrying, working out, bench pressing, overhead lifting, poor posture and poor sleep adds stress to the shoulder and surrounding tissues resulting in pain, inflammation and movement limitations.
- Falls Mostly when you try to break a fall with your arms stretched out.

Knowledge of the condition and attention to the mechanics along with appropriate stretching and strengthening may reduce the risk of injuries. Early discovery of symptoms followed by conservative management with rest and physical therapy with special attention to reducing the pain and inflammation and retraining the mechanics may mitigate the need for surgical intervention.

Healing Star Physical Therapy has treated many shoulder patients successfully. Achieving great results. If you are suffering from shoulder pain, call our office to schedule an evaluation performed by a licensed physical therapist. Our hands-on approach and state of the art deep tissue laser therapy has shown excellent results especially in chronic cases where individuals were taking pain medication and their only option was having surgery performed.

### FREE SHOULDER WORKSHOP

Thursday, October 17th, 6pm at HEALING STAR 198 Brighton Ave, Long Branch CALL (732) 272-1438 TO REGISTER

# **REDUCE SHOULDER PAIN NATURALLY**WITHOUT MEDICATIONS, INJECTIONS OR SURGERY!

# Do You Have Shoulder Pain with any of the following day to day activities?

- Reaching overhead? Throwing a ball? Pitching?
- Reaching into the back Seat?
- Reaching behind your back?
- · While you sleep or when lying on your side?

### If you can relate to one or more of the above, then signing up for this workshop may be right for you.

Shoulder pain can be one of the most frustrating problems to deal with, leading to MRI, painkillers (with nasty side effects), injections or even surgery. What's worse, some of these treatments have been shown by research to be ineffective, and can actually lead to worsening pain, stiffness and loss of function. Often, the "patient" is not given any information on alternative treatments

# Are you looking for permanent relief of your shoulder pain without more medications, injections, or surgery?

Here at Healing Star Physical Therapy, we've been helping people with shoulder pain get back to normal for over 7 years. We've helped hundreds of people return to activities they love such as golf, gardening, knitting, even carrying and playing with their grandkids. We focus on results and we're constantly learning and updating our treatments.

# By request, we are hosting a FREE Shoulder Workshop on Thursday, October 17th, 6pm, at our Long Branch Location!!!

If you're confused and looking for answers, here's some of what you'll learn at the workshop:

The Single Biggest Mistake Shoulder Pain Suffers make which stops them from getting better. And - What successful treatment can look like without strong painkillers, injections or surgery.

### How Do I Register for the Shoulder Pain Workshop? Call Fabiola at our front desk: (732) 272-1438

When you register, we will mail/e-mail you a Shoulder Worksheet which you need to bring to the workshop. We only have 20 seats available for the workshop and we will be sending an invite to our past and present patients. So, if you would like to attend, be sure to register now.

## How Much Is It to Attend? The event is FREE OF CHARGE! CALL (732) 272-1438 TO REGISTER

\*As a special Bonus, the first five people to call and register for the workshop will receive a free thorough screening of their shoulder by one of our licensed physical therapists. In addition, everyone who attends will be entered into a raffle to win a free deep tissue laser treatment worth \$65!! CALL NOW!



732-272-1499 | healingstarpt.com 198 Brighton Ave • Long Branch, NJ 07740





- ■Petting Zoo
- **■**Eatontown Civic **Organizations & Businesses**
- ■Fire Truck & Ambulance **Displays**
- ■Police Dept. Display
- Music
- Face Painting
- Archery Tag
- ■Free Psychic Readings
- Touch A Truck
- ■Pumpkin Painting
- Hay Rides





# **TINTON FALLS DAY!**

Sycamore Recreation Complex Saturday, October 5th, 2019 @ 2 PM - 6 PM

Rain date: Sunday, October 6th, 2019 @ 2 PM - 6 PM

Come join us for our annual Tinton Falls Day on Saturday, October 5th, 2019 at Sycamore Recreation Complex from 2PM-6PM. Rain date October 6th, 2019. There will be free food from the concession stand, rides, haunted hayride, live bands, food trucks and more.

We hope to see you there! It's sure to be a great day!





Tuesday, October 1st and Wednesday October 9th

Congregation Torat El in Oakhurst is offering free tickets to Second Day Rosh Hashanah services on Tuesday, October 1 at 8:30 am, as well as to Community Yizkor on Yom Kippur on Wednesday, October 9 at 2:45 pm.

For more information and to make reservations, call Congregation Torat El at 732-531-4410.

The Greater Ocean Township Republican Club will hold its "Cake, Coffee, and Candidates" event on Wednesday, Oct. 2 from 7-9 pm at the Oakhurst Meeting Room (off West Park Ave.) on 72 Larkin Place, Oakhurst.

Coffee, tea, pastries, and other desserts will be served. The event is free of charge, but donations to cover costs will be accepted. Invited speakers include Assembly Candidates Matt Wooley and Mike Amoroso, Freeholder Director Tom Arnone, Freeholder Candidate Nick DiRocco, Sheriff Shaun Golden, and County Clerk Christine Hanlon. All are welcome.

Book sale | Saturday October 5th from 9am to 1pm at First United Methodist Church (103 Monmouth Road, Oakhurst)

Proceeds go to help women and children in the U.S. and abroad. Contact 732-531-1150 for more information.

#### **CENJARS Rocket Club Monthly Launch** Sunday October 6th from 12:30 - 3:30 PM

The CENJARS rocket club will be holding their monthly launch at the Wall Township Athletic field on 18th Avenue in Wall Township. The theme for this month will be "Halloween". Come see what a "blast" rocketry can be. New fliers and observers welcome! Go to cenjars.org for more details.

#### **Kick Cancer Overboard Fundraiser Event** Monday, October 7th

#### At MJs Pizza Bar & Grill in Neptune (3205 Rt. 66) from 11am to close

Team Lucia wants to send a family fighting cancer to sea for FREE! The staff of MJ's will donate 15% of their net proceeds raised. For any additional info or to make a reservation please contact Justin or Grant @ 732-918-9700

#### October 7th, October 17th and October 20th

Embroiderers' Guild of America-Monmouth Chapter is dedicated to teaching and sharing the joys of needlework. We welcome stitchers of all levels.

There are sit-&-stitch tables at each meeting as well as special projects. For more information, contact TONI at 732-462-5540 or see our website: www.mcega.org. Evening stitchers will meet Monday, October 7, 2019 from 7:00 to 9:00PM at the Colts Neck Library, 1 Winthrop Drive, Colts Neck, NJ. Day stitchers will meet Thursday, October 17, 2019, from 10:00am to 2:00pm, at the Colts Neck Community Church, 25 Merchant Way, Colts Neck, NJ. Sunday stitchers will meet Sunday, October 20, 2019, from 1:00 to 4:00pm, at the DeHart Community Center, 120 Burnett Drive, Maplewood, NJ.

#### Applebee's Short Stacks For A Tall Cause Flapjack Fundraiser Breakfast to support Deacons' Union Women Auxiliary

Saturday, October 12th from 8am - 10am

At Applebee's in Tinton Falls (14 Park Road)

Tickets - \$12 | Contact: 908-902-1124 or email propell1@verizon.net

#### Alzheimer's Disease: A functional approach to prevention and treatment Monday, October 21st at 7:00pm

@ Nutrition and Weight Loss Center of Ocean

Join us for an exciting workshop at Nutrition and Weight Loss Center. Space is limited so sign up today. Call us at 732-609-3366

#### One Day Workshop - Identifying Your Hopes, Aspirations & Dreams Saturday, November 9th from 10am - 4pm

At The Rose Relationship Learning Center - 1405 Highway 35, Ocean, NJ 07712

Why? - To be Happy (or Happier than you are now!) Cost? - \$200 before October 22, 2019, \$300 per person after October 22, 2019. Register early to save money and save your place as space is limited. Lite refreshments provided. How To Register? - Send check to Stacey Rose, PhD, LCSW @ 1405 Hwy. 35 Suite 206, Ocean, NJ 07712 or Call 732-517-1177 to give credit card information. Paypal and venmo will be arranged too.

# **NEWS YOU NEED TO KNOW!**

# LIBRARY EATONTOWN PUBLIC LIBRARY

A member of the Monmouth County Library System

33 Broad Street, Eatontown, NJ 07724 | 732-389-BOOK (2665) www.facebook.com/EatontownPublicLibrary

#### A STEP UP: PRESCHOOL - Ages 3 to 5 years old

Wednesdays from 10:00 to 10:30 am A special time for preschoolers to enjoy stories, fingerplays, crafts, and other activities.

#### **BUBBLY BABIES AND TOTALLY TODDLERS**

#### Ages 10 months to 3 years old (With a Parent/Caregiver)

Wednesdays from 11:00 to 11:30 am

Join us for songs, stories, playtime, and an occasional craft. Get to know other families while helping to develop your child's listening and language skills.



#### **AFTERSCHOOL ACTIVITIES - Grades K and up (unless otherwise indicated)**

Wednesdays from 4:00 to 4:40 pm

Registration is required for all programs - call or stop in to sign up!
If you cannot attend after you have registered, please call to cancel so a child on the waiting list can be notified.

October 2

#### **Bat-tacular Silhouettes**

Start Halloween decorating early with this cool bat painting.

October 9

October 23

Color A Smile

Color a picture and help spread good cheer for the coming holiday season!
All pictures will be sent to **Color A Smile**, a nonprofit organization that distributes cheerful drawings to senior citizens,

our troops overseas, and anyone in need of a smile.

TWEENS! Celebrate Divali! Learn about Divali, the "festival of lights", and decorate a candle jar.

October 30 Sto

Story and a Craft: Creepy Pair of Underwear
Listen to this hilarious (and just a little creeny) story of

Listen to this hilarious (and just a little creepy) story of a brave rabbit and a very weird pair of underwear, then make a creepy craft to take home.





#### **SPECIAL EVENTS**

#### Read to Therapy Dogs! - Ages 4 and up

Wednesday, October 16 at 4:00 pm
Need a little practice with your reading skills?
Or do you just love to read out loud to anyone who will listen?
Come to the library and meet our trained Therapy Dogs!
They'll listen patiently to whatever story you choose.
Not reading yet? No worries!
These dogs love to look at pictures from your favorite book, too!

### **Used Bicycle & Sewing Machine Drive**

Saturday Oct. 12th from 9am – 12pm (rain or shine)
At State Farm - 3329 Sunset Avenue, Ocean Township, NJ



We're collecting adult & kids' bikes and sewing machines to send to Tanzania, Gambia, and Guatemala. Do your part to put unused bikes and sewing machines to good use in the developing world.

Bikes should be rust free. No children's trikes, but bikes with flat tires in need of some repair are accepted. Portable sewing machines should be in working condition.

\$10 minimum donation with each bike or sewing machine is requested for shipping. All material and monetary donations are tax deductible and a receipt will be provided on site.

Sponsored By: Asbury Park Rotary Club | For More info contact Sean - (908) 884-0674

#### **EATONTOWN RECREATION**

47 Broad Street, Eatontown, NJ 07724 | Phone: (732) 389-7607 EatontownNJ.com/Recreation | Email: rec@eatontownnj.com

Visit our website at http://eatontownnj.com/recreation/ "Friend" us on Facebook-"Eatontown Recreation"



#### **HALLOWEEN CELEBRATION**

FRIDAY, OCTOBER 25, 2019 | 6PM - 8PM MEADOWBROOK SCHOOL FIELD (RAIN OR SHINE)

DJ, PHOTOBOOTH & COSTUME CONTEST EATONTOWN RESIDENTS ONLY!

**ONE WINNER EACH CATEGORY** (JUDGES EATONTOWN YOUTH COMMITTEE MEMBERS)

• FUNNIEST COSTUME • SPOOKIEST COSTUME
BEST HOMEMADE COSTUME

• BEST GROUP/FAMILY THEMED COSTUMES

AGES PRE-K TO 6TH | PLEASE BRING A FLASHLIGHT

\*Please bring a non-perishable food item donation for the food bank.

**FOR FURTHER INFO, CALL OR EMAIL THE THE REC OFFICE** 732-389-7607 OR EMAIL REC@EATONTOWNNJ.COM



#### **Food For Thought 2019**

Monday, October 28th from 6:00pm - 9:00pm At Branches in West Long Branch, NJ

> Benefiting The Eatontown Foundation For Excellence in Education (EFEE)

**Sample, Sip And Support** - Enjoy a fabulous evening sampling and sipping delicacies and spirits from top rated local businesses while supporting the EFEE.

#### For Tickets or more info go to EatontownFoundation.org

Tickets \$30 (\$25 for Eatontown Teachers & Staff)

Corporate Tables, Sponsorships and Advertising Opportunities Available - All donations are tax deductible.

#### Email EatontownFoundation@gmail.com for more info

The EFEE is a volunteer, non-profit organization dedicated to enhancing the educational experience of all children in the Eatontown School District by funding programs that expand education opportunities, encourage teaching creativity and explore emerging technologies.











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**\$100** 

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#### Monmouth Regional High School SUPERINTENDENT UPDATE

#### THE WISDOM OF A HERNIA

In early September I had surgery to repair a hernia. Much to my, and the surgeon's, surprise, there were actually four. (Go big or go home I always say!) Over the next few days there were certain things that I quickly learned:

- My 5 ft, 1 inch wife must be pretty strong to be moving my 260 pound frame from the sitting to the standing position,
- · I don't like pain or sitting around, and
- Everything that you do involves your core...and I mean everything.

I could not help but think about how that last realization really summarizes what I have been writing about for the last few years in The Today Paper. I am reminded that it's our core beliefs that guide our words, actions and decisions. It's our core values that make us feel sympathy, remorse and empathy. It's when our "core" weakens that we function as an inferior version of ourselves which effects our attitude and outlook which then effects the people around us. The domino effect is incredible...and a little scary. The importance of repairing and nurturing our "core" was never more evident. When life's stressors infiltrate our lives, remember to take time for YOU. Remember, too, that our children learn from what we do. Teach them how to stay true to their core values, even when society tries to pull them in the opposite direction.

> Connect to your core and you'll find strength. Act from your core and you'll move mountains.

> > - Gabriella Goddard

READ IT. THINK ABOUT IT. DECIDE WHAT TO DO WITH IT. MAKE A DIFFERENCE!

These continue to be exciting times in the falcons' nest. Become informed about Monmouth happenings by checking out our website, Facebook page or following us on Twitter at: @MonRegHS, or @SuptTeeple. Until the next edition of The Today Paper...



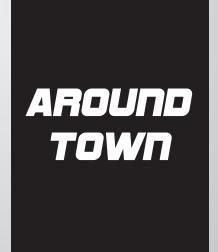
**Andrew Teeple Monmouth Regional High School Superintendent** 







- 1) Sylvia Sylvia, Executive Director of the Asbury Park Chamber of Commerce, with her two sons at Asbury Park Oyster Fest. Chris Sylvia and Jack Sylvia were volunteers at the Fest that brought Music, Food & Fun to Bradley Park in early September.
- **2) Atlantic Fencing Academy** Fencing is a fun sport, especially for children. Olivia Mermegas (10), Marcel Ursu (8) and Sofia Schaible (11) have been practicing their skills for about two years and they have already experienced several tournaments. Being on a competition strip is very intense, but Atlantic Fencing Academy teaches you to win and lose graciously. Atlantic Fencing Academy is hosting several tournaments throughout the year that visitors can watch for free. Learn more about Atlantic Fencing Academy at www.atlanticfencing.com or reach out to them by emailing info@atlanticfencing.com Atlantic Fencing Academy is located at 1 Sheila Drive in Tinton Falls.
- 3) Asbury Park Rotary Club Service Project For Allaire Community Farm Over the last 4 weeks, Volunteers from the Evening Asbury Rotary Club, along with the Asbury Park Rotary Club & the Red Bank Rotary Club have been diligently working on their latest Service Project: Designing a sitting garden at Allaire Community Farm in Wall Twp. The garden space is an offshoot along the trail that leads to the outdoor petting zoo; it's tucked back in a tranquil spot on the farm. Monetary Donations and Materials for the project were donated by: Jackie Boruch, Roy Helfick, Dina Blackwood, Kip Daly, Bill Donnelley, Paul Annunziata, Ellen Gaynor, Asbury Park Shade Tree Commission, The Esplanade Garden Club, Kim Sambade & Keith Brummer Tree and Firewood Service. Pictured: (L to R) Roy Helfrick, Dina Blackwood, Brian Mullins & Brian's son Aiden Mullins.
- **4) Cheers to 100 years for Sadie Colasurdo.** Ocean Township resident René Ackerson hosted a party celebrating Sadie's September 16th birthday at the South Wall Banquet Facility.
- 5) The Community Hope Fund's DooWop Sockhop featuring entertainment by Johnnie Petillo was a huge success. Thank you also to DJ Bob Bortolameotti and Falco's Catering for doing such a magnificent job. The Community Hope Fund would also like to thank all of the local businesses that gave such generous donations to the Gift Auction. We are all looking forward to next years fundraising event. Pictured from left to right: Debbie Arbus, Debbie Fromkin, Anne Marie Sparaco, Denise Parlamas, JoAnn Strollo, Robin Lauria, Johnny Petillo, Marie Curtis, Shelley Eilenberg, Carl Cappadona.
- 6) Have you visited Shore Cake Supply at their new location? Shore Cake Supply is now located in the Middlebrook Plaza, 1576 State route 35, Ocean, NJ. Looking good Shore Cake Supply! Best of luck at the new location! You can find Shore Cake Supply online at shorecakesupply.com















# **PREGNANCY PAINS?**PHYSICAL THERAPY CAN HELP!

By Dr. Kimberly Breslin PT

Many women experience pregnancy as an exciting and extraordinary journey. Along the way, many important physical and emotional changes occur in order to accommodate and support a growing baby. In addition to the excitement that can accompany pregnancy, these changes and adaptations are frequently accompanied by various aches and pains, and sometimes, lasting injuries during postpartum years. Is this something that every pregnant woman must go through alone? Absolutely not! Pelvic health physical therapists are extensively trained in treating musculoskeletal impairments that may be the culprits behind common injuries associated with pregnancy. Some examples include: neck or back pain, pelvic girdle pain, hip or groin pain, and leg pain or numbness/tingling down the leg (hello sciatica!). Many women also experience urinary leaking and constipation during pregnancy, both of which can also be addressed in physical therapy.

A recent study found that 56-72% of women experience either pregnancy-related low back pain or pelvic girdle pain. Another study found that 18.5% of pregnant women reported urinary incontinence, and 29% continued to experience leaking postpartum. We are here to spread the word that physical therapy can help these women feel better during their pregnancy and even better, postpartum!

Why do these difficulties happen during pregnancy? A major change in hormones takes

place, which leads to increased flexibility in the joints and ligaments. This can lead to different types of stress and strain on your joints, which can create pain. As your posture changes, so does your center of gravity, affecting balance, coordination, and overall body mechanics. Your heart rate will increase by as much as 15 beats per minute, you will experience elevated cardiac output, which is the amount of blood that your heart will pump throughout your body. Not only are these changes important to keep in mind for the sake of injury-prevention during pregnancy, but they are also critical when determining safe and effective exercise options.

So, if you have any of the injuries mentioned above, or want guidance on getting stronger during pregnancy, call to schedule an appointment with a pelvic physical therapist at Inner Dynamics PT for one-on-one treatment. During your evaluation, your physical therapist will ask for a thorough history of your current symptoms, obtain medical and pregnancy related history, and discuss your goals. A physical assessment will be performed in order to determine your strength, flexibility, coordination of your core muscles, and balance. You will then develop a customized plan of care together with your PT to address your needs. If you have any questions or want to schedule an appointment, you can call our office at, 732-508-9926. Also, feel free to visit our website, innerdynamicspt.com, for more information on the various conditions that we treat.



(732) 508-9926

Email: info@innerdynamicspt.com www.innerdynamicspt.com

1300 St Hwy 35 Plaza 2, Suite 102, Ocean, NJ 07712



# YES, YOU NEED A REAL ID FOR AIR TRAVEL BY FALL 2020

IF YOU'VE FLOWN ANYWHERE IN THE UNITED STATES RECENTLY, CHANCES ARE YOU'VE SEEN SIGNS AT AIRPORTS ALERTING PASSENGERS THAT IDENTIFICATION REQUIREMENTS ARE CHANGING IN 2020.

Air travelers have just over a year to make sure their driver's license complies with the federal REAL ID Act, or obtain another form of identification, in order to get through airport security for domestic flights.

Beginning on Oct. 1, 2020, every airline passenger age 18 or older must have a compliant driver's license or other acceptable ID in order to fly within the United States. Children under 18 aren't required to provide identification when traveling with a companion on a domestic flight, although the companion will need an acceptable identification.

The legislation, passed by Congress in 2005, is designed to improve security, prevent identification fraud and make documents used for identification more consistent across the country. It establishes minimum standards for the design and issuance of driver's licenses and state-issued ID

cards. Federal agencies, including the Transportation Security Administration, are prohibited from accepting identification that does not meet those standards.

How can you tell if your driver's license is in compliance? REAL ID licenses are generally marked with a star in the upper portion of the card. If you're not sure, contact your state's department of motor vehicles. If you don't have a license, a photo identity card issued by your state's DMV, or equivalent that complies with the REAL ID standard is also acceptable.

If you don't have a driver's license or ID card, there are alternatives. The TSA will continue to accept other forms of identification at security checkpoints, including a passport, passport card, Trusted Traveler card issued by the Department of Homeland Security, military ID or a permanent resident card. In addition, five states — New

York, Vermont, Michigan, Minnesota and Washington — issue enhanced driver's licenses that are acceptable at land and sea ports of entry and for boarding a domestic flight, in addition to the REAL ID-compliant card that can be used with air travel.

Until October 2020, you can still use your current license or ID. But if you have a trip coming up next year, this is a good time to look into the requirements. You want to have your REAL ID, or an acceptable alternative, in place well before your flight. Be sure to check with the DMV to find out which documents you'll need to bring with you in order to get a REAL ID-compliant license. For example, you'll need proof of identity, such as a birth certificate or passport, and proof of a Social Security number. Find out more by contacting your state motor vehicle department or at the TSA website, tsa.gov/real-id.



For help planning a trip across the country or around the world, give one of our Travel Leaders professionals a call at 732-493-4242 or stop by our Cobblestone Village office at 901 West Park Ave., Suite A, Ocean, NJ or visit our website at:

WWW.TRAVELLEADERS.COM/OCEANNJ



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2345 Route 66 **SEAVIEW** @ JERSEY STRONG 732.493.3624

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#### **NEW DAILY SPECIALS! -**

Monday & **Thursday Night** 

Half Price Pizza and 75 Cent Traditional Wings!

\*Dine in only. Plain pies only.

**Tuesday Night** 

Prime Rib - Dinner and Dessert Special - only \$21.99 Prime Rib, Garlic Parsnip Mash, Baby Carrots and choice of House Dessert

Three Course Pasta Dinner - only \$17.99 Choice of Pasta, Small House or Caesar Salad and Dessert

Friday & Saturday

**Wednesday Night** 

**Weekend Specials** 

Farm to Table Entree's Crafted by Chef Mike Gallinella

**Sunday Sauce** Sunday

> Choice of Pasta, Wagyu and Imported Mortadella Meatball, Hot Italian Sausage, Braised Ribeye and a Small Salad for only \$19.99

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Late Night Slices For 1 Dollar! (during the last hour we are open)

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Photo by John Matlos



# featured Artist S Lauren Gill

14 yr old Freshman at Wall High School

Favorite bands: Foo Fighters, Muse, Sublime, Halestorm, Badflower

# ON SATURDAY, OCTOBER 5th LAUREN GILL WILL BE PERFORMING AT THE LEGENDARY STONE PONY TO CELEBRATE THE RELEASE OF HER NEW EP "CHEATERS"

#### When did you start singing? How old were you?

I started singing when I was in third grade, when I was 7 or 8.

#### And, when did you start with singing lessons?

I had my first real singing lesson when I was about 8. I had it at Lakehouse with teacher Brian Hering.

#### Are you currently taking lessons?

I still go to Lakehouse for lessons, except now I am with teacher David Ross Lawn for vocals.

#### What band or bands do you perform with?

I am the singer in the band Dress Code. I am also the singer in the Lakehouse band the Junior Pro's.

#### What was your most memorable performance?

When I performed with Bruce Springsteen and the E Street Band at The Paramount Theatre in Asbury Park with my band the Juniors Pros

#### How many recordings have you made? How many times have you been in the studio?

I recorded and released two EP's prior to Cheaters. But I've been in the studio for other projects, maybe about 7 or 8 times. So overall I've been in the studio about 11 times.

#### How did the recording process go this time? What was different this time?

I'll be honest, the first two times I recorded my EP's, I didn't really know what I was doing (I recorded my first EP when I

was 10). So, I didn't put a lot of input into what was happening other than what I had already planned for the songs when writing them. This time around, I'm older, more educated and I am more confident. I was able to be a part of the discussions that were happening in the studio, provide input and give suggestions and ideas that I thought would help the songs and steer my vision. This time around I had a say in what happened in the studio because now I know what I want, who I am and I know how to get the songs to where I want them to be.

#### When will "Cheaters" officially be released? How do we listen? Can we buy a CD? Can we listen online?

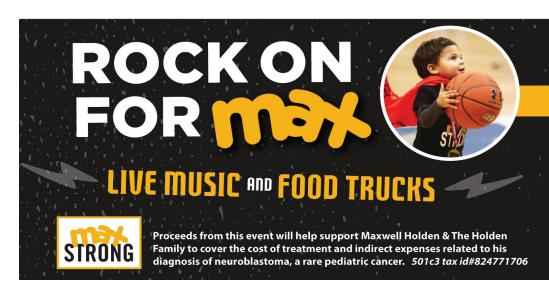
Cheaters will be released on the night of the show, October 5th. You can listen to the songs on your phone, computer, or any mobile device. I will not be selling CD's but you can listen online via iTunes, Spotify, YouTube, Google Play, etc.

**MOTO RECORDS PRESENTS** 

#### LAUREN GILL - CHEATERS EP RELEASE SHOW SATURDAY OCTOBER 5™ AT 6:30pm

Also Performing: Thelonious Funk, Dress Code, Double A and a special late set with Ross Owen and the Tribe

Tickets: \$12 advance / or \$15 at the door For advance tickets please visit: StonePonyOnline.com



# **ROCK ON FOR MAX**

#### SUNDAY, NOVEMBER 3RD 2019

BRIGHTON BAR | LONG BRANCH | 12PM - 5PM | ALL AGES
THE UNKNOWNS | BUTTERFLY GARDEN
JUST 6 HOURS | DRESS CODE | VENDETTA ROSE

Advance Tickets \$20.00 | \$25.00 At The Door

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West Long Branch Electrolysis
Exp. 10/31/19 TP1019

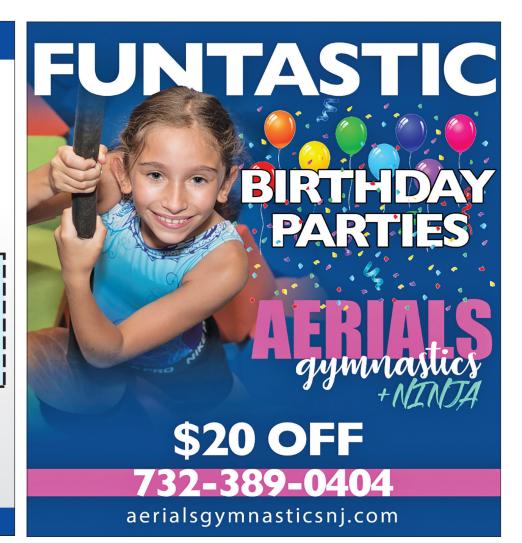
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# **CELEBRATING HISTORY**

The Township of Ocean Historical Museum

A Celebration Luncheon | 1:00pm Saturday, October 26, 2019 at the Deal Golf and Country Club - 1 Golf Lane, Deal, NJ 07723

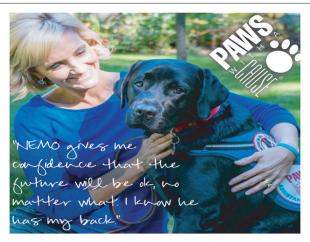
\$55 per person

Honoring Freeholder Lillian G. Burry Recipient of the Museum's "History Champion" Award

Township of Ocean Founding - 170 years Township of Ocean Historical Museum - 35th Anniversary Eden Woolley House Museum - 10th Anniversary

#### **TICKETS ON SALE NOW**

For reservations: 732-531-2136 or www.oceanmuseum.org



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Mahala F. Atchison Elementary | Swimming River School Elementary | Tinton Falls Middle School



On behalf of the Tinton Falls PTA, we wish you and your children a happy and successful 2019-2020 school year – and we extend a special welcome to the new families joining our school district this year!

The PTA is a wonderful group of parents aligned with the PTA's devotion to the educational success of our children. Joining the PTA is a great way to be involved in your child's school experience and learn more about the schools. We encourage all parents to consider joining the PTA, as together we achieve more for our children.

With help from volunteers, the PTA is able to provide supplies, equipment, and activities that students may not otherwise have. We coordinate a wide range of activities, from book fairs and box top collections to field days and end-of-year parties. No matter what your interest or time availability, there's a volunteer opportunity for everyone.

To learn more about our activities, visit TintonFallsPTA.org or email TintonFallsPTA@gmail.com
To access a membership form, visit the membership page of the website.

# TINTON FALLS MIDDLE SCHOOL RECEIVES FUTURE READY BRONZE STATUS



The Tinton Falls School District is proud to announce that Tinton Falls Middle School has been awarded the Future Ready Bronze Certification (FRS-NJ Bronze Certification). Future Ready Schools—New Jersey is a certification program designed to promote transformational change in schools and districts throughout New Jersey. Whether they are public, private, or charter, FRS-NJ provides the guidance, support, direction, and resources schools need to achieve "Future Ready" goals, while fostering inclusive collaboration within schools and districts, and between them throughout the state.

A committee of educators, including teachers, educational specialists, the network administrator, and administrators began the Future Ready

submission process in November 2018. The Tinton Falls staff was introduced to the Future Ready Indicators in the three categories of Education, Leadership, and Technology. Teachers shared examples of lessons that fit the criteria of the indicators, such as Digital Learning Tools and Content, Student-Driven, Self-Directed Learning, Computer Science, and many more. District administrators worked closely with Mrs. Elizabeth Allen, district STEM Coach, Mrs. Susan Sparrock, TFMS Media Specialist, and Ms. Mary Ehid, Tinton Falls Middle School Principal, who spearheaded the project.

Tinton Falls Middle School will be recognized on October 22nd at the NJ School Boards Convention.

# CONGRATULATIONS TO TINTON FALLS MIDDLE SCHOOL ON THIS ACCOMPLISHMENT!



# MYA'S SPOOKTACULAR FAMILY SATURDAY OCTOBER 26TH FROM 4PM - 8PM

At Joe Palaia Park - 240 Whalepond Road, Oakhurst, NJ 07755 Illuminated Walk | Costume Contest | Food Kids Activities | Trunk or Treat | Music By So Watt

\$10 Admission Fee Includes Pumpkin to Carve

FOR MORE INFORMATION AND ADMISSION PLEASE VISIT: THEMYALINTERRYFOUNDATION.ORG/EVENTS

Mya's Spooktacular is a family friendly event for all ages (children must be supervised). Bring your own blankets and/or chairs and enjoy live music by So Watt, kids activities, food available for purchase, an illuminated pumpkin walk (at dark with contest), trunk or treat and Halloween costume contest.

All proceeds to benefit The Mya Lin Terry Foundation.

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\* This is a fictitious rendering of Paul. Paul rarely wears suits. Paul works from home.