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THIS
ISSUE!**



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STUDENTS AND
ATHLETES OF THE MONTH!



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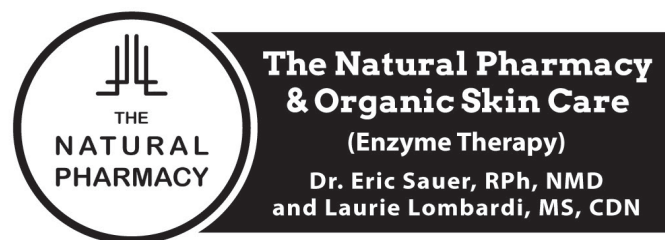
**FIND OUR
ARTICLE ON
PAGE 7!**

Pictured from Left to Right: Dr. Christopher Cermenello, Dr. Michael Alkon, Dr. Cristina Kavendek, Dr. Alex Shor

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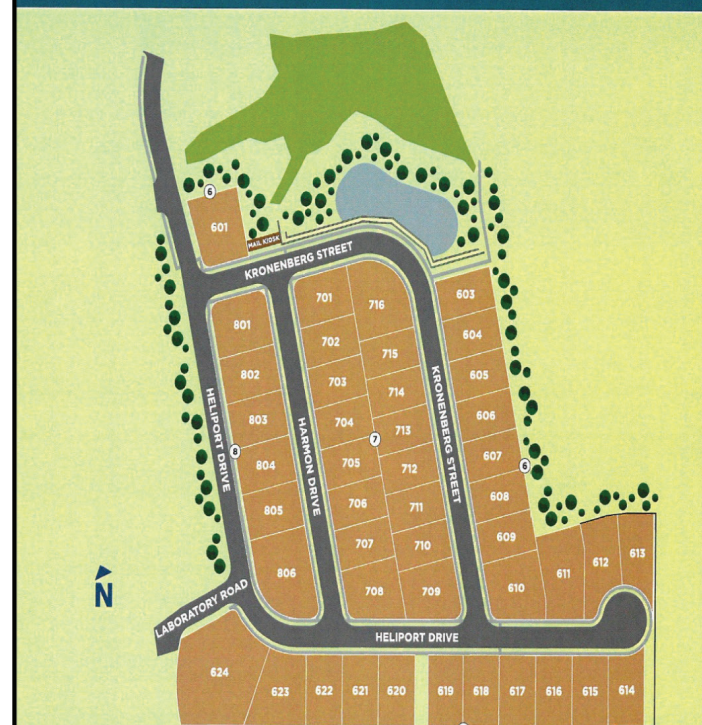
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If you've read previous messages I've written when I was the owner of the **Today Paper** before Paul P. took over, you'll probably recall that for several years, I've been off of **Facebook**. I'd felt that Facebook was becoming too much of an intrusion into my life. There were just too many unmoderated voices sharing biased postings; that was giving me fits, so I just signed off back in 2014. For a while after going "dark" I felt like I was missing something. I thought about rejoining the platform several times during those first few months, but refrained from doing so by simply recalling the most appalling of posts I had read on Facebook – not to mention the political crap that bordered on simply uninformed, if not defamatory.

But earlier this year, I was on **LinkedIn.com**, the business and employment-oriented service, and came across the profile of a friend of mine from back in the days when my son Mark played travel baseball. His name is **Michael Porpora**, and he is an insurance industry professional who started a LinkedIn series called **#365Connections**. Every day, Michael creates a short video introduction of ONE of his many LinkedIn connections to be sent to ALL of his followers. On an ordinary day in October, Michael introduced me to his followers. It came as a total surprise! He gave a piece of advice during his introduction of me: he accepts every single connection request he gets on LinkedIn, and keeps them active until they post something stupid, racist, ignorant or just needlessly provocative. Then he blocks that person! I loved that idea, and decided to bring it to my Facebook use, so I could enjoy the positive things about Facebook and remove the negative, just by simply unfollowing people. I have to say, it's been great to be back keeping in touch with friends that I don't get to see regularly and to see pictures of those friends and their families.

There's been many changes to FB over the years I went underground! Facebook has changed the way we live our lives, whether we like it or not. If you're not on it, you miss out wishing friends a happy birthday or to learn of milestone events in their lives. People share **so much** on Facebook because they think their entire community and friends are watching.... and a great many of them are! So like Michael Porpora, I'm on Facebook, but if your posts attack others or are of the "convert the morally wrong" type, I just unfollow you... which also wasn't a feature back in 2014. I was only able

to unfriend, which lead to awkward in-person exchanges.

So, with my newfound approach to Facebook in hand, I wanted to extend gratitude to those who DO share their photos, thoughts, life events both happy and sad, and their "like new" items on Marketplace! I'd like to go a little further this year, and would love to have your help! I'd like for you to consider being an **"angel"** to others who without your assistance, won't have a joyous holiday season ahead.

At this time of year, we all look forward to spending time with family and/or friends who bring so much to our lives: love, friendship, support, concern, accountability and most importantly, a place of belonging. We inspire one another and we challenge ourselves daily to be good people, so we won't feel guilty with seconds at Thanksgiving or with spending a little extra time or money on ourselves or our loved ones over the end-of-year holidays. For many, these are the "salad days" of the calendar year!

But for some, they are difficult times. They are times when financial pressures are at their peak, and when the stress of loneliness or the loss of a loved one is ever-present. For those who stress over the holidays, there are a few ways that those of us with abundance can help. We can open our homes to others who won't have a special meal arranged or people to share the holidays with. We can donate our time, money or gifts to help others through meaningful organizations such as **Fulfill** – the foodbank in Neptune, the **Lunch Break** of Red Bank, the **Salvation Army** or the **Community Hope Fund** in Ocean Township. We can donate coats through religious organizations, the public schools and several local businesses and we can ask the guests at our holiday parties in our homes or offices to donate wrapped children's toys to be distributed via worthy organizations. We can also ASK someone who we wouldn't ordinarily think of, to join our table or our party or to just give them a gift, to let them know that they're important, even if they don't feel that way themselves.

It's not difficult. It just takes a little thought and effort. *Our lives are not forever; they are sometimes just for now.* Follow the Golden Rule this season and **share the love**.

MONTHLY MUSINGS

BY PAUL J. ABRAMS

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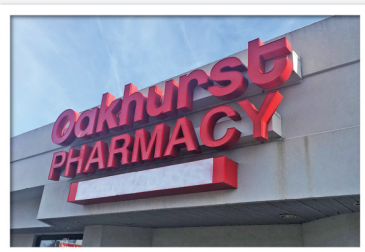
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Where We Create Beautiful Smiles

Finding a dentist that you can place your trust in is a challenge. Imagine the challenge faced by the owner of a dental practice, to find dentists with talents that reflect well on his long history of providing superior dental care in a family like setting. That was the challenge faced by Dr. Alex Shor, owner of Bella Dental when he decided to expand into the Holmdel area earlier this year. Dr. Shor was able to accomplish his goal by merging his new Holmdel practice with Dr. Michael Alkon, who has practiced dentistry in Holmdel, New Jersey for forty years. Dr. Shor and Dr. Alkon relocated the thriving Holmdel location of Bella Dental to the courtyard of Kohl's plaza in Holmdel where they constructed a brand new state of the art facility with top of the line equipment and by combining their wonderful staff.

You may recall from previous profiles on his practice located in Oakhurst, New Jersey, that Dr. Shor's long-time partner, Dr. Santo Trufolo has recently retired, and that Dr. Shor has rebranded both his Oakhurst and Brick offices as Bella Dental, named after his beloved grandmother who was a pivotal part of his upbringing. Bella Dental is now made up of the Holmdel, Oakhurst, and Brick locations where Dr. Shor utilizes his dental degree from The University of Medicine and Dentistry of New Jersey, his undergraduate degree in engineering, along with his artistry and devotion to the best possible patient care to provide outstanding dental services to all of the patients of Bella Dental.

Back to the challenges Dr. Shor was facing: how to fill all of these new, open positions in the three locations with doctors who practice with the same precision and care as Dr. Shor provides to his own patients?

The expansion into Holmdel was seamless since Dr. Shor merged with Dr. Michael Alkon, a 40-plus year resident of the Bayshore area. Dr. Alkon has been practicing dentistry since graduating from Tufts Dental School and serving in the military after graduation. Dr. Alkon is on staff at Bayshore Hospital since opening his dental practice in Holmdel and is proud to have

aligned with Dr. Shor and the Bella Dental team as they have brought technology and new procedures which have improved the level of care for both the patients and practitioners of the Holmdel location. Dr. Alkon, a well-known member of several local running clubs, has successfully found a work/life balance with his athletic endeavors as well as with his spouse and their children and grandchildren.

Enter Dr. Cristina Kavendek, known as "Dr. K," a life-long resident of Tinton Falls and graduate of Rutgers School of Dental Medicine, where she earned a D.M.D. degree. After graduating from Rutgers Dental School, Dr. K completed a rigorous General Practice Residency program at Morristown Medical Center, one of the select few level-one trauma hospitals in New Jersey. Dr. K has practiced in southern New Jersey prior to joining Bella Dental. Her experience practicing in diverse areas with a wide array of dental issues has made Dr. K an excellent addition to Bella Dental. On any given day that Dr. K practices in the Oakhurst or Holmdel offices, she will see a patient who knew her or her family, who have been well-known Tinton Falls residents for over 30 years. Today, Dr. K can be seen at any of the three Bella Dental locations, where her practice includes all areas of general dentistry including full mouth rehabilitation and implant dentistry. Dr. K also works with patients using Clear Correct aligners to straighten teeth without braces and she also is certified in the use of Botox and dermal fillers to compliment the excellent dental work that she and the practitioners at Bella Dental perform.

Rounding out the dental doctor team is Dr. Christopher Cermenello, who earned his Doctorate of Dental Surgery from the prestigious New York University Dental School. During his tenure at NYU Dental School, Dr. Cermenello was selected from among his peers to participate in the Faculty Practice Honors Program, and graduated at the top of his class from the largest dental school in the country. Prior to his graduation, Dr. Cermenello lived in Staten Island, New York but has since made Monmouth County

his home. After completing a comprehensive hospital-based General Practice Residency at Monmouth Medical Center, Dr. Cermenello found that living and working in the Shore area suits his personality and his off-work healthy lifestyle. Dr. Cermenello is a determined advocate for his patients, and as a General Practice dentist, he finds the most enjoyable part of his profession is that it provides him the opportunity to relieve his patients from pain associated with oral issues. He is a wonderful addition to the Bella Dental team and can be seen in any of the three Bella Dental offices.

In a previous article, Dr. Shor shared his vision of bringing together a team of talented dentists who are an extension of his own special brand of dental care. His vision included multiple locations, but with no drop off in the manner of treatment his practices would provide from those enjoyed by the Oakhurst location's patients. Within 18 months of that proclamation, Dr. Shor has realized that dream with the establishment of the Bella Dental group of three locations, staffed by extremely talented and experienced dentists. Their dedication to their patients is equal to that of Dr. Shor, who is a tireless advocate for patient care and committed to the belief that there is no reason for patients to spend any time at all in pain, while waiting for the next available appointment. Dr. Shor's dedication is found not in mere words, but by the fact that any given emergency telephone call to the office during off hours results in a personal call with Dr. Shor, or one of the other doctors, who will assess your needs and personally fit you into the schedule to make sure that you do not have to suffer any unnecessary pain or discomfort. This personal touch is what truly makes Bella Dental special!

Entrust your dental health to the growing team at Bella Dental, where they create BEAUTIFUL SMILES!

Pictured Above from Left to Right: Dr. Christopher Cermenello, Dr. Michael Alkon, Dr. Cristina Kavendek, Dr. Alex Shor

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WITH GLORIA & ALEXIS SICILIANO OF RE/MAX GATEWAY

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Is your business owned by one person? Or, do you have partners?

Gloria is the owner of the Ocean Twp. and Ocean Grove Offices. Gloria and Alexis are co-owners of the Asbury Park Office.

How did the business begin?

Gloria has been licensed for over 21 years. While she was managing an office in 2006, she was presented with opening her own office in Ocean Township. She has successfully grown her office and since then has opened two other locations with top-producing agents.

What is your favorite part of running your business?

Helping buyers and sellers with one of the most important financial decisions in their lives. We are extremely fortunate to run the majority of our business by referral, which speaks volumes, since our clients put their trust in us.

Are there any challenges you are currently facing?

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Is there anything else that you would like to add?

We are both full-time agents, and with that comes nearly 27 years of combined experience between the two of us. Serving on local, state and national levels, both Gloria and Alexis pride themselves in giving back to the Real Estate community and staying educated with the industry trends, challenges, and economic disruptors.

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Where can we find you online?

Gloria's website: GloriaSiciliano.com

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2020! LET'S DO THIS!

By Stacey Rose, PhD, LCSW, Psychotherapist

Here we are again... another year coming to an end and a new year upon us... and the end and beginning of a new decade! Wow! This is an opportunity to review the time that has passed and be grateful for all the positive experiences you had as well as identify areas you would like to still work on moving forward. Forget the word 'resolutions' as too oftentimes people set these only to not achieve them. Instead, I invite and encourage you to create a plan for the year (and the decade, but one thing at a time!) While this idea is certainly not novel, I am going to offer you a format that might help you jump in and get started.. now

Given that life is not a dress rehearsal and we are here for a finite amount of time, don't you want to be living a life that fulfills you? How great would it feel to be able to say you live your life to your fullest potential? Maybe you can say that now, and if so, awesome! Congratulations! If that's the case, I'd ask what you want to do further or more of so that your life continues to fulfill you? But for those of you who are not yet where you want to be.. let's do this...

So plug in your 'answers'... and you will have a road map of sorts to help direct you to the life you desire.

1. The times I am most peaceful are _____.
2. The person/people (if any) that are with me when I am most peaceful are _____.
3. The thing(s) I am doing at the time I am feeling calm and joyful is/are _____.
4. Today I am most grateful for _____.
5. When I see someone else doing something that I feel envious of, what are they doing?
_____ (This is a clue that you may want that same experience in your life.)
6. One time in my life that I felt proud of myself was when I was _____.
7. I would like to add more _____ in my life.
8. At the end of my life I would like to say I had _____ in my life.
9. I would love to be free of _____.
10. One way I bring joy to others' lives is by _____.

The answers to the above questions are clues into your psyche; will tell you more about who you are, what inspires you and what you may want to focus on in the new year. If you are willing, do some writing about what your life would look like if it included more of the above.

The second part of this is to identify what has stopped you from achieving these experiences or milestones yet in your life. Without judgment, be curious about the possible obstacles you encounter. Ask yourself what specific help you may need to get to where you want to be. As you improve your life and feel more fulfillment, those around you will benefit too.

For the next month, I am offering a FREE 30 minute consultation (Phone, zoom or in person) to help you jump start your new life. Offer good through December 31, 2019. Oh, and you got this!!



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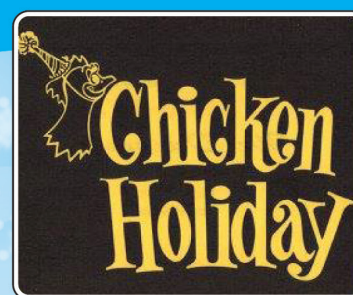
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INNER DYNAMICS PHYSICAL THERAPY CELEBRATES 4 YEARS!



This month marks the four year anniversary of Inner Dynamics Physical Therapy, a unique clinic located in Ocean Township. In 2015, it was founded by Dr. Alison Ankiewicz and Dr. Tamra Wroblesky. While Dr. Wroblesky finished her pelvic health studies under Dr. Ankiewicz, a tremendous bond was formed due to their mutual belief that their community deserved a pelvic health and orthopedic clinic providing unique one-on-one care. Several years later, it has become the leading pelvic health center of Monmouth and Ocean county communities.

Shortly after opening, Dr. Ankiewicz and Dr. Wroblesky realized the need for increased access to pelvic services in the community. They worked closely with gynecologists, urologists, gastroenterologists, pain specialists, orthopedic surgeons, and oncologists to help treat issues such as pelvic organ prolapse, urinary and fecal incontinence, constipation, as well as back, abdominal, hip, groin, and pelvic pain. With so many women, men, and children in need of care, they expanded to six physical therapists in their Ocean clinic, and partnered with seasoned pelvic physical therapist Dr. Jamie Scimak to open their second office in Toms River. This expansion allowed patients to have faster and more efficient access to care.

The expansion has also allowed Inner Dynamics to offer more services to their community. Besides pelvic health, they also offer post breast, abdominal, prostate, and gynecological cancer care. Their effective one-on-one care also allows better treatment of orthopedic issues because they are able to address the entire body as a unit, rather than just the body part in pain. They treat post total knee and hip replacements, ankle replacements, shoulder surgery, and back surgery. They excel in helping patients avoid back, hip and other orthopedic surgeries. Other services provided include vestibular and balance care, as well as exercise routines that can battle the development of osteoporosis and other health conditions. Patients leave feeling the best they have felt in years and able to do the hobbies they thought were unattainable. It is a clinic of "yes" to whatever goals clients have in mind.

More than just a physical therapy clinic, Inner Dynamics' compassion and excellent healthcare stems from its teamwork approach. Expanding to a team of eight physical therapists allows for continual collaboration and best practice patient care. Each practitioner brings with them a unique skill set that better serves the community.

In the Ocean office, Dr. Lisa Ricker is a talented clinician who is also a Crossfit and USA Weightlifting coach. Dr. Jessica Golden is an expert in pediatric pelvic care, helping many children with bedwetting, constipation, and other issues. Dr. Lesley Stewart offers twenty years of pelvic health and vestibular rehabilitation experience. Newest addition Dr. Kimberly Breslin just completed an intensive one year pelvic health residency in Florida and is currently working towards board certification.

Finally, co-founders Dr. Ankiewicz and Wroblesky have had a busy four years of sharing their

knowledge and expertise. Dr. Ankiewicz was just awarded the PT Special Interest Award for Women's Health by the American Physical Therapy Association for the State of NJ for her dedication and commitment to pelvic health and furthering the profession of physical therapy.

This past September, Dr. Wroblesky traveled to the Olympic Training Center in Colorado Springs to give their first pelvic health lectures and work with the USA Powerlifting athletes. She has also made guest appearances on the Shrugged Collective and Movement with the Maestro podcasts discussing pelvic health issues for athletic performance.

Inner Dynamics Physical Therapy has also spent the past years giving back to the community with educational lectures at prostate support groups, mommy and me groups, weightlifting and crossfit gyms, Athleta women's health night, and hospitals.

If you are interested in having a pelvic lecture at your community event, please contact
alison@innerdynamicspt.com and
tamra@innerdynamicspt.com
for more information.

If you have any specific questions about how Inner Dynamics can help you feel better again, feel free to contact one of our specialized pelvic physical therapists at IDPT by calling us at 732.508.9926 or visiting our website at innerdynamicspt.com You can also give our office a visit at 1300 State Route 35, Plaza 2, Unit 102, Ocean, NJ 07712 or our southern NJ location at 167 Route 37 West, Unit 2, Toms River, NJ 08755.



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IN THE SCHOOLS: Tinton Falls

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

VETERANS, WE SALUTE YOU!



Veterans who are family members of MFA students were honored at the annual Veterans Day event.

Mahala F. Atchison School celebrated its 21st Veterans Day event on Wednesday, November 6. Forty-five veterans from the Tinton Falls community were honored on stage as "Patriots and American Heroes." Led by MFA physical education and health teacher Ms. Lynne Landis, SRS fourth grade teacher Ms. Kristi Richmond, and MFA music teacher Ms. Nicole Depresca, the kindergarten, first, and second graders sang patriotic songs honoring their parents, grandparents, aunts, uncles, or other relatives who served or are currently serving our country. The students presented their family members with certificates honoring their commitment, bravery, and courage. Second graders also engaged in the POW/MIA Table – A Place Setting for One, A Table for All – recognizing those soldiers who never returned home.



Staff Sergeant Edward Gonzalez, a Marine, with his daughter, Natalie Gonzalez.

The Tinton Falls School District was proud to welcome all of our students' relatives who are serving or who have retired from the armed forces. The MFA Veterans Day Celebration marks a longstanding tradition which is a wonderful experience for our students, staff, parents, and community and is truly an annual highlight in the Tinton Falls School District.



MIRROR, MIRROR ON THE WALL

To the students' delight, Mahala F. Atchison School principal Mrs. Jessica Black, facilitating teacher Miss Diana Stafford, and the Main Office team transformed into Snow White, the Evil Queen, and the seven dwarfs in celebration of Halloween.

LAST CALL FOR FOOD DRIVE

There is still time to send in non-perishable food items with Tinton Falls Middle School students as part of their annual food drive. Fulfill, the Monmouth and Ocean County Food Bank, is also in need of can openers. The last day of the food drive will be December 10. Thank you for your donations!

SAVE THE DATE FOR COMEDY NIGHT

The 24th annual Comedy Night/Gift Auction fundraiser – the largest annual fundraiser hosted by the PTA to benefit Tinton Falls Schools – will be held on Friday, March 27, 2020 at a beautiful new venue: Eagle Oaks Country Club in Farmingdale. Stay tuned for more details!



PTA BOOK DONATIONS

In addition to general funds raised for use for school initiatives through the most recent Scholastic Book Fairs at all three Tinton Falls schools, the PTA was able to raise an additional \$1200 in Scholastic Dollars. These funds will enable the media center staff at each school to purchase new books.

Stay connected with upcoming PTA-sponsored events via our Facebook page at www.facebook.com/tintonfallspta or website at www.tintonfallspta.org

THE DAUGHTERS OF PENELOPE AULIS 195

Christmas Jingo AND GIFT AUCTION



SATURDAY, DECEMBER 7, 2019

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Joanne Cahill 908-601-6576 or Marissa Costidis 732-522-1637



ANNUAL FOOD DRIVE AT JUMPING BROOK COUNTRY CLUB

This year we are partnering with "The Center in Asbury Park" for our food drive to help those who are in need. Collection of Non-perishable items will begin Monday, December 2nd and run through Friday, December 20th. A collection point will be set up in Jumping Brook's Clubhouse. We are located at 210 Jumping Brook Road in Neptune.

Items needed: peanut butter/jelly, canned meats, canned tuna, canned fruits, canned vegetables, instant potatoes, canned & dry soup, canned pork & beans, canned juices, sip-size juices, hot and cold cereal, nonperishable milk, etc. * No glass items please.

For more info please contact Kiersten by calling 732-922-8200 x12

DIABETES: ARE YOU AT RISK?

In the U.S., there are currently 30.3 million people in the U.S. with diabetes. If we also count Americans that are prediabetic, that number jumps to 100 million people just in the U.S. This is a serious reflection of our overall health and lifestyle. This is also a condition that makes billions of dollars each year for the pharmaceutical industry.

Diabetes is a chronic condition that has to do with how your body manufactures and uses insulin. Insulin is a hormone made by the pancreas and helps glucose in your blood enter cells in your muscles, fat and liver. Insulin is counterbalanced by another hormone, glucagon, so that one's blood glucose levels are just right. All forms of diabetes are characterized by higher than normal glucose levels. This could be because our pancreas isn't making enough insulin or we are insulin-resistant and the insulin receptors in our body are not working properly. This means that your muscles, fat and liver cannot use the glucose from your blood. This can be due to excess weight gain, increased belly fat, lack of exercise, smoking and lack of sleep. The pancreas tries to make increased amounts of insulin, but eventually it just cannot keep up and gets "worn out".

Uncontrolled diabetes causes 1.6 million deaths each year, according to the World Health Organization (WHO). It can damage blood vessels and results in lack of circulation in the legs and feet. It can also double the risk of heart attack and stroke and can impact the eyes, kidneys and nerves.

Diabetes now actually includes 5 different types. **Type 1 (juvenile or insulin-resistant)** is an autoimmune condition in which the pancreatic cells are actually attacked at an early age, usually in childhood or the early teen years. There is a huge hereditary component here, but diet, lifestyle and environment can have a positive or negative impact. Leaky gut or intestinal permeability is a key player in any autoimmune conditions. Celiac disease or non-celiac gluten sensitivity must also be considered.

Type 2 diabetes is often called "adult onset" and usually reflects insulin-resistance. This type of diabetes is often associated with being overweight, having increased belly fat, high blood pressure and high cholesterol.

Type 3 diabetes or Alzheimer's currently affects 40 million people. If you have Type 2 diabetes (and you are female) you have four times the risk to develop Alzheimer's. Alzheimer's disease is a neuro degenerative disease that affects memory and cognition primarily in people over age 65. Research shows that this condition can occur

when neurons in the brain become unable to respond to insulin due to elevated blood sugar (glycation).

Prediabetes is due to higher than normal blood sugar levels. Currently 84 million adults in the U.S. have prediabetes. This is definitely a warning because within 5 years, most people will progress to type 2 diabetes without diet and lifestyle changes.

Gestational diabetes occurs only during pregnancy (24-28 weeks) and is found in about 10% of pregnant women. This is a hormonal condition which can be controlled with diet, but in severe cases, insulin is sometimes necessary. This is a dangerous condition for the baby and the mom.

So, what are the signs, symptoms and risk factors for type 1,2 and 3 diabetes? Understand that prediabetes and gestational diabetes are warning signs and need to be dealt with immediately.

1. Unexplained hunger and fatigue
2. Excess thirst and increased urinary frequency
3. Dry mouth and itchy skin
4. Blurred vision
5. Chronic yeast infections
6. Slow-healing cuts
7. Pain/numbness in feet/legs/hands
8. Sudden weight loss (type 1)
9. BMI greater than 25
10. Over age 45
11. History of gestational diabetes
12. Memory loss that disrupts daily life
13. Difficulty planning/problem solving
14. Confusion about dates, names, places
15. Misplacing objects
16. Withdrawal from social activities
17. Forgetting words

For sure many of these changes can occur with normal aging or other health problems. However, if these symptoms persist or cannot be explained, it's time to get some bloodwork done. In the meantime, we can all be a little more diligent about our diet and lifestyle. Yes, the holidays are upon us, but let's be clear about two things:

1. Everyday we get to choose whether we sit on the couch or go for a walk, take a class or work out at a gym.
2. We are in control of our actions when it comes to food and alcohol. We can decide to eat two cookies or the whole package. We get to choose what goes in our shopping cart or whether or not to cook our own food or just get take out.

Happy Holidays to all and remember you are in control!



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MAKES APPROXIMATELY 3 DOZEN COOKIES

INGREDIENTS

2/3 cup butter, softened
3/4 cup granulated sugar
1 egg
4 teaspoons milk
1 teaspoon vanilla extract
2 cups all-purpose flour
1-1/2 teaspoons baking powder
1/2 teaspoon salt

1. In a large bowl, with mixer at medium speed, cream butter and sugar until light and fluffy. Beat in egg, milk, and vanilla. Blend in flour, baking powder, and salt until well mixed. Divide dough in half and chill 30 minutes.
2. Preheat oven to 375°F. Grease 2 large cookie sheets. On a lightly floured surface, working with half of the dough at a time, roll 1/8 inch thick. Using your favorite cookie cutters from Shore Cake Supply, cut dough into shapes. Place cookies 1/2 inch apart on cookie sheets. Re-roll trimmings and continue to cut shapes. Bake 8 minutes, or until very lightly browned. Transfer cookies to racks to cool completely.
3. Once cooled, decorate with premade royal icing and sprinkles from our Self-Serve Sprinkle Bar.

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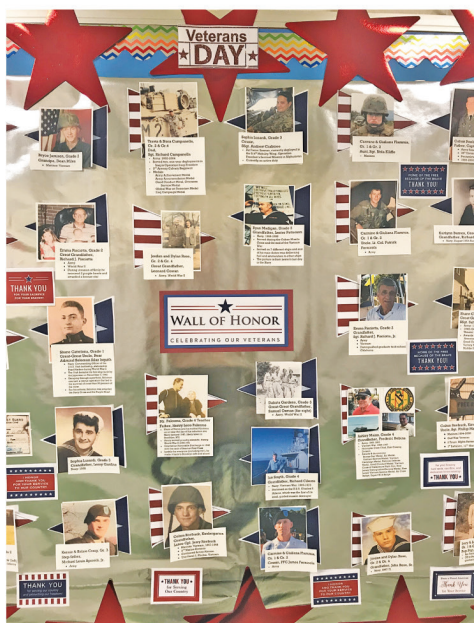
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IN THE SCHOOLS: OCEAN TOWNSHIP

OCEAN TOWNSHIP ELEMENTARY



OTES WALL OF HONOR

We asked students to submit photos and info on relatives who were veterans or currently-serving military members. We got 50 submissions!



OTES held their annual Paint-a-Pumpkin Fundraiser in late October.

WANAMASSA ELEMENTARY



Wanamassa Elementary School A Season of Caring and Sharing

The staff, students, and families of Wanamassa Elementary School hit the ground running this November at the fourth annual Runamassa Family Fun Run/Walk. The weather was beautiful on November 3rd as our school community gathered together to get our morning exercise and raise funds for our PTA. This year's run was extra special as the course took walkers and runners through the parks and streets surrounding our beautiful school for the first time. The caring continued later that week as students and staff honored our nation's veterans by attending our Veteran's Day assembly.

The halls of Wanamassa have been bursting with the plenty as food donations for our annual Thanksgiving Food Drive poured in over the past few weeks. Wanamassa's citizens are never too young to learn the importance of giving back to others in the community, and our students will be encouraged to continue paying it forward as we approach the holiday season with our annual Toy and Gift Card Drive. Our upcoming Holiday Shop will give students the opportunity to select the perfect gifts for friends, family members, and teachers. Finally, the singers and performers among us are brushing up on our skills to share the joy of the season at our upcoming Winter Chorus. As always at Wanamassa Elementary School, it's a season of sharing and caring.



Photos from the annual "Wayside Carnival"

WAYSIDE ELEMENTARY

• The Wayside School PTA hosted its annual "Wayside Carnival" on Saturday, October 19th. Students played carnival games, engaged in face painting and crafts, visited the photo booth, and even picked pumpkins from the pumpkin patch. There was also a delicious bake sale and lots of smiles and laughter. The event wouldn't be possible without the help, support, and volunteered time of many Wayside families and staff members, so THANK YOU!

• In the spirit of helping our community this holiday season, the Wayside PTA is currently hosting its annual coat drive through Friday, 11/27. New or used coats, scarves, and gloves in great condition can be bagged and dropped off in the front lobby of the school.

• Wayside School is excited to host its 1st annual "Holiday Bazaar" on Saturday, December 7th from 12pm-4pm at Wayside School. There will be lots of great vendors selling unique holiday gifts, fun crafts, delicious treats, and a very special visitor! This is a brand new event, and we hope to see lots of Wayside families there. Mark your calendars now, and come join us for a fun afternoon!

• There will be NO December PTA meeting, but we hope to see you at our first meeting of 2020 on Monday, January 6th at 7:00pm in the library. Members are encouraged to bring boxes of tissues to support our ongoing supply drive to collect donations for the staff and students at Wayside.

Happy Thanksgiving, Wayside! We're certainly grateful for our school community!

UPCOMING EVENTS

Wednesday, 11/27: Early Dismissal

Thursday, 11/28 & Friday, 11/29: School Closed: Happy Thanksgiving!

Tuesday, 12/3 - Friday, 12/6: CONFERENCES and new this year Scholastic Book Fair during teacher conferences (a portion of each purchase goes towards Scholastic News resources for our Wayside teachers)

Saturday, 12/7: "Holiday Bazaar" at Wayside School from 12-4pm.

Wednesday, 12/11: 4th Grade Chorus Concert

Thursday, 12/19: "Dine to Donate" at Panera Bread

Monday, 12/23-Wednesday, 1/1: Schools Closed for Winter Recess

MYA'S POCKETBOOK BINGO FRIDAY, FEBRUARY 21, 2020 - AT THE RENAISSANCE IN OCEAN

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www.themyalinterryfoundation.org/events



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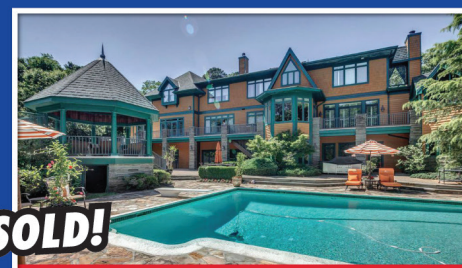
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HIGH SCHOOL ATHLETES OF THE MONTH



OHS

**KATIE
HOFFMAN
CROSS COUNTRY**

Team MVP? My choice for team MVP would be Alyssa Knop because she has a great sense of humor and makes practices enjoyable by keeping a positive attitude. Her dedication and encouragement never fail to motivate the team.

Most memorable experience in High School? My most memorable experience in high school is a tie between qualifying for groups as a team during my freshman cross country season, and running the 4 x 800 relay under the lights for the first time at our sectionals meet my junior year.

Role models? My role models would have to be my parents and my brother. My parents always believe in me and encourage me to do my best. My brother is one of the hardest working runners I know and he gives me great advice.

After High School? After high school I plan to study chemistry to pursue a career within the medical field while possibly continuing my running career.

COACH'S COMMENT: Katie Hoffman has been a valuable member of the cross country team for four years. As a senior, she served as a captain and had by far her best season. In addition to her athletic success, she is one of the top students in her class. It has been a pleasure coaching this outstanding young woman. - Coach Paul Looney



MRHS

**ISABELLA
BELLUCCI
FIELD HOCKEY**

Team MVP? My choice for team MVP would have to be every player on the team. I know everybody works really hard on the field and never gives up no matter the competition or the score.

Most memorable experience in High School? So far, as a sophomore, my most memorable experience in High School was being a varsity starter in softball my freshman year and now a varsity starter in field hockey my sophomore year.

Role models? My role models would have to be my parents and my best friend Kiana Santana. My parents both work very hard and I know they are proud of my accomplishments so far. My best friend has always been there for me since first grade and I couldn't imagine my life without her.

After High School? So far my plans for after High School are to continue playing softball in college and continue to pursue my academics. I am currently undecided about playing field hockey in college but have been looking into it.

COACH'S COMMENT: Bella stepped up this year to be our varsity goalie. She has tremendous potential and kept us in all of our games. As a sophomore she has already set a new record for saves in a season and she was able to stand out against all the top teams in the Shore. Bella is a competitor, she is athletic and driven and the future is bright for Falcon Field Hockey with her leading our defense. - Coach Angela Teeple



OHS

**ROBBIE
NUNGESSER
FOOTBALL**

Team MVP? My team MVP is Trebor Pena.

Most memorable experience in High School? My most memorable experience in high school is coming back from a 24-3 deficit at halftime against Raritan and winning 41-37.

Role models? My role model is Aaron Rodgers.

Plans for after High School? My plans for after high school are to play college football and continue my studies.

COACH'S COMMENT: Robbie Nungesser is an impressive student athlete who left an undeniable mark on our Football Program. Robbie is a dual threat quarterback who is a very skilled passer. Robbie has a very good arm strength and did a very nice job of operating our offense in 2019. Robbie currently holds a scholarship offer from Franklin Pierce University and we are all very excited to continue to watch him develop in college. Robbie's ability, work ethic and leadership will be missed. - Coach Donald Klein



MRHS

**THOMAS
HINTELMANN
SOCCER**

Team MVP? My choice for team MVP is Senior Forward Mason Martelloni. He has played a pivotal role throughout our season as the team's leading goal scorer with 18 goals and 7 assists. His attitude is always positive, he has a great work ethic and he always knows how to get the team ready to play before big games.

Most memorable experience in High School? My most memorable moment in high school was the start of the state tournament for soccer. Even though we did not win the tournament, I will always remember how great it felt to be a part of the team and how the whole school came together to rally behind us and show their support throughout our run to the state semi-finals.

Role models? My role models are both my parents. They have taught me that hard work, honesty, and determination pay off in the long run and to never give up, no matter how much you want to quit.

After High School? My plans for after high school are to attend Monmouth University. I plan to study medicine so that I can work to develop new ways to improve people's health and lives.

COACH'S COMMENT: Thomas is the boys Varsity captain, he has been an integral part of the team, his leadership abilities and constant care for his teammates are second to none. He has been a pleasure to have on the team. - Coach Darren Spadavecchia

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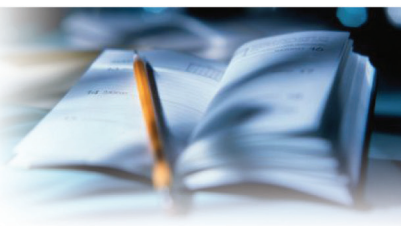
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Community DATEBOOK



Lunch Break - Holiday Toy Drive

Individuals, businesses and corporations can get into the holiday spirit by purchasing new toys and gift cards for ages newborn to 17 years. Or, if preferred, make a monetary donation and Lunch Break will do the shopping. Toy Drive collection begins Nov. 1st. The deadline for bringing unwrapped gifts to Lunch Break is 3 p.m. Tuesday, December 10th. Lunch Break thanks its donors and volunteers for their generous support in making a child's holiday wish come true. Toys will be distributed to families during a holiday shopping day on Saturday, Dec. 14, 2019 at Tower Hill Church in Red Bank. Go to www.lunchbreak.org for more information and to participate in our online pledging. For more information, contact Program Director Sharda Jetwani Love, MSW, sjetwani@lunchbreak.org (732) 747-8577, Ext. 3011

Sunday, December 1st at 5pm

Christmas Tree Lighting at St. George Greek Orthodox Church 1033 W. Park Ave, Ocean, NJ

Please join us for an evening of fellowship, caroling and refreshments on the grounds of our St. George Greek Orthodox Church! Surprise visit from you-know-who! Find us online at: www.stgeorgeap.org

Sunday December 1st from 12:30 pm – 3:30 pm

CENJARS Rocket Club Monthly Launch

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 "Holidays". Come see what a "blast" rocketry can be. New fliers and observers welcome! Go to cenjars.org for more details.

December 2nd through December 20th

Annual Food Drive at Jumping Brook Country Club

This year we are partnering with "The Center in Asbury Park" for our food drive to help those who are in need. Collection of Non-perishable items will begin Monday, December 2nd and continue through Friday, December 20th.. A collection point will be set up in Jumping Brook's Clubhouse. We are located at 210 Jumping Brook Road in Neptune. Items needed: peanut butter/jelly, canned meats, canned tuna, canned fruits, canned vegetables, instant potatoes, canned & dry soup, canned pork & beans, canned juices, sip-size juices, hot and cold cereal, nonperishable milk, etc. (No glass items please). For more information please contact Kiersten, Catering Department, 732-922-8200 x12

Sunday, December 8th at 11am

Congregation Torat El, 301 Monmouth Road, Oakhurst, will hold the next event in its innovative "Meet the Author" series. This event will feature Susan Leicher, author of Acts of Assumption.

Pre-paid reservations are \$15 per person and can be made at www.torat-el.org or by calling (732) 531-4410. The charge is \$20 per person at the door. A light brunch will be served. Please furnish contact information when making reservations in case of any last-minute changes.

Sunday December 8th - 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. Evening stitchers will NOT meet in December 2019. Day stitchers will NOT meet in December 2019. Sunday stitchers will meet Sunday, December 8, 2019, from 1:00 to 4:00pm, at the DeHart Community Center, 120 Burnett Drive, Maplewood, NJ. For more information, contact TONI at 732-462-5540 or see our website: www.mcega.org.

December 8th and December 24th

Christmas Services at First United Methodist Church 103 Monmouth Rd, Oakhurst.

December 8th - Christmas Vespers service, a service of Lessons and Carols by choir and bell choir, 4pm, at First United Methodist Church. A tea will follow the service. December 24th - Christmas Eve services at 5pm and 10pm at First United Methodist. All are welcome to attend any of these services. Any questions, call the church office 732-531-1150.

Township of Ocean Historical Museum 35th Annual Holiday Open House

Saturday, December 7th (11am - 4pm)
and Sunday, December 8th (11am - 5:30pm)
Eden Woolley House, 703 Deal Road, Ocean, NJ 07712



Three galleries filled with model trains, holiday crafts, home-baked delicacies and a Snowman Hunt.

FREE ADMISSION

New Mini Exhibit:

"Election Memorabilia, the Stuff of American Campaigning"

The Garden Club will be selling wreaths on the porch

Township Annual Tree Lighting
Sunday at 4:30 next to the Museum

Township of Ocean Community Hope Fund Adopt a Family Holiday Giving Program

Every year, the people of the Township of Ocean help brighten the holidays for families in need in our community.

Through the **Adopt a Family** program, individuals, groups and businesses are matched with a local family that is experiencing economic challenges. Donors provide gifts, food and holiday cheer.

If you cannot provide gifts for an entire family, you can still help by donating money or gift cards to local grocers or stores such as Target or Kohls. Please make checks payable to the **Community Hope Fund**.

For more information or to become a donor, please call the Township of Ocean Department of Human Services, 732-531-2600.

The Community Hope Fund is a 501c (3) non-profit organization whose mission is to promote youth development and support the charitable needs of our community.

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The drawing will be held at the IAATO Annual Dinner Dance at 10:00 pm on Feb. 15, 2020. If the offer is oversubscribed, the first 2,000 tickets will be honored. All other contributions will be returned. These tickets are offered on a best-effort basis. Winner need not be present at drawing. All winners will be notified. All taxes will be the responsibility of the winners. - Lic. # RL-59-19 • ID. # 359-8-23125

**If not completely subscribed, the exact prize offered shall be the percentage noted of the winner's share, per state regulations or the offering may be canceled by the committee and all contributions returned.*

For tickets, contact an IAATO member, or fill out the attached ticket application below and mail it with your check.

For information, contact Marty at 732-750-9717 or visit our website at IAATO.com

APPLICATION FOR TICKET

Make checks payable to IAATO - (do not send cash) - Please PRINT CLEARLY.
Mail form with payment to: M. Martino, IAATO, 1110 Route 35, Ocean, NJ 07712

Price per ticket - \$25.00 per ticket. No. of tickets requested _____ Amount enclosed \$ _____

Name: _____ Phone: _____

Address: _____ City/State/Zip: _____

Contact Name & Phone No. (if different from above): _____

(Your ticket will be mailed to you upon receipt of this application with your \$25.00 check per ticket)

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MONDAY



**1/2 PRICE
BURGERS**

11:30am - 10pm



**MILLER
MONDAYS**

**\$2 Miller Lite
Pints & Bottles**

7pm - Closing

TUESDAY

2 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
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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



\$5 Pizza

For a Plain Pie
Toppings cost extra.
11:30am - 11pm

**ICE COLD
PITCHERS**



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All Day & Night

SUNDAY

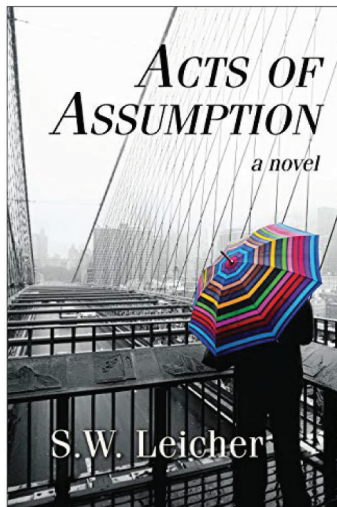
**NFL
Food
Specials**

11:30am - 10pm

**Drink
Specials**

All Day & Night





CONGREGATION TORAT EL'S POPULAR "MEET THE AUTHOR" SERIES CONTINUES

DECEMBER 8 EVENT FEATURES SUSAN LEICHER, AUTHOR OF ACTS OF ASSUMPTION

On Sunday, December 8th at 11am, Congregation Torat El, 301 Monmouth Road, Oakhurst, will hold the next event in its innovative "Meet the Author" series.

This event will feature **Susan Leicher**, author of *Acts of Assumption*.

In America, we are good at dividing ourselves into tribes – into "insiders" and "outsiders" – based on race, religion, and beliefs. *Acts of Assumption* is the story of two young women who are outsiders even in their outsider tribes. One is the mathematically-gifted daughter of an Orthodox Jewish family and the other is the street-smart daughter of a neglectful immigrant Latina mother. Their meeting, under unusual circumstances, and their struggles with the cultural bonds of their respective communities, is a vivid story of faith, love and family.

Ms. Leicher grew up in a Jewish and Latina family in the Bronx which gave her a keen eye for the prejudices, beauty and spirituality of each culture. She holds two

degrees from Harvard and has devoted her work life to social justice causes. This is her debut novel.

Acts of Assumption is available for purchase at the temple office for \$15 and will be signed by the author during the program. Billed as a "book club with a twist," this quarterly event features a presentation by the author and a lively Q&A with the audience.

Pre-paid reservations are \$15 per person and can be made at www.torat-el.org or by calling (732) 531-4410. The charge is \$20 per person at the door. A light brunch will be served. Please furnish contact information when making reservations in case of any last-minute changes.

This event is made possible through a generous grant from the B'nai Shalom/Beth El Foundation.



National Wreaths Across America Day is Saturday December 14, 2019

The Asbury Park Rotary Club this year will be supporting Wreath's Across America at Mount Calvary Cemetery Rt 66 Neptune with a ceremony at 12pm. The Ceremony is open to the public and we encourage the public to come out and join our members at the wreath laying ceremony as we will place 385 wreaths on each of the veteran's graves to remember those who fought and died for our freedom's, to honor their sacrifice and to teach our children about the true costs of freedom.

Wreaths Across America is a 501(c)(3) nonprofit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery

begun by Maine businessman Morrill Worcester in 1992. The organization's mission – Remember, Honor, Teach – is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at hundreds of veterans' cemeteries and other locations in all 50 states and beyond. For more information to volunteer or to sponsor a wreath please visit:

WWW.WreathsAcrossAmerica.org/NJ0146P
and WWW.asburyparkrotary.org
You can also call Dina Blackwood 732-539-2960
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331 Green Grove Rd, Tinton Falls	\$295,000
20 Weston Pl, Eatontown	\$320,000
8 Samantha Dr, Tinton Falls	\$330,000
1318 Edgewood Ave, Ocean	\$350,000
231 Wyckoff Rd, Eatontown	\$367,500
1501 Sunset Ave, Ocean	\$369,000
436 Shrewsbury Ave, Tinton Falls	\$370,000
23 Maxwell Rd, Eatontown	\$375,000
1116 Darlene Ave, Ocean	\$379,900
325 Roosevelt Ave, Ocean	\$380,000
45 Ruth Pl, Eatontown	\$400,000
21 Peach Tree Rd, Ocean	\$407,000
1 Eisele Ave, Ocean	\$410,000
359 Grant Ave, Eatontown	\$410,000
2 Abbey Ln, Ocean	\$425,000
752 Bowne Rd, Ocean	\$430,000
329 Wells Ave, Ocean	\$440,000
18 Charles Dr, Tinton Falls	\$460,000
16 Roslyn Dr, Ocean	\$500,000
90 Old Mill Rd, Tinton Falls	\$515,000
717 Corlies Ave, Ocean	\$520,000
184 Pine Brook Rd, Tinton Falls	\$552,000
1706 Fanwood St, Ocean	\$575,000
58 Pear St, Tinton Falls	\$589,900
327 Roosevelt Ave, Ocean	\$590,000
287 Jerome Ave, Ocean	\$600,000
40 Periwinkle Cir, Tinton Falls	\$642,500
263 Lawrence Ave, Ocean	\$645,000
54 Mindy Ln, Eatontown	\$649,900
589 Park Ave, Ocean	\$650,000
4 Corey Dr, Ocean	\$665,000
1 Clark Ct, Ocean	\$925,000
3 Campbell Ct, Ocean	\$1,100,000
19 Sire Stakes Dr, Tinton Falls	\$1,124,000
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57 Oak Ln, Eatontown	\$253,000
9 Horseshoe Ct, Tinton Falls	\$255,000
21 Jake Dr, Tinton Falls	\$260,000
23 Jodhpur Ct, Tinton Falls	\$264,000
46 Michael Dr, Tinton Falls	\$267,000
17 Dover Ct, Tinton Falls	\$269,500
36 Karen Dr, Tinton Falls	\$270,000
60 Cotswold Cir, Ocean	\$290,000
19 Saddle Ct, Tinton Falls	\$290,000
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Congregation Torat El
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Chanukah Party

Sunday, December 22nd

11:00am - 1:00pm



- Men's Club Famous Latkes
- Yummy treats from Sisterhood
- Dreidel Games
- Special Entertainment
- Activities

**Bring your own menorah and
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**Come one, come all to the
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**All in the community are
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We invite unaffiliated guests to register at our Welcome Desk.

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ENTER AS A FRIEND, STAY AS FAMILY



1) Isabella Chagares of Shrewsbury recently won her second gold medal at a local foil competition. She competes once or twice a month. Fencing is a technical sport with an inherent need of strategy and mental strength is paramount. Isabella started fencing about 8 months ago. She is a great student, who enjoys the challenges on the fencing strip. She has a well-defined plan of weekly practices at Atlantic Fencing Academy and competing in select tournaments. "My goal is winning more and more bouts [matches] and to reach peak performance at the National Championship in Louisville, KY in July." Learn about fencing at www.atlanticfencing.com or email info@atlanticfencing.com - Atlantic Fencing Academy is located at 1 Sheila Drive in Tinton Falls.

2 and 3) Ocean Township Elementary School had their outdoor Halloween Parade in late October. It was a spooky and fun time!

4) Lunch Break's generous donors once again provided hundreds of toys to be distributed among families at the annual Holiday Toy Drive beginning at 8 a.m. on Saturday, Dec. 14th, 2019 at Tower Hill Church in Red Bank. We thank our generous Lunch Break donors, Tower Hill Church and the many volunteer "elves" for helping to make the holidays a bit brighter for our children and their families. As a caring community, Lunch Break freely provides food, clothing, life skills and fellowship to those in need in Monmouth County and beyond. Learn More about Lunch Break and their upcoming events at www.lunchbreak.org

5) The Community Hope Fund Sponsors an annual Thanksgiving Food Drive. This year, Wegman's in Ocean Township donated turkey certificates and gift cards for 180 families. On behalf of Ocean Township residents, The Community Hope Fund wishes to thank Wegman's for their continued support of our community! Pictured: Wegman's staff along with Denise Parlamas (President of Community Hope Fund), Chris Siciliano (Ocean Township Mayor) and Shelley Eilenberg, (Coordinator for the Community Hope Fund Thanksgiving Food Drive). The Community Hope Fund is a 501c (3) non-profit organization whose mission is to promote youth development and support the charitable needs of our community. CHF programs include, but are not limited to Youth Development, Grants Family Assistance, Individual Assistance and Other Charitable Needs.

6 and 7) Mya's Spooktacular was held at Joe Palaia Park in Oakhurst on October 26th. The family friendly event featured food, music, activities, pumpkins and costumes. Mya's Spooktacular was a huge success raising over \$9k for The Mya Lin Terry Foundation! Learn about the Mya Lin Terry Foundation and their upcoming events at: TheMyaLinTerryFoundation.org

8, 9 and 10) On November 12, Brownie Troop 201 (made up of 2nd and 3rd graders from Ocean Township Elementary School in Oakhurst) learned how to make pizzas by hand at The Galley Pizza and Eatery off Sunset Avenue in Asbury Park. Restaurant owners and Ocean Twp. residents Kris and Amanda Black helped the girls make the 'perfect pies.' Plus, the troop advertised in advance asking patrons to bring in canned goods for a local food bank. A delicious event aimed at feeding those less fortunate!

AROUND TOWN



EATONTOWN RECREATION

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BASKETBALL LEAGUE: BOYS & GIRLS

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1st & 2nd Grade - Coed
Practices - Mondays, Games Wednesdays

Girls : 3rd to 5th Grade and 6th to 8th Grade
Practices and Games: Tuesdays & Thursdays

Boys: 3rd & 4th Grade
Practice Mondays, Games Wednesdays

Boys: 5th & 6th Grade
Practice Tuesdays Games Tuesdays and or Thursdays

Boys: 7th & 8th Grade - Practice Tuesdays, Games Thursdays

BASKETBALL CLINIC PRE-K & KINDERGARTEN - COED

Must be 4 years old as of 10/1/19 - \$60.00 Per Player
Pre-Registration Required - Clinic Dates: 1/11/20 - 2/15/20 on Saturdays

Clinic Location: Meadowbrook School

Pre-K: 9:30 - 10:15am • Kindergarten: 10:30 - 11:15am

Please bring a Jr. Size Basketball labeled with your player's name!

HOW DO WE SIGN UP?

Online: <https://register.capturepoint.com/eatontown>

Call us to register over the phone: 732-389-7607

In person: Recreation Office - 47 Broad St, Eatontown, NJ 07724

The Pour House Mondays



**1.25 Lb. Lobster
Or 6 oz. Tail \$19.99!**

(Includes a Side, Soup and Salad)

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FALCON FOCUS



MONMOUTH REGIONAL HIGH SCHOOL STUDENT OF THE MONTH



Alyssa Harvey

What is your favorite subject? Anything Art related. I love all of my Art Classes.

Who is your favorite teacher? Ms. Powell, Art Teacher. I had her for Basic Art and she also runs the Art Club. I see her every morning. She's fun and always there if I need her.

What has been your most memorable experience in High School? Making the varsity cheerleading team for the first time.

Who are your Role Models? Definitely my parents. My parents are like saints. My dad is a volunteer EMS South President and my mom is a special education pre-school teacher. Also, my cousin Duncan who is entering the military and does so much for his school and for others.

What are your plans for after High School? I want to enter the design field. Either fashion design or interior design, but I'm not quite sure yet.

Teacher's Comment: One expression that I can always be heard repeating in the hallways of Monmouth Regional High School is, "Be Nice". One student that immediately comes to mind when I think of being nice, is Alyssa Harvey. She has a contagious smile, an outgoing positive energy, and a genuine positive outlook on life. She is always kind and helpful to others. This was on display this summer as she was a student leader during our freshmen orientation, where she enthusiastically represented her school. She led her group through the hallways of MRHS with a tremendous display of pride and school spirit. But what was so impressive to me, is that this wasn't an act, and she wasn't putting on a show. This is the energy and enthusiasm that Alyssa shows every day. Whenever I see her in the hallway, wearing her proudly displayed varsity cheerleading jacket, she is always smiling and greeting everyone around her, and spreading her positivity. Monmouth Regional High School is extremely proud to have Alyssa Harvey as our Student of the Month. - Submitted by Principal Evans

SPARTAN SPOTLIGHT



OCEAN TOWNSHIP HIGH SCHOOL STUDENT OF THE MONTH



Isaac Greenspan

What is your favorite subject? AP Economics -- it's the best business class I have.

Who is your favorite teacher? Mr. Colon is both my teacher and my DECA advisor. I've had him all four years and he's helped me throughout.

What has been your most memorable experience in High School? Going to Nationals for DECA -- it gave me the opportunity to meet so many people from around the world.

Who are your Role Models? My grandparents work so hard, and they are always willing to help, willing to be there and willing to offer advice.

What are your plans for after High School? I hope to work in corporate finance, investments, maybe hedge funds and hope to make enough money to give back to the community.

Teacher's Comment: Isaac is the perfect mix of humility, passion, and raw intelligence. As President of our DECA chapter he has provided visionary leadership to the largest chapter in the history of OTHS. Additionally, he is a nationally ranked competitor that mentors our new members to help them excel in many facets of life. He champions his peers at all levels. It is a pleasure to have spent the last four years with Isaac as his advisor, coach, and mentor. - Greg Colon



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HIP IMPINGEMENT

By Brad Czaszynski, DPT

Hip impingement, or femoroacetabular impingement, is a condition that typically occurs in young, active people and involves a change in the shape of the surface of the hip joint. It results in stiffness and pain in the hip and groin and is aggravated with acceleration sports, squatting, climbing stairs, and prolonged sitting. Femoroacetabular impingement occurs from premature contact between the acetabulum (the socket) and the proximal femur (the ball). Degenerative changes and osteoarthritis may develop in the long-term as a result of this. Studies have shown that 87% of teens and adults with hip pain have evidence of hip impingement on diagnostic images such as x-rays.

starts gradual and can remain after other injuries heal. There is an increase in pain with prolonged sitting or leaning forward, and individuals with hip impingement feel less flexible at the hips, with difficulty rotating around the hip. Occasionally, a popping or clicking in the front of the hip is felt, and pain can radiate along the side of the thigh and into the buttocks.

Diagnosis of hip impingement is typically done with diagnostic images such as x-rays or MRI as well as with assessing motion of the hip and general movement assessments. Diagnosis can be complicated by other conditions that can occur at the same time: such as low back, buttocks, or pelvic pain, hip bursitis, or groin strain. Final diagnosis may take a while, especially when other conditions are present.

There are two types of hip impingement, pincer-type and cam-type, and they can occur together or alone. In pincer-type impingement the acetabulum may be angled slightly backwards compared to normal, or there may be bone protruding from the pelvis resulting in a deeper socket that covers more of the head of the femur. This will lead to the labrum of the hip getting pinched and eventually will cause wear and tear of the labrum. Pincer-type affects men and women equally, with symptoms often beginning early, between the ages of 15 and 50. Cam-type impingement involves the overgrowth of the bone around the head of the femur. The overgrown bone contacts the cartilage that lines the hip socket and can also result in damage to the labrum. Cam-type affects men more than women, at a ratio of 3 to 1, with symptoms developing during the teens and 20s. An estimated 85% of individuals with femoroacetabular impingement have mixed morphology.

Treatment of the condition can be conservative, including physical therapy, or surgical, in which arthroscopy is performed to either remove or reshape the affected bones and repair or remove the damaged labrum or cartilage of the joint. Conservative treatment for hip impingement includes; strengthening of the hips and trunk, improving hip muscle flexibility and joint mobility through appropriate stretching and joint mobilizations, and activity modifications such as working on limiting the amount of hip flexion used during specific activities. The overall goal of conservative treatments is to help decrease pain, improve movement, avoid progression of the condition, and possibly avoid the need for surgery. If surgery is ultimately needed physical therapy will be performed post-surgically. This therapy will involve ensuring your safety as you heal while also improving range of motion, strength, and balance. Most individuals will return to normal daily activities by about 3 months post-op and sports by 4 to 6 months post-op. Research shows that 60-90% of athletes return to previous playing ability after surgery.

Individuals with hip impingement can experience a variety of symptoms. There can be stiffness and deep aching in the front or side of the hip as well as the front of the upper thigh while resting. One can experience a sharp, stabbing pain when standing up from a chair, squatting, rising from a squat, running, cutting, jumping, twisting, pivoting, or making lateral movements. The hip pain is described by making a "C" with the thumb and hand, then placing it along the front and the side of the hip along the fold. Hip impingement pain usually

Hip impingement can be painful and debilitating, preventing you from being able to participate in numerous activities. If you or someone you know is dealing with hip pain as described here we would love to help. Our goal is to keep you active.



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Monmouth Regional High School SUPERINTENDENT UPDATE

A LIFE OF CONSEQUENCES

I'm a rule-follower... always was and probably always will be. I learned early on, through my parents' practice of tough love, that misbehavior had certain consequences attached to them – not so much in the form of beatings, but more in the form of strict adherence to previously outlined consequences. (My parents were big on the "IF-THEN" statements.) As the years progressed, those lessons morphed into the belief that life is a series of choices and consequences. I learned that I had no control over the issues that presented themselves, but I had complete control of how I chose to address each situation. To be honest, my choices have led to both positive and negative repercussions. Regardless of the outcome though, there were always two constants:

1. I would learn something from each situation; and
2. I would accept whatever consequences resulted from my decisions – no excuses.

Too often we, as a society, miss the opportunity to teach this lesson. We don't want our kids to be "mad at us" so punishments are minimal, if any. We protect our kids from failure and in the process fail to teach them how to effectively deal with disappointment. When tough situations occur, we are too quick to solve their problems for them, eliminating the chance for them to work harder, weigh their options, communicate with us and move forward. We are so concerned with hurting their self-esteem and feelings that they never learn the meaning of determination and grit. Are we failing to prepare them for the reality of life after twelfth grade?

I recently watched a Simon Sinek video entitled, This Is Why You Don't Succeed. Do yourself a favor and look it up on YouTube. The insight that you gain during this 12-minute video is invaluable.

"I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought through our lifetime"

- Elisabeth Kubler-Ross

**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



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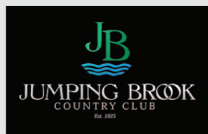
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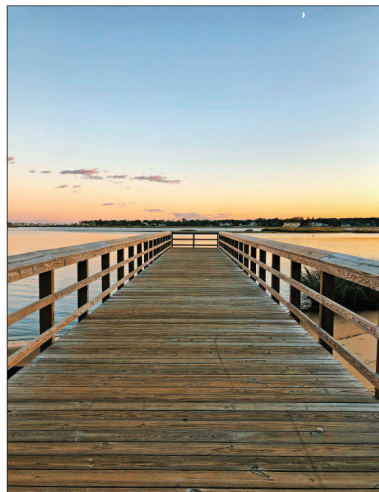
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