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MRHS & OTHS
STUDENTS AND
ATHLETES OF THE MONTH!



Pet
PHOTO CONTEST



MUSIC REVIEW

BLACK COFFEE

NEW SINGLE BY
LOCAL ARTIST **ABBY KENNA**



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FOUNDATION**

**The Kortney Rose Foundation's
13th Annual Donation Bridges Gap
In Brain Tumor Research Funding**



BUSINESS SPOTLIGHT

René Ackerson, President of **BARTER SAVES**



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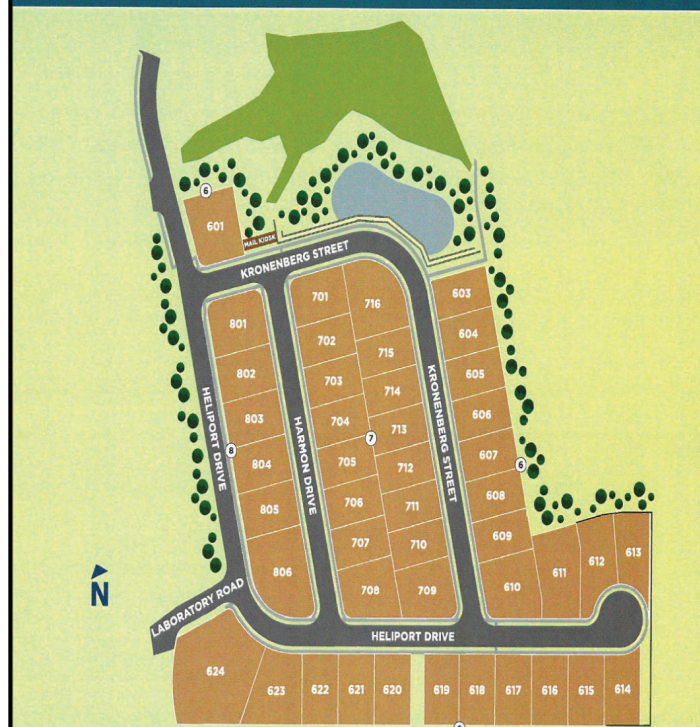
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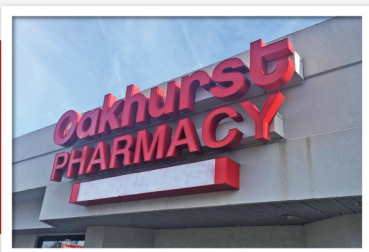


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YOU DON'T GROW WHEN YOU'RE COMFORTABLE

Yes, it's 2020! I hope that 2019 brought some joy to all of you. Many of you have also experienced some overwhelming grief, loss and unexpected health issues. Sadly, this is the hardest part of life. We are, however, mostly very resilient beings, so, somehow we go on and move forward. We begin again to look at setting new goals for ourselves – for our health, our families and our careers. I'm not talking about New Year's resolutions, because research has shown that about 30% of resolution-makers give up on their goal(s) before they even reach the two week mark. Then come the feelings of guilt, shame and failure. This would definitely be counter-productive. So, instead of New Year's resolutions, let's call them "New You" resolutions. You can start today or any day that you are ready to think about the things (behaviors) that may be holding you back from having a happier, healthier, more financially-fit life – you can call it whatever you like. Once you identify these behaviors, understand that you may have to stretch yourself a bit and make yourself a bit uncomfortable in order to move away from these behaviors and on to those that will make you healthier, happier and more financially-fit. How can we do this?

1. *Get super-focused on your top priorities. We all have an endless, daily to-do list and it can be overwhelming. The most successful people in life make their most important "to-do" items happen first thing in the morning. Let's say you decide you want to get in better shape but you don't have time to get to the gym in the morning before work? You would decide to wake up 30 minutes earlier than usual, drink 8-16 oz. of water and go for a 20 minute*

power-walk. Finish it off with 4 sets of push ups and crunches and you are done! Let's say you decide you need to lose a few pounds? Well, you would decide that things like alcohol and sugar could not really be part of your new healthier lifestyle. Here's the thing, if we don't make PERMANENT lifestyle changes, then we'll just be losing and then gaining back the same 20 lbs!

2. *Alcohol is not your friend. Yes, I know it is a very social thing, but you can still be social with a glass of seltzer and lime in your hand. It's hard to lose weight and keep it off if you're drinking every night or every weekend. Alcohol also does a number on your liver and it interferes with a deep, restful sleep.*

3. *Yearn for sweat. Yes, we are back to the exercise piece. Make a commitment to exercise 2, 3, 4 or 5 days a week. Start where you are and build on that as your energy and time allows. Exercise and sweating are a key piece in whole body detoxification. It's also great for endorphin production, so, when you work out in the morning, the rest of your day is just better.*

4. *De-clutter and "healthify" your pantry. So, you've decided to eat healthier in 2020? One way to ensure that is to get rid of some of your old eating habits – like those sugary cookies and those white flour crackers.*

None of this is easy but it may not be as hard as we think. Pick one thing and start with that. When you feel comfortable with your progress then work on something else. If you need help with the nutrition piece, you know where to find me!



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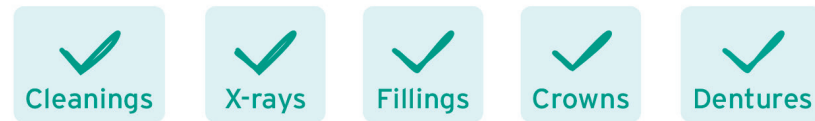
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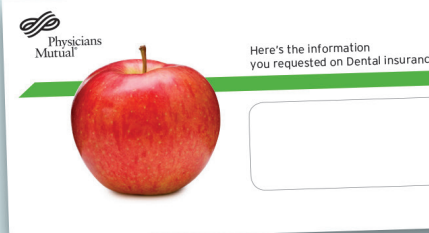


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PROMISES, PROMISES...

By Stacey Rose, PhD, LCSW, Psychotherapist

'Be impeccable with your word' is one of the chapters in *The Four Agreements* by Don Miguel Ruiz. (If you haven't read his book, it's a classic and must read!) But what does this really mean? It means when you say you are going to do something, you do it... no matter what. When you make any promise, you keep your promise, no matter what. In other words, you can be trusted, and you are reliable. This is of critical importance in life generally speaking and even more in significant relationships. If you tell your partner you are going to do something and don't do it, consistently, your partner will learn not to trust you. But if instead, you make a promise and continually keep that promise (unless unusual circumstances arise), the trust in your relationship will be solid, which is a significant foundation of a happy relationship.

So, I made a 'promise' to myself and to you back in December of 2019. I promised that I was going to do a daily video, every day of the year, 365 videos! And yes, I'm doing it! These short relationship tip videos can be found on Facebook, Instagram, and Linked In. But more importantly than telling you about the videos is to address the issue of making a commitment and sticking to it. Anytime we make a commitment to do anything, there will be times when it is hard

and we may want to quit. We may reconsider our 'why'. We may try and find reasons why it's probably better we don't keep doing what we promised we would do. Maybe you set some New Year's resolutions this year, have you kept them? If so, kudos to you! If not, be curious, not punitive with yourself. Ask yourself what got in the way of you breaking your promise to yourself? Fear? And by the way, if you dropped the ball with a promise or commitment you set out to do, you can pick that same ball up again and start over! If you do, ask yourself what you may need so you don't drop it again. Sometimes having an accountability partner helps, someone who you have to call and let them know, "yes, I went to the gym 3 times this week" or "yes, I'm living within my budget".

Whatever your promise is, to yourself, your family, or friends, keep it. Don't make a promise you can't keep. And if you make a promise that you are finding difficult to keep, ask those around you for support.

So, feel free to check out my videos where I'm offering 365 tips for this new year of 2020. And know that some days are not going to be as good as others; know that on some days, it will flow smoothly and other days, it will seem truly imperfect... because we all are.



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The Great Debate

By the title of this month's **Musings** column, you'll likely think I'm referring to the recent clashing of political ideas or the great ketchup vs. mustard kerfuffle. I'm not. In fact, I'm referring to a much more polarizing debate that has our nation at odds. Yes, my friends, I'm referring to the pet owning population and the non-pet owning population. More specifically, I'm talking about the great **Dog vs. Cat** debate.

According to the American Veterinary Medicine Association (AVMA), in 2018-2019, nearly **2/3 of all American households** have at least one or more dogs or cats living in their homes as a pet. If you're in that **THIRD** of the population without a pet, you'll probably stop reading right here. Yes, pet ownership is alive and well in the U.S., and in fact, it grows each year, mostly in line with population growth in the country. However, one study performed by the American Pet Products Association (APPA) showed that the percent of U.S. homes with pets has grown from 62% in 2007 to 68% in 2018. Regardless of the exact figures, pet ownership is not falling, and expenses that pet owners are paying for their furry friends is climbing as well. The current average annual expenditure for a dog owner is \$1,066 including food, health care, toys, treats, etc., according to the APPA. Cat owners get off easier with annual estimated expenses of \$920 per cat. What is the fastest growing segment of pet ownership in the U.S.? **Chickens!** But not in Tinton Falls, where "**Chicken-gate**" had all of Facebook aflame!

But here's where I'm really gonna get some serious backlash: **DOGS > cats** as pets every day of the week and twice on Sundays! Sorry cat lovers, your pet is #2 compared to Mankind's Best Friend! Cats have so, so many less-desirable habits and behaviors than dogs do, and I'm not afraid to ruffle some fur by enumerating them here. 1. Cats poop in the house and you have to clean it. (Maybe I should have listed that as #2, not #1) 2. Cats are un-trainable. Period. Show me a cat that will sit, fetch or give "paw" for a treat. 3. Cats are sneaky little creatures and they often hide when you're home, unless they're hungry. Yes, I've seen nice cats who try to crawl in your lap and purr in an oddly rhythmic, repetitious way. I'm a little spooked by cats, probably because my entire experience with them has led me to find them either unfriendly or disinterested in me but I've also been attacked by my wife's (then girlfriend's) dangerous feline friend.

DOGS, however, attack you with kisses and excited barks when you come home, as if you've

been gone for a decade or more, instead of just since the morning when you left for work. Dogs will protect you and your home, as most breeds have that instinct bred in them. Not all are effective at protection, but its ingrained in them to make noise whenever strangers approach. Dogs are also **SMART** and they want to show you how good they are when you train them – particularly when they're leash-trained and food-motivated. You can make a treat-motivated dog do just about anything, from sit to stay to heel and to fetch. And you can do all of that **outside** as well as in your home! How fun is that? Try letting your cat outside to play with you: they'll dart away and climb your fence and jump into a tree or kill some rodent and drop it at your door as an offering. And if you say, "NO" to the sacrifice your cat thinks you want...well, good luck with that! More carcasses are in your future, whether you like it or not.

Dogs are the ultimate companions! They'll run alongside you when you're jogging or biking. They'll walk with you, tail wagging enjoying your company as much as you're enjoying theirs. A dog will crawl up on your lap for comfort, but can also be trained not to jump up on your furniture. A dog will pull a sled and provide transportation. They'll play games with you like fetch, tug a war, hide and seek and just about any fun thing you can think of. I've seen dogs at tea parties, swimming pools, on treadmills and even surfboards! C'mon...any pet who will "hang 8" should be at the top of the charts!

My dog Charli hasn't yet figured out that she's not supposed to jump on our houseguests when they arrive, but give her 5-10 minutes and she'll chill out and act like you've always belonged there. She also has this incredible ability to return to me after she takes off running or is exploring the area when we walk off-leash. All I need to do is whistle a certain way and **BOOM!** off like a shot, she's tearing up the ground or the sand at the beach to return to me. When anyone in our house is sick, Charli spends the day at their side, comforting them with her body warmth and presence. She's a very important part of our family; she's the one who always provides unconditional love.

Enjoy your pets and the time you have with them. Be kind to them, train them, feed them well and take them for regular checkups just as you do for yourself or your children – your pets will live longer and be happier during their lives if you do.

MONTHLY MUSINGS

BY PAUL J. ABRAMS

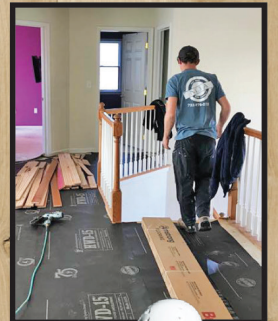
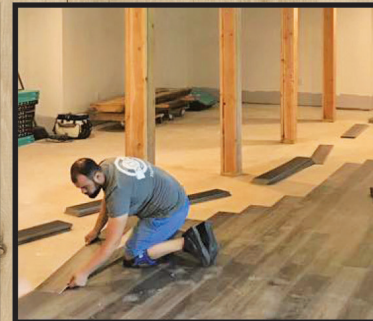


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BARTERSAVES



George Ackerson (CEO and Co-Founder), René Ackerson (President and Co-Founder), Lisa Britt (Senior Sales Director)

BUSINESS SPOTLIGHT René Ackerson, President of BarterSaves

René Ackerson is the President and Co-Founder of the BarterSaves trade exchange, the area's preferred barter network. She Co-Founded the business with her husband George. Together they have 6 kids and are the official "Barter Bunch." René is passionate about helping local business owners increase their purchasing power through the barter exchange and generate additional cash flow from new customers.

René leverages her 20+ years of experience in media and advertising to help her clients obtain a competitive advantage in the market by utilizing the barter exchange to promote their businesses rather than paying cash for those marketing and advertising efforts.

For many businesses cash flow is sometimes tight, resulting in cutbacks on business promotion. This ultimately hurts the business even more, continuing a vicious cycle. One of the many benefits of belonging to the BarterSaves trade exchange is that the company can help reverse that vicious cycle. As a member, businesses have access to other businesses that can provide promotional items (vehicle wraps, website design, promotional videos, etc.) without having to pay cash for the cost of those goods and services. Instead, businesses trade with one another via trade dollars, i.e. the value of the goods and/or services the member business provides to the exchange. BarterSaves will help drive new business/customers to their business!

What does BarterSaves do for business owners?

Most small businesses have excess capacity in the form of unused hours of service and/or unsold inventory, which translates into lost revenue and lost profits. Therefore, a business owner's purchasing power is typically limited to their actual profits in U.S. dollars.

BarterSaves was created to help business owners increase their purchasing power by transforming that excess capacity into goods or services that can be sold, thus having real value within

the BarterSaves community of businesses. The BarterSaves trade exchange provides opportunities for small business to get value from their excess capacity by using trade dollars to exchange their items with other members' excess capacity.

For example: A restaurant may not have every table full. Every time a table is empty, the restaurant is losing potential profit. Similarly, an accountant may not be working every hour of the day. A spa may not have an appointment booked for every time slot of the day. By being part of the exchange and offering this excess capacity to other members, businesses get customers utilizing those empty tables, open hours and time slots. The value of that extra business is kept track via BarterSaves; it acts as a 3rd party record keeper to track the value of transactions with trade dollars. Each trade dollar has an equivalent dollar for dollar value as a cash dollar within the exchange. Therefore, it can be easily used at other members' businesses. Sales tax for any transaction is taken at the point of sale by the member business seller in cash to remit to the state, and if applicable, tips are given in USD cash too.

Our main goal as a 3rd party record keeper is to improve and enhance the lives and businesses of those involved in BarterSaves. As a business accumulates trade dollars, their leverage and trading power grows and enables them to get more goods and services to help their business grow.

What makes BarterSaves unique?

BarterSaves has incredible saturation at the Jersey Shore, and consistently delivers the lowest rates for all members! Others

charge "premium rates" which are about double our standard rate in some cases. Why pay more than you need to?

BarterSaves also has annual parties where our members eat, drink, network and shop using BarterSaves trade dollars! These events are a great way to bring local business owners together and build relationships. BarterSaves also is the primary sponsor of a weekly podcast called G\$ and The Godmother where George and René interview local business owners and discuss their business and strategies for success.

What kind of businesses participate?

BarterSaves is partnered with hundreds of business owners locally. Examples include over 65 eateries, dozens of media companies, home improvement contractors, spas, cleaning services, retail stores, jewelry stores, entertainment, summer camps, medical & healthcare services and much more!

How do you make a purchase?

Every member gets a BarterSaves member card and pays for their goods and services using BarterSaves trade dollars as a unit of exchange with the sales tax and gratuity separately paid in USD cash to the seller. Spending and sales are managed through the online portal on the bartersaves.com website. Participating businesses are located in the member directory on the website. A new app is also being rolled out in the first quarter of 2020 and there will be features that make purchasing even easier for members!

How can business owners participate?

Joining is a no brainer! Successful business owners are always looking for additional revenue streams and opportunities to SAVE cash! Go to bartersaves.com and join online for free. Or call 732-859-8694 and BarterSaves will help you with your application to enroll.

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Ocean Township Dentist To Offer 125+ Free Kids Exams



Dr. Michelle Dlugosz, DMD, and her three children

As part of Give Kids a Smile® (GKAS) Day – and in celebration of February's National Children's Dental Month – the staff at Oakhurst Dental Associates is offering FREE X-rays and dental exams to select, income-eligible families in Ocean Township.

Michelle Dlugosz, DMD, will open her Monmouth Road practice for four Wednesdays in February, from 2 to 5 p.m. for free pediatric screenings. Children at the Ocean Township Elementary School (OTES) who currently receive free or reduced lunch services can receive a complimentary dental exam at her office. The visit will include x-rays and is valued at \$150.

"We know early intervention and good dental hygiene education can help prevent tooth decay, and the earlier kids receive regular dental care the better," says Dr. Dlugosz.

The OTES Parent Teacher Association (PTA) spearheaded the free dental care initiative, and asked Dr. Dlugosz if she would be interested in helping out. The Ocean resident quickly said yes, partly because her children attend OTES and she's committed to improving the oral health of kids and adults.

"Untreated tooth decay and dental issues can lead to infections and pain. That can affect a child's ability to eat, play, speak and learn. Starting proper oral care at a young age is important to healthy adult teeth," adds Dr. Dlugosz.

According to the OTES PTA, the amount of children receiving income-eligible breakfast and lunch benefits is nearly 40 percent of the school, or more than 125 children.

Income-eligible families will be sent home a note advising them of the free services, dates and appointment information. Parents/guardians will need to sign a consent form and fill out a health history of the child to be seen by Oakhurst Dental Associates.

The OTES PTA also officially registered their 'GKAS Day In School' event to coincide with national events on February 7, which are sponsored by the American Dental Association. Nationwide, there are more than 1,300 GKAS events with 20,000 dentists, impacting nearly 350,000 children.

The entire student populations of OTES – nearly 375 students – will receive free dental care kits on February 7: toothbrushes, toothpaste, floss,

fun stickers, activity pages and helpful tips, courtesy of Crest, Oral B and Oakhurst Dental Associates.

"We read about the national programs, and wanted to see how we could do something for our students, especially those who may not be able to afford routine dental care. Dr. Dlugosz has been an amazing partner with us in trying to get free services and dental kits," says OTES PTA President Alix Hayes.

About Oakhurst Dental Associates/Dr. Michelle Dlugosz: Dr. Michelle Dlugosz speaks several languages, including Spanish and Portuguese, and is active in local nonprofit agencies. A graduate of the University of Medicine And Dentistry Of New Jersey, Dr. Dlugosz has spent nearly 15 years as a solo practitioner in Ocean Township. Oakhurst Dental Associates takes a whole health approach, not just talking and looking at teeth and gums, but screening for high blood pressure, oral cancer and diabetes, and checking for sleep apnea. Dr. Dlugosz lives with her family in Ocean.

About Give Kids A Smile®: The ADA's Give Kids A Smile (GKAS) program is one of the world's largest oral health charitable programs. Launched nationally in 2003, GKAS is an access-to-care endeavor designed to encourage parents, health professionals, and policy makers to address the year-round need for oral health care and education for all children. Each year, the GKAS program supports approximately 10,000 dentists, 30,000 dental team members, and other community volunteers in providing free oral healthcare services to more than 350,000 children from low-income families across the country. To find out more about GKAS, visit www.ada.org/GKAS.

Free Dental Exams and X-Rays February 5, 12, 19 and 26

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MUSIC REVIEW



BLACK COFFEE

**NEW SINGLE BY
LOCAL ARTIST *ABBY KENNA***

Local teen artist, Abby Kenna, has just released yet another single to add to her vast portfolio of beautiful and emotional music.

As her music has evolved over the years we see more and more of her alternative side while her previous songs were vulnerable, heartfelt songs mainly about growing up.

In her EP, "From The Bathroom Floor", that came out in August of 2019, we saw Abby's music presented to us in a new, different and exciting way. We were introduced to more instruments and music we could listen to for days. The rest of her music being nothing less than this, still rocks our brains.

However there was a turn of events! Her new song "Black Coffee" was released right at the turn of a decade. Abby Kenna explained "Black Coffee is the beginning of a new era for me." Which, might I say, was a great way to kick start the roaring 20s! The song expresses a period of Abby's life that was "exhausting". It's truly a song we can all relate to during the stresses of our busy lives. Yet, at the same time, gets us all moving along with the alternative instrumentals that truly set the mood.

She says, "My whole life I've listened in awe to my favorite alternative rock bands, watching them stir up a crowd unlike anything I have ever seen before." Abby most definitely took her love for the alternative rock scene with its upbeat, rebellious sound and completely captured it within this song. The song took the core of 90s alt. music and revamped it in a modern way that makes you fall in love with it instantly. As the song progresses, the dynamics take you on a rollercoaster ride of emotions and energy.

Her vocals perfectly contrast on the surface of the music, which puts her beautiful and so recognizably unique voice front and center. The organ enhances and lifts her vocals as the guitar gives us that crunch we long for.

The lyrics tell a tale of the monotonous exhaustion I'm sure we all have experienced at some point in our lives. The words "But no IV drip of black coffee's gonna help me now" follows us throughout the song creating an understanding of this point in Abby's life.

The young artist who now attends the Berklee College of Music; two years after initially writing "Black Coffee" says, "There's no profound message, but Black Coffee serves as an anthem for all of us with bloodshot eyes, just trudging through the day."

Abby writes lyrics from the soul which have moved many, including myself. From her song "Day Drinking", to her EP "From The Bathroom Floor" and now to her new single "Black Coffee"; Abby continues to wow her listeners, and leaves them always wanting more. With each new song being an encore that ripens the audience and exceeds the expectations of all. You will find yourself humming her tunes while doing day to day things. Once you listen, you are a lifetime fan! So open Spotify, Youtube or even Apple Music and prepare to be energized in every way by the effects of Abby Kenna's "Black Coffee".

- Article Written By EmmaLynne DeRoss



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COME TRY OUT PREHAB!

by Dr. Kimberly Breslin, PT

Have you ever heard of someone going to physical therapy BEFORE having a scheduled surgery? This is a very common practice called "prehab" before surgeries like ACL reconstructions, total knee or hip replacements, and even low back or shoulder surgeries. Going to physical therapy before a scheduled surgery can be beneficial. The thought process behind this is that the stronger your muscles are, the less swelling and edema you have, the more range of motion your joints have, the easier time your body may have with healing and recovering after your surgery. Here at Inner Dynamics PT, we encourage patients to attend prehab for both orthopedic and pelvic surgeries, in order to help people get back to feeling like themselves as quickly and safely as possible.

- Any surgery to correct incontinence (leaking of urine or feces)
- Hysterectomy
- Prostatectomy (any surgery due to prostate cancer or an enlarged prostate)
- Fibroid or endometriosis removal
- Hernia repair

Physical therapists at IDPT perform prehabilitation for many orthopedic-related surgeries, including, but not limited to:

- Joint replacement, such as hip, knee, or shoulder replacement
- Labral repair (of the hip or shoulder)
- Lumbar spinal fusion, discectomy, or laminectomy
- Arthroscopic knee or shoulder surgery

As you can see, we are able to help with many surgeries and procedures that affect the hips, knees, shoulders, back, and just about any joint or part of the body!

We also find it to be extremely important to attend prehab before surgeries related to your bladder, rectum, and reproductive organs. These types of surgeries also affect muscles, such as your abdominal and pelvic floor muscles, joints, including your hips and back, and overall functioning. It is important to address these areas before and after your surgery. Common pelvic-related surgeries in both men and women include:

- Surgery for pelvic organ prolapse--AKA surgery if you've been told your "bladder has dropped" or surgery to correct heaviness in the vagina or rectum

So, what should you expect when coming to PT before these types of surgeries? We will assess your movement, strength, coordination, and pain in order to determine how to improve all of these aspects prior to undergoing surgery. With pelvic-related surgeries, we find it to be extremely helpful to assess the pelvic floor muscles as well, and teach you how to both contract and relax them. This helps during recovery following surgery, can assist you in gaining full control over these affected muscles, and teaches you to safely and efficiently perform "kegels" or "reverse kegels," as prescribed by your physical therapist. At IDPT we guarantee an individualized assessment and development of personalized care plans based on your presentation and needs. We always create a one-on-one atmosphere to help you achieve your goals.

If you have any questions, feel free to give our office a call at 732-508-9926 in order to speak to one of the IDPT physical therapists for a free phone consultation. You can also visit our website at innerdynamicspt.com for more information or visit our offices, located at 1300 NJ-35, Plaza Two, Unit 102, Ocean Township, NJ 07712 and 167 Route 37 West, Unit 2, Toms River, NJ 08755.

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THE KORTNEY ROSE FOUNDATION'S 13TH ANNUAL DONATION BRIDGES GAP IN BRAIN TUMOR RESEARCH FUNDING CHILDREN'S HOSPITAL OF PHILADELPHIA CREATES CLINICAL RESEARCH POSITION IN FOUNDATION'S NAME

On January 4th The Kortney Rose Foundation (KRF) announced that its 2019 annual donation to fund research for pediatric brain tumors totaled \$166,500. An increase of nearly 15% over last year. This is KRF's thirteenth annual donation to the Children's Hospital of Philadelphia (CHOP), made in memory of nine-year-old Kortney Rose Gillette, who died from a brain tumor in 2006.

a new position with the title of "Kortney Rose Foundation Clinical Researcher in Neuro-Oncology," whose work will be heavily supported by the foundation over the next few years.

"For more than a decade, the Kortney Rose Foundation has been an incredible funding partner supporting both cutting edge laboratory and clinical research," said Michael J. Fisher, MD, Chief of the Section of Neuro-Oncology, Director of the Neuro-Oncology Fellowship Program, and Director of the Neurofibromatosis Program at CHOP. "This incredibly generous pledge supporting a dedicated clinical investigator will allow our program to expand its trial options, develop and test new ideas, and increase our ability to bring new therapies to children."

The funds raised in 2019 bring KRF close to the \$2.5 Million mark in cumulative contributions to CHOP. The hospital recently recognized KRF for "bridging the gap in brain tumor research funding in honor of Kortney Rose Gillette." This is inscribed on a plaque installed on the bridge connecting the lobby of CHOP's main hospital to the children's oncology floor. KRF will continue its long-term support of CHOP's world-class Department of Neuro-Oncology, which recently created

Other primary investments KRF has identified over the coming year will include: renewing its



KORTNEY ROSE FOUNDATION

For more information about our events please follow us on Twitter, Facebook, Instagram and at our website

www.thekortneyrosefoundation.org

commitment to the Children's Brain Tumor Tissue Consortium (CBTTC), funding a CAR-T immunotherapy project, co-funding Optic Pathway Glioma research with the Tindall Family and investing in pre-clinical work for a DMG-ACT trial.

"We're truly grateful to our many donors, volunteers, and corporate partners who helped us set fundraising records this year," said Founder and Executive Director, Kristen, Gillette. "This incredible support enables KRF to continue making significant and impactful annual donations to accelerate the changes needed in the underfunded pediatric brain tumor space."

Kortney's Challenge 2 Mile Fun Run/Walk at Monmouth Park, Great Food for a Great Cause Fundraiser at Turning Point Restaurants, and Kortney's Cash for a Cure Fundraiser in area schools all had their largest income years ever. The foundation continued to expand its advocacy efforts in 2019 with campaigns in both September and May. In September, KRF in tandem with high school students, expanded the "Go Gold in September Football Games" for Childhood Cancer Awareness month. Rumson-Fair Haven Regional High School was added this year to the existing participating schools; Shore Regional High School, Middletown High School North, and Middletown High School South. The "Go Gray in May" initiative for Brain Tumor Awareness month also grew in 2019. Shore Regional's spring sports teams wore gray socks in recognition of gray as the awareness color, and KRF's "Go Gray in May" campaign expanding to more retail outlets and households.

Notable corporate sponsors in 2019 included Monmouth Park Racetrack, the Turning Point Restaurant organization, the Vonage Foundation, Ports America, Reliable Automotive Equipment Inc. and the Remer Family.

Mark your calendars for this year's "Great Food for a Great Cause" fundraiser taking place at all Turning Point Restaurant locations on Saturday, February 29 and Sunday, March 1, and the 15th annual Kortney's Challenge 2 Mile Fun Run/Walk at Monmouth Park on Sunday, August 2.

Established in Oceanport, NJ in 2006, The Kortney Rose Foundation is a 501 (c)(3) charity whose mission is to eradicate pediatric brain tumors by funding the world's most promising, collaborative research. With a battle cry of "Help Get Brain Tumors Off Kids' Minds," the foundation is responsible for nearly \$2.5 million raised for pediatric brain/central nervous system tumor research. KRF was a founding research partner in establishing the Children's Brain Tumor and Tissue Consortium (CBTTC) and Cavatica. With the operation center based out of the Center for Data Driven Discovery in Biomedicine at the Children's Hospital of Philadelphia (CHOP), the CBTTC is made up of 17 global institutions, working together to accelerate findings and operates the world's largest collection of pediatric genomic data in the world.



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14 Marisa Ct, Ocean	\$460,000
23 Society Hill Way, Tinton Falls	\$478,000
119 Hope Rd, Tinton Falls	\$482,500
22 David St, Ocean	\$490,000
7 Slocum Pl, Ocean	\$500,000
9 Copperfield Ct, Ocean	\$500,000
86 Colonial Dr, Tinton Falls	\$515,000
2004 Finderne St, Ocean	\$550,000
18 Orchard St, Tinton Falls	\$560,000
1902 Westfield St, Ocean	\$570,000
12 Pine Ln, Ocean	\$575,000
54 Pear St, Tinton Falls	\$580,000
208 Oakhurst Rd, Ocean	\$602,000
4 Seward Dr, Ocean	\$625,000
14 Glassboro Dr, Tinton Falls	\$625,000
20 Maidenstone Dr, Ocean	\$715,000
6 Puma Pl, Tinton Falls	\$815,845
6 Hialeah Ct, Tinton Falls	\$832,000
2 Whirlaway Dr, Tinton Falls	\$885,000
9 Old Farm Rd, Ocean	\$1,900,000
39 Fernwood Dr, Ocean	\$465,000*
61 Rolling Meadows Blvd, Ocean	\$492,500*

* Active Adult

CONDO / TOWNHOUSE

117 Mill Ln, Tinton Falls	\$210,000
33 Jockey Ln, Tinton Falls	\$217,500
49 Des Moines Ct, Tinton Falls	\$230,000
4 Rambling Meadow Ct, Tinton Falls	\$240,000
44 Malibu Dr, Eatontown	\$255,000
14 Phoenix Ct, Tinton Falls	\$259,000
3 Stallion Ct, Tinton Falls	\$270,000
22 Secretariat Ct, Tinton Falls	\$286,000
58 Phoenix Ct, Tinton Falls	\$290,000
46 Kyle Dr, Tinton Falls	\$305,000
2 Kyle Dr, Tinton Falls	\$328,000
382 Daniele Dr, Ocean	\$335,000
18 Cotswold Cir, Ocean	\$342,000
64 Kyle Dr, Tinton Falls	\$352,500
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87 Kyle Dr, Tinton Falls	\$392,000
1 Olivia Dr, Tinton Falls	\$395,000

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Preregister starting January 27, 2020 and your enrollment will be accepted in order of receipt. **PLEASE CALL FOR MORE INFO!**



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Tuesday & Thursday 9:15 to 11:45am

▶ **PRE-K ENRICHMENT CLASS**
Tuesday & Thursday 12:15 to 3pm

▶ **3 - 4 YEAR OLD CLASS**
Mon./Wed./Fri. 9am to 12pm

▶ **4-5 YEAR OLD FOCUSED FRIDAY CLASS**
Friday 9am to 12pm

▶ **4 - 5 YEAR OLD PRE-K CLASS**
Monday to Thursday 9am to 12pm

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Bring your baby and enjoy some time talking to other moms about the joys and challenges of raising your child. Facilitated by a Licensed Professional Counselor.

MOMMY & ME - Tuesday & Thursday 10:00 - 11:30am (12 to 30 months)
Call to schedule your trial class where the morning is focused on playing together without interruptions from the rest of the world.

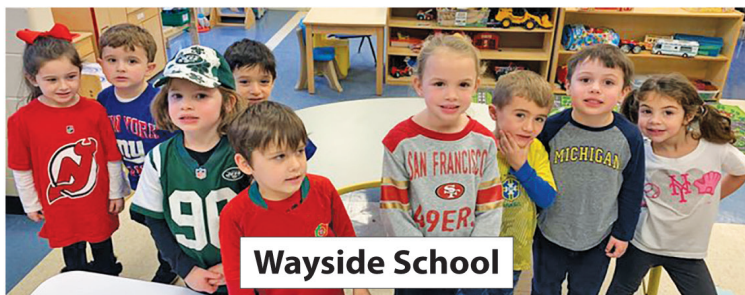
TFCP welcomes all families & does not discriminate on the basis of religion, race, ethnicity, color, gender, sexual orientation, or disability.

IN THE SCHOOLS: OCEAN TOWNSHIP



Winter "To Do" List at Wanamassa School:

- * Ease back into the school routine with a January 2nd pajama day and storytime - ✓
 - * Begin our annual eight week Readathon - ✓
- * Celebrate "Spirit Fridays" with crazy hair, team jerseys, pajamas and school colors - ✓
 - * Hold our annual Spelling Bee in 4th grade - ✓
 - * Share persuasive writing via Google slides in 3rd grade - ✓
 - * Research animals in 2nd grade - ✓
 - * Build narrative writing skills and create original stories in 1st grade - ✓
 - * Hold an indoor snow festival for Kindergarten students - ✓
 - * Build indoor snowmen and read winter stories with parents in PreK - ✓
 - * Showcase our dancing and singing skills at the annual Talent Show - ✓
 - * Get ready for a fun-filled February - ✓✓✓



January Fridays at Wayside have been full of school spirit! Students wore bright colors and tie-dye to help Wayside shine, clothing representative of favorite sports teams, and cozy pajamas on Fridays throughout the month as a means of bringing together the school community. The spirit days will culminate on Friday, 1/31 when staff and students are encouraged to wear the Wayside school colors of red and white.

The February PTA meeting will be held on Monday, 2/3 at 7:00pm in the library. Members are encouraged to bring crayons to support our ongoing supply drive to collect donations for the staff and students at Wayside.

Get ready for Wednesday, 2/19 when Wayside will participate in a "24 Random Acts of Kindness" challenge that could earn Wayside \$500 towards materials for our sensory hallway! We will receive our list of acts of kindness at 8:59am on the 19th, and it will be shared with everyone. Then students, families, community members and those not from Ocean can all submit acts of kindness to dokind@dokindinc.com in a 24- hour period. Pics/videos must include the following:

• #DOKIND • The date of 2/19/2020 • Wayside Elementary

Write these three things on a piece of paper and show it on your entry.

Check out <https://dokindinc.com/> to learn more about the challenge we will be participating in.

The Mr. Cupcake fundraiser will run from Tuesday, 1/21 through Tuesday, 2/11. Order forms will be sent home with students, and cupcakes will be available for pickup at Wayside Elementary on 2/20 during "Family Bingo Night."

Be sure to mark your calendar for "Family Bingo Night" at Wayside, which is coming up on Thursday, 2/20 at 6:00 pm. It's a fun night of food, laughter, and prizes! We need volunteers for the night of and food and prize donations!

UPCOMING EVENTS

Friday, 1/31: Wayside "Spirit Day"- wear school colors of red & white

Monday, 2/3: PTA Meeting in Wayside library @ 7:00 pm (childcare provided)

Friday, 2/7: Lip Sync show @ OTHS @ 7:00 pm (spirit wear and candy grams will be sold!)

Friday, 2/14: SCHOOL CLOSED for students/teacher in-service

Monday, 2/17: SCHOOL CLOSED for President's Day

Wednesday, 2/19: #DOKind challenge (see above info. & flyers home for more details)

Thursday, 2/20: Family Bingo Night @ Wayside @ 6:00pm/Mr. Cupcake order pick-up

OTES PTA encourages parents, guardians and community stakeholders to attend one or two of the remaining Strategic Planning Sessions to best improve OTES!

Do you have compliments or concerns on a program in our school? The best school comes from amazing parents, teachers, administrators and staff who come together to work on any challenges and successes! Habla espanol. Falamos portugues.

Feb 12th from 7pm-9pm and March 16th from 3:45pm-6pm

IN THE SCHOOLS: TINTON FALLS

Register Soon for 2020-2021 Kindergarten!

If your child will be 5 on or before October 1, 2020, kindergarten registration will be held from Monday, February 10 to Friday, February 14 at Mahala F. Atchison School:

Last Name A-I	Monday, February 10	9 a.m. – 12 p.m.
Last Name J-O	Tuesday, February 11	9 a.m. – 12 p.m.
Last Name P-Z	Wed., February 12	9 a.m. – 12 p.m.

*** By Appointment Only:** Wednesday, February 12th in the evening or Friday, February 14th during the day. Call 732-542-2500 to schedule an appointment.

Registration forms and information about required documentation are available on the district website at tfschools.org or at MFA during regular school hours. Registration cannot be completed without required documentation. For more information, please call 732-542-2500.

Calling all Sponsors 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 March 27 at Eagle Oaks Country Club in Farmingdale. We are currently seeking sponsors for the event and donations for the many gift baskets that are raffled that evening. For more information, please call or text 201-851-4715. Thank you for your support!



Bedtime Songs According to Kindergarteners - In music director Ms. Nicole DePresca's 55th concert at Mahala F. Atchison school – titled "Go to Bed!" – kindergarteners wore pajamas and sang songs about daydreaming, sleeping, and bedtime routines. Songs ranged from Daydream Believer to The Lion Sleeps Tonight. Still not ready for bed by the end of the concert, students instead decided to Rock Around the Clock!

Middle School Food Drive Breaks Records - In its annual food drive, Tinton Falls Middle School students and their families collected more than 2,000 pounds of food – the equivalent of more than 2,400 meals – setting a record for the largest donation of the year to Fulfill, the Food Bank of Monmouth and Ocean County. Thank you to everyone who participated!



TFMS Competes at NJIT Cyber Robotics Coding Competition

Pictured left to right with technology teacher Ms. Rebecca Pruden, Tinton Falls Middle School 8th grader Cooper Lomberk, 8th grader Declan Sales, 6th grader Colin Sales, and 7th grader Sarah Katcher competed at the Cyber Robotics Coding Competition on December 13 at NJIT. Students competed against other middle school students from New Jersey, New York, and Delaware. In preparation, our students earned points based on accuracy and time to complete 103 coding missions, with their scores earning four spots to compete at the finals. Those participating enjoyed learning about coding their robots and look forward to entering future competitions.

Top Recognitions for Teachers and Staff - Congratulations to the following Tinton Falls teachers and school staff members who have been recognized for the impact they make on our students every day!

Teacher of the Year

Mahala F. Atchison School:
Mrs. Zoi Hatziminas (2nd grade)
Swimming River School:
Mrs. Jennifer Wolff (3rd grade)
TF Middle School:
Ms. Rebecca Pruden (Technology)

Educational Specialist of the Year

Mahala F. Atchison School:
Ms. Susan Staloff
Swimming River School:
Mrs. Devon Neff
TF Middle School:
Mrs. Caitlin Somma

Support Staff Member of the Year

Mahala F. Atchison School:
Mrs. Sonia Farley
Swimming River School:
Mrs. Gina O'Sullivan
TF Middle School:
Mrs. Elizabeth Coakley

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

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Community DATEBOOK



Ocean Girls Lacrosse - Now through February 2020.

Offering lacrosse to girls in Ocean Twp. and surrounding towns in Grades k-8. We are an instructional/travel team, and no experience is required to join! Winter clinic starts Feb. 9; Season starts March 16, 2020. Visit our website for details and register online at www.OceanGirlsLacrosse.com; email us at oceangirlslax@gmail.com.

Gopal, Houghtaling, & Downey Host "Socks for the Homeless" Drive - Donations accepted Now through February 10th.

On a cold winter day, families without a home or shelter can face major health risks like hypothermia, frostbite, and blisters if they're not able to keep themselves warm. That's why Assembly Members Eric Houghtaling and Joann Downey worked to establish "Socks for the Homeless" Day in New Jersey two years ago, and why their legislative office is now accepting donations of new and unused socks from now through February 10th. Donations of new and unused socks can be dropped off at the 11th District Legislative Office at 802 West Park Avenue, Suite 221 in Ocean Township. All donations will be given to local Monmouth County nonprofits and homeless shelters on "Socks for the Homeless" Day on February 14th.

Sunday February 2nd from 12:30 pm - 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 themes for this month will be "Valentines Day". Bring your soulmate and fly a red rocket. Come see what a "blast" rocketry can be. New fliers and observers welcome! Go to cenjars.org for more details.

United Methodist Church of Red Bank, 247 Broad St., Red Bank, NJ, is having their annual Spaghetti Dinner on Saturday, 2/7/20, from 5-7 PM. Adults \$12 and Children \$5. You can pay at the door or order tickets by calling the church office - 732-747-0446.

Kindergarten Registration Registracion Para El Kindergarten 2020-2021 School Year Para El Ano Escolar 2020-2021

Students entering Kindergarten must be five (5) years old by October 15, 2020.
Estudiantes entrando al Kindergarten deben tener cinco 5 años por 15 de octubre de 2020.

Registration Dates:

Monday, February 10, 2020 thru Friday, February 21, 2020, 9AM-1PM.
Complete details available online at: www.oceanschools.org.

Fechas de registro:

Lunes, 10 de febrero de 2020 hasta el viernes 21 de febrero de 2020, 9AM-1PM.
Detalles completos disponibles en línea en: www.oceanschools.org

*Appointments are not required during this Special Kindergarten Pre-Registration time.

*No se requieren citas durante este tiempo especial de preinscripcion en el jardin de infantes

Turn old jewelry and more into cash and benefit the Ocean Township Historical Museum!

Wednesday, February 19th from 6pm to 8pm
At The Eden Woolley House (Library Complex), 703 Deal Road, Ocean
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Fully licensed local jeweler and appraiser Earth Treasures will buy your unwanted jewelry and donate 15% of its profit to the Museum.* Bring your gold, silver and platinum items (not just jewelry), costume and estate jewelry. An appraiser will meet with you in a private session. You walk away with cash. Visit shopearthtreasures.com/sell-your-jewelry for a full list of saleable items. (Earth Treasures will keep the fundraiser open at its store one week past the event.)

*The donation comes from Earth Treasures' profit, not your payment. You receive the same price for your items as you would at its store.



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BUNIONS

By Brad Czaszynski, DPT

A bunion, or a hallux valgus, is a bump on the side of the foot that develops at the bottom of the big toe. The bump usually becomes inflamed and swollen resulting in pain. With a bunion the big toe begins to point towards the outside of the foot. Initially the bunion develops as a response to pressure from shoes at the joint. The bump starts as irritated swollen tissue, however as time goes on the constant pressure may cause the bone to thicken and the bump to get larger. A bunion is classified as mild, moderate, large, or severe depending on the angle at the toe, with 20 degrees or greater being considered abnormal. More than 64 million Americans have bunions, with an estimated 35% of women over the age of 65 being affected by them.

There are several factors that may cause bunions, including: hereditary, how the foot is shaped, flat arches, too much flexibility of the joint at the base of the big toe, and osteoarthritis. Often tight footwear, especially footwear with narrow toe boxes and higher heels as seen in fashionable women's footwear, are blamed for bunions. Some research suggests that footwear may not be a factor in the development of bunions, but that it can irritate a bunion resulting in more swelling and pain. Other research however shows that there is a higher incidence of bunions in women to men up to a ratio of 4:1 and that high heels force body weight forward resulting in up to 90% of weight being placed onto the base of the toes. Not all bunions will result in pain or symptoms, however those with symptoms can report: pain and swelling at the base of the big toe that increases with standing and walking, gradual enlargement of the bump, pain when wearing shoes, changes in how they walk, difficulty with walking, problems with balance and increased risk of falling, and reduced quality of life due to the pain.

Interventions for bunions include both non-surgical and surgical. Non-surgical options involve shoe modifications, orthotics or inserts, anti-inflammatory drugs, cortisone injections, and physical therapy. In this case physical therapy will involve pain management (ice, heat, electrical stimulation, ultrasound, massage, joint mobilizations, passive range of motion), exercise (range of motion, stretching, strengthening, balance training), gait training, and education on footwear. While these interventions may decrease pain, improve movement, and increase function, they likely won't improve the look of the bunion.

Surgery for bunions is performed if conservative measures fail, with the goals of relieving pain, restoring function, and realigning the joint. The two most common surgeries are bunionectomy (shaving off the enlarged portion of the bone and re-aligning the muscles, tendons, and ligaments) and osteotomy (cutting the base of the bone, rotating the bone, and fixing it in place with pins or screws). Following surgery, you may have to stay off your foot for several weeks and complete recovery may take up to a year. About 3 to 4 weeks after surgery, physical therapy may be initiated. Post-surgical physical therapy with initially focus on pain and swelling reduction and then work more on gaining motion of the big toe and ankle as well as strength of the ankle, foot, hip, and core (as the hip and core are integral for maintaining proper LE alignment). You will also work on gait training, especially re-learning how to load into and push off of the big toe.

Bunions can be painful and debilitating, preventing you from being able to participate in numerous activities. If you or someone you know is dealing with bunions or recently had bunion surgery, we would love to help. Our goal is to keep you active.



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7pm - Closing

TUESDAY

2 FOR TUESDAY

2 Select Appetizers for \$13
 11:30am - 10pm

SHOT SPECIAL
 3 Shots for \$12

Jack, Jager, Cuervo, Fireball
 7pm - Closing

WEDNESDAY

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 \$6 pint size drinks
 7pm - Closing

THURSDAY



1/2 PRICE CHEESE STEAKS

11:30am - 10pm

BUCKET NIGHT
 5 Bottles for \$16

7pm - Closing

FRIDAY

\$12 TEAM PLATTERS

Tenders, Sticks, Onion Rings, Fries

11:30am - 11pm



WINE NIGHT

\$12 Bottles of Wine
 7pm - Closing

SATURDAY



\$6 Pizza

For a Plain Pie Toppings cost extra.

11:30am - 11pm

ICE COLD PITCHERS



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All Day & Night

SUNDAY



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Any Wrap for \$8.00

11:30am - 10pm

\$5.00 HOUSE DRINKS

11:30am - Closing

FALCON FOCUS



MONMOUTH REGIONAL HIGH SCHOOL STUDENT OF THE MONTH



Donald Pleitez-Ruano

What is your favorite subject? Science

Who is your favorite teacher? And, why? Mrs. Miller. She was the first teacher to help me learn English.

What has been your most memorable experience in High School? Freshman Year, I had just entered this school and couldn't speak English.

Who is your Role Model? My mother.

What are your plans for after High School? The plan is to attend college. I haven't decided for what yet.

Teacher's Comment: Donald has helped translate for new students, our guidance office and the registrar's office. He is always willing to help when he can. He is very welcoming to the students and goes above and beyond to make sure the students are taken care of. He has also worked very hard to learn English and has been an exemplary student at Monmouth Regional High School. - Mrs. Callahan (Guidance Counselor)

SPARTAN SPOTLIGHT



OCEAN TOWNSHIP HIGH SCHOOL STUDENT OF THE MONTH



Eric Altschuler

What is your favorite subject? My favorite subject is English.

Who is your favorite teacher? And, why? Mrs. Smith is my favorite teacher. She is so much fun and helps everyone.

What has been your most memorable experience in High School? My best high school experience has been working at the ASPCA because it gives me time to help animals.

Who are your Role Models? And, why? My role models are my friends because they are so nice, friendly and helpful.

What are your plans for after High School? My plans after high school are to go to college to study retail and food.

Teacher's Comment: Eric is a self-directed, motivated, young man. His main objective is to do the very best that he possibly can. He displays a mature manner, positive attitude and is willing to accept responsibility. Eric is a positive role model for his peers with a charming personality. He is a delight to be around and is a pleasure to have in this program. - Mrs. Smith



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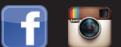
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HIGH SCHOOL ATHLETES OF THE MONTH



OTHS

**CATHERINE
JOHNSON
SWIMMING**

Team MVP? Swimming is a team sport. Everyone needs to come together and give it their all during practice and meets. Even if our fastest swimmers come in first for their events, it doesn't guarantee a win for our team; we need every swimmer to do well and try for personal bests. Luckily, we have amazing coaches that push us and encourage us to work hard at every practice.

Most memorable experience in High School? I have always been determined to give my best in everything I do. My most memorable moment in high school is when I was inducted into the National Honors Society and my parents pinned me at the ceremony. This was such a proud moment for me. In addition, I swam varsity all four years of high school and it is something I will truly miss after graduation. I enjoyed the meets, practices and the relationships I have made with my teammates and coaches.

Role models? My parents. My family has a huge impact on my life. My father is my biggest motivator. He encourages me to put my best foot forward and take the extra step in everything I do. My mother is very supportive and I look up to her. She teaches at an elementary school and I admire her work ethic and the way she captivates her students. I want to become a teacher like her in the future.

Plans for after High School? I have applied to several schools and have been accepted to all of them. I am deciding on which school I will commit to, but I plan on staying in New Jersey. I want to pursue a career in elementary education, as teaching has always been a passion of mine.

COACH'S COMMENT: Catherine Johnson is a dedicated respectful athlete who consistently puts forth her best effort in every practice and meet. She is a supportive teammate who always steps up when needed. Catherine is a true role model to the rest of the team through her demonstrations of high integrity and character. She is humble, never complains and is always seeking opportunities to better herself. - Matthew Goldfarb



OTHS

**BRANDON
HARRINGTON
SWIMMING**

Team MVP? For me, it is truly impossible to pick an MVP. Everyone on the team gives their all at every meet and practice. Since everyone is ultimately contributing to the team, achieving their goals and encouraging our fellow teammates to do better, there is not one single person I can pick.

Most memorable experience in High School? For me it was probably the first time I ever achieved below 6 minutes in the 400 freestyle during my sophomore year. It was a big goal of mine to achieve that time during that season and my teammates knew that too. When I finally did, so many of teammates and coaches were so happy for me and that was a very special moment for me.

Role models? My mother, father and step-mother are definitely the biggest role models in my life. From the very beginning they've always wanted the best for me and have instilled in me good morals and values. They have lead me on a path to being an important, productive member of society and have always been supportive throughout. I couldn't be more thankful.

Plans for after High School? As of right now, I plan on becoming a carpenter for the carpenters union. I currently attend vocational school part time in preparation for it. College never really seemed like it was for me. So now I can start working right out of high school as an apprentice carpenter and eventually join the union.

COACH'S COMMENT: Swimming is a sport where the effort equals the results. Brandon Harrington is the epitome of this philosophy. He puts in 100% effort 100% of the time. Brandon embraces each and every challenge that comes his way. We are fortunate to have Brandon set a golden example of perseverance and determination for our team. - Matthew Goldfarb



CATHERINE HOM - SWIMMING

Team MVP? My choice for team MVP would be Meghan Devine! Meghan has been a committed teammate ever since I met her my freshman year and she never hesitates to take one for the team. She always helps out in any way she can, in and out of the pool. As a senior, she still continues to inspire me to become a better swimmer and a better teammate!!

Most memorable experience in High School? My most memorable experience in high school was when I beat my school's 100 back record at the 2020 Monmouth County Championships!!

Role models? My roles models are my parents. They continue to show me unconditional love and support everyday! They are my example of what hard work and determination can do if you set your mind to it!!

Plans for after High School? My plans would be to attend college. I plan to continue swimming whether on a collegiate level or a club level. I can't wait for what the future holds!

COACH'S COMMENT: Catherine is a 3rd year varsity swimmer for our high school team. She is consistently the top point earner. Reliability is her trademark. I can put her in any race with certainty that she will do well. Additionally, she is very goal oriented. She looks at our record book and sets a goal to get her name in there. She has already broken our record for the 100 backstroke this season! I cannot wait to see what she will do next year! Congratulations Catherine. - Coach Audrey Dill



MRHS

**NICHOLAS
ROMAN
WINTER TRACK**

Team MVP? My choice for MVP would be DJ Hatton for his consistent hard work at practice and in meets. He has one of the greatest mental and physical attitudes this team could ask for. He's also currently undergoing recovery from a major injury and I wish him a speedy recovery.

Most memorable experience in High School? My entire track experience and developing as an athlete.

Role models? My parents, grandparents and my godfather Dave for supporting me and pushing me to do better one way or another.

Plans for after High School? I plan to pursue a career of Information Technology starting at Brookdale Community College

COACH'S COMMENT: Nick has always been a strong member of the team in the sprints and hurdles but has just started coming into his own as a jumper this season. He should be competitive throughout the championship portion of the season (county, conference, states). - Coach Mark Gottdenker



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Monmouth Regional High School SUPERINTENDENT UPDATE

IF NOT ME – THEN WHO?

My wife is a change agent, a doer if you will. If you need something done, she will get it done and done right! But as she gets older, I see that she grows both tired and frustrated more easily. (I'm sure that it has nothing to do with being married to me.) One evening, she vented to me that it's annoying how it seems like things "just go right" for certain people who show no passion, yet she has to work so hard for things to get done. To her annoyance, I sort of laughed. (Ok so maybe it has a little to do with being married to me.) I quickly pointed out that things work out for these people because SHE did the work for them. SHE made sure that their i's were dotted and t's crossed. SHE made sure that everything ran smoothly for them. Her passion created a mindset of "if not me, then who?". It is this same attitude that people possess that create positive change in the world. These people do not sit around like "a bump on a log" and wait for others to step up. They create change.

To say that this generation does not possess this attitude would be inaccurate. I know of many young adults who are creating a better tomorrow, today. Unfortunately, that number is not large in comparison to that of those content with complacency. How do we, as a society, get a population of students (who reside in the "world of me") to believe that their contributions, their efforts, their passions and their voices can make a positive impact today? Maybe it is as easy as celebrating those making the change. It is our job to bring these accomplishments to light. It is our job to plant the seed in the minds of others and watch it spread. After all, if not us – then who?

If not now then when,
if not me then who?

- Malcolm X

**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... Happy New Year!



Andrew Teeple

**Monmouth Regional
High School Superintendent**

AROUND TOWN

1) Ocean Township Elementary School held their annual Spelling Bee on Tuesday, January 7th for all fourth grade class champions. After just short of 2 dozen rounds, David Furda of Mr. Palermo's class took first place, with Arisha Islam, also of Mr. Palermo's class taking second place, and Evan Aiden Antonio of Mr. Steckhahn's class taking 3rd place. The first place winner will go on to compete in the Monmouth University Spell Down in March.

2) Mazza Recycling was proud to partner with the U.S. Marine Corps Reserve's great cause, Toys for Tots, for the second year in a row. Vice President, Dominick Mazza said, "We'd like to thank everyone who contributed to this great cause!" Pictured left to right are Mazza Recycling's Vice President, Dominick Mazza; President, James Mazza; and CFO, John Conti. We are looking forward to contributing again in 2020.

3) Jorge Gana, Jr., Thomas Gana, Christopher Bonin in epee; Matthew Kim and Kevin Yuan in saber will represent the Atlantic Fencing Academy at the Junior Olympic Championships in February in Ohio and fence among the 1600 Cadets (under 17) and Juniors (under 20) who qualified. Former USA Olympian James B. Carpenter (epee) and British National Saber Team member, Fraser Ward have been coaching these fencers for 4-6 years. These fencers are also fencing for their high school and college teams. Learn about fencing at www.atlanticfencing.com or email info@atlanticfencing.com - Atlantic Fencing Academy is located at 1 Sheila Drive in Tinton Falls. Pictured in this photo: Matthew Kim (left), saber fencer, in action with a beautiful lunge. At 14 years old, he is our youngest Junior Olympic participant.

4) This past holiday season, Family Resource Associates, Inc. (FRA) fulfilled the wishes of 54 families they serve throughout Monmouth County through its Santa for Families Giving. FRA, located in Red Bank, NJ, serves the community and people of all ages who have developmental or acquired disabilities. Therapists from FRA's Early Childhood Intervention Program nominate families in need they visit weekly to be recipients of the Santa for Families Giving.

5) On December 18th, 2019 Falco's Catering along with The Italian American Association of Ocean Twp. welcomed less fortunate children and their families to The Renaissance in Ocean Twp. Volunteers served a delicious buffet dinner, handed out donated gifts and spread Holiday Cheer. It was a night enjoyed by all.

6) Lakehouse Music Academy Students performed at The Count Basie Theatre in Red Bank on New Year's Eve opening up for the legendary Southside Johnny & The Asbury Jukes!

7) Members of the Asbury Park Rotary Club along with Wreath's Across America held a Ceremony on December 14th at Mount Calvary Cemetery in Neptune 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. Pictured: Rotarian Richard Buckley with his wife Margaret Buckley laying a Wreath. The Asbury Rotary Club meets Wednesdays. For more information visit: www.asburyparkrotary.org

8) AHS Tinton Falls Adoptable Pet of the Month - FIFI arrived at the shelter as an owner surrender. We were told she was 5, however after evaluating her we're thinking more like 10. This sweetie walks well on leash, is 100% housebroken, loves to shower you with lots of cuddles and kisses. She had perfect manners when she visited one of our volunteer's homes. FIFI has a gentle soul with a beautiful smile. FIFI is dog OK and she'd do best with a mellow dog. The AHS Tinton Falls, located at Shafto Road, is open daily between 12pm-4:30pm. Please come on by and meet FIFI and her adoptable friends.



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