

**FREE**

# THE *Today Paper*

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

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**INSIDE THIS ISSUE!**

**MRHS & OTHS ATHLETES OF THE MONTH!**

**BELMONTES RESTAURANT REVIEW!**

**THE JUNGLE BOOK AT AXELROD PERFORMING ARTS CENTER!**

**REAL ESTATE TRENDS FROM YOUR AREA!**



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**FIND THE ARTICLE ON PAGE 25!**



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- 3 CLEAN, DECLUTTER, DEPERSONALIZE & STAGE:** CREATE AN AURA WHERE THE PROSPECTIVE BUYER CAN ENVISION LIVING THERE.
- 4 PRICE IT RIGHT FROM THE START:** ENTICING MORE BUYERS TO VISIT MAY VERY WELL RESULT IN MULTIPLE OFFERS.
- 5 UNDERSTAND TODAY'S BUYER:** MOST ARE FINICKY AND OFTEN HAVE LIMITED FUNDS OR TIME FOR IMPROVEMENTS.
- 6 LEARN ABOUT DISCOUNT BROKER AND EXCLUSIVE LISTINGS:** THESE MAY RESULT IN A LOWER SELLING PRICE WHERE COMPETITION & SKILLFUL NEGOTIATORS YIELDS PROFITS.
- 7 WORK WITH LOCAL KNOWLEDGEABLE PROFESSIONALS:** WE ALWAYS HAVE YOUR BEST INTEREST IN MIND.

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# SYNERGY & THE POWER OF WE

Once upon a time... many years ago... I played high school football.

During that time I learned one of my favorite life lessons.

The power of We, teamwork and the definition of Synergy! Thank you Coach Hubert!

Merriam Webster Dictionary defines Synergy as:

**synergy** - a mutually advantageous conjunction or compatibility of distinct business participants or elements (such as resources or efforts)

After recently becoming the owner of The Today Paper I quickly realized how this lesson related to my new opportunity. The Today Paper only works because of a great

number of contributors, writers, and advertisers. Each month we all work together to produce The Today Paper.

I alone couldn't fathom putting together something like the Today Paper. But... with your help, our Today Paper Community, I am proud of the product we produce. Thanks so much to everyone who helped along the way and to those who continue to advertise and contribute to the paper!

In the coming months I am hoping that we can use The Today Paper as a platform to help others and highlight those that help others!

**Together we can achieve much more than we could ever accomplish alone.**

- Paul Petraccoro

*"No one can whistle a symphony.  
It takes a whole orchestra to play it."*

**- H.E. Luccock**

*"Never doubt that a small group of thoughtful,  
committed people can change the world. Indeed.  
It is the only thing that ever has."*

**- Margaret Mead**

*"Individual commitment to a group effort – that's  
what makes a team work, a company work,  
a society work, a civilization work."*

**- Vince Lombardi**



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**THE Today Paper**

**PUBLISHERS: Paul & Jessica Petraccoro**  
**CONTRIBUTOR: Paul J. Abrams**

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## Annual GOTCC AWARDS & INSTALLATION LUNCHEON

Wednesday January 30<sup>th</sup> 2019 at The English Manor Networking | Awards | Buffet Lunch



### CONGRATULATIONS AWARD WINNERS!

#### BEAUTIFICATION AWARD Manasquan Bank

*In recognition of your outstanding and innovative practices in beautifying the Greater Ocean Township Community*

#### PERFORMING ARTS Axelrod Performing Arts Center

*In recognition of your outstanding support and cultivation of an appreciation of the Arts in our community*

#### COMMUNITY COMMUNICATIONS Paul Abrams

*In recognition and appreciation of your outstanding work in highlighting special achievements and events for our community*

#### FUTURE BUSINESS AMBASSADORS AND LEADERSHIP

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#### CHAMBER SERVICE Andrea Lane

*In recognition of your outstanding support and dedicated service to the GOTCC*

#### CONGRATULATIONS TO OUR GOTCC SCHOLARSHIP WINNERS!

**Michael Topper**  
*Communications High School*

**Stefanos Eugenis**  
*Ocean Township High School*

**Kayla Knop**  
*Ocean Township High School*

**Brian Lynch**  
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**Vivian DeRosa**  
*Communications High School*

### MARK YOUR CALENDARS

Register and/or get more information at [GOTCC.ORG](http://GOTCC.ORG)

#### Evening Networking Event

Hosted by SouthPaw Gym  
Wednesday, February 6, 2019

#### Wine, Chocolate and More Tasting Benefit

The English Manor  
Wednesday, February 20, 2019  
5:30pm - 7:30pm

#### Learn and Earn Monthly Breakfast and Networking

Bacon Beach Grille  
49 Atlantic Avenue,  
Long Branch, NJ 07740  
Meetings are the 4th  
Tuesday of each month  
Tuesday, February 26th  
7:15am-8:30am

#### Comedy Scholarship Night

Buona Sera Palazzo  
at St. George's Greek Orthodox Church  
Friday, May 24, 2019

#### Annual Golf Outing

September 2019  
(Specific Date TBA)

#### Expo

Jumping Brook Country Club  
Wednesday, October 16, 2019



Wednesday, February 20th | 5:30-7:30

The English Manor - 1 English Lane, Ocean  
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### Why Join the GOTCC?

When you make a decision to become a member of the GOTCC, you are aligning yourself with a strong group of diverse, dedicated individuals that work together to make a difference in the Ocean Township community and surrounding towns. As a non-profit, volunteer organization, we are constantly growing in membership numbers and your active participation in our events helps you to connect with successful business men and women who are looking to grow their companies and promote their services. The Board Members of the GOTCC are proud to welcome new businesses to our circle of flourishing networks. As we increase our offerings for 2019, we look forward to expanding our support to local companies through new and innovating networking events. The GOTCC is also proud to announce that we will be integrating Chamber Master as a new means to better connect, promote, and provide services to our members. **Be on the lookout for emails regarding membership renewals through Chamber Master, so you will be able to continue your valuable investment in the Greater Ocean Township Chamber of Commerce! Thank you for being an active member of the GOTCC team!**

**AN ACTIVE MEMBERSHIP MAKES A DIFFERENCE!  
WE ARE GROWING IN NUMBERS!**

### ARE YOU INTERESTED IN BECOMING A MORE ACTIVE PARTICIPANT OF THE GOTCC?

Active Members  
Build a **STRONG**  
Chamber of Commerce!

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to find out how  
you can make a difference

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# CBD OIL

## WHAT IS IT AND IS IT GOOD FOR "EVERYTHING"?

Using plants as medicine is a practice several thousand years old. Cannabis, a naturally growing herb originated in Asia, but today is grown worldwide. In the U.S., it is considered a controlled substance and is classified as a Schedule C1 agent but is now approved for recreational and/or medicinal use in many states. Cannabis or marijuana contains tetrahydrocannabinol, also called THC, and is most known for its psychoactive properties. Cannabinoids or phytocannabinoids are produced by the cannabis plant species. CBD oil has a high concentration of cannabidiol and no THC. Cannabis oil, on the other hand, contains both CBD and THC. CBD oil does not produce that euphoric high or psychoactive effect because it doesn't affect the same receptors as THC. It is made by extracting CBD from the Cannabis plant and then diluting it with a carrier oil like coconut. The non-euphoric quality of CBD makes it an appealing option for those looking for symptom relief. It is definitely gaining momentum in the health and wellness world, with scientific studies and testimonials confirming that it may be used to treat many common ailments.

**\*Pain Reduction.** Did you know that the human body contains a very specialized system called the endocannabinoid system or ECS? It is involved in functions like sleep, appetite, pain and immune response. Research now shows that CBD may help with chronic pain by impacting the endocannabinoid receptor activity and so reduces inflammation and interacts with neurotransmitters.

**\*Reduction in anxiety and depression.** According to the World Health Organization, depression is the largest contributor to disability worldwide. Anxiety disorders are

ranked sixth. CBD oil has the ability to act on the brain's receptors for serotonin, one of the relaxing neurotransmitters that regulates mood and social behavior.

**\*Reduction in symptoms related to cancer** and side effects of cancer treatment like nausea, vomiting and pain.

**\*May reduce acne.** Acne can be caused by a number of different factors, including genetics, bacteria, inflammation and overproduction of sebum by the sebaceous glands. CBD has been shown to help acne because of its anti-inflammatory properties and ability to reduce sebum production.

**\*Possible Neuroprotective properties.** Researchers now believe that because of CBD's ability to influence the endocannabinoid system and other brain signaling systems, there may be some benefits for those with neurological disorders (epilepsy, Parkinson's disease, Alzheimer's disease).

**\*Heart Health benefits.** CBD oil has been shown to be beneficial in reducing high blood pressure and preventing heart damage because of its powerful antioxidant properties.

CBD oil is generally well tolerated and considered safe. That being said, it is always wise to check with your M.D. or pharmacist if you are taking other medications.

**To learn more, join us on February 11, 2019 at 7:00 p.m. for an informative presentation about the health benefits of CBD oil. Please call to reserve your seat as space is limited.**



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Monmouth Regional High School  
**SUPERINTENDENT UPDATE**

## THANK GOD, I WAS FIRED

In college, I was a mathematics major with no direction. I loved mathematics so choosing a major was not an issue. When asked what I wanted to do with it, my immediate response was, "Not sure but I'll figure it out." Fast forward to May 1992 at Rutgers. I was saying the same thing, except this time I was wearing a cap and gown. Fortunately, soon after, I found a job at a temp agency placing people in jobs. During the interview, I made sure to ask the right questions...health benefits, job security, etc. All of our answers aligned and I was soon hired. Not my dream job...but a job. Still living home and now with a steady pay check I did what any responsible 22-year old would do. I bought a jeep. Two weeks later I was informed that the branch was closing. That's when I learned the phrase, "last in, first out". (A life lesson learned the hard way.)

Today I can look back and see the blessing that losing that job really was. It was then that I found my direction and passion. Teaching was my career and Monmouth Regional was my first teaching job. I got paid to teach students. What I learned, however, was more valuable and something that became an integral part of my life. I learned about the true power and beauty of diversity. Monmouth Regional High School is a true microcosm of our society. Students of different races, ethnicities, religious and socio-economic backgrounds learn together, compete together and celebrate together. Teaching and leading in a district that values and embraces its cultural diversity has been a rewarding experience on so many levels. See for yourself by attending our evening programs throughout the school year. Check out our activity calendar on our website, monmouthregional.net for events, times and dates.



**THE TIME  
IS ALWAYS  
RIGHT  
TO DO  
WHAT  
IS RIGHT.**

MARTIN LUTHER KING, JR.

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

These are 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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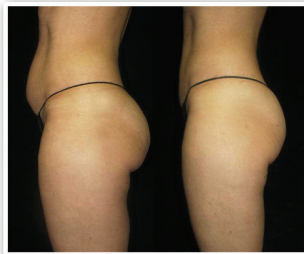


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## February Trivia

- Q: What were the first 3 towns in Monmouth County?
- Q: The first college football game was played between Princeton & this school.

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*\*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**

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**WHERE:** 198 Brighton Avenue, Long Branch, NJ 07740.

**WHEN:** Saturday, February 16th, 9:00 am to 1:00 pm.

**HOW:** Call 732-272-1499 to schedule your free trial treatment and to reserve your spot.

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# Belmonte's Ristorante

732-776-7500 | [www.belmontesap.com](http://www.belmontesap.com) | 632 Cookman Avenue | Asbury Park, NJ 07712

Like peanut butter and jelly, butter and toast, Batman and Robin... some things just go together to create the perfect union. For me, the epitome of the perfect dining experience includes these factors: a cozy atmosphere, Italian cuisine that rivals what my great-grandma used to make, a crisp glass of Pinot Grigio, a bit of Sinatra or Dean Martin playing in the background and GOOD COMPANY! It literally doesn't get any better and I know of a restaurant that delivers ... Belmonte's in Asbury Park.

Belmonte's has been located on Cookman Avenue for more than a decade. Despite the change and revitalization that has taken place in Asbury Park over the last 10 years, Belmonte's has stayed true to its original business model of serving authentic, high-quality Italian cuisine while creating an inviting atmosphere for their guests. Many of the restaurants in town pride themselves on having eclectic, out-of-the-box menus, but Belmonte's features all the classic Italian dishes that you know and love – your grandma would even approve! A major contributing factor to the outstanding service is Sean Hart who took over ownership several years ago after having been a server in the restaurant since the beginning. I don't know Sean personally, but I can attest to the fact that each time I have eaten at Belmonte's I have seen him completely immersed in the day-to-day operation...greeting/seating guests, taking reservations and ensuring that his customers leave satisfied (and full)!

I most recently dined at Belmonte's on a very frigid Friday evening with my beloved husband and son. Assuming there would be high demand for a table on a Friday evening, my husband phoned ahead for a reservation (recommended). Regardless of the winter weather and it being just a week post-holiday season, there was not an empty seat to be found. Many of the patrons were obvious regulars, knowing the menu and the wait staff by name.

For our appetizers, we tried an old favorite as well as something new; Fried Calamari and the Portobello Mushroom. The Fried Calamari is a classic and well-done by Belmonte's, not to mention a staple in our meal each time we dine there. The Portobello Mushroom appetizer was topped with sautéed fresh spinach, grilled eggplant & mozzarella, finished in a brown demi-glace. My son who is not a fan of mushrooms even enjoyed this appetizer!

Next, we shared the Roasted Pear Salad, our favorite "Insalata" on the menu, which is perfectly sized for the three of us to share. Culinary experts suggest that the perfect salad includes a variety of greens, textures, an element of fat/protein, a blend of flavors (savory/sweet) and homemade dressing...every box is checked with this salad.

For our entrees, Anthony ordered the Shrimp Scampi. On a side note, it was Anthony who helped us discover

Belmonte's in the first place. We were in Asbury Park one day last summer when he had a craving for his favorite dish, Shrimp Scampi. He's been hooked ever since and prefers this dish from Belmonte's above any other restaurant or even homemade for that matter. The twist on this classic dish is that the capellini is infused with sautéed fresh spinach. A minor detail but according to Anthony this takes the whole meal up a notch. Paul ordered the Chicken Francese, another classic with a twist at Belmonte's...the dish is served with homemade mashed potatoes and fresh steamed vegetables finished with the lemon-butter sauce. And I had the Salmon Pave, which is a very popular dish among recurring patrons. The salmon is blackened and served over a bed of delicate vegetable risotto. The plate is garnished with tomato bruschetta, which creates an amazing flavor profile when combined with the spice of the fish. We even saved room for Tartufo, a Petraccoro Family favorite that we refer to as "Italian Bon Bons".

Belmonte's is a B.Y.O.B. establishment that is open for dinner Wednesday through Sunday, offering daily specials and ½ Price Pasta Entrees on Mondays and Thursdays. For your convenience, you may book a reservation online at <https://belmontesap.com>. Be sure to mention this review during your visit!

- Jessica Petraccoro

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# ARTHRITIS

One of the most common diagnoses that I treat in my practice is arthritis. Whether it be osteoarthritis in a major joint or rheumatoid arthritis that is wide-spread, at its core arthritis is inflammation in a joint. Arthritis can affect individuals of any gender, age, or race. It is one of the leading causes of disability, affecting more than 50 million adults and 300,000 children. It tends to be more common in women and older individuals. Treatments for arthritis tend to include the use of oral medications, cortisone or gel injections, physical therapy, and when needed, surgery such as joint replacements.

Symptoms commonly associated with arthritis include pain, stiffness, swelling, and decreased mobility. These symptoms may be mild, moderate, or severe and may come and go. For some individuals the symptoms remain constant for years, but for others they progress and worsen over time. Severe arthritis can result in chronic pain leading to difficulty performing daily activities, including walking and being able to go up and down stairs.

The most common type of arthritis is osteoarthritis, or OA. OA involves the wearing down of cartilage (which lubricates joints and disperses forces from the joints) as bone rubs against bone, resulting in pain, swelling, and stiffness. In severe cases bones fragments can chip off and bone spurs can form. This eventually leads to loss of strength and chronic pain. Most commonly, OA occurs in the hands, hips, knees, and spine. There is a higher likelihood of developing OA in individuals with a family history, those who are overweight, older individuals, and people with a previous injury (such as an ACL or RTC tear). It can also develop from overuse or when poor mechanics are repeatedly used during an activity.

The next type of arthritis is inflammatory arthritis, such as rheumatoid arthritis and psoriatic arthritis. In these types of arthritis the immune system gets confused, mistakenly attacking joints with uncontrolled inflammation causing degradation of the joints. It is believed that a combination of genetics and environmental factors trigger the autoimmune

response. Specifically, with rheumatoid arthritis, or RA, the linings of the joint becomes inflamed and can lead to deformities of the joints and bone loss. RA pain worsens with rest and generally affects the hands, wrist, and hand. As the disease progresses it can also affect larger joints including the hips, knees, and shoulders. Individuals with RA will also experience chronic exhaustion, continual fever, decreased appetite, and weight loss. Prescription drugs are the primary intervention for inflammatory arthritis, however physical therapy can help as well.

While there is no cure for arthritis, physical therapy can help to manage the pain and symptoms associated with arthritis. This is achieved through a combination of exercise, manual therapy, and various modalities. An individualized exercise program will be created based on the biggest limitations, working on gaining strength as well as mobility. Research shows that 1. Specific high-intensity exercise improves short- and long-term pain and function, and 2. Weight bearing exercises can improve joint lubrication which can reduce pain. Manual therapy techniques including massage, stretching, and joint mobilizations have been shown to be beneficial for individuals with arthritis as they can also decrease pain and increase mobility. Other ways try to achieve reduction in pain and inflammation include the use of modalities such as electrical stimulation, ultrasound, and hot and cold therapies. If needed physical therapists can also recommend braces or splints, suggest home modifications, and recommend assistive devices to take pressure off the arthritic joints. These treatment options are designed to improve range of motion and strength, reduce pain and stiffness, improve mechanics, and restore function.



By Brad Czaszynski, DPT



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# KEEP YOUR FEET SAFE AT THE GYM IN THE NEW YEAR

## DON'T LET FOOT INJURIES KEEP YOU FROM YOUR FITNESS RESOLUTIONS

In the New Year, don't forget to keep your feet in tip-top shape while following through with your resolutions to get fit. Eatontown area foot and ankle surgeon Eric J. Abrams, DPM, FACFAS offers tips for foot safety while at the gym.

Start new workouts gradually— Increase your stamina and the length of your workouts gradually to avoid overuse injuries such as stress fractures or tendon strains and sprains. Stretching your muscles before and after workouts also helps prevent these types of injuries. If you do feel you've sprained your ankle, be sure to seek treatment right away. Untreated or repeated ankle sprains may lead to chronic ankle instability, a condition that causes persistent pain and a 'giving way' of the ankle.

Wear the right shoe and sock—Wear well-fitting athletic shoes designed for the exercise or sport. Shoes that don't support the arch of the foot and provide cushion for the heel can cause heel pain (plantar fasciitis). Shoes that are too small can also cause a neuroma or a thickening of the nerve tissue, in the foot and may require injections, medication or physical therapy. Wearing cotton or non-slip socks are also key to help avoid painful blisters, which can become infected and cause more serious issues.

Use good technique— Improper exercise techniques can result in injury to the tendons or ligaments in your feet and ankles. Incorrect posture or misuse of exercise equipment can cause decreased stabilization in the foot and ankle, leading to joint sprains and muscle strains.

Protect yourself from bacteria—Sweaty shoes, public showers, exercise equipment and the pool deck at the gym are breeding grounds for fungus, viruses and bacteria, including drug-resistant strains like MRSA (methicillin-resistant Staphylococcus aureus) which has become increasingly more common. Never go barefoot while in public areas; water shoes can provide a great barrier between your feet and the wet surfaces. It's also best to cover cuts and cracks in the skin or ingrown toenails since these minor tears in the skin's surface can act as entry points for bacteria. If you have a cut or scrape that becomes red or swollen and is not healing in a timely manner, don't hesitate to see a foot and ankle surgeon for an examination.

**Above all, it's important to listen to your body. If you experience an injury or pain, call Dr. Abrams' office at 732.542.0777 for an evaluation.**



### Dr. Eric J. Abrams

Fellow, American College of Foot & Ankle Surgeons  
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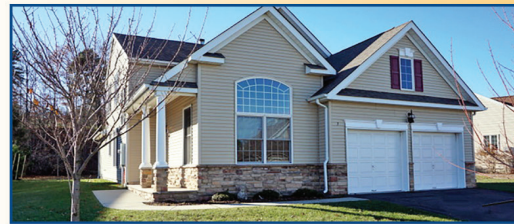
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# Family SPRING BREAK PLANNING TIPS



The warm glow from a family vacation lasts long after you've returned home. With spring break just around the corner, here are some tips for planning a fun and memorable getaway with the kids.

First, decide what type of vacation you want to take. You'll have lots of company if you're traveling during a school vacation week, so start planning early and take advantage of the expertise provided by a travel advisor from Travel Leaders Group.

For example, if you're thinking about Disney World, let your travel advisor book your stay at a Disney resort. It'll give your family perks like the ability to get earlier access to the most popular rides. If a cruise is on your vacation bucket list, your travel advisor can help you decide which excursions to go on as a family, and which ones you may want to skip so that you can enjoy the ship at a time when there are fewer people onboard. Mexico and the Caribbean have excellent choices for all-inclusive resorts that offer amenities for the whole family, from kids' clubs and waterparks to spas for the adults. Your travel advisor can help you explore all the options.

Once you've booked your trip, it's time to get down to packing.

If you're flying to your vacation, space in overhead bins is likely to be at a premium. Make sure that your luggage meets the airline's size and weight restrictions for both carry-ons and checked baggage. Make color photocopies and digital copies of important travel documents, including your passport, the front and back of credit cards and health insurance information for you and your children. If you're traveling internationally, bring a copy of your children's immunization records. For safekeeping, pack all copies in a separate location from your identification.

The Transportation Security Administration allows each passenger one quart-sized bag of liquids and gels that are 3.4 ounces or smaller. But medications and certain items for children are an exception to the 3-ounce rule. Infant formula, breast milk and juices for infants and toddlers, as

well as ice packs to keep them cool, are allowed through airport security checkpoints in higher, yet reasonable quantities. Just make sure you keep them separate from the items in your one-quart bag.

When traveling with young children, make sure they're wearing comfortable clothing. If your child is young enough, consider giving him or her a ride to the security checkpoint and gate in a stroller. It'll help keep them in tow and keep your stress level low.

Children age 12 and younger never have to remove their shoes or lightweight jackets at airport security, and they don't need their own TSA Precheck boarding pass. They can go through the TSA Precheck with any qualified adult with whom they're traveling. If you're traveling outside the United States, children under 18 don't need to get their own Global Entry, as long as they're with a parent or legal guardian.



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

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# OCEAN TOWNSHIP IN THE SCHOOLS

## WANAMASSA ELEMENTARY SCHOOL

Happy New Year! We hope that your first month of the New Year has starting out well for you and your family. As we move through our school year we are happy to share our future events.

**Our annual school Read-A-Thon is underway as we "Reach for the Stars".** This year our Read-a-thon is designed to help children achieve their own personal reading goals- in the spirit of the "Growth Mindset" lessons being taught throughout the school. This 8 week program is designed to inspire the students to set realistic goals for how many books or what types of books they can read within 8 weeks. Students can read what they WANT to read!

Our main goal is to get the children into the habit of reading every day. The children love tracking their progress. Upon completion of their required reading time, each student earns a star to decorate the front entrance bulletin board for all to admire! Even the teachers enjoy participating! In the springtime our annual Read-a-Thon assembly is held. This year will be a school wide dance party! It not only honors our students but it also rewards them with a special surprise by Principal Milano.... Stay tuned!

**Got Talent? Our school sure does!** Many students eagerly practiced for the annual Talent and Variety Show. It is such a special event to see our students perform their talent on stage.

**W-A-N-A-M-A-S-S-A! Have we got that Spirit? Oh Yeah! Spirit Fridays are always a great way to kick off the New Year.** The students and staff love these fun Fridays which include sports team day, mismatch day, crazy hat & hair day, and school spirit color day.

## WAYSIDE ELEMENTARY SCHOOL

### FEBRUARY EVENTS

1st - Spirit Day - Wear School Colors

1st - 7pm - Lip Sync show at the High School  
It's always a sold out show and tickets must be purchased in advance.

4th - 7pm PTA Meeting

18th - School Closed

22nd- Family Bingo Night - please check backpacks for information

Great Lake Scrip Gift Card Fundraiser - due Friday 3/15

Please consider buying a few extra to donate to your class basket for our annual auction!!

Pre - K and Kindergarten - Family fun: Toy and Craft Stores, Movies, Craft, Target, etc...

1st Grade - Eat Out or dine In: Restaurant, Ice Cream, Pizza, Bakery, etc...

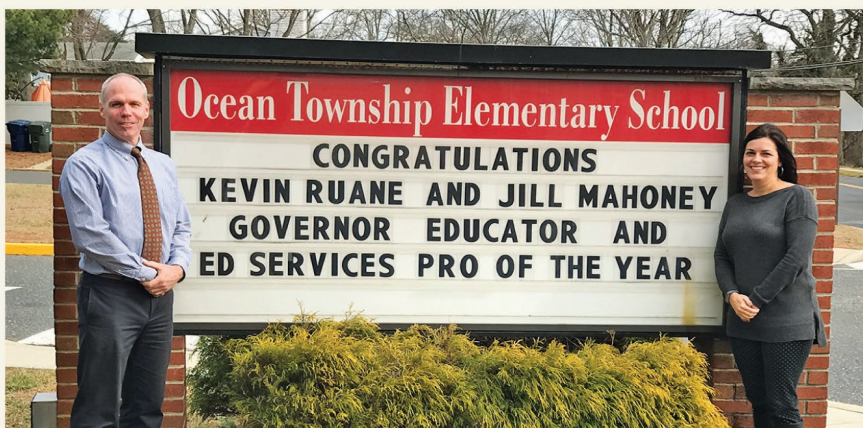
2nd Grade - Around The House: Home Depot, Lowes, Home Goods

3rd Grade - Born to Shop: Mall, Outlets, Department Stores, etc...

4th Grade - Electronics: iTunes, Game Stop, Best Buy, Amazon, etc...

If you have any questions, please contact Tara Paulson at groovies13@hotmail.com

## OCEAN TOWNSHIP ELEMENTARY SCHOOL



Ocean Township Elementary School announces with great pride the Governor's Educator of the Year award winner Kevin Ruane and the Governor's Educational Service Professional of the Year Jill Mahoney. Mr. Ruane is a fourth grade teacher at OTES, who works with regular and special needs students in all academic areas. He has been teaching for the past 5 years, having found his true calling after a previous career in IT and Software Development. Mr. Ruane pioneered the MakerSpace movement in the school and across the district and runs the afterschool MakerSpace program. Mrs. Mahoney is an Occupational Therapist in the school, with 10 years at OTES and a previous 4 years working with the Bayonne Board of Education. Mrs. Mahoney is devoted to helping children with various needs improve their cognitive, physical, sensory, and motor skills to enhance their self-esteem and sense of accomplishment in the academic environment.

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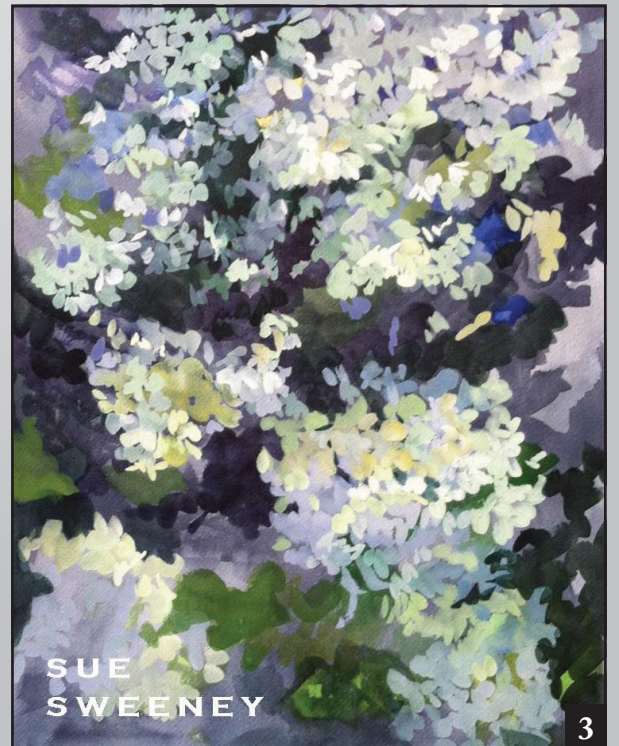
# AROUND TOWN

## 1) GOTCC Learn & Earn Networking Breakfast.

Members met at the Bacon Beach Grille to learn how to use ChamberMaster to improve their online presence for their business. For more information about our Learn & Earn Networking Breakfasts, please visit GOTCC.ORG.

2) Launch of a model rocket during CENJAR's monthly launch on January 6th at the Wall Township athletic field on 18th Avenue. This was one of over 40 different rockets that ranged from small rockets to large mid-power rockets. More info is available at cenjars.org or find us on Facebook.

3) The Grant Avenue Gallery will present a selection of works by fine artist Sue Sweeney titled "Color, Light & Form," running now through March 30. Sweeney is a fine art painter living and working in Navesink, NJ. She is currently represented by Kathy Donnelly at Beauregard Fine Art Gallery in Rumson, NJ. The Grant Avenue Gallery is located at the Jewish Community Center adjacent to the lobby of the Axelrod Performing Arts Center at 100 Grant Avenue in Ocean Township. Entry is free to the public and everything on display will be for sale. For more information on the exhibition, call 732-531-9106 or email info@axelrodartscenter.org.



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# Community DATEBOOK



**Now through February 3rd - Registration for Ocean Girls Lacrosse -**  
*Offering lacrosse to girls in Ocean Twp. and surrounding towns in Grades 1-8. We are an instructional/travel team, and no experience is required to join! Winter clinic starts Feb. 10; Season starts March 19, 2019. Visit our website for details and register online at [www.OceanGirlsLacrosse.com](http://www.OceanGirlsLacrosse.com); email us at [oceangirlslax@gmail.com](mailto:oceangirlslax@gmail.com)*

## **Beginning Saturday February 2nd**

### **Axelrod Contemporary Ballet Theatre Presents "The Jungle Book"**

*The Axelrod Contemporary Ballet Theater, Monmouth County's newest (and only) professional ballet company, will present the first performance of its 2019 season, the world premier of "The Jungle Book," on February 2 and 9 at 8:00pm, February 3 at 3:00pm and February 10 at 1:00pm and 5:00pm. For Tickets call the box office at (732) 531-9106 ext. 14 or visit [axelrodartscenter.com](http://axelrodartscenter.com)*

## **Sunday February 3rd from 12:30 – 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's launch will be Valentine's Day! Fly a red rocket. Bring your soulmate. Come see what a "blast" rocketry can be. New fliers and observers welcome! Go to [cenjars.org](http://cenjars.org) for more details.*

## **February 4th – 8th**

### **Tinton Falls School District 2019 – 2020 Kindergarten Registration**

*If your child will be 5 on or before October 1, 2019, please call (732) 542 – 2500 or visit [www.tfschools.org](http://www.tfschools.org) for more info.*

## **Saturday February 9 from 10am to 12 noon** (Snow date February 23)

### **CULINARY EDUCATION CENTER Hosts a Winter Open House**

*This is for high school and college aged students interested in a career in Culinary Arts. Come meet the chef instructors and learn how you can start a career in Culinary Arts. The Culinary Education Center of Monmouth County is a collaborative effort between Brookdale Community College and the Monmouth County Vocational School District. The school is located at 101 Drury Lane, Asbury Park, NJ 07712. If you would like to learn more about our program and plan to attend our Winter Open House on February 9 please RSVP to 732-988-3299*

## **Monday, February 11th at 7pm | Health Benefits of CBD Oil.**

*Join us at Nutrition and Weight Loss Ctr. of Ocean for an informative talk on February 11, 2019 at 7:00 pm. Call to reserve seat as space is limited. 732-609-3366.*

## **Saturday, February 16th from 9am to 1pm**

### **Healing Star Physical Therapy Wellness Center presents:**

#### **Introducing Deep Tissue Laser Therapy.**

#### **198 Brighton Avenue, Long Branch, NJ 07740.**

*A FREE Open House where you will be examined by a physical therapist and given a FREE Laser Session (4-10 mins). Call 732-272-1499 to schedule your free trial treatment and to reserve your spot.*

## **Monday, February 25th from 6pm to 8pm**

### **"A Taste of the Shore" – A Food & Wine Event**

#### **at St. George Cultural Center. 1033 West Park Ave., Ocean**

*A Culinary extravaganza featuring the Jersey Shore's Finest. Tickets: \$50 in advance or \$60 at the door. Please contact Maria Conery at 732-272-7946 or [kazouka@hotmail.com](mailto:kazouka@hotmail.com)*



## Health and Wellness for Children

*By Dr. Jessica Golden*

Does your child wet the bed at night? Does your child constantly tell you they have to go to the bathroom, even if they only went 30 minutes ago? Does your child hold back their poop and wait 2 or 3 days to go? Does your child complain of tummy pain related to having to go to the bathroom? Does your child pee a little when they giggle or do a jumping jack? These are bowel and bladder issues that can be fixed with physical therapy!

With the beginning of the new year, it is a great time to kickstart your family's health. Kids are not immune to having different bladder, bowel or pelvic issues, and this includes children at all stages of development. At Inner Dynamics Physical Therapy, we have a team of pelvic health physical therapists with pediatric training that treat children of all ages - from infants, to toddlers, to children at potty-training age, school-age, and puberty-age.

Normal bowel and bladder control varies, however, by age 6, in a typically developing child, there should be good daytime and nighttime control. At this age, your child should feel when their bladder or bowel is full, and have control of the muscles to go to the bathroom or avoid going to the bathroom if no restroom is available. Daytime dryness typically occurs before nighttime dryness by 10 months. Children can typically hold their bladder for 3-4 hours throughout the day, and by age 7, the bladder is fully formed and children develop more adult patterns, voiding up to 8 times per day. Occasional signs of urgency or postponing going to the bathroom can be normal, but if it is a consistent pattern, it is best to address it early, as this can contribute to overactive bladder or constipation as an adult. If your child is straining to go to the bathroom or complains of trouble trying to go to the bathroom, that is not normal and should be addressed. Constipation is actually the number one cause of bedwetting in the pediatric population, and this can be worked on with a pelvic physical therapist.

More specific examples of some issues that we treat include incontinence (with pee or poop), difficulty feeling bladder or bowel fullness, voiding problems (difficulty getting pee or poop out), retention (not emptying completely), bedwetting, pain (associated with having to go to the bathroom or general pelvic pain), frequent urinary tract infections, and constipation.

Pelvic physical therapy is a conservative treatment route that provides an abundance of education, as well as physical interventions and activity modifications to address various issues. It's important to know that there are other options to help your child with pelvic health besides medication or just waiting for them to outgrow the problem. There are steps you and your child can start right away to make changes.

Each child is different when it comes to their experience with their bladder, bowel and overall pelvic health. When seeking treatment from a pelvic physical therapist at IDPT, we provide one-on-one care with all our patients and families to address each and every need, which varies tremendously from one child to another. We will take the time to learn in detail about your child's medical history from birth to their current state in order to formulate the most optimal treatment approach.

Pelvic physical therapy will begin with an initial evaluation to discuss your child's overall health and wellness. Based on the assessment, an individualized treatment plan will be provided to address your concerns and put your child on the right track. Treatment may involve strengthening or stretching exercises, posture education, breathing mechanics with voiding, techniques to go to the bathroom without straining, techniques to reduce urges to go to the bathroom, biofeedback for pelvic floor muscle control and behavioral activities /changes.

**If you have any questions on how pelvic physical therapy can help your child, feel free to contact one of our specialized pelvic physical therapists at IDPT by calling us at 732.508.9926 . You can also give our office a visit at 1300 State Route 35, Plaza 2, Unit 102, Ocean, NJ 07712.**

*Thanks! We hope to hear from you soon!*



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# OCEAN TOWNSHIP HIGH SCHOOL ATHLETES OF THE MONTH



## MORGAN BARTLETT | BASKETBALL

My favorite sport to compete in is a tie between basketball and lacrosse. They are both really similar to each other and in tight games it is intense.

My favorite sport to watch is definitely basketball. It is such a fast paced game and scoring is always happening, so it is exciting and entertaining.

My favorite movie is probably Elf. Hahahah, it is cheesy, but I think it's hilarious.

A super power I wish I had would be to fly. Flying around to get from place to place would be awesome.

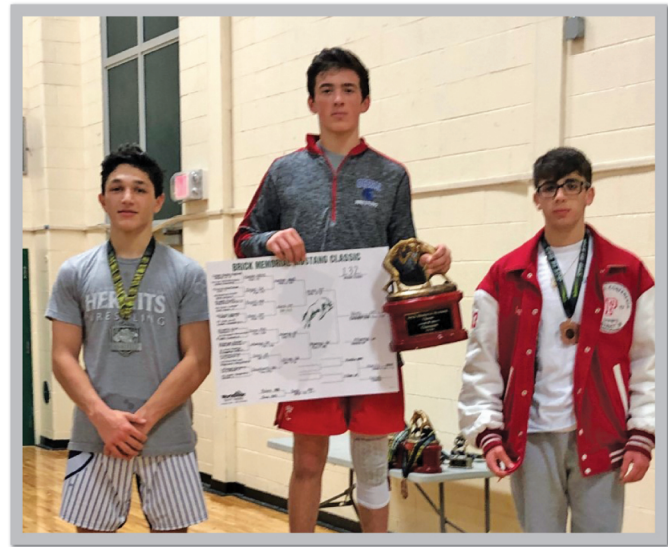
My choice for team MVP, would be Sarah Dente. She plays PG and helps us out tremendously. Her true position isn't point guard, but she is our best ball handler, so she has to take on that role.

My most memorable experience at OTHS, was when the boys soccer team won the State Championship. A lot of them are my good friends and to be there with our whole school at Kean University- watch them get something they worked so hard for, and to celebrate with everyone.

My role models are my parents. I look up to them in everything they do, they are my biggest supporters.

My plan after high school is attend Monmouth University and play college lacrosse.

**COACH'S COMMENT:** "Morgan is a throwback to athletes of the past. She plays 3 sports and while basketball is not her number one sport, she has excelled in our program for 4 years, becoming a 1000 point scorer earlier this season. Morgan plays very hard the entire time she is on the court and we rely heavily on her scoring and aggressiveness. Our team is drastically different when she is not on the floor. I am very proud to have had the opportunity to coach her and see her progress as a player, and as a result, our improvement as a program over the last 4 years." - Coach Michael Lazur



## JACK NIES | WRESTLING

My favorite sport to compete in is definitely wrestling.

My favorite sport to watch is football or wrestling.

My favorite movie is Step Brothers.

A Superpower I wish I had is super speed.

My choice for team MVP is A Gio Poniros.

Most memorable experience at OTHS might have been watching my former teammate and friend Jake Benner win a state title in AC.

My role models are my dad and David Taylor .

Not completely sure about my plans for after high school.

**COACH'S COMMENT:** Jack Nies is having a great junior year. He is currently 19-2. His hard work in the offseason and every single day on the mat is paying off. Jack makes everyone around him better. - Coach Cipriano Apicelli



## OTHS Band GIFT AUCTION

FRIDAY MARCH 22, 2019

We are inquiring about donations for our Annual Ocean Township High School Band Parents Gift Auction. We would love a donation to auction off or an ad for our ad journal to raise funds to defray the costs of instruments, instrumental repairs and uniforms. We are also trying to purchase a trailer to transport our larger instruments. To donate, or for more info please email: [OTHSMarchingSpartans@gmail.com](mailto:OTHSMarchingSpartans@gmail.com)

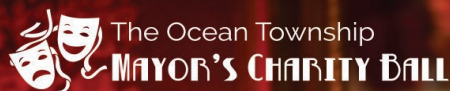


# NEWS YOU NEED TO KNOW!



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## SAVE THE DATE



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**Tinton Falls School District**  
**2019-2020 Kindergarten Registration**  
**February 4th-8th**  
If your child will be 5, or on or before October 1, 2019, please call (732)542-2500 or visit [www.tfschools.org](http://www.tfschools.org) for more information.

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### EATONTOWN GIRLS SOFTBALL | Ages 7-15 CONTACT TINTON FALLS LITTLE LEAGUE TO REGISTER IMMEDIATELY!

In 2018 Eatontown Recreation Softball merged with Tinton Falls Softball. All Eatontown Resident Softball players, ages 7-15, must register on the below website.

Register online: <http://tintonfallslittleleague.com/News/Id/32273>

This information only applies to Softball. Any information on the Tinton Falls website regarding Baseball is for Tinton Falls residents only. The Borough of Eatontown Baseball Program is administered by Eatontown Baseball. Any Eatontown Baseball Inquiries, please visit [www.eatontownbaseball.com](http://www.eatontownbaseball.com)



### SPRING SOCCER CLINIC



This program is open to Eatontown Boys and Girls ages 3 – 2nd Grade. This six-week program will take place at Meadowbrook School on Wyckoff Road – Saturdays April 13, April 20, April 27, May 4, May 11, May 18.

3 & 4 year olds, 9:00AM – 10:00AM • 5 & 6 year olds, 10:00AM – 11:00AM.  
1st & 2nd Grade 10:00 AM – 11:00 AM

This program is designed to introduce the game of soccer and improve game skills and knowledge. The format will include various skills, drills, and scrimmages. The focus will be on learning and improving soccer skills and having fun. Modified size goals and balls will be used. Each child will receive a t-shirt and a participation award. The fee for the program is \$60.00 per child or \$80.00 per family, per program. Checks must be made payable to the "Borough of Eatontown." For further info, call the Rec Office – 732-389-7607 or email [rec@eatontownnj.com](mailto:rec@eatontownnj.com).

Register online: <https://register.capturepoint.com/eatontown>



## CULINARY EDUCATION CENTER Hosts a Winter Open House

The Culinary Education Center is hosting a Winter Open House on Saturday February 9, 2019 from 10am to 12 noon. Snow date Saturday, February 23, 2019. This is for high school and college aged students interested in a career in Culinary Arts. Come, meet the chef instructors and learn how you can start a career in Culinary Arts. Students and their families can observe and tour the facility while having the opportunity to sample both cooking and baking demonstrations in the kitchens and bakeries.

There will also be a Valentine's Day Student Baking Competition. Open for our guests to observe.

The Culinary Education Center of Monmouth County is a collaborative effort between Brookdale Community College and the Monmouth County Vocational School District. The school is located at 101 Drury Lane, Asbury Park, NJ 07712.



If you would like to learn more about our program and plan to attend our Winter Open House on February 9 please RSVP to 732-988-3299



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# MONMOUTH REGIONAL

## HIGH SCHOOL ATHLETES OF THE MONTH



### TEYONCÉ WILSON | BASKETBALL

My favorite sport to compete in is basketball, because it requires a team effort.

My favorite sport to watch is football with my three little brothers. Even though they all like different teams.

I don't necessarily have a favorite movie, but my favorite genre would definitely be horror.

I wish I had the ability to read minds. I don't know exactly why, but it seems like it would be very useful.

My choice for team MVP would be Chloe Wilson, she's been working very hard and even though she's had her doubts, she's stayed 100% committed.

My most memorable experiences at MRHS would have to be when I obtained my Varsity letter Sophomore year. Also when I transferred here from a completely different school district, and was well liked and easily taken in by everyone around me.

My parents are my role models! They support me 100% with whatever. They love me endlessly!

I plan on going to college, and studying in the field of Forensic Sciences.

**COACH'S COMMENT:** Teyonce has been our steady force this season. We are incredibly young at the guard spot and she has worked hard to build the confidence of her teammates. She's been asked to do a lot this year, especially since she was injured all of last season. One of the things I am most grateful for is the effort she puts in to create an inclusive environment between both teams of the program. - Coach Laura Forbes



### CHRISTIAN SCHWARZ | SWIMMING

My favorite sport to compete in is by far Swimming.

My favorite sport to watch is Football.

My favorite movie of all time is Memento by Christopher Nolan.

If I could have any superpower I would choose flight.

My choice for team MVP is Brynn Dziemian. She always works very hard and never gives up. No matter the score of the meet, she never gives up, motivates others, and swims fast.

My most memorable experience was probably my first meet as a Freshman. After a very close meet, we ended up winning which was a great way to start the year as well as my four years of swimming for Monmouth Regional.

My role models are my parents. Having four kids and full-time jobs, both my parents work extremely hard to take care of my siblings and me. They balance so much every day and never seem to forget to do anything. I hope one day I can be as accomplished as they are.

After High School, my plan is to attend college and participate in ROTC. Upon graduation, I will serve our country in either the Army or the Navy.

**COACH'S COMMENT:** Christian is our team's high point earner. He is a versatile swimmer- I can put him in anything. But he excels at the individual strokes- butterfly, backstroke and breaststroke. He broke the school record in the 100 breast stroke with his swim at the Monmouth County championship meet. Christian is incredibly dedicated to the team. Despite going to MAST, he still manages to fit in practices and meets. He is incredibly deserving of Athlete of The Month! - Coach Audrey Dill



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FEBRUARY 8 | FEBRUARY 9 | FEBRUARY 10

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**MEMBER**

**THE RELATIONSHIP DOCTOR IS IN...**

*By Stacey Rose, PhD, LCSW*

*The Rose Relationship Learning Center, LLC  
 Ocean, NJ 07712 • 732-517-1177 • staceyrose.com*

Is your relationship in ill health? Does it need a check-up? If you are like most people, your relationship (especially if it's a long term one) may slip to the back burner at times...but DON'T LET IT!! The one person with whom you spend the most time is someone you take for granted now? That is not okay! Instead, I invite you to look deeper within yourself to identify what is going on for you. In other words, why don't you want to help your partner to feel special? (the way you did at the beginning of the relationship.) You may say, 'because he/she did all this to me so I can't go out of my way to make my partner feel good'. If that is the case, ask yourself why you are being reactive instead of truly sharing your feelings. For example, tell your husband that you are hurt that he forgot your birthday. Or tell your wife that you don't feel appreciated when she rarely asks about your day at work. Be vulnerable with each other.

take care of it, it (health, relationships, your car, anything!) suffers. I remind you that your relationship can be a source of comfort, strength, inspiration, love, connection and reward...don't you and your partner deserve this?

**Make your relationship one of your TOP priorities-ALWAYS!**

As Valentine's Day is around the corner, you can use this as an opportunity to renew the romance in your relationship. But you certainly can do this any day of the week or year too!

Remember, follow these rules and get your relationship check-up regularly! You will be glad you did!

**Sharing your honest emotions with your significant other can be a bridge that connects the both of you.**

Because 'life is short' and because there are numerous studies that have addressed what is REALLY important in life (and it's not fame or money-its family, relationships and feeling loved), isn't it worth it to devote time, energy, and conscious effort into your relationship? Many people hold onto hurts and resentments and oftentimes they forget why they are even angry.

**Let go and forgive.**

Too often, many couples neglect taking care of their relationship and as with anything in life, when we don't

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## **“YOUR CHANCE TO DANCE” NON-PROFIT GIVES GIFT OF DANCE TO CHILDREN FROM BOYS AND GIRLS CLUB OF MONMOUTH COUNTY**

**Your Chance to Dance, a non-profit, volunteer organization based in Monmouth County dedicated to giving all children the opportunity to afford dance instruction, hosted a dance lesson and holiday gift giving party with children from Boys and Girls Clubs of Monmouth County at Dance Mixx Studio in Tinton Falls on December 22, 2018.**

A fun and festive time was had by about 20 children, ages 5 to 10 years old, from Boys and Girls Clubs of Monmouth County's Red Bank location. They were taught a seven step hip-hop dance routine to Justin Bieber's rendition of Little Drummer Boy and then were presented surprise holiday gifts by the volunteer, teen dance instructors.

*“Every child should have an opportunity to explore the joys of dance. Sometimes the cost --- for lessons, shoes, and costumes -- prevents children from pursuing their dream of being a dancer. We remove that obstacle for children,”* said Kathy Dell'Anno, Executive Founder of Your Chance to Dance.

Doug Eagles, Executive Director of the Boys and Girls Clubs of Monmouth County, said, *“We seek opportunities to expand the horizon for our kids. Partnerships, like the one with Dance Mixx and Your Chance to Dance, open up new possibilities for their future, and we so appreciate them both.”*

Nicolette Dell'Anno, a 17-year-old high school junior who co-founded Your Chance To Dance with her mother and a friend, told the crowd, *“I have been dancing since I'm three years old. Dance is my way of expressing myself. It gives me confidence and strength that will help me in all aspects of life. I look forward to sharing my passion with you.”*

Ashley Mangan, a 16-year-old high school junior, is the other co-founder. She stated, *“I understand how expensive dance classes are for my family, and this is my way of giving back. My mom, a daughter of immigrants, was not fortunate enough to take dance classes as a kid. Her story has made me realize how grateful I am to have access to dance classes.”*

Your Chance to Dance introduces the fundamentals of dance genres to girls and boys, ages 5 -16 years old. Volunteers give free instruction in ballet, hip hop, and contemporary dance. Anyone who lives in New Jersey can register online. Classes are available at Dance Mixx Studio in Tinton Falls or at requested locations.

The idea for Your Chance to Dance was sparked a few years ago during a ballet class. A fellow classmate was not there that evening. The teacher asked if anyone found her ballet slippers. She told them the young girl could not return to class until her ballet slippers were found. Buying a new pair of ballet slippers was not in her parents' budget. We saw first-hand that the ability to pay for classes and dance attire can be a luxury many cannot afford.

**FOR MORE INFORMATION ABOUT YOUR CHANCE TO DANCE VISIT**

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# TINTON FALLS IN THE ^ SCHOOLS

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

## SPONSORSHIPS AVAILABLE FOR COMEDY NIGHT

The 23rd annual Comedy Night/Gift Auction fundraiser – the largest annual fundraiser hosted by the PTA to benefit Tinton Falls Schools – will be held at Jumping Brook Country Club on Friday, April 12. We are currently seeking sponsors for the event and donations for the many gift baskets that are raffled that evening. If you would like to sponsor the event or provide a donation, please call or text 201-851-4715. Thank you for your support!

## 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!

### Mahala F. Atchison School

Teacher of the Year: Maggie Moore (special education)  
 Support Staff of the Year: Maura Hennessey  
 Educational Specialist of the Year: Stacia Bryant

### Swimming River School

Teacher of the Year: Sam DeVito (special education)  
 Support Staff of the Year: Mary Preziose

### Tinton Falls Middle School

Teacher of the Year: Erin Gravatt (8th grade language arts)  
 Support Staff of the Year: JoEllen Wernikowski  
 Educational Specialist of the Year: Beth Allen

## MESSAGE FROM THE SUPERINTENDENT

Every day I watch our students continue to grow into mature young people. I am so proud of the amazing learning opportunities that our school district offers to our students. Each year we teach our students skills in various academic areas while helping develop their character as they become outstanding citizens of our school and community.

In the Tinton Falls schools, we celebrate a pillar of character each month. Our six pillars focus on trustworthiness, respect, responsibility, fairness, caring, and citizenship. During February, we highlight the pillar of fairness. We provide lessons to our students on what it means to be a fair person. When you are fair, you treat people the way you want to be treated, take turns, and tell the truth – even when the truth may be hard. We also teach them how their actions affect others in our schools, in our community, and in the world.

It is important that we continue to focus on these key life lessons as they become well-rounded individuals. We hope that these opportunities carry over into their lives even when they leave us in 8th grade and move on to their secondary school experience. Remember, your character always counts!

- Lisa Goldey

Superintendent of Schools | Tinton Falls School District



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**MONMOUTH REGIONAL**  
HIGH SCHOOL STUDENT OF THE MONTH



**EDUARDO MELENDEZ**

Favorite Subject: Math  
Most memorable experience at MRHS: Child Development Class  
Plans after high school: College  
Role Model: Mom

**TEACHER'S COMMENT:** "Eduardo is a senior student in my Foods 1 class. Every day, he goes above and beyond to patiently guide and help the students in the classroom. He even offers to help me when needed as well. Also, without hesitation, he immediately befriended new students that arrived at our school, and also has helped me tremendously with translation. He is a true example and role model of generosity, helpfulness, and kindness." - Ms. Dickinson



**OCEAN TOWNSHIP**  
HIGH SCHOOL STUDENT OF THE MONTH



**EMILY DORONY**

What's your favorite subject? *It's too difficult to choose between AP Environmental and English. Environmental really opens my eyes and I really love to write.*

What is your favorite movie of all time? *I could watch "Soul Surfer" over and over again. Bethan Hamilton is so inspiring.*

What is a superpower you wish you had? *I wish I could be invisible; I'd like to see, for example, what my mom does in her office.*

What has been your most memorable experience at OTHS? *Acting class has been my most memorable experience--everyone can be themselves.*

Who are your role models? *My parents, my siblings and my cross country and track coach have been and continue to be my role models.*

What are your plans for after High School? *I'd like to have a great education at the College of Charleston, achieve my cross country and track goals and travel.*

**TEACHER'S COMMENT:** "Emily's enthusiasm and positive outlook radiates each and every day as she enters the classroom. It has been my pleasure over the past 4 years to teach her science and witness the motivation she continuously has for learning and being part of the school community." - Mrs. Fulciniti

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AXELROD CONTEMPORARY BALLET THEATRE PRESENTS:

# THE JUNGLE BOOK

**AN ORIGINAL 'DANCE-MUSICAL'  
THAT'S AN EXOTIC FUSION OF EAST AND WEST**

The Axelrod Contemporary Ballet Theater, Monmouth County's newest (and only) professional ballet company, will present the first performance of its 2019 season, the world premiere of "The Jungle Book," on February 2 and 9 at 8:00 PM, February 3 at 3:00 PM, and February 10 at 1:00 and 5:00 PM.

"We're thrilled to announce the first in our upcoming series of exciting, fun dance events," says Axelrod Contemporary Ballet Theater Artistic Director and Choreographer Gabriel Chajnik. "The Jungle Book" is not your run-of-the-mill ballet! It's an original 'dance-musical' that's an exotic fusion of east and west in terms of music, culture and dance."

"The Jungle Book" is a wholly-immersive experience that incorporates lighting and modern projection technology with costumes and headpieces designed by world-famous artists, with an ensemble of live musicians, and a distinguished troupe of professional dancers.

According to Chajnik, "This relatively new dance genre complements and builds upon the Axelrod's outstanding reputation for musical theater. The story and the emotional content are relayed through projections, percussion and various dance forms, thus creating an integrated entertainment experience."

"The Jungle Book" is an exciting retelling of Rudyard Kipling's collection of stories about a boy adopted and raised by wolves, who fulfills his quest for identity, love, and belonging. "The Jungle Book," with ballet and contemporary choreography by Chajnik, will feature an exciting collaboration with classical Indian dance choreographer Sudha Shekhar Devulapalli.

The performance is unique in that it crosses traditional cultural boundaries in both music and dance, including original music by composer and sitar player Neel Murgai, juxtaposed with classical and folk music, as well as Bharatanatyam dance and contemporary ballet.

Performing live onstage, Murgai and tabla percussionist Shivalik Goshal are both members of the highly regarded Brooklyn Raga Massive. Music Director Jason Tramm is arranging the score and leading a small ensemble of exceptional string players.

This 'dance-musical' will feature Bharatanatyam dance, a type of classical Indian dance, choreographed by Sudha Shekhar Devulapalli, founder of the Kalanjali School of Dance.

A leading school for classical and contemporary Indian dance, the Kalanjali School of Dance has received numerous awards in dance competitions like the most coveted East Coast Bollywood dance competition, Naya Andaz, FIA and Naach Revolution to name a few. Devulapalli trained and received diplomas in both the Kathak and Bharatanatyam genres of dance from Prayag University in Allahbad, and she performed in India and abroad before starting her school in N.J.

The ballet will include sets designed by Fred Sorrentino, lighting by Erik Herskowitz, properties by Susan Bloir, costumes by José Solis, and masks and headpieces designed by Tentacle Studios, whose clients include Lady Gaga, Kesha, and the Royal Ballet.

To subscribe to the Axelrod Contemporary Ballet Theater's season or to purchase individual tickets, visit [www.axelrodartscenter.com](http://www.axelrodartscenter.com) or call the box office at (732) 531-9106 ext. 14.

Ticket prices for "The Jungle Book" are:

Premium Adult \$54; Regular Adult \$48;  
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Regular Senior \$40; Students \$26.

Group, senior and student discounts are available.

## ABOUT THE AXELROD PERFORMING ARTS CENTER

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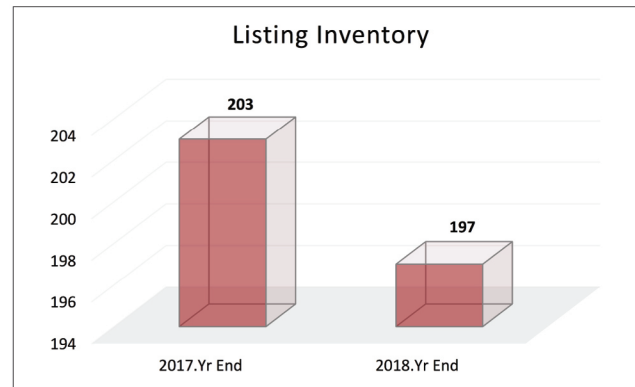
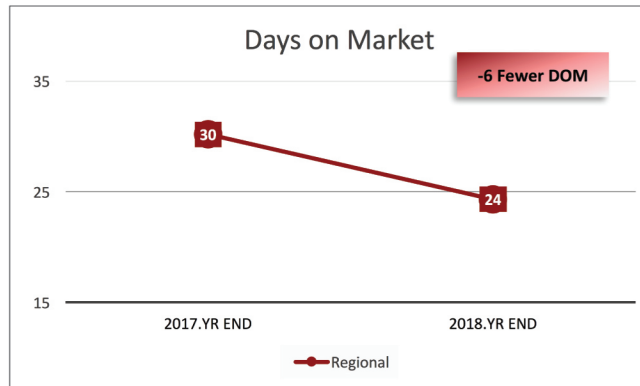
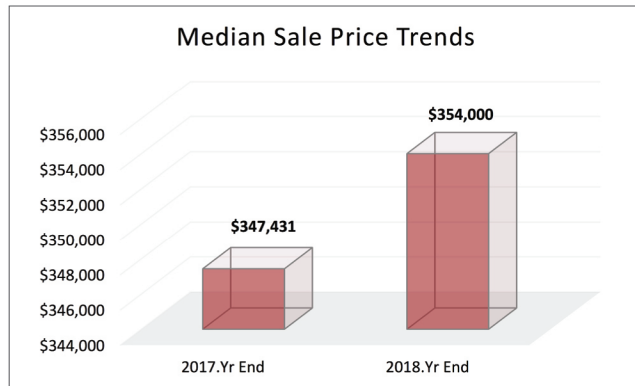
# REAL ESTATE TRENDS IN YOUR AREA

Political uncertainty, rising mortgage interest rates and a wavering stock market has added to the hysteria, making it difficult for prospective buyers and sellers to maintain a high level of confidence in the sustainability of the housing market. While it is virtually impossible to predict where the economy or real estate market is headed, understanding recent trends is key in navigating through any fluctuation of the housing market.

In analyzing 2018 home sale data for the combined municipal area of Ocean Township-Eatontown-Tinton Falls, we've seen mostly positive trends. Median selling prices increased by 2% and homes sold with reduced marketing periods (6 days less than in 2017). There was a reduction in the amount of homes being offered for sale (unsold inventory), which is a contributing factor to the slower pace of transactions that took

place (4% fewer). As a result of these conditions, there is only 2.5 months of supply within the region suggesting a strong seller's market for **competitively** priced homes!

	Year-End 2018	Yr-on-Yr Change
Total Inventory	197	-3%
New Inventory	32	-38%
Residential Bldg. Permits	127	67%
Contract Sales	929	-4%
Days-on-Market	24	(6)
Median List Price	\$362,497	3%
Median Sale Price	\$354,000	2%
List Price Retention	98%	-
Months of Supply	2.5	-



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



**Jessica L. Petraccoro**  
 Director of Analytics, Data & Economics  
 & Realtor Associate  
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# SALES DATA

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SINGLE FAMILY	SALE PRICE
8 Schuber Pl, Eatontown	\$247,500
142 Delaware Ave, Ocean	\$278,000
35 Brown Pl, Ocean	\$295,000
2 College Ave, Eatontown	\$310,000
204 Shark River Rd, Eatontown	\$324,000
37 Throckmorton Ave, Eatontown	\$325,000
20 Wyckoff Rd, Eatontown	\$352,500
906 Darlene Ave, Ocean	\$359,900
437 Redmond Ave, Ocean	\$380,000
96 Augusta St, Tinton Falls	\$384,000
91 Branford Cir, Tinton Falls	\$387,500
15 Annapolis St, Tinton Falls	\$435,000
1303 Edgewood Ave, Ocean	\$440,000
243 Woodcrest Rd, Ocean	\$445,000
66 Clearview Dr, Tinton Falls	\$462,500
1 Columbia Dr, Tinton Falls	\$480,900
6 Deborah Pl, Ocean	\$485,000
18 Springhouse Rd, Ocean	\$512,000
406 Deal Rd, Ocean	\$550,000
13 Zachary Way, Eatontown	\$550,000
79 Glenwood Dr, Tinton Falls	\$560,000
29 Rozbern Dr, Eatontown	\$570,000
18 Shea Ln, Tinton Falls	\$630,000
15 Maidenstone Dr, Ocean	\$650,000
268 Roosevelt Ave, Ocean	\$830,000
1 Harvard Ct, Ocean	\$860,000
13 Phipps Pl, Tinton Falls	\$877,222
21 Phipps Pl, Tinton Falls	\$910,875
4 Magnolia Ct, Ocean	\$480,000*
* Active Adult	
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11 Mainbraid Ct, Tinton Falls	\$230,000
7 Canidae Ct, Tinton Falls	\$243,500
154 Kyle Dr, Tinton Falls	\$255,000
5 Berkeley Pl, Eatontown	\$260,000
36 Kyle Dr, Tinton Falls	\$260,000
28 Forrest Ct, Tinton Falls	\$266,900
22 Forrest Ct, Tinton Falls	\$269,500
80 Cheyenne St, Tinton Falls	\$270,000
72 Maywood, Tinton Falls	\$272,000

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