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*In the middle of it all, pause and look around you.  
Appreciate what's beautiful. Take in the love. Nod to what's good and true.  
And then move forward one step at a time.*

- Kathy Freston







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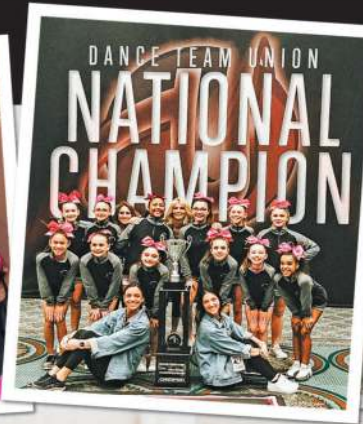
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## STRESS KILLS AND YOU ARE WORKING ON MY LAST NERVE!

Are you approaching a nervous breakdown?! Stressed out? Do the smallest things set you off? Feel like you are constantly under pressure? Are you losing sleep and not eating properly? Do you drive in New Jersey? The point is, you can not avoid it. Stress will find you and stress always results in illness. When we speak of a "nervous breakdown" or being "shot out", we are referring to a complete breakdown of our nervous system. Stress causes headaches, ulcers, heart disease, instant heart attacks, and numerous other ailments and diseases. Stress attacks the areas of your body that are weak due to previous injury or where you are genetically pre-disposed.

### 3 TYPES OF STRESS

Stress is defined by Wikipedia as 'the consequences of the failure of a human body to respond appropriately to emotional or physical threats, whether actual or imagined. It is the autonomic response to environmental stimulus.'

**1) Physical Stress** – This comes from taxing the body. Lifting heavy objects, poor posture while working, running a marathon and the weekend warrior are all examples of physical stress to the body.

**2) Mental Stress** – If you have a spouse, kids, a job, or are currently breathing, you have mental stress. This is the area of stress that people need to make sure they keep in check and manage properly. Without the proper outlet, mental stress can consume a person from the inside out and have disastrous effects. There have been too many examples of people exhibiting road rage, and climbing bell towers from being over stressed. Most importantly, long standing mental stress will result in sickness and disease.

**3) Chemical Stress** – This is the most overlooked source of stress. Chemical stress comes from drugs, alcohol, prescription medication and eating the wrong foods. All of which have side effects that result in chemical imbalances in the body. It is amazing how your body will perform when given the right fuel. As we all have a Mercedes Benz for a body, we should be feeding our bodies premium unleaded fuel. We do not run properly on regular unleaded, diesel, or kerosene fuel.

### FIGHT OR FLIGHT

When our body is confronted with stress, the "fight or flight" response of our nervous system is activated. The hypothalamus signals the adrenal glands to produce the hormones adrenaline and cortisol which speed up heart rate, breathing rate, blood pressure, and metabolism. Muscles contract and are put on alert, and pupils dilate to improve vision. The liver releases some of its stored glucose to increase the body's energy, and sweat is produced to cool the body. The body is now ready to either fight or flight.

Examples of events that cause immediate acute stress and fight or flight reactions are when you nearly avoid having a car accident on HWY 35, or are about to step up to the podium to deliver a speech. I remember scaring another doctor one morning in the office when no one was there. He was brushing his teeth over the sink in the x-ray room and didn't hear me come in. I'll never forget the look of horror as toothpaste ran down his face and he turned to stab me with his tooth brush. Long term chronic stress comes from coping with long standing events like going thru a divorce or constant work stress. This results in immune system exhaustion and causes illness. When this happens, the Nervous System senses continued stress and pressure and pumps out extra stress hormones over an extended period of time. The number one reason for adrenal gland malfunction and exhaustion comes from too much stress and too much coffee.

### HOW TO MANAGE? D.R.E.A.M

Yes, once again, the answer is Diet, Rest, Exercise, Adjustments and a positive Mental Attitude!!

**DIET** – Bad food contributes to stress. I see this everyday with my two kids. Grandma will feed them tons of sugar and then I come home to find the girls either bouncing off the walls or miserably cranky after crashing from their sugar high. Good, wholesome foods that are not processed or refined and are free from Trans fats and prevent our energy levels from peaking and crashing throughout the day. As a rule of thumb, food that was around in cave-man days (when there were no factories) is good for you.

When you are able to identify where a food came from such as apples, nuts, and carrots then chances are they are ok. Remember, there is no Dorito Tree.

**REST** – Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors. Most of your healing and repair takes place when you are sleeping. This is when the body recharges its battery. If you continue to deprive your body of sleep, your immune system breaks down and you get sick. It is recommended that individuals get 6-8 hours of uninterrupted deep sleep per night.

**EXERCISE** – Exercise is THE greatest stress buster. Regular exercise can change your life! A study conducted at Harvard University concluded that brisk walking at least 30 minutes a day could reduce the incidence of breast cancer in women by as much as 70%. A California State University study found that a 10 minute walk is enough to increase energy, alter mood, and provide a positive outlook on life for up to 2 hours. Exercise also helps regulate your

mood, helps you sleep more soundly and helps erase the little mistakes in our diet! For help getting started, call Focus Fitness—where we specialize in personal attention and goal attainment: 732.935.1000.

**ADJUSTMENTS** – Ever have a pebble in your shoe? Initially, you notice a slight irritation. Then minutes later, the irritation becomes an annoyance and then finally, pain becomes so overwhelming that you MUST do something. The pebble causes pressure on a nerve which results in the irritation and pain. Chiropractors locate and remove the pressure put on your nerves. The immune system fixes problems throughout the body using the spinal cord as a telephone system between your brain and the rest of your body.

However, in order to function properly, it is important that an open, clear phone line exists on the Nervous System, (telephone cord). Your heart, liver, kidneys, lungs and all your other organs can only communicate to your brain and immune system through the nerves (telephone wires) that innervate them. Chiropractic adjustments to the spinal column relieve the pressure of choked or pinched nerves caused by rotated vertebra. Since each bone in your spine is a freely moveable joint and we humans do crazy things and put ourselves in crazy positions, our vertebra rotate in and out of position all the time. You need to make sure that there is no interference on your phone line. Imagine living your entire life in a room where the lights are only on part of the way up a dimmer switch, when suddenly, you are totally amazed when a guest in your home turns the lights all the way up. This is what a chiropractic adjustment does. It is an increase in vitality and clarity, a clear telephone line! Anyone who has teeth should see a dentist; anyone with a spine should see a chiropractor. Do you have to? No, but think about how much more productive you'll be when the lights are fully on!

**MENTAL ATTITUDE** – Film footage exists of monks sitting unclothed in sub zero weather in the Himalayan Mountains of Nepal sweating as they meditate. Their power of mind over matter is so powerful that they are able to regulate their body temperature and sweat instead of freeze. Hindu and Buddhist monks believe that happiness relies solely in our minds and not in our external surroundings. With this theory in mind, your mental attitude affects your health. Ever know a miserable person? A person who is always saying that they are getting sick or coming down with something? A person who drains you of all your energy? What happens to these people? They get sick! The point is, if you think that you are sick and miserable, you will be sick and miserable. A positive outlook on life tends to leave you with, well, a positive outlook on life! Try to look at the glass as half full. Watch what you're thinking. Your outlook, attitude,

and thoughts influence the way you see things. Is your cup half full or half empty? A healthy dose of optimism can help you make the best of stressful circumstances. Even if you're out of practice, or tend to be a bit of a pessimist, everyone can learn to be more optimistic. Learn to think of challenges as opportunities and stressors as temporary problems, not disasters. Make time for relaxation. Be optimistic. Believe in yourself. Be sure to breathe. And let a little stress motivate you into positive action to reach your goals.

Stress is like a snowball. If you let it roll, it will gain speed, momentum and weight until you are over reacting making even small difficulties seem like major crisis. Take control! Only you yourself can prevent stress from spinning out of control. For example, rush hour traffic can either make you crazy with stress resulting in road rage, or you can make use of the extra time in the car by listening to a self help Podcast. You can also take the time to sit quietly and breath. You can process your day. You are unable to control the traffic, but you can control your response to it. Take control, because if you don't, stress will devastate you, and you will get sick and develop disease.

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—Dr. Raj Gupta



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# THE *Today Paper*

**APRIL 2020 - ONLINE ONLY EDITION**



First, and most importantly, I hope this message finds you and your family doing well.

Last week The Today Paper made a difficult decision not to print the April Paper. I apologize to those of you who look forward to receiving the paper in the mail each month.

Many of the ads in the paper were for events that have been canceled or postponed. Some of the ads were for businesses that have closed or are struggling to stay open. We did not feel comfortable sending out invoices to companies that are experiencing financial hardship.

The good news is that we have decided to keep The Today Paper rolling with an online only edition. **All ads in this month's online only edition of the paper are free for our advertisers.**

Our hope is that Today Paper Readers can enjoy this edition of the paper on their computer, tablet or phone. There is also an option to download a pdf of the paper in case you would like to print out 1 or more pages for an easier reading experience.

So... Please enjoy our April Edition, and please take a moment to sign up to our email list at: [www.thetodaypaper.com](http://www.thetodaypaper.com)

At this time, we are unsure if we will be able to mail out a May Edition of the paper. But, we are planning to create another online edition, and we will email you when it is ready.

So, until our next edition... please stay informed, be safe and be healthy! Make sure you take time each day to appreciate what we have, to smile and to laugh. We are all in this together and we will get through this!

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# MINDFUL SURRENDER

By Stacey Rose, PhD, LCSW, Psychotherapist

Yes, life is changing dramatically and quickly.  
Yes, it is fatal for some.  
Yes, it is scary.  
And yes, it is also an opportunity.

"What kind of opportunity could this be?" you may ask. It's an opportunity to look at what we can and cannot control. It's an opportunity to redefine that which brings us peace and joy. Maybe, before the corona virus hit the United States, we lived our lives without much thought about our community and public health. Now, it appears, we've been put in a situation that we must consider things we used to possibly take for granted. Maybe we have reconnected with the simplicity of life as we spend more time at home. Maybe you have done a puzzle or read a book whereas we could say 'BC' (before corona), you may not have had the time.

As this virus has spread and the anxiety too has spread, I offer you these words from Eckhart Tolle, a wise author and spiritual leader, "Is there a difference between happiness and inner peace? Yes. Happiness depends on conditions being perceived as positive; inner peace does not." - Eckhart Tolle.

So, in other words, we can still have inner peace despite the conditions around us. This is quite powerful. It reminds us that we always have choices and power. We can choose to stay in the moment and deal with only that which is in front of us, or we can allow our minds to get too far into the future (which we can't control) and have increased stress and anxiety. Yes, this may be easier said than done but it is entirely possible. It will require being more mindful (staying in this very moment and noticing all that is happening in your body, mind and surroundings) and also letting go of all that you can't control - surrendering.

Meditate, meditate and meditate more. Listen to music, play music, watch movies, read books, call friends and family. Write in a journal, or write that book. Paint, sculpt, draw, even if you think you can't. Tap into anything creative as creativity can heal our souls. And choose to mindfully surrender. Remember nothing lasts forever, not the good or the bad.

*We will get through this and gifts will appear as a result. Stay present, hopeful and safe my friends.*



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## Monmouth Regional High School **SUPERINTENDENT UPDATE**

### **RESPECT THE STORM**

Quick question: How many quotes about storms and life can you think of? From "dancing in the rain" to "weathering the storm" we are reminded about how life is hard sometimes, but we need to stay positive in order to bounce back afterwards. Well, not all storms come to disrupt our lives. Some come to clear our paths. Don't misunderstand me. I am on no soapbox. When we are amid stressful times at work or home, it's difficult to see beyond the issues. And when we see beyond those issues, what we see is often no better. It's like we just hold our breath until we can come up for air. That's reality. We have all been there. I get it.

But some of "our best decisions" have been thrust upon us, having little to nothing to do with our input. For example, losing a job only to find a better one where your passion and expertise are appreciated; having a falling out with some friends only to discover that you are a better version of yourself without them; getting the rejection letter from your top choice of universities only to have an amazing college career at a school where you could not imagine what life would have been like somewhere else. As Garth Brooks sang, "Some of God's greatest gifts are unanswered prayers" – but it takes a little struggle and time to recognize it. Our students must learn how to endure the struggle so clarity can be achieved. Too often the need for immediate satisfaction/answers cause our youth to make the poorest of choices – which is one reason my last two articles for the Today Paper focused on mental health. To assist parents and schools, the Monmouth County Mental Health Association created a Guide to Mental Health Services in Monmouth County.

**To view the Guide To Mental Health Services please visit:**

<https://co.monmouth.nj.us/documents/41/MentalHealthGuideJune2010.pdf>



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

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

*Until the next edition of The Today Paper...*



**Andrew Teeple**

**Monmouth Regional  
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# Crazy Days Indeed.... Most Peculiar, Momma!

Love him or not, John Lennon was an amazing songwriter and poet. His words reverberated back in the winds of change of the 1970's and 1980's, and continues to stand up today almost 40 years later. The song, **Nobody Told Me**, was his final Top 10 hit in the U.S., having been released after his death as part of the album "Milk and Honey". That song contains the lyric from my title above. It was written by Lennon for his fellow former Beatle bandmate, Ringo Starr, for a solo album of Starr's. However, due to Lennon's death, Ringo decided not to record it.

Like so many great songs, the lyrics of *Nobody Told Me* resonate with us because they reflect the moods and thoughts of everyday people like you and me. It seems lately that we all are living in an episode of *Candid Camera* when we read or hear the news these days, and I think Lennon the poet was trying to speak to that in this song as well as many others, including his legendary song, *Imagine*.

*Nobody Told Me* is a song full of dichotomies – statements that contradict themselves – making little sense, but providing lots of food for thought. These lyrics can be reflective of the times at any point during these past 40 years, or they can be meaningful to those of us who have conflicted thoughts or experiences. I've taken a few of the lyrics below, and tried to match them to present day life.

**Everybody's talking and no one says a word** - 24-hour news cycles are the norm, but who can we even believe these days?

**Everybody's making love and no one really cares** - Sex is everywhere and it sells everything, but are we really taking care of one another?

**There's Nazis in the bathroom just below the stairs** - White Supremacists march openly on college campuses; they're hiding in plain sight.

**Always something happening and nothing going on** - We're always super "busy" but are we actually doing anything meaningful?

**There's always something cooking and nothing in the pot** - People are rushing around to work, work, work, and yet so many have very little quality of life in return.

**They're starving back in China so finish what you got** - People in China make sacrifices to gain advantage over the rest of the world, but we're mostly consumers of their goods.

Strange days indeed!

This past week, the Dow Jones Industrial Average of stocks has fluctuated wildly, flying to new highs and falling to 52-week lows all within days of one another. The Coronavirus paranoia is behind a good portion of that, but a part of me wonders if there's been some intentional manipulation of the market by large, institutional traders or by those widely-traded companies themselves to create buying opportunities when the floor drops on the market. I know that's a cynical perspective, one which I normally don't subscribe to, but it's hard to explain the boom/bust over such a short period of time. One thing is certain, and that is that there is no certainty in the markets.

I was reading an article this past week where someone was explaining the difference between being "busy" and being "productive". The gist of the piece was that most people take too much time to contemplate or research how to accomplish a task. It could be a work task, or it could be something personal like taking time to muster up the courage to ask for help or guidance, or to admit to a failure. All of that time contemplating or researching is the act of being "busy". But at the moment when someone says, "I want to change my career path," well that's being "productive". There's too much busy time in the world today, and not enough productivity – take the U.S. response to the Coronavirus. 10 days before 18 states and the Federal Government have announced steps to protect citizens by emergency declarations and quarantining of patients and those in contact with patients, we all knew what was going on in other countries like Italy, Iran and South Korea. We certainly knew about Wuhan, China several WEEKS before. Members of the scientific and public health communities had provided studies showing how the community spread of Coronavirus would ultimately span the globe, yet our response was to hope it doesn't happen domestically. Of course it was going to spread in the United States! Over 300,000 people fly into or out of U.S. airports every single DAY. That's not even counting the other countries of the world, where the potential of coming in contact with someone flying into or out of the U.S. each day is very high. We are behind the curve in our response to this condition when compared to other nations. We talk, we discuss, we evaluate and often we produce, but many times it happens too late, and needless suffering (physically and financially) occurs.

My mother used to tell my brothers and I, "If you fail to plan, you plan to fail." Now, my mom is no John Lennon, but I like her phrase as much as any line in *Nobody Told Me*. Not so peculiar, Mom!

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## MONTHLY MUSINGS

BY PAUL J. ABRAMS





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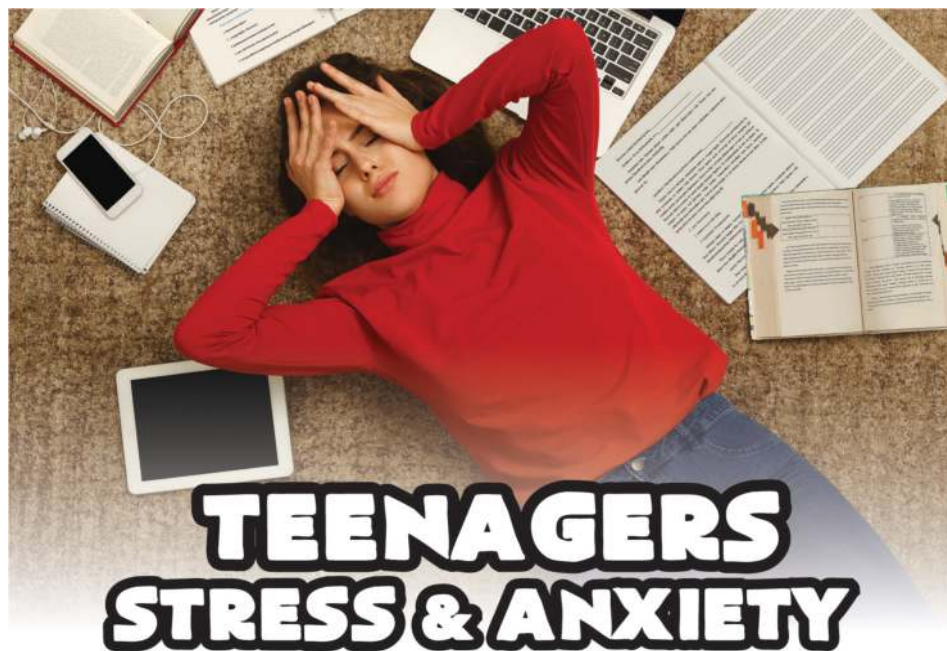


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# TEENAGERS STRESS & ANXIETY

When we hear the word stress what do we think? What is the first thing that pops into our heads when hearing it? For me it's a bunch of clashing colors assembled together moving around, attempting to somehow fit. Stress affects us all in different ways. I'm sure that most of us think of completely different things when hearing the word stress.

**Stress is defined as "the state of mental strain resulting from an adverse and/or demanding situation."**

Anxiety, which is often confused with or linked to stress is also something that affects the people who have it differently. **Anxiety is "a nervous disorder caused by a state of excessive uneasiness, which often comes along with compulsive behavior and panic attacks."** How do these two things affect us in our daily lives? And how do they affect our youth?

I anonymously interviewed a few teens from the area. 100% of the teens I interviewed said that they deal with stress and/or anxiety. There are 6 types of anxiety. **Generalized anxiety, social anxiety, specific phobias, obsessive compulsive disorder, post traumatic stress disorder and panic disorder.** I am clearly not a licensed professional but when reading the responses from the teens I interviewed, I found that almost all of them described experiences of generalized and social anxieties.

As teens, this is one of the most social points in our lives. We go to school everyday and are surrounded by copious amounts of people. Every one of the teens I interviewed said that school was a huge contribution to their stress. Today, we don't see the final grade at the end of each marking period. We see it everyday until the new marking period hits and then it just starts all over. Leaving us no choice but to focus daily on grades to the point of obsession.

The students talked about the stresses of keeping their grades up all the while having to socialize and maintain the image they believe or have been told to believe they need to follow. The debate about teen stress and anxiety for the people of my generation is the question if social media is a contributor to this stress/ anxiety that seems to be more and more common now at younger and younger ages.

Most of the female teens I interviewed said that social media puts body image standards at a high priority. For teen girls this is something they feel they need to keep up with and contributes to their stresses. Other teens say that they

use social media to cope with their stress. One of the teens I interviewed says that they watch funny tik-toks or youtube videos to lighten their mood.

As a teen, I experience stress and anxiety daily. It is often hard to keep up with school, music, and daily chores all at once while maintaining an active social media presence to boost streams of my music.

Many teens my age do extra-curricular activities, whether it's sports, a form of art, or even work. As young people who haven't fully learned the art of time management by this age, this can increase our stress when trying to balance these things out.

At times we may also forget about those among us who have trouble focusing. One of the teens I interviewed talked about how their ADHD prevents them from being able to 100% focus on the material in their classes thus causing even more stress involving school. This can be a lot for students with things such as ADHD or even students who may be on the spectrum or have learning disabilities.

These are just a few of the common stresses that teens have in their daily lives. We all feel stress and some of us may even have anxiety disorders. We need to be aware of the stresses our youth may be facing in this new and evolved world. People of all ages should help each other learn how to cope with these stresses so that our world can be less of a worrisome place. Things like yoga, exercise, and sleep can all be used as coping mechanisms.

Even now as I am writing this, I am confined to my house due to the coronavirus. This causes not only adults stress but our teens who haven't experienced something this global that has affected the US. Be patient with your teens and find fun things for them to occupy their time and get the coronavirus off their minds. In extreme cases however, you should reach out to a therapist or physician and consult them on you or your child's mental well-being. Coping with these stresses can only make changes for the better of our society.



Article Written  
By EmmaLynne DeRoss

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# DYSLIPIDEMIA: OUR MIS-DIRECTED TREATMENT EFFORTS

Evaluation and treatment of dyslipidemia (high cholesterol) has been totally mis-directed in the last 30-40 years. It's hard to believe, isn't it? The problem is not that we don't have great doctors treating patients, it's really because medicine is not keeping up with the latest research, unless it comes from a pharmaceutical company's clinical trials. We now have at our fingertips, a new and revolutionary approach to treating dyslipidemia. It's important to first understand what it is and how it is caused.

If we go to our PCP and get our yearly bloodwork done and it's discovered that we have high cholesterol, we are most likely looking at high LDL-C, triglycerides or VLDL and possibly low HDL-C. Of course, none of this is good, but if we are being treated from the results of a standard lipid panel, then we are seriously missing a lot of important information. This standard lipid profile does not tell us our risk for coronary heart disease (CHD). It's important to have advanced lipid testing as this gives us information regarding the functionality of each marker. Did you know that LDL-C and HDL-C each have five different forms? Some of the forms of LDL-C have no relationship to CHD, others have a direct effect. Some of the forms of HDL-C are cardioprotective, some are pro-atherogenic (contribute to atherosclerosis). So, if your doctor tells you it's great to have a high HDL-C, it's time to start asking some questions. Women should have HDL-C no greater than 70 and men no greater than 50.

Before treatment of any kind for dyslipidemia, we have to investigate the underlying cause, as most of the time, genetics is not to blame. In fact, genetics is the cause only 20% of the time. The three main causes (80% of the time) of dyslipidemia are:

- *Chronic poor nutrition resulting in metabolic endotoxemia. This includes macronutrients (food) and micronutrients (vitamins/minerals).*
- *Chronic infections. This can be bacterial, viral, parasitic or TB.*
- *Chronic toxic exposure. This can include exposure to heavy metals, pesticides, organocides, tobacco, arsenic in rice products, etc.*

So, let's talk a little about our lipoproteins. HDL-C and LDL-C are our first line of defense against the above 3 offenders. Their job is to bring these offenders to either our liver or lymphatic system to be destroyed. Once this happens, both LDL-C and HDL-C can become dysfunctional and then atherogenic. This means that LDL-C can change and become part of the plaque in our coronary arteries. If we had the information from an advanced lipid profile, we could know the

particle number and size as both are the best indicators for CHD. Small, dense particles of LDL-C with a high particle number will determine our risk for CHD much better than a standard LDL-C. When looking at HDL-C, it's important understand that these particles act like garbage trucks and deliver cholesterol to the liver. If HDL is damaged and cannot get rid of its cargo, it becomes "dysfunctional" HDL-C and can increase our risk for MI (myocardial infarction) 16 fold. So, how important is good liver function? How would we predict HDL functionality? We could use serum markers like myeloperoxidase, APOC3 and HS-CRP.

Clinical trials now show that a nutritional approach to dyslipidemia actually works better than traditional drug therapy (statins). Statin use can reduce LDL-C particle number by 30-50%. This commonly comes with some side-effects. Of course, there are times when a patient needs traditional medical treatment and functional medicine treatment. Did you know that there are actually 45 steps in the atherosclerotic pathway? Many nutrients/nutraceuticals can block these steps as shown by recent clinical trials at the Mayo Clinic.

- *Berberine*
- *Phytosterols*
- *Niacin*
- *Lycopene*
- *Quercetin*
- *Omega 3 fatty acids*

Of course, it's not just about taking a bunch of supplements. As far as that goes, it's important to know the right dose, the proper timing of supplements and the right combination of supplements. It's about cleaning up the diet and eating a healthy Mediterranean Diet to reduce your lipids and blood sugar and decrease your risk of CHD. Exercise is also a key part of this entire process. Exercising 60 minutes a day and making sure that includes 30-40 minutes of resistance work and 20-30 minutes of some cardiovascular exercise. If you haven't been exercising or you have some physical limitations, it's important to start where you are and build on that.

My clients are held accountable to their programs which include diet changes, micronutrient support and an exercise program. We do this through the use of a daily journal – this is key! It's time to start taking responsibility for your own health and educating yourself and your family about what YOU can do to change your health.

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## PHYSICAL THERAPY ESSENTIAL BEFORE AND AFTER TOTAL HIP REPLACEMENT

by Dr. Kimberly Breslin, PT

According to a study in 2014, it is estimated that about 400,000 people in the United States will have a total hip replacement each year, and this number is expected to grow! This type of joint replacement surgery has been performed over the past 60 years and is typically a very successful surgery. If you have been told that you are "bone on bone" and might need a hip replacement yourself, it is important for you to know how physical therapy can help.

### What is a "hip replacement," and why would someone need this surgery?

The hip joint is a ball and socket joint that connects the thigh bone (femur) and the pelvic bone (acetabulum). During this type of joint replacement, the injured or weakened portions of these two bones are removed and replaced with prosthetic pieces, usually made out of metal, ceramic, or plastic. An orthopedic surgeon may suggest that a total hip arthroplasty, or "hip replacement," would be beneficial if you have significant pain and stiffness with daily activities, such as walking, squatting, or putting on your socks and shoes, along with a medical evaluation indicating diagnoses, such as osteoarthritis or rheumatoid arthritis, a hip fracture, among other conditions.

### What happens to the muscles during a hip replacement surgery?

There are different approaches for this type of surgery. The type of approach will affect different hip and pelvic muscles, which will need extra attention during rehabilitation. This surgery often causes weakness in the glutes, hip flexors, deep hip rotators, and pelvic floor muscles. It is important that all of these muscle groups are rehabilitated correctly after surgery, in order to prevent future hip pain or stiffness. Sometimes, a person may have bladder or bowel leakage prior to a hip replacement, and sometimes even following the operation, due to how the related muscles are touched and moved.

### What kind of physical therapist should you see?

Our team of pelvic floor physical therapists at Inner Dynamics Physical Therapy specializes in assessing and treating the muscles and joints of the hips and pelvis. This is important to do both pre-surgery and post-surgery to increase success rates of returning to what you love. We are able to help with any pain or discomfort in the pelvic region, and we make sure to include targeting the small pelvic floor muscles, essential to your overall quality of life and help those who may experience the bladder/bowel problems mentioned above.

During your physical therapy session, you will work on regaining:

- Flexibility and range of motion of your hip
- Muscle strength of your core, pelvic girdle and legs
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# Turning Point Restaurants with The Kortney Rose Foundation raise over \$100K for pediatric brain tumor research

Annual dining event reaches over \$500K in cumulative donations



Employees of the Turning Point Restaurant of Little Silver gather with Kristen and Rich Gillette of The Kortney Rose Foundation to celebrate the huge success of the 11th annual Great Food for a Great Cause Fundraiser. Over the two day event, the Little Silver location raised over \$15,000 helping raise a record total of over \$106,500 for pediatric brain tumor research.

The Kortney Rose Foundation announced that its "Great Food for a Great Cause" event held at all locations of Turning Point Restaurants, the weekend of February 29, raised over \$106,000, setting a new record for the annual event. Celebrating its 11th year, the fundraiser's cumulative total has reached over \$516,000 in donations. This recent event marked further expansion across New Jersey and Pennsylvania, growing awareness of KRF's mission to raise funds for collaborative research on pediatric brain tumors, the number one cause of death by disease in children.

Restaurant patrons, who dined at any of the 19 Turning Point Restaurant locations and donated to KRF, received Turning Point gift card(s) for free entrees to be used on their next visit. The Turning Point operates restaurants at 12 New Jersey locations, 6 Pennsylvania locations and one in Delaware.

The money raised directly benefits research being done through the 17 worldwide collaborative institutions making up the Children's Brain Tumor Tissue Consortium (CBTTC). They share specimens and data to accelerate discovery of effective treatments and cures for children with pediatric brain/central nervous system tumors. The CBTTC is operated out of the Center for Data Driven Discovery in Biomedicine at the Children's Hospital of Philadelphia (CHOP). To date, KRF is approaching \$2.5M donated for pediatric brain tumor research in the memory of their daughter Kortney, who died from a brain tumor in 2006.

"Year after year our staff and patrons look forward to this fundraiser. Their efforts and enthusiasm has sparked tremendous generosity over the past 11 years helping us

raise over \$516,000 devoted to research to eradicate pediatric brain tumors," said Kirk and Pam Ruoff, owners of Turning Point.

"KRF is extremely grateful for the amazing support over the past 11 years from the Turning Point organization and their patrons, as well as the numerous KRF volunteers who help out with this event," said KRF's Founder, Executive Director and Kortney's mother, Kristen Gillette. "KRF supports collaborative research, and this event mirrors that collaborative spirit with dozens of volunteers spread across three states furthering our mission to help these children."

Please save the date to attend The Kortney Rose Foundation's 15th annual Kortney's Challenge 2 Mile Fun Run/Walk at Monmouth Park on Sunday, August 2, 2020. Hope to see you there. See [thekortneyrosefoundation.org](http://thekortneyrosefoundation.org) for details.

## About The Kortney Rose Foundation

Kortney Rose Gillette was a vivacious nine-year old girl with a winning smile and unparalleled zest for life. She loved playing with friends and animals (stuffed or real) and enjoyed school at Wolf Hill Elementary School in Oceanport, NJ. This didn't change even after her diagnosis of a terminal brainstem glioma. On April 27, 2006, four months after her diagnosis, Kortney lost her brave battle with this pediatric brain cancer. 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 supporting 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 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, operates the world's largest clinically annotated brain tumor tissue database and shares data via Cavatica, the first ever pediatric cancer data cloud pioneered by CHOP. These advancements are having implications for broader pediatric cancer and structural birth defect research through the National Institute of Health's Gabriella Miller Kids First Program with which KRF is a supporting foundation. <https://thekortneyrosefoundation.org/>

For event details or to schedule an interview, please contact Kristen Gillette at (732) 222-1491 or [kristen@thekortneyrosefoundation.org](mailto:kristen@thekortneyrosefoundation.org).

## About Turning Point Restaurants

The Turning Point restaurants were founded in 1998 by Kirk and Pam Ruoff, who opened their first location in Little Silver, NJ. Serving breakfast, brunch and lunch, Turning Point now operate 12 restaurants in New Jersey, six in Pennsylvania and one in Delaware, offering the finest in quality and freshness. Among the most recent accolades received in 2019 are NJRHA Golden Plate Award, "Best Breakfast, Brunch and Lunch" in New Jersey Monthly magazine; "Best Breakfast Bites" in Main Line Magazine and "Readers' Choice Award" in Philly Magazine. Each location is tastefully decorated with soothing natural colors, rich wood trim, lush live plants, large windows allowing plenty of natural light, comfortable dining areas, gas fireplaces, a private meeting area, a dining counter and outside seating for warmer seasons. Turning Point restaurants are open daily from 7:30 a.m. to 3 p.m. [www.theturningpoint.biz](http://www.theturningpoint.biz)



## REAL ESTATE SALES

OCEAN TWP | EATONTOWN | TINTON FALLS

February 21, 2020 - March 23, 2020

SINGLE FAMILY	SALE PRICE
51 Pear St, Tinton Falls	\$280,000
70 Oak Ln, Eatontown	\$284,000
1321 Unami Ave, Ocean	\$284,900
251 South St, Eatontown	\$295,000
1203 Logan Rd, Ocean	\$300,000
274 Shark River Rd, Tinton Falls	\$310,000
76 Plum St, Tinton Falls	\$315,000
4 Campbell Dr, Eatontown	\$317,000
28 Daniele Dr, Ocean	\$342,000
152 Monmouth Rd, Ocean	\$350,000
437 Park Ave, Ocean	\$379,000
407 Redmond Ave, Ocean	\$394,400
3 Violante Ct, Eatontown	\$420,000
50 Lynn Dr, Ocean	\$461,500
1304 Park Ave, Tinton Falls	\$465,000
1202 Franklin Ave, Ocean	\$470,000
25 Wellington Dr, Tinton Falls	\$480,000
444 Wells Ave, Ocean	\$500,000
21 Tilton Dr, Ocean	\$515,000
93 Wellington Dr, Tinton Falls	\$537,000
33 Heath Ave, Ocean	\$541,000
191 Larchwood Ave, Ocean	\$550,000
906 Interlaken Ave, Ocean	\$575,000
1206 Marion Ave, Ocean	\$582,000
5 Deborah Pl, Ocean	\$620,000
3 Harmon Dr, Tinton Falls	\$641,650
12 Harmon Dr, Tinton Falls	\$654,950
1636 FINDERNE ST, Ocean	\$660,000
52 Cloverdale Cir, Tinton Falls	\$665,000
270 Berger Ave, Ocean	\$705,000
21 Persimmon Rd, Ocean	\$497,500*
10 Enclave Way, Ocean	\$754,534*
65 Enclave Way, Ocean	\$1,031,810*

\* Active Adult

## CONDO / TOWNHOUSE

12 Beverly Ct, Tinton Falls	\$197,000
23 Jockey Ln, Tinton Falls	\$200,000
22 Jockey Ln, Tinton Falls	\$208,000
6 Jockey Ln, Tinton Falls	\$224,900
15 Juneau Ct, Tinton Falls	\$229,900
53 Players Cir, Tinton Falls	\$235,000
23 Iris Ct, Tinton Falls	\$245,000
24 Jake Dr, Tinton Falls	\$265,000
73 Madison Ct, Tinton Falls	\$279,000
711 Mill Pond Way, Eatontown	\$280,000
36 Richmond Ct, Tinton Falls	\$290,000
31 Dover Ct, Tinton Falls	\$294,000
33 Mc Kinley Dr, Ocean	\$299,000
38 Des Moines Ct, Tinton Falls	\$305,000
7 Hawthorne Dr, Tinton Falls	\$310,000
88 Beaumont Ct, Tinton Falls	\$317,000
16 Tanya Cir, Ocean	\$330,000
75 Mc Kinley Dr, Ocean	\$334,000
3 Samantha Dr, Tinton Falls	\$335,000
109 Daniele Dr, Ocean	\$337,500
11 Saint Paul Ct, Tinton Falls	\$340,000
16 Santa Rosa Ln, Tinton Falls	\$350,000
55 Mc Kinley Dr, Ocean	\$351,000
82 Old Orchard Ln, Ocean	\$385,000
50 Kyle Dr, Tinton Falls	\$405,000
11 Daniele Dr, Ocean	\$420,000





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# GIFT AUCTION

**FRIDAY MAY 1st, 2020**  
1961 Wayside Road, Tinton Falls, NJ 07724

**Early Bird Admission Price \$25 includes**

- 1 set of Tier 1 (25 tickets) • 1 set of Tier 2 (25 tickets)
- 2 Door prize tickets

*Additional tickets and bundles available night of event*


\*50/50\* \*Class Baskets\* \*Date Board\*

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**TO ORDER TICKETS OR FOR MORE INFORMATION**  
Call 848-456-4585 or email [TFCPgiftauction@yahoo.com](mailto:TFCPgiftauction@yahoo.com)  
Early Bird Ticket Requests must be received by Friday, April 17, 2020

Space is limited! Admission Tickets will be available for purchase (\$35) on the day of event ONLY if space allows.

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




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## IN THE SCHOOLS: OCEAN TOWNSHIP



### WANAMASSA ELEMENTARY SCHOOL

Students kicked off the month of March with Wanamassa's annual Read Across America festivities. Activities included a Pajama Day, a Plush Pet Day, Wacky Wednesday, Color Day, and last but not least, our Read Across Wanamassa Day, when the entire school dropped everything to read a good book in the hallway.

The Furry Angel Therapy Dogs returned to Wanamassa on March 4th for some story time of their own. Students in all grade levels read to the dogs and watched them perform, fostering a love of literacy for the students & canines alike. On March 11th, students enjoyed testing their knowledge & being put on the spot at the ever-popular Game Show Assembly.

### FUTURE CHEFS COMPETITION

On Tuesday, March 10, 2020, representatives from each of the district elementary schools (Wayside, Wanamassa, Ocean Township Elementary School and TOIS) competed in the Future Chefs Competition at the Township of Ocean Intermediate School. The event, sponsored by Sodexo Food Services, has celebrated children and their culinary skills for the past ten years in Ocean Township. The photo depicts the principal, Dr. Doreen Ryan and the three contestants from Ocean Township Elementary School, Ellie Panas, with a homemade "Mac and Cheese" offering, Javon Scurry, combining two American favorites into a "Pepperoni Pizza Hot Dog," posing with the OTES Cafeteria Manager, Marlena Miranda, and the winner of the overall school-wide competition, Quentin Wade, with a "Kale Pesto Spaghetti" featuring minimal preparation and ingredients. Quentin, or "Q," as



he is known to his friends and followers, will go on to compete in Regional and National competitions with his inventive recipe, that his mom says "he makes all the time." Congratulations to all of the OTES contestants, and the other schools. This was truly a celebration of children and their many talents!



### WAYSIDE SCHOOL

Wayside School celebrated "Read Across America" week with a special Wayside spirit week to bring together the school community while working to celebrate and foster a love of reading. Staff and students participated in a number of fun activities, including: "hats off to reading day," where students wore fun hats; "dress up as a favorite character from a book" day; and "Dr.

Suess" day, where students donned red, white, and black to celebrate the author's works. The Kean University football team even joined in on the fun, as players and coaches served as "guest readers" to many classes throughout the school. Students had a wonderful time participating in a number of exciting and engaging literacy activities throughout the week.

## IN THE SCHOOLS: TINTON FALLS



Lee Harper discusses his creative process at the Reading on the River presentation.



Second graders Ryan Schlegel, James Anderson, Lucas DeRosa, Lincoln Postert, and Jayden Jarvis enjoy the MFA book fair.

### PROMOTING THE LOVE OF READING

Students at Mahala F. Atchison School, Swimming River School, and Tinton Falls Middle School had the opportunity to enhance their love of reading while browsing for and selecting books at Scholastic Book Fairs held at all three schools in March. In addition, on March 6, SRS students participated in the annual Reading on

the River event – a day devoted to celebrating books and reading. Each grade focused on a reading theme that included activities, crafts, and food. Students also enjoyed an engaging presentation by children's book author and illustrator Lee Harper.

### SRS STUDENTS CELEBRATE THEIR HERITAGE

On February 19, Swimming River School students and families celebrated their various heritages at the annual SRS Multicultural Night. Designed to promote greater understanding of the diverse cultures present throughout our community, this festive event included international foods, music, performances, and an exhibition that displayed items and artwork representing various countries.



Students participated in craft-making as part of the event.



Fifth grader Owen Balczarek enjoys Multicultural Night.

### PTA GIVES BACK THROUGH CLASSROOM GRANT FUND

Each year, a portion of funds raised by the Tinton Falls PTA is designated for a grant fund, giving teachers an opportunity to apply for funding for needed items that benefit students in their classroom or grade level. Each application is

reviewed by the PTA and Board of Education. In March, grant funding was approved for special seating for classrooms, books and novels, robotic technology tools, legos, learning games, posters, mirrors for speech therapy, and more.

Stay connected with upcoming PTA-sponsored events via our Facebook page at [www.facebook.com/tintonfallspta](https://www.facebook.com/tintonfallspta) or website at [www.tintonfallspta.org](http://www.tintonfallspta.org)





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**The Associated Humane Societies in Our little town of Tinton Falls serves a good portion of Monmouth County and is located right in our backyard.** They have so many shapes and sizes and colors and ages of animals up for adoption. Pictured here is just a sampling of those adoptable's. Dogs: Abbie (top left) , Reeses (bottom left), Gigi (middle) and Charlotte (middle right). Cats: Cow (middle left), Sushi (top right) & Rocky the orange creamsicle (bottom right). All of these dogs & cats would be great family pets! Stop by and support local adoption!

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## Community DATEBOOK



### Eatontown Community Center Preschool

#### - Registration for the 2020-2021 School Year is Now Open!

The Eatontown Community Center Preschool, located at 68 Broad Street, currently has open enrollment for the 2020-2021 school year in both the Preschool and Pre-K classrooms ages 2 1/2 to 5 years old. Those who are interested are encouraged to contact the Eatontown Community Center Preschool at 732-389-7647 to either set-up a tour or to register. Teachers are CPR & First Aid certified and meet all state licensing requirements.

### Gift Auction at

#### Tinton Falls Cooperative Preschool -- May 1, 2020\*\*

TFCP is scheduled to have our Gift Auction on Friday, May 1, 2020\*\*  
Doors open at 6 p.m.

\$25 Early Bird Admission Price includes Tier 1 & 2 tickets. Date Board, 50/50, and Grand Prize tickets are available at the event! Must be present to win! Email [TFCPgiftauction@yahoo.com](mailto:TFCPgiftauction@yahoo.com) or call 848-456-4585 to order tickets and for any questions that you may have. Admission Tickets will be available for purchase day of event if space allows. Order tickets by April 17, 2020 for Early Bird offer.

Can't join us for the event but want to support our school? Please donate to: TFCP, 1961 Wayside Road, Tinton Falls, NJ 07724. TFCP has been part of the local community for over 45 years. All proceeds benefit the children and families served by Tinton Falls Cooperative Preschool throughout Tinton Falls, Eatontown, Ocean, Shrewsbury, Middletown, and the surrounding areas. We Thank You for your support, especially at this trying time!

\*\*Due to the Coronavirus, while TFCP hopes to have our Gift Auction as scheduled, we are already starting to put a plan in place for an alternative date. Please show your support by purchasing your Admission Tickets as soon as possible so we can best plan for our event. Your \$25 purchase/donation will help our school continue through this difficult time. TFCP is a 501(c)3 non-profit organization, and all donations are tax-deductible. Thank You!!

### Community Hope Fund (CHF): Grants for youth development

Ocean Township: The Community Hope Fund (CHF), a non-profit, registered 501 (c) organization dedicated to promoting positive youth development and supporting charitable needs in Ocean Township and neighboring communities, once again announces the Request for Proposals for its Youth Development Grant Program. Through this program, CHF supports local initiatives that employ innovative and research-based models to promote youth development. Specifically, CHF is looking for local programs that build "Developmental Assets" in youth. These assets are the 40 positive experiences and personal qualities that help determine whether youth make good or bad decisions.

This year, the Community Hope Fund will award grants to organizations within a 20-mile radius of Ocean Township. CHF requests that applications be designed to be inclusive to the community as a whole. The application form is available at the Township of Ocean Human Services Department, 601 Deal Road in Oakhurst, right next to the township library. Also, applications can be downloaded from the Community Hope Fund website, <http://oceantwp.org/CommunityHopeFund>.

Applications are to be sent to Grants Committee, P.O. Box 263, Oakhurst, N.J. 07755 and must be postmarked by May 26, 2020.

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## AROUND TOWN

**1) Members of the Asbury Park Rotary Club assisted Habitat for Humanity on a House Project in Asbury Park on Saturday, February 29.** The house had been under construction with the help of volunteers for a little over a year. The home has been awarded to a single mom with four children after an extensive application process. Habitat for Humanity has been providing a mortgage free home approximately once a year for the last 19 years. These homes are built with 100% Donations and all Volunteers. Pictured: L to R - Kim Sambade (Habitat for Humanity), Rotarians Dina Blackwood, Sylvia Chioffi, Paul Annunziata, Steve Twiddle (Project Manager), Joe Tomaino, Jim Blackwood, Amy Peardon, Sandy Brown, Marta Quinn, Gary Englestadt and Jeff Bassett.

**2) Local Musician Vianna Rose recently released her new single titled "I.Know. You" on Spotify, Amazon Music, Google Play, Deezer, Apple, Iheartradio, Napster, iTunes. Congratulations Vianna! The Today Paper is really digging your new tune!**

**3) On February 19, fans of Charlie's Band enjoyed a lively selection of jazz music performed by Mike Carino, Brad Mandigo and bandleader Charlie Ruggirello.** The event was held in the Terner Gallery at the Township of Ocean Library. This is just one of many programs supported by The Friends of the Township of Ocean Library. For more information on upcoming Friends and Library events, or to become a member go to [www.friendsofoceantwplibrary.org](http://www.friendsofoceantwplibrary.org)

**4) Ocean Township Elementary School's Carnival was a spectacular event this year, and the biggest hit of the night was the teacher pie-in-the-face station!** Money raised during that activity was to benefit a local pediatric cancer patient and the OTES PTA. Thank You to the teachers for being such good sports. The kids also did traditional carnival games, won prizes, had their faces painted and so much more.

**5) Congrats to Ocean Township Elementary School's teacher (and now temporary district elementary math supervisor), Rich Steckhahn, for being named a WRAT-FM Teacher Who Rocks in mid-February!** Several parents nominated him because we've always known he rocked...it's just further validation of his creativity in the classroom and his dedication to his students — and beyond!





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