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April/May 2023

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PUBLISHERS: *Paul & Jessica Petraccoro*
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RECOVERY

By Brad Czaszynski, PT, DPT | Atlantic Physical Therapy Center

One of the hottest topics right now in the worlds of athletics and rehabilitation is that of recovery. We are all looking to recover faster, and when looking at sports we are looking to gain an edge over the competition. There are now entire clinics dedicated to this, with whole body cryotherapy chambers, infrared saunas, pneumatic compression sleeves, and float tanks. All of these make fantastic sounding claims about what they are able to provide (at a hefty price of course), but what is actually going on? A book, "Good To Go" by Christie Aschwanden, looked at all of the science behind different ways to recover. Science can be confusing to look at and many times is purposefully that way so that claims can be made to support the use of something. This idea became popularized in the 80's and 90's with sports drinks performing their own research that showed that you NEEDED their product to be able to compete with others. The research was performed in ways that the only possible conclusion was that said sports drink was required to replace the fluids lost during exercise. One such study involved taking subjects, having them fast for 12 hours overnight, giving one group a sports drink and one group water, and then had them run and looked at which group did better. Of course, the group that drank water with salt and sugar would do better than the group that has only had water for the last 12 hours.

I am going to focus the bulk of this article looking at two specific recovery modalities, cryotherapy chambers and float tanks. I have already written one of my articles on the use of ice vs heat. As a quick recap, the use of ice has reduced in recent years as research (legitimate research) has shown that icing, by reducing inflammation, may actually impair recovery and delay the healing response. Icing can reduce the pain of swelling, but it does not accelerate the healing. This has shown to be true for icing an injury as well as the use of cold tubs, contrast baths, and cryotherapy chambers. Whole body cryotherapy chambers (refrigerator sized machines that can get down to -250 degrees F) were first invented in 1980 as a way to treat rheumatoid arthritis and other inflammatory diseases, but eventually made its way into general recovery. Nowadays clinics with cryotherapy chambers make claims that they super-oxygenate blood or super-chill the body. Research has shown these claims to be untrue. First, blood cannot be super-oxygenated as it is already at 100% oxygenated under normal conditions when leaving the heart. Next, when research looked at the skin and muscle temperatures before and after one of these sessions it was found that the skin temperature decreased between 4 and 14 degrees C and the muscle decreased by 1.1 degrees C (smaller than what is seen when just using an ice pack).

When looking at float tanks (small, dark chambers filled with a shallow pool of salty water), the high salinity of the water allows your body to float weightlessly and the darkness and quietness blocks out distractions. This in theory should result in you being able to relax your body and quiet your mind. According to one float tank website, floating "lowers stress hormones, replenishes neurotransmitters, and releases endorphins." Researchers have shown that floating can rebalance the sympathetic and parasympathetic nervous systems and has also been shown to reduce blood cortisol levels by 25%. One theory on how float tanks are actually working, also how modalities such as Norma-Tec and massage work, is that they actually force you to rest. By resting the body is able to recover and adapt, thus why sleep is so important for recovery (in fact the single most important factor for recovery).

Recovery is something that every athlete is looking to gain an edge with. There are more and more recovery modalities out there that make great claims. Ultimately the research for most things contradicts these claims and the most effective way to recover is to sleep enough and eat right. This is not to say that the modalities do not help. Many people do feel benefits from them, although this may be from placebo effects. Effectively, if you feel that they help you, then by all means go for it, just know that getting a good night sleep can get you as good if not better results.

By Brad Czaszynski, PT, DPT
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AGING AND SARCOPENIA: SHOULD WE BE WORRIED?

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

What is Sarcopenia anyway? Sarcopenia is also known as age-related muscle loss. An estimated 25% of 60-year-olds have sarcopenia and almost 2/3 of those 80 years and older have lost serious amounts of muscle mass, threatening a healthy lifespan and contributing to decreasing independence and quality of life. Most people think that our skeletal muscles only generate force and movement. Surprisingly, they also play a major role in our metabolism, circulation and cognition.

Skeletal muscle is the most abundant tissue in our bodies, making up approximately 40-55% of our body mass. It is also the primary site of insulin-mediated glucose disposal, glucose uptake and the main energy consumer of fat. Advancing age and sarcopenia is the primary cause of insulin resistance in older adults. This is because skeletal muscle is the major tissue where insulin causes glucose to be absorbed. Statistics show that elderly persons with low muscle mass experience delayed recovery after traumas, have a higher rate of complications and infections following surgery, suffer more drug toxicity reactions and higher disease-specific mortality. Since skeletal muscle acts as an endocrine organ with immune regulatory properties, sarcopenia can contribute to immunosenescence, or the gradual deterioration of the immune system, which is a leading cause of death in the elderly.

So, what can we do to prevent this progressive decline in muscle mass that sets us up for frailty and metabolic imbalance? In order to gain or maintain muscle mass, one needs to eat or drink an appropriate amount of protein. Minimally, we would need about 1.2 grams (gms) of protein per kilogram (kg) of body weight per day. Elderly persons or athletes may require 1.6-2.0 gms/kg of weight. So, a person with a weight of 150 lbs. can be converted to 67.5 kg. Depending on their age and activity, they may require 81-135 gms of protein per day. Protein intake can be in the form of lean organic or grass-fed animal protein, a protein shake (whey or plant-based) or plant-based protein (beans, tempeh, soy, tofu). In my office we use a plant-based medical shake (Metagenics Advanced Protein) that supports the nutritional management of sarcopenia by supplying essential amino acids, including leucine, to support the healthy aging of skeletal muscle. For more information and/or ordering go to **DrTrish.metagenics.com** for a one-time discount.

Exercise would be the other obvious way to maintain or gain muscle mass. Despite the well-known benefits of resistance training, less than 10% of those under the age of 75 in the U.S. participate in any muscle strengthening activities. It's quite possible that this low rate of participation is due to the fact that over half of those who do exercise end up getting injured. Conventional resistance training uses resistance at 70-85% of your one rep max. For many elderly persons, this type of training usually results in injuries. In contrast, low-intensity resistance training uses weights that are just 20-35% of your one-rep max. With this type of training, the risk of injury is largely eliminated. In many frail, elderly persons, even weights of just 1-2 lbs or just body weight are all that is needed to achieve benefit.

So, aging is inevitable for all of us but the way in which we age is definitely something we can influence.

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What Changed You?

By Stacey Rose, PhD, LCSW

If you stopped for a moment and reflected over your life, what moments stand out that you can look back and say they changed you?

For the better or the worse. The experiences that influence us are many, yet we can all likely remember many of them.

A defining moment is one where you are urged to make a pivotal decision; one that changes the trajectory of your life. Think about one where you chose a particular path that led you to where you are today. What if you had chosen a different path? Chances are your life would look quite different now. The point here is to acknowledge that you have made decisions throughout your life and had influences that contributed to who you are and how your life is going now. This is not about looking back and having regrets. Remember it has been said that hindsight is 20/20. Instead, this article is about looking back and identifying how these moments transformed you as a person.

Maybe you lost a loved one. Obviously, this is a life changing experience. How did your relationship with that loved one influence you? What memories do you have and cherish that you shared with them? All those memories contributed to who you are, not just the loss of them.

Maybe you had a school teacher who told you that you were not capable. What did you do with that message? Did you internalize it and believe it? Or did the anger you may have felt inspire and motivate you to be the best version of yourself? While we don't have control over other people, we always have control over how we respond to them.

Maybe you graduated from a school you didn't think you could get into; or you won a contest someone encouraged you to enter; or you married the person you never thought would be interested in you.. think about the feelings you had when this happened. These exciting and positive experiences certainly changed the course of your life. Defining moments don't have to be negative or tragic but also can be surprising and wonderful.

Here are some take-a-ways from life changing moments…

You are resilient.
You can deal with adversity.
You can adapt quickly.

Now consider what decisions you are making today that will influence your future. Certainly we can't predict the future but we can plan and set ourselves up for success with consciousness and intention. The definition of the word 'de-cide' is to kill off all other options. Choose wisely and mindfully.

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Dr. Alison Ankiewicz and Dr. Tamra Wroblesky

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By Dr. Chrissy Weber, PT DPT COMT

Hot flashes, mood swings, weight gain, sleep problems… sound familiar? What about vaginal dryness, pain during sex, and urinary incontinence? Menopause may be a normal process of life, but the symptoms can have a significant impact on a woman's lifestyle, emotional well-belling, and sexual health.

A pelvic health physical therapist can help manage and improve these symptoms by screening for orthopedic dysfunction in the spine, hips, or pelvis, discussing sexual ergonomics such as positioning or the use of lubricant, monitoring a woman's pelvic floor function, and teaching appropriate techniques to strengthen and retrain bladder habits.

Menopause is defined as the permanent cessation of menses for 12 consecutive months. This occurs due to a non-pathological deficiency of estrogen. The average age of menopause is 51. As a woman ages, the amount of ovarian follicles diminishes. As a result, there are not enough follicles to respond to follicle-stimulating hormone (FSH). This prevents the rise in luteinizing hormone (LH) and results in no ovulation. This leads to a decline in estrogen production and cessation of menstruation.

After menopause, over 50% of women may have vulvovaginal symptoms such as vaginal dryness, burning or itching. These symptoms can coincide with issues such as prolapse, urinary and/or bowel problems. Pelvic rehab can help in the management of pelvic pain, sexual health issues, pelvic organ prolapse (POP), and bladder/bowel dysfunction.

Menopause is caused by a drop in estrogen levels which results in no ovulation. Less estrogen makes your vaginal tissues thinner, less elastic, and more fragile. It also causes decreased vaginal discharge, lubrication and vaginal tissue dryness. This can lead to pain, a raw sensation, burning, or even bleeding with sexual intercourse.

Your medical provider may recommend estrogen suppositories and topical estrogen creams to "plump up" the vaginal tissue. Over the counter options are available too. This includes vitamin E and coconut oil to address vaginal dryness. The brands we typically recommend are Carlson Key-E, which is a vitamin E suppository, or Vmagic, a hydrating balm for external tissues. Lubricant is another treatment option to reduce friction in the vaginal tissue and improve pleasure. There are many different types of lubricant including water-based, silicone, aloe, oil, and CBD. A pelvic physical therapist can work with you to determine which lubricant is best suited for you.

One function of our pelvic floor muscles is to support the pelvic organs – the bladder, uterus, and rectum. As you hit perimenopause and menopause, the decrease in estrogen causes thinning of the vaginal tissue and weakness of the pelvic floor muscles. Due to the lack of support from your ligaments and muscles, you may experience a pelvic organ prolapse where one or more of your pelvic organs descend and press into the vaginal walls.

Symptoms can include pelvic pressure, the sensation of something "falling out" of your vagina, incomplete bladder emptying, urinary urgency and frequency, and a bulge at the vaginal opening. Usually, symptoms are worse at the end of the day due to the effects of gravity. A pelvic physical therapist can help you manage your intraabdominal pressure, avoid straining and constipation, teach pelvic strengthening, and modify activity.

Estrogen plays a huge role in women's health, including bone strength. Women reach peak bone mass by 35 years old when their skeletal system stops growing. After the age of 35, bone strength begins to slowly decline. As you may have guessed, around the time of menopause when estrogen levels decrease, this results in further increased bone loss. Bone mineral density is diagnosed by a dual-energy x-ray absorptiometry (DXA) bone scan. Your test results will be compared to a healthy young adult. A t-score between -1 to -2.5 is considered low bone mass (osteopenia) A t-score of -2.5 or lower indicates you have osteoporosis.

If you were diagnosed with osteopenia or osteoporosis, do not worry, there are multiple strategies to improve your bone strength. This includes medication, eating a healthy diet rich in vitamin C and vitamin D, fall prevention, and weight bearing exercises. As physical therapists, we can work with you to develop a comprehensive weight bearing exercise program to appropriately load your skeletal system in addition to balance retraining to reduce the risk of falls.

Inner Dynamics Physical Therapy is a pelvic health and wellness center located in Ocean, NJ with a skilled team of pelvic physical therapy specialists who work one-on-one with you to address your pelvic health and function. Depending on your personal needs and concerns, your plan of care will be tailored to your individual case. You can call our office anytime at 732-508-9926 with any questions or to make an appointment. You can also visit our website innerdynamicspt.com for more information about conditions we treat.

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MRHS

HALL OF FAME

WHY IS MONMOUTH SO GREAT?

By Andrew Teeple, MRHS Superintendent

Monmouth Regional High School is built on strong traditions of hard work, commitment, empathy, and acceptance. Students regularly excel in the classroom, on the athletic fields and on the stage. What students learn at the nest propels them towards future success. It is important that we recognize our current and past students to thank them for the pride that they have instilled within our halls. I am proud to announce the Monmouth Regional High School Class of 2023 Hall of Fame Inductees.

Congratulations to:

Erica Tranchina (2002)
Thomas Dambrisi (2007)
Robert Wymbs (1972)
Milton Goode
Maurice Williams (2005)
Timothy Schlittner (1999)
Jennifer Moses (Higgs) (1995)
Richard Bye (1988)
Leonard Rosanoff (1989)
Latonya Jackson (1990)
Dennis Dunbar (2000)
Steven Berner (2010)

These are exciting times in the falcons' nest. Become informed about Monmouth happenings and the particulars of the Hall of Fame Induction Ceremony by checking out our website (monmouthregional.net), Facebook page or following us on Twitter at: @MonRegHS and Instagram at: @MRHS_Athletics

Until the next edition of The Today Paper... be well.

Andrew Teeple

Monmouth Regional High School Superintendent

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Today Paper

OUTSTANDING STUDENTS

MRHS FALCON FOCUS

VENKATESHWARA MADDEBOINI

JUNIOR | MONMOUTH REGIONAL HIGH SCHOOL

What is your favorite subject?
History is something that you can't get bored with. It's like listening to a long story that all connects. I find it motivating that the people of the past molded a bright future using tenacity and hard work. Their resilience in war and dexterity in patriotic movements shaped the current world we live in.

Who is your favorite teacher?
I am unable to pick a favorite teacher since all of my teachers have shaped my academic skills. Rather than a single teacher, I believe that all the teachers I have ever crossed paths with are great people who have positively affected my life.

What has been your most memorable experience in High School?
My most memorable high school experience is probably my first time attending high school. Even though it was virtual, the experience is etched into my mind and is something I look back on.

Who do you consider a role model?
My role models are my Mom, Sravani Maddeboini, and my Dad, Ramulu Maddeboini. Since I was very young my parents have always been my role models. They taught me the meaning of hard work and moral character. I am very grateful to my parents for teaching me many lessons that changed my perspective on life.

What are your plans for after High School?
I plan to further my education in the field of technology and, most importantly, support my family. I am passionate about technology because it is the future, and I want to be a part of it. I want to pursue my passion and create a change and, like everyone else, I plan to be successful while doing it.

Teacher's Comments:

"I would like to nominate Venke for his consistent service to the school and his extracurricular achievements. Venke created, promoted, and continues to evolve the volleyball club. He has been able to attract kids from many different backgrounds and levels. He runs the meetings, leads drills and stretches and constantly comes up with ways to have fun and market the program. Venke is also involved in many other activities from soccer to Asian American Experience and Environmental club to name a few. He emulates what it is to be a true Falcon and is beyond deserving of this recognition."

- Mrs. Karen Kampf

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Sales Data for Ocean Twp, Tinton Falls & Eatontown from 3/19/23 - 4/18/23

SINGLE FAMILY	SALE PRICE
107 Grant Ave, Eatontown	$270,000
10 Clinton Ave, Eatontown	$328,000
244 Overbrook Ave, Ocean	$410,000
19 Homestead Pkwy E, Tinton Falls	$465,000
2025 Polbos Pkwy, Ocean	$470,000
1309 Woodlock Ave, Ocean	$510,000
1008 Grassmere Ave, Ocean	$535,000
35 Reynolds Dr, Eatontown	$545,000
1325 Laurel Ave, Ocean	$550,000
11 Flintlock Dr, Tinton Falls	$575,000
70 Reynolds Dr, Eatontown	$590,500
31 Hope Rd, Tinton Falls	$620,000
1110 Interlaken Ave, Ocean	$665,000
11 Barbara Ln, Ocean	$700,000
12 Blair Ct, Ocean	$728,000
317 Green Grove Rd, Tinton Falls	$752,000
9 Old Weathersfield Rd, Ocean	$760,000
32 Lambert Johnson Dr, Ocean	$875,000
9 Pond View Dr, Tinton Falls	$910,000
42 Green Meadow Dr, Tinton Falls	$951,000
712 Palmer Ave, Ocean	$984,750
1015 Berkeley Ave, Ocean	$985,000
1 Wallace Ave, Ocean	$1,150,000
602 Myrtle Ave, Ocean	$1,560,000
40 Sequoia Pkwy, Ocean	$638,000*
35 Majestic Dr, Tinton Falls	$910,000*
11 Mineral Springs Ln, Tinton Falls	$945,000*

** Active Adult*

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21 Gait Ct, Tinton Falls	$278,000
1 Des Moines Ct, Tinton Falls	$335,000
8 Jockey Ln, Tinton Falls	$340,000
21 Alameda Ct, Eatontown	$340,000
30 Gait Ct, Tinton Falls	$350,000
18 Terrier Ct, Tinton Falls	$350,000
38 Malibu Dr, Eatontown	$385,000
20 Karen Dr, Tinton Falls	$405,000
38 Michael Dr, Tinton Falls	$440,000

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JORDAN DOBIN

SENIOR | LACROSSE

OCEAN TOWNSHIP HIGH SCHOOL

What position do you play?
I'm a strict defender but I am playing midfield this year.

How old were you when you started playing lacrosse?
I started lacrosse when I was in third grade.

How is the lacrosse team doing?
Our team is doing extremely well. We have a pretty young team and everyone is stepping up to the challenge.

Who would you choose as team MVP?
I would say Grace Martel is the team MVP. She is one of the most skilled and humble players I have ever seen. She outworks anyone on the field by a mile and it clearly shows.

What has been your most memorable achievement as a lacrosse player at OTHS?
My most memorable moment was my junior year of high school when we played against Central Regional. It was a very tight game but with teamwork, communication, and motivation we were able to pull a win out of the game. The game was so back and fourth that it could have ended either way, but we got it done.

Who do you consider a role model?
Megan Douty is one of my biggest role models. She teaches me to stay calm, composed, humble and so much more. She is an amazing athlete and hard worker. I aspire to be just as great and dedicated as she is. I learn something new every time I train with her and I grow as a person and athlete more and more.

What are your plans for after High School?
I am super excited to further my career at San Diego State University. I will be majoring in communications.

Coach's Comments:

"Jordan Dobin is an outstanding athlete. She is one of the most passionate players I have had the pleasure of coaching. Jordan is a natural leader whose presence on the field cannot go unnoticed. Her passion for the game of lacrosse is something special and it has been amazing watching her grow as a player over the past few seasons. As a defender, communication is super important in order to be successful. Jordan is constantly talking and communicating with her teammates to help them be successful. Her communication and leadership have a huge impact on our team. She always steps up to help a teammate at practice and her teammates look up to her as a player.

Jordan always matches up against the opposing team's biggest offensive threat and she does a very good job against them. In addition to being a strong defensive player Jordan also has an impact on our offense. She has scored 14 goals, has 32 assists, 63 ground balls, 20 draw controls and has 58 forced turnovers! Jordan is truly an amazing athlete and I cannot wait to watch her play D1 lacrosse at San Diego State University next Spring."

- Coach Makenzie Staffordsmith

BLAINE GRAYSON

SENIOR | LACROSSE

OCEAN TOWNSHIP HIGH SCHOOL

What position do you play?
Goalie.

How old were you when you started playing lacrosse?
I had a lacrosse stick in my hand at a very young age, but started recreationally at 8 years old.

How is the lacrosse team doing?
The season has started off with some rust for sure. There is a lot of young talent on the team that needs time to develop, and we need to work on our physicality and mental fortitude. I definitely think there will be a clicking moment for our team, enabling us to go out there and win games that people may not be expecting us to.

Who would you choose as team MVP?
There is no doubt that Ben Girard is our team's MVP. He puts his body on the line and tends to score these "superhero" goals. At least one time a game, he will run through an entire defense in order to score a goal. Without him our offense would be extremely bland and have really no ways to score. He is our Offensive Captain and one of the most important pieces on our team.

What has been your most memorable achievement as a lacrosse player at OTHS?
Last year our lacrosse team finished with a strong win against Donovan Catholic. In this game, I broke the 300 save threshold, finishing with 306 on the season. With that, I broke the single season save record for my school.

Who do you consider a role model?
I look up to all of my siblings as role models. As all of my siblings are 10+ years older than me, I look up to them and the lives they are leading as adults in the real world. It drives me to become successful in my own way as well. They are also all extremely supportive of me.

What are your plans for after High School?
After High School I am planning to attend the University of Wisconsin-Madison for engineering.

Coach's Comments:

"Blaine Grayson is undoubtedly the leader of the Ocean Township Spartan lacrosse team. As a junior, in his first season as a full time starter, Blaine broke the school record for saves in a game with 27 and saves in a season with 306. His 306 saves were most in the Shore Conference in 2022. He was named 2nd team all B-North and honorable mention All-Shore by the coaches of the Shore Conference. As a senior, Blaine has surpassed all expectations and has continued to perform as one of the best goalies in New Jersey. It has been a pleasure to watch his growth and maturation as a player and as a leader. Blaine has continued the legacy of standout goalies at Ocean Township, and the impact he has on the team will be irreplaceable next year."

- Coach Thomas Ryan

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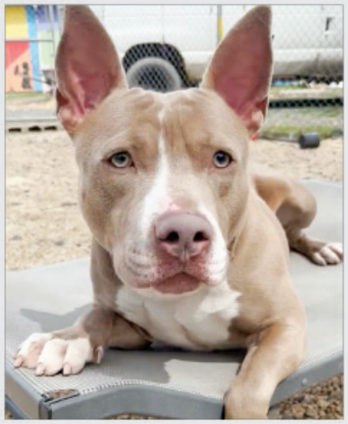

Adopt Markie Marc!

Markie Marc is just gorgeous, he has the most beautiful coloring, and those eyes... we're mesmerized. He's just 2 years old, 55 lbs, and nearly impossible not to fall in love with. He's dog friendly and wouldn't mind a home with older kids. Markie Marc is very close with the staff here and enjoys getting lots of belly rubs and snuggle time! He enjoys activities like walks and jogs which helps him burn his energy off! This boy loves treats, and affection and is genuinely a fantastic boy! Honestly, you are missing out if you don't adopt this boy!!!

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COMMUNITY HOPE FUND

Grants For Youth Development

The Community Hope Fund (CHF), a not-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,
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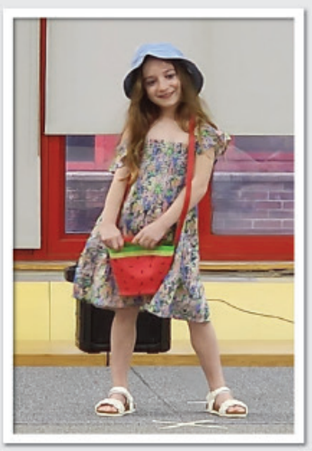

Children's Fashion Show

A Fundraiser to benefit the Tinton Falls Public Library

The Tinton Falls Public Library Association held a Children's Fashion Show fundraiser on March 25th at Atchison Elementary School. There was an excellent turnout despite the gloomy weather day. Students from the Tinton Falls Schools modeled outfits provided by the Gap in the Grove and they all did a wonderful job! The Academy of Dance Arts in Tinton Falls provided enjoyment at intermission performing several dance numbers. The attendees were able to purchase kisses and shout outs for the models and there were over 60 items at the silent auction tables. The proceeds from the fundraiser will be used to replace damaged materials and books at the Tinton Falls Library when it reopens.

Township of Ocean Intermediate School Hosts 8th Grade Dialogue Event

On March 3, the Township of Ocean Intermediate School held the first in-person Monmouth County Eighth Grade Dialogue since before the pandemic. Student leaders at middle schools from all over the county -- representing 27 schools -- were selected by their school administrators and teachers to participate in a question-and-answer panel about being middle school students in 2023. More than 150 people were in attendance.

The questions were easy but the answers were anything but! With empathy and sophistication in their responses, the teens did an outstanding job answering questions like:

What classes and activities do you wish your school district provided more of? What are your future goals? What do you think you may need help with in your transition to high school?

The honest, optimistic and articulate responses that probably got the most laughs were about the question, "If you were a new principal at your school, what changes would you make and why?" Some of the clever and creative answers got a few chuckles out of the dozens of principals, school board members and school superintendents in the audience.

School board member Mary Rose Malley of Howell has attended the Eighth Grade Dialogue events for years and said, "These kids were the best-spoken I have ever heard from!"

Ocean Township school board member Alix Hayes served as the moderator, and TOIS's choir sang the national anthem at the start of the night.

The event was sponsored by the New Jersey School Boards Association and the Monmouth County School Boards Association, one of 21 county groups in the state that meet bi-monthly to exchange ideas and talk about best practices in local school districts -- serving as a catalyst to expedite and initiate action among locally elected Board of Education members. There are nearly 450 local school trustees from 54 school districts in Monmouth County.

Ocean Twp's selected 8th grade student Nathalie Granados Rubio (middle) with Ocean Twp Board of Education Members Alix Hayes (left) and GraceAnne Talarico (right)

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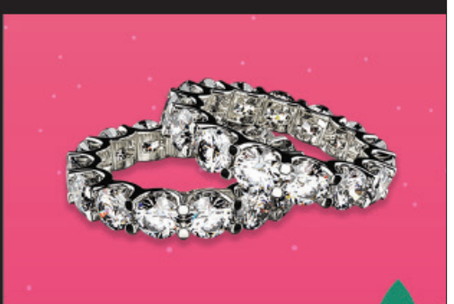

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