FREE!

June/July 2023

THE Today Paper

A FREE COMMUNITY PAPER FOR OCEAN TOWNSHIP, TINTON FALLS & EATONTOWN

Available online at: TheTodayPaper.com and Facebook.com/TheTodayPaper

PAGES 11, 21 & 23

MRHS & OTHS OUTSTANDING ATHLETES & GRADUATING STUDENT PROFILES!

PAGE 5

PET PHOTO CONTEST WINNERS!

PAGE 17

JERSEY SHORE Cake & Cookie CONVENTION

SEPTEMBER 22 - SEPTEMBER 24

SHOPPING | DEMOS | CLASSES | COMPETITIONS

PAGE 7

Sun's Out... Toes Out

By Jennifer Boudreau, PT, Cert. MDT

Atlantic Physical Therapy Center

Family First URGENT CARE

OPEN 7 DAYS A WEEK

NO APPOINTMENT NECESSARY

Eatontown, Oakhurst & Toms River

Over 40 Years Of Our Family Caring For Yours! | FamilyFirst-UrgentCare.com

NO JOB TOO SMALL OR TOO BIG! WE DO IT ALL!

WE DO IT ALL!

HANDYMAN & CONSTRUCTION CORP.

"Trust Is Just One Of The Things We Build Well"

Remodeling,
Alterations and Repairs

BBB A+

· Serving NJ All Year Round!
· Fully Insured & Licensed · Now Accepting Venmo

CALL OR TEXT 24/7 FOR YOUR FREE ESTIMATE!

Elliot The Handyman - Contractor

917-992-9330 · NJhandymanservice.com

ElliotBenDayan@gmail.com · LIC#13VH09886800

Scan Here To Contact Elliot

We Do It All...

- Appliance Installation
- Back-Splashes
- Bathroom Remodeling
- Cabinets
- Carpentry
- Caulking & Grouting
- Ceiling Repairs
- Cement, Brick & Stone
- Ceramic Tile
- Clogged Drains
- Concrete Installation/ Repair
- Counter-Tops
- Curtain & Picture Hanging
- Deck Installation/ Repair
- Light Switches
- Door & Window Installation
- Doorbell Installation/ Repairs
- Drywall Installation/ Repair
- HVAC Duct-Work
- Electric
- Fans & Fixture Installation
- Fascia/Soffit Repair
- Faucets Install/ Replace
- Fence & Gates
- Flood Lights
- Flooring: Hardwood, Vinyl, Tile
- French Drains
- Furniture Assembly
- Garbage Disposals
- Gutter Repair & Cleaning
- Insulation
- Kid's Closets
- Kitchen Remodeling
- Landscaping
- Locks & Knobs
- Mail Boxes
- Masonry
- Molding & Trim
- Painting & Staining
- Pavers
- Plumbing
- Power Washing
- Roofing
- Sheetrock
- Shelving
- Shower & Tub
- Siding
- Sinks
- Sump Pumps
- Toilet & Vanities
- TV Installation
- Walk In Master Closets
- Wall Paper
- Water Heaters
- Water Leaks
- Weather Stripping
- Wood Repair/Wood Rot
- *AND MORE!*

$25.00 OFF
ANY JOB
WITH OVER $100 LABOR
Offers Can't Be Combined. TP0623
FREE ESTIMATES

$50.00 OFF
ANY JOB
WITH OVER $250 LABOR
Offers Can't Be Combined. TP0623
FREE ESTIMATES

$75.00 OFF
ANY JOB
WITH OVER $500 LABOR
Offers Can't Be Combined. TP0623
FREE ESTIMATES

$100.00 OFF
ANY JOB
WITH OVER $750 LABOR
Offers Can't Be Combined. TP0623
FREE ESTIMATES

WHERE DID YOU GET THAT CHICKEN ??

Chicken Holiday

WANAMASSA CHICKEN HOLIDAY

VIEW FULL MENU -- WWW.CHICKENHOLIDAYWANAMASSA.COM

TAKE A BUCKET OF OUR FRESH CHICKEN:

TO THE BEACH, TO THE FIREWORKS, TO THE BALL GAME,
TO A BBQ, ON THE BOAT, TO A PROM PARTY!

We Salute Dads and Grads!

Chicken Holiday

CHICKEN, RIBS, SEAFOOD AND SO MUCH MORE!

SINGLE DINNERS & FAMILY PACKAGES!

PLAN YOUR PARTIES WITH CHICKEN HOLIDAY!

We Got Father's Day! Give Dad A Day Off!

Plan Now For Graduation Parties!

732-988-9272 | CALL AHEAD FOR SPEEDY PICK-UP!
OR ASK FOR DELIVERY! WE DELIVER FROM 5PM - 9:30PM

3316 Sunset Avenue, Wanamassa | Wednesday - Monday from 11am - 10pm | Closed Tuesdays

AM AND PM GLASS

Glass, Mirrors & Shower Doors

COMMERCIAL & RESIDENTIAL

FREE ESTIMATES!

CALL (848) 888-3712

IN SHOP REPAIRS

Screens, Storm Windows, Double Pane Windows

• FRAMELESS SHOWER DOORS • SLIDING SHOWER DOORS • STOREFRONTS • COMMERCIAL DOORS • GLASS TABLE TOPS • PLEXIGLASS & LEXAN
• INSULATED GLASS • TEMPERED GLASS • CUSTOM CUT MIRRORS • CUSTOM CUT GLASS • WINDOWS • SHELVES • PATIO DOORS • GLASS RAILINGS

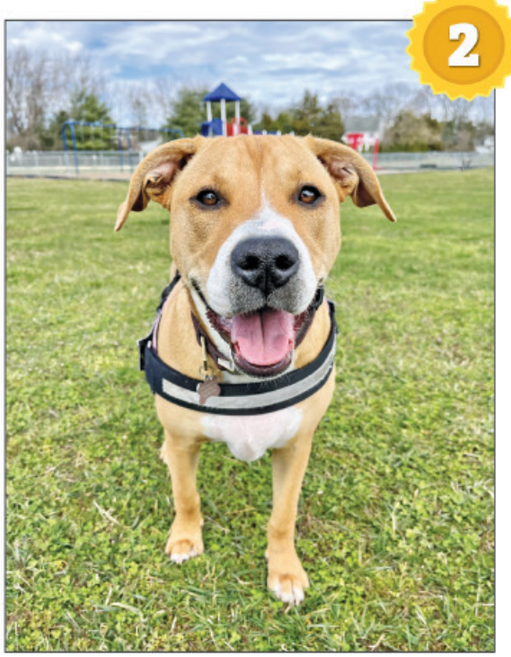
890 Broadway, West Long Branch, NJ 07764 | WWW.AMANDPMGLASS.COM
(848) 888-3712 | Fax: 848.888.3716 | Email: pmglassnj@hotmail.com

AM AND PM GLASS
Glass, Mirrors & Shower Doors

THE Today Paper

PET PHOTO CONTEST!

Winners!



1st Prize - TJ Erving with his cat Latke in Eatontown.

2nd Prize - Kelli Meyer's dog Bailey in Ocean Twp.

3rd Prize - Ellen Goldberg with her dog in Tinton Falls.

1st Prize - $50 Starbucks Gift Card | 2nd & 3rd Prize - $25 Starbucks Gift Card

TABLE OF CONTENTS

7 **Sun's Out... Toes Out**
By Jennifer Boudreau, PT, Cert. MDT (Atlantic Physical Therapy)

9 **Exciting News At Nutrition And Weight Loss Center!!!**
By Tricia Talerico, D.C., M.S., Nutr.

11 **Graduating Student Profiles From MRHS & OTHS**

13 **Congratulations To The Class Of 2023!**
By Andrew Teeple (MRHS Superintendent)

14 **Where Can You Find The Today Paper?**

15 **Prenatal and Postpartum Care**
By Dr. Tamra Wroblesky, PT (Inner Dynamics Physical Therapy)

17 **Jersey Shore Cake & Cookie Convention**

19 **Couples Therapy and Connection**
By Stacey Rose, PhD, LCSW

19 **Local Real Estate Sales Data**
Sponsored By The Katz Team

21 **Outstanding Athletes - OTHS**

23 **Outstanding Athletes - MRHS**

THE Today Paper

www.TheTodayPaper.com
Facebook.com/TheTodayPaper

PUBLISHERS: *Paul & Jessica Petraccoro*
email: info@TheTodayPaper.com

All advertisements published by The Today Paper are presumed true and correct. The Today Paper will not knowingly publish any information that is incorrect or is misleading to readers. All content is subject to approval by the publisher.

The Today Paper is owned and operated by Bright Side Design, LLC

Plan Your Dream Wedding!

JB

JUMPING BROOK
COUNTRY CLUB
Est. 1925

Jumping Brook Country Club is the premier wedding reception site in Monmouth and Ocean Counties, located just minutes from the Jersey Shore. We offer exceptional cuisine and gracious service set on a spectacular 225 acre championship golf course. Choose one of three lavish ballrooms in our 35,000 square-foot clubhouse. Our goal at Jumping Brook is dedication to the highest standards of quality. *Our personal touch and attention to detail will assure you that your special occasion will be a complete and memorable success.*

For more info please call 732-922-8200

210 Jumping Brook Rd, Neptune, NJ 07753 | www.jumpingbrookcc.com

ATLANTIC
Physical Therapy Center

Sun's Out... Toes Out

Hello Jersey Shore! We have made it through the colder weather (no snow this year), all the rain of this spring, and now we are on to sunshine and warmth. As the days get longer and the sun gets stronger what is one of our first inclinations? That's right... air out those feet. Because those toes are so special to us, we head out to the nearest salon and clean them up before digging deep in the closet to pull out the good ole flip flops. We just can't wait to get those "sun tanned toes tickling the sand". I am right there with you, but we want to make that transition to warmer weather footwear as comfortable as possible. Believe it or not jumping out of the closed in, but very supportive cold weather shoe wear and transitioning to the very flat and freeing flip flop or bare foot can sometimes result in pain. This is referred to the dreaded Plantar Faciitis.

Yes, I know you have heard the term before, but it is not as scary as it seems. Plantar only means the bottom of your foot, and faciitis only means there is an inflammation of the connective tissue in that area. The pain can be anywhere from the base of the toes all the way back in the heel. It can also be over the whole bottom of the foot or just in a pinpoint location. Other than the location of the pain, another tell-tale sign of this affliction would be significant pain when first getting out of bed in the morning or getting up from a chair after sitting. Unfortunately, there is no rest for the feet when walking as we always have to have one foot or another on the floor. This can further aggravate the irritation on the bottom of the foot and pain can become more constant during standing activities. If this occurs, compensation can arise during walking, work, and exercise activities, which can result in back or other joint pain.

Fear not! If you notice some of these symptoms, you can take some action to help decrease the pain and get back to your normal activities. During the first sign of achiness or pain on the bottom of your foot it would be beneficial to start stretching your calves. Improving foot and lower leg mobility can help to regain normal motion when walking or exercising. As the muscles and arch on the bottom of the foot have tightened it is also beneficial to roll the bottom of the foot with a lacrosse or golf ball. This will help to loosen the tissue and decrease some of the discomfort allowing improved walking mechanics and further decrease pain. As you are working on decreasing the pain and inflammation of course it is a good idea to wear a shoe with a bit more support until the symptoms improve. Optimally, in the warm weather that might be a sandal. Of course, there are certain flip flop brands which have more support than the super flat dollar versions which could be helpful. If the pain persists of course your friendly neighborhood physical therapist can help. Sometimes, the cause lies deeper than just the soft tissue and a person may require joint mobilization, passive range of motion, and mechanical assessment to fully get rid of the pain.

There are many reasons to acquire plantar faciitis, not just a change in shoe wear. Over the years individuals have come in with pain on the bottom of their foot from sport activities, wearing high heels, chronic flat feet, and arthritic syndromes. By no means are flip flops the enemy. They are here to be enjoyed, show off our pretty feet and help us to enjoy the summer. If you start to notice a little pull on the bottom of the foot as you increase your bare foot time and flip flop time, use some of the strategies mentioned in this article. Eventually, your feet will adapt, and you can enjoy the summer with your toes out!

By Jennifer Boudreau, PT, Cert. MDT
Atlantic Physical Therapy Center

Atlantic Physical Therapy Center | 732-663-9030 | www.atlanticptcenter.com/ocean

Towne Center Plaza • 2005 Route 35 • Unit 21 • Oakhurst, NJ 07755

SeaView
THE Jeep STORE
THEJEEPSTORE.COM
GO ONLINE TO SCHEDULE YOUR SERVICE APPOINTMENT!
NOW OFFERING:
• ONLINE SERVICE SCHEDULER
• ONLINE PART & ACCESSORY STORE
PICK YOUR SAVINGS:
10% OFF** VEHICLE SERVICE
**Maximum value: $150.00. Offer expires 8/15/23.
$170 2 YEARS/3 SYNTHETIC OIL CHANGES W/ TIRE ROTATES** (50% SAVINGS)
**Certain exclusions apply. Offer expires 8/15/23.
Now hiring technicians of all skill levels. Inquire today!
(732) 774-6500

EXCITING NEWS AT NUTRITION AND WEIGHT LOSS CENTER!!!

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

BIG NEWS #1

As a Clinical Nutritionist, there is nothing I enjoy more than being face to face with my clients. I feel that I am able to personally connect and get to know my clients' health journeys, struggles and road blocks. As you know, regaining and maintaining good health can be wrought with emotional, physical, behavioral and genetic challenges. Many of my clients battle autoimmune conditions, gut issues, hormonal imbalances, chronic pain, long haul Covid and weight issues. These conditions can seem so overwhelming that it is difficult to figure out where to start. Fixing intestinal permeability or leaky gut is commonly where we start to rebuild one's health.

Unfortunately, not everyone lives close enough to come to my office so I am currently starting a "virtual arm" of my practice. I have put together a comprehensive program that allows me to use diagnostic tools, such as InBody analysis and food sensitivities/candida/leaky gut evaluations. I am excited to offer this to clients that live out of the area or are just too busy to come to my office. Watch my Instagram and Facebook for upcoming details. We will also be posting on our website, Google My Business and Twitter.

BIG NEWS #2

Just in case you haven't heard, I am back to adjusting patients in my office. Chiropractic will always be a very important part of healthcare for everyone. Yes, chiropractic does take care of our aches and pains and that nagging sciatica, but it is so much more than that! Regular chiropractic care ensures that our spine and nervous system stays mobile and functions optimally. Every system in our bodies depend on messages from our nervous system. We cannot digest our food, move a muscle or pump blood through our heart without the nervous system. These are only a few examples of the power of the nervous system. So, when was the last time you had your spine and nervous system checked?

BIG NEWS #3

If you haven't heard yet…

Introducing an exciting new product, **HiPhenolic.** It is a high-concentration, purified polyphenolic blend that has been scientifically demonstrated (in clinical trials) to help with appetite control and satiety by increasing production of GLP-1 hormone in the brain and reducing ghrelin (hunger hormone) secretion. GLP-1 actually delays gastric emptying into the small intestine, so you can feel full faster and longer. **HiPhenolic** has also been proven to reduce blood pressure, lower LDL-C levels and improve our body's ability to burn fat efficiently. It is completely decaffeinated so there are no "jittery" side-effects. We have just begun to use this product in my office and are seeing promising results.

These are just some of the exciting new things we are doing at Nutrition and Weight Loss Center of Ocean. Check out our website, Instagram, Facebook and Twitter for updates, testimonials and education.

IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!

Tricia Talerico, D.C., M.S., Nutr.
Nutrition and Weight Loss Center of Ocean
Dow Plaza • 1819 Highway 35 North
Oakhurst, NJ 07755
732-609-3366
www.nutritionandweightlosscenter.com
drtalerico

Nutrition and Weight Loss Center of Ocean
Weight Loss · Metabolic Syndrome · Chronic Disease · Fatigue

HIGH QUALITY AUTO REPAIR!

S&S GULF SERVICE CENTER

Established in 1995 - Celebrating 28 years of successful business!

3655 Hwy 33, Neptune, NJ 07753

732-922-1956 | WWW.SNSGULF.COM

CARFAX ★★★★★ S&S Gulf Service Center 2021 TOP-RATED SERVICE CENTER CAR FOX

CALL TODAY & ASK FOR SYED!
OR, COME SEE US TODAY!

For the most accurate estimate on any service, take your vehicle to S&S Gulf Service Center for a FREE INSPECTION!

TAKE ADVANTAGE OF SUPER SAVINGS!

10% OFF A/C SERVICE
Expires 8/15/23 TP0623

CHECK ENGINE
FREE CHECK ENGINE LIGHT DIAGNOSTICS
Expires 8/15/23 TP0623

BRAKE SPECIAL
$25 OFF ON FRONT OR REAR FULL BRAKE SERVICE
Expires 8/15/23 TP0623

FREE BRAKES INSPECTION
Expires 8/15/23 TP0623

$10 OFF ANY FULL SYNTHETIC OIL CHANGE
Expires 8/15/23 TP0623

SUMMERIZATION SPECIAL
15% OFF
1. Flush Cooling System
2. Check Belt & Hoses
3. Check Leak in Cooling System
Expires 8/15/23 TP0623

WILD COUPON 10% OFF ANY LABOR

Get dental implants for missing teeth!

If you suffer from missing teeth and want to get rid of dentures - we have the right dental implant treatment for you!

EAT, SPEAK, SMILE AND LAUGH WITH CONFIDENCE AGAIN!

SCHEDULE A FREE IMPLANT CONSULT NOW! (732) 686-6337

We prioritize your trust and deliver high-quality dental healthcare using a customer-centered approach that ensures a comfortable and stress-free experience for all of our patients, young and adult.

MONMOUTH DENTAL ARTS

257 Monmouth Road, Building A,
Suite 6, Oakhurst, NJ 07755

(732) 686-6337

www.MonmouthDentalArts.com

MonmouthDentalArts@gmail.com

Today Paper Graduating Student Profiles

By Pablo (PJ) John Reyes

MRHS GRADUATING SENIOR, JUNE 2023

My name is Pablo (PJ) John Reyes. I am a graduating Senior at Monmouth Regional, who has been a Member of the Marching, Jazz, and Concert Bands. Monmouth Regional has not only influenced my future, but has also shaped me into who I am today.

This started off when I had joined the Marching Band. I was quickly welcomed by Upperclassmen and The Director at the time, Gerald Romano. I went into this program disliking playing an instrument and almost quitting, and now I am going to attend the Berklee College of Music to become a Music Educator. This program not only helped change my view on Music, but it also nurtured my passion for it.

As the years went on, I started to make bonds with others that I now consider irreplaceable. I started to gain experiences that I knew I would never forget. Unfortunately, when March of 2020 arrived, this time period came to an end. COVID-19 not only affected my education, but my personal and emotional lives. With the new Virtual setting I could no longer participate in MRHS bands, I could no longer see all the people I started to become friends with. It put me in an isolated and depressed state, that I know so many others had to go through.

Luckily as time changed, so did situations. During the Summer of 2020, I was finally able to preform with this Music Program again. Then, in November of 2020, I was made 1st Trumpet of the Monmouth Regional Jazz Band. This eventually led to me working up to audition for the All-Shore Jazz Band of 2021. I then happily got accepted as 2nd Trumpet of the A-Band. This helped me build up a great deal of confidence and made me feel more secure in my decision to further pursue Music.

As my sophomore year came to a close, I ended up getting braces. Although this was a great thing, it did heavily impact my passion for Music. With this new addition, it became extremely more difficult to play music, leading to me losing my musical confidence. I started to fall behind my other peers even though I continued to stay as one of the bands two Lead Trumpet Players. I started to put in less work and continued to struggle. But I was lucky to have those around me who continued to push me and make me want to be better. While no where near where I was, I was starting to get back into music and starting to re-kindle my passion for it. As the school year progressed and started getting closer to the summer, I was more than happy to know that our school was presented an award for "Best Trumpet Section" at our biggest Jazz Competition of the year.

Monmouth Regional's Music Program not only helped me discover my intense passion for music, it increased my desire to SHOW this passion to others. I would like to thank this Program and School for the opportunities brought to me and the memories that I can never replace.

By Anjan Bagchi

OTHS GRADUATING SENIOR, JUNE 2023

High school really flies by, doesn't it? It "feels like yesterday" that I went to freshman orientation. Now, I am finishing up my time as a student in the Ocean Township School District, capping off this 12 year segment of my life.

Well, four years has all but concluded. It may have seemed fast, but much has definitely happened. All this has led me to... my desk on a Monday night, writing from the perspective of a soon to graduate senior. I was invited to write this piece, yet it took a little while to find a path for the pen to take me down.

Thinking back on these past four years, high school has been a time of special memories, small and large. Of course everybody remembers prom, but I may always remember times like scoring a game-winning goal against Neptune during my freshman year. Even though the Covid pandemic robbed us of much of our high school experience, many fond memories were made hanging out safely outside (mainly at the turf) or even online, enjoying the presence of friends through virtual communication and video games.

While reflecting for this piece, I realize that one of the important elements of high school is to begin to create your adult self. Everybody enters as kids but may leave as a college scholar, soldier, or tradesperson. High school, simply put, might be the most important developmental period in a young person's life. When one enters high school, they have a limited idea of who exactly they wish to be. Yes, I knew that I enjoyed science class, but I didn't know exactly where I would end up. High school is where kids start to mold themselves into who they want to be. It is ultimately up to the individual to decide his or her personality and identity, and the high school experience helps fulfill this desire.

I arrived on the OTHS campus basically as the "Little Bagchi". I had the blessing (and burden of) being Nikhil's brother, with a list of achievements to live up to. Through high school, I became (and will be remembered as) Anjan. I was able to grow inside and outside of the classroom, going from a freshman most invested in hanging out and playing with friends to a senior scholar and leader. Freshman me probably would have never thought I would earn a Class Officer spot, let alone a position in charge of a committee. For me, I look forward to taking high school's lessons, experiences, and memories with me as I study engineering next year at the Rutgers University Honors College.

With graduation in less than a month, it is sad to look back and think that these times are almost over, and life will change greatly soon. The people we see every day may end up scattered all over. I guess that's just the natural progression of growing up. However, I may forever cherish my time at OTHS.

All Seasons
Restaurant • Diner

All Seasons Restaurant serves premium quality food at a great value. We're not your typical quick-service restaurant. We offer freshly cooked fine cuisine when you dine in. Come be our guest and enjoy the fast and fresh experience of All Seasons!

176 Wyckoff Road • Eatontown, NJ 07724

Tel: (732) 542-9462 | www.AllSeasonsRestaurant.net

The Ocean Township High School Marching Band was joined by some of the 8th grade band members at the Bradley Beach Memorial Day Parade!

CRC

COASTAL REFRIGERATION CORP.

THE TRUSTED HVAC CONTRACTOR
IN MONMOUTH & OCEAN COUNTY SINCE 2004!

RESIDENTIAL & COMMERCIAL • SERVICE & INSTALLATION

SCHEDULE A FREE CONSULTATION TODAY!

732-222-3828
NJREFRIGERATION.COM
1016 State Route 33
Building B, Suite 3
Freehold, NJ 07728

Master HVACR Lic# 19HC00318900
HIC Reg# 13VH03853000 | NJ Electrical Lic# 34EB00682900

DON'T LET THE HEAT GET TO YOU THIS SUMMER!

Now is the time for an Air Conditioning Tune-Up!

At Coastal Refrigeration Corp., we specialize in air conditioning systems to cool your home during the hot summer months. We offer a wide range of air conditioning services including air conditioning repair, air conditioner installation, general maintenance, and diagnosing efficiency problems with your cooling system. For top of the line comfort, we'll get your cooling system working as quietly and efficiently as possible.

KEEP THE POWER ON!
INSTALL A GENERATOR!

Power outages can be a problem for residential homes or a disaster for businesses that need power to function. Whether it's a thunderstorm, damaging winds, or the peak of summer, you may experience power interruptions from time to time. Coastal Refrigeration Corp. offers a variety of affordable Generac Standby Generators to keep the power on when you most need it.

TAKE CHARGE OF YOUR POWER SITUATION.
Contact Coastal Refrigeration Today!

We have some Generators in stock!

$89
AIR CONDITIONING TUNE-UP
Cannot be combined with other offers. Offer expires 8/15/23

0% FINANCING
FOR 18 MONTHS ON A NEW HVAC SYSTEM OR GENERATOR
Cannot be combined with other offers. Offer expires 8/15/23

$500 OFF
INSTALLATION OF A WHOLE HOUSE EMERGENCY STANDBY GENERATOR
Cannot be combined with other offers. Offer expires 8/15/23

MRHS

CONGRATULATIONS TO THE CLASS OF 2023!

By Andrew Teeple, MRHS Superintendent

Congratulations to the members of the Class of 2023! Regardless of which high school you graduated from, it is a great milestone and should be celebrated as such. Your well-wishers are many and are excited for you. But if they say, "welcome to the real world", don't fret because the world in which you have been living is quite real. (Who in their right mind would imagine this?) Do you remember the obstacles that you surpassed that the pandemic threw in your journey's path; virtual learning, cancelled sports/clubs/activities, mask wearing? You not only survived, but you flourished. Your fortitude is applauded. Your optimism is admired. As you turn the page to the next chapter of your life, continue to empower yourself to be the best version of yourself. Positive change is always within your grasp.

These are exciting times in the falcons' nest. Become informed about Monmouth happenings 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, be safe, have fun.

Andrew Teeple

Monmouth Regional
High School Superintendent

ESTABLISHED IN 1983
adpro imprints.com
A JERSEY SHORE ORIGINAL

732.531.2133
WWW.ADPROIMPRINTS.COM
1206 Rt. 35 South • Ocean, NJ 07712

when you need

SCREEN PRINTING/EMBROIDERY/T-SHIRTS
POLO SHIRTS/JACKETS/HATS/ACCESSORIES
PENS/PADS/GIFTS/PROMOTIONS/CUSTOM DECALS
STICKERS/LABELS/BUSINESS CARDS
STATIONERY/VEHICLE GRAPHICS/BANNERS/SIGNS
GRAPHIC DESIGN/LOGOS/BRANDING

this is where you go.

10% OFF ANY ORDER OR
20% OFF ANY CUSTOMINK.COM QUOTE
Cannot combine with other offers. Offer Expires 8/15/23. TP0623

EliteTax
ADVISORY BOOKKEEPING CONSULTING

BOOKKEEPING SERVICES
BUSINESS CONSULTING
INCOME TAX PREPARATION
NEW BUSINESS FORMATION
PAYROLL PROCESSING
QUICKBOOKS
RECEIPTS MANAGEMENT
SALES AND USE TAX

CALL (848) 207-6459
Appointments and Drop Offs are welcome!
38 NJ-35, Neptune
www.elite-taxes.com | info@elite-taxes.com
INTEGRITY • EXPERIENCE • VALUE

THE Today Paper CAN BE FOUND AT:

Blue Swan Diner
Oakhurst

Green's Natural Foods
Ocean Township

BUY RITE LIQUORS
TINTON FALLS CENTRE

All Seasons Diner
Eatontown

Ocean Twp Library

What About A Bagel cafe
Bagels • Soups • Salads • Sandwiches

ASIA STAR CAFÉ

Grossman's Since 1973 DELI & GRILL

Eatontown Library

Tinton Falls Cooperative Preschool
WHERE FUN AND LEARNING GO HAND IN HAND

Tinton Falls Deli

Pastry Chef
Tinton Falls

TWP OCEAN
Italian American Association of The Township of Ocean

OTTO'S
A Neighborhood Tavern
Ocean Township

WANAMASSA CHICKEN HOLIDAY
Chicken Holiday

TOWNSHIP OF OCEAN 1849
Twp. of Ocean Human Services

mj's RESTAURANT, BAR & GRILL

The Rose Relationship Learning Center

PLAYA BOWLS
WELCOME TO PINEAPPLELAND

Family First URGENT CARE

JB
JUMPING BROOK COUNTRY CLUB

THE Jeep STORE
SeaView

POP'S
THE FINEST HANDROLLED BAGELS
BAGELS & DELI

green leaf
pet resort

SPARTAN GYMNASTICS

MRHS

SPARTANS OTHS

SINCE 2004 MJA WOOD FLOORS INC.
MJA WOOD FLOORS

COBBLESTONE
WINE & SPIRITS
Ocean Township

INNER DYNAMICS PHYSICAL THERAPY
PELVIC HEALTH AND WELLNESS CENTER

Nutrition and Weight Loss Center of Ocean
Weight Loss · Metabolic Syndrome · Chronic Disease · Fatigue

MAZZA RECYCLING

ATLANTIC
Physical Therapy Center
Oakhurst Location

THANK YOU TO THE BUSINESSES & ORGANIZATIONS THAT DISPLAY THE TODAY PAPER!

The latest edition of The Today Paper can also be viewed online at www.TheTodayPaper.com

INNER DYNAMICS PHYSICAL THERAPY
PELVIC HEALTH AND WELLNESS CENTER

1300 NJ-35, Plaza 2, Suite 102, Ocean | (732) 508-9926 | Info@innerdynamicspt.com | www.innerdynamicspt.com

Dr. Alison Ankiewicz and Dr. Tamra Wroblesky

In 2015, Dr. Alison Ankiewicz and Dr. Tamra Wroblesky joined forces and founded Inner Dynamics Physical Therapy. While Dr. Wroblesky finished her pelvic health studies under Dr. Ankiewicz, a tremendous bond was formed due to their mutual belief that their community deserved a pelvic health and orthopedic clinic providing unique one-on-one care.

IDPT is now a team of doctors of physical therapy who have undergone specialized training in pelvic health rehabilitation. This training and education allows us to diagnose, evaluate and treat many conditions relating to pain in your pelvic and abdominal regions, hip and lower back as well as trans care and many prenatal and postpartum conditions. We treat bladder dysfunction, constipation, post-surgical conditions and general orthopedic conditions. Our team stays up to date on the latest research and treatment methods ensuring optimal care. Sessions with us may include soft tissue massage, joint mobilizations, alignment correction, exercise and biofeedback. The treatment plan will be individualized based on your symptoms and progression towards your goals.

What do you want to get back to doing?

At Inner Dynamics Physical Therapy we are committed to working with you to achieve your goals. Whether you want to get back on a horse again, ride a bike, run a 5K, get down on the floor with your grandchildren, stop using pads, have pain-free intercourse, PR your lifts, jump rope without urine leakage, sit at work without pain, or return to your favorite sporting activity, we are here for you. *Follow us on Facebook to see our patients getting back to the things they love most!*

Prenatal and Postpartum Care

By Dr. Tamra Wroblesky, PT

Whether you are pregnant or just had a baby, you may ask these questions. Are you avoiding social activities due to pelvic or sacral pain? Is your hip or low back pain preventing you from returning to the gym or picking up your baby? Do you experience urinary leakage? Do you feel pressure in your stomach or have abdominal pain? Do you have a history of hernias or diastasis recti? Do you experience bloating or constipation? Do you have pain with sex?

By all means, the answers to these questions should NOT be "this is normal." Pelvic physical therapy is the answer to providing the relief you need. Let us help you get back to doing the things you love.

Having less pain during pregnancy and delivery is crucial, especially to avoid pain postpartum. Changes are at times inevitable as a woman moves through her pregnancy – however, these changes can be combated by staying strong. Many times a support garment may be recommended to take the pressure off the low back and sacrum as well as support the ligaments in the abdominal region as the baby grows.

Physical changes you may experience during pregnancy:

- Posture • Stretching of the abdomen
- Weakening of pelvic floor muscles
- Increased tone and tightness to mid back, low back and hips
- Ligament laxity toward the end of pregnancy, which puts you at risk of injury
- Swelling of limbs

Physical therapy can resolve:

- Pain in mid and low • Sacral or tailbone pain
- Nerve dysfunction - carpal tunnel syndrome, sciatica, pudendal neuralgia
- Shortness of breath • Diastasis recti
- Leg spasms
- Pelvic floor dysfunction: incontinence, pelvic pressure, prolapse
- Dyspareunia • Constipation

Labor and delivery may be more difficult if Mom is suffering from any of the above. Pelvic health physical therapy is instrumental in suggesting positions to prevent further injury. Many of these positions may require help from the partner to maintain during labor but in the long run, will decrease exacerbation of pain and help ease the delivery process.

Physical therapy can be implemented immediately following delivery but typically starts 3-6 weeks post-delivery. It can help with healing from C-section scars, episiotomy scars, abdominal and pelvic swelling, assessing pelvic floor strength, treating incontinence, constipation, hemorrhoids, and strengthening a mother's body after pregnancy and childbirth.

In addition, breastfeeding moms may experience blocked milk ducts that may be incredibly uncomfortable and disrupt nourishing your child. This is yet another area physical therapy is instrumental in freeing any blockages.

Below are several common postpartum issues that pelvic physical therapy can effectively address.

Diastasis recti can occur in men and women who have weakened abdominal support but is most common in postpartum women due to stretching of the stomach during pregnancy. It is the actual separation of the rectus abdominis this stretches out the connective tissue known as the linea alba. We need our abdominal muscles to support our trunk, back and internal organs. When this stomach separation doesn't heal, it can cause bulging or low back pain, making working out difficult.

Hip/groin/coccyx/low back pain is very common and usually becomes chronic because it is not properly assessed. Since the pelvis is located so closely to your low back and hips, it is usually the missing link in many diagnoses. Your deep hip rotator muscles lie next to your pelvic floor, so good hip movement is important to decrease pain. Your pelvic and gluteal muscles attach to your tailbone. Restriction in these muscles may also cause what is known as coccyx pain which often limits your tolerance to sitting.

Chronic pelvic pain typically occurs due to previous orthopedic injuries, pregnancies, surgeries, nerve entrapment, postural dysfunction, cancers, or weaknesses throughout your body. By introducing practices that allow the pelvic muscles to relax and respond with less intensity, pain eventually decreases and function is restored.

Constipation is common after delivery. After such a change in abdominal pressure and delivery, bowel movements can be difficult to make regular again. Abdominal massage, C-section massage, and pelvic floor exercises can help minimize bloating and normalize bowel habits again.

Incontinence/Prolapse can affect anyone and usually occurs due to increased abdominal pressure and weakened pelvic floor muscles. Incontinence can occur during strenuous activities such as exercising, lifting your children, running, and even coughing or sneezing. Prolapse occurs when your pelvic organs start to drop, which can cause difficulty with urinating as well as pelvic pressure with everyday activities.

Painful sex is common after delivery and is easily treated with physical therapy. There are various causes for this pain and finding the cause will allow for proper treatment and an overall improvement in symptoms. Most common causes for postpartum women are scar tissue, tightness in muscles within the hip, low back, abdominal or pelvic region, prolapse, and hormonal changes causing thinning of the vaginal lining.

Hey Dads! This one's for you!

It's easy to get overwhelmed with joy awaiting and then welcoming your new baby! So why are you feeling so emotionally spent? It's not true when pregnancy ends life gets back to "normal"- But the best way to approach it is to try to fall into a rhythm that works. This takes time and practice. It is common to feel run down (sleep deprivation), you may also feel a tiny bit let down - in fact, 25% of new dads may experience paternal postnatal depression. Suggestions: eat well, rest, and exercise - need to keep your energy up! Be good to her, but be good to you, divide and conquer, be patient with sex, and talk it out.

Tips for Dad:

Need to exercise. Join forces and walk together - get a nice walking stroller, work on abdominal toning together. Use the baby to work on squats, lunges and overhead presses safely!

Stay hydrated. You need water to keep all your systems healthy and avoid fatigue - when you fill your glass, fill one up for mom too. Dehydration causes tiredness, foggy brain, feeling flat and constipated.

Spend time together when able. After nurturing a child all day and sleep deprivation, her cup of love is empty - all withdrawals and no deposits, which can leave you feeling anxious and helpless. Cook healthy meals and make sure wholesome meals and snacks are available to you both. Protein helps keep you full and blood sugars stable - include good fats, veggies, and leafy greens! Too much processed foods leave you feeling unhealthy. Provide massages or send her for a massage.

Be patient with sex. There are many reasons she may not be ready to have sex yet... lack of sleep, sensory overload, feelings of depression or low self-esteem, fear of pain during sex and the fact the breastfeeding hormones are not pro-libido. So, be patient, give her body time to heal and you will find your way back to intimacy.

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.

LOOKING TO BUY OR SELL?

CONTACT AN **EXPERT**

JESSICA HAS 20 YEARS OF REAL ESTATE EXPERIENCE

Jessica L. Petraccoro

Broker - Associate

cell: 732-859-5691

jessicapetraccoro@gmail.com

salt + cedar
PROPERTIES

Salt + Cedar Properties provides buyers and sellers outstanding service throughout Monmouth & Ocean Counties New Jersey. Located centrally in Manasquan New Jersey we put trust, communication, and marketing at the forefront of our business. We are full-time, experienced agents and we always have our clients best interests in mind. We market each and every home professionally, using the latest trends and our trusted professional service providers. We believe in constant communication with our clients, from what to expect during the process to feedback on how we can improve our service. We employ expert negotiation tactics throughout the transaction from the offer, to the home inspection, to the closing date. We provide client satisfaction to the closing, and beyond.

SALT + CEDAR PROPERTIES

THE WAY REAL ESTATE SHOULD BE

SALTANDCEDARPROPERTIES.COM | 732-529-2470

260 PARKER AVE, MANASQUAN, NJ

EQUAL HOUSING OPPORTUNITY

Criterion CHOCOLATES

ESTABLISHED 1929

Taste The Difference! | *A Jersey Shore Tradition since 1929!*

www.CriterionChocolates.com | (732) 542-7847 | 125 Lewis St, Eatontown

• Salt Water Taffy • Chocolates • Fudge • Candy Apples • Butter Crunch • And More!

JAMM PRINTING

Spend your time running your business and not trying to figure out how to place orders or reorders online! We maintain all of your previous orders on file, so reordering with or without changes is as fast as a 30 second phone call!

- FULL SERVICE DESIGN
- QUALITY PRINTING
- DIGITAL COPYING
- EVERY DOOR DIRECT MAIL (EDDM)
- ON TIME...EVERY TIME!

WE ARE A FULL SERVICE PRINTING, COPY AND DIRECT MAILING COMPANY WITH AN EXPERIENCED STAFF.... UNSURPASSED!

185 Broadway, Long Branch, NJ 07740

(732) 870-1999

Fax: (732) 870-1414

jammprinting.lb@verizon.net • www.jammprinting.com

THE *Today Paper*

ADVERTISE IN THE TODAY PAPER!

ADS STARTING AT $40 PER ISSUE

AD MAN*

NEED HELP CREATING YOUR AD? AD MAN CAN HELP!

Email Paul The Ad Man: info@TheTodayPaper.com

** This is a fictitious rendering of Paul. Paul rarely wears suits. Paul works from home.*

JERSEYSHORE Cake & Cookie CONVENTION

SEPTEMBER 22 - SEPTEMBER 24 | **SHOPPING | DEMOS | CLASSES | COMPETITIONS**

AT MONMOUTH UNIVERSITY'S OCEANFIRST BANK CENTER IN WEST LONG BRANCH

The Jersey Shore Cake Show is an event where attendees can meet with industry leaders, TV personalities, shop baking supply vendors, enter a competition, learn new skills and network with other like-minded people. Whether you are a professional, novice or never made a cake before, this 3-day event promises to be an experience everyone can enjoy! Our show comprises dozens of vendors, free live demo stage running all weekend, dozens of hands on classes (not included in General Event Ticket Pricing), both cake and cookie competitions from highly skilled artists, raffles, hourly giveaways, as well as a special Saturday night event with several popular TV personalities (not included in General Event Ticket Pricing).

General Event

TICKETS ON SALE NOW!

Shopping and Free Demos

Saturday September 23 & Sunday September 24

VIP Tickets, Weekend Passes & One Day Passes available.

Classes

Friday September 22 through Sunday September 24

Online Registration Begins April 22.

Competitions

Cake & Cookie Competitions. Enter Now!

Cash & Prizes! All Skill Levels Welcome.

SHORE Cake Supply

Hosted By Shore Cake Supply

Fat Daddio's PROSERIES BAKEWARE

Platinum Title Sponsor

Scan the QR Code to Purchase General Event Tickets, to Register for Classes or learn more about our Competitions.
Vendor and Sponsorship Opportunities are also available.

www.JerseyShoreCakeShow.com

MUSIC · FOOD · FUN

ASBURYFEST

In the park across from
Convention Hall

SEPTEMBER 22nd, 23rd, & 24th 2023

ATTENTION VENDORS!
EARLY BIRD PRICES END JULY 15TH

Craft/Resale Space ~~$300~~ **Early Bird $200**
Exhibitor Space ~~$600~~ **Early Bird $500**
Food Vendors ~~$1100~~ **Early Bird $950**

Be a part of the shore area's most popular family & pet friendly outdoor FOOD, MUSIC and VENDOR Festival, attracting up to 25,000 Asbury Park fans!

For more information and vendor applications please visit
AsburyParkChamber.com

The Today Paper is portable...

You could be reading it on the beach!

AsburyParkChamber.com

RECYCLE RIGHT WITH MAZZA RECYCLING

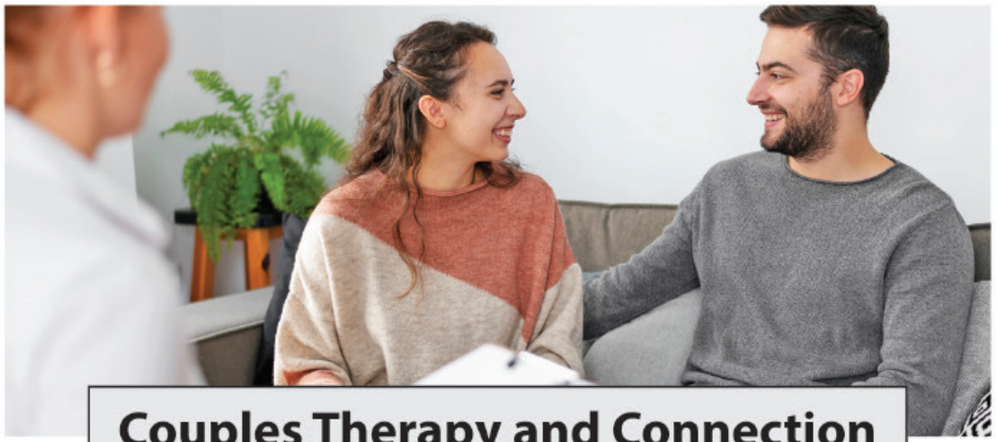
Plastic & Glass Containers
Labeled 1, 2, and 5
Empty & Rinsed clean

Metal Cans
Clean steel, tin, and aluminum cans

Paper & Cardboard
Cardboard, Chipboard, and Mixed Paper

MAZZA RECYCLING

Proud processors of Monmouth County's Curbside Recycling
For more information, visit www.mazzarecycling.com



Couples Therapy and Connection

By Stacey Rose, PhD, LCSW

They came in and sat down on my couch and the tension was evident. There was no need for small talk. I cut to the chase, "What's going on in your marriage?" They started speaking at the same time. "One at a time" I said. He sat back and she began by expressing anger, resentment, frustration, and overall emotional pain. He began to defend himself and tried to explain away all her complaints about him. I offered validation to her, "Sounds like you haven't felt seen by him in a long time." She exhaled. I then looked at him and acknowledged how hard it is to hear your spouse spill such sadness into the room and blame him for it.

We were off and running, their first marital therapy session and I felt I connected with each of them. Now we could dive into the work. Identify the issues, create a plan and continue to support them while helping them to pivot back toward each other.

As a therapist for over 30 years, and one who specializes in relationships, it is incredibly rewarding to see two people who love each other find their way back to each other. Too often, we turn away from our partner when we don't feel seen, loved, heard and/or respected. Sometimes it takes just a willingness to learn new tools to better communicate and connect with your spouse. So…how connected do you feel to your partner? Take the quiz below to find out.

1. I feel my partner/spouse understands me most of the time. T or F
2. I feel supported by my partner/spouse most of the time. T or F
3. I feel my partner truly knows who I am. T or F
4. I believe I understand my spouse. T or F
5. I support my partner most of the time. T or F
6. I believe I truly know who my spouse is. T or F
7. I know what my spouse is most frustrated with in our relationship. T or F
8. My spouse knows what frustrates me the most in our relationship. T or F
9. We spend enough quality time together. T or F
10. We tell each other what we appreciate about each other consistently. T or F
11. I am happy enough with our intimate life. T or F
12. We are thoughtful in our gift giving. T or F
13. We work together as a team around the house. T or F

How many did you answer 'true'? If you got over 6 true answers that indicates you are likely happy enough most of the time in your relationship. If you got less than 6, there may be some changes that need to be made, on both your parts, to re-connect. The True of False questions are referring to The 5 Love Languages by Gary Chapman. But there is much more that needs to go into a healthy relationship/marriage other than those 5 languages. Respect, learning how to fight fairly and resolve conflicts is very important and truly knowing and being able to implement healthy communication skills is critical in order to have a fulfilling relationship.

After just the first session, that same couple felt more connected. They both even shed a few tears and had apologized to each other for hurting each other. The healing had begun.

The Rose Relationship Learning Center

Stacey Rose, PhD, LCSW, Psychotherapist

Because Relationships Don't Come With Directions

Offering virtual, phone and in person sessions as always.

Specializing In: *Relationships, Couples Therapy, Marital Boot Camp and Healing from Trauma*

776 Shrewsbury Ave, Suite 204, Tinton Falls | (732) 517-1177 | StaceyRose.com

REAL ESTATE SALES DATA

SPONSORED BY:

RE/MAX SYNERGY

THE KATZ TEAM | *Lifelong Ocean Township Residents*

All The Others Are Copy Katz

Top 20 Realtor out of over 11,000 in Monmouth and Ocean Counties!

Todd & Chris Katz
Sales Associates
732-859-8505
WWW.THEKATZTEAM.COM
Eatontown & Long Branch Offices: 732-870-1212

Sales Data for Ocean Twp, Tinton Falls & Eatontown from 5/1/23 - 5/30/23

SINGLE FAMILY	SALE PRICE
5054 Asbury Ave, Tinton Falls	$310,000
28 Lake Ave, Eatontown	$405,000
58 Richardson Ave, Eatontown	$520,000
505 Myrtle Ave, Ocean	$550,000
1121 Brower Blvd, Ocean	$565,000
360 Meadowbrook Ave, Eatontown	$600,000
3108 Sunset Ave, Ocean	$610,000
1182 Sycamore Ave, Tinton Falls	$634,000
535 Dover Ave, Ocean	$710,000
2 Harvard Dr, Tinton Falls	$718,000
1 Timber Dr, Ocean	$720,000
231 Highwood Rd, Ocean	$737,000
175 Delaware Ave, Ocean	$745,000
30 Churchill Downs Dr, Tinton Falls	$775,000
10 Pica Pl, Tinton Falls	$780,000
183 Belmar Ave, Ocean	$790,000
15 Homestead Pkwy, Tinton Falls	$795,000
1120 Madison Ave, Ocean	$825,000
11 Conaskonk Dr, Ocean	$830,000
33 Cedar St, Eatontown	$850,000
16 Meadows Ln, Ocean	$890,000
530 Wall St, Eatontown	$925,000
18 Roslyn Dr, Ocean	$951,000
101 Marcy Pl, Ocean	$1,100,000
149 Bowne Rd, Ocean	$1,225,000
228 Perrine Ave, Ocean	$1,275,000
48 Gallant Fox Rd, Tinton Falls	$1,350,000
298 Jerome Ave, Ocean	$1,560,000
171 Wall St, Eatontown	$1,800,000
5 Forest St, Ocean	$2,100,000
7 Centre St, Ocean	$475,000*
43 Sequoia Pkwy, Ocean	$675,000*
29 Abbey Rd, Tinton Falls	$705,000*

** Active Adult*

CONDO / TOWNHOUSE	
1 Jockey Ln, Tinton Falls	$295,000
101 Frontier Way, Tinton Falls	$295,000
3 Jockey Ln, Tinton Falls	$360,000
37 Beaumont Ct, Tinton Falls	$381,000
28 Jake Dr, Tinton Falls	$415,000
10 Elizabeth Ct, Tinton Falls	$420,000
4 Sun Beau Ct, Tinton Falls	$430,000
36 Richmond Ct, Tinton Falls	$455,000
22 Forrest Ct, Tinton Falls	$464,000
48 Buford Ct, Tinton Falls	$477,000
92 Kyle Dr, Tinton Falls	$485,000
17 Oak Mews Ct, Ocean	$485,000
323 Daniele Dr, Ocean	$550,000
110 Tanya Cir, Ocean	$585,000

MAZZA —SERVICES— | 1-DAY DEMO!

- KITCHEN REMOVAL • BATHROOM REMOVAL
- PATIO REMOVAL • FULL INTERIOR GUTS
- CHIMNEY REMOVAL • SHED REMOVAL

CALL NOW! 848-480-8522

FULLY LICENSED & INSURED • DCA#13VH11797100

AIR DOCTORS, INC.

"We Treat Your Sick & Dirty Ducts"

We are NADCA Certified, ASCS on Staff.
Don't accept substitutions!

DID YOU CLEAN THE AIR DUCTS?
CALL FOR AN ESTIMATE!

A+ RATED CONTRACTOR

NADCA

$50 OFF
Air Duct Cleaning & Sanitizer Service
AIR DOCTORS, INC.
Not valid with any other offers. Expires 8/15/23 TP0623

FREE
Dryer Vent Cleaning with each Air Cleaning Service.
AIR DOCTORS, INC.
Not valid with any other offers. Expires 8/15/23 TP0623

(888-382-8765)
1-888-DUCTS-OK | 531 Main Street, Allenhurst | www.air-doctors.com

Div. of Consumer Affairs Lic #13VH0545800 | ***Ask About Our Honeywell Automatic Backup Generator Units That Best Meet Your Needs!***

AVA WNOROWSKI

SENIOR | SOFTBALL

OCEAN TOWNSHIP HIGH SCHOOL

What position do you play?
I play centerfield and middle infield.

How old were you when you started playing softball?
I started playing softball at eight years old.

How is the softball team doing? Is your season finished, or do you still have more upcoming games?
Our season was good! Unfortunately, my season just recently ended in the state bracket against Middletown North.

Who would you choose as team MVP?
If I could choose everyone, I would. But, someone who sticks out to me is our pitcher Jillian Scotto. I've grown up playing next to Jillian in the outfield, which is her main position, but she sacrifices the outfield for helping us on the mound during the school season.

What has been your most memorable experience as a softball player at Ocean Township High School?
My most memorable experience as a softball player at Ocean Township High School was definitely hitting my first homerun in a Spartan uniform during my last first game this year.

Who do you consider a role model?
I consider my role model to be my Mom. She has such a strong sense of purpose and always is so determined in everything she does in life, which inspires me to be better.

What are your plans for after High School?
After I graduate, I will be attending James Madison University where I will be double majoring in Communications and the School of Media art and Design.

Coach's Comments:

"Ava is an all around great kid both on and off the field! Ava has made a huge impact on the program over the past three years, with this year being her best season yet! Ava was our team hit leader with 35 hits, her most hits in a season as a spartan. Ava was a rock for us defensively. As our starting center fielder, Ava played near perfectly out there. Any time the ball was hit to her I was confident it would be caught. Watching Ava grow through this program has been a pleasure, she will be greatly missed next year!"

- Coach Michaela Pembleton

MATT KING

SENIOR | BASEBALL

OCEAN TOWNSHIP HIGH SCHOOL

What position do you play?
I am a pitcher, and when I am not pitching, I play second base.

How old were you when you started playing baseball?
I was 5 years old when I started playing baseball.

How is the baseball team doing? Is your season finished, or do you still have more upcoming games?
Our team is doing really well. We are hitting the cover off the ball, and our defense is really locked down. Hopefully we will give states a good run, leading us to a few extra games on our season and more opportunities to play together.

Who would you choose as team MVP?
I would choose Shane Garrett to be the team MVP. Throughout the season, Shane has led the team in batting average, hits, and Rbi's. He has been an outstanding leader on and off the field as well.

What has been your most memorable experience as a baseball player at Ocean Township High School?
My most memorable experience playing here is simple — hanging out with my friends during practices and after big wins, making bonds that will last a lifetime.

Who do you consider a role model?
I consider my coaches, Thomas Siciliano and Cip Apicelli, to be my role models. They have given me vital tools and advice that have helped me succeed on and off the field, and such advice and tools will continue to help me in the future. I would be lucky to someday become half the men they are.

What are your plans for after High School?
After high school, I am attending Rutgers -Newark to continue my baseball career and study Criminal Justice.

Coach's Comments:

"Matt has had an outstanding year for us. He is currently 7-0 on the mound and has done a good job for us in his first year as a starter in the lineup. He has given us a chance to win whenever he has taken the mound throughout his career.

He is 7-0 with 68 strikeouts in 50.2 innings pitched. He has a 1.93 era"

- Coach Cipriano Apicelli

Edward Jones

> edwardjones.com | Member SIPC

Compare our CD Rates

Bank-issued, FDIC-insured

3-month	6-month	1-year
5.25 % APY*	5.15 % APY*	5.15 % APY*

Call or visit your local financial advisor today.

Wes Woodle III, CFP®, AAMS™
Financial Advisor

257 Monmouth Rd Building B
Suite 6
Oakhurst, NJ 07755
732-531-4820

* Annual Percentage Yield (APY) effective 05/24/2023. CDs offered by Edward Jones are bank-issued and FDIC-insured up to $250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

FDI-1867L-A © 2022 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED. AECSPAD

ASSOCIATED HUMANE SOCIETY

IN TINTON FALLS

ADOPT! DON'T SHOP!

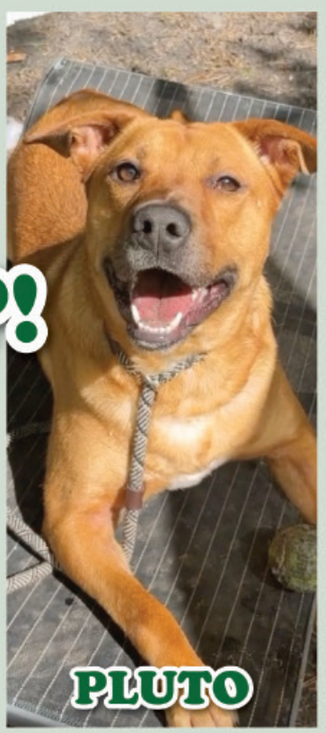
Email tintonfallsahs@ahsppz.org or call 732-922-0100

Or, stop by... We're open daily from 12 - 4:30.

AHS

ASSOCIATED HUMANE SOCIETY IN TINTON FALLS
2960 SHAFTO RD | TINTON FALLS, NJ 07753 | (732) 922-0100

Find us on Facebook (Associated Humane Tinton Falls) to see photos and videos of our adoptable pets!



ALYSON AMADRUTO

SENIOR | LACROSSE

MONMOUTH REGIONAL HIGH SCHOOL

What position do you play?
I play attack and occasionally mid.

How old were you when you started playing lacrosse?
I started playing lacrosse my freshman year of high school.

How is the lacrosse team doing? Is your season finished, or do you still have more upcoming games?
Our season has unfortunately come to an end. The team lost a handful of seniors last year. We had a completely new defense this year, but the underclassmen stepped up to the challenge and did a terrific job filling their spots.

Who would you choose as team MVP?
It is very hard to pick one person as an MVP. Everyone was an important asset to the team. Throughout the season we had multiple injuries. The team did the best to adapt to the constant changing of positions and loss of players. Everyone worked super hard to contribute to all areas on the field.

What has been your most memorable experience as a lacrosse player at Monmouth Regional High School?
My most memorable lacrosse experience was this year when we played Point Beach. It was a head to head game. The energy was very high. It was an overall exciting atmosphere and game to play in. Our team pulled together and came out on top with a win on our coach's birthday.

Who do you consider a role model?
I would consider my mom and grandmother my role models. They didn't have the most growing up, but they overcame any of the challenges that came their way. They are extremely positive, hardworking, and resilient people. I don't know where I would be without their guidance and support.

What are your plans for after High School?
After High School I will be attending Brookdale Community College beginning my study to go into the medical field.

Coach's Comments:

"Aly is a three sport athlete at Monmouth. She plays field hockey, basketball and lacrosse and has been an important piece to each program. Aly has been part of our lacrosse program since her freshmen year and quickly moved up to varsity. She is one of our most versatile players. She plays attack but also can play midfield. This year Aly had 17 goals and 25 assists. She will be attending Brookdale in the fall".

- Coach Kaury Bono

BARRINGTON WARD

SENIOR | TRACK & FIELD

MONMOUTH REGIONAL HIGH SCHOOL

What event or events do you participate in?
I only do High Jump.

How old were you when you started competing as a high jumper?
I'm 17, this is my first year doing track, so I started a few months ago.

How is the track & field team doing? Is your season finished, or do you still have more upcoming meets/events?
The track team is doing good. Everyone is in good spirits and doing well. Sadly my season did end, but I'm glad I was a part of the team.

Who would you choose as team MVP?
There are a few options, but I have to go with Julian Jones. He is a fantastic leader and gets the team going. He has a leader like aura that just pumps everyone up to be great.

What has been your most memorable experience as a member of the Track & Field team at Monmouth Regional High School?
My most memorable experience was when I got my first gold medal. I was so excited and happy... as soon as I got home I hung it up on the wall.

Who do you consider a role model?
Juhray Booker. He is the one who introduced me to High Jump and he was my rival. I would always try to be better than him and do my best to live up to his standards.

What are your plans for after High School?
My plans for after high school are to go into the marines and be a mechanic working on trucks and other vehicles.

Coach's Comments:

"Despite being a senior, Barry is a new member of the Spring Track & Field Team. The coaching staff has been trying to convince him for several years that his talents could help the team before he joined this season.

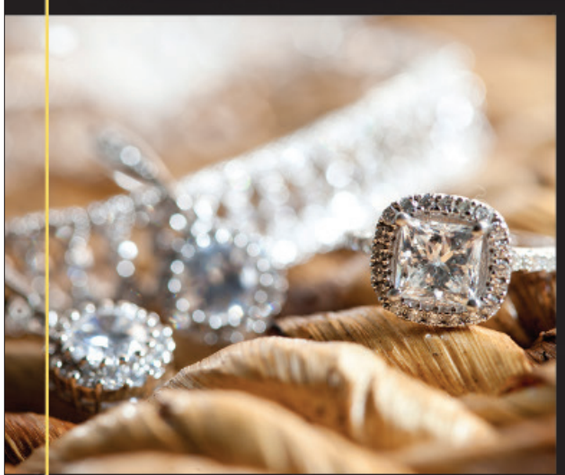
Barry has quickly developed into one of the better high jumpers in the area. As we approach the Monmouth County Championship this week (and Conference and States soon after), Barry is knocking on the door of a 6' high jump. A jump at that level would be a consistent scoring threat well into the state level meets.

Beyond his physical skill and technical development, Barry is a quiet and conscientious leader on the team. We're happy to have him on the roster."

- Coach Mark Gottdenker

GOLD
IS ON THE RISE
NOW IS THE TIME TO **SELL**!

GOLD • SILVER • DIAMONDS • WATCHES • COINS • FLATWARE • DENTAL GOLD



Come in, and leave with lots of cash!

Sell your gold to a name you've known and trusted for almost 50 years!

earth treasures
FINE JEWELERS

MICHAELS PLAZA | ROUTE 35 & 36 | EATONTOWN, NJ | 732.542.5444
CLOSED SUNDAYS AND MONDAYS | SHOPEARTHTREASURES.COM