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NOVEMBER 2021

THE *Today Paper*

A community newspaper for Ocean Township, Tinton Falls & Eatontown

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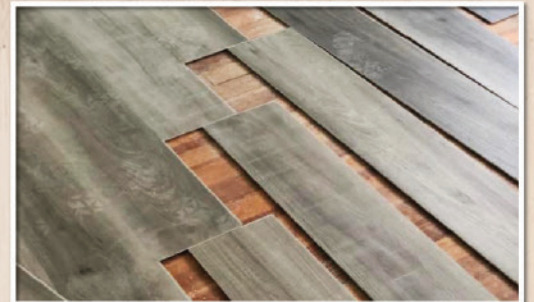
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- Joyce Giraud

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”

- Oprah Winfrey

“Now is no time to think of what you do not have. Think of what you can do with what there is.”

- Ernest Hemingway, *The Old Man and the Sea*

“Make it a habit to tell people, ‘thank you.’ To express your appreciation sincerely and without the expectation of anything in return. Truly appreciate those around you, and you’ll soon find many others around you. Truly appreciate life, and you’ll find that you have more of it.”

- Ralph Marston

“The soul that gives thanks can find comfort in everything; the soul that complains can find comfort in nothing.”

- Hannah Whitall Smith

“Thanksgiving, man. Not a good day to be my pants.”

- Kevin James

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Jennifer and family

BUSINESS SPOTLIGHT

JENNIFER WELTER | OWNER OF SHORE CAKE SUPPLY

What year did you open Shore Cake Supply? We opened our doors on March 8th, 2014. Years later, I learned that March 8th is International Women's Day, kind of a cool day.

Why did you start your business? How did the business begin? To put it simply, I had a need. While working full time in the medical field, I was creating kids birthday cakes on the side. The big box craft stores are really great, but there came a point when I owned everything they carry and I just needed more variety. We have customers who regularly visit us from all over the

Tri-State area, we are happy to be here for those who need us!

Can you briefly describe your business? Shore Cake Supply is a retail store that sells supplies to bakers of all skill levels. Whether you are a professional pastry chef or a mom needing cupcakes for a class party, we have everything you need. We also host hands on classes for adults and kids.

What is your favorite part of running your business? This one is easy, our favorite part is seeing customer's creations!

Sometimes they spend quite a lot of time in our store asking questions & getting suggestions, so when they come back and show us what they made, it's really special!

Are there any challenges you are currently facing? Or, is there a challenge you have recently overcome? As with every industry, we are being effected by the supply chain issues. It is not an easy time for businesses going into the holiday season, but as a business owner you must be adaptable, so that's what we do! Figure it out and move on.

Would you like to promote a specific service or an upcoming event? Word on the street is Santa will be here next month for a free event that will also be supporting Blessing Bag Brigade NJ, keep an eye out on IG & FB for details!

Is there anything else that you would like to mention? I would like to congratulate all the NJ home bakers on the recently passed NJ Home Bakers Bill! We were the only state in the USA that didn't have what's called a Cottage Law, but now we do! It's a great opportunity for people to earn extra income right from their kitchens!



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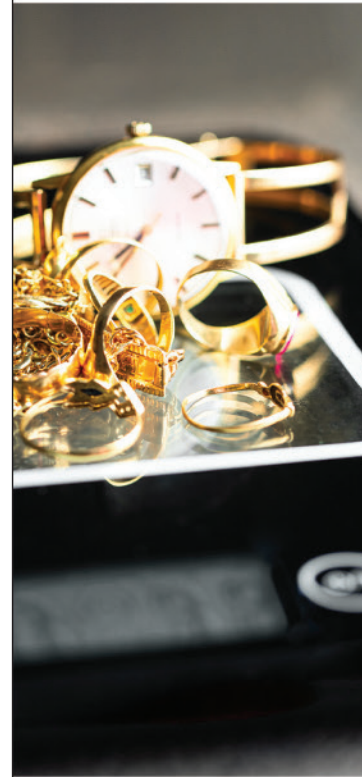
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Today Paper **OUTSTANDING ATHLETES**



MRHS

CIBELLA TVRDIK

SOPHOMORE | CROSS COUNTRY

What event or events do you participate in?
The 5k.

How old were you when you started participating in cross country or distance running?
The end of 5th grade.

Who do you consider a role model?

My coach, Shoe, because she is very positive and motivational. She is a very creative free spirit, kind of like me.

What has been your most memorable cross country achievement at MRHS?

At Monmouth Regional making varsity freshman year.

Team MVP?

Nick Clayton because over the two years I have run with him he has showed good leadership and dedication to the team. This year he has really pushed me to go faster

and has helped me achieve my goals. He is the fastest on the team.

Most memorable experience in High School?

Last year in my freshman English class we were taking a test on Sir Gawain and the Green Knight and someone dressed up in a full on knight costume for the test.

Plans for after High School?

Go to college and to run in college.

COACH'S COMMENTS: Cibella stepped into a leadership role at the start of our season and was asked to guide our young freshmen team into our competition season. Stepping up our lone varsity runner, Cibella has shown to be a strong, positive role model for her younger teammates. She has made significant improvements in her own running, coming off a full varsity season in 2020. We are looking ahead to a strong run at the State Sectional Championships as Cibella continues to lead our crew into championship season. - Coach Danny Rapcienski



OTHS

KELLY FOSTER

SENIOR | CROSS COUNTRY

What events do you participate in? As a long distance runner, I run the 800 meter and 1600 meter races during track season, in addition to cross country in the fall.

How old were you when you started participating in cross country or distance running? I began distance running in middle school on the track team and have continued throughout high school. I joined the cross country team as a high school junior, having played soccer prior to that.

Who do you consider a role model? I consider my parents to be my biggest role models. They both motivate me to work hard in school and in athletics. They continuously provide encouragement and support and push me to be the best version of myself.

What has been your most memorable cross country achievement at OTHS? So far, my biggest cross country achievement at OTHS was the Shore Conference Championship race this year. We all achieved really good times, and a lot of us PRed. It was one of our last races together, so I was really proud of the hard work we all put in and the reward that came out of it.

Team MVP? For the role of team MVP, I would choose my fellow senior captains: Sam Schmidt, Lauren

Dempsey, and Janine Avallone. They welcomed me as a new team member my junior year and it has been a collective effort of working together to motivate the team and serve as leaders for the underclassmen.

Most memorable experience in High School? It's hard to choose just one single most memorable experience, in high school. But so far, my best memories consist of going to school sporting events and Junior Prom with my friends, and competing with my cross country and track teams.

Plans for after High School? After high school, I plan to attend college and although I am not sure exactly what my future studies will be, I am thinking of studying something in the health sciences field.

COACH'S COMMENTS: Kelly Foster is a coach's dream. She has been a top distance runner in track since she was a freshman, and she made me very happy when she came out for cross country as a junior. She quickly established herself as our number one runner, and she broke 21 minutes for 5k in her first year. Kelly is having a great senior season, and she earned medals at both the Battle of the Classes and the Varsity Classic. Kelly is also an excellent captain and role model for the younger runners. - Coach Paul Looney



MRHS

CHRIS THEOBALD

SENIOR | SOCCER

What position do you play? CenterBack.

How old were you when you started playing soccer?
4 years old.

Who do you consider a role model? My dad is my role model. He taught me how to become a leader and guided me to become the man I am today. He taught me to keep a high work ethic and to make sure you are always giving out respect.

Most memorable achievement as a soccer player at MRHS? My most memorable achievement would be making it to the state finals last year despite starting the season off 0-7. The team really worked hard to get to where we got, and it was a shame to lose in the finals.

Team MVP? Personally I don't think we have a team MVP. We have very talented players and kids who have a lot of heart for the game. No one person can win a 1 on 11 in soccer. There is an arrangement of players that help this team win such as Kaan Pehlivan, Tommy Siracusa, Aiden Hicks, Ethan Wallace, Matteo Casalinuo-

vo, Anthony Cano and many others. All of these kids are key aspects to each win we achieve.

Most memorable experience in High School? Monmouth vs Ocean this year was my most memorable experience. The game was great. We won 2-1 after being down 1-0 at halftime. The student sections at the game were crazy. Our fans all got into the game and made it one of my coolest high school experiences.

Plans for after High School? I plan to pursue a business degree in Finance at a four year college and to one day work for a big company, hopefully in sports.

COACH'S COMMENTS: Chris joined the team late last season and was an instant fix to our defense. We were 0-7-1 and after inserting him into the line-up we did not lose a game til the state championship game. He has been a tremendous asset to the team and the program. This year has been no different. He was named captain 3 games in for his 100% effort and leadership skills. Chris's dedication and willingness to make others better is second to none. - Coach Darren Spadavecchia



OTHS

TYLER DOUGLAS

JUNIOR | FOOTBALL

What position do you play?
Quarterback and Safety.

How old were you when you started playing football?

My first year of tackle football was when I was 7.

Who do you consider a role model?

Both of my parents, they always set a good example for me. Without them I wouldn't be where I am today.

Most memorable achievement as a football player at OTHS?

My most memorable achievement was being selected All Division my Freshman and Sophomore year.

Team MVP?

The Seniors. They have stayed the course through the highs and lows.

Most memorable experience in High School?

My most memorable experience was football season freshman year. We went 8-0 and won our division, it was a season to remember.

Plans for after High School?

After High School I would like to play football in college.

COACH'S COMMENTS: Tyler Douglas is a tremendous athlete and dynamic football player that continues our long history of producing top quarterbacks in the state of NJ. In addition to QB, Tyler is also a great defensive back, punter and kicker. Tyler has natural leadership ability and was selected a team Captain by his teammates this season. We look forward to watching Tyler lead us to many victories in the future while establishing himself as one of the top recruits in the Northeast Region for the 2023 class. - Coach Donald Klein

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NUTRITION MYTHS **PART 2**

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

Last month we examined 5 of the most common nutrition myths. Let's continue our conversation this month with 5 more common nutrition myths. Misinformation about nutrition (or really anything else) is common and sometimes difficult to identify. So, it's important to identify the source of the information and whether or not their statements or claims will somehow benefit them.

1. Salt is bad for you.

Studies have shown that excess salt consumption can be associated with hypertension (HBP), kidney damage and an increased risk of cognitive decline. Sodium, is however, an essential mineral and is crucial to your health. The problem occurs when we consume too much sodium and too little potassium. Also, most people that consume too much sodium are getting it from salty, processed foods or unhealthy foods. The truth is that diets very high or very low in sodium are associated with cardiovascular disease.

2. You shouldn't skip breakfast.

We were all raised on the slogan, "Breakfast is the most important meal of the day." However, clinical data has shown that personal preference – to skip or not to skip breakfast – is a critical factor. Some breakfast skippers may compensate for all the calories they skipped at breakfast, while others may not feel these calorie cravings. We can see this at work in people that use Intermittent Fasting (IF) as part of their eating lifestyle. Contrary to popular belief, skipping breakfast does not cause your metabolism to crash. In

fact, for many who practice IF, it can actually help your metabolism by balancing glucose and insulin levels.

3. To lose fat, don't eat before bed.

The truth is that some studies show a weight loss advantage in early eaters, other in late eaters. There are two main reasons why eating at night "might" hinder fat loss. First, if eating late at night causes us to over-indulge in calories, then, that will cause us to gain

weight. Second, when we are tired and eat late at night to stay awake, we usually choose some high calorie processed snack.

4. You need protein right after you work out.

It is common knowledge that when you exercise, you damage your muscles, which your body then needs to repair. It is true that the raw material for this repair is the protein you eat or drink. It is also true that your muscles are more sensitive to the effect of protein after exercising. This is the "anabolic window" of opportunity post workout. However, what really matters most is your daily protein intake. A post workout dose of protein can happen immediately after or within a couple of hours of your workout. The amount of protein depends on your body weight. Many sources reference 0.2-0.60 gms. Of protein per kg. of body weight or 0.11-0.27 grams/pound.

5. To lose fat, do cardio on an empty stomach.

It is true that if you exercise in a fasted state, you will burn more body fat, but that doesn't make it easier for you to use body fat as fuel for the rest of the day. Actually, there is very little difference between cardio in the fasted or fed state when it comes to fat loss, muscle preservation, daily caloric intake or metabolism. What really matters is how you personally feel about doing cardio on an empty or full stomach.

By now, we have all heard many of these generalized statements about food and how it affects us. We may read it in a social media post, blog or somewhere in the media. Since we all want to be healthier, it's easy to fall for these nutrition myths, fad diets or miracle supplements. It's important to remember that each one of us responds to these differently.

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Today Paper

OUTSTANDING STUDENTS



MRHS

HAILEY LILLIS
SOPHOMORE

WHAT IS YOUR FAVORITE SUBJECT?

Child Development Lab.

WHO IS YOUR FAVORITE TEACHER?

Mrs. Joseph because I want to be a teacher, and she is amazing and so sweet. When I teach in our preschool class, she allows me to take the wheel and do my own thing.

WHAT HAS BEEN YOUR MOST MEMORABLE EXPERIENCE IN HIGH SCHOOL?

The Monmouth Regional Friday Night games and the Homecoming Dance.

WHO IS YOUR ROLE MODEL?

My Mom. She is very hard-working and is a great role model for me to follow. She inspires me to be a hard worker as well.

WHAT ARE YOUR PLANS FOR AFTER HIGH SCHOOL?

Though I'm not sure of the location yet, I want to attend college as an education major and hopefully a minor in dance education.

TEACHER'S COMMENTS: Since the beginning of the school year, Hailey has involved herself in everything at Monmouth Regional High School! From attending our first student council meeting and confidently sharing her opinions and ideas, this sophomore easily stands out as an upperclassman. Not only did she assist with every aspect of Homecoming, from organizing to decorating, but she was a HUGE help in kicking off our first Pep Rally too! Hailey also joined the MR News Team and her professional, yet energetic demeanor, is exactly what we need to keep students in the know. I am so excited to have Hailey be a part of MRHS for another two years, and to keep her motivated, I want her to know how much we appreciate her! - Mrs. Nappi and Mrs. Sobrinski



UNITED WAY HOLDS WARMEST WISHES COAT DRIVE TO MEET THE NEEDS OF OUR COMMUNITY

United Way of Monmouth and Ocean Counties (UWMOC) has kicked off its annual Warmest Wishes Coat Drive for local preschool, elementary and middle school children in need. UWMOC is collecting new winter coats in toddler sizes 3T-5T and children's sizes small - extra-large to be distributed to over 30 local schools throughout Monmouth and Ocean counties. The collection will run through Giving Tuesday on November 30, 2021.

As more families are experiencing financial difficulty during the ongoing pandemic, the need for basic essentials such as coats continues to increase.

With the mask mandate still in effect for all students in preschool through 12th grade, school administrators have also expressed the

importance of warm coats for recess and outdoor learning activities that allow students to have mask breaks throughout the day in the winter.

The Warmest Wishes Coat Drive works in conjunction with United Way's Community Impact initiatives in education, financial stability and health — the building blocks for a good life. Since beginning the annual drive in 2012, UWMOC has distributed over 10,000 coats to local children in need.

There are a variety of ways to participate in the Warmest Wishes Coat Drive. Coats can be purchased online and shipped directly to United Way, or arrangements can be made for donations to be dropped off to United Way's office located at 4814 Outlook Drive, Suite 107 in Wall Township, NJ 07753.

Donations in any amount can be made on the organization's website for UWMOC staff to purchase coats.

For more information about the Warmest Wishes Coat Drive, please visit

www.uwmoc.org/WarmestWishes

United Way of Monmouth and Ocean Counties bridges the gaps to education, financial stability and health for every person in our community. The organization envisions a community where everyone achieves their greatest potential through a quality education, income stability and healthy lives. To learn more about United Way of Monmouth and Ocean Counties, please visit uwmoc.org.



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Sales Data for Ocean Twp, Tinton Falls and Eatontown from 10/5/21 - 11/1/21

| SINGLE FAMILY | SALE PRICE |
|----------------------------------|-------------|
| 60 Locust Grove Rd, Tinton Falls | \$360,000 |
| 2 Charles Dr, Tinton Falls | \$380,000 |
| 531 Tinton Ave, Tinton Falls | \$390,000 |
| 10 Wyckoff Rd, Eatontown | \$410,000 |
| 34 Sullivan Ave, Eatontown | \$445,000 |
| 45 Bernard St, Eatontown | \$451,000 |
| 22 Wardell Pl, Ocean | \$455,000 |
| 1317 Edgewood Ave, Ocean | \$463,000 |
| 33 Kremer Ave, Eatontown | \$469,000 |
| 164 Tinton Ave, Eatontown | \$500,000 |
| 7 Emma Pl, Eatontown | \$516,000 |
| 17 Arbor Way, Ocean | \$550,000 |
| 20 Pal Dr, Ocean | \$563,000 |
| 18 Eisele Ave, Ocean | \$575,000 |
| 67 Augusta St, Tinton Falls | \$582,000 |
| 1700 Bryan Ave, Ocean | \$610,000 |
| 704 Carol Ave, Ocean | \$640,000 |
| 1904 Findern St, Ocean | \$650,000 |
| 505 Monmouth Rd, Ocean | \$650,000 |
| 12 Mallard Ln, Ocean | \$674,900 |
| 1002 Beverly Ave, Ocean | \$675,000 |
| 22 Lotus Ct, Ocean | \$705,000 |
| 1164 Deal Rd, Ocean | \$720,000 |
| 1 Pond View Dr, Tinton Falls | \$720,000 |
| 107 Orange St, Ocean | \$725,000 |
| 104 Orange St, Ocean | \$730,000 |
| 156 Belmar Ave, Ocean | \$750,000 |
| 319 Parkview Ave, Ocean | \$765,000 |
| 4 Almark Ter, Ocean | \$830,000 |
| 19 Standish Dr, Ocean | \$845,000 |
| 13 Marisa Ct, Ocean | \$930,000 |
| 747 Sycamore Ave, Tinton Falls | \$999,000 |
| 566 N. Edgemere Dr, Ocean | \$1,100,000 |
| 6 Abis Pl, Ocean | \$1,230,000 |
| 30 Bruns Rd, Ocean | \$1,720,000 |
| 14 Bruns Rd, Ocean | \$1,899,000 |
| 37 Old Farm Rd, Ocean | \$3,950,000 |
| 7 Centre St, Ocean | \$475,000* |
| 6 Livingston Ct, Eatontown | \$505,000* |
| 4 Waverly Ct, Eatontown | \$612,500* |
| 23 Northcrest Dr, Tinton Falls | \$739,000* |
| 156 Sunset Dr, Tinton Falls | \$816,000* |
| 35 Northcrest Dr, Tinton Falls | \$950,000* |
| * Active Adult | |
| CONDO / TOWNHOUSE | |
| 306-A South St, Eatontown | \$102,000 |
| 67 Madison Ct, Tinton Falls | \$215,000 |
| 55 Diane Dr, Tinton Falls | \$219,999 |
| 43 Frontier Way, Tinton Falls | \$250,000 |
| 59 Madison Ct, Tinton Falls | \$269,000 |
| 19 Des Moines Ct, Tinton Falls | \$281,250 |
| 22 Ginger Ct, Eatontown | \$306,000 |
| 25 Canidae Ct, Tinton Falls | \$310,000 |
| 19 Mainbraid Ct, Tinton Falls | \$310,000 |
| 40 Kyle Dr, Tinton Falls | \$331,000 |
| 31 Mainbraid Ct, Tinton Falls | \$335,000 |
| 127 Pierce Dr, Ocean | \$365,000 |
| 28 Secretariat Ct, Tinton Falls | \$370,000 |
| 89 Wigwam Ln, Tinton Falls | \$375,000 |
| 2 Phoenix Ct, Tinton Falls | \$380,000 |
| 20 Iris Ct, Tinton Falls | \$401,500 |
| 14 Buford Ct, Tinton Falls | \$415,000 |
| 55 Midway Rd, Tinton Falls | \$436,490 |
| 84 Austin St, Tinton Falls | \$469,000 |
| 47 Midway Rd, Tinton Falls | \$540,000 |
| 57 Midway Rd, Tinton Falls | \$546,990 |



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State income-eligibility guidelines have increased to ensure access to energy assistance grants for customers who may not have qualified* in the past.

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For more information and to find out if you may be eligible, visit njng.com/energyassistance, email energyassist@njng.com or call 800-221-0051 and say "Energy Assistance" when prompted.

*Terms and conditions apply.



WELCOME TO THE SEASON OF GIVING

By Andrew Teeple, MRHS Superintendent

So many things in our lives have changed since March 2020. But one thing that will never change is that November signals the beginning of the Season of Giving.

I guess it's no coincidence that Thanksgiving comes before Christmas. It's only appropriate that we first recognize all for which we are grateful and then focus on, not getting more "stuff", but rather giving to others unselfishly. What an incredible time of self-reflection!

At Monmouth Regional, that's exactly what the Falcons do. Throughout the year, our students and teachers receive so much support from our parents,

community and PTSA. Thank you! Our appreciation is boundless. The Falcons recognize people's generosity and in turn, harness the power of altruism. Students in DECA and Support the Troops Club join forces in November to lead a food drive to create Thanksgiving food baskets for those in need. In December, the school participates in the DECA-sponsored Giving Tree. Items are collected so every child on the list receives a present to open during the holidays. I am so proud of our Falcon Family.

Interested in donating non-perishable items?

Find out how by contacting the school at (732) 542-1170 ext. 1116 or ext. 1171

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...



Andrew Teeple

***Monmouth Regional
High School Superintendent***



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On Sunday, November 14th, 2021 Epilepsy Services of New Jersey (ESNJ) will host the 10th Annual Paint the Pony Purple event. This benefit concert will take place in person at the Stone Pony from 1pm - 5pm. This is a family friendly day featuring local bands, silent auction, fun activities and exhibitor opportunities for sponsors to engage with guests throughout the whole event.

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Covid and Love...

By Stacey Rose, PhD, LCSW

How has the Covid-19 Pandemic impacted your love life? You may think they have no connection at all but let's take a look at some scenarios.. Do any of them resonate with you?

If you were single before the quarantine in March 2020, did you stay single throughout the quarantine? Some single folks turned to online dating, when they hadn't been prior to the quarantine, and have found great partners and created healthy relationships since then. Other singles deepened their relationship with themselves, finding new hobbies, interests and truly enjoying their own company.

For some people who were in relationships prior to the beginning of the pandemic, the stress of all of it was too much for them and it contributed to ending their relationship - which could be positive, negative or bittersweet.

There were some couples who had just started dating and when the lockdown happened, they thought maybe we should just quarantine together and have since married. The pandemic accelerated many relationships that otherwise may have taken a much slower pace.

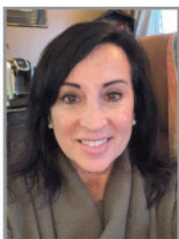
Many couples who were engaged had to postpone their weddings, for which became a

logistical challenge by rearranging dates, venues, losing deposits, and having to rethink their wedding day in a whole new way-now considering physical safety.

Some couples who had just decided to divorce before the quarantine, then were 'stuck' living under the same roof with so much marital tension, not knowing when the restrictions would lift. Other married couples who were struggling were able to work things out as they had to see each other every day, multiple times a day.

For those couples who (married or not) live together who were stressed before the pandemic with parenting and work responsibilities may have welcomed the amount of time with their partner and grew a whole new appreciation for them.

No matter what your relationship status was and no matter what it is now, there is little doubt that this pandemic has affected your love life-whether for better or worse (or both). Are you happy with the impact it had? If so, great! If not, what can you do now to improve the quality of your relationship? Think about it.. not all crises in life have to have negative impacts on our relationships. Always seek out the silver linings.



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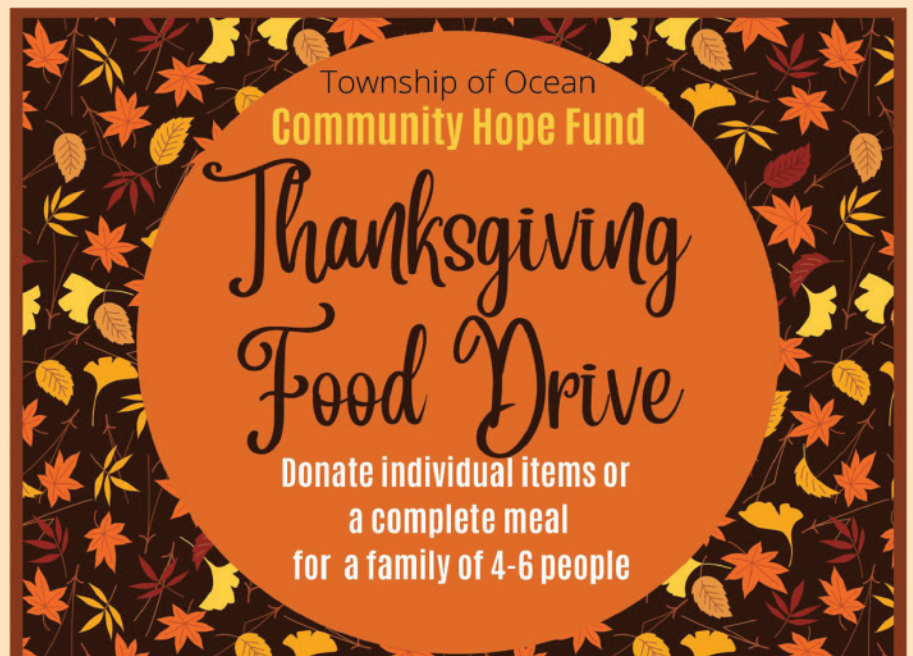
Township of Ocean Community Hope Fund

Thanksgiving Food Drive

Every year at this time, the Township of Ocean, Community Hope Fund of Ocean Township, residents, community groups and area businesses come together for the Thanksgiving Food Drive to help families that are struggling to make ends meet enjoy a hearty, delicious holiday meal. Please consider donating non-perishable food items or a complete meal to feed a family of 4-6.

Please drop off non-perishable food items through Friday, November 12 during our office hours: Monday-Thursday, 8:30am-7pm & Fridays, 8:30am-4:30 pm. Our address is 601 Deal Road. If you prefer to make a monetary contribution, please make checks payable to Community Hope Fund.

Thank You!



Most Needed Items

| | | |
|--------------------------------|-----------------------|-------------------------|
| Stuffing | Canned Soup | Canned Fruit/Vegetables |
| Cranberry Sauce | Pasta & Sauces | Instant Potatoes Gravy |
| Hot/ Cold Cereals | Peanut Butter & Jelly | |
| Instant Hot Chocolate & Coffee | Cookies & Crackers | |

*Please drop off donations by 11/12 to the
Department of Human Services, 601 Deal Road, Ocean
Monetary gifts welcome. Checks payable to Community Hope Fund*



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Dr. Alison Ankiewicz and Dr. Tamra Wroblewski

In 2015, Dr. Alison Ankiewicz and Dr. Tamra Wroblewski joined forces and founded Inner Dynamics Physical Therapy. While Dr. Wroblewski 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!*

Pain in the Butt? Pelvic Physical Therapy Can Help!

By: Dr. Alison Ankiewicz, PT

Do you have pain in your tailbone when you sit? Do you avoid traveling in the car or plane? Does it bother you to sit on a hard surface especially when you go out to a restaurant? When moving from a sitting to a standing position do you cringe with pain? Tailbone pain can be relentless and disruptive to most of your activities physically and socially.

The coccyx otherwise known as your tailbone is the lowest portion of your spine and really can become a pain in the butt! The coccyx is composed of 3 to 5 bony segments held in place by ligaments and muscle attachments from the pelvic floor muscles and gluteal muscles.

Injuries to the tailbone are caused by trauma from a fall perhaps from losing your balance, falling down steps, snowboarding, etc. A direct blow to the coccyx during contact sports or repetitive straining against the coccyx from bicycling or rowing can also cause tailbone issues. The tailbone may even be fractured, sprained or become dislocated from childbirth and sometimes the cause is unknown. Interestingly, coccyx pain can also occur because of problems with other joints from as far up to the TMJ (jaw) and as far down as the ankle or foot. Even poor postures, prolonged sitting, heavy lifting or constipation can contribute to coccyx pain.

Symptoms of tailbone pain: Severe localized tenderness or a sensation of bruising, pain typically worse with sitting and can be sharp, golf ball or marble like, unable to sit with good posture, pain with transitioning to standing from sitting, pain increases with activities such as biking, rowing, lifting etc., pain with bowel movements or with straining, or pain present with sexual activity especially for women.

Most people spend their day sitting and we have to admit, sitting with perfect posture is almost impossible. Although the coccyx is a major pain generator, only 10% of our weight is actually on the coccyx while sitting. Many people do not realize, coccyx pain can be persistent unless the source of the pain is identified. Again, the source can be as far up as the cervical spine or even the jaw joint or perhaps as low as the foot. Poor movement patterns and poor posturing with sitting and function, as well as weakness or tightness through muscles and ligaments may create poor coccyx positioning. Finding help for coccyx pain is sometimes even a bigger pain in the butt!

Help for the tailbone: Research supports the effectiveness of pelvic floor physical therapy for coccyx pain. A specially trained physical therapist will perform a comprehensive examination to identify the cause and the source of coccyx pain. The examination may include postural correction, use of the spine to move the coccyx, soft tissue massage external to the surrounding musculature of the coccyx, gentle internal manual therapy to address better positioning of the coccyx, stretches to promote elongation of tight muscles or tissues around the coccyx, strengthening to maintain better position of the coccyx, education on body mechanics, and dietary modifications to avoid constipation or straining. From there, therapy will focus on relieving pain and promoting better postures and movement patterns to prevent recurrence and regain full function with activities.

Don't hesitate to reach out to one of our skilled pelvic physical therapy specialists who work one-on-one with you to address the source of your pain! **Contact Inner Dynamics Physical Therapy by calling us at 732-508-9926.**

AP-AMP BENEFIT SHOW



AP-AMP BENEFIT SHOW

Thursday, October 21st
Asbury Lanes (Asbury Park)

Westar Productions had a live stream in person Hip Hop benefit show at Asbury Lanes for The Asbury Park African-American Music Project (AP-AMP). The performers included Dane The Beautiful Monster, Bulletproof Belv, Chris Rockwell, Ayekay, Drea and Ryver Bey. Hip Hop at it's finest brought the house down showing the talent and passion our community has! Thanks to everyone involved in making this event a successful one. Learn more about AP-AMP by visiting their website at: www.asburyamp.org



Ayekay



Chris Rockwell



Bulletproof Belv



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**SPARTAN PLAYERS WILL
PRESENT A SPIRITED VERSION OF**

A Christmas Carol

**TO BRIGHTEN UP THE HOLIDAY SEASON
FROM DECEMBER 9TH - 12TH**



**The Ocean Township Spartan Players are
excited to present A Christmas Carol to help
get the community in the mood for the
upcoming holiday season.**

The beloved tale by Charles Dickens will come to life in the high school's main auditorium Dec. 9-12. Ticket sale prices will be \$12 for adults and \$8 for kids under the age of 12.

Major roles include the following:

Chris Wilson as Scrooge, Zach Berg as Bob Cratchit, Elijah Huey as Fred and Ghost of Jacob Marley, Chloe Snider as Mrs. Dilber, Alli Turnbull as Ghost of Christmas Past, Dylan Birnbaum as Ghost of Christmas Present, and Abbey Ford and Taylor Sheridan as the Ghost of Christmas Future.

If you don't already know the story, A Christmas Carol is about mean old Ebenezer Scrooge who hates Christmas. He is awful to his workers and refuses to spend Christmas with anyone, even his nephew Fred who invites him to spend it with him. By the time Scrooge is alone at home on Christmas Eve, he gets visited

by the Ghost of Christmas Past, Christmas Present, and Christmas Future. The ghosts take him on a journey through different times and lead him into the Christmas spirit.

Dylan Birnbaum, who plays the Ghost of Christmas Present, can't wait to perform the show in front of an audience. "I would love to see people come to the show! It's a perfect start to get into the Christmas spirit."

Bella Campo, a senior crew member responsible for makeup, is also enthusiastic about this year's production. "It's a great family show! Bring your kids!"

For more information please email:

Lindsey Corella
24corella@oceanschools.org

Ms. Gower
cgower@oceanschools.org



Amelica with the 2004 Ford Escort provided by Sansone Jr.'s Route 66 Automall

LUNCH BREAK LIFE SKILLS PARTICIPANT GETS GREEN LIGHT TO A FRESH START WITH DONATED VEHICLE FROM SANSONE JR.'s AUTOMALL

Through the generosity of Sansone Jr.'s 66 Automall Hope For a Ride program, Lunch Break, the Red Bank social services and food security resource center, is helping a local woman struggling financially with access to work transportation. The program partners with non-profit organizations to donate vehicles to families or individuals who, because of life circumstances, are in critical need of a car. Amelica, a participant in the Lunch Break Life Skills employment coaching program, was presented with a 2004 Ford Escort recently at Sansone Jr.'s Route 66 Automall, 3401 Route 66, Neptune.

Amelica was thrilled to receive the donated vehicle. It was a life-saver for this hard-working woman and son Cajou, who recently traveled cross country, bound for New Jersey, with the promise of a brighter tomorrow.

With her husband and daughter still at the family's home in New Mexico, Amelica moved to Monmouth County before the COVID-19 pandemic began, hoping for better education opportunities for her son, who has autism.

Mother and son spent half the year in a motel room at a Red Roof Inn in Eatontown, while Amelica concentrated on enrolling Cajou in a special needs program in the Tinton Falls school district. With only

six months in savings for housing costs and food, Amelica thought it would be enough for survival until she found employment. But the economic fallout from the pandemic proved otherwise. Her husband's work hours were reduced. Businesses closed; hiring opportunities were scarce. Amelica needed a job.

She sought assistance from Life Skills mentor Jan Oberdick, who helped Amelica fine-tune her resume and update employment skills. A year following their meeting, she was hired for a position in overnight security at Seabrook Village in Tinton Falls. There was a catch, however: the job was a distance from her home. Amelica needed transportation and was unable to afford a car. For months, she was forced to walk to work — sometimes more than three hours one way — in heat, cold, rain, and snow. "Amelica is one strong lady," said Oberdick, referring to her mentee's perseverance.

Thankfully with help from Life Skills Operations Manager Mary Ann LaSardo and Sansone Jr. Automall's Hope For a Ride program, Amelica now has a green light to a promising future.

Whether providing transportation for financially insecure families for trips to work and/or school or medical treatments, Sansone Jr.'s 66 Automall is

"proud to support our community." And Lunch Break gratefully acknowledges this donation, which will help ease the burdens for those who, like Amelica, struggle to find jobs, or travel to healthcare visits or the food store because of a lack of reliable transportation.

While Amelica was nearly in disbelief over her new vehicle, there was none more deserving than this U.S. Navy veteran, who emigrated from Haiti as a young woman.

"Sansone Jr.'s 66 Automall has been working hard for many years to assist those in need in our local community with our Hope For a Ride program. Having a vehicle is essential to everyone's daily life and we understand how life circumstances can prevent deserving and hardworking families from getting the transportation they need," said Paul Sansone Jr.

Through Hope For a Ride, more than 50 local families in need have received safe and reliable vehicles. These vehicles have been "a blessing" to many families who were in need of transportation to work, or a way to get their children to school or transport their loved ones to medical care.

"We are so grateful to have the opportunity to work with local churches and organizations like Lunch Break, which help us find those who are truly in need in our community," said Sansone Jr.

The Life Skills Program, established in 2017 as a community resource for skills training, business attire and resume and employment coaching, now has expanded, offering participants ESL, job preparedness financial and technology classes, as well as one-to-one mentoring. Life Skills also recently launched a mentorship program in collaboration with The Source at Red Bank Regional High School targeting at-risk juniors and seniors in need of college prep guidance and vocational training.

Lunch Break freely provides food, clothing, life skills and fellowship to those in need in Monmouth County and beyond. The resource center strives to bring individuals full circle, by caring for their emotional and physical well-being, as well as providing guidance and the necessary skills to achieve self-sufficiency.

For donations and/or information:
www.lunchbreak.org

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