



# THE Today Paper

SEPTEMBER 2021

A community newspaper for Ocean Township, Tinton Falls & Eatontown

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## JERSEY SHORE GREEK FESTIVAL

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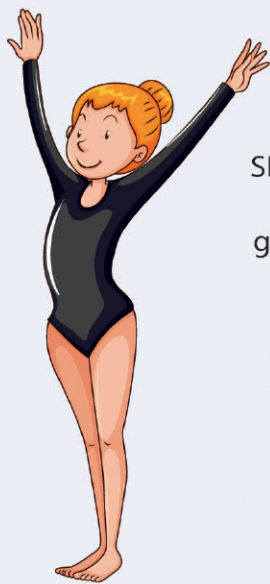
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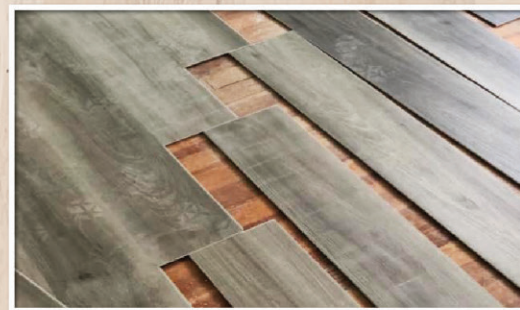
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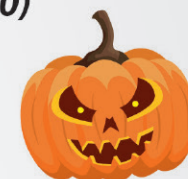
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*Please include your name, age, & the town you live in. 1 photo per email.*

*Limit is 3 photos per contestant. Maximum photo size is 8 MBs*



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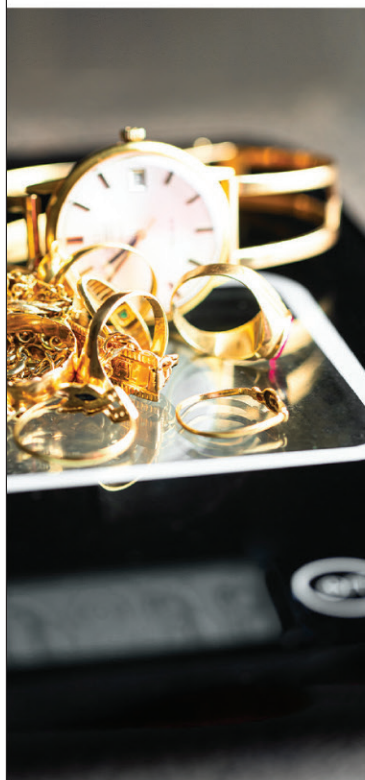
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# *Pandemic, Politics And... PEACE???*

*By Stacey Rose, PhD, LCSW*

One thing we can all (most likely) agree on is that the world we are living in now is challenging and different than it was a few years ago. Regardless of what your thoughts and feelings are about Covid-19 and about politics, I imagine you have had your share of stress during this time. For some it has been traumatic, whether you lost a loved one to Covid or possibly had a severe case of it yourself, for others maybe it has been the divided political climate that has increased your blood pressure or made you think twice about your relationships with family and friends. No matter what losses and/or struggles you've faced, it can be helpful to know some truly healthy ways to cope and even create peace during such turbulent times. Read on to find out how...

All the uncertainty we are living with, masks or no masks, in person or virtual school/work, and the situation in Afghanistan, we are reminded that we only have control over ourselves and being in this moment right here and now. Let's start here. Right now. Take a breath. Are you ok in this very moment? If so, great; if not, what do you need to feel more peaceful? Here are some options to consider trying:

1. Reach out to a friend that you trust and feel who understands you. Tell this person you need to simply share your thoughts and feelings.

2. Write in a journal - pour all your concerns and emotions onto paper.

3. Spend time in nature. Despite the season and the weather, being outside in fresh air on a regular basis can completely change our overall state of being.

4. Practice meditation and/or yoga daily.

5. Music - Play it, listen to it, write it, create it... it heals the soul.

6. Create art - paint, draw, sketch, sculpt-alone or with your kids, partner, friends.

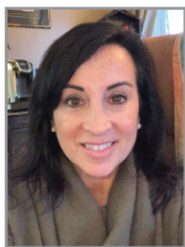
7. Redesign your home - move furniture around, create a 'sanctuary' in your home - a room where you feel nurtured and safe. Light a candle.

8. Limit how much exposure you allow yourself to the news and social media.

9. Pray - there is research that shows that the power of prayer truly helps. Attending a religious/spiritual service, even if it's virtual.

10. Be mindful of how you speak to yourself - stay positive and hopeful. We don't know what the future holds but we do know that we are resilient and adaptable human beings!

Anything that you do that allows you to exhale and be fully present will bring you peace. The higher our levels of stress get, the more we have to increase our self care. Remember we can all be in the same boat dealing with the same stressors, but not everyone copes in the same ways. Choose the ways you cope by asking yourself does it bring you a sense of calm? If so, keep doing it. If not, re-evaluate. Asking for help is critically important too. Reach out to a professional if you are in need. There is no shame in asking for help, we are imperfect people living in an imperfect world but there is always a way to create peace!



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The pandemic has brought about many changes that have affected all of us and created a new world at the new Soul Focus 2.0. As we adapt and assimilate, we are beyond excited to tell you we have re-dedicated ourselves to making a bigger impact on the community than ever before.

From the beginning, our purpose has been to help as many people as possible avoid unnecessary drugs and surgeries. We have succeeded and are extremely proud to have helped thousands of people over the last 20 years. While we have changed lives with our care, we now want to save them.

## INTRODUCING SOUL FOCUS 2.0

We've always been innovative and ahead of our time. When we combined physical therapy, occupational therapy, and acupuncture services with chiropractic services, we developed a unique model that withstood the test of time. This collaboration of providers resulted in better outcomes for our patients and even is a common and successful model

**While we have  
changed lives  
with our care,  
we now want to  
save them.**

for other offices nationwide. In our quest to continue to provide cutting edge, next generation health care, we ask that you congratulate and support us as we narrow our focus.

## THIS IS SERIOUS

- Diabetes is the #1 cause of blindness in the U.S.<sup>1</sup>
- Diabetic neuropathy is the leading cause of amputation in the U.S.<sup>2</sup>
- Diabetes is the leading cause of dialysis in the U.S.<sup>3</sup>
- Average life expectancy on dialysis is 5-10 years.<sup>4</sup>
- 65% of diabetics will die from a heart attack or stroke.<sup>5</sup>
- More than 70,000 people died from a drug overdose in 2019.<sup>6</sup>
- 2 of 3 overdose deaths involve Opioids.<sup>7</sup>

- Medical errors are the third leading cause of death in the U.S.<sup>8</sup>

- Epidurals are not FDA approved for back pain.<sup>9</sup>
- 73% of low back surgeries require further surgery.<sup>10</sup>
- 80% of all prescription

medications are consumed by Americans.<sup>11</sup>

## PURPOSE 2.0

As redefined by CEO/COO Alex Diaz "Our promise is to deliver personalized, goal-oriented treatment designed to relieve pain and restore our patients function while at the same time giving them a wonderful experience with excellent service and personalize care." Learn more about our services on the next page.



Alex Diaz, Soul Focus CEO/COO

## WE WANT MORE IMPACT

Getting people well is addictive. We are doubling down on our purpose and have chosen the services on the next page as our soul focus at Soul Focus Wellness Center in hopes of not just changing lives, but saving them.



**It is a new world  
and this is  
YOUR  
new SOUL  
FOCUS.**

<sup>1</sup> "Common Eye Disorders and Diseases." CDC.gov. 2 June 2020. Cdc.gov/visionhealth/basics/ced/index.html.

<sup>2</sup> "CDC report finds large decline in lower-limb amputations among U.S. adults with diagnosed diabetes." CDC.gov. 24 January 2012. cdc.gov/media/releases/2012/p0124\_lower\_limb.htm. 22 February 2021.

<sup>3</sup> "Kidney Disease: Causes." National Kidney Foundation. 31 August 2020. Kidney.org/atoz/content/kidneydiseases. 22 February 2021.

<sup>4</sup> "Dialysis." National Kidney Foundation. 30 October 2020. Kidney.org/atoz/content/dialysisinfo. 22 February 2021.

<sup>5</sup> "Heart Disease and Stroke Statistics—2012 Update" American Heart Association. 15 December 2011. ahajournals.org/doi/10.1161/CIR.0b013e31823ac046. 22 February 2021.

<sup>6</sup> "Overdose Death Rates." National Institute on Drug Abuse. 29 January 2021. https://www.drugabuse.gov/drug-topics/trends-statistics/overdose-death-rates. 4 September 2021.

<sup>7</sup> "America's Drug Overdose Epidemic: Putting Data to Action." CDC.gov. 16 December 2020. Cdc.gov/injury/features/prescription-drug-overdose/index.html. 22 February 2021.

<sup>8</sup> Daniels, Michael. "Study Suggests Medical Errors Now Third Leading Cause of Death in the U.S." Johns Hopkins Medicine. 3 May 2016. Hopkinsmedicine.org/news/media/releases/study\_suggests\_medical\_errors\_now\_third\_leading\_cause\_of\_death\_in\_the\_us. 22 February 2021.

<sup>9</sup> Food and Drug Administration. Drug Safety Communications: FDA Drug Safety Communication: FDA requires label changes to warn of rare but serious neurological problems after epidural corticosteroid injections for pain.

<sup>10</sup> Martin, Brook. "Repeat Surgery Following Lumbar Decompression for Herniated Disc: The Quality Implications of Hospital and Surgeon Variation." U.S. National Library of Medicine National Institutes of Health. 21 December 2011. Ncbi.nlm.nih.gov/pmc/articles/PMC3299929/. 22 February 2021.

<sup>11</sup> Gusovsky, Dina. "Americans Consume Vast Majority of the World's Opioids." CNBC. 27 April 2016. Cnbc.com/2016/04/17/americans-consume-almost-all-of-the-global-opioid-supply.html. 22 February 2021.



## SOUL FOCUS ANNUAL SCHOLARSHIP ESSAY CONTEST

# STRENGTHENING OUR COMMUNITY

For the past five years, we have invited seniors attending local high schools to participate in our annual scholarship essay competition.

Irfan Hassam from Monmouth Regional High School was awarded a \$3,000 scholarship for his submission on “how vaccines work.”

This scholarship has been instrumental in supporting our future generations and we are extremely proud of the scholarship winners



*Soul Focus new owner Alex Diaz with the 2021 scholarship essay contest winner Irfan Hassam and founder Dr. Raj A. Gupta.*

thus far. It is also amazing that many of our winners remain committed to health and wellness and are active members of our Soul Focus family:

- Kevin Ross, our first winner in 2015, interned with us at the height of COVID to help us help

our community. Kevin recently completed his first year at Palmer College of Chiropractic. Kevin shares, “I hope that you guys will hire me one day, you are where my passion started.”

- Abbas Hassam, one of our 2019 winners, is currently pre-med at Sienna College and has found his way back to Soul Focus as our summer intern where he is able to help our community through his passion for wellness.
- Our 2019 and 2021 winners, Irfan and Abbas Hassam, are brothers—something we learned when Irfan claimed his scholarship while his brother, Abbas, was working on the treatment floor as an intern.

Being able to educate people on options for wellness they didn't think they had and helping our patients achieve their goals every day is some of the most fulfilling aspects of what we do. Even more incredible is having the ability to reach and guide our next generation of doctors and healthcare physicians towards wellness.

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# BACK AT IT

*By Andrew Teeple, MRHS Superintendent*

When amusement parks reopened this year, I naively thought that the rollercoasters would be confined to Great Adventure, Hershey Park and Disney. I could not have predicted that I would still be using the rollercoaster as an analogy to describe pandemic guidelines and school... yet here we are. As frustrated as we may become, it is more important than ever to find our positivity. I think that Joyce Meyer put it best when she so eloquently wrote, "You can't have a positive life with a negative mind." How true! How many of us, since March 2020, focused more on what COVID-19 took away rather than what we gained? I know that I did. How many of us went into survival mode rather than flourish in our

lives? I know that I did. This year, I promised myself that I would end my pity party. After all, there is more than one way up a mountain. As Zig Ziglar said, "The problem with pity parties is that very few people come and those that do don't bring presents." As our society experiences a step back in our fight against COVID-19, resolve to take a step forward in creating your positive world in spite of it.

As the 2021-2022 school year begins, my hat comes off in salute to ALL teachers. Thank you for your undying commitment to our children and to creating a brighter future. Best of luck for a successful year!

**AS OUR SOCIETY EXPERIENCES  
A STEP BACK IN OUR FIGHT  
AGAINST COVID-19, RESOLVE  
TO TAKE A STEP FORWARD  
IN CREATING YOUR POSITIVE  
WORLD IN SPITE OF IT.**

*These are exciting times in the falcons' nest as we reintroduce students to the fullness of campus life. Become informed about Monmouth happenings by checking out our website ([monmouthregional.net](http://monmouthregional.net)), Facebook page or following us on Twitter at: @MonRegHS*

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



**Andrew Teeple**  
*Monmouth Regional  
High School Superintendent*

# WELCOME BACK

*By Dawn Kaszuba, OTHS Principal*

I have to make a confession -- I'm a self-professed school "nerd" -- from the very beginning of my educational experiences -- kindergarten -- I have barely been able to contain my energy, enthusiasm and excitement for the first day of school. The same is true today. However, this year is a little more special -- the start of the 2021-2022 school year carries even greater significance.

We have gained a new understanding of ourselves. As a Spartan community we have faced significant challenges -- loss, separation, anxiety, learning environment -- and we have demonstrated our resilience, determination, compassion, and problem-solving. This year we will continue to tap into our strengths to overcome any challenges we will encounter -- as a school and as a community. We may not all agree about the "right" choices, but I am certain we all have the "right" focus -- the needs of our

students -- ALL students. Working together, maintaining a positive outlook with our eye on our goals, refusing to give up in the face of adversity -- we will move forward, we will succeed, and we will build a stronger, more cohesive, indefatigable Spartan community ready for any challenge which dares to face us.

The new school year brings with it so many opportunities and renewed traditions. The best fans on the shore were able to join us in Big Red Country to cheer for our OTHS Spartan football team; our Class of 2025 joined us in person for our 9th grade orientation; and all students return to regular instruction on the 9th -- a day for which I cannot wait! The excitement is real -- and not just for self-professed school "nerds" like me. We are passionate, we are strong, we are unstoppable, we are Spartans! Go Big Red!

**THIS YEAR WE WILL  
CONTINUE TO TAP INTO OUR  
STRENGTHS TO OVERCOME  
ANY CHALLENGES WE WILL  
ENCOUNTER -- AS A SCHOOL  
AND AS A COMMUNITY.**



**Dawn Kaszuba**  
*Ocean Township  
High School Principal*





# 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 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!*



## OVERACTIVE BLADDER: SEEK PELVIC FLOOR PHYSICAL THERAPY!

By: Victoria La Manna PT, DPT

Inner Dynamics PT is excited to welcome back the distribution and delivery of the Today Paper! We are so happy to be back and able to help support the surrounding communities of Ocean, Tinton Falls and Eatontown! Our topic for today is urinary frequency - otherwise known as Overactive Bladder.

Often we hear friends, family and clients stating that somehow over the past few months, years or decades, they have developed or have always had "a small bladder." This problem may have suddenly emerged, slowly developed, or always been! Either way it can cause havoc in your life - from interrupting movies at home or needing to plan trips around bathroom breaks. Frequent urination can often be a combination of pelvic floor muscle dysfunction, poor bladder habits and dietary factors. All of which can be addressed through pelvic floor physical therapy.

**Urinary frequency** can be defined as urinating greater than six to eight times per day or more than once per three to four hours. After the age of 65, waking 0-1x per night is within normal range; however, many with urinary frequency will wake one or more times per night. The bladder has the ability to hold about 1.5 cups or 300-400 ml of fluid, but the first signal in those with urinary frequency may be happening at only HALF the normal amount. How can you tell if your bladder is full? Count the seconds! Your stream should be greater than 8 seconds for women or greater than 10 seconds for men. Getting an earlier signal can occur with muscle imbalances, poor bladder habits and dietary irritants. Muscle imbalances can be areas of tightness and weakness in the pelvic floor, abdominals or hip muscles.

Increased muscle tension may be due to weakness and/or incoordination of pelvic floor muscles with surrounding supportive muscles and the abdominal pressure system. The bladder is a part of the abdominal pressure system and is directly supported by the pelvic floor muscles, as well as the abdomen and deep internal hip musculature. As pressure within the bladder builds from bladder filling, the surrounding structures must have enough mobility to accommodate, as well as enough strength to counter bladder signaling. When this does not happen - false signaling can occur. Learning how to control the bladder works by learning how to control your pelvic floor muscles.

**What are pelvic floor muscles?** They are a sling of muscles that line the bottom of your pelvic region from your tailbone to your pubic bone, and from hip to hip. They act like a bowl that houses all of your internal organs - your intestines, your bladder, ovaries, prostate, uterus, etc. They have a bunch of responsibilities including assisting with posture, stability, sexual functions, and bladder and bowel control. As the bladder fills, they should be able to contract to maintain continence and counter the bladder signal to delay urination. The pelvic floor muscles may not be giving a signal to delay urination for multiple reasons. It may mean these muscles are weak and need some help with strengthening to improve their function. Or it may mean these muscles are too tight and may need some help with elongation so they can contract better. Or it may mean these muscles need some help with coordination as they are not contracting at the right time - maybe too late or too early. Luckily, just like other muscles in your body - your pelvic floor can be rehabilitated through physical therapy. With a combination of pelvic floor rehabilitation, urge suppression techniques, bladder retraining, and addressing dietary components, this will lead to success in decreasing urinary frequency.

**At Inner Dynamics Physical Therapy** you can expect to be seen and evaluated by a Doctor of Physical Therapy who is specially trained in treating pelvic floor dysfunction, as well as the entire musculoskeletal system. We will help guide you towards improved function of your pelvic floor for optimized health, wellness and bladder function! We will address what's potentially causing frequency and guide you through appropriate exercises and interventions to improve your overall well-being. Therapy involves therapeutic regimens that are non-surgical or invasive. Treatment typically consists of learning appropriate exercises and receiving education about bladder control.

Don't hesitate to address this problem. With guidance and some simple changes you could drastically improve your whole quality of life!

**Contact us at Inner Dynamics Physical Therapy to schedule your evaluation at 732-508-9926 or visit our website [innerdynamicspt.com](http://innerdynamicspt.com) for more information. Thank you.**





Lunch Break Staff and front-line kitchen volunteers preparing grab-and-go meals.



## LUNCH BREAK VOLUNTEERS TAKING ACTION AGAINST HUNGER

**September is Hunger Action Month and it's also the month in which Lunch Break, the Red Bank social and food services resource center, recognizes and honors the work of its dedicated Board, volunteers and staff, as well as the incredible support of the local community, for their efforts in helping to carry out the center's vital mission.**

Lunch Break relies on its network of more than 2,000 volunteers, some of whom served heroically during the height of the COVID-19 pandemic, to support the organization's varied food and service programs for those in Monmouth County living at or below the poverty line. Among some of the ways Lunch Break has helped:

- Our Soup Kitchen served more than 88,000 hot, nutritious, grab-and-go meals in 2020.
- Client Choice Pantry saw more than 21,000 grocery pickups in 2020.
- Continental Breakfast is served 5 days a week from 8:30 am to 10:30 am.
- Homebound delivery of nutritious meals is provided 6 days a week, 52 weeks a year, including holidays.
- Last year, we provided Thanksgiving grab-and-go meals in addition to delivering to our homebound clients.
- Every week, more than 100 hot meals are delivered to displaced individuals in the Pan American Motel.
- Clara's Closet distributed clothing to more than 3,200 individuals in 2020.
- In 2020, Outreach Clothing Program distributed 7,175 bags of clothing to individuals throughout Monmouth County. The Suit Up Program provided 95 individuals with business attire.
- The Backpack Program ensured that 725 children in need had school supplies in 2020.
- Our annual Holiday Program provided gift cards for 850 families in 2020.
- Children's Cooking Class offered 141 children tuition-free virtual cooking classes in 2020.
- Life Skills Program partners with clients to gain skills to achieve economic self-sufficiency. In 2020, up to 100 people per month attended coaching sessions, with 45 participants gaining employment.
- Women's Worth - Female Mentorship Program focuses on health, nutrition and wellness through discussions, workshops and speakers.

• In 2020, COVID-19 Emergency Fund provided 1,150 individuals with financial assistance and gift cards for urgent living expenses.

In New Jersey alone, 865,900 people, including 260,340 children, are food insecure, according to a 2021 Feeding America and Hunger Free New Jersey report. That means 1 in 10 individuals (9.6 percent) and 1 in 8 children (13.2 percent) live in homes without consistent access to adequate food.

Across Monmouth County, the rate of hunger among seniors has more than doubled since 2001, according to the National Council on Aging, a rate that is expected to increase as Baby Boomers age. About 10 percent of New Jersey's older residents, some 190,000 seniors, were at risk of hunger in 2017 and these numbers are rising quickly.

In 2020, Lunch Break saw an unprecedented demand for groceries — 111 percent more food pickups over 2019. Same holds true for grab-and-go meals — Continental breakfast and lunch served six days a week and Community Dinner on Friday — with a 22 percent rise over 2019.

**Path to Self-sufficiency** - The Life Skills Program provides skills training and resume, ESL and financial coaching to equip participants with the necessary tools to make them more marketable for employment. Among the training offered:

- Resume and cover letter prep • GED prep
- Interview and computer skills • Communication/public speaking
- Life and goal planning • ESL
- Household/personal budgeting • Credit and financial counseling
- Job training referrals • Immigration and other legal referrals
- Hybrid learning/tutoring for all ages • Life Skills training as needed

Through a partnership with The Source at Red Bank Regional High School, the Life Skills Program launched the Alliance for Success Program (AFS) in 2021. The program offers training and mentorship to rising juniors and seniors, with a curriculum designed to enhance their skills for possible post-graduate employment or higher education.

**Lunch Break is prepared to meet the growing needs of the community as the demand for basic necessities increases into 2022. It has been the center's promise to "never miss a meal." This continues because of the community's dedicated support.**

**As a caring community, Lunch Break freely provides food, clothing, life skills and fellowship to those in need in Monmouth County and beyond. To donate or for more information: [www.LunchBreak.org](http://www.LunchBreak.org)**

**Follow Lunch Break on Facebook, Instagram, LinkedIn and Twitter. #whywebreak**

**Help For Today Hope For Tomorrow | [www.LunchBreak.org](http://www.LunchBreak.org)**

## REAL ESTATE SALES DATA

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Long Branch Office: 732-870-1212

### Sales Data for Ocean Twp, Tinton Falls and Eatontown from 8/7/21 - 9/6/21

SINGLE FAMILY	SALE PRICE
18 Terry Ln, Tinton Falls	\$330,000
30 Mc Kinley Dr, Ocean	\$340,000
59 Howard Ave, Tinton Falls	\$365,000
90 Cloverdale Cir, Tinton Falls	\$375,000
97 Shark River Rd, Tinton Falls	\$399,900
60 Charles Dr, Tinton Falls	\$400,000
1 Fredric Dr, Ocean	\$420,000
138 Idlewood Ave, Ocean	\$435,000
1152 Deal Rd, Ocean	\$435,000
13 Bernard St, Eatontown	\$460,000
514 Laurel Ave, Ocean	\$475,000
220 Highwood Rd, Ocean	\$480,000
7 Augusta St, Tinton Falls	\$519,000
221 Wyckoff Rd, Eatontown	\$535,000
34 College Ave, Eatontown	\$535,000
147 Augusta St, Tinton Falls	\$555,000
46 Hope Rd, Tinton Falls	\$557,000
1606 Westfield St, Ocean	\$560,000
242 Perrine Ave, Ocean	\$580,000
7 Hillside Ter, Ocean	\$600,000
907 Interlaken Ave, Ocean	\$625,000
1312 Laurel Ave, Ocean	\$641,500
17 Edison Ave, Tinton Falls	\$655,000
41 Stonehenge Dr, Ocean	\$660,000
1251 Deal Rd, Ocean	\$665,000
32 Alpine Trl, Tinton Falls	\$690,000
7 Middlebrook Dr, Ocean	\$725,000
12 Tilton Dr, Ocean	\$750,000
225 Cedar St, Ocean	\$750,000
21 Northwoods Rd, Ocean	\$755,500
1700 Fanwood St, Ocean	\$770,000
54 Lambert Johnson Dr, Ocean	\$790,000
247 Whalepond Rd, Ocean	\$800,000
34 Northwoods Rd, Ocean	\$999,000
261 Dixon Ave, Ocean	\$1,250,000
18 Bruns Rd, Ocean	\$1,800,000
23 Fernwood Dr, Ocean	\$555,000*
18 Redwood Dr, Ocean	\$599,000*
18 Chelsea Ct, Tinton Falls	\$685,000*
23 Majestic Dr, Tinton Falls	\$900,000*
48 Enclave Way, Ocean	\$919,405*

\* Active Adult

CONDO / TOWNHOUSE	
115 White St, Eatontown	\$170,000
51 Diane Dr, Tinton Falls	\$215,000
3 Ann Ct, Tinton Falls	\$242,000
21 Frontier Way, Tinton Falls	\$245,000
1 Jockey Ln, Tinton Falls	\$247,000
27 Fennec Ct, Tinton Falls	\$250,000
53 Fennec Ct, Tinton Falls	\$250,000
3 Crop Ct, Tinton Falls	\$265,000
20 Alameda Ct, Eatontown	\$270,000
12 Forrest Ct, Tinton Falls	\$320,000
222 Mill Pond Way, Eatontown	\$325,000
55 Santa Rosa Ln, Tinton Falls	\$325,000
64 Phoenix Ct, Tinton Falls	\$330,500
76 Oak Ln, Eatontown	\$345,000
23 Thistledown St, Tinton Falls	\$370,000
30 St Paul Ct, Tinton Falls	\$380,000
72 Wigwam Ln, Tinton Falls	\$382,000
182 Old Orchard Ln, Ocean	\$390,000
13 Pinto Dr, Tinton Falls	\$405,000
1 Redwood Dr, Eatontown	\$416,000
137 Tanya Cir, Ocean	\$465,000
114 Beacon Ln, Eatontown	\$485,000



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**Convention Hall**

*AsburyFest salutes our local heroes  
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**9/24 5pm - 10pm**  
**9/25 11am - 10pm**  
**9/26 11am - 6pm**  
\$3 Admission  
Friday Night Free!



## ADOPT! DON'T SHOP!



**Armstrong is a love.** He's around 4. He's really a nice boy who loves to get belly rubs, take walks and cuddle. He has spurts of energy but is overall more chill. The right family for Armstrong is one without small kids as he is not a fan of sharing his toys or food. He is social with other dogs however due to his dislike of sharing - we will require him to be the only dog in the home. *Email the office for more info on Armstrong: [tintonfallsahs@ahsppz.org](mailto:tintonfallsahs@ahsppz.org)*



**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!*



Recycling Tours Available  
**THIS FALL**  
at Mazza Recycling  
in Tinton Falls, New Jersey

Recycling tours are happening at Mazza Recycling, both in-person and virtually. Join a tour and learn all about the recycling process in our state-of-the-art sorting facility.

Learn first hand what happens to your metal cans, paper, cardboard, and plastic containers (#1, #2, and #5)!

**Register online today**

at [www.mazzarecycling.com/greenertomorrow](http://www.mazzarecycling.com/greenertomorrow)  
or email [greenertomorrow@mazzarecycling.com](mailto:greenertomorrow@mazzarecycling.com)

Limit to 20 attendees per tour.







# COVID-19... Here We Go Again!

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

It is so great to be back in your homes and businesses in the real Today Paper! I do enjoy sharing information and opinions with you, so welcome back to all of us!

It's hard to believe that COVID-19 is still with us, and, as a nation, we are still trying to move forward with our lives, both personally and professionally. The past year and a half have brought much sadness, fear and loss to all of our families. Whether we have been vaccinated or not, tested positive for COVID-19 or actually had symptoms of the virus, I think we can all agree that superior immune function is key. Positive lifestyle changes to reduce the severity of the virus, if infected, can include the following:

**1. Reduce the body's inflammatory load.** Obviously, sugar, gluten, wheat and processed foods are items we all can certainly minimize.

**2. Decreasing oxidative stress to the body.** This can be as simple as doing less grilling and frying of our foods. Below we will talk about how to increase our antioxidant levels.

**3. Balancing the gut microbiome.** Since 70-80% of our immune system is in our gut, it seems pretty important to constantly replenish it with high quality probiotics and/or fermented foods on a daily basis.

*In my office, I recommend protecting and rebuilding our immune system with two amazing products from Metagenics - Immune Active or Immune Defense Packs. Both are designed to support the immune and cardiovascular systems as well as protect against oxidative stress. Go to [DrTrish.metagenics.com](http://DrTrish.metagenics.com) for more information and to order yours today.*

## 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**

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## COMMUNITY DATE-BOOK

### AsburyFest

**Friday 9/24 - 5pm - 10pm | Saturday 9/25 - 11am - 10pm | Sunday 9/26 - 11am - 6pm | Across From Convention Hall in Bradley Park.**

A huge variety of festival food! Local craft beer, domestic beer and wine. Live music all weekend long from local groups! Carnival Games. Craft Vendors & Local Artists. Friday Night is Free. \$3 Admission Saturday and Sunday. More info at: [www.asburyparkchamber.com](http://www.asburyparkchamber.com)

### Fall Fest in Ocean Township

**Sunday 9/26 | At Joe Palaia Park | 10am - 4pm | Rain Date is 10/2**

Free Admission! Food, Music, Craft Fair, Entertainment, Children's Activities, Community Organizations. No Pets. Vendors, Artists & Crafters Welcome! For more info & sponsorship opportunities call 732-531-2600 ext 6220

### Jersey Shore Greek Festival On the Go

**Friday 10/1 from 11am - 8pm & Saturday 10/2 from 11am - 8pm**

St. George Greek Orthodox Church (Ocean, NJ) invites you to bring all of their delicious homemade Greek food to your home or office. Visit [www.jerseyshoregreekfestival.com](http://www.jerseyshoregreekfestival.com) and place your pre-order for pick up at St. George during the above dates and times listed. No on-site ordering. On-line pre-order for pick up only. For the menu and more info visit [www.jerseyshoregreekfestival.com](http://www.jerseyshoregreekfestival.com)

### Eatontown Community Day

**Saturday 10/2 | At Wolcott Park | 1pm - 5pm | Rain Date is 10/9**

Bigger and better than ever! Food Trucks, Beer Garden, Games & Hay Rides. Police, Fire Dept. & EMS Displays. Lot's & Lots of Vendors. And, a movie at night. Bring your kids, friends & neighbors! Vendors wanted, email [eatontownday@eatontownnj.com](mailto:eatontownday@eatontownnj.com) for more info.

### Mary's Place by the Sea 10th Annual Walk & 3rd Annual 5K Run Saturday 10/2

In Person or Virtual. In Person event at the Ocean Pathway in Ocean Grove. Each year, over 1,000 attendees walk or run in support of women with cancer. Proceeds from this event provide rest and respite to our guests, who enjoy integrative services (in-person and virtually) at no cost! Visit [runsignup.com/marysplacebytheseawalk2021](http://runsignup.com/marysplacebytheseawalk2021) for more info and to register.

### Mya Lin Terry Foundation's 2nd Annual Cornhole Tournament Saturday 10/9

**Joe Palaia Park, Oakhurst | Rain Date is 10/10**

Youth Instruction & Play 11am - 1pm. Competitive Teen/Adult Brackets 1:30pm - 6:30pm. Prizes for top teams. The event will also feature a Magician, Live Music, Auction, Food & Beverage Trucks. Register by 9/30. Visit [TheMyaLinTerryFoundation.org/EVENTS](http://TheMyaLinTerryFoundation.org/EVENTS) | For more info or sponsorship opportunities email [KellyLynnTerry@msn.com](mailto:KellyLynnTerry@msn.com) or call 732-861-9236

### Golf "Fore" Parkinson's Monday 10/11

#### Jumping Brook Country Club, Neptune

Registration is now open for the 2021 Golf "Fore" Parkinson's Event. Sponsorships are available. Every effort helps! Thank you for your continued support! Sign up or get more info here [www.golfforeparkinsons.com](http://www.golfforeparkinsons.com) (Golf "Fore" Parkinson's is a joint effort between the Russo family and the Light of Day Foundation)



# THE *Today Paper* AROUND TOWN



## The Italian Festival Celebrated Its 45th Year in Ocean Township!

The Italian American Association of The Township of Ocean (IAATO) hosted the Italian Festival at Joe Palaia Park from August 11th - August 15th. It featured spectacular food, games, rides, live music, 50/50 raffles & fireworks! The Festival serves as the IAATO's biggest fundraiser. Money raised helps support the IAATO's giving programs that benefit many local children's groups & teams. The IAATO also provides scholarship opportunities for high school students. This past June the IAATO gave out \$50,000 in scholarships to highly qualified graduating students (20 scholarships for \$2,500 each)! Pictured from left to right: Julie Williams, Rene Ackerson & Marissa Williams enjoying the Italian Festival!



## The Tinton Falls Library Held Their Save The Library Music Festival on August 14th.

The event featured local bands, food & beverages, games & activities and a beer garden! And, although the Festival was successful, The TF Library is still trying to raise the necessary funds needed to reopen after being closed since 2017. The TF Library was known for their children's reading programs, a teen volunteer group and a very busy meeting room and front room. The children's room was decorated with murals done by a local resident and they hosted meet the author nights, chess club, knitters and a read to dogs event. We all miss the TF Library! To learn more about the Tinton Falls Public Library and to offer support please visit [www.tintonfallslibrary.com](http://www.tintonfallslibrary.com)



## Tinton Falls Baseball Team Wins 2021 State Championship!

After defeating Lincroft in the District 19 Finals, the Tinton Falls Little League Juniors advanced to the Section 3 Tournament where they defeated Brick in the Finals. Next up was the State Tournament in East Vineland where they defeated Ridgewood in the State Final by a score of 17-7! Congratulations! The Tinton Falls Juniors are a group of 13 & 14 year old friends that have been playing together since they were 8 years old. Many of the players also participate in baseball, basketball, soccer, football, wrestling and hockey. Pictured from left to right: Sean Najdzinowicz, Coach Greg Denton, Connor Keefer, Evan Kelly, Luke Meyers, Collin Denton, Thomas Fitzsimmons, Justin Buck, Alex Provines, Jack Dufficy, William Theobald, Tanner Simpson, Liam Forster and Coach Scott Simpson. Not pictured: Coach James Kelly