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home GUIDE

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PHOTO CREDIT: Ellen Rubinstein

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Finding Prostate Cancer Early Through Routine Screening Improves Outcomes

Emad R. Rizkala, M.D., urologic surgeon and director of Robotic Surgery at Bayshore Medical Center

Prostate cancer is a common cancer type in men, with approximately 268,000 men diagnosed each year and 1 in 8 men receiving a prostate cancer diagnosis in their lifetime.

Prostate cancer rates also increase with age. One in 456 men under the age of 50 are diagnosed with prostate cancer compared to 1 in 11 men over the age of 70.

What are the signs of prostate cancer?

Prostate cancer often does not cause symptoms until it is advanced. When it does cause symptoms, they can be similar to symptoms of other conditions, such as an enlarged prostate. Prostate cancer symptoms may include:

- Difficulty urinating
- · Blood in semen or urine
- · Unexplained weight loss
- · Erectile dysfunction

How does prostate cancer screening work?

Prostate cancer screening is performed with a simple blood test called a prostate-specific antigen (PSA) test, which checks for an elevated PSA level. Doctors may also perform a digital rectal exam to check your prostate for abnormal masses.

Who should be screened for prostate cancer?

All men over age 50 should be screened for prostate cancer. Men who are at high risk for prostate cancer — including African American men and men with a family history of prostate cancer — should begin screening sooner. Men with a life expectancy of less than 10 years should not be screened for prostate cancer.

What is the benefit of prostate cancer screening?

Prostate cancer screening can find cancer early, before it causes symptoms or spreads to other parts of the body — and when it's easiest to treat.



Emad R. Rizkala. MD

When prostate cancer is contained in the prostate, patients can often be successfully treated with radiation therapy or surgery using robotic or minimally invasive techniques. After the cancer has spread, localized treatments are no longer an option.

What are the chances of prostate cancer recurrence or spread?

During the past several years, urologists have noticed an increase in the number of aggressive or metastatic prostate cancer cases at the time of diagnosis. The chance of being diagnosed with prostate cancer that has already spread is currently about 5-7 percent.

About half of all prostate cancer cases will spread to another area of the body within the

patient's lifetime, even after localized treatment. However, aggressive prostate cancer types are more likely to spread than less-aggressive types.

If you are a middle-aged man, you should talk to your primary care provider or urologist about prostate cancer screening — that conversation could save your life!

About Bayshore Medical Center

At Bayshore Medical Center, patients have access to comprehensive prostate cancer screening and treatment, including robotic urologic surgery performed by fellowship-trained urologists. Our urologic surgeons provide our patients with the same level and quality of care available at academic medical centers — without the stress and hassle of traveling far from home.

Bayshore Medical Center now offers patients the latest in PET Imaging for detecting prostate cancer. PET scans with a specialized radiotracer targets and identifies suspected metastasis or a recurrence of prostate cancer and significantly improves how prostate cancer is detected and treated. It pinpoints tumors not only in the prostate but also throughout the pelvis and the body in cases where tumors may have spread. To learn more, visit



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To learn more about Bayshore, visit BayshoreMedicalCenter.org.









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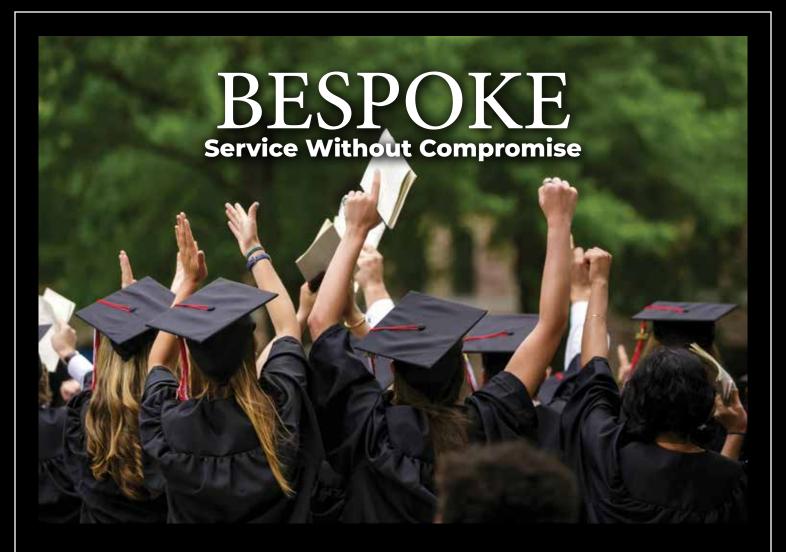
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Hello, Summer!

3...2...1... It's summer! This is our time to shine, and we are as bright as a flawless diamond. Summers at our beloved Jersey Shore have it all. There are lazy days at the beach, world-class restaurants and golfing, freshly caught seafood, boating, farmers markets, outdoor concerts, barbecues, festivals and fireworks - and we're just getting started. You can do something different every day, and you still wouldn't have enough days to do it all. We are the summer experts here; that's why people come from everywhere to savor a few days of the life we are lucky enough to enjoy year round.

All that fun was the inspiration for our new Staycation Guide, which gives suggestions of experiences right around the corner and great businesses who will make this a summer to remember.

We celebrate the spirit of America this Flag Day and Fourth of July and encourage you to wave your flags at the many celebrations in our towns.

We also congratulate all the area graduates along with their teachers, coaches, parents, administrators and supporters. Our students give us much to be proud of!

And we certainly send our best to all our June brides, including The Journal's editor, Shanna, who married her longtime fiancé, Zachary. We wish a long, happy life to them both!

As you're out having fun, remember all the people hard at work in these months. We send our sincere thanks to all the lifeguards, seasonal workers, restaurant staffs, amusement workers, valet parking attendants, crafters, police, fire and rescue, farmers, volunteers, clean-up crews and so many others who give us the best experiences possible.

Our waterways are a national treasure, and we ask that you be kind this summer. Please pick up any trash, be careful when boating, don't climb on the dunes, and be courteous to one another. And don't forget your sunscreen!

We invite you to check our social media platforms throughout the summer, as we will be adding news and information about the many events as they become available. We also encourage you to share your news and photos with us.

Yes, summer has arrived with its long days, warm nights, great food, live music and so much more. We are so glad to be a part of it and to be a part of your summer.

Be safe, be happy, have some hot dogs and lemonade, wave the flag, and get out and enjoy it all!

Louis Francis Mercatanti



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Be part of The Journal!

We welcome story ideas, local event listings, fundraiser/social photos and important announcements. We also feature photos from local photographers on our monthly covers. To contribute to The Journal, email thejournalnj@gmail.com. To read more original content and to enter giveaways, follow us on social media.





Holmdel Completes First French American Exchange Program

Holmdel's first French American Exchange program ended in late April, leaving students, parents and teachers with some tears and a head full of great memories.

It all started when Holmdel alumna Valentina Melikhova worked in France as an English assistant to Sandrine Krempper in a small town in Alsace called Ribeauvillé. She facilitated a first contact between Krempper and Holmdel foreign language teacher Laurence Cogger, who were both eager to establish an exchange between their two schools.

A long and tedious process started in 2019 that finally came to life this

spring when 12 students and two teachers arrived in Holmdel. For them, the following 10 days were spent going to school, particieach other's culture and traditions. Like their American counterparts, the French group got the opportunity to go to different classes, eat at the cafeteria and hang out with friends at the Hive high school and William R. Satz Middle School. They answered

pating in sports and extracurricular activities, and learning about Café. Their teachers met and spoke with Cogger's students at the



many questions, helped them for their presentation in Satz, roleplayed skits and practiced their speaking in high school. They were able to become students and attend English and history classes themselves.

With help from the district, all participating students and their teachers had a great day visiting the Statue of Liberty and Ellis Island and riding on a school bus (something the French had only seen on television). They were treated to donuts and bagels.

> They had a movie night in the school auditorium and shared many desserts. Special thanks go out to Principal Matthew Kukoda, Assistant Principals Sean Macaulay and Angela Thomas for their help organizing this trip.

Nothing would have been possible without the help of the 14 volunteer families. Thanks to their kindness and generosity, Exchange Program students and teachers visited many places in the area and enjoyed a pizza and a s'mores party. A beach party was also held at the shore, creating friendships that will last a lifetime.

Holmdel students look forward to next year when they will have the opportunity to visit their French friends and colleagues.



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Holmdel Students Commit to **Collegiate Athletics**

Holmdel High School student-athletes made their college choices official by signing Letters of Intent to continue their academic and athletic careers at colleges and universities across the country. The following are the students who have made commitments to compete at the college level.

- Jadyn Wong: Acro & Tumbling Quinnipiac University
- Andrew Harrison: Track & Field Lafayette College
- Samantha Miele: Gymnastics Caldwell University
- Taylor Bielen: Girls Soccer The College of New Jersey
- Ilan Golden: Mens Soccer Rutgers Newark
- Alexandra Loucopoulos: Girls Basketball Emory University
- Alexandra Schaul: Girls Golf Scranton University
- Marc Dietz: Football King's College
- Jacques Lucien: Sacred Heart University Track & Field



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'Silent Came the Monster' Takes Readers into Thrilling Jersey Shore Past

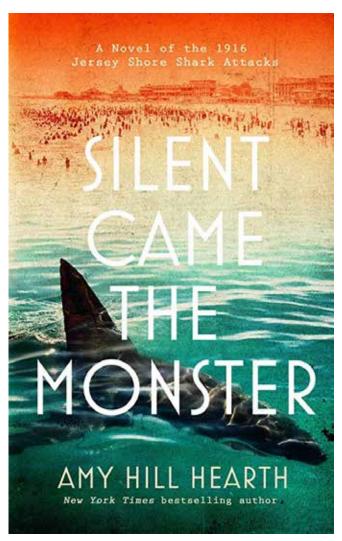
SUBMITTED BY PATRICIA KOZIAL

Little Silver resident and New York Times bestselling author Amy Hill Hearth visited BookTowne in Manasquan on May 16 for a novel launch and signing. "Silent Came the Monster" is Hearth's 11th book and her first historical thriller. The book is based on the "12 Days of Terror" during the summer of 1916 when five people were attacked and four people were killed by Great White Sharks along the New Jersey coast.

Hearth's first book, "Having Our Say: The Delany Sisters' First 100 Years," contains the oral history of Sarah Delany and Elizabeth Delany, two civil rights pioneers who were born in the late 19th century to a former slave. The book was published in 1993 and was on The New York Times Best Sellers List for more than two years. It was adapted to the Broadway stage and became an award-winning film which starred Diahann Carroll, Ruby Dee and Amy Madigan.

Hearth is an author and journalist who focuses on extraordinary stories from the past. She is a Peabody Award-winning author and a 13th generation American whose ancestors fought for independence in the Revolutionary War.





Cynthia Mirabelli, a voracious historical fiction reader from Union County who attended the event, commented that she was unaware the first shark attack took place in Beach Haven, close to the site of her son's wedding in June. "I will begin reading the book when I get home tonight for I am not familiar with that time in New Jersey history," she said. "And then I will give my son the book which Amy signed for me to read in the future."

Also attending the event were Art and Sue Meyer, lifelong residents of the Jersey Shore who became "shark enthusiasts" when they attended Matawan's Centennial Commemoration of the 1916 Shark Attacks, Sue shared that Art has been glued to Discovery Channel's Shark Week every July since then.

For additional information on Amy Hill Hearth, visit AmyHill-Hearth.com or her Author Page on Facebook.

AAUW Holds Annual Bag of **Books Sale**

BY LORI DRAZ

The time is here for a glass of iced tea and a great read perfect timing for the AAUW Northern Monmouth County Bags of Books Sale on Saturday, June 24 from 9 am to 1 pm. Choose from a huge variety of topics for pennies and help a great cause. There are books for every reader on all topics. You'll find fiction, history, resource guides, current topics, cookbooks, coffee table books, mysteries, sci-fi, books on art, children's books, DVDs and collectibles, and you can fill up a bag for just \$5.

This \$5 Bag Sale is not only a great day for bargain hunters, it's also the final sale day before the AAUW takes its July and August summer break. You can still shop ahead of the bag sale every Saturday from 9 am to 1 pm at the Old First Church, 69 Kings Highway in Middletown.

Proceeds from the AAUW Used Book Sale provide university and college scholarships for women and girls and support local projects that promote STEM education for middle school girls. They also provide leadership training for high school girls and offer workshop training in salary negotiations for college students and women returning to the work force.

The Northern Monmouth County Branch of AAUW has been making a difference in the community for more than 90 years and welcomes new members to join them in advancing equity for women and girls. Visit aauw-nj-nmcb.org for more information or call 732-275-2237.

Membership in AAUW is open to any graduate holding an associate or equivalent, baccalaureate, or higher degree from a regionally accredited college or university.





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HFEE Spring Gala Raises Money for Indian Hill Music Room

Awe-inspiring is the only way to describe how the Holmdel community showed up for the 2023 HFEE Spring Gala! The Holmdel Foundation for Educational Excellence (HFEE) members wanted to extend their sincerest appreciation to each person who came out to support and make the night such a huge success!

It has been five years since the foundation held its last gala, and this spring, a record-breaking 400 people attended the event. Thanks go out to the countless volunteers who made the night run so smoothly, including many amazing teachers and students.

It was an exciting night filled with fantastic entertainment that featured the Holmdel High School jazz band, a percussionist, a saxophonist, an entertaining auctioneer, and the Earth Day-inspired stilt-walking human vines and topiaries.

The gala, along with many of the other fundraisers, like the Battle of the Faculties and 5K Race, allow the HFEE to continue giving back by providing funds that take the district to the next level. This year, the foundation reached its goal of raising more than \$100,000 for the many amazing grants and gifts provided to the district. At the gala, the group proudly announced the 2022-23 Annual Gift, a fully updated music room at Indian Hill, Music Room B, which will be outfitted with technology, cabinetry, acoustics, the latest instruments, and a room befitting the aspiring artists and innovators amongst us. This is a room that all Indian Hill students will have an opportunity to experience either

continued on page 13





Photos courtesy of MTC Photography



in general music education or band, and it will hopefully provide an environment where young musicians can develop their musical talents, such as those witnessed with the impressive Holmdel Jazz ensemble at Gala.

"While it seems words alone are not enough, I would also like to thank those behind the scenes, whose tireless efforts and passion leading up to the minute of and throughout the event, who made the night an exciting and fruitful one," said Sandra Zarraga, gala chairperson. "We have heard so many positive comments about the evening, including the best part – a chance to reconnect as a community for a good cause, our children. Our commitment and support from Dr. [Scott] Cascone, extended administration, teachers, students and community continue to make Holmdel what it is today—a haven for the next generation of leaders and innovators. Thank you a million times over!"







Monmouth County Library Highlights

BY LORI DRAZ

Summer reading season begins, so grab some books and start crossing titles off your list. There are also tons of free activities for the whole family, brought to you by the Monmouth County Libraries.

"All Together Now" Summer Reading Challenges are underway now through the end of summer.

This year's "All Together Now" theme stresses kindness, friendship and unity. All Monmouth County Libraries are offering Reading Rewards for specific reading goals for adults, young adults and children, so sign up on the Beanstack page and start enjoying hours of reading fun and rewards.

Tuesday, June 20 at 10:30 am Summer Encore Virtual Author Talk Series: Geraldine Brooks

June is New Jersey's Month of the Horse. Celebrate with an exciting virtual encore chat when award-winning novelist Geraldine Brooks discusses her recent New York Times bestselling novel "Horse." Australian-born Brooks won the Pulitzer Prize in fiction in 2006 for her novel "March." Her first novel, "Year of Wonders," is an international bestseller, and "People of the Book" is a New York Times bestseller translated into 20 languages. Registration is not required for this program. Simply log on to the event for that day and click the link to watch.

Tuesday, July 11 at 10:30 am **Healthy Habits for a Healthy Lifestyle**

Rachel Tansey, a senior extension associate for the Family & Community Health Sciences Department under Rutgers Cooperative Extension in Monmouth County, leads this program that explores risk factors and some of the good and bad food options for a healthy lifestyle. This is a live Zoom program.

Wednesday, July 12 at 10:30 am Love to Read: "The Love of My Life" by Rosie Walsh

Emma loves her husband, Leo, and their young daughter, Ruby. But almost everything she has told them about herself is a lie. And she might just have got away with it if it weren't for her husband's job. Leo is an obituary writer; Emma a well-known marine biologist. When she suffers a serious illness, Leo copes by doing what he knows best - researching and writing about his wife's life. But as he starts to unravel the truth, he discovers the woman he loves doesn't really exist. Stephanie Laurino, of Library Headquarters, moderates this discussion. Registration is required for this free Zoom lecture.

Thursday, July 13 at 3 pm **Plan Your Winter Vegetable Garden**

Learn from a Rutgers Master Gardener about plants that can be grown or harvested in winter with little or no protection, how to provide protection and how to build a simple cold frame. Holmdel's Blair Bethea has been gardening since childhood. He hopes to pass down the gardening tips he learned from his grandparents as well as what he has learned from his own research. Registration is required for this free Zoom lecture.

Monday, July 17 at 2:30 pm **One-on-One SHIP Q&A** at Headquarters, Manalapan

The State Health Insurance Assistance Program (SHIP) provides free, confidential, unbiased information for Medicare beneficiaries, their families and caregivers regarding Medicare and related health insurance benefits. SHIP counselors do not provide legal advice, sell, recommend, or endorse any specific insurance product, agent or insurance company. Counselors will provide information and one-on-one assistance so clients can make their own decisions. SHIP is provided by Family and Children's Service in Monmouth County. This service is offered on a first-come, firstserve basis. Walk-ins are welcome.

Tuesday, July 18 at 1 pm **Sort It Out at Lunchtime: Easy Summer Decluttering**

Author and organizer Jamie Novak shares three steps to tidy up the most overlooked spots in your home. Then Novak leads you in guided live tidy-ups. Sessions will be presented on Zoom and are free of charge. Registration is required for this free Zoom lecture.

Thursday, July 20 at 7 pm **Painting the American Revolution**

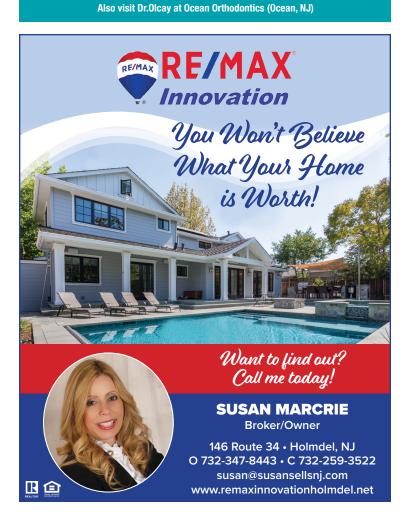
Joel Farkas teaches you about the iconic images of the American Revolution and how they tell the story of the United States. Registration is required for this free Zoom lecture.

Check out these and many other programs at Monmouth-CountyLib.org under Upcoming Events. The library will be closed on Sundays starting June 18; also on July 4 for Independence Day. The website is open 24/7 to read, renew, request and research.



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Sea Bright is Story Locale for Fifth 'King Claude' Book

BY LES PIERCE

The beach at Sea Bright is the story locale for the latest King Claude book "King Claude at the Beach." The main character is Claude, a shih tzu who is off to yet another adventure.

In this, the fifth book of the series, Claude enjoys a fun day at the beach. During his visit to the Sea Bright sands, he encourages children to surf the waves, fly kites and build beautiful sandcastles.

Embedded in the storyline is the inspiration for youthful readers to overcome fears when encountering a new or difficult task or experience. This theme is consistent with other books in the series. Each story features the tagline, "You can do it, please just try!"

Author Donna Saccone Pinamonti is a retired elementary school teacher. The Middletown resident was inspired to start the series by fond memories of their family pet. The stories are based on real-life experiences with Claude.

"While teaching first graders how to write, I always called them 'authors,' and I would have their stories 'published' in a hardcover anthology for them to treasure," Pinamonti said. "I promised my classes that one day I would also become a published author and write all about my adventures with my dog, so this series is a promise fulfilled."

The first King Claude book, "King Claude the Talking Dog" was published in 2020. Subsequent published titles are "King Claude In Central Park," "King Claude in New York City" and "King Claude Goes Skiing."

The books are illustrated by Rebecca McSherry. The collaborators have enjoyed a long-term relationship as McSherry was a student of the former educator during the 2006-07 school year.

"King Claude at the Beach" is 32 pages long, beautifully illustrated and written in rhyming verse. It is appropriate for preschool to age 8.

The King Claude Book Series is available for sale on Amazon, Barnes & Noble and other online retailers in hardcover, paper-back and as an e-book. The books can also be purchased directly at KingClaudeBooks.wixsite.com/mysite-1.

Donna Saccone Pinamonti is available for visitations at schools and libraries. She may be contacted at kingclaude-books@gmail.com. Follow the latest news about King Claude books on Facebook and Instagram @kingclaudebooks.

What Can Be Done About the Alarming Rise Among Teens in **Disordered Eating?**

SUBMITTED BY LAUREN DORMAN, MS RD CDE

As the warmer months approach, many teenage girls tend to encounter significant mood changes - fluctuations that leave parents puzzled and wondering why. As the mother of one of my clients expressed, "I have noticed that my 17-year-old daughter is struggling with her focus, mood and energy levels." So what is the mystery?

With the overflow of messages revolving around the bikini summer body, your daughter may begin to experience comparison, doubt and body distrust. She may be consumed with troubling thoughts, such as "I must look perfect in my prom gown, summer outfit, bathing suit, etc." Be wary of your teen trying fad diets or any type of program that involves fasting, cleansing or meal skipping. If your child is not eating either enough food or a diverse amount, they may develop an array of side effects, including irritability, fatique, anxiety, mood swings, brain fog, poor sleep, missed periods, food obsession and more cravings.

Society places significant value on how we look, with far too much emphasis on appearance being everything. We are inundated with the marketing of diets or weight-loss programs that promise to bring us love, fulfilment and happiness. Societal pressures attempt to convince us that we must fit into a certain ideal body. Our culture and media may indeed contribute to the development of disordered eating but cannot produce the condition on their own. With no way to really shield our children from these dangerous messages, we must instead aim to provide them with the knowledge and resources that they need to become media-literate and recognize their potential harm.

I believe that everyone deserves access to and education through a Registered Dietitian (RD) - a true expert in nutrition science who can provide practical solutions to help others improve their physical, mental and emotional health outcomes. When it comes to nutrition and health, so much misinformation exists, especially on the internet. Parents need to be wary of advice their children might be following from unqualified sources. For instance, if your daughter watches videos from unqualified health accounts, she is likely to absorb information that is not only confusing, but inaccurate. It is both challenging and overwhelming to try to figure out on one's own what is and is not accurate, which is where assistance from an RD can prove to be invaluable.

A recent 2023 study by JAMA Pediatrics highlights that 22 percent of adolescents exhibited disordered eating behaviors. Dis-

ordered eating lies on a spectrum between normal eating and an eating disorder. It may include symptoms and behaviors of eating disorders, but at a lesser frequency or lower level of severity. Disordered eating can consist of restrictive, compulsive, irregular or inflexible eating patterns. Such patterns may go unnoticed because they are normalized in our society and often even praised, thus not necessarily indicative of any cause for concern.

Dieting is one of the most common forms of disordered eating. Imagine if a diet came with a warning label: a form of voluntary starvation that doubles the enzymes that make and store body fat, decreases metabolism, and increases cravings and binges as the body tries to survive self-imposed famine. Yo-yo dieters have an increased risk of heart disease, stroke, diabetes, high blood pressure, fatty liver and elevated cortisol levels. When teenagers learn how destructive dieting can be, they can learn to say a firm "no" to diets, shifting their mindsets to approach nutrition and health in a more realistic, long-term way.

Teenagers who have a difficult relationship with food live in all body sizes. You cannot necessarily tell just by looking at someone if that individual is struggling because the disease most commonly lies in the brain, which hyperfocuses on food and body. If disordered eating is not addressed and treated, it could turn into a fullblown eating disorder.

Food rules, restrictions and weight-based care will most likely create a poor relationship with food and a lifetime of yo-yo dieting. I guide children and their families toward understanding a healthy relationship with food, body, mind and self. If a child is struggling, parents can focus on three specific areas in their efforts to help: navigating social media nutrition misinformation, building body image resilience and supporting self-care behaviors. Your child can learn to implement regular, consistent eating patterns, reconnect to hunger and fullness, feel confident with food, and reduce guilt and shame.

To support your child, a place to start would be with a "Health at Every Size" Registered Dietitian who has experience with eating disorders. Although more common in females, disordered eating does not discriminate; males struggle as well, perhaps even more silently. The behaviors in males may also present differently, particularly with muscularity-oriented disordered eating.

To learn more about how to identify disordered eating and help your child, visit LaurenDormanRD.com.

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COMPASS RE



Celebrate New Jersey's Month of the Horse this June

BY LORI DRAZ improved posture. Also important are the psychological impacts

New Jersey has an official state animal: the noble, beautiful, proud and strong horse. The horse was proclaimed the state animal by law in 1977. The Official Seal of New Jersey even includes a horse head, a symbol of the state's independence. Horses are celebrated in June, New Jersey's Month of the Horse. The equine industries contribute an average of more than \$3 billion annually to the state's economy, but for many, the real payout is the inspiring image of horses grazing, working, racing and being ridden.

Fortunately, it's easy to catch the sight of a horse just by taking a drive through our area. But if you want a closer, more involved look, visit one of the area's racetracks or see riders on the trails at a number of the Monmouth County Parks including Dorbrook, Holmdel, Tatum and Huber Woods.

To really watch horses and their riders show off their stuff, consider attending horse shows. There is a horse show almost every weekend at the East Freehold Showgrounds. The Autumn Riders will be hosting shows, open to the public, on Thursday, July 6; Sunday, Aug. 20; Sunday, Sept. 24 and Sunday, Oct. 22. Those are great opportunities to enjoy horses and the owners working at a variety of competitions. East Freehold Showgrounds is located at 1500 Kozloski Rd. in Freehold.

There is another remarkable spot called the Horse Park of New Jersey. It's right off Route 195 in Allentown. The 185-acre facility is host to numerous show rings, barns, an indoor arena and horses of all kinds. They also host several large horse events including one of the biggest of the year, the Jersey Classic Horse Show from Friday, June 9 through Sunday June 11. That event will be followed by Dressage at the Park from Thursday, July 6 through Sunday July 9. Visit HorseParkOfNewJersey.com to find volunteer opportunities and much more.

Looking back, horses were the mode of transportation around the world a little more than 100 years ago.

There are so many good reasons to try riding a horse, beginning with the cardiovascular benefits. The British Equestrian Federation revealed that gentle riding for just 30 minutes burns more than 300 calories, and the burn ramps up even more if you do some of the horse work like cleaning up, brushing, lifting saddles, etc. Horseback riding also greatly improves balance and builds a strong core. Riding is also used for therapeutic recovery and

of anxiety and stress reduction, accomplishment along with the immeasurable effects of partnering with an animal, to say nothing of being in the fresh air and away from electronic devices.

Perhaps you used to ride or always wanted to learn. You are surely in luck as there are numerous nearby farms that offer a variety horseback riding lessons for all levels. There are even a few places that offer trail riding. A great spot to find guided trail riding is Victory Stables, 121 Five Points Rd. in Colts Neck. They offer a full slate of riding lessons, a summer camp program and guided trail riding. Their trail riding sessions are an hour long and are limited to your group only for a great family and friends experience. Adele Sessa, of Victory Stables, said anyone can ride the trails, and she often guides senior citizens. She also has therapeutic riding sessions for special needs children and adults, PTSD sufferers and others. Call 732-890-8505 to learn more.

Another spot is Painted Pony, 80 Obre Rd. in Colts Neck. To learn about this facility, visit PaintedPonyNJ.com. Finally, Breezy Meadow Equestrian Centre offers trail riding, lessons and a Horsemanship Day program, a day full of horse immersion where you will learn about care, feeding, tack up and horse handling as well as riding skills and trail riding. Breezy Meadows is located at G&G Stables, 49 Driftway Rd. in Howell. It is open seven days a week. To learn more, visit BreezyMeadowEquestrianCentre.com.

For those who are able, there are always lots of retired horses available for adoption. Some are racehorses, some are Amish buggy horses, others are recreational horses whose owners have been forced to surrender them, and all are full of personality and can become a part of your farm. If you can't own a horse, you can always sponsor one or make a donation to their daily care. According to Horse Rescue United, "It costs an average \$400 per month to feed and care for each horse, but just \$14 covers one full day of their expenses." Additionally farms need donations of supplies. Second Call Thoroughbred suggests the following items: grain, hay supplements, halters, lead ropes, blankets riding equipment, medical and health-related supplies like wormers and vaccines. To find farms in need, visit nj.gov/agriculture/njeguine/ equinerescue.

Improving Your Home's Indoor Air Quality this Summer

BY LORI DRAZ AND BROOK CROSSAN OF THE COLTS NECK GREEN TEAM

As summer begins, so does air conditioner season. Most retreat behind closed windows, making the quality of the indoor air essential, especially for those who suffer with allergies, asthma and a variety of lung ailments. Clean indoor air makes your home more comfortable and healthier too.

Dust is made up of animal dander, dust mite matter, pollen, clothing fibers and dead skin, just to name a few. According to the American Lung Association, vacuuming and cleaning high-volume items like upholstered furniture, stuffed animals and pet toys, mattresses, pillows and carpets can improve poor indoor air quality because they are favorite feeding grounds for microscopic dust mites who eat dead skin cells and then leave their droppings, one of the main allergy and asthma triggers. Roughly four out of five homes in the United States have detectable levels of dust mite allergen in at least one bed. An average person sheds 1.5 grams of skin flakes every day, which is enough to feed a million dust mites.

Another source of bad air is dampness and mold. Loving water is part of life in this part of the world, so be sure to dry off all the water-related products, like surfboards and outboards, before bringing them indoors. Remember mold needs moisture to grow, but also dampness can cause harm even when mold is not present. Outside of wet clothes and pool toys, check basements and crawl spaces for leaks, and don't forget those drippy faucets and showers too. Other problem areas include air-conditioning units, humidifiers, dehumidifiers and refrigerator drip pans.

The American Lung Association recommends keeping indoor humidity levels below 50 percent, running kitchen and bathroom exhaust fans, regularly and thoroughly cleaning places where molds are likely to grow and, of course, fixing all leaks.

Those are just some of the sources of poor quality indoor air. Brook Crossan of the Colts Neck Green Team shares a few more along with some ways you can clean up the air you breathe.

"According to the Environmental Protection Agency, inadequate ventilation can increase indoor pollutants. High temperature and humidity levels can also increase concentrations of some pollutants. Contributable pollutants may be caused by gas appliances; off-gases from a variety of products, including pressed wood products, carpeting, paints and stains, clothes and other fabrics; combustion sources such as kerosene heaters, furnaces, fireplaces, wood burning stoves, oil lamps, and candles; aerosol sprays, cleansers, disinfectants, moth repellents and air fresheners; pesticides and second-hand tobacco smoke."

Crossan suggests these ways to improve indoor air quality.

"Eliminate indoor smoking. Ensure proper ventilation when working with products that can generate high levels of pollutants, for example painting; paint stripping; heating with kerosene heaters; welding, soldering or sanding; or using insecticides. You should use proper ventilation after bringing home new carpet, drapes or furniture; painting walls and woodwork; and staining or finishing floors. Shop for fragrance-free or naturally scented laundry products and mild cleaners with no artificial fragrances. Steer away from aerosol spray products like deodorants, hair sprays, carpet cleaners, furniture polish and air fresheners. Lastly, open those windows whenever you can to let in some fresh air."

For more information, visit at epa.gov/indoor-air-quality-iaq and lung.org.



Bottoms **S**p

Finding the Perfect Beer for You

BY ALTERNATE ENDING BEER CO.

When you think of beer, what do you visualize? Most people will picture mass-produced aluminum cans packed tightly in cardboard boxes with the international brand name plastered all over it. Beer, often considered the stepchild of wine, has always been unappreciated. Most likely due to the unsophisticated stigma surrounding it, beer has been a last resort to many people. However, this is furthest from the truth.

TECHNIQUE

From where the ingredients are sourced, to how and when it is stored, to how it is served, the process of creating a beer is a fine and precise art. There are three unique pour styles for Lagers: crisp pour, smooth pour and slow pour.

The crisp pour is used to preserve the carbon dioxide in the beer which promotes bitterness and hop flavor. Hops are green, cone-shaped flowers that are the source of bitterness, aroma and overall flavor of a beer. The tap is opened fully to release beer into the glass. A protective foam cap is placed on top to trap the aroma and bitterness of the beer.

The smooth pour creates less carbonation which makes the beer softer and more malty. Malt determines the level of sweetness. Unlike the crisp pour, the first step is to crack the tap slightly to create tight foam. After the foam is created, the tap is openly full to release beer into the glass under the foam.

The slow pour releases most of the carbonation to create a soft yet high hop aroma beer. The glass is first filled with three quarters of foam. Once the foam settles, another layer of foam is added. After waiting for the second layer to settle, the beer is then topped with a thick foam layer. As indicated in the name, this pour takes approximately 5 to 7 minutes.

The science behind creating not only the perfect beer but also how to find your perfect beer lies at the heart of Alternate Ending located in Aberdeen. After the Alternate Ending team returned from the Czech Republic, where they learned how to create more specialized beer magic, excitement, love and appreciation of the drink rang loudly. When people say they don't enjoy or don't drink beer, it's usually because their opinion is based on corporate brands where the art of beer making has become mainstream. While lagers and ales are the most well-known beer categories, there are many other kinds of beer.

TYPES OF BEER

Lager: an overarching category of bottom fermenting beer. Lagers ferment at a slower and colder rate than ales which creates a crisper, lighter body beer with less sugar. Breweries take pride in their lagers as they are technical. There are many different types of lagers including the







American Amber Lager, Pilsner and Oktoberfest.

American Amber Lager: a gold to copper-colored, clear to slight haze, medium body lager with a toffee-like character. It displays both malt and hops. A mass-produced example is Yuengling. An Alternate Ending example is Munson.

Pilsner: a straw to pale-colored, brilliant, soft body, less balanced lager. Pilsners have a moderate but distinct, spicier hop flavor and use a different yeast. At Alternate Ending, the Royal Rug is a German Pilsner. With an ABV of 4.8 percent, the Royal Rug is a delicate yet clean and crisp pilsner with hints of floral as well as toasted grain. The Royal Rug is the second most popular beer at Alternate Ending.

Oktoberfest: a pale to reddish brown, soft body lager with toasted bread or biscuit-like malt. Hop aroma and bitterness are low. The Hoser Lager with an ABV of 5.6 percent is Alternate Ending's take on Oktoberfest.

Ale: an overarching category of top fermenting beer. Ales have a higher alcohol tolerance and ferment at a hotter temperature which creates more body and expressive flavors. Types of ale include the Imperial Stout and IPAs.

Imperial Stout: black, opaque, rich, full body ale with bittersweet chocolate or coffee malt and medium to high hops. Imperial Stouts are the strongest in alcohol of stouts. Gimme Some Sugar Baby! is Alternate Ending's Imperial Stout with an ABV of 11 percent. The current version has strong flavors of raspberry jam, toasted cacao and toasted almonds; Gimme Some Sugar Baby! is the essence of a rainbow cookie in a can!

IPAs: IPAs in general are the epitome of hops. There are multiple types of IPAs including Imperial/Double IPA and East Coast IPA. Imperial or Double IPAs are usually gold to light brown, clear to hazy, with a fuller, well-rounded body. The top selling beer at Alternate Ending is an Imperial IPA called What If? with an ABV of 7.5 percent. What If? can be described as tropical or fruity with a hint of pine at the end. While Imperial and Double IPA can be used interchangeably, usually if the ABV is above 8 percent, it is classified as a Double IPA. The New England or East Coast IPA was invented due to tiredness of American IPAs which offered a juicy, softer, higher ABV IPA.

Besides the traditional lagers and ales, there are also many other types of beer including Saison. Saison is the best invitation to beer beginners as it is the closest to wine. Saison is a pastoral ale that originated in the countryside of Belgium. Used originally to quench the thirst of farmers, Saison beers are lower in alcohol. Saison is traditionally brewed on farms using local ingredients. The expressive yeast strain produces spicy, peppery, fruity character and is typically highly carbonated. These beers can be aged in wine barrels with wild yeast strains to create more complexity. Scuba Squad is Alternate Ending's Saison at 6.1 percent ABV.

Just like with liquor or wine, beer takes some experimenting to figure out the perfect fit for you. Have an open mind and try a little of everything. If you go to Alternate Ending, there is a taster option where you can try four ounces of different beers. Thank you to Alternate Ending for truly creating "Beautiful Beers for the Betterment of Mankind."

Area Track and Field Athletes Compete Nationally at Penn Relays

BY TIM MORRIS

It's not the Penn Relays without Christian Brothers Academy's track and field team making its presence felt, and 2023 was no exception.

This year's 127th edition of the nation's biggest track and field meet at Franklin Field in Philadelphia was held April 27 to 29.

The Colts were a strong second in the High School Boys' Distance Medley Championship of America run on the 28th. The Colts quartet of Jack Falkowski, Sean Lawson, Conor Clifford and Nick Sullivan posted a time of 10:13.68, beating every team save Chris School from North Carolina which cranked out a 9:58.15.

Falkowski ran the opening 1,200-meter leg in 3:06.69, putting CBA in second behind North Carolina, positions that both teams retained throughout the race.

Lawson turned in a 50.04-second 400, and Clifford posted a 1:54.60-second 800 leg. Sullivan ran the anchor 1,600 meters, his 4:22.36 keeping the Colts in second place.

Although it was of small consolation, CBA's runners did win the Battle of New Jersey. The Colts finished ahead of third place Delbarton (10:15.33), fourth place Westfield (10:17.40), ninth place Union Catholic (10:22.62) and 10th place Cinnaminson (10:23.67).

The Colts' Joe Barrett ran a superb race in the 3,000 meters. He patiently weaved his way up through the field from 12th place to fourth. He ran his final 400 meters in 1:01.95 to stop the clock at 8:35.82.

CBA's versatile jumper Kam Coleman finished 11th in the triple jump with a leap that measured at 43-9 3/4.

Rumson-Fair Haven's girls' 4x800 relay team made school history, becoming the first team to qualify for the Championship of America final. In the final running during a downpour, Isabella Rodriguez, Julia Shanes, Clemmie Lilley and Sarah Grace Butler finished third in their heat, but their 9:22.29 time was fast enough to qualify for the final the next day (April 29).

"They are all very excited," RFH Coach Tim McLoone said after the girls qualified for the COA.

The Bulldogs were 11th in the final, posting a 9:22.79. Lilley had the fastest carry, 2:16.87.

Rumson's 4x400 relay team of Megan Burns, Reese Reynolds Malone, Lilley and Ryan Malone were second in their heat, running a quick 3:55.23 – the fastest time run by a New Jersey team this spring.

Rumson boys' 4x800 team broke 8:00 in finishing third in their heat. Patrick Simpson, Jack McBarron, Owen Saad and Christopher Padovano posted a 7:58.46.

Red Bank Catholic's outstanding middle distance runner Cate DeSousa placed ninth in the High School Girls' Mile Run Championship. The Casey senior clocked 4:59.06.

Middletown North's boys took second in their 4x400 heat. Trade Girgus, CJ Sanford, Aaron Guensch and Jack Chenoweth turned in a 3:28.00.

On the college front, Monmouth University won the College Men's 4x800 in 7:25.72. Declan McDonnell, Tennessee Tremain, Ian Moore and Louis DiLaurenzio were the winning team. DiLaurenzio ran a 1:49.48 anchor leg.

Monmouth's Anne Rutledge, Brianna Rubio, Nina Corpora and Yasmeen Tinsley finished third in the College Women's 4x400 Eastern 4x400 final (3:47.18).

Former Red Bank Catholic and Columbia University star Rob Napolitano, who is now running professionally, ran a 3:59.38 mile to place eighth in the Men's Benjamin Franklin Elite Mile Run.



Trail Riders Club Welcomes Local Author to Kick Off 2023 Season

SUBMITTED BY ROSEANN WEBER

Heather Wallace, Middletown's award-winning author, kicked-off the Colts Neck Trail Riders Club's (CN-TRC) 2023 season.

The CNTRC, which is focused on sportsmanship, the preservation of equestrian trails and a love of horses, is celebrating its 26th year. In preparation for the first Hunter Pace event, which was held May 21 at Tatum Park in Holmdel, the group invited Heather Wallace to speak to its members on saddle fitting and the importance of horse body conditioning.

The Equus Film Festival recognized this local author for her work in 2017,

2018 and 2019. Wallace's nonfiction work, "Equestrian Handbook of Excuses," was a 2017 Literary Selection. "Confessions of a Timid Rider," a memoir, was a 2018 award winner. In 2019, "Girl Forward: A Tale of One Woman's Adventure in Magnolia" won the Eguus Film Festival award for nonfiction books.





A proper-fitting saddle is essential to both the horse and the rider. According to Wallace, a proper-fitting saddle balances and equally distributes the weight of the rider. This not only prevents injuries for the horse and rider but also allows for a better riding experience.

She addressed recognizing tension and soreness in a horse and tips on how to alleviate it. Wallace - who is certified in Equine Sports Massage, Equine Ergonomist and Canine Sports Massage Therapist - works with veterinarians and chiropractors, along with horse owners and riders. In her practice, she is often consulted because riders are having difficulty with their horses and/or experiencing physical discomfort when riding the horse. In many cases, the problems are resolved with a good-fitting saddle.

In speaking about her book, "Confessions of a Timid Rider," the author revealed that she is a nervous rider, who also has a passion for horses. There were several questions from the audience. In response to one question, Wallace offered that riding a horse bareback for an extended period of time can cause pain and discomfort for the horse. Asked about purchasing a saddle, she said fit, rather than cost, is what truly makes a difference in a saddle.

For additional information about purchasing her books, her services and her podcast, "Adulting with Horses," Wallace can be reached at Heather@timidrider.com. To learn more about the Colts Neck Trail Riders Club, visit CNTRC.org.

SJV and Holmdel HS Theater **Companies Receive Basie Nominations**

BY LES PIERCE

The Count Basie Center for the Arts has announced the nominations for the 18th annual Basie Awards. For Monmouth County high school theater companies, the "Basies" are the local version of Broadway's Tony Awards, and a nomination is an acknowledgement of excellence in theater production.

This year, 20 plays and 22 musical performances were evaluated by the Basie Awards nomination committee. They were assessed as to 37 categories, including acting, direction, set design, lighting, costumes and orchestra.

Saint John Vianney's Lancer Productions earned three nominations for their fall staging of "Clue": Andrew Poggi - Outstanding Featured Performance in a Comedy Male Identified Role, Racheal O'Neill - Outstanding Supporting Performance in a Comedy Female Identified Role and Danny King - Outstanding Lead performance in a Comedy Male Identified Role.

ing Featured Ensemble Group nominee.

Performance in a Comedy Female Identified Role nomination for

her role in the Holmdel Theatre Guild's "How One Girl Scout Nearly destroyed The World's Economy."

Holmdel High School's spring musical "The Addams Family" netted a nomination for Christie Riso in the Outstanding All Student Orchestra category.





Local Students Graduate from Prestigious New Jersey STEM Program

Juhi Amin, Jue Gong, and Aleicia Zhu, of Holmdel, and Maya Mann, of Middletown, graduated from the Governor's STEM Scholars, a program of the Research & Development Council of New Jersey. They were among 126 New Jersey high school and college students who completed the year-long program on April 29, which provides a 360-degree view of New Jersey's STEM economy through conferences, lab tours, master classes and research.

Amin is a senior at the Academy of Allied Health and Science; Gong is a senior at Biotechnology High School; Zhu is a senior at High Technology High School; and Mannis a sophomore at the College of New Jersey.

ment Council of New Jersey, the Governor's Office, New Jersey Depart-



research project."

Throughout the academic year, each student participated in four conferences highlighting New Jersey STEM opportunities in government, academia, industry and the upcoming commencement. Each Scholar was led by a college-level team leader, mentored through professional STEM advisors, and produced a viable research project.

ment of Education, Secretary of Higher Education, and public and

private research companies, the Governor's STEM Scholars pro-

vides high-achieving high school, college and graduate students

with a comprehensive introduction to the state's STEM economy.

The Scholars are a diverse and representative group of student

leaders from all over the Garden State who excel in STEM and are

interested in pursuing STEM-related majors and careers.

As graduates of the Governor's STEM Scholars, students will have access to the Governor's STEM Scholars alumni network of more than 700 students, which will enable them to stay connected to STEM jobs and opportunities within the state.







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Lara Brennan Among First in the Area to Play Collegiate Flag Football

BY TIM MORRIS

Lara Brennan has become a pioneer and ambassador for flag football.

At Middletown High School South, Brennan and some of her soccer and basketball teammates were trailblazers for the sport when the school introduced girls' flag football for the first time in the spring of 2021.

"It was something to do in the spring and be coached by coach [Steve] Antonucci, who really cared about it," said Brennan. "We did it. It was fun and exciting to be a part of something new. I liked the sport."

But that was not it for Brennan. Jump ahead to this last summer and her freshman year at the University of Florida. She learned that the university had open tryouts for its flag football team, and

Brennan decided, against the odds, to give it a go as a walk-on.

"I was not ready to let go of sports," she said of her reason for trying out. "I did it for fun."

The odds of making the team, she noted, weren't that good. While flag football is growing in New Jersey, it is new to the Shore Conference and well-established in the South, especially Florida.

"They're very passionate about it," said the Middletown South grad. "It's huge in Florida. It was a little nerve wracking trying out. The girls had way more experience than me. They've been playing it for a while."

However, experience isn't everything.

"Athletically I felt I could compete," she pointed out. "I had the speed and agility it takes."

Brennan made the Gators' 20-player travel team which competes in tournaments and won the club national championship. Brennan plays inside receiver and corner back for the Gators positions well-suited to her talents.

The former Eagle noted that parts of soccer and basketball have helped her on the gridiron. Both sports required speed and explosiveness when making cuts. Basketball helped the most on defense.

"Zone and man-to-man defense is all that basketball is," Brennan remarked. "Having that knowledge is a big help."



Middletown South grad Lara Brennan, now a sophomore at the University of Florida, made the university's flag football team as a walk-on, showing high school players there is a future in the sport in college.

It didn't hurt her chances for making the team as a walk-on playing for a legendary coach like the Eagles' Antonucci. She noted that more than 80 percent of the plays and schemes used by the Gators were similar to what she had done at Middletown South.

"We would run routes that were definitely familiar to me," Brennan said.

There are some differences between college flag football and what is played in high school.

"They play on the full football field, not half," Brennan explained. "They punt, they blitz, and interceptions can be returned."

What impressed Brennan was the commitment of the players and the university to the sport.

"They are passionate about the program. They care about winning," she explained. "It's very competitive."

Now that she is playing flag football in college, Brennan is again blazing a trail for others to follow. There is a future in flag football beyond high school, and her former South teammates now know that. Brennan has become ambassador by posting on Instagram and Facebook, advertising the sport by letting high school players know that they can play it in college.

Meanwhile, Brennan can't wait to join her Florida teammates for another season in the fall.



Newcomers and Neighbors Club Celebrates at Spring Luncheon

On May 11, the Newcomers and Neighbors Club of Colts Neck, Holmdel and surrounding areas held a spring luncheon at the beautiful Oyster Point in Red Bank. Members and guests enjoyed a four-course lunch preceded by hors d'oeuvres and a cocktail hour.

The old and new boards were honored along with the many activity leaders who do so much work for the club. The event ended with a fantastic comedy performance by Chris Monty.

The spring luncheon was the last major event for the calendar year; however, many of the activity groups will continue through the summer. For information on the club, call 908-309-1602 or 908-510-3255.





Family-Owned and Female-Led Business Working Tirelessly for Clients

Q: Tell me a bit about the owners of Majestic Exteriors and why they decided to open this business.

A: Owners Tania and Alan Goodman have more than 35 years of experience in the industry. Many years ago, Alan began working on roofs as a teenager, completing shingle roofs and flat roofs as a crewmember.

After meeting Tania and getting married, they decided to start a business, completing roofs together. They started their company from nothing, just the two of them completing roofs together, sometimes taking up to a week to complete an average sized home's roof. They would work from the early morning hours until late at night, stripping a roof and laying down new shingles. Their business was built on referrals, one roof at a time.

Together, they dove into the contracting industry, with Alan's experience in installation, materials and the roofing process. Within two years, they went from a two-person operation, completing one roof a week to a full company, completing eight roofs a day.

Alan and Tania worked tirelessly to bring success to their roofing company. Each year, they made great improvements to the business, and within no time, Majestic Exteriors grew to service all of New Jersey for roofing, siding, windows, doors, decking, masonry, hardscaping, painting and trimwork.

Q: Who is on staff at Majestic Exteriors?

A: Majestic has more than 60 full time employees. On average, employees have been with Majestic six years. Our oldest foremen at Majestic have been working with us for 20 years. Majestic is a familyowned and operated company, with their son, daughter and nephew all involved in the business.

Q: What sets Majestic Exteriors apart from similar companies?

A: At Majestic, the objective is not to just complete a roof, siding replacement or install new windows. The ultimate goal is to deliver a design-oriented renovation that exceeds the homeowner's expectations. Majestic keeps design in mind throughout all projects, focusing on the final appearance. They guide homeowners to the best colors, palettes and details to truly make their home shine. Small details, like roof shingle colors, gutter colors, column styles and grill patterns on windows can make a huge difference on the curb appeal of a home. While other contractors neglect to provide homeowners with design-based advice or present customers with their full array of options, Majestic keeps these details at the forefront of their projects.

Of course, Majestic delivers top-of-the-line products and the highest quality of workmanship. What makes them different from other contractors is that they focus on home transformations, not simply the project or job itself.

With each project, they go above and beyond to deliver a remodel that leaves homeowners falling in love with their house all over again.

Majestic works to complete a transformation that turns a house into a home. With each project, they go the extra mile to deliver a remodel that leaves homeowners falling in love with their house all over again.

Q: What is the significance of running a woman-led and familyowned business? What is one challenge?

A: One of the female owners, Tania Goodman, has been breaking boundaries in the contracting field for years. In a male-dominated industry, Tania consistently sets herself apart from the competition. There is always the initial shock from homeowners, other contractors or industry representatives upon realizing that Majestic Exteriors is a female-led company, but their surprise soon turns into appreciation for Tania's passion and wealth of knowledge. Tania has used this to her advantage, to set herself apart from other male contractors, as customers fondly remember the "woman" that completed their roof or renovated their house.

Being a family-owned business means that work doesn't stop at 5 pm. Home renovations and upcoming projects are often discussed at the family dinner table, barbeques or holidays. When traveling, trying new restaurants or visiting new towns, the Goodmans take note of unique siding types, trim profiles and home styles — even taking reference photos to show to their customers back in New Jersey for inspiration. It is clear that the family has a passion for their business, and a love for what they do on a daily basis.

Q: What is something you want customers, potential customers or the community in general to know about you?

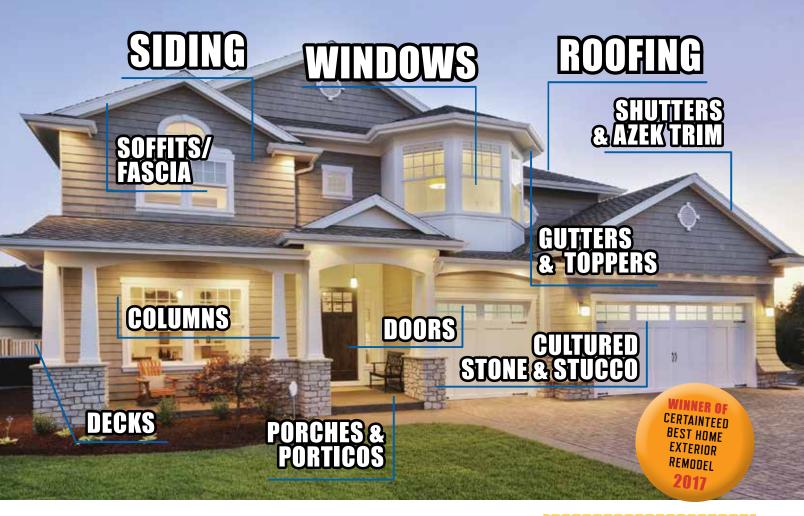
A: At Majestic, the first thing they build is a relationship. In the field of exterior home renovations, it is extremely important that the contractor and homeowner have a relationship of trust and understanding. When a company works on your home, you want to be sure that they bring the right level of expertise and professionalism.

Majestic completes each renovation one at a time and treats the houses they work on like their own home.

Q: What awards has Majestic Exteriors won?

A: Throughout their years in business, Majestic has raked in a number of accolades and national awards. Since 2015, Majestic has held the "Best in Houzz" award, and upholds the topmost accreditations with manufacturers such as Andersen Windows and Doors, Timbertech, CertainTeed, and James Hardie.

In 2014, they earned a spot with "The Big 50 Award" as a result of their industry expertise, business judgment, professionalism and financial success. Two years later, they earned national recognition from CertainTeed with the "Remodel of the Year Award" for a complete exterior repoyation on a home in Holmdel.





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ISTORIC AVENS

BY LORI DRAZ

Tasty traditions abound in our area. Monmouth County has been home to some iconic eateries, many of which are thriving gems serving up memories of a bygone era.

Nothing is more Jersey than a diner, and so we begin this tour with two great ones in Red Bank. Our first is Toast, a grand old girl on Monmouth Street. Amy Russo, founder and owner of Toast, has this location in her blood. Before it became Toast, it spent 18 years as the Broadway Diner, owned and operated by Russo's father, Bob Russo. The actual history dates back to the 1940s when it was brought in as a boxcar diner called the Palace Diner. Ac-

cording to Atlas Obscura, the credit for creating the polished diner image was a lunch wagon manufacturer named Patrick Tierney. These were train cars created to mimic that streamlined look. Some even had wheels.

The Palace Diner started out as an entirely wooden structure and got it shiny upgrades as it passed through ownerships.

Russo gave the Broadway Diner that classic New Jersey diner look, complete with Formica counters, walls and ceiling, and glass block dividers. He also restored much of the interior and exterior neon lighting. The Broadway Diner also had the classic swivel stools for countertop customers.

Each booth had its own miniature juke box, and Toast has kept the originals complete with the playlist of the 1960s and 70s. While they've reupholstered the seats, you will still be seated in the original booth settings.

Amy had already been running the original two Toast locations in Asbury Park and Montclair when Bob passed away in 2014. She wanted to keep the diner tradition alive in Red Bank. In 2022, she joined forces with partner Adam Torine, and together they are continuing to make small but eye-catching upgrades to the interior and exterior. Toast is about 2,800 square feet and seats 99 people offering takeout, delivery and dine in. It features courtyard dining outside, weather permitting, at its 45 Monmouth St. location. For more information, call 732-224-1234 or visit ToastCityDiner.com.

Over at 179 Broad St., you'll find the Red Bank Diner. It was given that name in 2010, and when current owner Billy Avgoustis took over on Jan. 1, 2019, he kept the name. Before

that, it was the East Side Café. It first opened in the 1950s as the Off Broad Street Coffeehouse.

The diner still has its classic exterior, and the recently upgraded interior space still features some of the original touches and some vintage photos

Monmouth County **Historic Eateries**

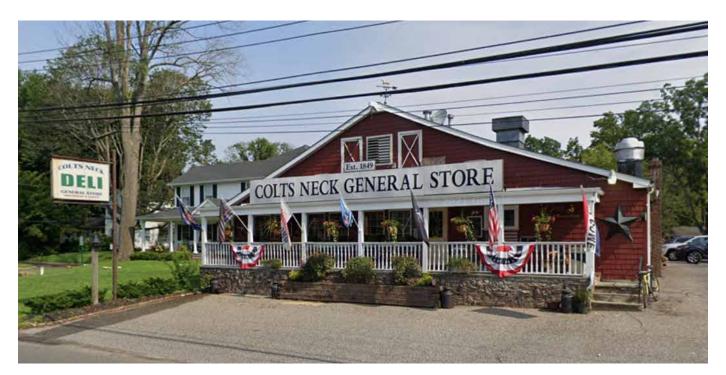






too. Billy is committed to keeping the pure diner experience with a menu of classic favorites which earned them

continued on page 31



a ranking as one of the "most mouthwatering Monmouth County diners" by 94.3 The Point radio.

It serves a steady breakfast and lunch crowd and has had some famous guests in its history, including Bruce Springsteen who performed at the Off Broad Street Coffeehouse on Sept. 28, 1968. Singer John Waite also paid a recent visit.

Billy and his friendly staff invite you to taste the classics whether you dine in or order online at RedBankDiner.com. For more information, call 732-741-4791.

We end this tour of historic eateries with one of the oldest, the Colts Neck General Store, located at 171 Route 537, next to the Colts Neck Steakhouse.

For the past six years, it has been owned by Mary Pahira, originally of Holmdel, though now she and husband Michael live atop the store.

It was built in 1849 by Benjamin and Rhoda Matthews as a lumber store. Rhoda ruled with an iron fist which helped to launch the building. The store has changed hands and jobs multiple times including service as a hardware store, liquor store, butcher shop and post office. For the last 40 years, the 4,500-square-foot space has been a deli. Over the years, there have been additions, but the dining area and gift shop section are original. Mary shares there are still tree trunks in the basement. Look up and you will see the original peg beams. The original floors are still there as is the attic.



Original owner of the Colts Neck General Store

There is a basement staircase just under the coffee area, covered by a secret trap door. While much of the original structure is still intact, some of it has been covered up during some renovations. Mary's goal for next year's 175th anniversary is to restore the wooden sign and the miniature fence that was on the front porch.

The busy shop is always full of customers, including some you can't see. Mary agrees with the numerous stories of haunted patrons. "I've had a bunch. They are much more active at night. Sometimes we see shadows, and my husband has insisted I've called him when it was someone else. I don't mind having them pass through, but I wish they wouldn't knock items off the shelves, which they do frequently."

In addition to the deli, their bakery is well-known, and OnlylnYourState

ranked the spot as the best bakery in the New Jersey. That honor was followed up almost immediately by 105.7 The Hawk who ranked them in the top New Jersey bakeries.

In a truly unique moment, the great, great grandson of the original owners paid Mary a visit to see the store and share the portraits of the first owners, which Mary has hung in the shop for all to see.

We have lots more to taste in the future, but this should be enough to whet your appetite! Happy eating!

Talk Around Town

-Cannabis in New Jersey-

New Jersey's Cannabis Regulatory, Enforcement Assistance, and Marketplace Modernization Act allows for the legal sale and use of cannabis and cannabis products for residents 21 years and older.

Who can buy cannabis?

New Jersey residents or visitors at least 21 years of age can purchase cannabis at a licensed dispensary. Dispensary personnel will need to see a government-issued identification card to ensure purchasers are 21 years or older.

How much cannabis can people buy?

In each transaction, licensed dispensaries are allowed to sell up to 28.35 grams or 1 ounce of usable cannabis. That means 28.35 grams of dried flower, 4 grams of solid cannabis concentrates or resin, the equivalent of 4 grams of concentrate in liquid form (solution in milliliters), 4 grams of vaporized formulations (oil), or 1000 mg of multiple ingestible cannabis-infused products like gummies. Legally allowable product categories include dried flower, concentrated oils, resin, vape formulas, tinctures, topicals, syringes, lozenges and gummies, but availability will vary by dispensary. Perishable edibles like cookies and brownies are not available for purchase from any dispensary.

"NJ Leaf is proud to have our state-of-the-art craft cannabis facility in Freehold Borough. Centrally located in the state and offering a wide variety of some of the best products available in New Jersey, our staff is educated in areas such as strains, terpenes and consumption methods, and are able to give patients a unique experience from start to finish. We also feature a pharmacist-on-staff to offer consultations to patients with questions or concerns. Cannabis is a beautiful and healing plant, and we are here to dispense wellness to those who need this medicine for their well-being. A cannabis dispensary that is focused on education, product quality and patient satisfaction is an asset to any community - and that is what we strive to be."

-NJ Leaf dispensary

How much does it cost?

Prices will vary by location and product. All transactions are subject to New Jersey sales tax of 6.625 percent plus a social equity excise fee of one-third of 1 percent.

Where can people smoke cannabis?

People may smoke in private spaces; however, landlords may prohibit cannabis use on their property.

Can you give cannabis as a gift?

Yes. You may give up to 1 ounce of cannabis to another adult 21 years or older. You may not accept any form of payment or compensation for the gifted cannabis.

"Levels of support for or opposition to dispensaries operating in respondents' towns changed little in the year since legalization. A slim majority of 53 percent supported dispensaries selling recreational weed where they live, down slightly from 56 percent in an April 2022 Stockton Poll asking the same question. Thirty-nine percent opposed local dispensaries in the latest poll, up from 36 percent a year ago."

-Stockton University poll, April 2023

"New Jersey's licensed cannabis operators will be treated like any other legal enterprise operating in New Jersey, a sense of normalcy that our industry will cherish. Thank you to Gov. Phil Murphy, Assemblywoman Annette Quijano and Senator Troy Singleton for your stewardship on this reform that will provide a more economically viable landscape for our young industry and those wishing to enter it."

-New Jersey Cannabis Trade Association



BUSINESSMATTERS

BY GLEN J. DALAKIAN, SR.

Complexity Made Simple

How many times have we seen people take a simple task and drag it out, making it look so much more difficult than it truly is? Perhaps they were not clear on the assignment or maybe they were given insufficient instruction. Some just like to take the long way around to kill time.

Life is filled with complexities. This was never clearer to me than when I recently underwent surgery and a subsequent hospital stay. Watching all the swirling parts moving around me (people and technology) was amazing and humbling. Nine people were in the operating room all with different specific tasks to accomplish. As a team, they worked methodically, step by step for hours until they achieved their goals and completed a complex operation. No one person could have accomplished the overall objective, but each knew their part well and performed with excellence to cross the finish line with the best results.

Why is simplification better for everyone? No one person can be proficient at all things. Finding what an employee can be good at and training them in that area with a simple and consistent process allows for the completion of greater assignments and handling of increased volume.

Although most fields are not as complex as healthcare, creating a system or a process for each area of the organization can help a business thrive, especially in a highly competitive market. Many entrepreneurs do what they do without much thought of efficiency. Too often we find ourselves doing something in a way that is not the most effective, but that's how we have been doing it since we started. Analyzing the way we sell or deliver a product or service is essential and can improve productivity and therefore enhance the bottom line.

The best business example of simplification may be in franchising. The most successful and profitable franchises have taken tasks like making a burger or frying chicken and created systems where anyone can be trained to do it right. Duplicating the same product over and over creates consistency for clients and productivity for your company. This can only be done when the process is refined, clearly defined and then taught so that workers can duplicate the success.

Developing simplified systems that anyone can follow will enhance the productivity of an organization. There should be a good reason for why you do things the way you do, and when you have it just right, you need to teach it to others. Training is key, and the practices should be written and impressed upon each member of the team. Tell them, show them, have them do it. Be sure every person on your staff knows their responsibilities and executes their portion of the work with integrity, ensuring the best results.

"The definition of genius is taking the complex and making it simple." -Albert Einstein

Glen J. Dalakian is the past president of the Colts Neck Business Association and host of Tandem Radio, a business talk show. A writer and consummate entrepreneur, he is also the president of CSAV Systems. Contact him at glenjd@tandemradio.com.

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Juneteenth Celebration

June 18 at noon Johnny Jazz Park

270 Shrewsbury Ave. in Red Bank

The Red Bank Parks and Recreation Department invite you attend the fourth annual Juneteenth Celebration on Saturday, June 18. This community event will feature food trucks, live music, speakers and more. This event is free for all to attend and will take place from noon to 5 pm in Johnny Jazz Park. For more information, call the Recreation Department at 732-530-2782 or email recreation@redbanknj.org.

Microsoft 365: Do More With Less Workshop

June 21 at 10 am

Bell Works

101 Crawfords Corner Rd. in Holmdel

Doing more with less means maximizing the impact of Microsoft 365 solutions while simplifying licensing, management and vendor landscapes. Pressures from the evolving global economy are requiring organizations to reduce costs and optimize operations as they continue to shift to a world of hybrid work. Through the free Microsoft 365: Do More With Less Workshop, the Data Pros help customers identify these cost savings, while also realizing additional value. The workshop focuses on three areas of impact: eliminating redundant solutions, reducing management costs by simplifying IT management and protecting the digital worker.

Kids Yoga

June 24 at 10 am

Blue Moon Yoga

827 Broad St., Suite 5 in Shrewsbury

Blue Moon Yoga in Shrewsbury will be hosting a free yoga class for kids ages 8 to 12. This will give kids a chance to try out yoga, make new friends, learn to relax and boost their confidence. Blue Moon is a warm, welcoming yoga studio and spiritual center where participants are able to explore their spirit, open their mind, soothe their body, and find stillness in a safe and non-judgmental space. Space is limited, so sign up now for this Kids Yoga Class at BlueYoga.net/index.html or call 732-345-YOGA (9642).

Pre-WWII Auto Display

June 24 at 10 am

Historic Walnford

62 Walnford Rd. in Upper Freehold

Antique automobiles dating 1941 and earlier will be on display at Historic Walnford. Pack a picnic, stroll the leafy landscape and admire these early 20th century beauties. Add a tour of the 18th century Walnford house and 19th century gristmill to complete your trip across three centuries. This event runs from 10 am to 2 pm and is free to all. For more information, visit Monmouth-CountyParks.com.

Seining Sandy Hook

June 26 at 11 am

Bayshore Waterfront Park

719 Port Monmouth Rd. in Port Monmouth

Gather at Bayshore Waterfront Park in Port Monmouth for this hands-on nature program. Discover a variety of fish, crabs and other sea creatures as participants pull a long seine net along the edge of Sandy Hook Bay. Closed-toe shoes are required. Those interested are asked to meet on the beach near the parking lot. Parents or guardians are required to stay with and supervise their children. Swimming is not permitted during the event. This program is designed for individuals and families. This event is free and weather dependent. For more information, visit MonmouthCountyParks.com.

Movie on the Beach

June 27 at 8 pm Jenkinson's Boardwalk

300 Ocean Ave. in Point Pleasant

The Point Pleasant Beach Summer Movie Series kicks off Tuesday, June 27 with a screening of "The Lion King" (1994). Bring the family to cozy up on a blanket and watch a movie under the stars. This event is free to all and will be held, weather permitting, in front of the Jenkinson's Aquarium. For more information, visit Jenkinsons.com.

Saturday with the Symphony

July 1 at 8 pm Marine Park

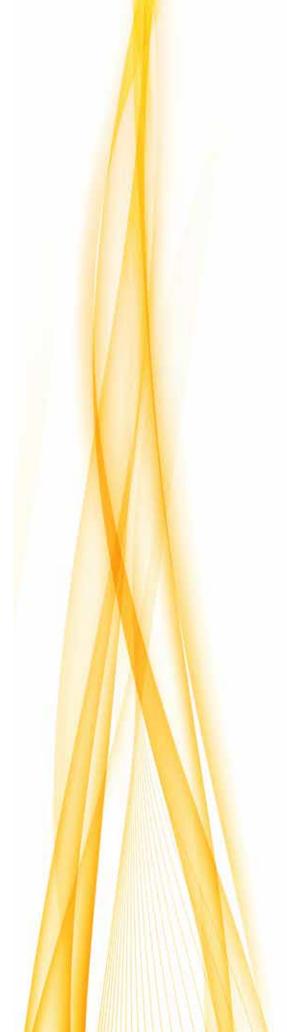
Wharf Avenue in Red Bank

The New Jersey Symphony will be performing in Red Bank this summer. The program features a medley of timeless classics including selections from Jurassic Park and West Side Story, William Grant Still's lively Festive Overture and more. The symphony is conducted by José Luis Domínguez. Clarinetist Timothy Lien, winner of the New Jersey Symphony Youth Orchestra's Henry Lewis Concerto Competition, will perform as part of the program. This event is free for all to attend. VIP tickets will be available which guarantee seats close to the stage. For more information and to learn about the New Jersey Symphony Orchestra, visit NJSymphony.org.

Fireworks Concert

July 3 at 8 pm Bucks Mill Recreation Area 137 Bucks Mill Rd. in Colts Neck

The Colts Neck Community band will perform a special show as part of its spring 2023 schedule. On Monday, July 3, the band will perform a concert ahead of the township fireworks. Performances in the spring series will feature mostly music by a diverse array of American composers of the 20th and 21st centuries.



With School Ending, A New Chapter Waits to be Written

BY CARLY CAVANAUGH

Senior year of high school is a famously bittersweet time for the parents of students - the final months before dramatic changes, empty nests, new beginnings. I remember my mother, who is typically composed, crying as both of my siblings left for college. Understandably, it is a difficult adjustment to see your child grow up and move away. But, as a student, how does it feel?

I went into high school with expectations that I knew were too high. Many of my middle school nights were spent watching John Hughes movies and reading John Green novels, but I held such excitement for the upcoming four years. I knew that this would be an indisputably formative time, and I wanted nothing more than to make it as memorable as possible.

Flash forward to the final semester of high school, and I could not have predicted these last few years, but I say that with joy. I am graduating with a small but wonderful group of friends who have helped me grow into who I am today. I am graduating with a newfound bond with my older sister, brought about by quarantine boredom and a shared love for cooking. I am graduating with a plan to live in Washington, D.C. and attend a school I truly love: George Washington University. I am graduating with the knowledge that I have worked hard, made connections and created the foundation that will guide me throughout the rest of my life.

However, like many high school seniors, I am at a crossroads between the past and the future. I want to spend these last few

months commemorating my high school experience, but I am also eager for college and all the new people and experiences that being away will bring. While trying to honor the importance of both, I have come to understand the importance of balance.

I have always been a culprit of wanting too many extremes: a rampant social life, perfect grades, leading roles in school musicals, acceptances to all the schools I applied to. But I now know that having these unrealistic hopes often leads to disappointment and dissatisfaction. Senior year has been truly enlightening in that sense. I cannot have everything I want; I will have to make compromises. While I once looked at that as a negative, I now realize this is what makes life enriching.

With this newfound mindset, I have been preparing myself to move away. To me, this means mindfulness in all aspects of my life. I have been making a conscious effort to spend time with family and friends who mean the most to me. I have been taking a lot of pictures, listening to music and have been allowing myself to feel sentimental. I've learned to establish a balance between reflecting on the past, living in the now and dreaming about the future. This balance is what has made senior year as special as it has been.

The concept of moving away, however, is still daunting. To leave the life I have spent 17 years establishing, to leave the home I have spent 17 years growing in, is something I find hard to truly grasp. The typical, expected fears have been plaguing me. Who will I room with? Who will my friends be? Will the coursework be manageable? Will D.C. feel like home? Based on my conversations with friends, I know these fears are universal. I have always struggled with straying from comfort and trying new things, despite how often I am reminded that change is good and necessary. I have started to understand that this apprehension is just a part of growing up, and its resolution will foster op-

portunity and self-growth. As I look back on both senior year and all the years that have led up to it, I too feel as bittersweet as my mother did. I will miss her and my family, my wonderful friends and my hometown. But, with balance, I have learned to feel okay in this time of transition. I know that there is so much more waiting for me as I prepare for what is ahead.

High School Boys Wrap Up Track and Field Season

BY TIM MORRIS

Christian Brothers Academy's middle-distance runners stole the show at the Monmouth County Boys Outdoor Track and Field Championships.

The Colts' Conor Clifford turned in the fastest 1,600 meters run in New Jersey this spring, 4:13.74, leading a one-two-three-four sweep by CBA. The time was a new personal record for the Colt junior.

Nicholas Sullivan (4:14.36) and Joe Barrett (4:15.63) also clocked personal bests in second and third place. Not only that, their times rank in the state's top 10, and overall this was one of the fastest en masse finishes in meet history. In fourth place, Lucas Ward ran 4:20.2.

Zach Shroba finished sixth in a personal record 4:23.96 to give CBA five point-scorers in the race. Red Bank Catholic's Patrick Coyle broke up the monopoly in fifth (4:21.98).

That dominance set the stage for one of the most dominant performances in meet history as CBA piled up 160 points, distancing runner-up Middletown North's 50.

Sean Lawson lowered his 400 personal record to 49.91 in becoming a county champion.

Not to be outdone by the sprinters, hurdlers and distance runners, CBA athletes won three individual events in the field.

In the field, Tristan McFarlane won the high jump (6-2) on fewer misses and Kam Coleman, the triple jump (45-7). Coleman's mark is among the 10 best in the state.

CBA's javelin throwers were almost as dominant as the Colts 1,600-meter runners. They swept the first three places led by Jack Ostrowsky (165-1). Code Abutel (157-10) and Travis Spader (157-9) were second and third.

Lawson, Aidan McManus, Matt Herman and Declan Picadio won the 4x400 handily in 3:21.42.

When it came to the 4x800, the Colts were uncatchable. William DeMarco, Thomas Field, Clifford and Sullivan won the relay by 15 seconds as the only team to run under 8:00 (7:58.02).

Middletown North's Jack Chenoweth helped Middletown North claim second place, winning the 400 intermediate hurdles in a personal best time of 56.61.

On the stopwatch, .01 may not seem like much, but it meant everything to Chenoweth. It was the difference between running 400 meters in 50 seconds and sub-50. Chenoweth set a personal record in 49.99, finishing second to CBA's Lawrence.

Middletown North's sprinters teamed up to win the 4x100 (43.08). The quartet comprised Trade Girgus, Jack Viola, Richard Welton and Christian Sanford.

Red Bank Catholic's Emanuel Ross and CBA's Joe White hooked up in a memorable long jump competition with both their marks ranking in the top 10 in the state. Ross won the competition, leaping 22-10 inches ahead of White's 22-7 ½. Red Bank Regional's Lawrence Hicks did 21-10 ¾. All three jumpers set personal records. Rumson-Fair Haven's Gabe Stypul won the pole vault at 13-6. It's one of the 10 New Jersey's 10 best outdoor marks and his highest.



INING WITH RAZ: OLD GLORY KITCHEN + SPIRITS

BY LORI DRAZ

It's red, white and blue season, so off we went to one of the most patriotic places around: Old Glory Kitchen + Spirits for classic and well-done American food and flag-waving fun. Old Glory is easy to spot; it's in an old, converted church, and they maximize the architectural accents beautifully. The entry has a mosaic Old Glory sign that's right next to a showcase containing an original Uncle Sam costume right down to his top hat. The ceiling features a wall-to-wall Betsy Ross flag, and there's a busy pizza oven in the corner. There is also a nice bar serving tasty and well-priced cocktail favorites and specialty drinks along with numerous craft beers too. Our refreshing frozen margaritas were a great mix with just a hint of salt. The staff is just delightful, and they let you linger. It was our server Michele's first shift, and she did great, swapping quick answers to our sassy questions, making for a truly fun night.

We kicked off the American evening with a tableful of appetizers, and each





one was as good as the next. They offer seven styles of their recommended wings. We chose Honey Sriracha which arrived on a sizzling cast iron plate, glazed with a Sriracha honey ginger sauce and sesame seeds. The aroma was intoxicating, and the wings were just as good. Next was the Coconut Shrimp. The eight golden, butterflied shrimp with an orange chili sauce were crunchy and delicious with enough for seconds for all. We also had their version of Fried Mozzarella which are handmade triangles of gooey cheese - a wonderful spin on a favorite that was yummy. For a little spice, we rounded out the apps with the jalapeno popper dip. It's a big cast iron skillet of a cheddar and cream cheese mix with roasted jalapenos, crispy bacon and breadcrumbs, served with a generous side of soft, flat bread. It's not too hot, and yes, a bubbling bowl of sizzling cheese dip is as good as it sounds.

We were stuffed, but on we went for the entrees. Our full diner one switched her original choice of Shrimp Kabobs to the lighter Arugu-

la Salad. It's a big, beautiful dish of baby arugula, roasted beets, goat cheese, candied pecans, cranberries and long, slivered slices of crisp apples in a white balsamic vinaigrette. She called it fresh, flavored-filled and delicious.

Diner two went with the Keyport Crab Cakes. They are two nice-sized crab cakes with a Cajun remoulade sauce, served with mashed potatoes and vegetables (ours was steamed broccoli). While these are not quite the elegant crab cakes of fine dining fish restaurants, he said they were tasty. Their punchy Old Bay flavor reminded him of many nights at crab shacks in the Maryland Bay area.

I couldn't decide between the Meatloaf or the Big Lou - a short rib sandwich with cheddar cheese, candied jalapenos, bacon and barbecue sauce - so I

selected the braised short ribs as a sort of combo. The ribs are served with mashed potatoes and vegetables, like the meatloaf and the short ribs as a nod to the sandwich. The tasty, fork-tender ribs are topped with



brown gravy and potato matchsticks. It's a big portion with plenty to bring home, especially if you have a load of appetizers like we did.

The desserts are straight-forward favorites. We chose the Apple Crisp that comes in a big bowl with sliced hot apples, vanilla ice cream, caramel and crushed graham crackers. It's a little on the sweet side and large enough for sharing. Our second was the Chocolate Lava Cake with whipped cream, caramel and either vanilla or coffee ice cream. It has a rich chocolate taste and did its lava trick nicely. Ordering dessert is your option, and I think the kids would really enjoy them.

Old Glory has a kids menu, they offer catering, and there is a party room upstairs. The parking lot behind the restaurant is large with an easy ramp entry. There's a big outdoor dining area too with its own bar that rocks in warm weather. Old Glory is just blocks away from Keyport's lovely waterfront area, so enjoy a quick ride over for a nice capper on a fun meal.

COST - Low

WHAT WE LIKED - The cool, casual and patriotic décor, the friendly staff and customers, the solid menu and great tasting dishes, the easy pacing, the good cocktails.

Old Glory Kitchen + Spirits is located at 84 Broad St. in Keyport. 732-497-5555. It is open Sunday through Thursday 11:30 am to 10 pm, Friday and Saturday 11:30 am to midnight. OldGloryNJ.com

The Journal Remembers Pauline Poyner

BY SHANNA O'MARA

The Journal remembers Pauline
Poyner – a pillar in
the community, local
real estate icon, loving
wife, mother, grandmother and friend.

Poyner, a lifelong resident of Oceanport, died at her home on April 12. She was 68.

"Pauline grew up in Oceanport and as a kid, loved running behind the mosquito truck with her friends,"



her husband, Scott Poyner, recalled. "She looked forward to barbecues that Monmouth Park did at Community Center Park when it was privately owned. She also donated much of her free time and money to fire, first aid and school fundraisers."

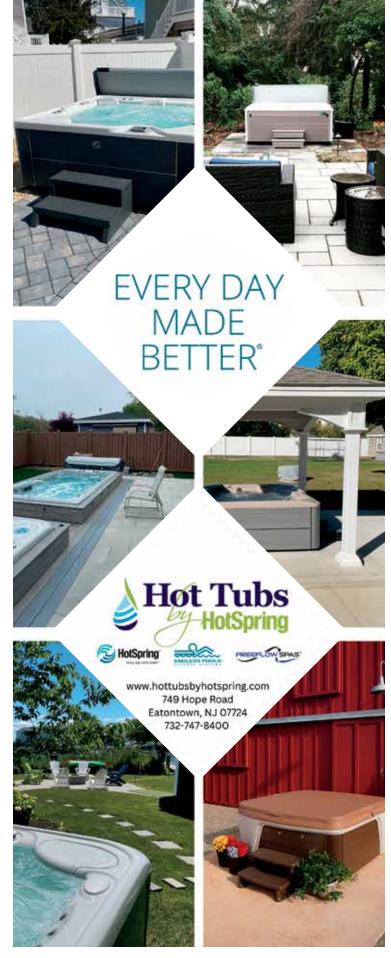
Pauline proudly represented Heritage House Sotheby's International Realty, Rumson Office. She was the past president of the Long Branch Chamber of Commerce and served on the board for several years. She also served on the Board of Trustees for Shore House. She was a dedicated volunteer and contributor to Kick Cancer Overboard, Lunch Break the March of Dimes and the Kortney Rose Foundation.

In her personal life, Pauline cherished time spent with her family. "Pauline and I met at a tennis event in Little Silver which was sponsored by the Shrewsbury Sailing and Yacht Club in 1994," Scott said. "We got married there June 15, 1996."

She sadly left behind 10 grandchildren: London, Beckham, Presley, Payton, Harper, Hudson, Cadence, Tatum, Tieagan and Kenzi.

"Her grandchildren meant so much to her," Scott said. "Some of her last words to them was asking them to never forget her. She loved playing chalk with them in the driveway, watching them swim in the neighbor's pool, cooking and baking with them, reading to them, and taking them to her favorite spot: Walt Disney World."

Scott shared that his wife would want people to remember her willingness to help others and give back locally – something that will live in in Pauline's honor. In lieu of traditional remembrances, donations may be made in Pauline's memory to the Shore House in Long Branch. For more information, visit ShoreHouseNJ.org.



Ranney School Announces Incoming Upper School Head

Following an extensive national search, Ranney School Head Dr. John Griffith announced the hiring of Ted Parker as the incoming Upper School Head, starting July 1.

Parker joins the Ranney School community from the King School in Stamford, Connecticut, an EC through 12th grade school of more than 700 students, where he has served as academic dean and associate head of Upper School for several years. Throughout the process, the Ranney search committee was struck by the similarity of the two schools in size and community, as well as in the focus on STEAM and Global Studies. Prior to that, Parker served in many roles at the school, including as an Upper School English teacher and coach, director of Digital Literacy and Innovation, and Upper School technology coordinator.

Before landing at King, Parker started his career as an instructor at Portsmouth Abbey, a boarding school near Newport, and served as a summer school teacher at Phillips Academy in Andover, Massachusetts.

Parker credits the Moses Brown School in Providence as a huge early impact and one of the reasons for his career in independent schools. After a great experience there, he earned his bachelor's degree in English and history, magna cum laude, at Middlebury College. He completed his Master of Arts in private school leadership from Teachers College at Columbia University, where he also did consulting work. Parker has presented at the NAIS annual conference and OESIS on subjects regarding digital literacy.

In his educational philosophy about the importance of finding one's identity in Upper School, Parker wrote, "High schoolers ought to experience enough different ways of thinking, working and being ... to lend them a glimmer of what may motivate them someday to go well beyond just box-checking. Helping students discover their intrinsic motivation is a matter of their lifelong wellness - and a crucial measure of our schools' success. Students also deserve opportu-



nities to dig deeply and specialize beyond common skills and understandings - not to lock them into a path, but to cultivate a diversity of talents, interests and experiences across individuals."

During the interview process, references received for Parker spoke about his committed relationships and his passion for supporting students as they take on educational challenges. His colleagues value him as a thoughtful practitioner and refer to him as a versatile, talented and insightful educator. The references touched on Parker's ability to understand parents, students and faculty colleagues, and to help develop bonds among stakeholders, a characteristic that has enabled him to build a positive, forward-thinking Upper School community.

"At Ranney, I've found an opportunity that feels familiar enough for me to apply my experience yet with exciting distinctions that assure me I'll keep on learning," he said. "Though I feel like I've been pursuing Ranney's mission

for my whole career, I'm inspired by the strategic focus on curiosity, leadership, and especially citizenship and resilience, which strike me as so incredibly important right now."

Parker, along with his wife, Heather, a fellow independent school teacher and administrator, and sons Jamie and Taylor, rising second graders, are excited to learn more about the area and become active members of the community.

This spring, Ranney will introduce the Parker family to the community and ensure a smooth transition with the help of Dr. Greg Martin, who will begin serving as the assistant head of School for Academics.

"I am excited to have Mr. Parker join Ranney's Upper School, and I am confident that he will make an immediate impact," said Dr. Griffith. "His experience at and understanding of independent schools will be a great asset as we continue to build momentum for our largest division."



GEETA K. BRANASenior Vice President Financial Advisor

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Geeta K. Brana provides comprehensive wealth management and asset management advisory services to women in transition.

Geeta has over twenty-five years of experience in the International Capital Markets. Her career started in London in 1995 with Lloyds Capital Markets where she trained in all aspects of international finance and credit analysis. She joined Sumitomo Mitsui Banking Corporation in 2000, where she gained extensive experience of structuring and trading debt packages for multinational corporations throughout the United Kingdom, Eastern Europe, US, and Japan.

In 2003, Geeta began her career in the U.S. with Smith Barney's Wealth Management Division, (Citigroup) where she was able to build a successful wealth management practice in Washington DC and later New York City working with high-networth individuals and institutions.

After a career break while her children were young, Geeta has returned to wealth management through Geeta Brana Wealth, her own boutique independent advisory firm with deep roots in Monmouth County, NJ. Geeta is also the Founder of WHEEL (Women, Helping To Educate & Enhance Life), a volunteer organization designed to educate & empower women in transition by providing access to expert advice through networking and educational seminars, Currently, the focus of Geeta's practice is on "Women In Transition"; assisting women in all phases of their lives.



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PLANNING FOR MARRIAGE: FINANCIAL TIPS FOR WOMEN

Planning for marriage should involve more than just picking out invitations and deciding whether you should serve chicken or fish at the reception. More importantly, you'll want to take a look at how marriage will impact your financial situation. And while there are a number of issues you'll need to think about, careful planning can increase the likelihood that you'll have financial success as you enter this new chapter in your life.

Consider a prenuptial agreement. If either you or your future spouse has or may inherit substantial assets, or if either of you has children from previous marriages, you may want to consider a prenuptial agreement. A prenuptial agreement is a binding contract between future spouses that defines the rights, and obligations of the parties during marriage and in the event of legal separation, annulment, divorce, or death. A prenuptial agreement typically addresses the following areas:

- Assets and liabilities—What assets will each of you bring into the marriage? What liabilities do each of you have (e.g., credit card/mortgage debt)?
- Contributions of each partner--Will there be particular consideration given for special contributions that either of you make (e.g., one spouse limiting his or her career)?
- Divorce--If you and your future spouse divorce, will there be alimony or a lump-sum payment? How will you divide assets purchased from joint funds?
- Estate planning Who gets what at the death of either spouse?

Discuss your financial history. Marriage is the union of two separate individuals ... and their finances. While talking about money can be a stressful topic for many couples, you'll want to sit down and discuss your financial history and your future spouse's financial history before you merge your money.

Start out by taking stock of each of your respective financial situations. You should each make a list of your individual assets (e.g., investments, real estate) and any liabilities (e.g., student loans, credit card debt) you may have. This is also the time to address items such as how much each of you earns and if either of you has additional sources of income (e.g., interest, dividends).

Agree on a system for budgeting/maintaining bank accounts. Right now, you are probably accustomed to managing your finances in a way that is comfortable for you and you alone. Once you are married, you and your spouse will have to agree on a system for budgeting your money and paying your bills together as a couple.

Either of you can agree to be in charge of managing the budget, or you can take turns keeping records and paying the bills. If both of you are going to be involved in the budgeting process, make sure that you develop a record-keeping system that both of you understand and agree upon. In addition, you'll want to keep your records in a joint filing system so that both of you can easily locate important documents.

Once you agree on a budgeting system, you'll be able to establish a budget. Begin by listing all of your income and expenses over a certain time period (for example, monthly). Sources of income can include things such as salaries and wages, interest, and dividends. Expenses can be divided into two categories: fixed (e.g., housing, utilities, food) and discretionary (e.g., entertainment, vacations). Be sure to include occasional expenses (e.g., car maintenance) as well. To help you and your future spouse stay on track with your budget:

- Try to make budgeting part of your daily routine
- Build occasional rewards into your budget (e.g., going to the movies)
- Examine your budget regularly and adjust/make changes as needed

This might also be a good time to decide whether you and your future spouse will combine your bank accounts or keep them separate. While maintaining a joint account does have its advantages (e.g., easier record keeping and lower maintenance fees), it is sometimes more difficult to keep track of the flow of money when two individuals have access to a single account.

If you do decide to combine your accounts, each spouse should be responsible for updating the checkbook ledger when he/she writes a check or withdraws funds. If you decide to keep separate accounts, consider opening a joint checking account to pay for household expenses.

Map out your financial future together. An important part of financial planning as a couple is to map out your financial future together. Where do you see yourself next year? What about five years from now? Do you want to buy a home together? If you decide to start a family, would one of you stay at home while the other focuses more on his or her career?

Together you should make a list of short-term financial goals (e.g., paying off wedding debt, saving for graduate school) and long-term financial goals (e.g., retirement). Once you have decided on your financial goals, you can prioritize them by determining which ones are most important to each of you. After you've identified which goals are a priority, you can set your sights on working to achieve them together.

Resolve any outstanding credit/debt issues. Since having good credit is an important part of any sound financial plan, you'll want to identify any potential credit/debt problems either you or your future spouse may have and try to resolve them now rather than later. You should each order copies of your credit reports and review them together. You are entitled to a free copy of your credit report from each of the three major credit reporting agencies once every 12 months (go to annualcreditreport.com for more information).

For the most part, you are not responsible for your future spouse's past credit problems, but they can prevent you from getting credit together as a couple after you are married. Even if you've always had spotless credit, you may be turned down for credit cards or loans that you apply for together if your future spouse has a bad track record with creditors. As a result, if you find that either one of you does have credit issues, you might want to consider keeping your credit separate until you or your future spouse's credit record improves.

Consider integrating employee and retirement benefits. If you and your future spouse have separate health insurance coverage, you'll want to do a cost/benefit analysis of each plan to see if you should continue to keep your health coverage separate. If your future spouse's health plan has a higher deductible and/or co-payment or fewer benefits than those offered by your plan, he or she may want to join your health plan instead. You'll also want to compare the premium for one family plan against the cost of two single plans.

In addition, if both you and your future spouse participate in an employer-sponsored retirement plan, you should be aware of each plan's characteristics. Plans may differ as to matching contributions, investment options, and loan provisions. Review each plan together carefully and determine which plan provides the better benefits. If you can afford to, you should each participate to the maximum in your own plan.

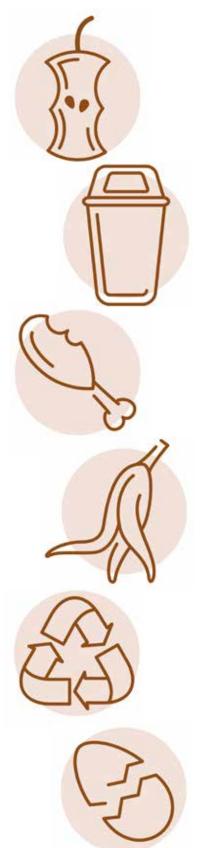
Assess your insurance coverage needs. While you might not have felt the need for life and disability insurance when you were single, once you are married you may find that you and your future spouse are financially dependent on each other. If you don't have life or disability insurance, you will want to have policies in place in order to make sure that your future spouse's financial needs will be taken care of if you should die prematurely or become disabled. If you already have life and disability insurance, you should reevaluate the adequacy of your existing coverage and be sure to update any beneficiary designations as well.

You should also take a look at your auto insurance coverage. Check your policy limits and consider pooling your auto insurance policies with one company (your insurance company may give you a discount if you insure more than one car with them). As for renters/homeowners insurance, you'll want to make sure your personal property and possessions are adequately covered.

NOTE: If you and your future spouse obtain joint credit, both of you will become responsible for 100% of the debt.

Tips to Reduce Food Waste

BY LORI DRAZ WITH JODY SACKETT, RUMSON ENVIRONMENTAL COMMISSION



The season of picnics, barbecues, farm stands finds and day trip lunches is here - all great fun, but all can lead to lots of wasted food. That leads to wasted money, higher disposal fees for municipalities and overloaded landfills that produce methane gas from rotting food. Food is the single largest category of material in municipal landfills, representing nearly a third of the whole waste stream, but there are ways to reduce costs and give the environment a helping hand.

Jody Sackett, of the Rumson Environmental Commission, has some information and advice on getting the most from your food dollars.

"It's estimated that families of four waste nearly \$1,500 of food each year. Households account for 39 percent of wasted food - more than farms, restaurants or grocery stores. Top wasted items: 40 percent of fresh fish, 20 percent of dairy, 34 percent of produce and 25 percent of eggs. There's also food waste when produce is disposed by farmers because it's misshapen or discolored. Add to that restaurant waste, much of which enters the landfills. Food waste doesn't decompose readily in landfills, due to compaction and lack of exposure to oxygen and light. Instead, methane is produced in the anaerobic landfill conditions, making these areas the third largest source of human-related methane emissions in this country."

Sackett suggests not to simply discard foods based on stamped dates.

Other than infant formula, dates are not required by the government. Dates are mostly used by retailers for stock control and as a general consumer guide for guality. "Sell By" is how long the store should display the product for sale and inventory management. "Freeze By" indicates when the product should be frozen for optimal quality. "Best if Used By" or "Use By" is typically used by manufacturers to indicate when the food is no longer at its highest quality; however, it may still be fine. The USDA advises that consumers evaluate the quality of the product's flavor, texture or scent to determine if there is spoilage, before deciding whether to toss.

Smart shopping, using a list and not overbuying, also reduces food waste. Home chefs should also get creative with what they have in the fridge to come up with new dishes, and only buy in bulk when you can use all the product.

Another food waste practice is improper storage. Sackett said, "Veggies like high humidity and fruits prefer low humidity, so set your fridge accordingly. Need to ripen produce fast? Put it on the counter in a paper bag with fruits that release ethylene gas, like apples. You can buy inexpensive gadgets like Bluapple with filters that absorb ethylene gas in the fridge, to better preserve produce while it's stored. Waiting to wash items like berries, grapes or mushrooms until you actually use it will delay spoilage. Additionally, where you store items matters. The warmest part of the fridge is the door, so put condiments there but not milk or eggs. Cold air is heavier, so it sinks; put easily-spoiled groceries like meat or delicate items on the chillier bottom shelf."

She also suggests freezing leftovers and perhaps even having a little fun with things like Leftover Mondays or hosting a buffet-style casual Leftover Party where guests all bring what's leftover in their fridge to share.

Finally, she shares the advantages of composting.

"Composting is a controlled, aerobic process that uses microorganisms to feed on organic materials and convert them into a nutrient-rich soil enhancer," she said. "It's simple, inexpensive, and a fabulous way to reduce food waste and create natural fertilizer so you don't have to use chemicals. Composting also releases less carbon dioxide into the air than landfilling food. You can build a simple backyard composter with a lidded plastic bin or trash can; drill holes in the bottom and sides to let oxygen in, put it in a dry and fairly sunny place, and add layers of one part green matter (produce peels and cores, bread, cooked rice or pasta, eggshells) to three parts brown matter (dead leaves, tree branches, shredded newspaper, tea or coffee grounds). Leave out meat, dairy or oils. Add a small amount of water if it's dry, and turn the pile over with a shovel a few times a month. Composting takes a while, but your garden will love it. There's also small countertop composters available that complete the whole job right in your kitchen."

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ASK CASSIE

Dear Cassie: My wife had an affair, and now that we are divorcing, she wants alimony from me! Do I have to pay her alimony? -B.P.

Dear B.P.: New Jersey is a "no fault" state. What that means is that "fault" is not required to be able to get divorced. It is also not a factor in alimony and equitable distribution. Therefore, the fact that your wife had an affair is likely not going to be relevant in the court's assessment of whether she is entitled to alimony.

Many years ago, parties could not even seek a divorce in the court if there was not a "fault" basis for the divorce (such as adultery, desertion or extreme cruelty) or an extended period of physical separation. This changed in 2007, when the legislature added "irreconcilable differences" as a cause of action for divorce. This was a positive change to the practice of family law, as parties are no longer required to litigate how or why they got to the point of divorce, which facts have little or no bearing on the ultimate distribution of assets and assessment of support.

Similarly, our alimony and equitable distribution statutes (N.J.S.A. 2A:34-23 and N.J.S.A. 2A:34-23.1, respectively) do not recognize fault as a factor to be considered in establishing an alimony or equitable distribution award. Both issues are economic ones, which are assessed within the particular facts and circumstances of a family's economic life. Particularly as it relates to alimony, the marital standard of living, a party's need for support,

and both parties' ability to pay, incomes, and earnings capacities are usually the most critical factors in assessing the amount of alimony to be paid from one party to another.

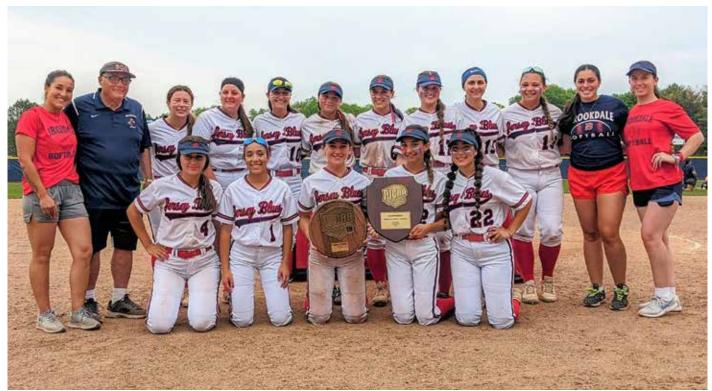
There is one case in New Jersey which addresses the extremely limited circumstances under which a court could consider "fault" in an alimony case. That case, Mani v. Mani, 183 N.J. 70 (2005) holds that "marital fault is irrelevant to alimony except in two narrow instances: cases in which the fault has affected the parties' economic life and cases in which the fault so violates societal norms that continuing the economic bonds between the parties would confound notions of simple justice." These types of cases are extremely rare and are the exception to the rule.

If you are dealing with the issue of alimony, you should seek the advice of matrimonial counsel.



Have a divorce and family law question for Cassie? Submit your question to admin@paonezaleski.com for consideration in the next edition of "Ask Cassie."

Cassie Murphy is a divorce and family law Partner with the Law Offices of Paone, Zaleski & Murphy, with offices in Red Bank and Woodbridge.



Brookdale Community College's softball team defended their Region 19 championship and moved on to the national tournament. Photos by Nil Onder, Brookdale Athletics

Brookdale Softball Squad Heads into Nationals on Fire

BY TIM MORRIS

During the course of a long softball season, a team's offense - no matter how productive - will go through peaks and valleys. Brookdale Community College's season was no different. Despite winning the Garden State Athletic Conference for the 20th time (sharing it with Rowan College of South Jersey) and being the top seed in Region 19, Brookdale's offense had its ups and downs. However, there were signs that the bats were getting hot again as the regular season closed and, it couldn't have happened at a better time with the Region 19 Tournament next up.

"Our offense has caught fire," Brookdale Head Coach Bo Scannapieco said.

Brookdale's bats remained red hot at the Region 19 North Atlantic Division A tourney as the team swept RCSJ, 7-0, 10-3, to win the Region championship and advance to the National Junior College Athletic Association's Division III National Championship Tournament for the second straight year.

Pitcher Gianna Praet (Freehold Borough) spun a complete game shutout in Game 1, and Brookdale hammered out 15 hits. Zoey Hagan (3-4, three RBI) and Nicolette Pavlik (2-4, one RBI) each hit a home run. Praet helped herself, getting three hits and scoring twice.

In Game 2, the ball kept flying out of the park as Pavlik (1-4, two RBI) and Mallory Shevlin (2-4, three RBI) hit home runs. An eightrun second inning broke the game open early. Shevlin (Middletown North) went the distance to pick up her 15th win.

Heading to nationals with the offense on fire and solid pitching, the Blues were peaking.

"We're right where we should be," Scannapieco said ahead of the tournament, which was played after press time.

Brookdale wouldn't be 33-9 heading to national tournament again if Praet and Shevlin hadn't been consistent throughout. They got the team through the offensive valleys.

"Our pitching has been carrying us," said Scannapieco. "Our pitchers have 300 strikeouts combined which we haven't had in a pretty long time."

Praet, a sophomore, is 17-4 with a 1.61 ERA and 148 strikeouts. During the season, she registered her 300th career strikeout. Shevlin, a freshman, went 15-5 with a 2.92 ERA and 174 Ks.

The middle of the Brookdale lineup was highly productive.

continued on page 45

Pavlik (Holmdel), batting .433, has 52 RBI and team-high seven homeruns and 57 runs scored. Shevlin is batting .418 with 39 RBI, and Sydney Rawlings (Baden, Ohio) has 34 RBI and is batting .417. At the top of the order, Praet has scored 42 runs while batting .346 and Hagan (Henry Hudson), 44 runs while batting .407. She has 42 RBI. As a team, Brookdale is batting .380.

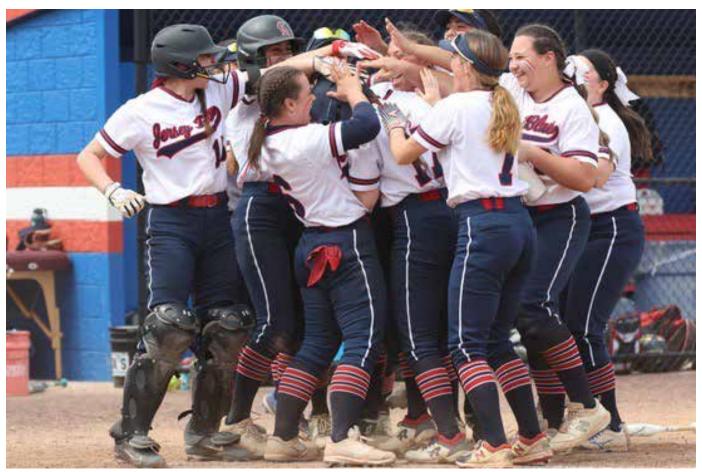
This was the 21st Region championship for Scannapieco and

the Blues. It's not something the junior college Hall of Fame coach takes for granted.

"It gets harder every year," he pointed out.

Brookdale was ranked No. 5 in the final regular season Division III national poll.

The NJCAA Division III National Tournament was played May 24 to 27 in Dewitt, New York.



The Brookdale Community College softball team was led this season by offensive strength and solid pitching.

Monmouth County Sheriff Hosts Human Trafficking Symposium

Some of the most terrifying and hidden crimes are those involving human trafficking.

On May 8, Sheriff Shaun Golden hosted the Monmouth County Human Trafficking Symposium. The panel featured U.S. Congressman Chris Smith, Monmouth County Prosecutor's Office Raymond Santiago, Suzanne Spernal of Women's Services RWJ Barnabas Health, Julia Einbond of Covenant House New Jersey and Gina Cavallo - NJ Coalition Against Human Trafficking who provided a compelling victim account.

Topics included federal laws passed to combat human trafficking, details on how healthcare professionals and anti-human trafficking advocates address and deal with one of the most under-reported and largest criminal enterprises in the nation, and how law enforcement works to prevent and combat the exploitation of women, men and children.

Currently, in an effort to combat these crimes, the Monmouth County Sheriff's Office is sending members of law enforcement to hotels, motels and shopping areas to provide resources and information to spread awareness in areas that could be venues for human trafficking.

If you suspect there may be incidents of human trafficking, contact the Monmouth County Sheriff's Office at 732-431-6400.



In the Kitchen with... **Chef Drew Araneo**

BY LORI DRA7

Well-respected and humble, Andrew "Drew" Araneo has been showcasing his bold side for the last 18 years at Drew's Bayshore Bistro. Born in Union Beach, Drew is a proud graduate of the Culinary School at Brookdale. He interned at Long Branch's famous Joe and Maggie's Bistro on Broadway. His other credits include Whispers at Spring Lake where he worked with Scott Giordano of the Poached Pear. Drew lived in Holmdel for many years before moving to Keyport. "I think I always wanted to be a chef, and I always knew I loved spicy Cajun food, even though I'm Italian. My father was a roofer, and I followed him into that business, but my father wanted me to keep growing as a chef. Now I'm doing the same for my son, Andrew, who works at my side as the sous chef."

What is your favorite way to relax on a day off? I like life's simple pleasures - taking a swim in the pool; relaxing in my backyard with my wife of 29 years, Tracy, who works as a paraprofessional at Holmdel High School; sipping on whatever bourbon is on the shelf at the time; and listening to some good old rock 'n' roll.

Do you have a favorite ingredient? Who doesn't love a Jersey tomato? I also love working with pork, and I really love cooking duck. It's so versatile. I call it the air pig. It's great in a gumbo. I use the



CHEF DREW WITH SON ANDREW

duck fat for roux, the bones for the stock and the dark meat in stews. And of course I love chilis; I own a Cajun restaurant after all.

What is your favorite item in your kitchen? My Big Green Egg and my Yoder YS 640 pellet smoker. The egg is the best grill. It's smaller than the Yoder, so it's perfect for small groups. You can use the Yoder as a grill or a smoker, even as an oven. You also can't miss with an Ooni Pizza oven. Inside I use a Lodge cast iron pan. I've had mine for years, and it just keeps getting better. Remember just scrape out with hot water and kosher salt.

Anything else you want to share? Don't be afraid to cook. Use the remarkable Jersey produce. I often shop at Hauser Hill Farms in Old Bridge, Samaha's Farm in Aberdeen and the farmer's market in Keyport. Buy fresh, local produce, and use it up quickly so you can buy some more and support the farmers. I also use Monmouth Meats in Red Bank and Lusty Lobster.

What is your favorite athome recipe? I really enjoy simple grilled vegetables, and this is a family favorite.



Chef Araneo's favorite at-home recipe:

Giambotta — A Classic Italian Vegetable Stew

4 tbs. olive oil

1 onion (small dice)

2 carrots (small dice)

2 stalks celery (small dice)

1 red bell pepper (small dice)

10 cloves garlic (minced)

Kosher salt

black pepper

1/2 tsp each of dried oregano and dried basil

1 tsp crushed red pepper

1 can crushed tomatoes or 4 very ripe fresh tomatoes

4 cups chicken stock (or vegetable broth for vegans)

OPTIONAL:

4 cups diced potatoes

2 cups carrots (cut larger than above)

4 cups string beans

8 cups zucchini

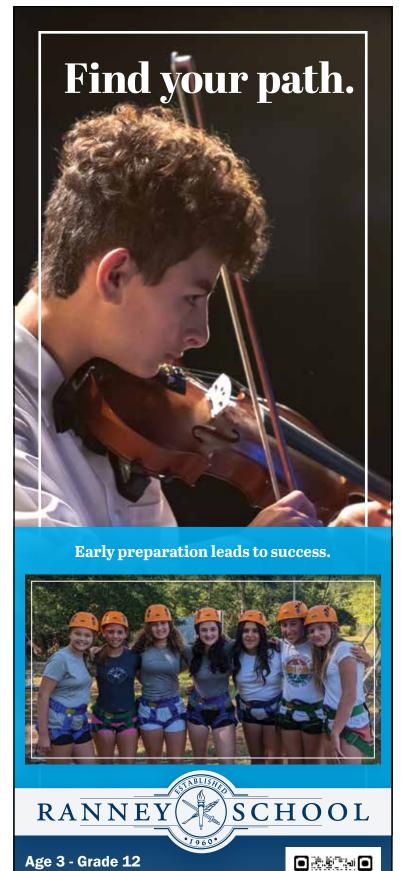
Fresh basil (any fresh herbs)

When I have them, I add Cubanelle peppers and Italian long hot peppers. Eggplant, corn, sweet potatoes, any greens and any squashes can also be used.

Heat the olive oil then add all the small diced vegetables and garlic. When they begin to soften, add the seasonings, then the tomato and chicken stock. Vegetarians, use vegetable stock or water.

Next, I usually add the optional ingredients listed above, but you can add any vegetables you have or that are in season. Just add the harder vegetables first, then add the softer ones (like the zucchini) later or they will get mushy, although some people say the flavor gets better if they get really soft.

Hope you enjoy it!



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Christian Brothers Academy Baseball Team Going After Division Title

BY TIM MORRIS

With depth and experience, the Christian Brothers Academy baseball team was poised to make noise this spring.

"We knew we had a lot of talent coming back," said Colt Head Coach Marty Kenney, Jr.

With the postseason tournament season just around the corner, the Colts are championship contenders to say the least.

Sporting a 13-3-1 record through its first 17 games, CBA has shown it has what it takes to contend: pitching, hitting and defense.

On the mound, the Colts have the talent required to make deep tournament runs, including a pair of ace starters.

Brennan O'Keefe (Sr.) and Chris Levonas (Jr.) sit at the top of the CBA rotation. They are pitching to stingy 0.31 and 0.87 ERAs, giving the Colts' a dynamic one-two. Levonas (4-0) is a power pitcher who fans more than one batter an inning while O'Keefe (2-0) is a crafty hurler who pitches to contact and lets batters get themselves out. Third starter Nick Harnisch (Sr.) has pitched to a 2.58 ERA. He has three wins, second to Levonas. Because of their stable of arms, CBA's starters won't be overworked. Kenney said his goal is for his starters to go four and five innings and for his depth to take it over from there. Senior Zaine Toneske has settled in as the team's closer. His strength is that he's not a one-inning specialist and can perform much longer.

CBA's talented relievers are Bobby Johnson (Jr.), Danny DiTulio (Fr.), Dylan Iwanyk (Fr.), Kyle Welsh (Jr.), Michael Defazio (Jr.) and Will Fahey (So.).

CBA's offense has been averaging more than seven runs and doing it the old-fashioned way, putting the ball in play and pressuring defense.

"We're very athletic up and down the lineup," said Kenney. "We're very balanced. We run well and bunt well. We're taking the extra bases, going from first to third and second to home."

Seniors Hunter DelGuercio (.458), Harrison Campi (.383), Toneske (.333) and sophomore Danny Tsimbinos (.388) have been the team's leading hitters. Campi has been provided the power with 11 extra base hits (seven doubles, three triples and one homerun).

Attesting to the team's balance, six players have scored 10 or more runs led by Campi with 22. Tsimbinos and DelGuercio are the team leaders in RBI with 18 and 17, respectively.

Kenney pointed out that the athleticism the Colts use to put pressure on defenses, they also use on defense to make plays in support of their pitchers.

Last spring, a charge to the state sectional final highlighted the season and gave the returners a goal for 2023.

"It was a good sling shot into the season," Kenny said of the Colts' trip to the Non-Public A South final.

For CBA, the priority this spring is taking care of the Shore Conference A North Division. Needing just one win in their final three games to sew up the division, the Colts are well on the way to achieving that goal. Then it's on to the state tournament.

CBA has several players who have made their college commitments. Campi has signed to Wofford College; Toneske, St. John's University; Harnisch, Holy Cross University, infielder Wyatt Hunt, Monmouth University; Levonas, Wake Forest University; infielder James Nitti, Scranton University; O'Keefe, Catholic University; DelGuercio, Gettysburg College; and injured pitcher Luke Roccesano, University of Maryland.





Single Family Homes Area Real Estate April 1 to 30, 2023

Atlantic Highlands - Closed four, ratio of sale to list price 103 percent, lowest closed sale \$652,000, highest closed sale \$865,000. Currently active 10, pending two.

Colts Neck - Closed five, ratio of sale to list price 95 percent, lowest closed sale \$722,000, highest closed sale \$1,870,000. Currently active 28, pending 14.

Fair Haven - Closed eight, ratio of sale to list price 102 percent, lowest closed sale \$725,000, highest closed sale \$2,275,000. Currently active five, pending three.

Holmdel - Closed six, ratio of sale to list price 105 percent, lowest closed sale \$730,000, highest closed sale \$1,440,000. Currently active 17, pending 18.

Little Silver - Closed six, ratio of sale to list price 104 percent, lowest closed sale \$649,000, highest closed sale \$2,310,000. Currently active five, pending five.

Middletown - Closed 35, ratio of sale to list price 100 percent, lowest closed sale \$315,000, highest closed sale \$1,240,000. Currently active 46, pending 56.

Monmouth Beach - Closed two, ratio of sale to list price 97 percent, lowest closed sale \$1,900,000, highest closed sale \$2,080,000. Currently active five, pending two.

Red Bank - Closed three, ratio of sale to list price 103 percent, lowest closed sale \$355,000, highest closed sale \$875,000. Currently active nine, pending 13.

Rumson - Closed three, ratio of sale to list price 97 percent, lowest closed sale \$1,750,000, highest closed sale \$2,159,500. Currently active 19, pending 16.

Sea Bright - Closed three, ratio of sale to list price 104 percent, lowest closed sale \$970,000, highest closed sale \$4,250,000. Currently active five, pending three.

Shrewsbury - Closed two, ratio of sale to list price 101 percent, lowest closed sale \$551,000, highest closed sale \$651,000. Currently active one, pending six.

These statistics are based on information from the local Flex MLS system on May 1 and supplied by Mara Browndorf, Heritage House Sotheby's International Realty

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This month's author is Lincroft's Evangeline Fennell, a 14-year-old who will attend Trinity Hall next year. Evangeline was the winner of Shrewsbury-Towne Chapter of the Daughters of the American Revolution's American History Essay Contest, and her essay is now competing at the national level. Evangeline has gone through the pressures felt by so many students. With pure honesty, she shares her candid experiences below. Here is Evangeline's story.

Being told to write on a point of view in roughly 950 words is a daunting task. I've never been particularly good at unprompted writing or writing from my own perspective for that matter. I use characters to convey my emotions. I think that's why my DAR essay on John Jay won as many things as it did. I didn't think I could ever write anything that well again. I guess this is my try.

I grew up among aliens. In kindergarten, I went to an expensive, academically oriented private school. It was a machine for successful students. Though young, I remember how my classmates would miss parties for soccer games and skip playdates for piano. In a flash, I was beginning elementary school. It hit hard; nap time switched out for handwriting, and morning playtime turned into spelling tests. By fourth grade, I had befriended some of the aliens. I marveled at how they would play their 17 sports, nine instruments and still have perfect grades. I wasn't like them though; I was human. I had to study, I didn't get perfect grades, and I only played one sport and one instrument. Still, it seemed the aliens were studying me, saying I was the golden one. They labeled me "smart." I sometimes think of those times as simpler, then I remember when I had a mental breakdown in the bathroom, screaming my life was over because of an 85 on a test.

Middle school started the same year COVID-19 hit. I had drifted apart from my elementary school best friend, and now I had a new one. The nervousness that used to stem from my grades became a sinking feeling in my stomach. Though it was only one year, everything felt different in a way I didn't understand. No one knew quite what to do during quarantine. My grades were dropping as well as my spirits. For the first time, the stretch until the end of the year was more of an uphill climb rather than an easy coast. By sixth grade, we were back in person, and again it felt different. The work that had piled up was starting to get to me, and the homework that used to be completed in school spilled over to the night. I couldn't let myself fall though. I had an image to uphold and a smile to keep. The aliens continued to grin and laugh and be perfect as usual. While they kept up with athletics and extracurriculars, I dropped my instrument. I knew I needed to find something or else I would never be as good as them.

Seventh grade was the breaking point. I started to tour high schools, but once again my friendships were disrupted. I didn't have a single class with my best friend, and the seventh grade work was dumped on like never before. The sinking feeling had become more like a black hole eating away at my mind and body. I still had my label of "smart," but no matter how many As I got, it still felt like a jacket two sizes too small. Everything was a whirlwind. The homework pushed into the late hours because of both the quantity and my own procrastination. When finals started, my mind was a mess; I began to cry, much more frequently than before. I was exhausted, but none of that mattered. I just needed to make it to the end. I finished seventh grade with first honors, smiling with mascara running down my face as I looked among the aliens, all beaming as well, as if none of this even mattered.

Summer didn't help anything. I had around a month of dance camp and a course to help get into high school. On the first day of school, I knew this year was what mattered, and I matched the aliens with their smiles. I told myself, "Just get through November's high school admissions as well as tests." December wasn't different though, and the goal became winter break, then midterms, then spring break, then graduation. I started sleeping less, with melatonin providing little relief. My motivation dwindled, but the aliens' did not. I tried to proceed with gritted teeth, but my parents were worried. They sent me to talk to someone, and for the first time, I did. I talked about how I felt pressured, how I didn't feel smart, how I had drifted from my friends, how the stress would never end, and how, no matter what, I would never be as good as the aliens. In that moment, I began to sob, and it was on that couch that I finally saw everything from another point of view. I realized I was the alien, always smiling and laughing and pretending to stay afloat, when everything - and I mean everything - made me feel like I was drowning.

I'm not sure this is relatable, but I was asked to write from my heart, and this is truly what it says. In the end, everyone is an alien in their own way, always trying their best. At least, that's what I think. If this story helped at least one person feel less alone, then it'll be worth it. We're all aliens together.

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County Girls Break Records at Outdoor Track and Field Championships

BY TIM MORRIS

The Rumson-Fair Haven express swept through the Monmouth County Girls Outdoor Track and Field Championships.

The Bulldogs, flexing their sprinting and middle-distance prowess, dominated on the track and scratched out points in the field to overwhelm the competition at the championships held May 10 and 12 at Howell High School. Rumson rolled up 98 points, almost double of runner-up Colts Neck (58.33).

"It's what we do best," said Rumson Coach Tim McLoone. "We pride ourselves in having a deep team. Everybody on the team performed well."

With the help of its depth, Rumson dominated the relays, winning the 4x100, 4x400 and 4x800.

The Bulldogs had just two individual county champions, Clemmie Lilley (400) and Reese Reynolds Malone (200). Lilley won a hot 400 meters in 56.53, one of the 10 fastest run in New Jersey this spring. Malone, just a freshman, nipped teammate Lilley to win the

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200. Running in a different heat than Lilley, Malone posted a 25.77 while Lilley clocked 25.82 in the top-seeded heat. Malone placed fifth in the 400 (58.94) that was won by Lilley.

The duo figured prominently in Rumson's relay success. The Rumson lineup for the 4x100 included Kate Hennen, Lilley, Malone and Megan Burns. They won in 49.10 during a race that saw three teams dip under 50 seconds. It was Katie Murray, Malone, Ryan Malone and Lilley who won the 4x400 (4:00.43). The middle-distance runners showed their fine form, winning the 4x800 by 10 seconds in 9:42.43. The team had Ryan Malone, Murray, Hannah Nitka and Sarah Butler.

It was a big meet for rising star Alexandria Scott of Saint John Vianney, who captured two individual titles. The Lancer junior turned in one of the 25 fastest times in the country for the 400 intermediate hurdles, winning the race in a personal record 1:02.21. In the field, Scott leaped 17-8 ½ feet to take the long jump. The busy Lancer found time to take fourth in the 400 (58.31) that was won by Lilley.

Red Bank Catholic middle distance standout Cate DeSousa added another county championship to her resume. She edged her cross country and track rival Tilly O'Connor from St. Rose in the 800. She clocked 2:12.04 to O'Connor's 2:12.34. Both times are among the 10 fastest run in the state in 2023.

Holmdel's Alexa DiNardo won the triple jump with a personal best leap of 36-6.

Middletown South's Caden Cerminara scaled a personal record 11-9 to win the pole vault.

In the throwing events, RBC's Kennedy Miller (shot put), Colts Neck's Catherine Vota (discus) and Holmdel's Sophia Laudi (javelin) were champions. Miller bested last year's champion, Maddie Hussey of Middletown South, 38-1 1/4 to 36-5 while Vota whirled the discus 123-1. That mark is one of the 10 best in the state this spring. The Hornets' Laudi topped the javelin field with a throw of 115-11.



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How can you help a child who struggles with ADHD?

According to the National Alliance of Mental Illness, there are six recommended ways to support children living with attention deficit hyperactivity disorder (ADHD).

- 1. Have a positive attitude. Focusing on successes and victories helps as the overall positivity can go a long way.
- Create and maintain a structure. Children living with ADHD are more likely to succeed when they have a routine schedule of tasks each day, which will be enormously helpful.
- Communicate the rules and expectations clearly. Laying out simple rules and expectations clearly can be easily understood and followed.
- Encourage movement and a proper sleep schedule. Regular exercise will help burn energy, which ultimately leads to sleep

- better and can help to better manage ADHD symptoms.
- 5. Focus on social skills. Children can often experience difficulty with maintaining relationships and making friends. Working with a life coach, the child's therapist or even a parent modeling social skills can help establish and reinforce the social skills
- 6. Request help from your child's school. The school will have programs and special education services if you feel they may need them. These programs and services can help enhance the use of structure and routine at home, which will better set the child up for success.

For more information on ways to help a child who struggles with ADHD, visit namica.org



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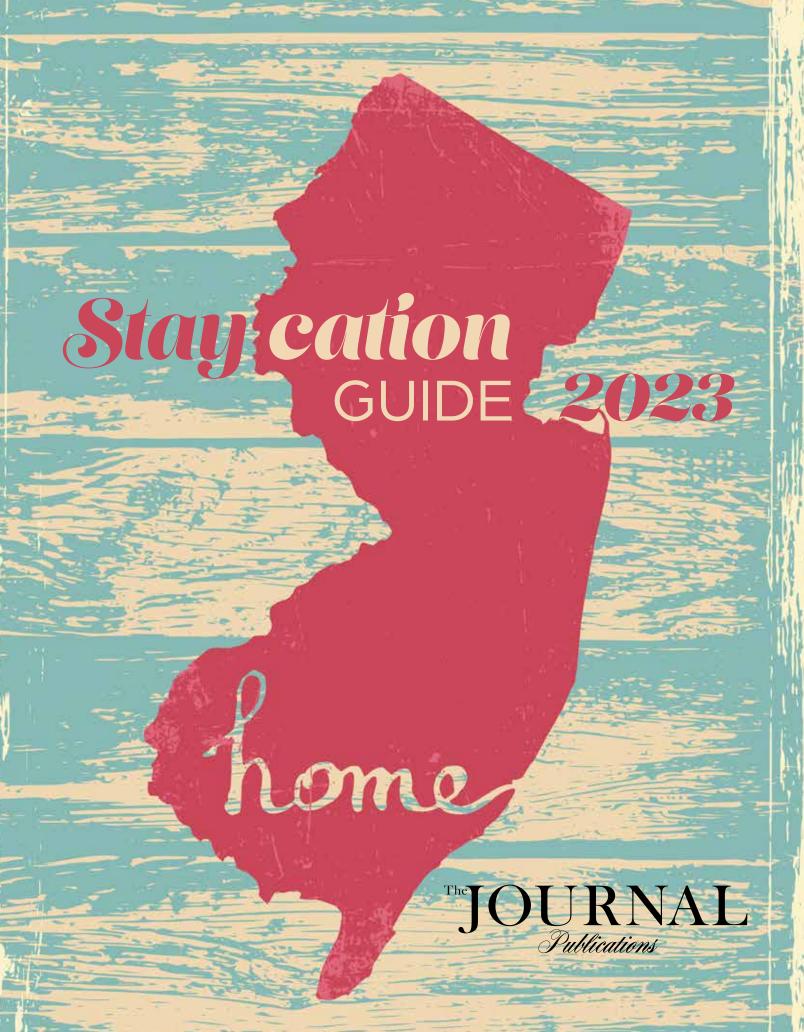


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Beaches, boardwalks, concerts, casinos, restaurants, shopping, spas, history and deluxe hotels - you name it, we've got it all right here in our own backyards! With so much to do and many places to visit, enjoying a staycation is a fabulous choice this summer. Tourists wait all year to visit the Jersey Shore, and all you have to do is slap on some sunscreen and set out on your adventure. Take advantage of the wealth of entertainment options in our area and enjoy!

BY LORI DRAZ

iCode Shrewsbury

1026 Broad St. in Shrewsbury 732-931-4263 iCodeSchool.com

iCode Schools are fully equipped, high-tech campuses that provide STEAM education for kids in kindergarten through 12th grade. iCode empowers future innovators through a proprietary curriculum and project-based, hands-on learning methods.

At iCode, they help children learn how to learn. Children are encouraged to guestion the world around them and discover the answer for themselves. Using this approach, students are inspired to think more creatively, thus strengthening their problem-solving abilities. Moreover, iCode's programs include character-building activities that teach children the importance of fairness, integrity and honesty.

When you enroll in one of their camps, you'll find the best ways to engage children while teaching them advanced STEAM education and the essential soft skills required for tomorrow's technology leaders. Students gain a broad depth of skills in coding languages, robotics and design. The hands-on and collaborative experience focuses on soft and hard skills that enhance core academic strengths such as patterns and sequencing, critical thinking, project ideation and development, leadership and entrepreneurship.

Their exciting curriculum offers more than 20 different fiveday camp options, including Minecraft, Roblox, Digital Arts, You-Tube Production, Digital Music, Game Builder, Drones and more!

iCode Summer Camps are enrolling now so visit iCodeSchool. com/shrewsbury/camps for more information and give your curious child an enriched summer of STEAM education.

A Time to Kiln

50 Broad St. in Red Bank 732 450-9525 ATimeToKiln.com

Open Monday through Thursday noon to 6 pm, Friday noon to 7 pm, Saturday 11 am to 9 pm and Sunday 11 am to 6 pm

Unleash your creativity at A Time to Kiln. Imagine the fun you, your family, officemates and friends can have selecting and painting your own masterpiece. You can choose painting on pottery, canvas and wood. You can also put together your own keepsakes with mosaic making, critter stuffing, even art classes.

What a time you'll have creating personalized pottery. Start by choosing the item you'll customize from a huge array of bisque items including everyday dinnerware, platters, children's and seasonal items, banks and gift items. Next, it's your time to design and paint your creation. Then the pros at A Time to Kiln will glaze and fire it for you, giving your creation that professional look.

Since 1998, A Time to Kiln has been a favorite place where adults and children come to create their very own masterpieces.

Your original art will be a happy memory of a great day together and a most unique souvenir for your out-of-town quests to take home as a reminder of their visit to the shore.

Walk-ins are always welcome at A Time to Kiln. They also offer a variety of party packages for kids and adults.

> continued on page 58

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Other locations include Lawrenceville, Wayne and Paramus Open Monday through Wednesday 10 am to 6 pm, Thursday 10 am to 7 pm, Friday and Saturday 10 am to 6 pm and Sunday 11 am to 5 pm (Paramus closed)

Ski Barn is your outdoor furniture, fire pit, grill and patio accessory retailer, featuring top-quality, USA-made and imported brands in cutting-edge styles you will not find anywhere else. Each member of the sales staff is trained by brand representatives on the construction, quality and customization of the brands, which makes them knowledgeable and helpful. Ski Barn's primary focus is always you, the customer, and they offer premium, quality and unique selections with outstanding service. Ski Barn offers free in-store, at-home or virtual consultation and local delivery with their own set-up crew. Visit SkiBarn. com for the latest information. At Ski Barn, they say, "Come into one of our four convenient locations, and you'll see the difference right away!"



Look for turtles, egrets, herons, ospreys and other wildlife in their natural habitat during a boat tour of the Monmouth County Park System's Manasquan Reservoir. Led by a Park System Naturalist, these 45-minute tours leave from the Visitor Center, Windeler Road in Howell. Tours are offered at the top of the hour from 2 to 5 pm on Saturdays, Sundays and holidays through Sept. 4. Wednesday afternoon tours are offered at 2, 3 and 4 pm from July 12 to Aug. 30. Evening tours are offered at 6 and 7 pm on the first

Friday of June, July and August. All tours are weather- and water level-dependent.

The fee is \$6 per adult and \$4 per child age 12 and under. Life jackets are required and provided. Tickets can be purchased in the lower level of the Visitor Center on the day of the tour.

For more information about the boat tours, call 732-751-9453. For persons with hearing impairment, the Park System TTY/TDD number is 711.





Poit Better

Tips for Planning a Family Vacation

BY JOYCE VENEZIA SUSS

A family vacation is an opportunity to bond and create memories – the good kind!

The destination, method of travel, lodging, dining and activities will vary not only by the family budget, but also the ages of all family members. Ideally, everyone should offer some input in planning a vacation together, to avoid disappointment and exhaustion.

Here are some suggestions to make a family vacation a wonderful memory for everyone, instead of a stress-filled disappointment.

Plan with a Common Goal

Even if one person ultimately handles the arrangements, ask every family member for suggestions. Take a poll to see if the vacation should be for relaxation, adventure or a combination of both. Have young children choose between two or three activities. Consider what each person loves or hates, and find a happy balance, even if that means occasionally separating for different activities.

Make Reservations Early

Book rooms early, and make as many reservations as possible. Start with the hotel or rental home, and reserve tickets for popular attractions. Make restaurant reservations – it's easier to cancel than to discover you can't find a place to eat during peak season.

Map it Out

Create a daily vacation schedule with room for flexibility. Then share it with the family in the days leading up to departure. It builds excitement and gets everyone thinking about what's ahead.

Schedule Downtime

If you are touring a theme park or visiting several cities, include time to rest at least once a day. A morning at the pool or an afternoon nap on a hot day can help prevent exhaustion.

Pack Light

Lugging heavy luggage is not fun. It's easier to do some laundry midway through the vacation. Extra underwear is a good idea for children. And the golden rule of any traveler is "If you forgot it, we can buy it."

Pack for the 'Just in Case'

Bring remedies for pain, allergies, motion sickness and upset stomach, and basic first aid supplies. Bring extra doses of daily prescription medications, and take photos of prescription labels, just in case. Pack disposable rain ponchos, a nightlight to navigate unfamiliar rooms in the dark, zip lock bags to hold wet items, and an extra phone charger. Some parents have a spare "lovey" in case their child's favorite stuffed toy gets lost.

Prepare for the Unexpected

Rain isn't always a reason to stop the fun. Those rain ponchos are perfect if light showers are in the forecast. If an attraction is unexpectedly closed, be ready with a Plan B – and maybe even a Plan C.

Have a Child Safety Plan

Children should carry a card with parent names, phone numbers, and the hotel's name, address and phone. Before the trip, teach children to find a police officer or a mother with children in case they get lost.

Smart Travels

Whether it's by air, car, train or boat, getting there is half the fun. If by air, try to schedule a nonstop flight. If you can't avoid a layover, make sure there is enough time to factor in delays. Bring snacks for all ages; even adults get hangry! For long trips, distract young children with hourly gift-wrapped surprises: small, inexpensive toys or booklets to keep them occupied.



As the weather warms up and we are drawn to the outdoors, there are so many different options to spend time outside. Take advantage of your access to the local Monmouth County parks and bring your family and friends out for a picnic! Picnics are a great way to spend quality time with loved ones on a beautiful day, and they are an inexpensive way to fill an afternoon. Packing a picnic can mean spending an entire day in the park, and Monmouth County Parks offer a variety of spaces that can accommodate any group's interests. If you are looking to get outside and have some fun, we've got you covered with a few of our favorite picnic spots and activities!

Dorbrook Park

One of the largest parks in the system, Dorbrook Park is packed with plenty of activity spaces, like tennis courts, an inline skating rink, a spray ground, a pool and basketball courts. Dorbrook even has a uniquely designed playground that can accommodate wheelchairs and includes Braille signs, making outdoor fun inclusive to children of all abilities. Dorbrook is one of the best spots to bring the kids to enjoy a number of activities, wrapping up the day with a picnic on one of the park's vast green spaces.

Deep Cut Gardens

With the flowers in full bloom, this is a perfect spot to take in spring. Walk along the floral paths, check out the seasonal vegetable patch, and visit the koi fishpond. Once you find the perfect spot on the lawn, you can set up a picnic and enjoy the views. As a bonus, Tatum Park is just across the street, with more lawn space, hiking trails and even a playground!

Historic Longstreet Farm

Bring yourself back in time as you step into a well-preserved

time capsule of the 1890s, complete with original farm structures and farm animals. Throughout the year, the park offers a variety of free activities and demonstrations to teach residents about life in Monmouth County as it was more than a century ago.

Manasquan Reservoir

Set up a picnic along the water and take in this beautifully maintained region of greenery and water. While picnicking, watch boaters and fish pass through your spot. Better yet - bring along a kayak or canoe and join them!

Turkey Swamp Park

Looking to stay in the outdoors a little longer? Monmouth County Parks offer a campsite within Turkey Swamp Park! Whether you're a seasoned camper or looking to test the waters close to home, a campsite or cabin can be booked online for a fee.

Bayshore Waterfront Park

Want to spend time at the beach without the summer crowds? This Port Monmouth Park has spectacular views of New York with calm, clean waters. Have a picnic on the sand and take a swim in the water! The park has a long stretch to walk and hunt for shells and play some frisbee. The park includes a long pier, which can be used to go fishing. Note: Be advised that the beach in this park does not have lifequards.

Shark River Park

For larger groups looking to spend time at a picnic, this park offers covered rentable picnic spaces. In addition to the gorgeous views of the rivers, the park has a lake stocked with trout, but fishing fanatics can expect to catch up to seven different breeds within this park!







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Every month, The Journal magazines are delivered free of charge to more than 25,000 homes in communities like Colts Neck, Rumson, Fair Haven, Holmdel, Little Silver, Shrewsbury, Red Bank, Sea Bright, Lincroft and Middletown. In addition, more than 60,000 unique monthly readers across Monmouth County access the magazines online at The Journal NJ.com.

PJ Hyduke delivering The Journal Photo courtesy of Fair Haven resident Jenn Morris

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Cheers to Summer in Monmouth County!



The Garden State produces some of the best grapes, grains, corn and wheat, so it's no wonder New Jersey is home to incredible breweries, distilleries, meaderies and vineyards. See below for some places to visit this summer. Happy sipping!



3BR Distillery

3BR Distillery produces craft spirits inspired by Slavic ingredients. Enjoy a cocktail in the kitsch, Soviet-punk tasting room. The distillery is located at 7 Main St. in Keyport.



4JG Orchards & Vineyards

In the heart of horse country is a winery featuring a scenic outdoor picnic area. At 4JG Orchards & Vineyards, they say it's always "sunny with a chance of wine." The winery is located at 127 Hillsdale Rd, in Colts Neck.



Alternate Ending Beer Co.

Set in a former movie theater, this nostalgic location is open to families, craft beer lovers and movie buffs looking to catch an old flick. All can savor the highest quality craft beer and gourmet food made from the freshest ingredients. Alternate Ending Beer Co. is located at 1057 Route 34 in Aberdeen.



Asbury Park Brewery

Asbury Park Brewery's tasting room has a rotating line up of beers, many of which are offered exclusively on site. Come solo or with a group to enjoy a craft drink. The brewery is located at 810 Sewall Ave. in Asbury Park.



Asbury Park Distilling Co.

Asbury Park's first and only distillery since prohibition, this distillery produces the highest quality hand-crafted spirits, including gin, bourbon whiskey, vodka, aquavit and limoncello. Asbury Park Distilling Co. is located at 527 Lake Ave. in Asbury Park.



Beach Bee Meadery

Named 2023 Meadery of the Year at the New York International Cider Competition, Beach Bee produces meads and ciders using the highest quality ingredients and preserving mead's nearly 12,000-year-old history. The meadery is located at 89 Long Branch Ave. in Long Branch.



Beach Haus Brewery

Beach Haus is the Jersey Shore's premier brewery for crispy lagers and refreshing ales. The brewery, located just blocks from the beach, also boasts a full-service bar and restaurant. Beach Haus is located at 801 Main St. in Belmar.



Belford Brewing Co.

Owned and operated by Belford residents of more than 50 years, this brewery specializes in English, Belgian and German-style beers. Belford Brewing Co. is located at 84 Leonardville Rd. in Belford.



Bradley Brew Project

This microbrewery is as local as it gets - owned and operated by a husband-and-wife duo who welcome neighbors and visitors alike into their world of craft beer. The brewery is located at 714 Main St. in Bradley Beach.



Carton Brewing

At the Jersey Shore where they were born and raised, two cousins found a turn-of-the-century red brick warehouse and turned it into a popular brew house. Carton Brewing is located at 6 E Washington Ave. in Atlantic Highlands.

continued on page 63



Colts Neck StillHouse

Colts Neck StillHouse and MuckleyEye Spirits specializes in homemade spirits and sophisticated cocktails. They sell by the glass or bottle and even offer visitors a chance to barrel their own signature whiskey. The distillery is located at 304 Route 34 in Colts Neck.



Cream Ridge Winery

Since 1988, Cream Ridge Winery has been a proud producer of handcrafted wines in Monmouth County. The winery offers on-site tasting, product pickup or home delivery. It is located at 145 Route 539 in Cream Ridge.



Dachshund Distilling

True to its name, this micro, craft rum distillery is pet-friendly and locally loved. The staff is dedicated to creating exceptional spirits one batch at a time. Dachshund Distilling is located at 1103A Sixth Ave. in Neptune.



Fox Hollow Vineyards

Fox Hollow Vineyards is owned and operated by sixth-generation farmers who know New Jersey grapes and wine the best. The tasting room and patio overlook 94 acres of farmland. Fox Hollow Vineyards is located at 939 Holmdel Rd. in Holmdel.



Jughandle Brewing Co.

Jughandle beer is sold at more than 500 bars, restaurants and liquor stores in the state. Crack open a can or take a tour of the tasting room, which features more than 15 types of beer made fresh on premise. Jughandle Brewing Co. is located at 4043 Route 33 in Tinton Falls.



Kane Brewing Company

For all your craft beer needs, Kane Brewing Company has you covered! The brewery is open seven days a week and sells beer by the glass, can, bottle, crowler, growler or keg. Kane Brewing is located at 1750 Bloomsbury Ave. in Ocean.



Little Dog Brewing Co.

This craft brewery specializes in handcrafted, small-batch beers. Try the German and English-influenced ales, lagers and seasonal specials. Little Dog Brewing Co. is located at 141 Steiner Ave. in Neptune City.



Long Branch Distillery

Using state-of-the-art iStill technology, Long Branch Distillery produces vodka, rum, gin, limoncello, bourbon, amaretto and liqueurs with consistency and skill. The space, which is available for private parties, is located at 199 Westwood Ave. in Long Branch.



Red Tank Brewing Company

In the heart of downtown Red Bank, Red Tank Brewing Company is a family-owned facility that cranks out delicious beers. They donate part of their proceeds to charity. The brewery is located at 77 Monmouth St. in Red Bank.



Screamin' Hill Brewery

Screamin' Hill takes pride in marrying family farming with craft brewing. They produce many ales using their own farm-grown ingredients, including pumpkins, tomatoes, basil, peppers, barley, wheat and rye. The brewery is located at 83 Emleys Hill Rd. in Cream Ridge.



Source Farmhouse Brewery

Whether you're cozied up in the indoor taproom or enjoying the fresh air of the outdoor beer garden, the staff at Source will make sure you find a brew that pleases you. Source Farmhouse Brewery is located at 300 Route 34 in Colts Neck.



Triumph Brewing Company

Triumph Brewing Company offers visitors a chance to try a refreshing beer while enjoying a meal from its on-site restaurant. The two-story space is available for private parties and offers live music on the weekends. It is located at 1 Bridge Ave. in Red Bank.



Seven Sons Brewing

Seven Sons Brewing is a family-owned micro-brewery serving everything from IPAs and stouts to lagers and hard seltzers. The spacious indoor setting is even available for private parties. The brewery is located at 2224 Route 9 in Howell.



Twin Lights Brewing

Childhood friends-turned home brewers opened this joint in 2020. They offer delicious craft beers as well as trivia nights and live music throughout the month. Twin Lights Brewing is located at 4057 Asbury Ave. in Tinton Falls.



White Chapel Projects

The White Chapel Projects does more than just beer. There is a real sense of community, as the space boasts live music and entertainment, rotating artwork, weekend markets and a selection of locally grown gastro pub fare. It is locat-

ed at 15 Second Ave. in Long Branch.



Wild Air Beerworks



Wild Air Beerworks brings together veteran brewers who specialize in lagers, IPAs, sours and more. They also offer on-site events, including workshops and private reservations. It is located at 801 Second Ave. in Asbury Park.



Local Ice Cream Shops to Visit This Summer

BY SOPHIA KOVAL

Warmer weather approaching means different things for New Jersey residents – allergies, beach days, road trips, grilling, boating. One of the staples on a hot summer day is a refreshing trip to an ice cream parlor. The Garden State is filled with shops, stands and stores that specialize in many flavors of ice cream. This decadent dessert is something many Jersey Shore residents and visitors cannot imagine summer without. Here are some local places to try this summer as well as this writer's go-to order.

Cookman Creamery Top flavor: Cookie Monster

Cookman Creamery is a unique ice cream parlor serving interesting flavors and even ice cream pies. Located in Asbury Park, it is the perfect place to stop by for a refreshing treat after a long day lying on the sand.



Jersey Freeze Top flavor: Moose Tracks

Jersey Freeze has been a family-favorite parlor since opening in 1952. With locations in Freehold and Holmdel, Jersey Freeze serves eccentric soft serve flavors including peanut butter, banana, and black raspberry.

Four Boys Ice Cream Top flavor: Ice cream sandwich of the month

Four Boys Ice Cream is "your classic small town ice cream shop," and the sign does not lie. Four Boys serves a new monthly ice cream sandwich, May being the "Ice Cream Cannoli," and a dollar from each purchase is donated to a charity organization. With locations in Englishtown, Farmingdale, Hightstown, Jackson, Jamesburg and Milltown, grabbing a treat to go has never been easier!

Cafe 360 Top flavor: Coffee

If you are looking for authentic, handmade gelato, Cafe 360 is the place for you. Located in vibrant downtown Freehold, it's hard to pass up on dessert after a nice dinner. Café 360 also serves cakes, cookies, coffee and more.

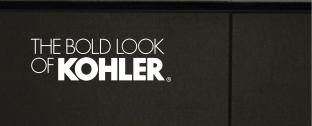
Nicholas Creamery Top flavor: Brown Sugar Cookie Dough

Nicholas Creamery is known for their homemade ice cream, serving different flavors every single month with multiple creamy classics that are always available! All ice cream is made in small batches with natural and organic ingredients, catering to the current season. The shop has locations in Atlantic Highlands, Fair Haven, Long Branch and Tinton Falls.





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