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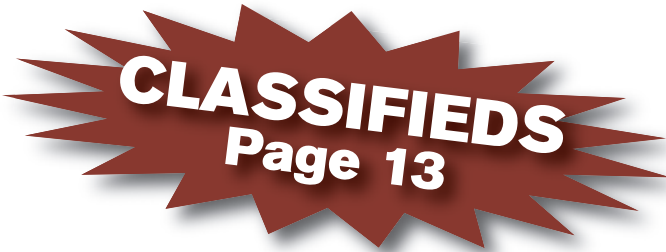
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Page 13

VOLUME 8 | ISSUE 50 | JANUARY 13, 2016



**HEALTH AND FITNESS, PART 2**



# High-Tech Fitness

Watch it, wear it, even eat it: Technology's new impact on fitness.  
{ TEXT AND PHOTOS BY MICKEY BRANDT }



Using streaming technology, Kasey Young, front, and well-known yoga instructor Elena Brower work “together” to teach a class at The Balance Center in Millville.

Ever wonder how well you sleep minute-by-minute? When during a day, or an hour, your heart rate fluctuates the most? How many calories you’re burning at each moment of your life? Now, you can answer these questions with the flick of your wrist. (If you’re interested, of course.)

With widespread adoption of wearable technology devices like Fitbit, Jawbone, and many other wireless activity trackers, instant and constant body and motion monitoring is a reality for millions.

I walked into Anytime Fitness at Maintree Shopping Center in Vineland to see what this hot trend is about and district manager Matthew Silver greeted me.

“Fitbit?” he responded and extended his lower arm, “Here’s mine.

“It literally measures my quality of life,” he told me about his \$250 Surge model, which he’s had for about 18 months.

This is no step counter. Its tiny sensors and micro-processors record multiple readings of every activity. Uploaded to the Web, the “watch” keeps a complete and searchable data and analysis base of all your activity, available on your phone, tablet, and laptop.

Silver even wears his Fitbit at night to chart his sleep patterns and see if he’s getting enough REM, the deepest and most nourishing portion of sleep.

“Here, this gap in the line, it shows I was awake for four minutes last night at 4:12 a.m.,” he noted.

The Fitbit is no fashion clunker, either.

“I own a good collection of watches, including a Movado,” Silver said. “But this is the one I wear for all but the most upscale events.

“Wearable technology is the thing of the future, just like accessible fitness facilities such as ours,” he emphasized.

## VHS Alumnus Donates Record-Setting Javelin



**Maria Jimenez and Coach Greg Geraci**

Vineland High School alumnus Maria Jimenez—current javelin state record holder in New Jersey—donated her record setting javelin to Vineland High School recently. Jimenez, a 2012 graduate of VHS and current senior and track and field athlete at the University of Tennessee, set her record on May 17, 2012.

Her javelin will join Greg Geraci’s and Robert “Bob” Jones’ javelins in a display case at VHS. Geraci, a 1969 VHS graduate and current throws coach, threw his javelin 216’9” in 1969 to set the state record, which still stands today. Bob Jones, a 1939 graduate, threw his wooden javelin 178’ in 1939.


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See nomination form  
on page 12.



Continued on page 14





# Faces in the News

## Patel Appointed Medical Director of Inspira LIFE Program

Inspira Health Network's LIFE Program is pleased to announce that Ankur Patel, M.D. has been appointed the program's new medical director. In this role, Dr. Patel will provide medical oversight for the care of all Inspira LIFE program participants.

Prior to joining Inspira, Dr. Patel served as the medical director for an Acute Care for the Elderly (ACE) unit in Newport News, Virginia. He is board certified in both family medicine and geriatrics by the American Board of Family Medicine. After earning his bachelor's degree in pharmacy, Dr. Patel attended medical school at St. James School of Medicine in the Netherlands Antilles. He subsequently completed a residency in family medicine at the University of Alabama. Dr. Patel then went on to complete his fellowship training in geriatric medicine at Glennan Center for Geriatrics and Gerontology at Eastern Virginia Medical School. Currently, he is working towards a master's degree in business administration from the University of Massachusetts.

"I am excited to be a part of the Inspira LIFE team and I look forward to working with the staff here to provide seniors in our community with high quality care," said Dr. Patel.

Dr. Patel is a member of the American Association of Physician Leadership and the American Geriatrics Society. In 2013 and 2014, Dr. Patel was nominated for the "Champion of Caring" award at Riverside Health System, which recognizes health care professionals that go above and beyond the call of duty for patients or their families.



## Balicki and Garcia Announce Engagement

Robert M. Balicki and Yolanda E. Garcia, Esq. wish to announce their engagement. The proposal took place on April 5, 2015 at the National Mall in Washington, DC while on a family weekend trip to Williamsburg, Virginia. Mr. Balicki holds a Master's Degree in Public Administration from Rutgers University and has been the Warden of the Cumberland County Jail since 2009 after serving in a similar capacity at the Gloucester County Jail following his retirement from the NJ Department of Corrections with 25 years of service. Ms. Garcia is twice a Rutgers graduate having earned a Bachelor's Degree from Rutgers College and a Juris Doctorate from Rutgers School of Law in Camden. She recently retired from the New Jersey State Parole Board after 33 years of service. The couple is expecting to marry in 2016 and will continue to reside in Cumberland County.



## Top Dog Pizza & Burgers Holds Grand Opening



Top Dog Pizza and Burgers, located at 1601 N. High St, Suite J, in the new Wheaton Plaza, Millville, held Grand Opening festivities recently with a pizza eating contest, pizza dough-throwing demos and tricks, live music and some special guests.

Owners Bill and Melanie, from Cumberland County, married in 2008 and

moved to south Florida. Bill pursued his passion for food and worked as a chef at the South Florida Fairgrounds where he won awards for his food, such as best cheese steak and wings. Melanie became involved with animal rescue. After five years, they returned home to be close to family. After not finding any work they decided to do what they love and open their own restaurant and animal rescue. They both work at the pizza place and Melanie is president and founder of TLC Animal Rescue, Inc. Being animal lovers, they decided to name their new business Top Dog Pizza & Burgers. Prior to opening Top Dog they operated CDS Sandwich Shop inside Super Qwik Deli on Main Street. Their logo honors their oldest dog Yayo who is 14 and was recently diagnosed with bladder cancer.

**Pictured: Earl Sherrick, executive director, Greater Millville Chamber of Commerce; Bill Britton, owner; Mayor Michael Santiago; Melanie Britton, owner; Larry Malone, president, Greater Millville Chamber of Commerce, and Top Dog Pizza employees.**

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# LOCAL NEWS IS BACK!

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Possumatos Cruise Europe



Nick and Karin Possumato were on a cruise in the fall that took them to Switzerland, France, Germany, Luxembourg, Netherlands, and Belgium. This photo was taken in front of the Grand-Ducal Palace in Luxembourg City.

Friedman is Auxilian of the Year

The Inspira Auxiliary Cumberland County is proud to announce that Erika Friedman has been named its 2015 Auxilian of the Year for her hard work and dedication to the Inspira Foundation Cumberland/Salem.

“Erika has devoted herself to raising money and awareness in support of Inspira Health Network, both as a regular member and a board member,” said Carolyn Heckman, Executive Director of the Inspira Foundation Cumberland/Salem.

“I would like to thank the Auxiliary for this honor, and every individual who has given their time and energy to help this worthy cause,” Friedman said. “Our amazing volunteers make it possible to accomplish so much good through events and fundraisers like our vendor sales and the annual Princess Party.”

From left: Carolyn Heckman, Erika Friedman, and Robert Odorizzi, chair of the Inspira Auxiliary Cumberland County.



Greenwich Tea Burning Chapter Celebration



Greenwich Tea Burning Chapter celebrated 125th anniversary of DAR during its Christmas Event held in Bonham Hall of the First Presbyterian Church, Bridgeton. Honored guest was Allen Jackson, president of the NJ Blue Bird Society, who was recognized for extraordinary volunteer work in the field of Conservation of Wildlife. He is a purple martin landlord mentor, holds a master banding permit for purple martins and bluebirds, manages over 500 bluebird boxes in southern NJ, and is the recipient of a Lifetime Presidential Volunteer Service Award because of the thousands of volunteer hours per year he logs in the protection of New Jersey's natural resources. Guest Speaker for the event was actor/historian and first person interpreter, Kim Hanley, of the American Historical Theatre who portrayed Alice Roosevelt Longworth, daughter of U.S. President Theodore Roosevelt. Also pictured is New Jersey State Regent, Cornelia B. Olde, who brought greetings and congratulations from the Daughters of the American Revolution.

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# Obituaries & Memorials

**Albert Oddi**, originally of Cumberland County, 97, passed away December 25, 2015. Al has many loved ones that will truly miss his caring, generous, regimented personality. He leaves behind his sister Vilma (103 years old), wife Elizabeth, daughters Melinda, Tisa, and Kathleen, sons Hal, Eric, Dan, Mark, and Tony, 15 grandchildren, 10 great grandchildren, and nephew Dennis.

**Natale "Nate" Bisconte**, 84 of Rosenhayn, passed away at his residence on Friday December 25, 2015, surrounded by his family. Natale was born in Rosenhayn to the late Peter and Margaret (Pace) Bisconte where he remained a life long resident. Natale is survived by his wife of 46 years, Verna R. (Sorbello) Bisconte, his daughter Margaret (Margie) and son-in-law Jason A. Amaradio, three grandchildren Jason N., Salvatore "Sam" P., and Joseph R. Amaradio, three sisters; Rita Caltabiano, Anne DeFrank, and Carmela Spadaro and her husband John. He is also survived by sisters-in-law, Lucy Grasso, Mary Sorbello and Joan Sorbello, brothers-in-law and their wives, Rosario and Mary Sorbello, and William and Sadie McCart. Also surviving are many nieces, nephews, cousins and Godchildren and his special cousins; Anthony and Mandy Sparacio and family. .

**John Edward Giacometti Jr.**, 85, of Vineland, passed away of natural causes surrounded by many of his loved ones in his Ocean City vacation home on December 25, 2015. He is survived by his wife of 57 years, Nancy (Miller) Giacometti, daughter; Leanne Stavoli, daughter; Beth Damiano and her husband James Damiano, daughter; Gina Shellhamer and her husband Scott Shellhamer, son; John Giacometti and his wife Natalie Giacometti, and grandchildren; Andrew Stavoli, Emily Shellhamer, Alex Shellhamer, Dennis Damiano, John Giacometti, and Julia Giacometti.

**Angelo Galli Sr.**, 93, of Vineland died suddenly at Inspira Hospital Vineland on Saturday, December 26, 2015. Born in Col di Peccio, Italy on March 23, 1922 he came to America prior to World War II. Angelo is survived by his son, Angelo, and daughter-in-law, Karen, of Pennsylvania; grandson Dr. Jon Galli, MD and wife Elana of Philadelphia. Also surviving are his wife Jean (Meneghetti); stepson, William Emow and Pam, of Salem; stepdaughter, Gail Emow, of Vineland, and granddaughters, Allison Emow and fiancé Matthew James of Colorado, and Lindsay Emow of Virginia, Denise Ciulla of Vineland, and Karen Ciulla of Pennsylvania; brother and sister-in-law, Giovanni and Bettina Galli of Italy;

nephew Gianfranco; nieces Roberta and Rita, of Italy.

**Dorothy (Harris) McGovern**, 86, of Cherry Hill, passed away on December 26, 2015 at Kennedy Hospital in Cherry Hill. Dorothy was employed by Konte Glass in Vineland for over 35 years until her retirement. Dorothy was a volunteer with Hospice. She is survived by her brother and sister-in-law, Robert and Linda Saul of Florida; niece and fiancé, Dr. JoAnn Bocchese and Tim Steliga of Voorhees and her great nephew, Zachary Dimmerman of New York City.

**Christina L. Scavelli**, 28, of Vineland, passed away on Saturday December 26, 2015 at home. Christina was born & raised in Vineland where she remained a lifelong city resident. She is survived by her daughter; Aliyah, mother; Liza Griswald, father; Daniel Scavelli sister; Danielle Scavelli, maternal grandparents; Gregory & Larissa Sarajew paternal grandmother; Valerie Scavelli as well as numerous aunts, uncles & cousins.

**Moises Bermudez Sr.**, 77, of Vineland, loving husband, father, grandfather, brother, and friend went to be with the Lord on December 26, 2015, at Inspira Medical Center, surrounded by his family. He is survived by his wife of 51 years, Ines "Nancy", also of Utuado, Puerto Rico; two sons, Moises and wife Marisol of Tampa, Fl., and Javier and wife Crystal of Vineland; ten grandchildren, Crystal L. Perez and husband Richard, Erika L. Cruz and husband David, Alexis, Joshua, Melanie, Anthony, Moises III, Jazmine E., Seth X., and Rebekah I. Bermudez; five great-grandchildren; four sisters, and one brother.

**Anthony Francis DiOrio**, 94, of Vineland, passed away on December 28, 2015 at the Lincoln Specialty Center in Vineland, following a brief illness. He is survived by his son and daughter-in-law, Louis And Mari (Ambrose) DiOrio; daughter, Darlyne A. DiOrio; stepson, Charles Garrison; granddaughters, Christina DiOrio and Megan DiOrio; sister, Maria Michela "Mickey" Bianco.

**Lois B. (Whitehead) Harris**, 84, of Vineland, went to be with the Lord on Monday, December 28, 2015 at home, surrounded by her loving family. Lois is survived by her 7 loving children, 3 sons; Herb Harris and wife Dorothy of Vineland, Edward Harris and companion Kristy of Newfield and Bruce Harris and wife Marisol of Vineland. Her 4 daughters; Marie Harris, Sophie Stites and husband Kevin, Glendora "Glennie" Harris and Darlene Confer and husband Joe, all

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of Vineland. She is also survived by 18 grandchildren, 22 great-grandchildren, 1 great-great granddaughter and by her brother Junior Whitehead and companion Anita of Fairton, sister-in-law Ruby Morgan of Pittsgrove and several nieces, nephews and cousins.

**Peter Broeren**, 99, of Vineland, passed away on Tuesday, December 29, 2015 at Brookdale Assisted Living in Cape May Court House. Peter was born in Rotterdam, Netherlands to the late Denis C. and Johanna L.M. (Putters) Broeren and was a resident of Vineland most of his life. A veteran of the U.S. Army, Peter served during WWII as a Staff Sgt. in the U.S. Intelligence Unit of the Army. Peter is survived by his loving daughter, Denise Coulter and husband Charlie of C.M.C.H., his son-in-law Rodney Wayt of Galloway, NJ and by three grandchildren; Crystal Bartleson and husband James of Rio Grande, Jessica Heikes and husband Colin of Gaithersburg, MD and Cody Wayt of Galloway. He is also survived by 1 great-grandson Jesse James "Mini-Opa" Bartleson, two step grandchildren Robert and Brooke Bartleson and by his niece Leola Rosati and husband Robert of Stanford, CT and their children Eugenee and Rolland Rosati at home. Also beloved caregiver Daisy Tirado.

**Gerald D. Dell Aringa**, 76, of Newfield, passed away on Tuesday December 29, 2015 in the Inspira Medical Center, Vineland. He is survived by his sisters; Virginia Dell Aringa & Loretta Williams and brother; Peter Dell Aringa.

**Anna (Buono) Leonardo**, 84, of Vineland passed away on Wednesday, December 30, 2015. She was born in Rosenhayn to the late Salvatore and Mary (Pepitone) Buono, one of 12 children. "Annie" lived in Vineland all her adult life with her husband, Joseph Leonardo. She is survived by her husband of 64 years, Joseph Leonardo; daughters & sons-in-law, Joanne & Steven Downey and Lisa & Thomas Tobolski; six grandchildren, Stacy Descalzi (David); Michael Pagliughi (Lauren); Allison Volpe (Jason); Christopher Downey (Christine); Thomas Tobolski Jr. (Aishleen) and Matthew Tobolski; five great-grandchildren, Enzo and Gino Descalzi, Jason Jon "JJ" Volpe, Felix and Zachary Pagliughi; brothers, Frank Buono (Dolly) and Dominick Buono (Phyllis); sister Rita Dannenhoffer; in-laws, Mary Buono, Frank Paladino, Patrick Newton, Elly Leonardo and Lena Polizzi (John); caregiver Mimi and many nieces and nephews.

**Angel Luis Medina Jr.**, 32 of Landisville, passed away suddenly on Wednesday, December 30, 2015 at home. Born in Stradford, NJ, he is survived by his daughter, Alanna Marie Medina, mother, Elizabeth Llamas, sister, Melissa Medina and his girlfriend, Stacie Jones.

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# **Faces in the News**

## **March of Dimes Recognizes Three Inspira Nurses**

Each year the March of Dimes recognizes nurses across the nation who demonstrate exceptional patient care, compassion and service. This year, Sandy Lovelace, BSN, RN, CGRN, Sherry Remy, MSN, RN, CEN, and Reenie Sacchetti, MS, RT(R), have all been honored with 2015 Nurse of the Year Awards from the New Jersey Chapter.

Sandy Lovelace, assistant nurse manager for Inspira Medical Center Woodbury's acute care of the elderly unit, received the March of Dimes award in the "General Medical Adult Care" category. She is nationally certified in geriatric nursing and has 30 years of clinical nursing experience. Lovelace received a Bachelor of Science in Nursing from the University of Delaware. While in college, she worked as a nurse's aide at Inspira Medical Center Woodbury and was one of the first nurse externs for the hospital.

Sherry Remy, administrative director of Emergency Departments at Inspira Medical Center Vineland, received the March of Dimes award in the "Emergency Room Care" category. Remy has 19 years of emergency department management experience and has served as administrative director of Inspira's Bridgeton, Elmer and Vineland emergency departments since 2008. Additionally she oversees Inspira Medical Center Vineland's pediatric emergency department with onsite access to pediatric specialists from Nemours/Alfred I. duPont Hospital for Children. Remy received her Associate in Applied Science Degree/Diploma in Nursing (RN) in 1991, followed by a Master of Science in Nursing in 2007 from Wesley College in Dover, Delaware.

Reenie Sacchetti, vice president of Clinical Services at Inspira Medical Center Woodbury received the March of Dimes award in the "Nurse Champion" category. Sacchetti has been a member of the hospital's management team since 2007. Sacchetti works closely with nurses at all levels on numerous projects most recently including the opening of a specialty orthopedic unit. Additionally, she has helped to bring state-of-the-art services to Inspira, including advanced 3D mammography for breast cancer screening and Gloucester County's first and only emergency PCI intervention program for patients experiencing a heart attack. Sacchetti holds a master's degree in allied health sciences and has more than 30 years of experience in health care.

In addition to the three Nurse of the Year recipients, seven nurses from Inspira Health Network were named as finalists. The finalists were: Sami Abate, MSHS, MSN, RN, CCRN, Chris Bair, RN, Carol Copsey, MSN, RN-BC, Angela Dare, MSN, MBA, RN, CNOR, Marlene Fischer, BSN, RN, Julie Powers, MSN, RN, PCCN, NE-BC, and Emily Turnure, MSN, RN, NEA-BC.



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# COMMUNITY CALENDAR

**For more events happening in the greater South Jersey area and for events farther into the future, check the Community Calendar tab at [snjtoday.com](http://snjtoday.com) or visit the SNJ Today Facebook page.**

## ONGOING EVENTS

### Winter Yoga Sessions at Inspira

**Health.** Inspira Health Network Fitness Connection, corner of Sherman Avenue and Orchard Road, Vineland. Weekly sessions will begin on Sundays (1/17) at 10 a.m., Prenatal at 11:30 a.m., Mondays, (1/18) at 6:30 p.m., Tuesdays (1/19) at 6:30PM and Fridays, 1/22/16 at 6:30PM. Sign up for 6 or 12 classes and mix and match the dates. Classes are suitable for most fitness levels. To register call 856-696-3924 or sign up in person at The Fitness Connection.

**Affordable Care Workshops.** Need help signing up for the Affordable Care Act? A trained navigator will help you to enroll in a healthcare plan. The Center for Family Services will have Navigator Exchange Program Staff available at the Millville Public Library, 210 Buck Street, Millville, on the following dates: Wednesday, January 13, 2 to 6 p.m.; Thursday, January 14, 1:30 to 3:30 p.m.; Wednesday, January 20, 10 a.m. to 1 p.m.; Thursday, January 21, 1:30 to 3:30pm; Wednesday, January 27, 2 to 6 p.m.; Thursday, January 28, 1:30 to 3:30pm. To make an appointment call: 1-877-922-2377. Walk-ins welcome. [centerffs.org/home](http://centerffs.org/home)

**Abstract Art Exhibit at Vineland Public Library.** The Vineland Public Library (1058 E. Landis Ave., Vineland) will host the exhibition "Abstract Expressionism 45 Years Later," featuring original acrylic paintings by Bob Reid. The works will be on display for the month of January in the Doris Tripp Room.

### WheatonArts Free Family Workshops

WheatonArts is offering free family art workshops on select Saturdays in January, February, and March. During these three months of the WheatonArts modified winter operating schedule, the museum stores will be open Friday, Saturday and Sunday only from 10 a.m. to 5 p.m. As always, no ticket is required to shop and stroll. The workshops, which will take place every other weekend, will be offered in The Gallery of Fine Craft. All materials are included and prior registration is strongly encouraged. Walk-ins will be accommodated if seats are available. No prior art experience is required to participate in any workshop. Additional workshop details and all dates are provided at [wheatonarts.org](http://wheatonarts.org).

### MONDAYS & WEDNESDAYS

#### Yoga at Cumberland County Library.

Cumberland County Library, 60 W. Broad St, #4, Bridgeton. Donations accepted, arrive 10-15 minutes before start time. Mondays: 10:30 a.m.; Wednesdays: 6:30

### WEDNESDAY, JANUARY 13

**WWII Workshop at CCC.** George P. Luciano Center at Cumberland County College, Vineland. Free. The South Jersey Holocaust Coalition and Cumberland County College will host the workshop, "The Nanking Massacre and Japanese Aggression in the Pacific 1931-1945," from 5-8 p.m. This presentation and discussion will focus on: the Comfort Women and how the Japanese Military forced women into sexual slavery; biological and chemical warfare perpetuated upon the Chinese people during the war; the Nanking Massacre, and the efforts of multi-nationals in Nanking to save as many Chinese as possible during the massacre. Light dinner served. E-mail to [holocaustcoalition@gmail.com](mailto:holocaustcoalition@gmail.com) for ticket information.

### The Greater Millville Chamber of Commerce's General Membership

**Luncheon.** New Jersey Motorsports Park, 8000 Dividing Creek Rd., Millville. The luncheon begins at 11:30 a.m. and costs \$20 to attend with a reservation; \$25 at the door. Reservations are required by end of day Friday, January 8 by calling 856-825-2600 or e-mailing [chamber@millville-nj.com](mailto:chamber@millville-nj.com). This month's speaker will be Cory Hananhan of Servpro of Cumberland County. The luncheon will be preceded by "Network20" - 20 minutes of concerted networking prior to opening the doors to the dining room at 11:50 a.m.

### THURSDAY, JANUARY 14

#### Martin Luther King Jr. Program.

Vineland Public Library, 1058 E. landis Ave., Vineland, 5-7:30 p.m. in the Community Event Room. The Martin Luther King Celebration Committee presents "Stop The Violence" with keynote speakers Pastor Stephen Lomax, Faith United Christian Church; Lisa Hutchinson, Motivational Speaker with performances by Taquana Ledbetter, Vineland High School Dance & Step Team and African-American Cultural Choir, Truth Baptist Church Youth Choir, poetry by Jovonne Gilford and jazz by John Colvin. Free. 856-297-4705

### Cumberland Christian School

**Open House.** 1100 W. Sherman Ave. Vineland. Cumberland Christian School in Vineland is holding an Open House for those interested in transferring in for the second semester, which begins at the end of January (9am-3pm). Call Margaret Weyman at 856-696-1600, ext 319. [cccrusader.org](http://cccrusader.org)

### SATURDAY, JANUARY 16

**4-H Frozen Wintertime Workshop.** This Cumberland County 4-H program originally slated for Saturday, Dec. 12 has been rescheduled for Saturday, Jan. 16 at the Rutgers Cooperative Extension Center, 291 Morton Ave., Rosenhayn, from 9-11:30 a.m.

**Pies for Pits.** TLC Animal Rescue Inc. presents this fundraising event at Top Dog

Pizza & Burgers, 1601 N. High St., Millville, from 5-10 p.m. There will be a pie-eating contest, rescue merchandise and homemade desert pies for sales. 15% of all food sale proceeds will benefit the TLC Animal Rescue. [tlcarescue.com](http://tlcarescue.com)

### Date Night Bingo and Basket

**Auction** Elks Lodge, 1815 E. Broad St., Millville at 7pm. Doors open at 6 p.m. Pauline J Petway PPSA Fundraiser.

### 1,000 Books Before Kindergarten

Cumberland County Library will be hosting the kick-off event from 10:30 a.m. to noon. With a guest appearance by Elsa and Anna, who will have a special story time. Members of the new Teen Forum group will be reading for participants also. All participants will receive a reading log. 856-453-2210 or [cclnj.org](http://cclnj.org).

### MONDAY, JANUARY 18

#### MLK Jr. Day of Service Project.

8 a.m. to 1 p.m., join MOOD (Molding Our Outstanding Daughters) with area call to service, Activities are open to members, their families, children and adults from across New Jersey. Activities include completing no sew blankets, assisting in the First United Methodist Church's clothes closet, assisting the Spirit and Truth Ministries in its weekly soup kitchen, reading to youth at the Vineland Public Library and cleaning up debris around City Hall and its neighboring churches. Send an e-mail to Dominique at [moodgirlsorg@gmail.com](mailto:moodgirlsorg@gmail.com) to volunteer or call 856-213-2904.

### THURSDAY, JANUARY 21

**GVCC Member Luncheon.** Ramada of Vineland, W. Landis Ave. 11:30 a.m. Guest speakers: Inspira EVP of Operations Todd Way and Assistant VP, Oncology and Women's Services Michelle Marshall. Sponsored by South Jersey Federal Credit Union. \$25 members / \$30 non-members. Register by Jan. 19. 856-691-7400 or [vinelandchamber.org](http://vinelandchamber.org).

## Who's Your Hero?

Inspired by someone who has made our community a better place to live and work? Nominate a friend, family member, coworker, neighbor, or acquaintance...



## Nominate Your Hometown Hero Today!

See nomination form on p. 12 or online: [grapevinenewspaper.com/hometownheroes](http://grapevinenewspaper.com/hometownheroes)

## HELP WANTED

## RECEPTIONIST

For CPA office in Vineland.

Hours are 9 a.m. to 5 p.m. Weekdays

Please respond by email with background information to [jobs@stringaricpa.com](mailto:jobs@stringaricpa.com)



## Thank You, Code Blue and M25 Initiative Volunteers

As the winter weather is finally upon us, the Cumberland County Code Blue Program has received a great deal of regional news attention. I wanted to take a moment to thank our volunteers and financial partners who make this mission of compassion possible. Without the drive and dedication of a network of volunteers, Code Blue would not be possible. Code Blue also operates without any funding from government agencies; rather, we rely on the generosity of our community to support our endeavor.

I also wanted to take an opportunity to explain how Code Blue works in conjunction with our related initiatives. The Cumberland County Code Blue Coalition is a grassroots movement of churches and community members responding to the needs of our homeless neighbors. While we do have an organizational structure that encompasses Bridgeton, Millville, and Vineland church-based programs, there is no Code Blue corporate entity. Our Code Blue Program is a joining of forces among our churches to house the homeless in places of worship.

This summer we established a new nonprofit called the M25 Initiative to be the funding apparatus of Code Blue and other related programs. The M25 Initiative does not run Code Blue but supports the efforts of the volunteers and churches to ensure that they can focus on their guests and not the financial logistics required for this program. The M25 Initiative is a fundraising nonprofit designed to support our faith-based communities in meeting the needs of the poor among us, as described in Matthew 25:31-46. The M25 Initiative philosophy is that by equipping and empowering the local Church and faith-based initiatives we can make a difference!

Code Blue serves as God's ambulance squad in triaging the effects of homelessness in our community, but the M25 Initiative is about changing the system! Accordingly, we have assembled the Cumberland County Housing First Collaborative with partner agencies: Gateway Community Action Partnership, PRAC of NJ, Resources for Independent Living, CompleteCare, and Revive South Jersey. Working with Monarch Housing, we are committed to the goal of utilizing a Housing First approach to eliminate chronic homelessness in Cumberland County by 2020. A Housing First program provides housing to homeless people, as a first step to addressing their healthcare and other social service needs.

Over the past two winters, our community has demonstrated that faith can move mountains when coupled with prayer and loving action on behalf of the 'least of these.' We must celebrate this success, but we must remember that more work must be done. It is my goal that one day there will be no need for Code Blue because we, as a community, have worked together to thoughtfully and responsibly tackle the issues of poverty facing our region. The M25 Initiative is designed to support us moving from a Code Blue based system to a comprehensive holistic solution.

In the meantime, I want to thank everyone for their time, commitment, and support for Code Blue, the M25 Initiative, and Housing First. Great things happen when we work together! For more information, please visit [www.m25initiative.org](http://www.m25initiative.org) or [www.codeblueccnj.org](http://www.codeblueccnj.org).

**—Robin B. Weinstein, Ed.D.; Chair, Cumberland County Code Blue Coalition; President, The M25 Initiative**

## Thank You, EMTs

I would like to thank the Vineland Emergency Medical team that helped me when I fell this past October and broke my arm. I am so grateful for the care and compassion you gave to me during this unfortunate situation. I am blessed to have been in such caring hands. You are my heroes! I am recuperating and getting better and better every day with the help of rehabilitation. Thank you again, and I wish all our EMTs a happy and blessed New Year.

**—June Patterson Westling, Vineland**

## Habitat for Humanity Seeking Next Partner Family

Applications to be our next partner family for a home slated to be build in the City of Millville will be made available in early February. (See link below for dates/times.)

If you, or someone you know, is interested in applying, please be sure to attend one of the sessions listed on the website. Please read the basic requirements listed at the bottom of the web page below in the FAQ section.

Please allow an hour of your time for the session. No children please.

Session location information: [cumberlandhabitat.org/homeownership/](http://cumberlandhabitat.org/homeownership/)

Kindly help us spread the word about this opportunity by sharing this e-mail with your contact list.

**—Robert V. Scarpa, Executive Director, Cumberland County Habitat for Humanity**

# First Rails

The first successful South Jersey rail system was the Camden and Atlantic Railroad Company.

Several South Jersey railroads were created by entrepreneurs whose affiliation with glass factories required rail lines to transport their goods out and supplies in. However, the railroad would soon become a significant boon for farmers by carrying agricultural goods quicker and more efficiently, thereby preserving the freshness of the fruit and produce.

The first successful South Jersey rail system was the Camden and Atlantic Railroad Company. The idea for this rail line derived from two distinct business endeavors. The first was the proliferation of glass factories in Camden and Burlington counties. According to R. Craig Koedel in his book *South Jersey Heritage*, "At the southeastern end of Camden County, a cluster of glass furnaces was erected between 1822, when Jonathan Haines set up his Waterford Glass Works, and 1827, when a son of William Richards opened the Jackson Glass Works. A third glass factory, at nearby Winslow, was started by William Coffin, Sr., in 1829. At Batsto, several miles away in Burlington County, Jesse Richards turned to glass-making in 1846. By 1850, the owners of these companies were becoming enamored with the vision of financial gains that could be realized by a direct rail connection with Camden, and its outlets to Philadelphia, New York, and beyond." Samuel Richards, son of the Jackson Glass Works founder, began looking into the matter.

The second enterprise was that of Jonathan Pitney, a physician, who saw the advantage of developing seaside resort towns. Koedel explains that Pitney, "looking across the bay to Absecon Beach... envisioned a resort where crowds of people would come for ocean bathing, a pastime which he believed to be unsurpassed as an aid to good health." Pitney also began examining the possibility of a railroad.

Together, Richards and Pitney would create the first New Jersey rail line that reached across the state to the ocean, connecting the glass factories in the middle of South Jersey to Camden while transporting Philadelphians to a new seaside resort dubbed Atlantic City.

According to *The History of Camden County, New Jersey* by George Reeser Prowell, a charter for the new rail line was

easily granted on March 19, 1852. As Prowell explains, "the applicants for the charter met with no opposition before the Legislature, for no one suspected the road would be built. There were no towns of any size on the proposed line, but few manufacturers, and absolutely nothing at the eastern terminus, save the broad expanse of the Atlantic Ocean."

In addition to Pitney, the incorporators named in the charter included Andrew K. Hay and John H. Coffin, who were seeking a more efficient way of shipping products from their glass factory in Winslow to Camden 27 miles away. According to Prowell, the incorporators "were empowered to open books and receive subscriptions to stock. A meeting for that purpose was held at the Arch Street House, Philadelphia, then kept by Thompson Newkirk, on the 24th day of June, 1852. After the entire amount of five hundred thousand dollars, in ten thousand shares, was subscribed, the stockholders [were] elected..."

Construction of the rail line began on November 19, 1852. Prowell reports that "the ferry property at Coopers Point, the western terminus of the projected road, was purchased of William Cooper for forty thousand dollars. Hon. Thomas P. Carpenter was chosen counsel for the company. In October, 1853, the road was formally opened from Coopers Point through Haddonfield to Long-a-Coming (now Berlin), a distance of sixteen and a half miles... as any town was reached, a line of passenger cars would be put on, which produced some revenue and encouraged the stockholders. Occasionally rumors were afloat that the work would be abandoned and the slow manner in which the grading and track-laying east of Winslow was conducted seemed to confirm this story."

Trains had already begun running as far as Winslow by January 1854 but, despite the reports of a shutdown in construction, the tracks reached the shore by summer. Koedel writes that "The ceremonial opening of the Camden and Atlantic was celebrated on July 1, 1854, when 600 invited guests climbed aboard nine railroad cars at Camden and set out across the Pines to the seashore." 🍷

*Next Week: The Opening*





## Pampered Pup Welcomes New Pet Stylist & Doggie Daycare

Pampered Pup is thrilled to announce that Amy Holland has joined the Pampered Pup team as a pet stylist. Amy joins the Pampered Pup team from Halo House of Deptford and has over 10 years of grooming experience. Amy previously groomed for Doggie in the Window and other local shops. Everyone at Pampered Pup is excited to start the New Year with Amy as a part of the team. "I believe I have found my home away from home and I hope all of you will feel the same once you stop in," says Amy.

With Amy joining Season Reeves as a pet stylist, grooming will now be offered seven days a week with extended afternoon hours. We have added some amazing services as well that include blueberry facials, strawberry milk baths, paw pad treatments and a new teeth cleaning process that enhances the results. Creative grooming will still be offered including nail designs, hair coloring, feather extensions, mohawks and more.

In addition, doggie daycare began on January 4. Sessions will be Monday through Friday 7 a.m. to 7 p.m. The purpose of daycare is socialization, exercise, anxiety reduction and peace of mind for pet parents. Dogs are naturally social animals. If dogs never have an opportunity to socialize, sometimes dogs may lose the ability to interact positively with other



dogs. Daycare provides appropriate dog-to-dog interaction in a controlled, well-managed and supervised manner.

At daycare, dogs are given the opportunity to run, jump and play, like a dog! Interacting with other dogs and people in a loving environment full of positive reinforcement can help dogs understand their purpose and will build confidence. Pet parents can enjoy their day and fulfill their obligations knowing that their dog is in a positive, loving environment having fun rather than sitting idle at home. Daycare is \$27 per single day with bundle pricing as low as \$20 per day. All dogs must pass an evaluation prior to being admitted into group play.

For more on grooming services, call Pampered Pup 856-327-3880. Pampered Pup is located at 2709 Mays Landing Road in Millville and is open 7 days a week.

Amy Holland and her furry friend Burnie

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**SATURDAY, JANUARY 16**

**Pies for Pits.** TLC Animal Rescue Inc. presents this fundraising event at Top Dog Pizza & Burgers, 1601 N. High St., Millville, from 5-10 p.m. There will be a pie-eating contest, rescue merchandise and homemade dessert pies for sale. 15% of all food sale proceeds will benefit the TLC Animal Rescue. tlcarecue.com

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**Grooming Salon**  
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**Doggie  
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**FREE**  
Blueberry Facial  
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exp. 2/14/16



## Bocchese Earns Master of Science in Nursing

Steven Bocchese, son of Beverly and Larry Bocchese of Buena Vista Township, recently received a Master of Science in Nursing from Thomas Jefferson University. He graduated Gwynedd-Mercy College in 2011 and Sacred Heart High School in 2007. Presently a Surgical/Trauma ICU nurse at Thomas Jefferson University Hospital, Bocchese has accepted a position as a Critical Care Nurse Practitioner for Garden State Pulmonary Associates of Virtua Health System.

## Volunteers Needed for Annual Point-In-Time Count of Homeless

Cumberland County Division of Homeless is coordinating the annual Point-In-Time Count of the Homeless in Cumberland County, to take place on January 27. Freeholder Liaison Carol Musso said, "This is a nationwide effort to obtain statistics for the Federal Government. Sheltered and unsheltered homeless will be surveyed in Bridgeton, Vineland, and Millville. The results will be used to guide planning efforts to help decrease homelessness in the county as well as to show the need to bring more Federal funding to the county."

The Cumberland County Division of Homeless is looking for volunteers interested in helping to locate and survey the homeless individuals in the county. Surveying will take place in two ways, Street Teams and at Project Connect locations. The Street Teams will seek out Cumberland County homeless residents in shelters, woods, under bridges, in vacant buildings and other locations. Project Connect locations will consist of social service fairs at Bethel A.M.E. Soup Kitchen in Millville, St. Teresa's Soup Kitchen in Bridgeton, and 1st Presbyterian Church in Vineland.

A training workshop on how to complete the survey and other information will be held at the Luciano Conference Center at Cumberland County College on Wednesday, January 13 from 1 to 4:30 p.m. Anyone interested in assisting with this important event, contact Diane Strozyk, Director, Cumberland County Division of Homeless, Phone: 856-453-2171, or dianest@co.cumberland.nj.us to register.

## Veterans Cemetery Seeks Help Removing Holiday Decorations

The Cumberland County Department of Veteran Affairs is seeking assistance from the family and friends of loved ones interred at the Veterans Cemetery. Buildings & Grounds will be removing all Christmas and holiday decorations from the gravesites on or shortly after January 15. If anyone has placed decorations that they

wish to re-claim please do so by this date.

Additionally, the Department reminds everyone that during normal periods throughout the calendar year, only two cones of flowers (live/artificial) may be displayed at the top edge of the grave marker. No plants, balloons, solar lights, flags or other decorations may be displayed. If you have questions or would like a copy of the rules, call Cumberland County Department of Veteran Affairs at 856-238-6800. Rules are also posted on signs at the cemetery.

## The Garden Patch Quilt Guild's Raffle Quilt

The Pin Cushion, 657 N. Delsea Dr. in Vineland, has The Garden Patch Quilt Guild's Raffle Quilt hanging up and the members of the guild would like the public to know that they can view it there.


The raffle was done by the Garden Patch Quilters. They meet at 7 p.m. on the third Wednesday of each month at the Wheaton Events Center. The money from the quilt raffle will be used as donations to DYFS, creating quilts for Habitat For Humanity, and other children's institutions here at home and abroad.

The quilt will be raffled off at the quilt show at the Wheaton Events Center on March 13. To see the quilt and purchase tickets, visit The Pin Cushion at 657 N. Delsea Dr. in Vineland.

## O'Neill, Coant Named in Lawyer Publication Via Peer Review

*The Best Lawyers in America*, 2016 Edition, has published its lists in various specialties, as compiled from ratings by other lawyers (i.e., peer review). Inclusion in this publication cannot be bought.

Joe O'Neill is the only practicing South Jersey lawyer to successfully argue before the U.S. Supreme Court in the landmark case of *Apprendi v. New Jersey*, 530 US 466 (2000), a case that has been cited more than 99,000 times. *The Best Lawyers in America* has confirmed that O'Neill is the only lawyer in the State of New Jersey to be chosen in eight categories of selected practice.

O'Neill's partner, Charles I. Coant, also has been named in the 2016 edition of *The Best Lawyers in America*, in the category of Driving While Intoxicated Criminal Defense. Mr. Coant co-authored the legal briefs in the U.S. Supreme Court case of *Apprendi v. New Jersey*, 530 US 466 (2000). He is a formal judicial law clerk and is a graduate of the University of Chicago, with honors, and of the James Beasley School of Law at Temple University. 



# **ARTS & ENTERTAINMENT**

## FRIDAY, JANUARY 29

### Auditions for Summer Burklyn Ballet Theatre

Maxine's Studio of Dance, 2388 N. East Ave., Vineland, hosts the summer program and is holding auditions from 4:40-6:30 p.m. There are two programs available — major program for dancers 12 and older and an intermediate program for dancers 10-12. Both programs are held in Johnson, Vt., on the campus of Johnson State College.

### AUDITION GUIDELINES

Dancers should arrive at least one half hour in advance to complete a brief audition application and prepare for a 2-hour ballet class (depending on attendance it may be shorter), which will include pointe work for female dancers. \$30 charge for the class, payable by check (to Burklyn Ballet) or in cash. Photos, bios and teacher recommendations are not required. Dancers must be 10 before January 1 and 12 after January 1 to attend the intermediate program. Dancers do not need to pre-register for the audition. Further information can be obtained by calling Burklyn Ballet Theatre at 877-287-5596. VRDC.org or Maxinesdancestudio.com. 856-691-6059



## NIGHTLIFE

### Nightlife at Bennigan's.

2196 W. Landis Ave., Vineland, 205-0010. Fridays: Latin Night 9 p.m.-midnight. Saturdays: DJ. All Sports Packages abd drink specials.

### Nightlife at MVP Sports.

408 Wheat Rd., Vineland. 856-697-9825. Food and drink specials all week. Fri. DJ starting at 9 p.m.

### Nightlife at The Centerton.

Ten22, The Centerton Country Club & Event Center, 1022 Almond Rd., Pittsgrove. Tues.: Trivia. Wed.: Country Line Dancing. Every first Thurs.: Painting with Foxy Fine Art; Thurs. Acoustic & musicians open mic; Flashback Fridays.

### Nightlife at DiDonato Family Fun Center.

1151 South White Horse Pike, Hammonton. 609-561-3040. Tues.: Quizzo. Fri. and Sat.: DJ and karaoke.

### Nightlife at Tre Bellezze.

363 Wheat Rd., Vineland. Wed: Ladies Night (karaoke and free pool. Thurs: Tony Mascara 7-10 p.m. Fri.: DJ Joe Gorgo from 92.1 WVL 6-10 p.m. Sat.: Tony Mascara 7-10 p.m.

## EVERY TUESDAY

### Boot Scoot Tuesdays.

Martin's Custom Catering and Wedding Venue, 311 S. Harding Hwy, Landisville, 856-697-1626. Country dancing along with lessons.

## EVERY THURSDAY

### Jazz Duos.

Annata Wine Bar, Bellevue Ave., Hammonton, 609-704-9797. Live Jazz featuring area's best jazz duos. 6:30 - 9:30 p.m. No cover. RSVP recommended.

## JANUARY 13-17

**Nightlife at Old Oar House.** Old Oar House Irish Pub. 123 N. High St., Millville, 293-1200. Wed.: Karaoke. Fri.: Live music, Fuddy, 9 p.m. Sat.: Live music, Charlie Maines, 5 p.m.; The Non-Domestics, 9 p.m.

### Nightlife at Ramada.

Harry's Pub at Ramada, W. Landis Ave. and Rt. 55, Vineland, 696-3800. Wed.: Ladies Night, 1/2 price appetizers all night. Happy Hour Mon.-Sat, 4-6 p.m. \$1 off alcoholic drinks. Wed.-Sat., live entertainment.

### Nightlife at Bojo's Ale House.

222 N. High St., Millville, 856-327-8011. Wed.: Nick@Nite Open Mic 7 p.m. Thurs.: DJ 8 p.m. Fri.: Live music, Wicked Ride 9 p.m. Sat.: DJ Gatti 9 p.m. Daily drink and food specials.

## EVERY SATURDAY

### Back in the Day Dance Party.

Villa Fazzolari, 821 Harding Hwy. (Rt. 40), Buena. 856-697-7101. 7 p.m.-midnight. Five hours nonstop dance music from 1970s and '80s.

## JANUARY 15

### Wildflower Vegan Cafe & Bakery.

501 N. High St., Village on High, Millville. Fri. Live Music: Inception, 6-9 p.m.

### 'The Best of The Second City.'

Cumberland County College, Guaracini Performing Arts Center, Sherman Avenue and College Drive, Millville. 8 p.m. inside the Luciano Theatre. Come see where it all began, from the company that launched the careers of John Belushi, Dan Aykroyd, Gilda Radner, Tina Fey, Stephen Colbert, Bill



Murray and many others. The show will present the next generation of the comedy world's best and brightest. The show features some of the comedy troupe's best sketches and songs, as well as the improvisation for which The Second City has been famous for more than 55 years. \$15-\$28. Cumberland County College Box Office at 856-692-8499 for more information and to purchase tickets. Tickets may also be ordered online at [click4tix.com/gpac](http://click4tix.com/gpac)

#### JANUARY 15 & 16

**Bogart's Bookstore.** 210 N. High St., Millville. Free (tips appreciated). Live music. Fri. (Dan Barry & Dominic Mancini) 7-9 p.m. & Sat. (The Goats of Elvis) 2-4 p.m.

#### FRIDAY, JANUARY 16

**4th Annual Jersey Fresh Comedy Show.** Merighi's Savoy Inn, 4940 E. Landis Ave., Vineland. Hosted by Kevin Dombrowski; featuring: Geno Bisconte, Blake Carter, Tim Ramos, Phil Korz. Call 856-691-8051 for tickets \$24. Doors (7:30 p.m.), show (8:30 p.m.) After party hosted by A-1 Entertainment.

#### FRIDAY, JANUARY 22

**Voice of Vineland.** Merighi's Savoy Inn, 4940 E. Landis Ave., Vineland. Talent show to raise funds for six local charities. The audience will bid money on their favorite performers in a *The Voice*-type format. Cash bar open all night. Food from 6-7:45 p.m. 8 p.m. showtime. 856-691-1164 or visit [voiceofvineland.com](http://voiceofvineland.com).

#### FRIDAY, JANUARY 22

**The Exonerated.** Gallery 50 Live, 50 E. Commerce St., Bridgeton. 7 p.m. A 90-minute stage play, written by Erik Jensen and Jessica Blank, revolving around stories of six former Death Row prisoners who were released from prison after their convictions were reversed. The play briefly tells in narrative fashion each person's story of what she or he was falsely accused of, how she or he was wrongly convicted and her or his eventual exoneration. It was first performed at the Culture Project in NYC with a rotating cast that included Susan Sarandon, Tim Robbins and Mary J. Blige. Court TV produced and aired an adaptation starring Ms. Sarandon and Mr. Robbins. Tickets \$30. Direct payment via PayPal to "Gallery50Live@gmail.com".

#### SATURDAY, JANUARY 23

**Bay-Atlantic Symphony: Bach & Mendelssohn.** Cumberland County College, Luciano Theatre of the Guaracini Performing Arts Center, Sherman Ave. and College Dr., Vineland. 8 p.m. Devoted exclusively to concertos, this concert features the husband-and-wife duo of Kai Gleusteen on violin, and Catherine Ordronneau on piano. Together, they will perform Mendelssohn and Bach concertos. A pre-concert lecture begins at 7 p.m., free with admission. \$10-\$30. 856-692-8499. [cccnj.edu](http://cccnj.edu)

#### SATURDAY, JANUARY 23

**Kashmir - The Led Zeppelin Experience** Levoy Theatre, 126-130 High St., Millville. 8 p.m. Led Zeppelin tribute band. \$28. 865-327-6400. [levoy.net](http://levoy.net).

#### FRIDAY, FEBRUARY 12

**The Bass/Janice Trio.** Gallery 50 Live, 50 E. Commerce St., Bridgeton. 7 p.m. Enjoy Valentine's Day with your sweetheart. Brenda Bass Janice and her husband Rich Janice join with the "First Lady of Rock and Soul" drummer, George Dragotta for an evening of soft jazz, New Orleans Jazz and standards. The Jazz Trio performed last season at the Ashley Performing Arts Center and have performed elsewhere in Cumberland County and can be heard on Fridays at The Japanese Restaurant and at the Dave and Buster Pier. Tickets \$30. Direct payment via PayPal to "Gallery50Live@gmail.com".

#### SATURDAY, FEBRUARY 13

**African Folktales & Jackie Robinson** Cumberland County Library, 800 E. Commerce St., Bridgeton. Bright Star



Touring Theatre, a national professional touring theatre company based in Asheville, NC, is visiting the Cumberland County Library with its production of *Jackie Robinson*, a 45-minute interactive production. The life and work of Robinson are recreated in this tale of one man's journey to forever change America. Robinson's story is sure to be a hit among young audiences. (K-5th Grade) 11 a.m.

Later that day, the Cumberland County Library and Bright Star Touring Theatre present the acclaimed show *African Folktales*. From the National Underground Railroad Freedom Center in Cincinnati to audiences across America, this inspiring production has received nationwide acclaim. *African Folktales* is a 45-minute production that brings to life the vastness of the African landscape and a variety of clever animals. Celebrate world cultures, literature and the art of interactive African storytelling. (Pre-K through 5 Grade) 1 p.m. [cclnj.org](http://cclnj.org).

# KASHMIR *The Led Zeppelin Experience*

**Saturday, January 23<sup>rd</sup>**  
*at the Levoy Theatre*

**8:00 pm**



**Tickets on sale NOW**  
**\$25-\$45**  
**[www.levoy.net](http://www.levoy.net)**

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Produced by BRE Presents & Bob Rose Productions



**LAST CHANCE! Nomination deadline extended to: January 18, 2016!**



# The Grapevine's Hometown Hero Nomination Form

**Nominate online: [www.grapevinenewspaper.com/hometownheroes](http://www.grapevinenewspaper.com/hometownheroes)**

## Nominator (You) Information:

Name: \_\_\_\_\_ Relationship to nominee \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_ E-mail address \_\_\_\_\_

## Nominee (Person Being Nominated) Information

Name \_\_\_\_\_ Occupation/Employment \_\_\_\_\_

Address \_\_\_\_\_

Phone number \_\_\_\_\_ E-mail address \_\_\_\_\_

Why are you nominating this individual? Tell us why the person you have nominated is a hero. Be sure to include any news clips, articles, or names of witnesses who can be called to verify the heroism. (Use additional paper, if needed.)

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Nominations may be submitted via e-mail to [letters@grapevinenewspaper.com](mailto:letters@grapevinenewspaper.com) (be sure to include all information requested above), by fax to 856-457-7816, or by mail to:

### The Grapevine

1101 Wheaton Ave., Suite 625  
Millville, NJ 08332

**NOTE: Send a photo of your nominee if you can.**

## Nomination Rules and Guidelines

- Nomination forms must be received at The Grapevine by 11:59 p.m. on Jan. 18. Nomination forms and essays become the property of The Grapevine and will not be returned.
- While many heroes show lifelong heroic behavior, nominators must highlight an event/situation within the last two years.
- Nominees must live or work in the Greater Vineland area.
- The Grapevine will host each hero at the Hometown Hero Awards Gala in March 2016.
- The Hometown Hero Selection Committee will be comprised of civic volunteers and community leaders; this group will select the Hometown Heroes from amongst all nominees.



Call 9 a.m - 5 p.m daily, Deadline for paid ads: Friday, 3 p.m. To order your classified, call 856-457-7815 or visit [www.grapevinenewspaper.com/classifieds](http://www.grapevinenewspaper.com/classifieds). See box below for additional ordering information.

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P/T Res. Aide needed, \$9.00 per hour, 4pm-12am shift. Apply in person: 6140 Mays Landing Rd., Vineland. Applications available Mon.-Fri. 8:30am-4:30pm. For directions only please call: 856-327-3143.

### Doors

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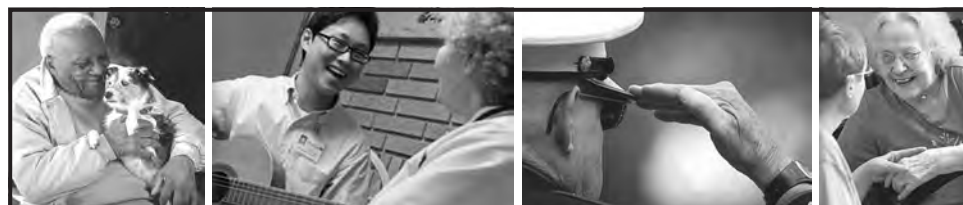
Local Vineland resident Dylan Peggin just finished his first solo album and YOU can be a part of it! Help fund his album and pre-order a CD copy at: [kickstarter.com/projects/1480935539/dylan-peggins-first-album](http://kickstarter.com/projects/1480935539/dylan-peggins-first-album)

### Bikes Wanted

Have a bike taking up space in your home? Please consider donating it. The Vineland Rotary Club has partnered with Pedals for Progress to export bikes to third-world countries where they are needed for transportation. Contact Henry Hansen at 856-696-0643 for drop-off or pick-up.

### Misc.

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# Who's Your Hero?

Inspired by someone who has made our community a better place to live and work? Nominate a friend, family member, coworker, neighbor, or acquaintance...



## Nominate Your Hometown Hero Today!

See nomination form on p. 12 or online:  
[www.grapevinenewspaper.com/hometownheroes](http://www.grapevinenewspaper.com/hometownheroes)

# HEALTH AND FITNESS

*Continued from cover*

(Anytime Fitness has four locations in the area and is open 24/7, with a surprising number of people working out between midnight and dawn.)

Anytime Fitness owner Michael Sharp said the international franchise has more than 3,000 locations, including 1,400 in the United States and is the fastest-growing franchise in the world.

Sharp isn't as big a wearable technology advocate as Silver (I imagine few people are), but he uses the Internet in perhaps a more essential way—to eat. He subscribes to personaltrainerfood.com and has three flash-frozen, freeze-dried meals delivered to his door every day for a monthly fee of under \$500.

The dry-ice-packed cases used for the pre-dawn dropoffs “look like those transplant kidney carriers they show on medical TV shows,” Sharp said.

What are the meals like?

“Well, it's not Le Bec-Fin, but they're more than edible and are nutritionally balanced—like TV dinners of health food.”

(The reference is to a former Philadelphia landmark that was often rated as the best French restaurant in the country.)

Sharp, a Voorhees resident who is married with two children, likes only taking minimal time to eat.

“Cooking is too much effort after one of my long, busy days; I just microwave them when and where I want to,” he said. “It's the most functional way you could ever eat.”

“Without them, I'd be in the McDonald's line eating unhealthy food for more money or just grabbing chips and cake all the time,” he added.

The highly successful businessman grants that pre-packaged eating isn't a mainstream choice yet. But he thinks increasing health consciousness is driving not only the success of health clubs, but all the ancillary businesses like wearable technology and food.

“I'm very excited about fitness,” he said. “And about whatever puts money in my pocket.”

\*\*\*

Doing yoga while watching a video



**Matthew Silver gazes at his wrist more than his phone.**

instructor has been around since the days of Betamax.

Now, though, you can learn yoga through two teachers working together: A virtual one projected onto the wall and a real one at your side.

With online streaming on demand, The Balance Center in Millville shows world-class yoga instructors while owner Kasey Young guides her students in these occasional and unique classes. The content Young uses is slow-paced, aimed primarily at beginners. It can be adjusted for times between 15 minutes and two hours and matched to student needs and interests.

“I do it so people can feel good and be safe and learn the basics before getting into areas that could be a problem and lead to injury,” she said. “I'm very sensitive to that.”

Young subscribes to yogaglo.com, which she believes is the best of several leading teaching services.

“It's a very cool program that allows you to figure out what's going on with you that day and nurture it,” she said.

During the video projection, Young moves through the room modeling techniques, adjusting poses, and motivating students.

“It's not like being at home,” she noted. “You literally have two teachers, plus you can get used to the yoga studio experience and overcome the natural tendency to be hesitant or intimidated.”

Young is 38 and married with two young children. She opened her space last fall, after transforming a former karate



## Students to Learn Healthy Eating Habits

As the New Year begins, area students will embark on a healthy eating program. NutriBullet University, a 90-day healthy eating program designed to help school-aged children improve their diets by increasing their daily intake of vegetables and fruits, will be implemented at RM Bacon Elementary School in Millville, with new program equipment, information and supplies.

RM Bacon Elementary was one of only five schools selected to implement the program among more than 200 video submissions from teachers and administrators across the country. Schools were selected based on the health status of their students, their understanding of healthy eating challenges, their ability to administer the program, and the creativity of their video submission.

At the conclusion of the 90-day curriculum, research data will be collected as a group from the five-school initiative and reported quantitatively to validate the purpose of the program among the scientific and public health community.

The program will kick off on Wednesday, January 13 from 12:30 to 3:30 p.m. at RM Bacon Elementary School, 501 South 3rd St., Millville, NJ 08332

With the help of dietitians and educators Gigi Kwok, MS, RD, DrPH(C) and Sarah Greenfield, RD, CSSD, students will get a better sense of how nutrition directly affects their mood, energy, and overall well-being and begin to develop healthy habits that will stay with them for years to come.

Capital Brands, the maker of the NutriBullet nutrient extractor, created NutriBullet University, a 90-day healthy eating program to help school-aged children improve their diets and increase their daily intake of vegetables and fruits. The free program provides equipment, information, dietitian support and supplies to schools across the country to help children learn about healthy eating and improve their health.

More information about NutriBullet University is available at: [nutriliving.com/changing-lives/nutribullet-university](http://nutriliving.com/changing-lives/nutribullet-university)

studio and designing what she calls a "relaxing and intimate space" adjacent to The Riverfront Renaissance Center for the Arts. Its full name is The Balance Center for Natural Health. There are yoga classes at several times on different days taught by a small group of instructors (live ones!).

Young is also an Ayurvedic Health Counselor, working to uncover and restore her clients' natural balance in all areas of health and consciousness.

While running her business, she is continuing her education in both Ayurveda and yoga at Kripalu Center for Yoga and Health, recognized as the East Coast's premier Ayurvedic training facility.

When she has time, and the studio is empty, she sometimes puts on YogaGlo for herself, choosing advanced classes and filtering them for the time and emphasis.

Just call it 21st century Betamax in a living room designed for yoga. 🙏

*Comments on this story are welcome via email to [letters@grapevinenewspaper.com](mailto:letters@grapevinenewspaper.com)*

*Email the writer: [mickey@grapevine-newspaper.com](mailto:mickey@grapevine-newspaper.com)*

*Follow on Twitter: @Mickey\_Brandt*

**Here are some health and fitness tips and information from area health-care providers:**

**BODY BENEFITS**, Vineland's premier Pilates studio, has been serving Vineland and the surrounding communities since 2006. It is a warm, inviting atmosphere where people

benefit from personal attention from qualified instructors with hundreds of hours of experience. Many students come to be challenged, get healthy and fit, and many come as the next step after physical therapy to heal or manage physical limitations.

Body Benefits is the only fully equipped Pilates studio in Cumberland County that offers private and duet sessions on studio apparatus. They have helped clients continue their rehab from total knee and hip replacements as well as recover from frozen shoulder, sciatica pain and back pain. Their instructors are there to help you become strong, flexible, and live a more painfree life.

Body Benefits is also one of only two studios in southern New Jersey to offer Barre Amped classes. Barre classes are all the rage these days and if you're bored with the usual strength-training workouts, you owe it to yourself to give Barre Amped a try. The program utilizes a ballet barre to perform small isometric movements, which burn fat, sculpt muscles and create long, lean physiques, while challenging your core and your balance. No prior dance experience is required to benefit from a Barre class and it is suitable for all shapes, sizes, and fitness levels. They offer beginner (open to all levels) and advanced Barre Amped classes (10 beginner or open classes required before taking advanced class).

Check them out online to sign up or view schedules at [bodybenefitspilates.com](http://bodybenefitspilates.com). Whatever the reason a student comes to Body Benefits, the instructors are qualified to aid them in their journey to physical fitness

*Continued on next page*



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E-mail Kati at [kati-bodybenefits@live.com](mailto:kati-bodybenefits@live.com) to sign up. New clients only please  
Hurry class is limited to the first 10 students to sign up!

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# HEALTH AND FITNESS

and good health. Body Benefits offers a variety of group classes that are small and focused on each individual student (nine or less in every class). In their group classes, the student benefits from the energy of the group, which provides a fun atmosphere to get a great workout in addition to guaranteed personalized attention from the instructor.

**Body Benefits, 3722 E. Landis Ave., Vineland, 856-213-6365, [bodybenefits.net](http://bodybenefits.net)**

**THE CENTER FOR DIAGNOSTIC IMAGING (CDI)** offers an advanced MRI in its Vineland office that delivers uncompromised image quality and high productivity with an

expansive 50-cm field of view.

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"The MRI provides patient comfort without compromising quality or capabilities," said Dr. Ernesto Go, M.D. of CDI. "It combines the benefits of an ultra-wide patient bore with a superconducting magnet and a comprehensive suite of software applications. This MRI represents the ideal combination of quality and patient comfort."

"The advanced functionality of this

advanced MRI gives clinicians the tools they need to make definitive diagnoses," said Dr. Ajay Munjal of CDI.

**Center For Diagnostic Imaging, 1450 W. Chestnut Ave., Vineland, 856-794-1700 or [CenterForDiagnosticImaging.com](http://CenterForDiagnosticImaging.com)**

## COOPER WELLNESS CENTER

The Total Neuropathy Solution at Cooper Wellness Center in Vineland has been a blessing to those seeking relief from the pain and numbness of Peripheral Neuropathy (PN). This is a condition that can be caused by diabetes, the use of statin drugs for cholesterol, chemotherapy, or exposure to Agent Orange or other toxins.

Until this program, there has been no real solution for Peripheral Neuropathy. Drugs are prescribed which offer little or no relief while causing more toxicity in the body, often contributing to even more damage of the delicate nerves.

Because most chemotherapy patients get PN as a side effect, The Total Neuropathy Solution is now used at the Cancer Treatment Centers of America to treat PN. The Centers have reported a 96 percent success rate in patients treated for PN with this device, reducing or eliminating pain medications such as Gabapentin and Lyrica.

"My purpose has always been to help as many people as possible gain and maintain health via all natural methods," states Dr.

Cooper, "and to make that possible we continually attend seminars and webinars that educate us about the latest natural techniques to help our patients."

Cooper Wellness Center also offers great natural solutions for other common health problems, such as acid reflux, headache, stress-induced digestive disturbances, neck and back pain, sciatica, and more. Their Permanent Weight Loss Program has helped hundreds of patients lose weight since moving to their new location on Lasalle Drive in Vineland in 2010. Call for a free personal consultation with Dr. Cooper or for more information.

**Cooper Wellness Center, 6 Lasalle Dr., Vineland, 856-691-1313.**

**EYE ASSOCIATES** urges people to learn their risk factors for blinding-eye disease. Approximately 2.7 million Americans have the potentially blinding-eye disease glaucoma, but only half are aware of it. Meanwhile, researchers predict that glaucoma will affect as many as 6.3 million Americans by 2050.

Glaucoma is a group of eye diseases that damage the optic nerve, which links the eyes to the brain. It is most commonly associated with elevated pressure inside the eye, known as intraocular pressure, or IOP. Without treatment, glaucoma can cause irreversible vision loss in a person's side vision, then in his or her central vision. With early diagnosis

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★★★★★



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## In-Store Dietitian at Delsea ShopRite

Jim Bottino, president of Bottino's ShopRite, the family business that owns and operates ShopRite of Delsea, welcomes Jenna Gavigan, registered dietitian, to that location. Gavigan will consult with customers who need help with nutrition and meal planning. She can help shoppers read nutrition labels and shop for healthier alternatives. She will develop recipes, conduct in-store healthy cooking classes and host workshops on pantry makeovers. All the dietitian services are free for ShopRite customers.

Gavigan earned a bachelor's degree from West Chester University and completed an internship at Mary Wood University. She is one of more than 120 registered dietitians who service ShopRite stores in six states. ShopRite is proud to be one of the first retailer-owned cooperatives to offer a comprehensive Retail Dietitian service. The program launched in 2006. All nutritional services are available to customers free of charge. To make an appointment, customers can call 856-691-9395.

**ShopRite of Delsea is at 1255 W. Landis Ave., Vineland, NJ 08360. Hours are Monday-Sunday, 7 a.m.-11 p.m. The pharmacy is open Monday-Friday, 8 a.m.-9 p.m.; Saturday, 8 a.m.-5 p.m.; and Sunday, 9 a.m.-2 p.m.**

and treatment, sight can be preserved. However, glaucoma has no noticeable symptoms in its early stages, so it is imperative that people know the risk factors.

Glaucoma Awareness Month is January, and Eye Associates wants to share a list of risk factors that can lead to the disease:

- **Family History:** Individuals with a parent or sibling with glaucoma have a nine-times higher risk of developing the disease, according to one study.

- **Older Age:** As people age, their risk for glaucoma increases. Because this is the case for several eye diseases, it is recommended

that adults start getting regular comprehensive eye exams at age 40. It is important to get comprehensive eye exams from an ophthalmologist, a physician specializing in medical and surgical eye care.

- **African, Hispanic or Asian Heritage:** People of African and Hispanic heritage are three times more likely to have the most common form of glaucoma as Caucasians. Glaucoma-related blindness is at least six times more prevalent in African-Americans than in Caucasian-Americans. Also, people of Asian heritage are at an increased risk of a sudden and acute form of glaucoma known

as angle-closure glaucoma.

- **Nearsightedness:** People who are nearsighted are more likely to get glaucoma. One study found that the more severe the nearsightedness, the higher the risk of glaucoma.

- **Type 2 Diabetes:** Having Type 2 diabetes increases the risk of glaucoma. The longer a person has lived with diabetes, the greater the risk of glaucoma.

Glaucoma treatment ranges from medicated eye drops to a variety of surgeries that can help reduce high IOP. This may involve procedures that make small changes in the eye to help fluid drain more easily. In some cases, small devices known as shunts or stents are inserted in the eye to increase the flow of the eye's fluid.

**Eye Associates/SurgiCenter of Vineland, 251 So. Lincoln Ave., Vineland, 856-691-8188, [sjeyeassociates.com](http://sjeyeassociates.com).**

## INSPIRA HEALTH NETWORK FITNESS CONNECTION

offers "Exercise is Medicine" and asks "Are you taking the pill?" Have you been thinking about starting an exercise program but aren't sure where to start, what you should be doing, or if it's even safe for you to exercise? Maybe you have a disease or disability and never thought you could exercise. Many people share this sentiment and experience five common fears that accompany the thought

*Continued on next page*

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# HEALTH AND FITNESS



anced diet and regular physical activity.

Do you have a medical diagnosis like diabetes, hypertension, or cancer? In most cases, exercise is still an appropriate part of your treatment and long-term wellness. The PREP program can be used as a tool to stay active before or after surgery, during or after cancer treatment, or after completing rehab for a joint replacement.

Exercise can fit into your busy lifestyle. Even five-minute bouts of exercise, if accumulated throughout the day, can reduce your risk of heart disease, obesity, diabetes,

### Prescription Drug Video Contest for Students

The Boys and Girls Club of Vineland, in collaboration with the Vineland Municipal Alliance/GCADA is sponsoring a Prescription Drug PSA contest.

The public service announcement (PSA) should be positive in approach, and focus on solutions to Vineland's prescription drug abuse problems. The PSA must be an original concept, be creative and have the ability to educate and inspire. It should focus on prevention strategies and solutions to help the community be proactive in stopping this problem in the community.

The contest is open to all middle and high school students. Students may work in groups of up to four people to create their PSA video. It should be the students' original work, with no copyrighted songs or images, and should be no longer than 60 seconds.

Students are eligible to win a cash prize of \$100 in each category (middle and high school). Contest winners will be honored in an award ceremony, to be broadcast on the radio and YouTube.

The deadline to enter is Friday, January 29 by 5 p.m. For more information, contact Christ Volker at the Boys and Girls Club at 856-696-4190 or by e-mail at [chrisvolker@msn.com](mailto:chrisvolker@msn.com).

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of joining a fitness center—the fear of feeling stupid, feeling isolated, looking and feeling like a klutz, “physique anxiety,” and being forced to join. Can you relate to any of these fears?

If so, realize that you are not alone and that there is an option for you to become physically active in a safe and supportive setting. With the consent of your physician, you can participate in the Physician Referred Exercise Program (PREP) at Inspira Health Network Fitness Connection. PREP combines the expertise of a fitness professional with the recommendations of your physician to design a safe and effective program based on your personal needs and goals. The PREP program is affordable: 60 days of supervised exercise for \$60. All PREP participants meet with a Medical Fitness Specialist in a small group setting, and have unlimited access to the Fitness Connection on all other days.

Becoming more physically active is one of the best things that you can do for your health. “1 hour of exercise equals 1.95 added hour of life” (*New England Journal of Medicine*). Half of U.S. adults do not meet the recommendations for physical activity, and obesity is an epidemic that is sweeping our country at staggering and ever-increasing rates. Obesity is the number one most preventable cause of death (American Medical Association), and can be avoided by living a healthy lifestyle that includes a bal-



## Rx PAINKILLERS: HANDLE WITH CARE

Prescription drug abuse is growing at an alarming rate in Cumberland County and is a major driving force behind the increased heroin use in New Jersey. When abused, many prescription painkillers produce a similar high to heroin because they are both opiates, meaning they are derived from opium and target the same parts of the brain. Rx painkillers can be expensive, far too often making heroin a cheaper, yet destructive alternative to get high.

Painkillers are popular among high-school and middle-school students for several reasons: They are easily obtained by stealing a relative's legitimate prescription, there's a reduced social stigma relative to illicit drugs, and kids often do not know the risks. In the same way we talk about the dangers of abusing tobacco and alcohol, it is both protective and loving for us to talk to our children and grandchildren about the dangers of abusing Rx painkillers. Talking to your kids about Rx drug and alcohol misuse reduces the likelihood of abuse by as much as 40 percent, especially when the parent has a legitimate reason associated with the danger of substance abuse.

With the higher demand and cost, stealing Rx painkillers from medicine cabinets is happening more. Be mindful when anyone new is entering your home (dinner parties, service technicians, realtor showings, etc). Protect and keep track of your Rx medication by storing them in a lockbox instead of a bathroom cabinet. If you have any prescription pills that you no longer need, take them to a disposal box anonymously (SWCcoalitions.org/disposal has a listing of local dropboxes) or call the Vineland Police Dept. for pickup and proper disposal.

—Matthew Rudd, SCRATCH Coalition Coordinator, The Southwest Council, Inc., 1405 N. Delsea Dr., Vineland, 856-794-1011, ext. 316, southwestcouncil.org

and many other metabolic diseases, as well as improving your mood, your sleep patterns, and your metabolism. To ensure success, they only ask you to attend two 30-minute exercise sessions per week. However, if you are able, you may come as frequently as you like!

How can I get started? In order to qualify for the PREP program, you will need your physician to sign a referral form that can be obtained at the Fitness Connection. If you prefer, the PREP Medical Fitness Specialist can fax this form to your physician for you. Call 856-696-3924, ext. 113 or e-mail prep@ihn.org to receive more information about PREP and to get started. Ask your doctor about the PREP program. If you haven't taken time to focus on your own health, PREP can help you get started. Now is the time!

**Inspira Health Network Fitness Connection, 1430 W. Sherman Ave., Vineland, 856-696-3924, inspirafitnessconnection.com**

### YI'S KARATE OF VINELAND

If you want to be stronger, more flexible, and healthier overall, you might consider the Korean martial art Tang Soo Do. In Yi's Karate classes, you will get a great aerobic, full-body workout. Not only will you improve your flexibility, you will be strengthening and toning arms, legs, abs, back, and more.

With Tang Soo Do you will also learn a traditional martial art and improve your focus and confidence while learning self defense. Yi's Karate of Vineland system makes it easy to get started anytime.

**Yi's Karate of Vineland, 3722 E. Landis Ave., Vineland, 856-405-0008, vinelandmartialarts.com**



Shown at the new Family Health and Adventure Center getting their winter workouts are veteran YMCA members Maria Hensley (left) and Donna Cleveland, both of Vineland.

### YMCA OF VINELAND

The new year can begin on a healthy note at the YMCA of Vineland, where the winter group exercise schedule has been announced. The roster's nearly 50 classes runs through to February 27. Among the offerings are yoga, Zumba, group cycling/Spinning, Pilates, hip hop fitness, kickboxing, and more. Registration is underway now. Getting their winter workouts at the new Family Health and Adventure Center, veteran YMCA member Donna Cleveland, said, "The new renovations at the Y are amazing. The staff is helpful, and the equipment is state-of-the-art. We are fortunate to have this facility in our community!"

For specific class times and prices, call the YMCA of Vineland or log on to their website.

**YMCA of Vineland of the Cumberland Cape Atlantic YMCA, 1159 E. Landis Ave., Vineland, 856-691-0030, ccaymca.org**

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Vineland, NJ  
(856) 691-4111

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(856) 451-0033  
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#### Cumberland County Sheriff's Department

220 N. Laurel Street  
Bridgeton, NJ  
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#### Millville Police Department

18 S High Street  
Millville, NJ  
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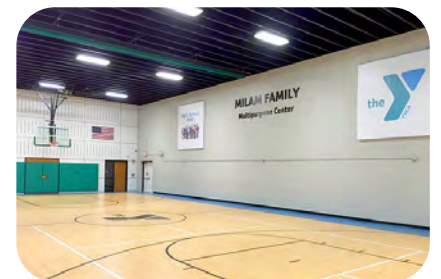
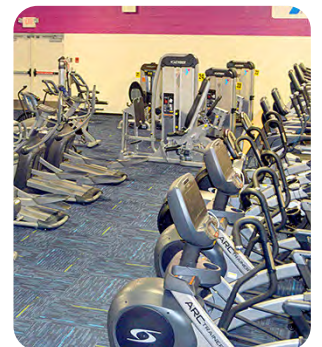
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