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VOLUME 7 | ISSUE 21 | JUNE 25, 2014

The Grapevine

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CLASSIFIEDS
Page 35

Iconic Hardware Store

Ace Hardware opens a second location, formerly Swanson Hardware. { BY MIKE EPIFANIO }



Joe Smith, III, of Smith Bros. Ace Hardware stands in front of the former Swanson Hardware Supply on East Avenue in Vineland, now reopened as an Ace Hardware store.

Ace Hardware recently opened its second Vineland store at the former Swanson Hardware location at 533 N. East Avenue in Vineland. The re-opening of the hardware store comes nearly four years after Ace Hardware entered the Vineland marketplace with the August 2010 opening of its Lincoln and Dante Avenue location and less than three months from when the sale of Swanson Hardware Supply to Smith Bros. Ace Hardware was announced.

Founded in 1956 by Walter and Bob Swanson, Swanson's served the greater Vineland region with general and industrial hardware, equipment and supplies. Smith Bros. is also a family-run business, and, according to Joe Smith III, have a similar "customer-first" operational philosophy as their predecessors on East Avenue.

Smith Bros. Ace Hardware has a 78-year history, having started out as an Atlantic City locksmith business in 1936. The business continued and grew through the opening of the casinos in Atlantic City. The company opened its first hardware store as a means to supply the locksmith business. Smith Bros. Ace Hardware now runs seven stores and employs nearly 100 people. Beyond the two Vineland stores, the other Smith Ace locations include Atlantic City, Galloway Township, Egg Harbor Township, Brigantine and Northfield.

Operating seven stores provides Smith Bros. Ace Hardware bulk buying power and other economies of scale, to ensure prices are highly competitive and the selection diverse. "We now offer two convenient locations to serve you, no matter what end of town you live in," said Joe Smith, III. "And we can offer that conven-

HEALTH AND FITNESS

Just What the Doctor Ordered
Healthy advancements improve health care in region.

{ BY MARY JANE KINKADE }

Editor's Note: This is the second of a two-part series on the Vineland area's fitness and health landscape—the challenges, local options and exciting new developments. Part one focused on mind and body fitness—why it's important, local programs and resources, and tips for success. This week's article explores some of the area's most recent advances in health care, both traditional and alternative.

On any given day simply open a newspaper, listen to the radio, search the net for news, check your Twitter feed or Facebook page and you will undoubtedly find the good, bad and ugly on the state of health care in our nation today. The debate rages on as does the confusion over what's working and what's not.

While the prognosis may be uncertain on the national front, it's looking better than ever for the Vineland area as recent advancements have significantly improved the local health care landscape.

Let's start with the heart. A ride to Philadelphia is no longer necessary for patients who need an

Continued on page 4

Continued on page 21

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Downtown Vineland

{ BY GARY HOLLOWAY, EXEC. DIRECTOR, VDID / MAINSTREET VINELAND }



First Impression

Businesses need to have appeal from the outside in.

They say that you never have a second chance to make a first impression. That's so true when you own a business and that's why much has been said in this column about making our downtown look the best it can be—not only as a downtown area, but the individual businesses, as well.

I'm citing here two examples of downtown businesses that understand about appearance and the effect it has on making their businesses feel inviting. One of them is one of the oldest downtown businesses—Q-Ball Billiards—and the other is making preparations to open—Cool Breeze Ice Cream Parlor.

Q-Ball Billiards, located at 133 W. Landis Avenue, is in its fifth decade of operation and José Garcia has been the owner for the past 27 years. Jose takes pride in the beautiful flower arrangement that can be seen in front of his store, as well as the flowers that adorn the alleyway along the side of his business. He looks at beautiful appearance as the first impression that people have when they come to your business—the face of the business that must attract people. "It's a reflection, not only of your business, but also of you personally," he said.

José said that the City of Vineland gave him the large flower pot, located near the curb in front of the business and he works to change the flower arrangement from time to time.

Traveling east a couple of blocks, at 312 W. Landis Ave., Larry Bostic is hard at work renovating the building to make way for

Cool Breeze Ice Cream Parlor and, in the same building, Zyonnie's Soul Food Restaurant. Larry is planning to open the ice cream parlor next month and the restaurant in August, but already he has beautiful beds of perennials adorning the area in front of the building, giving it an inviting appeal beyond the prospect of cool ice cream on a hot summer day and the taste of barbecued ribs, fried chicken, and fried fish later in the summer.

"I like beautification," Larry said. "Landscaping is like a car. If you don't have the proper tires, the car doesn't run right. The same is true of a business, helping to make it run right by putting God's flowers in the earth."

These are just two examples and I could cite others, but I would like to eventually say that the owners of all our downtown businesses show this same dedication to making that first impression. It takes some time and creativity, but it can make all the difference in the world.

Groundwork is being laid for the Vineland Food and Wine Festival, planned for Saturday, August 9 and A Taste of Vineland, scheduled for Wednesday, October 15. We're making plans and getting sponsorships, and we can use your help and support. Contact me to see how. 🌿

For more information on Main Street Vineland, call 856-794-8653, visit www.mainstreetvineland.org, or check them out on Facebook.

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Being Part of the Solution

If you're not part of the solution, you're part of the problem. I guess I understand what that means in theory, but I've never put it into practice. Part of the reason for that, of course, was that for my entire adult life, I've been associated with the newspaper industry.

My job, as I understood it, was to be an impartial observer and reporter of the events around me. Which is not to say I don't have opinions.

Anyone who reads this column (or read my "other lifetime" one) will know that I occasionally have an opinion or two.

My column of a couple of weeks ago on the Second Phase of Vineland's Four Corners project was an imperfect example.

That column resulted in several e-mails from readers who generally agreed with me, plus a couple of comments from people I know and whose opinions I respect who didn't agree with me at all.

Since that column, a number of things have occurred (the Lutz firing, the Tonetta ruling, etc.), which kind of upped the ante.

Vineland's elected officials seem to be in state of suspended animation.

The only ones doing anything these days are the law clerks lining up to file lawsuit after lawsuit for and against the city.

It seems pretty clear—to me at least—that Council and the Mayor are not going to be able to resolve their differences.

Which is going to leave the city in limbo with regards to any work on the infrastructure.

Maybe its time for a Mulligan.

For you non-golfers, that's a one-time do-over.

The Council wants the Mayor ousted and, apparently is exploring ways to fire him. The Mayor thinks, and I believe he's right on this, that the council is stabbing him in the back after riding to election on his coattails.

Both sides are probably right and wrong at the same time. Their arguments will eventually result in more lawsuits and more time spent trying to diminish or disrespect one another.

Who loses in all of this?

Every single Vineland taxpayer.

If you think your taxes are high now, wait until the lawyers' bills start coming in from Mr. Lutz, Mr. Tonetta, Mayor Bermudez, et al.

Plus, I don't think the recall drive has a chance in the world of succeeding, even if they keep getting extensions.

So here's what I'm suggesting.

Each of the council members should prepare an undated letter of resignation, sign it and hand it in to the mayor.

The mayor should prepare a similar letter and hand it in to the council. Then take a deep breath, count to 10, hold a bunch of meetings and see if you all can't start acting like adults and do the job you all were elected (not hired) to do.

If you still can't act collectively in the best interests of your constituents, then date the letters and hand them in. Of course, we all know that's not going to happen because the "other guy" is the problem. But maybe there are other alternatives.

A few months ago I noticed that we'd outgrown our recycle bucket. At the recycle pickup I would have to put one of our regular wastebaskets out with the overflow recyclables.

One of the grandchildren provided the solution—"crush the plastic bottles before you put them in the trash, Grandpa."

See, there's always an answer and usually it's the most obvious one. There's even a name for that: I think its called Occam's Razor, but you can look it up.

Anyway, what I'm suggesting is that if enough people get together and talk about it, something maybe, might get done.

It's kind of like the old adage: If you put an infinite number of monkeys at work on an infinite number of typewriters, sooner or later they will reproduce Shakespeare.

So, that's my idea.

A bunch of concerned citizens get together and talk about it, or maybe about the Phillies or Eagles or last night's episode of *CSI*.

I'm calling those people who have e-mailed me and inviting them to join me and a couple of my friends at Larry's II for breakfast. (E-mail Paul Doe at paul@grapevinenewspaper.com.)

You all are invited (separate checks, of course) for some lively conversation without any political agenda.

You have my word that I'm not seeking public office or employment. Who knows, if we get the right monkeys together with the right typewriters maybe we can actually get something done. 🍌

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HARDWARE

(Continued from cover)

ience at a fair price. He added that, as Ace Hardware branded stores, they are members of the largest retailer-owned hardware cooperative in the industry, giving them access to 70,000 items in Ace's warehouses. Additionally, they have access to other suppliers to bring popular and harder-to-find items to their customers. Therefore, if a customer cannot find what they're looking for on the store's shelves, they'll likely be able to special order it, making it available to the customer in a

timely fashion.

Smith said that there are many similarities between the two Vineland stores, but the Dante Avenue store caters primarily to residential customers who are as likely to visit on the weekend as they are during the week. The East Avenue location is more ideally suited to serve both residential customers and the commercial contractor business. Therefore the East Avenue store opens a little earlier on weekdays and provides a greater focus on bulk purchasing programs.

Don't be surprised to see familiar faces serving you at the East Avenue store. All of the employees in the store are from the

Vineland-Millville area. Plus, having two stores in Vineland allows them to shift employees from one store to the other as business volume requires. Phil Vitale, Senior Team Leader who provides general management of both Vineland locations is quite familiar with the East Avenue location, having worked many years for Swanson Hardware.

Employees in all seven Smith Bros. Ace Hardware stores are expected to provide exceptional service and are well trained to do so before their first customer interaction, says Joe Smith, III. "Our team members go through a program called 'Helpful 101' to provide the best possible customer

assistance," he said. "If you don't want to service the customer, you aren't going to fit into our company."

After purchasing Swanson Hardware, the Smith family closed the store for a few weeks to re-merchandise the entire store and had a soft opening on Memorial Day Weekend. The opening is now official, but a grand opening celebration is planned for September 12-14, 2014. 🍷



Senior Team Leader Phil Vitale, who acts as general management of both Vineland Ace Hardware locations, organizes the inventory of Craftsman tools at the East Avenue location.



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Sat 8am-6pm • Sun 9am-5pm

Vineland Ace Hardware
2330 Dante Ave. (at Lincoln Ave.)
Vineland, NJ 08361
856-692-8800

Mon-Fri 8am-8pm
Sat 8am-6pm • Sun 9am-5pm

Galloway Ace Hardware
322 South Pitney Rd.
Galloway, NJ 08205

Brigantine Ace Hardware
3116 Brigantine Blvd.
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Atlantic City Ace Hardware
2706 Arctic Ave.
Atlantic City, NJ 08401

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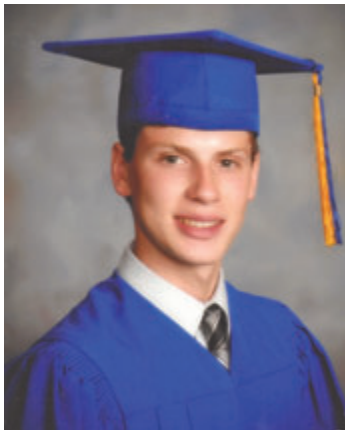
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Faces in the News



Congratulations Robert Bruce Panco!

- Valedictorian
- Buena Regional High School class of 2014
- Graduated on Friday, June 20
- Member of National Honor Society
- Involved in:
- Student Council
- Natural Helpers
- Cross Country and Track

Will attend Rutgers University's School of Engineering this fall for a degree in mechanical engineering with a focus in aerospace engineering. Parents are Mark & Carol Panco. Sister Christina Panco.



SIMMERMAN HONORED—The Woman's Club of Vineland, a member of the General Federation of Women's Clubs, held a Blossom Tea at their clubhouse recently.

Carol Parks the new 2014/2015 president of the Woman's Club of Vineland recognized Doris Simmerman with a pin for being a member for over 50 years. She started with the Jr. Woman's Club and then became a member of the Woman's Club of Vineland.

For more information about the Woman's Club of Vineland visit their website: www.womansclubofvineland.net or call 856-696-5485.

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Top High School Scholar/Athletes Honored at Olympiad Awards Breakfast

Four top scholar/athletes from Cumberland County high schools were honored by the Jewish War Veterans Memorial Post No. 601, on June 1, at the 41st Annual Olympiad Awards Breakfast, at Beth Israel Congregation, in Vineland.

The ceremony, held each year since 1974 to memorialize the nine Israeli athletes who were brutally murdered by Arab terrorists at the 1972 Olympic Games in Munich, Germany, publicly recognizes and honors the top scholar/athlete seniors from the five county high schools.

This year's winners were Symone Sweazie, Bridgeton High School; Tyler Skye, Cumberland Regional High School; Valerie Thaler, Millville High School; and Aria Asselta, Vineland High School. Each received commendations and proclamations at the ceremony from national, state, county, and local officials.

The winners, according to Hartley Tucker, representative of Jewish War Veterans Memorial Post 601, are selected by their respective schools, based on both scholastic and athletic achievements, as well as leadership, cooperation, civic contributions, and all-around good citizenship. The schools rely on input from guidance counselors, teachers, athletic directors, coaches, and principals. The winning students must be seniors, must have lettered in two or more varsity sports, and must be considered prime examples of good citizenship and leadership.

The students are all near or at the top of their classes. A number of past winners have been valedictorians and several have won appointments to various United States military academies.

Front row, from left: Aria Asselta, Vineland High; Valerie Thaler, Millville High; Tyler Skye, Cumberland Regional High; and Symone Sweazie, Bridgeton High. Back row: Cumberland County Sheriff Robert Austino, New Jersey Senator Jeff Van Drew, Cumberland County Freeholder Carol Musso, and New Jersey Assemblyman Bob Andrzejczak.



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CROSS CUT BEEF RIBS \$549 lb.	WHOLE FILET (AVG. 5-7 LB.) \$1099 lb.	FRESH BONE-IN RIBEYE (CHOICE) \$699 lb.	LOOSE SAGE SAUSAGE \$249 lb.

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 Woodbridge All Varietals \$6.99 \$10.99 750ml 1.5L	 Korbel Champagne \$12.99 \$22.99 750ml 1.5L	 Blackstone All Varietals \$8.99 \$15.99 750ml 1.5L	 Lindeman All Varietals \$5.99 \$9.99 750ml 1.5L
 Sebastiani All Varietals \$13.99 750ml	 Yellow Tail All Varietals \$6.99 \$11.99 750ml 1.5L	 Beringer California All Varietals \$10.99 1.5L	 Kendall Jackson Cab, Merlot, Pinot Noir \$15.99 1.5L
 Santa Margherita Pinot Grigio \$20.99 750ml	 Nobilo \$11.99 750ml	 Turning Leaf All Varietals \$10.99 750ml	 Mondavi Private Selection All Varietals \$8.99 \$16.99 750ml 1.5L
 Arbor Mist All Varietals \$4.99 \$8.99 750ml 1.5L	 Menage a Trois \$9.99 750ml	 Cavit All Varietals \$13.99 1.5L	 Gnarly Head \$9.99 750ml
 Casal Thaulero Pinot Grigio \$8.99 1.5L	 Stone Cellars All Varietals \$8.99 1.5L	 Black Box All Varietals \$20.99 3L	 Barefoot All Varietals \$10.99 1.5L
 Fish Eye Merlot \$9.99 1.5L	 Belle Amblance All Varietals \$8.99 750ml	 Casiller del Diablo All Varietals \$9.99 750ml	 CK Mondavi All Varietals \$10.99 1.5L
 Middle Sister All Varietals \$9.99 750ml	 Sutter Home All Varietals \$8.99 1.5L	 Toasted Head All Varietals \$10.99 750ml	 Dancing Bull All Varietals \$9.99 750ml

 Gascon Malbec \$10.99 750ml	 Simi Chardonnay \$13.99 750ml	 Ruffino Chianti/Pinot Grigio \$7.99 \$13.99 750ml 1.5L	 Alice White \$9.99 1.5L	 Sterling Vintner All Varietals \$12.99 750ml	 Sterling Napa All Varietals \$19.99 750ml
 Kendall Jackson Chardonnay \$11.99 750ml	 Martini Rossi \$11.99 \$21.99 750ml 1.5L	 Mirassou All Varietals \$8.99 750ml	 Mark West Pinot Noir \$10.99 \$18.99 750ml 1.5L	 7 Deadly Zins \$15.99 750ml	 Cupcake All Varietals \$9.99 750ml
 BV Coastal \$7.99 750ml	 Chateau St Jean \$9.99 750ml	 Glen Ellen \$8.99 1.5L	 Smoking Loon \$8.99 750ml	 Bolla All Varietals \$12.99 1.5L	 Josh All Varietals \$11.99 750ml
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 Michelob Ultra Light \$14.99 24pk Cans	 Rolling Rock \$17.99 24pk Bottles	 Bud/Bud Light \$21.99 30pk Cans	 Coors/Coors Light \$19.99 30pk Cans	 Miller Lite \$19.99 30pk Cans	 Natural Ice/Natural Light \$16.99 30pk Cans
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Faces in the News

Vineland Rotary Adds Four New Members



While so many service organizations nationwide struggle to retain and add members, the Rotary Club of Vineland continues to grow, making it one of the area's most active. In the last month, the club inducted four new professionals bringing the club's membership to 91. The Vineland Club is the second oldest and second largest in Rotary District 7640 (southern New Jersey).



Three of the four new members—Omolabake Fadeyibi, Maureen Simmons and Craig Parrish—were sponsored by Membership Chairperson and Financial Professional with Prudential, Steve Schiavo. Rotarian Donna Bennett, Director of Big Brothers Big Sisters, sponsored Scott Fransko for membership to the club.



Originally from Nigeria, Omolabake Fadeyibi is a professor of nursing at Drexel University. She is also the founder of a charitable healthcare organization called LabakCare. Maureen Simmons is new to Vineland, but not to Rotary. She was an active member of a Rotary club in Florida before recently relocating to Vineland. Simmons is chef and caterer. Craig Parrish, President of Parrish Sign Company also joined the Vineland Rotary roster. In addition to Rotary, Parrish is active in a number of other community and business groups. Also welcomed aboard is Scott Fransko. Fransko is the owner of MAX Communications Inc., a complete business telecommunications provider offering digital and VOIP business telephone systems.



The induction ceremony was officiated by past President Ted Lane, who explained that Rotarians provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. Rotary's main objective is service, both in the community and in the workplace.

From top: Omolabake Fadeyibi, Maureen Simmons, Craig Parrish, Scott Fransko.

THE BOYS & GIRLS CLUB announced its Members of the Month for April 2014. They are: Ivelisse Paz and Cristalis Tirado (Cunningham School unit); and Brianna Wade and Adam Probert (Carl Arthur Center unit). These members have shown outstanding attendance and participation in Club programming.



**VINELAND OFFICER JASON SCALZI
FEATURED SPEAKER AT
GUIDANCE CENTER MENTAL
HEALTH CONFERENCE**

Dieter Hovermann, executive director, Cumberland County Guidance Center (CCGC), 3rd left, thanks Officer Jason Scalzi of the Vineland Police Department for his presentation of "New Initiatives in Local Law Enforcement and Mental Health Outreach" at the Guidance Center's Mental Health Awareness Summit II

held on May 29, at Cumberland County College. The summit brought key community leaders and mental health professionals together to address prevention of mental health tragedies in Cumberland County. Also pictured are Gary Moellers, CCGC director of community services (left), and M. Jay Einstein, president of the Guidance Center, right. The summit was sponsored by Newfield National Bank. The Cumberland County Guidance Center, founded in 1962, is a comprehensive mental health center providing programs and services for the greater Cumberland County community. Information is available online at www.ccgcnj.org or by calling 856-825-6810, ext. 203.



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Obituaries & Memorials

Marie DiBiao, 86, of Vineland, passed away June 18. Marie graduated from Sacred Heart High School in 1945. She was the captain of her basketball team and was nicknamed "Dead-eye DiBiao" because she never missed a basket. She retired from the NJ Bell after 20 years of service. She enjoyed traveling to Hawaii, Europe and the Catskill Mountains with her friends, especially when her sister Mildred would join her.

Nicholas J. Gazzara, Sr., 96, of Minotola, passed away on June 10. Nick was a Sergeant in the United States Airforce and aerial photographer in World War II. After an honorable discharge in 1946, he was a wedding photographer for several years before becoming employed at Roland Aristone as a construction foreman where he built many local schools and churches. After retirement, he was an avid card player and enjoyed going to dinner and dances with his friends.

Cora M. Sparks (nee Garrison), 82, of South Vineland, passed away June 11. Cora was born and raised in Millville and was a longtime S. Vineland resident. Before retiring, Cora was employed as a secretary for Ed Campbell Block Co., Formiglia Concrete & E.P. Henry Co. Cora enjoyed traveling around the area with Earle.

Agnes E. Hurst (nee Creamer), 73, of Millville, passed away on June 14. Agnes was employed for 21 years as the hostess and manager of the New York Inn, before retiring she worked with her husband at the South Vineland Tavern serving breakfast. Agnes enjoyed playing bingo, sewing and had participated in bowling for many years traveling with her daughter to many tournaments as well as visiting Atlantic City.

Francis L. "Frank" Reale, 90, of Vineland, passed away on June 15. Frank was born and raised on the family farm in Malaga and was a longtime Vineland City resident. He was one of 14 children. Before retiring, Frank was the owner/operator of Frank Reale's Auto Service which he operated on Delsea Dr. for many years. He had earlier worked for Harry Doerr Ford dealership as a mechanic. Frank was a U.S. Army veteran serving as a Sgt in the Korean War. He was a lifelong parishioner of the St. Mary's R.C. Church, Malaga and the Divine Mercy Parish-Church of St. Francis, Vineland.

Frances J. (Hamilton) McCann-Kesler, 73, of Vineland, passed away on June 19. A graduate of Vineland High School Class of 1959, she attended Cumberland County College in late '80s and was a member of Phi Theta Kappa. Before raising her children she worked as a payroll clerk at both Cumberland and Crown Clothing. After her children were raised she worked as a secretary for the Beth Israel Congregation and South Jersey Hospital System. She enjoyed crafts, crocheting, photography and traveling with her husband Chick.

David Bruce Yates, 70, of Millville, passed away on June 15. Born in Bridgeton, David was raised on Clark's Pond in Fairton and was a graduate of Bridgeton High School class of 1962. He was the planner and director of the Cumberland County 911 System until his retirement in 2005 and an instructor at the Cumberland County Fire School. In David's early years he worked for George Burt Printing. David was a life member of the Fairton Volunteer Fire Company, member of the NJ Volunteer Chief's Association, Cumberland County Fireman's Association, Forest Fire Service and Ducks Unlimited. He was an avid outdoorsman and enjoyed duck hunting, gardening, fishing, cooking for family and friends and trying new recipes.

Louis Afanador, 39, of Vineland, passed away on June 17. He was born and raised in Vineland. Louis was a talented self-employed painter and handyman. He enjoyed playing basketball and baseball, fishing and spending time with his family.

Sandra L. (Wozunk) Farinaccio, 69 of Richland, passed away June 17. Sandra was born in Vineland and lived in Richland most of her life. Prior to retirement, Sandra was a Licensed Practical Nurse for Cooper Medical Center of Camden for fourteen years. She enjoyed cooking, baking, crocheting, shopping and sharing time with her family and friends.

Nancy Jean Kidston, 87, of Vineland, passed away on June 18. She was a graduate of TCNJ and was a physical education teacher at Vineland High School. She was a faithful member of the Memorial Presbyterian Church of Vineland, NJ. She loved gardening and made many wonderful memories with her family each summer in Ocean City, NJ.

Obituary & Memorial Policy

The Grapevine publishes abbreviated obituaries at no charge. Full-length obituaries are published for an added fee. Contact *The Grapevine* at (856) 457-7815 or your funeral director for more information.

Memorial announcements are also published for a nominal fee. Contact *The Grapevine* at (856) 457-7815 for pricing and submission guidelines.



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ACROSS:

3. Being _ would be bad for employee's chances for promotion.
6. Genuine.
8. Husband who is easily stressed becomes very irritable while moving slowly in a lengthy _.
9. Former owner of _ tells new purchaser, "You don't need to fear if getting away on you."
12. Wilderness guide says trekkers who know nothing about dealing with a _ may end up regretting they encountered one.
13. Tell a lie.
15. Reviewer comments on the wording of an old _, which she points out seems very quaint.
17. A quick _ may be called for, if you're in a hurry.
20. Jump.
21. Free-spirited grad just starting new job is attracted to handsome, eligible _ at work.

DOWN:

1. Viewer wonders how actor can sweat profusely and portray such exhaustion in his face when being _ in military drama.
2. Having just been hired to work on country estate, employee from the city worries about how to

deal with new _.

4. If you're considering gambling with some money that has been _ to you, it could be a big mistake.

5. Answering spectator's question, veteran competitor explains that during official long-distance races, runners will certainly be _.

7. Tutor uses _ as a good example of something from which a student may learn a lot.

10. For those in need of motivation, it's usually worth listening to advice based on _ experience.

11. Even though kids' tussle might have been friendly, it's not considered fair play if one child _ the other forcefully.

14. While hostess selects food from elite caterer for party, friend warns most expensive _ won't necessarily be preferred by guests.

15. When new employee asks what is a main priority regarding the _, he is told, primarily that it involves tidiness.

16. People who take cold baths possibly think they do more good than _.

18. Man's best friend.

19. Inquire.

1. Solve the puzzle just as you would in any crossword puzzle. Choose from each printed clue the word that best fits the definition. Write the answers in the blank space provided in each puzzle until all spaces have been filled in.

2. There is no limit to the number of times you may enter, however no facsimiles or reproductions will be accepted. Only original newspaper entry forms will be accepted.

3. Anyone is eligible to enter except employees/directors of South Jersey Federal Credit Union (SJFCU) and the Grapevine and their immediate families.

4. A basic prize of \$50.00 will be awarded to the winner(s) of each weekly Prizeweek Puzzle. In the case of multiple winners, the prize money will be shared. If no correct puzzle entries are received, \$25.00 will be added the following week. Winners agree to permit use of their names and photos by SJFCU and/or The Grapevine.

5. Entries can be mailed to South Jersey Federal Credit Union, Attn: Prizeweek Puzzle, PO Box 5429, Deptford, NJ 08096, or dropped off 24 hours a day, 7 days a week in the vestibule of SJFCU, 106 W. Landis Avenue, Vineland. Mailed entries must be received by SJFCU no later than 10 am on the Monday following the Wednesday publication of the Prizeweek Puzzle. Entries dropped off at the SJFCU Vineland branch must be received no later than 8:30 am on the Monday following the Wednesday publication of the Prizeweek Puzzle. SJFCU assumes no responsibility for late or lost entries.

6. South Jersey Federal Credit Union reserves the right to issue additional instructions in connection with the Prizeweek Puzzle. All such instructions are to become part of the official rules. Visit www.SouthJerseyFCU.com for list of additional rules.

1		2		3	I	N		O	L	E	N	T	4	
6	E	A	L						E				I	
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20	S		I	P		R			21	B				
	S				M			G		K				

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TELEPHONE: _____

PRIZEWEEK 062214

THIS LIST INCLUDES, AMONG OTHERS, THE CORRECT WORDS FOR THIS PUZZLE.

ASK	DOG	INDOLENT	SKIP
BIT	DRILLED	INSOLENT	SNAKE
BOAT	DUET	LANE	SNARE
BOSS	FAWN	LAWN	TIMED
BOYS	FIB	LEFT	TIRED
DASH	FISH	LENT	TOME
DECKS	GOAT	LINE	VAST
DESKS	GRILLED	PAST	WARM
DIET	HARM	REAL	WASH
DISH	HIT	ROME	

HOW TO ENTER:

Note contest rules at the top of this page.

Readers can deposit their puzzles 24/7

in the drop-slot located in the vestibule of South Jersey Federal Credit Union, 106 West Landis Ave., Vineland, NJ 08360.

Note: Use a debit card from any financial institution to gain access to the vestibule drop box after hours. Entries must be deposited by 8:30 am on Monday.

Or, completed puzzles can mailed to:

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Mailed entries must be received by 10 am on Monday.

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SOLUTION TO LAST WEEK'S PRIZEWEEK PUZZLE

The answers to last week's puzzle are below. For a detailed explanation of the answers to last week's puzzle and additional rules, visit www.SouthJerseyFCU.com



Activities for Seniors

The Vineland Senior Center began a craft class in March thanks to a grant provided through the Cumberland County Cultural & Heritage Commission. The class has been sponsored twice a week for the past three months. The classes so far have been a welcome addition to the center's list of activities. Some of the projects completed included floral door wreaths, candles, suncatchers, and wooden welcome plaques. For information on activities at the senior center, contact Mary Barner at 856-794-4074.

Local Olympian Seeks Help with Fundraising

Anthony Watson, born and raised in Vineland, for the past year has been able to try out and compete for the USA bobsled and skeleton team help.

No athlete becomes an Olympian on their own. It requires dedicated coaches, teammates, technology partners and supporters. Unlike teams from many of the nations our athletes compete against, our team receives no continuous government funding. The



money it takes to train and compete at the highest amateur level comes entirely from private and corporate donations. Just like every second, every step, and every shot counts in the Games, so does every contribution to Team USA. For more details or to make a donation, go to www.teamusa.org/USA-Bobsled-Skeleton-Federation/Donate.

School of Arts Offers Needs-Based Scholarship

Magnolia Hill Studios Art & Dance, a local school of the arts, is offering needs-based scholarships during their week long dance and art summer workshop, Night at the Museum, July 14 to 18, 5 to 8 p.m.

Contact the studio for scholarship application.: Magnolia Hill Art & Dance, 1461 Magnolia Road, Vineland, NJ; magnoliahillstudios@gmail.com or 856-692-7262.

United Way and Partners Return \$36 Million to Local Taxpayers

United Way of Greater Philadelphia and Southern New Jersey (UWGPSNJ), along with volunteers, the IRS, and dozens of community partners, returned \$36 million to local taxpayers during this year's tax season. Through the Volunteer Income Tax Assistance Program (VITA), IRS-trained volunteers helped prepare free tax returns for 25,411 individuals with a household income of less than \$52,000. The program is supported in local communities in eight counties from Western Montgomery County to the Jersey Shore by UWGPSNJ. Of the \$36 million returned to local taxpayers, more than \$12 million stemmed from the Earned Income Tax Credit refunds.

School Accepts Enrollment Applications

Cumberland Christian School will be accepting application for 2014-2015 school year, for K3-12th grade, weekdays, 9 a.m. to 4 p.m. See the campus and meet the teachers. Rigorous academics and various co-curricular activities like sports, drama, chess, choir, band, Bible quizzing and more. The school is accredited by Middle States and the ACSI. Stop by or call to schedule a consultation. 1100 W. Sherman Avenue, Vineland, 856-696-1600, www.cccrusader.org

Donation Provides Critical Supplies to Vineland Families

BJ's Wholesale Club is donating more than 760,000 diapers to Feeding America. The supplies will be distributed to Feeding America network food banks across the country to families who struggle to afford food and basic household items. The BJ's



Wholesale Club in Vineland is donating more than 7,000 diapers to help those families in their community.

A recent study found that the majority of Americans who are food insecure also struggle to buy basic necessities, including personal, home and baby care items that may not be covered by government assistance programs. Many of these families cope by altering eating habits, increasing the potential risks to the health and well-being of themselves and their children.

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Feeding America is the nation's largest domestic hunger relief organization helping to combat these findings.

BJ's is donating diapers in sizes 2,3,4,5 and 6, amounting to more than \$130,000 nationally. They are donating 7,404 diapers locally in Vineland to the Community Food Bank of New Jersey.

Volunteer Efforts Pay Off at Bridgeton Playground

Lowes of Millville, R & S Construction of Bridgeton, Ranch Hope, and regional non-profit Revive South Jersey came together in a volunteer effort aimed at rehabilitating the Johnson Reeves Playground in the



Milltown section of Bridgeton.

The restoration of Johnson Reeves Playground is a multi-phased effort that will include a new entrance, playground equipment, basketball hoops, soccer goals and a number of other improvements with the goal of opening a restored park for the Milltown neighborhood and providing organized recreation activities for children.

The June 6th kick-off was made possible by Lowes of Millville, donating \$1,500 in roofing materials, flowers, and mulch; along with nearly a dozen store volunteers to lend some muscle.

To help oversee the roof work, Bridgeton-based R & S Construction volunteered to provide technical expertise and equipment for the roof replacement on the playground clubhouse. Ranch Hope's Independent Living Program Coordinator Doug Cooper supervised Charlie Pitts and Reed Francis as they cut down weeds, removed limbs and trimmed grass throughout the playground.

Bringing the whole effort together and coordinating the volunteers was the work of Revive South Jersey; a local non-profit group partnering with churches, businesses and other non-profit organizations to strengthen families and communities throughout the region.

In addition to new facilities and equipment, Mayor Kelly and City officials are working with Revive South Jersey to provide a supervised setting with activities for children when the Johnson Reeves project is further along.

Millville Resident Artists Earn Millville Rose Society Award

WheatonArts and the Delaware Valley Paperweight Collectors Association honored Vineland, NJ residents and brothers, James and Nontes Kontes, at Paperweight Fest in May. They received the Millville

Rose Society award in recognition of their 40 years of making paperweights. The Millville Rose Society Awards are presented to individuals who have made a significant contribution in support of the mission of Wheaton Arts and Cultural Center... "To engage artists and audiences in an evolving exploration of creativity."

Paperweight Fest is a three-day, biennial event presented by WheatonArts and the Delaware Valley Paperweight Collectors Association. Paperweight collectors and enthusiasts meet artists and dealers, attend lectures and artist demonstrations, and participate in hands-on opportunities. On May 16, friends and family of the Kontes brothers plus Fest attendees, listened to Gay LeCleire Taylor, for-



mer curator of the Museum of American Glass at WheatonArts, present, "40 Years Together: The Kontes Brothers and Paperweights." Also, Gordon Smith, who met the brothers while employed at Kontas Glass Company, spoke about their encouragement and guidance as he began

experimenting with making his first paperweights. Smith is now well respected worldwide as an acknowledged master of the art of paperweight making.

Throughout the years, Nontas, age 93, and James, age 95, have developed their own distinctive paperweight style. Known for making strawberries and vegetables, they also perfected torsades, piedouches and baskets. In 1982, after 40 years in the manufacture of scientific glass, they sold their Kontes Glass Company but retained a partnership in H.S. Martin, Inc., a scientific glass company in Vineland, NJ, a former division of Kontes Glass.

Nontas Kontes looks over his Millville Rose paperweight at Paperweight Fest in May.

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Early Vineland Artists

Early Vineland society applauded individual expression and encouraged artistic creation.

Vineland has always shared in the celebration of the arts, but that might be because in the early years the town laid the foundation for a free-thinking society that applauded individual expression and encouraged artistic creation. Many early settlers engaged in some artistic form that, in turn, benefited the town, its residents and its legacy.

Sixty-plus years ago, John Mandola wrote about some of the early artists of the community in the *Times Journal*, citing a pamphlet written by Frank Ankenbrand, Jr. as his source material. As Mandola pointed out, "Like most early residents, those interested in the arts came to Vineland for reasons of opportunity, for reasons of health and for reasons of adventure." In the course of their endeavors, they helped establish a community that appreciated the arts.

Mandola begins his article with an overview of the Kennedy-Chalmers family, one of Vineland's earliest settlers. William Kennedy was born in Scotland in 1836 but was destined to turn his attention to America early on. After marrying Margret Chalmers, he decided to relocate to Vineland to start a rope factory. He and his wife settled here in 1863, building a home and a cordage factory in the eastern sector at Spring Road and Lincoln Avenue.

Kennedy did not limit himself only to his profession, however. His talents as a painter and musician were applied to his new environment, which served as an inspiration for his landscape paintings just as Scotland had influenced his seascapes. He taught painting and was a multi-instrumentalist actively involved in playing in the community when he wasn't working, acting as Justice of the Peace for Landis Township, serving as minister of the Methodist Episcopal Church and overseeing the Robert Burns Society, an organization he founded.

Kennedy proved to be a strong influence on his son, William, Jr. Like his father, the offspring developed a talent for art and music and a preference for watercolors. He eventually helped his father teach painting. Musically, he sang in church choirs, played alto sax in the Vineland City Band and earned the distinction of leading the final concert performed at Cosmopolitan Hall.

Robert Chalmers, William Sr.'s brother-in-law, was another Scottish arrival in 1864. He had studied art in Scotland and brought his talents in oils and watercolors to Vineland.

While no relation to William Kennedy's family, George Kennedy Brandriff was born in Millville in 1890 and briefly owned a piano store at 519 Landis Avenue. Brandriff apparently left this area but not before studying with one of Vineland's premier painters, Philip S. Nutt. He traveled west to the University of Southern California where he completed his studies and eventually earned a place among its faculty. He also studied in Paris and Rome, becoming a landscape and seascape painter and a muralist. His murals adorned various California public high schools.

At the time of Mandola's article, works by Brandriff were hanging in such prestigious museums as the Pennsylvania Academy of Fine Arts, the Los Angeles Museum and the Fern Burford Galleries. He also won medals and awards and taught at the Laguna Art Colony while serving as the president of the Laguna Beach Art Association. Brandriff is a good example of a former Vineland resident who achieved fame and attention and, as Mandola writes, "traveled high in art circles," but his achievements are all credited to a California artist whose Cumberland County ties have been lost along the way.

However, Brandriff's former teacher, Philip Nutt, remained a Vineland artist for his entire life. Born in town in 1876, he grew up at East Avenue and Peach Street. After attending Philadelphia's Drexel Institute of Art, he returned to his hometown where he offered Saturday art classes and ran a dance studio on Columbia Avenue. According to Mandola, he worked largely in oils and watercolors and "sketched many old landmarks and old buildings in and around the Vineland area." He presented paintings to the Vineland Historical and Antiquarian Society. One self-portrait, Mandola writes, presents him in "a conservative grey suit, red cravat with the high stiff collar of the 1900s. The painting, a profile pose, has a distinct air of Oscar Wilde about it, a young Oscar Wilde." 🍷

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HEALTH AND FITNESS

Continued from cover

emergency angioplasty, also known as emergency PCI (percutaneous coronary intervention). Inspira Medical Center's emergency department and cardiac catheterization laboratory physicians and staff have already begun using the life-saving emergency procedure for area heart attack patients.

"Together with local EMS, Inspira paramedics and the hospital's dedicated emergency department staff, our experienced physicians and cardiac catheterization lab staff have saved the lives of more than 50 patients since implementing the program only seven months ago," said Michele Zucconi, MSN, RN, CCRN, administrative director of the cardiac care center at Inspira Medical Center Vineland. PCI allows physicians to restore normal blood flow within minutes with a minimally invasive procedure called balloon angioplasty. This prevents the need for patients to undergo coronary bypass,

survive the disease," said Ugo Ogwudu, M.D., fellowship-trained minimally invasive thoracic surgeon with Inspira Medical Group.

The screening is provided at the Frank and Edith Scarpa Regional Cancer Pavilion in Vineland, which has been designated as a Comprehensive Community Cancer Program by the American College of Surgeons Commission on Cancer (CoC). In 2013, the cancer team was honored for the third consecutive time with the CoC's Outstanding Achievement Award for providing the highest quality cancer care.

Impressed yet? Keep reading, because there's more. The days of huge incisions and long recovery times for patients needing gall bladder surgery are long gone. With the use of robotics in the operating room, surgeons can now remove a gall bladder with just one or two small incisions—significantly decreasing patient recovery time.

"The world of robotic surgery is the most recent entry in the long list of 'science fiction' becoming science fact," said Per M. Montero-Pearson, M.D., Cumberland Medical Associates, P.A., chairman of surgical services at Inspira Medical Center Vineland. "The applications of it are expanding and to be able to offer that technology here at Inspira means that we are on the cutting



Pictured is Inspira's cardiac catheterization team (l to r): Dolly Calabrese, R.T.; Lisa Zimmerman, R.T.; Kimberly Clayton, R.N.; Carol Middleton, R.T.; Jie Lu, R.N.; Donna Brown, R.N.; Michele Zucconi, R.N., administrative director; Jason Manuola, R.N., manager; Mark D. Gelernt, M.D., medical director of cardiac catheterization lab; Andrew Zinn, M.D., medical director of interventional cardiology; Michael Foster, R.N.; Shannon Bay-St Pierre, R.N.; Cindy Baggot, R.N.; and Patsy Vena, R.T. Not pictured: Mary Ellen Capuano, R.T.; Henry Muzones, R.N.; Nelson Nunez, R.N.; and Donna Wolf, R.N.

which involves cutting through the chest wall.

Also new at Inspira is the opportunity for patients at high risk of lung cancer to breathe a little easier with the ability to be pre-screened. This new program provides the region with access to critical screening for early detection, which is proven to increase survivorship. The program follows the high-risk inclusion criteria as established by the National Lung Cancer Screening Trial, which found that screening for lung cancer using low-dose CT scans can lower the chance of dying from lung cancer by 20 percent.

"It's important for the community to know that if diagnosis happens at an earlier stage, there is a much better chance that the patient can be cured with appropriate treatment and

edge in providing the region with the latest and most effective minimally invasive surgical procedures. Over the past four years, our program has grown tremendously with a highly skilled team of robotic surgeons offering an array of procedures. This is a very exciting time for our hospital and modern surgical medicine."

There's also exciting news to report from the Cooper Wellness Center in Vineland. After 36 years of practice in Vineland, Dr. Don Cooper, a Chiropractor and Wellness Practitioner, has something new to offer patients suffering from peripheral neuropathy, which results in pain, tingling and numb-

Continued on next page

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Three ways the PREP program helps you stay on track.

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How do you measure your success? At your one-month and two-month follow-up appointments, you will meet privately with a medical fitness specialist to update your biometric measurements and discuss your progress, and a follow-up report will be sent to your referring physician.

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Continued from previous page

ness in the hands and feet. “Peripheral neuropathy is caused by damage to nerve endings and is very common in patients undergoing chemotherapy or who have diabetes,” said Dr. Cooper. “Until recently, there was very little that could be done for it. Today, we are using an electrotherapy device designed specifically for peripheral neuropathy by a PhD in engineering, combined with a nutrition program to treat this condition and our patients are responding beautifully.” While treatment varies by patient, the typical protocol calls for a block of 15 treatments of 30 minutes each over a specific period of time. Dr. Cooper noted that approach is also being used successfully by the Cancer Treatment Centers of America with patients who are undergoing chemotherapy.

Dr. Cooper puts a lot of stock in good nutrition. In fact, he is using a nutritional cleansing program to help his patients rid their bodies of toxins, impurities—and extra weight. Patients begin with a personal consultation where goals are set and a program is designed for them. “Most patients begin with a 30-day cleanse,” said Dr. Cooper. “While we use Isagenix products, the program is tweaked a bit to enhance fat burning and thus weight loss,” said Dr. Cooper. “We meet with patients at least every 10 days and help them through every step of the process, including the maintenance program designed to keep them on track.”

Patients are having great success. Dr. Cooper reports that the average weight loss on a 30-day program is 16 to 18 pounds, but totally safe because everything consumed is nutrient-dense, and there is no medication involved. “Patients are losing weight, reporting less pain in their backs, knees and other weight-bearing joints, have more energy, and simply look and feel better,” he said.



Dr. Cooper treats his patients using the Activator Method, a technique that eliminates the need for twisting or placing torque on the spine, making it painless.



Shown in the operating suite where robotics are used is Ahmed Attia, D.O. president and CEO of ESA South Jersey Bariatrics and medical director of bariatric and weight loss surgery at Inspira Medical Center Vineland. Dr. Attia is currently one of three surgeons at Inspira Medical Vineland performing single site for gallbladder; others are Aftab A. Khan, M.D. and Per M. Montero-Pearson, M.D.

Coming Soon In 3D

It turns out that 3D imagery is just as popular in hospitals as it is in movie theaters. There's no popcorn to speak of, but there are plenty of special effects. This summer, Inspira Health Network will be introducing 3D mammography—the most advanced technology in breast cancer screening and detection. It delivers greater clarity, more certainty and is bringing a new dimension to breast health. Brought to you by the region's most experienced team of board certified radiologists, 3D mammography offers:

- Clearer images
- Greater accuracy – leading to reduced callbacks
- Earlier diagnosis & detection of small lesions
- Improved imaging with dense breasts
- Reduced false positives 3D mammography will be available at three locations in Vineland and Mullica Hill this summer. For more information, call 1-800-INSPIRA

Just a mile or so away, things are also hopping at the Center for Diagnostic Imaging (CDI). Just recently, CDI contracted with HEALTHEC to create a Health Information Exchange (HIE) to be used by more than 4,000 physicians in southern New Jersey. Once the system is fully up and running, CDI will be able to collect data across the state, allowing caregivers to not only organize and present their data findings, but also collaborate to ensure the highest quality of care is given. The HIE will be the precursor to a suite of applications that will incorporate a number of business intelligence and analytics tools that deliver actionable analysis—

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empowering physicians to make patient-centered decisions more quickly and accurately.

“For years, CDI has developed an extensive network of caregivers across the state of New Jersey, and they understand the impact that enhanced connectivity can have on the delivery of patient care,” says Tomas Gregorio, senior vice president and chief operating officer at HEALTHEC. “CDI’s efforts to improve patient safety, eliminate redundant and unnecessary treatments, and lower readmission rates will not only lead to a reduction in healthcare costs for our state, but will also enhance the population’s overall health.”

All in all, the state of health care in South Jersey is looking up with additional improvements on the horizon. From mind and body fitness to life-saving procedures and new

ways to eliminate pain and lose weight, it’s here for the taking—so come and get it. We wish you well. ❧

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

BODY BENEFITS VINELAND’s premier Pilates studio has been providing quality Pilates programs to Cumberland county and the surrounding area since 2006. Since opening the studio, Pilates has been their main focus, as they offer private, semi-private and small group mat and springboard classes.

Body Benefits offers a calm, pleasant atmosphere with a positive energy flow. They are dedicated to providing quality Pilates

taught by certified instructors, who have hundreds of hours of education behind them. Pilates can be beneficial to most anyone. From athletes looking to improve their game; to those rehabilitating neck, back and joint injuries as well as those with arthritis and osteoporosis. They provide a personalized Pilates experience, whether you choose a private, semi-private or join a group class, the focus is on you. In group classes, the instructors have the ability to modify and or create variations, so that each client can feel a sense of accomplishment and well being.

In the summer of 2012 Body Benefits added BarreAmped fitness to the studio, also being taught in small group classes (no more than 10). BarreAmped is influenced by classical and modern dance (though it is not a

dance class) and utilizes a barre to achieve optimal positioning. Insights from Pilates, yoga, and orthopedic stretching also balance the method’s unique approach. This intense sculpting class focuses mainly on small, isolated movements within deeply held and challenging postures. BarreAmped is proven to increase metabolism, burn fat, and lengthen tight muscles. With commitment to the technique, you get recognizable results exactly where you want them. Body Benefit Pilates is one of only two studios in South Jersey to offer certified BarreAmped instructors in a licensed facility.

Body Benefits has added more classes in the last year to and continues to believe and promote that teaching small groups with

Continued on next page

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Rachel is encouraging and knowledgeable – we really feel comfortable with her. We would highly recommend Rachel and Fitness Mogul.”

~ Robyn B. and Laura G.

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HEALTH AND FITNESS

Continued from previous page

attention to form can help each individual attain better results than they could in a large group setting.

In August of 2013, Body Benefits relocated to Suite B in the Lincoln Plaza. Anita Cavalier (owner/senior instructor) has transformed the new space into a true studio with more privacy, more space, with a warm and welcoming environment for her clients. Body Benefits is the only studio in the Vineland area that offers Pilates equipment sessions. Anita wants people to understand that Body Benefits is not a gym, we cater to our clients and their needs. She is happy to work with those who are ready to put in the work to enhance their life and obtain a healthier mind and body. She is committed to having a positive impact on every student who comes in to her studio.

EYE ASSOCIATES/SURGICENTER OF VINELAND:

No drops before cataract surgery and no drops after cataract surgery. What a novel approach to cataract surgery: Eye Associates' call it NO DROP™ Cataract Surgery. Cataract surgery is considered the safest, most successful surgery in the world. But if we were to survey patients and ask them what part of the surgery they find most difficult, they would respond that they hate putting in the eye drops. It is common surgical practice to use eye drops up to three days

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If you want to know more about NO DROP™ Cataract Surgery, you can call Eye Associates to make your appointment. Also, see their infomercial about this new procedure on QBC Channel 22, Wednesday nights at 8 p.m. or schedule your spot at one of their monthly Cataract Coffee Talks.

Eye Associates has offices in Vineland, Mays Landing, Hammonton, Blackwood and Cherry Hill. You can learn more about Eye Associates/SurgiCenter of Vineland at www.sjeyeassociates.com or call 800-922-1766.

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Taking Your Workout Outdoors? Don't Forget The Basics

Summer is officially here, which for many of us, means it's time to ditch the gym and head outdoors for some sweat therapy. Taking your workouts outdoors is a great way to mix things up and break out of your gym routine. But be careful when you head outdoors; you become prone to summer ailments that you wouldn't experience in the gym.

"It's no surprise that summer and warm weather bring an increase in outdoor-related illnesses and injuries," said **Thomas Pangburn, M.D., MedExpress**. "We see predictable upticks this time of year in everything from sunburn to bug bites."

Many summer ailments can be easily avoided by following a few summer safety tips. However if an issue arises and you're unsure about the severity, always consult a healthcare professional to discern the best treatment option. Urgent care centers, like MedExpress, often offer extended weekday and weekend hours to assist with unexpected ailments.

Burns: Avoid the sun between 10 a.m. to 3 p.m. when the sun is strongest. Remember to wear light, breathable fabric and apply at least a 30 SPF sunscreen, even on overcast days.

Dehydration and Heat Exhaustion: Even if you don't feel thirsty, your body may still be in need of fluids. Drink cool fluids, rest in a cool location and apply cool water to the skin to help cool down.

Bites and Stings: Most mild bites and stings can be treated by applying a cold pack or hydrocortisone cream. Refrain from scratching, which can lead to infection.

whether it's weight loss or maintenance. Using a wide range of equipment including kettlebells, ropes, a "vintage barbell" and suspension tools, Art of Strength provides endless ways to train your entire body in a short period of time. You'll experience maximum strength gains as you challenge each of the major muscle groups through a wide variety of exercises. This total body conditioning workout promotes nicely shaped and defined muscles. Class sizes are limited.

No matter what your fitness level, 54 Fitness offers a multitude of options for everyone. 54 Fitness, located at 900 12th St. in Hammonton, is fully equipped with the best strength training equipment, cardiovascular machines and other exercise equipment. Call 609-561-5440 or visit 54fitness.com for more details on how you can get in the best shape of your life.

FITNESS MOGUL is a women's only studio located at 900 12th St. #A-10 Hammonton, that offers personal training results at a fraction of the price. They want people to enjoy what they're doing (and not feel intimidated) and see results at the same time. Fitness Mogul provides a unique, intimate experience where they can focus on you, your injuries, health concerns and your individualized needs. Their unique group training

style will help you will see results quickly, as they are a results-driven business. They have a wide variety of classes under one roof: TRX Suspension Training, Hatha Yoga, Kettlebells, Vertical Barre, Zumba, Battle Ropes, Pole Fitness, Circuit Training, Full-Body Sculpting and more.

Let Fitness Mogul help you maintain your fitness or reach your goals through the Summer. Figure out your current fitness level and schedule and you can visit their studio as you please; one time a week, two times a week or even six times. These options are available through purchasing class cards of 10 classes or a monthly unlimited class membership.

Have you ever heard of Pole Dancing? Did you think it could be a form of a workout to help you lose weight and tone up? Well it is and Fitness Mogul has brought this Pole Fitness workout to South Jersey with a focus on sculpting, toning and boosting confidence. Pole Fitness is a very popular aerobic workout amongst celebrities. If you want to develop upper body/core strength and sculpted arms then add something new and exciting to your workout, spin your way to a perfectly toned body with a Pole Fitness aerobic workout at Fitness Mogul! Mention their ad and receive \$10 off your first pole package.

Continued on next page

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Continued from previous page

INSPIRA FITNESS CONNECTION With new fitness centers opening left and right, it can be hard to make a decision on which option is best to help you meet your health and wellness goals. If you have a chronic medical condition, or would benefit from the support and expertise of a certified medical fitness center, the Fitness Connection has offerings just for you.

The PREP Program (Physician Referred Exercise Program) at Inspira Fitness Connection Vineland offers five tracks for supervised exercise: Lifestyle Management, Diabetes Management, Cancer Survivorship, Heart Health, and Prepare for Surgery (Hip/Knee/Bariatric).

The Lifestyle Management track is focused on weight loss, weight maintenance, and disease prevention. Having an elevated Body Mass Index (height to weight ratio) increases your risk of diseases like diabetes, hypertension, high cholesterol, and heart disease. Diet and exercise can help you lose weight to avoid these preventable diseases.

The Diabetes Management track is for pre-diabetics or diabetics. Exercise helps control blood sugar levels and is a particularly effective treatment for Type II Diabetes. Along with diet and weight loss, exercise can actually reverse Type II Diabetes in some cases.

Cancer Survivorship refers to those who are currently receiving cancer treatment or have recently finished treatment. Cancer treatment can have many negative effects on the body like pain, limited range of motion, fatigue, and decreased balance and mobility. Exercise can help with these side effects of treatment and help you get back to feeling like your normal self.

The Heart Health track is for those who would like to prevent heart disease, have controlled heart disease, or have recently graduated from cardiopulmonary rehabilitation. Cardiovascular exercises like walking,

riding a bike, or rowing, improve circulation, strengthen the heart, and can lower resting heart rate and blood pressure.

Finally, our Prepare for Surgery track is for those who will undergo hip, knee, or bariatric surgery. It is important to strengthen the muscles surrounding the joints before receiving a hip or knee replacement. There are many low-impact exercises that can be done to strengthen the musculature and reduce the recovery time from surgery.

The surgeon general has stated that “lack of physical activity is detrimental to your health.” If you need to start exercising, the PREP program is the perfect place to start. With your physician’s approval, you can start exercising in a safe and supportive environment. For more information call 856-696-3924 x113 or e-mail prep@IHN.org.

In addition to the PREP program, which is for ages 14+, the Fitness Connection also offers a physician referral program for kids ages 6-13 through the PIT (Performance Improvement Training). With physician clearance, your child can participate in a supervised, fun, and interactive exercise program. Participants can gain confidence, greater self-esteem through positive reinforcement as well as strength, endurance, movement economy and weight loss. For more information call 856-696-3924 x108 or e-mail pit@IHN.org.

MOJO BICYCLE SHOP’s Scott Elliott always had a bicycle at his house as a teenager. Then, he went on to be a manager at Beacon Cycling, which led him to open Mojo—for the love of the ride. He credits his staff with being very positive and dedicated to customer service. They specialize in getting people on the right bike and enjoying every ride. Mojo, located at 1851 West Landis Ave. in Vineland, boasts of being the only full-service bicycle shop in Cumberland County and will repair any bike, no matter what the brand. For more info, call 856-457-5220 or visit www.mojobicycleshop.com.

PREMIER ORTHOPEDICS is excited to announce that Chiara Mariani, M.D. will join their practice. She is trained in Physical Medicine and Rehabilitation and her skills will provide a good complement of services already offered patients. She completed her fellowship and residency at the Hospital of

the University of Pennsylvania. Dr. Mariani will evaluate and manage patients with musculoskeletal disorders, conservative treatment of sports injuries, neck and/or back pain, joint injections, Botox and phenol injections, nerve blocks and acute and chronic pain. She will also perform EMGs and medical acupuncture. She has a wonderful bedside manner.



TOTAL HEALTH MANAGEMENT, LLC is a Health and Wellness business based in Millville. It is affiliated with an American-based company whose mission is to “Make Life Better” for people by defining their prime health. Total Health Management strives to help those interested in their health understand what is really needed to regain and maintain their prime health. This is done by a free consultation and also with their “prime rallies,” which further explain the uniqueness and success of the products and programs.

Their products are recognized internationally in more than 30 countries. They are physician-endorsed and 11 products are noted in the Physician Desk Reference as safe nutritional supplements.

Prime Health Rallies are held in this area and in others areas throughout southern New Jersey. Those interested in learning more about the products and programs should call (856-825-6076) for a free consultation and/or the date for their next Prime Health Rally.

VITAL BODY WELLNESS was founded by Kathy Dickson, a Certified Holistic Health and Nutrition Coach and Certified Thai Massage Practitioner. She is passionate about wellness and helping others create healthy, happy and balanced lives in a way that is flexible, fun and free of denial.

Dickson helps people radically improve their health and wellness by providing guidance, education and support so her clients can make food and lifestyle changes that work best for them. Her approach is holistic because, when it comes to health and wellness, it’s important to look at what’s going on in the big picture of one’s life. Her programs change lives!

She works with individuals and groups at her office in Vineland and remote locations

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Ace Plumbing's Bath Showroom *By John Sperratore*

New technology is abound and has taken over so many aspects of our lives. There's no question that products once depicted only in cartoons and sci-fi movies have become everyday objects that we seemingly cannot live without. If you grew up in the 1960s and 1970s like I did, you have probably seen episodes of the Jetson's cartoon. Almost every episode showed them communicating on the "video phone," much like our Skype and FaceTime of today. They were also ahead of their time when it came to bathroom technology. In some episodes you can see a shower with multiple showerheads and even a tanning bed in the bath. While these items seem like everyday products to us today, you have to remember the Jetson's was developed several decades before this technology actually existed.

Today, necessity is responsible for many new product innovations in the bath, especially when it comes to the physically challenged. Those with physical disabilities, who have trouble getting in and out of a bathtub, stepping over a shower threshold, or cannot stand for any length of time, now have options in the bathroom. Manufacturers have developed shower bases and walls that are a direct replacement for an existing bathtub in addition to sectional showers that are ADA approved with optional seats and grab bars.

The term "comfort height" is now used for toilets that are two inches higher to aid those who have back or knee issues. If you don't want to change the entire toilet you can also use a plastic lift seat, some even have grab rails attached, to get the same results. Walk-in tubs and whirlpools that have an entry door, which opens like a car door, are available for those who cannot use a traditional tub. The use of a hand-held shower, with or without an adjustable slide bar, will aid in the correct positioning of the shower head. There are also many available options when it comes to faucets. From models that turn the faucet on when you place your hands in the path of a sensor, to those that have lever handles that you traditionally see in a health care facility, there is a faucet to fit every need or lifestyle.

If you or someone you know has been troubled with a disability or injury, making every day bath or kitchen functions a challenge, you can stop in to a Bath Showroom to see the many options available that may make your life easier. The good news is you won't have to wait another fifty years for them to be invented.

Note: The author is General Manager of Ace Plumbing, Heating, and Electrical Supplies, 667 S. Delsea Drive, Vineland.

and Skypes with long-distance clients. Additionally, she presents interactive, fun workshops on a variety of informative wellness topics. On July 19 at 10 a.m., she will be presenting the workshop "Super Smoothies—Drink your Way to Vibrant Health" at Muzzarelli Farms on Oak Road in Vineland.

YI'S KARATE OF VINELAND

Yi's Karate has been serving Vineland and the surrounding communities since 1982 and is located in the Lincoln Plaza Shopping Center at Landis and Lincoln avenues. Students of Yi's Karate of Vineland learn and practice the martial art of Tang Soo Do (Traditional Korean Karate), under the instruction of 5th Degree Black Belt, Master Chuck Vertolli.

Master Vertolli has been training in Tang Soo Do with the International Martial Arts Assoc. since 1986 and opened his first school in 1998. He has won many competitions in the U.S. and Europe, and was named "Master

Instructor of the Year" in 2008 by the International Martial Arts Association.

Yi's teaching of Tang Soo Do is very traditional and requires respect, self-discipline, and perseverance. Through training in Tang Soo Do, students work to improve their body, mind, and spirit and realize the numerous benefits of martial arts training, such as; better focus and concentration, strength and flexibility, balance and control, self-esteem and confidence, respect for self and others and peace of mind, as well as self-defense.

Yi's Karate has programs for children as young as four years old and adults of all ages. Yi's Karate of Vineland is certified by the International Martial Arts Assn., and as such, members of its Tang Soo Do programs enjoy international certification and may participate in several tournaments throughout the year.

For more information about Yi's Karate of Vineland and its programs, call 856-405-0008 or visit www.vinelandmartialarts.com. 🐾



Chiara Mariani, M.D.

Premier Orthopaedic Associates Welcomes

Chiara Mariani, M.D.

Chiara Mariani, M.D. recently joined the Premier Orthopaedic Associates practice. She is trained in Physical Medicine and Rehabilitation, her skills will nicely compliment our current patient services. Dr. Mariani completed her fellowship and residency at the Hospital of the University of Pennsylvania.

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COMMUNITY CALENDAR

HAPPENINGS

EVERY TUESDAY

Overeaters Anonymous. Cumberland County Community Church, 1800 E. Broad St., Millville. 7:30 - 8:30 p.m. Free. A 12-Step Program for anyone with compulsive food behaviors. 609-805-2548.

Square Dance Lessons. 225 Broad St. (Rt. 552), Milmay. \$5. First lesson free. Ralph Trout, Teacher. Come join the Rainbow Squares and learn to square dance! 856-447-3439.

EVERY WEDNESDAY

Free STD Clinic. Fam Care Building, 30 Magnolia Ave., Bridgeton. No appointment necessary. Registration 4-5 p.m. STD & HIV testing and treatment. 856-327-7602.

EVERY THURSDAY

DivorceCare Series. Vineland First Church of the Nazarene, N. Delsea Dr. and Forest Grove Rd., Vineland. 6:30-8 p.m. Open to all men and women experiencing divorce or separation. No church affiliation necessary. Seminar Sessions Include: "Facing Your Anger"; "Facing Your Loneliness"; "Depression"; "Forgiveness" and more. On-going series. Free, child care provided. 856-697-4945.

FIRST AND THIRD THURSDAYS

Grupo de Autismo. Convent, 23 W. Chestnut Ave., Vineland. 10 a.m.-12 noon. Group of families with children

VENDORS WANTED

• St. Padre Pio Parish in Vineland will hold a Craft/Vendor Show/Flea Market & Chicken BBQ on Saturday, July 26 at Rosary Hall, 4680 Dante Avenue, Vineland from 10 a.m. to 3 pm. Crafters/Vendors space rental is \$25. Outside Flea Market space rental is \$20. Table rental available for an additional \$10. \$5 for use of electricity. 609-381-9222 or 856-691-7526 or email Islatorre@comcast.net or padrepio@comcast.net.

• Craft and exclusive vendors needed for 8th Annual Peach Festival, Malaga Camp, 4500 N. Delsea Drive, Newfield, NJ 08344 on Saturday, August 23, from 10 a.m. to 4 p.m. 856-466-0288.

diagnosed with autism. Share information, ideas, experiences, and support. Addressed to the Hispanic community and people with special needs. 856-882-8929.

EVERY FRIDAY

Prayers For The Sick. The Healing Rooms, Chestnut Assembly of God, 2554 E. Chestnut Ave., Vineland. 4-8 p.m.

FOURTH SUNDAYS

Uncle's Al's Golden Corral Car Cruise. Golden Corral Restaurant, 3624 South Delsea Dr., Vineland. 5 p.m. Local

BUS TRIPS/CRUISE

• **Thursday, June 26:** St. Padre Pio Parish Senior Club is holding a bus trip to see Yakov Smirnoff at Trump Taj Mahal in Atlantic City. Smirnoff's last performance before he retires. \$59 per person includes deluxe motor coach, luncheon buffet, show, and \$25 slot play. Bus leaves Rosary Hall, 4680 Dante Ave., Vineland, at 11:15 a.m. Showtime 3:30 p.m. Depart casino at 6:30 p.m. To RSVP, call 856-226-3451.

• **Saturday, June 28:** Millville Army Air Field Museum bus trip to Annapolis, Maryland. Places to visit include Naval Academy, Maryland State House, St. John's College, St. Anne's Church, Towne Centre, WWII Memorial, Ego Alley, Banneker-Douglass Museum, and many historic homes, gardens, restaurants, and taverns. Cost is \$40 per seat and this is for transportation only. Admission and meal costs are not included. 55 seats will be sold. Dinner at Harris Crab House in Kent Narrows, Md. The bus will leave from Museum at the Millville Airport at 8:30 a.m. and will return at approx. 9 p.m. To reserve your seat, mail in payment to the MAAFM, 1 Leddon St., Millville, NJ 08332. Checks to be made payable to MAAFM. Credit cards are accepted by calling the Museum at 856-327-2347.

• **Tuesday, July 22:** St. Padre Pio Senior Club in Vineland will sponsor a bus trip to Bally's Casino in Atlantic City on Tuesday, July 22. Bus departs St. Padre Pio Parish Rosary Hall parking lot, 4680 Dante Avenue, at 9 a.m. Depart Bally's for dinner at Tomasello Winery in Hammonton at 4 p.m. Return home at 8:15 p.m. Cost is \$39pp; receive back \$30 slot play. For reservations or more information, call Rosemary at 856-226-3451.

• **July 31-August 4:** Millville Senior Center invites you come aboard the *Carnival Splendor* for a 5 day/4 night cruise from New York to Saint John, Canada. Cabins priced from \$642 to \$802. For booking or information contact Sylvia Stites at 856-825-6085.



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Most of the District is accessible. Call for more information.

Knights of Columbus Italian American Festival



Buon Giorno Amici's - The Knights of Columbus Council #2572, a non-profit organization, proudly presents The 20th Annual "Original" Italian American Festival June 27-29. This traditional Italian American festival features free live entertainment, dancing, celebrity appearances, as well as food and craft vendors.

Special guest and grand marshal will be Angelo Cataldi, 94 WIP Sports Radio Morning Show Host.

The festivities take place on Olde New Jersey Avenue in North Wildwood and begin at 4 p.m. on Friday, and 10 a.m. on Saturday and Sunday. Activities include events like the "Great Meatball" relay race, the ever-growing signing of the "Olive Tree" and the "Little Miss Italy" contest. On Friday at 6 p.m., a procession in honor of Saint Anthony kicks off the festival. Throughout the weekend, entertainment on the main stage at 2nd and Olde New Jersey avenues will include "Lights Out" tribute to Frankie Valli and the 4-Seasons, Felicia Punso (U-Tube sensation and advocate for the anti-bullying campaign), Angelo Venuto, WIBBAGE 94.3 FM radio personality, Rick Rock, "our own Italian Festival MC" Philly Cuzz and more. For additional information, see us on facebook, contact the Knights of Columbus at 609-729-4676 or visit www.kofc2572.org.

WVLT 92.1 FM DJ and radio personality, Al Snyder, hosts "Uncle Al's Music Warehouse Car Cruise" for his fellow car enthusiasts. Cruisers receive a 20% discount at the restaurant. Cruise cancelled if there is rain. Open to all makes and years of cars. 856-304-4749.

WEDNESDAY, JUNE 25

Buffalo Wild Wings Fundraiser.

Buffalo Wild Wings, 2164 N 2nd Street, Millville. All day. Mention the fundraiser when ordering and 15% will be donated to the Bill Bottino Mud Run for Cancer.

JUNE 26 THROUGH 28

Book Sale. Millville Public Library, 210 Buck St., Millville. June 26 4 p.m.-7 p.m. (Friends of the Library only), June 27 10 a.m.-4 p.m., June 28 10 a.m.-3 p.m. For more info., call 856-825-7087 ext. 12.

THURSDAY, JUNE 26

Community Garden Interest Meeting.

Gant Room, Millville Public Library, 210 Buck St., Millville. 6:30 p.m. Held by the Millville Green Team. Public invited to attend. 856-825-7000, ext. 7288.

Last Thursday of the Month Dinner.

Semper Marine Detachment #205, 2041 W. Landis Ave., Vineland. 4-7 p.m.. \$7 adults, \$4 children under 12, children 5 and under free. Dinner includes spaghetti and meatballs, salad bar, buttered roll, beverage and desserts. 856-293-8166 or email tim42347@comcast.net

FRIDAY, JUNE 27

Fourth Friday Cruise Night. New Jersey Motorsports Park, 8000 Dividing Creek Rd., Millville. Live music and entertainment, on-track laps. Weather permitting. Presented by Bottino's ShopRite and OldRide.com.

SATURDAY, JUNE 28

Women's Ministry Prayer Breakfast.

St. John United Methodist Church 680 Fordville Rd. Bridgeton. 9 a.m. Guest speaker will be the Dynamic Sis. Maryann Goolsby of New Hope Baptist Church Cedarville, Nj. "Theme: Women, will you be ready to answer God's call?" Pastor Rev. Roy E. Bundy. Freewill offering.

Plant Sale. Millville Public Library, 210 Buck St., Millville. 10 a.m.-3 p.m. Held by Countryside Garden Club. All transactions cash only.

SUNDAY, JUNE 29

Italian Day Festival. Bruno Melini Memorial Park, Central Ave., Minotola. BBQ platters for \$10 from 12 noon-5 p.m. Sandwiches, hot dogs, homemade cakes, funnel cake, water ice, desserts, and coffee. Music and entertainment and amusements for children. Fun for the whole family. For info. or tickets, call 856-697-3359. Hosted by the Italian Cultural Foundation.

FRIDAY, JULY 4

Potter's Tavern Opening. Historic Potter's Tavern, 51 W. Broad St., Bridgeton. 1-4 p.m. The Tavern is certified as an historic landmark. Potter's Tavern will be open every Sunday during the month of July from 1-4 p.m.

SATURDAY, AUGUST 9

Open-Air Concert. Alden Field, Bridgeton. 7 p.m. Part of the 48th annual Bridgeton Invitational Tournament. Field of 20 individuals or small group acts performing on stage. Songs chosen can be original, R & B, Pop or Country. Seventeen acts have been chosen with room for three more. For information or consideration for selection, call 856-455-5168 or e-mail deh7545@aol.com.

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Faces in the News

Inspira Opens Second Urgent Care Location in Gloucester County

Inspira Health Network recently opened an urgent care center in Woolwich Township, providing the community with treatment for a wide range of minor or non-life threatening conditions when a patient's doctor is not available or their condition does not require the life-saving services of a hospital emergency room.

With the opening of its Woolwich Township location, Inspira now operates two urgent care centers. Additional urgent care locations in Gloucester and Cumberland counties are planned for the next 12 months. Since opening in the fall of 2011, Inspira Urgent Care Tomlin Station in Mullica Hill has been very well received, with patient volumes exceeding expectations.

At Inspira Urgent Care every patient is seen by a physician, no appointment is needed, imaging services are available on-site, there are often less out of pocket costs than a trip to the ER, and common prescription medications are provided at the time of visit. Both of Inspira's Urgent Care centers are open 7 days a week from 8 a.m. to 8 p.m.

Inspira Urgent Care Woolwich Township is located at 101 Lexington Road, Suite 530 in Woolwich.

Holding scissors at the ribbon cutting ceremony, Michael McLaughlin, chair of Inspira Medical Center Woodbury board, Eileen Cardile, executive vice president of Inspira Health Network and John DiAngelo, President and CEO of Inspira Health Network pictured with representatives of Woolwich Township, Kingsway/South Harrison School District, Premier Orthopaedic Associates and Inspira administration and board members.



VINELAND ELKS MAKE DONATION TO BOYS & GIRLS CLUB—The Vineland Elks Lodge recently made a \$2,000 donation to The Boys & Girls Club of Vineland for its Community Garden. The donation will help the Club build a pergola for the garden area to provide some needed shade as well as purchase garden soil, tools and a shed. The Club is grateful for this kind donation. Pictured here are Club staff, members and board with representatives of the Vineland Elks during the check presentation.



MAINS MEATS OPENS FOR BUSINESS: The Gonzalez Family—PatriziS and Sons Uri, Christian, and Derek are proud to announce the opening of their new family-owned business, Mains Meat Market, located at Main and Magnolia roads in Vineland. Mains Meats is a full-service butcher shop featuring homemade steakhouse hamburgers, ribs, bacon, steaks, homemade sausage, pork, chicken and more.

Mains Meats also carries Dietz & Watson lunchmeats and cheeses, fresh vegetables and produce, milk and eggs. Mains Meat Market is a wholesale/retail establishment and processes livestock. Open seven days a week, Mains Market thanks all their new customers and looks forward to serving them for many years to come.

1370 South Main Road • 856-690-8686 or fax 856-690-8661. Like them on Facebook. Open the 4th of July from 7 a.m. to 1 p.m. Regular hours: Mon-Sat. 8 a.m. – 7 p.m. • Sun. 9 a.m. – 2 p.m. Credit cards are accepted and EBT coming soon!

Negron is First Runner-Up in State Youth of Year Contest

Jennifer Negron, a junior at Vineland High School and a member of the Boys and Girls Club of Vineland, was named first runner-up in the New Jersey Youth of the Year competition held at the MetLife Stadium in East Rutherford. As runner-up, Negron will receive a \$5,000 scholarship to the college of her choice, according to Chris Volker, Chief Professional Officer of the Boys and Girls Club of Vineland.

Negron, 17, was selected as a Youth of the Year candidate based on her academic success, high moral character, life goals, and service to club, family, school and the community, said Volker.

Negron plans to pursue a career in bi-lingual education. When selected as Youth of the Month, Volker said Negron was a "role model for her peers, and younger family members."

Negron volunteers "extensively" at the Club and for the community, and is a member of the Keystone Club, SMART Girls Program, Diplomas to Degrees, Career Launch, Triple Play Boxing & Fitness, Street SMART, and Money Matters and more, according to Volker. She also is employed by the Club as a program aide for its Power Hour Program, an after-school homework help program, and is considered "a great mentor" for the younger children at the Club. She was also instrumental in organizing the 2012 Olympic Day celebration at the Club's Carl Arthur unit.



Social Media Manager Hired at SNJ Today



Rebecca Kowalewicz of Wenonah, NJ recently joined the staff of SNJ Today as manager of Social Media Services. SNJ Today owns and operates WSNJ 1240 AM radio station and manages local SNJ Today Comcast Channel 22.

Kowalewicz, a veteran social media professional, has fostered the social media and marketing presence of a host of corporations and organizations including Hoshino USA, manufacturer of Ibanez Guitars, and AC Moore, Inc. As Social Media Manager, she will not only plan SNJ Today's social media

strategy and be responsible for executing and managing the new and traditional communication company's social media plan on a daily basis, Kowalewicz will also steer these client services for SNJ Today's business partners.

Under her direction, the social media services offered by SNJ Today will include developing content for appropriate outlets, monitoring presences and perceptions, tracking relevant conversations, trend identification plus maintaining posting schedules. "Our detailed social media services will assist companies in ensuring that their social strategy is fully and effectively integrated with all their other marketing and branding efforts," Kowalewicz explained.

SNJ Today TV Channel 22 covers more than 65,000 households included in Comcast's subscription base throughout Cumberland County. WSNJ 1240AM has provided community-oriented radio programming since 1937 to residents of Cumberland, Salem, Gloucester and Atlantic counties.

Club Members Remembered by Woman's Club



The Woman's Club of Vineland, a member of the General Federation of Women's Clubs held a remembrance memorial at the memorial garden at their clubhouse for four women who had passed away this past year.

Diane Ragone, Woman's Club of Vineland Memorial Trustee read a poem and mentioned each woman that had passed. Remembrances of the following past club members: Margaret (Peggy) Hampton who was a club member for

22 years; Lorraine Brown was a member for 47 years; Elizabeth (Betty) Pancoast was a member for 18 years and Idaphene (Scotty) Garton was a member for 49 years. Each of these women held many offices over the years at the Woman's Club of Vineland. For more information about the Woman's Club of Vineland call 856-696-5485 or visit www.womansclubofvineland.net.

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In Our Schools

Soda Tab Collection Helps Ronald McDonald House



As part of one of its Service Learning Projects, the Deaf Education students at Petway Elementary School collected soda tabs in support of the Ronald McDonald House at Inspira Health Network. The students collected 68.6 pounds of soda tabs.

In addition to the soda tabs, the Deaf Education students, along with Mrs. Holt's class, make dog biscuits and Reindeer food annually. The proceeds benefit March of Dimes.

The students will continue to collect the soda tabs during the 2014-2015 academic year. Donations may be dropped off at Petway Elementary School, 1115 S. Lincoln Avenue.

From left, Rah'Shanti Casper, David Beamer, Kevin Guinan, GianCarlos Mateo, and Mia Schofield

Delsea's Burrell Signs with Delaware State



Sabrina Burrell, a Delsea Regional High School sprinter/jumper, signed with Delaware State on a full athletic scholarship.

Pictured with Sabrina are her parents, Geraldine and Robert Burrell

Back row, Paul Berardelli, Principal; Linda Marchese, Coach; Steve Iles, Athletic Director



ST. JUDE MATH-A-THON—The students from Dr. John H. Winslow School recently participated in the St. Jude Math-A-Thon. Through their hard work and dedication, the students raised \$3,762.51.

The St. Jude Children's Research hospital is one of the world's premier pediatric cancer research centers and treats children from all 50 states and from around the world. Through public donations and fundraisers St. Jude is the only pediatric research center where no family ever pays for anything.



A BOOK THAT INSPIRES AND TEACHES—For Mary F. Janvier School Kindergarten teacher Mrs. Santomero, the book *Only One You* by Linda Kranz, has been a constant inspiration for incorporating Character Education into her class lessons. As a culminating activity, her students recently enjoyed a visit from local artist Elaine Kerwood (pictured) who presented the class with handcrafted signs based on the book. The book helped Mrs. Santomero to deliver to her students the messages that they can start making a positive difference in the world and achieve or become anything they imagine.



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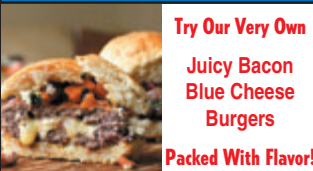
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Durand Staff Ekes Out Win Over 5th Graders in Softball

Durand Elementary School continued another of its most enjoyed traditions on Wednesday, the annual Staff vs. Student softball game, said Dan Greco, Principal.

With the entire student body looking on as spectators, the staff once again prevailed over the 5th graders. After pulling out to an early lead the staff, withering under the steamy conditions, hung on to escape with a 19-18 victory.

The highlight of the event was the traditional visit from the one and only Phillie Phanatic who served as a pinch hitter for the teachers in the bottom of the 5th inning and then entertained the crowd with his antics.

"Mrs. (Kim) Kell (Durand music teacher), started the game with an amazing rendition of the National Anthem," said Greco. "PTO president Chris Williams served as the umpire."



Mary F. Janvier School Students of the Month - May 2014



KINDERGARTEN:
Back Row: Alyssa Jiannotti, Noelle Neron, Luciana Johnston, Cole Brandt
Middle Row: Jillian Calderon, Jenna Meenan, Cheyenne Lewallen
Front Row: Layla Stickel



FIRST GRADE:
Back Row: Jonathan Weber, Isaiah Perez, Evan Stanton
Middle Row: Angelina Cava, Elli Coesfeld
Front Row: Angelina Ferrucci



SECOND GRADE:
Back Row: Hailey Tracey, Nicholas Kanos, Maximus Van Auken, Camrin Suprun
Middle Row: Brianna Campbell, Joshua Budden, Juliana Larro
Front Row: Tyler Graham, Ailen Farr

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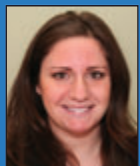
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**WEDNESDAYS THROUGH
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Children's Zumba Class. Holly City Family Center, 8 E. Mulberry St., Millville. Zumba class for children; eight-week class begins at 6 p.m. on Wednesday, June 25 and continues through Wednesday, Aug. 13. The class is \$3 for nonmembers and free to full members. Parents are also welcome to attend. The For more information, call (856) 293-0609 or visit www.hollycity.org.

EVERY THURSDAY

Chair Zumba. Vineland Senior Center,

103 S. Sixth St., Vineland. 11:45 a.m. - 12:45 p.m. \$3 donation per session. A new event at the center, it is a fun and upbeat exercise program geared toward those who find regular Zumba classes too upbeat. Open to all age 55 and older. Taught by Ms. Joelle.

Yoga Classes. Café of Life Fitness Center, 1 N. Valley Ave., Vineland. 7 p.m. \$8 per class. 856-794-9888.

EVERY SATURDAY

Canoe & Kayak Trip. Parvin State Park, 701 Almond Rd, Pittsgrove. On Parvin Lake and Muddy Run. Meet at 10 a.m. at Fire Ring (between CS 13 and 15). Bring own boat or rent one nearby. 358-8616.

Catch a Baseball Game—for Free

For the next two weekends and again over the Labor Day weekend, Perfect Game Super25 will stage baseball tournaments at various fields in Vineland. Perfect Game produces baseball tournaments all over the country and their Super25 division has made Vineland their home base for the Mid-Atlantic region this summer.

For the next two weekends, you can catch games starting Friday night (weather permitting) and running through Sunday night at Vineland High School, Fiocchi Field, Romano Park, and Morie Field. Admission is free to city residents with proof of residency.



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YOGA WITH CECI

Practice Hatha Yoga at one of the five locations listed below: Beginners and all levels welcome for a soft and gentle class! Props are available at all locations—mats, straps, blocks, chairs. Bring your own mat if possible.

Mondays, 10:30 a.m. class is held at the Cumberland County Library on Route 49 in Bridgeton. Call 856-453-2210 for directions.

Tuesdays, 9:45 a.m. class is for folks 55 and over. It is held at the Vineland Senior Center, 6th and Elmer Streets. 856-794-4074.

Wednesdays, 4:30 p.m. class is held at Pat & Al's (private home) in Carmel near the CC Fairgrounds. Call Ceci at 856-207-7893 or e-mail ces-brandt@comcast.net for directions.

Wednesdays, 6:30 p.m. class is at Cumberland County Library, Route 49 in Bridgeton.

Fridays, 9:30 a.m. class is at the Holly City Family Center. 856-293-0609 ext. 1014.

Yoga etiquette:

- For your first yoga session please arrive 20 minutes before start time.
- Please be prepared to practice in bare feet (or sticky socks)
- Wear comfortable clothing
- Avoid wearing perfumes or tonics.
- Arrive on time: 10 minutes before start of class to set up.
- Turn off cell phones.
- Avoid eating a meal at least two hours prior to start of class!

Questions? Contact Ceci Brandt at 856-207-7893 or e-mail ces-brandt@comcast.net.

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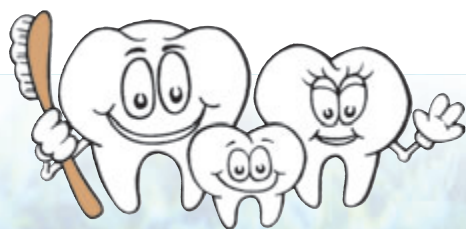
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Dr. Kissell, Owner
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Bagel University, 1406 S. Main Rd., Vineland, 691-0909. Breakfast and lunch spot offering sandwiches named for colleges near and far.

Barbera's Chocolates on Occasion, 782 S. Brewster Rd., Vineland, 690-9998. Homemade chocolates and candies, custom gift baskets.

Bennigan's Restaurant, 2196 W. Landis Ave., Vineland, 205-0010. Entrees, desserts, drink specials. Take-out. Happy hour Mon.-Fri. 3pm-7pm, Sun.-Thurs. 10pm-close. All Sports packages available.

Big John's Pizza Queen, 1383 S. Main Rd., Vineland, 205-0012. Featuring "Gutbuster" a 21-oz. burger, pizza, wings, subs, dinners.

Black Olive Restaurant. 782 S. Brewster Rd, Vineland. 457-7624. 7 a.m. - 10 p.m daily. Entrees, desserts. Take out available.

Bruno's Family Restaurant, Cape May Ave. and Tuckahoe Rd., Dorothy, 609-476-4739. Breakfast, lunch, dinner, pizza. Open Mon-Sat. 7 a.m.-8:30 p.m.

Chestnut Diner, 2578 E. Chestnut Ave., Vineland, 856-696-2992. Serving breakfast, lunch, and dinner. Open every day 7 a.m.-10 p.m.

Cosmopolitan Restaurant Lounge, Bakery, 3513 S. Delsea Dr., Vineland, 765-5977. Happy hour everyday 11 a.m. - 6 p.m. half-priced appetizers, and reduced drink specials.

Crust N Krumbs Bakery, Main/Magnolia rds., 690-1200. Cakes, pies, cookies, breads, doughnuts, custom wedding cakes.

Dakota Burger Bar & Grill, W. Landis Ave. and Rt. 55, Vineland, 692-8600. Open Daily, 6 a.m.-11 p.m. Breakfast served all day. Daily specials Monday through Friday.

Dakota Prime Steakhouse & Sushi Bar at Ramada, W. Landis Ave. and Rt. 55, Vineland, 692-8600. Stylish atmosphere perfect for an upscale lunch or dinner.

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Deeks Deli & Kustard Kitchen, 1370 S. Main Rd., Vineland, 691-5438. Call for lunch and dinner specials. Soft ice cream and cakes year-round. Mon.-Sat 9 a.m.-8 p.m.

Denny's, 1001 W. Landis Ave., Vineland, 696-1900. Breakfast, lunch, dinner. Take-out, too. Happy Hour Mon.-Fri. 3-7 p.m. Open 24 hours. Kids eat free Tues. & Sat.

Dominick's Pizza, 1768 S. Lincoln Ave., Vineland, 691-5511. Family time-honored recipes, fresh ingredients.

Duke's Place, 305 N. Mill Rd., Vineland, 457-5922. Open for breakfast and lunch, seven days. Homemade soups, burgers, hot and cold subs. Catering available.

Esposito's Maplewood III, 200 N. Delsea Dr., Vineland, 692-2011. Steaks, seafood and pasta dishes at this Italian restaurant.

Eric's, 98 S. West Ave., Vineland, 205-9800. Greek and American cuisine, pizza.

Golden Corral Buffet & Grill, 3624 S. Delsea Dr., 856-362-5508. All you can eat, serving Breakfast Sat & Sun, 7:30 - 11 a.m., Lunch Mon thru Fri 11 - 4 p.m., Dinner 7 days a week. Take outs available.

Gina's Ristorante, Landis and Lincoln Aves. in ShopRite Plaza, Vineland. 205-0049. Serving dinner Tues.-Thurs., 4-9 p.m.; Friday & Sat., 4-10 p.m.; Now serving lunch: Tues. - Fri. 11 a.m. - 3 p.m. Reservations recommended. Takeout available.

Giovanni's Authentic Italian Deli, 1102 N. East Ave. Vineland. 692-0459. Open daily serving 10" hot and cold subs, breakfast sandwiches, salads, soups, sandwiches, flat bread panini, wings, platters, family dinners.

Golden Palace Diner Restaurant 2623 S Delsea Dr, Vineland, 692-5424. Serving breakfast, lunch and dinner daily.

The Greenview Inn at Eastlyn Golf Course, 4049 Italia Avenue, Vineland, 691-5558. The golfers' lounge and bar serves lunch and snacks daily from 11 a.m. to 4:30 p.m. The Greenview Inn is a fine dining restaurant open for dinner Wed.-Sun. at 5 p.m.

Harry's Pub at Ramada, W. Landis Ave. and Rt. 55, Vineland, 696-8600. Lunch & dinner 7 days a week. Happy hour daily 4-6pm with half price appetizers. Live Entertainment Wednesday thru Saturday.

High Street Chinese Buffet, 201 N High St., Millville, 825-2288. All-you-can-eat buffet.

Jersey Jerry's. 1362 S. Delsea Dr., Vineland, 362-5978. Serving subs, sandwiches, and take-out platters.

Joe's Poultry. 440 S. Delsea Dr., Vineland, 692-8860. Barbecue and Kosher chickens, homemade sides, catering.

Kura Thai & Sushi, 607 E. Landis Ave., Vineland, 213-6706. Open for lunch & dinner daily. Authentic Thai dishes ranging from traditional to modern recipes. Take out avail.

Larry's II Restaurant, 907 N. Main Rd., Vineland, 692-9001. Three meals daily. Sunday breakfast buffet, early-bird dinners.

La Locanda Pizzeria & Ristorante, 1406 S. Main Rd., Vineland, 794-3332. Pasta, veal, chicken. Lunch and dinner. Closed Sun.

Marciano's Restaurant, 947 N. Delsea Dr., Vineland, 563-0030. Italian-American cuisine, seafood and veal. Open daily for lunch and dinner, \$6.49 lunch buffet Mon.-Sat.

Martino's Trattoria & Pizzeria, 2614 E. Chestnut Ave., Vineland, 692-4448. Brick oven pizza, risotto, polenta. Three meals daily.

Merighi's Savoy Inn, E. Landis Ave. and Union Rd., Vineland, 691-8051. Banquet/wedding facility and intimate restaurant. Gourmet Pizza Nite on Wed. Seasonal outdoor dining in the adjacent **Luna's Outdoor Bar & Grille**.

Millville Queen Diner, 109 E. Broad Street, Millville. 327-0900. Open 7 days 24 Hours.

Old Oar House Irish Pub, 123 N. High Street Millville, 293-1200. Fresh seafood daily, slow roasted prime rib specials, delicious summer salads, everyday lunch & dinner specials, homemade corn beef, kitchen open until 1 a.m., outdoor beer garden.

Olympia Restaurant, 739 S. Delsea Dr., Vineland, 691-6095. Authentic Greek cuisine—lamb dishes and salads.

Pegasus, Rts. 40 and 47, Vineland, 694-0500. Breakfast, lunch, dinner specials; convenient drive-thru, mini-meal specials.

Peking Gourmet, 907 N. Main Rd., (Larry's II Plaza), Vineland, 691-0088. Chinese. Takeout only. All major credit cards accepted.

Ten22 Bar & Grill at Centerton Country Club, 1022 Almond Rd., Pittsgrove, 358-3325. Lunch and dinner. New tavern menu features soups, salads, burgers, sandwiches, wraps and entree selections. Sunday Brunch extravaganza.

Tombstone Saloon and Grill, 373 Route 54, Buena, 213-6115. Serving lunch, dinner and packaged goods. Tuesday night: trivia and Taco Tuesday buffet; Wednesday: wing night with 50 cent wings and free poker; live country music every weekend.

Tre Bellezze, 3363 Wheat Rd., Vineland, 697-8500. Tues: \$1 tacos, \$5 margaritas, Wed: ladies night, \$3.50 mixed drinks, karaoke 7-10, free pool table 7-9 and 50¢ wings, Thurs: Tony Mascara 7-10, Friday: DJ Joe Gorgo from 92.1 WVLT 6-10, Sat: Tony Mascara 7-10, Sat: breakfast 8-11am

Uncle Ricky's Outdoor Bar, 470 E. Wheat Rd., Vineland, 691-4454. Ribs, chicken, fish, steaks. Always clams, eat in or take out. Live music Saturday & Sunday night. Dungeness Crab All You Can Eat.

Villa Fazzolari, 821 Harding Hwy., Buena Vista, 697-7107. Dinner combos, grilled meats, fish. Lunch and dinner daily.

Wheat Road Cold Cuts, 302 Wheat Rd., Vineland, 697-0320. Deli and catering.

Winfield's. 106 N. High St., Millville, 327-0909. Continental cuisine and spirits served in a casually upscale setting.

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Sunday 8 a.m. • Sunday 11 a.m.
Sunday 6 p.m. (May/June)



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Crown Royal 750 mL \$24.99 • 1.75 L \$44.99	Malibu Rum 750 mL \$16.99 • 1.75 L \$24.99	Jack Daniel's Whiskey 1.75 L \$42.99 • 750 mL \$23.99	Johnnie Walker Blue 750 mL \$174.99	Cointreau 750 mL \$30.99	Fris Vodka 1.75 L \$18.99
Seagram's 7 1.75 L \$18.99 • 750 mL \$13.99	Disaramo 750 mL \$22.99 • 1.75 L \$38.99	Ciroc Vodka 750 mL \$30.99 • 1.75 L \$57.99	Knob Creek 1.75 L \$55.99 • 750 mL \$31.99	Kahlua 750 mL \$18.99 • 1.75 L \$31.99	The Knot Irish Whisky 750 mL \$20.99
Crown Royal Maple 1.75 L \$44.99	Bailey's 750 mL \$19.99 • 1.75 L \$40.99	Camarena Tequila 750 mL \$16.99 • 1.75 L \$32.99	Johnnie Walker Black 1.75 L \$61.99 • 750 mL \$33.99	Southern Comfort 750 mL \$17.99 • 1.75 L \$26.99	Johnnie Walker Double Black 750 mL \$37.99
Grey Goose • 750 mL \$27.99 1 L \$32.99 • 1.75 L \$54.99	El Jimador 1.75 L \$29.99	Russian Standard Vodka 1.75 L \$29.99	Sky Vodka 1.75 L \$21.99 • 750 mL \$15.99	Johnnie Walker Platinum 1.75 L \$119.99 • 750 mL \$74.99	Sailor Jerry Spice Rum 1.75 L \$28.99 • 750 mL \$20.99
Pinnacle Vodka all flavors 1.75 L \$19.99	Ketel One Vodka 1.75 L \$38.99	Patron Silver 750 mL \$39.99	Smirnoff Vodka 750 mL \$10.99 • 1.75 L \$19.99	Wild Turkey American Honey 750 mL \$21.99 • 1.75 L \$34.99	Jose Quervo Gold 750 mL \$17.99 • 1.75 L \$32.99
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Jim Beam White 750 mL \$15.99 • 1.75 L \$28.99	Beefeather Gin 750 mL \$20.99 • 1.75 L \$32.99	Seagram Extra Dry Gin 1.75 L \$15.99	Tito Vodka 1.75 L \$29.99	Finlandia Vodka 1.75 L \$25.99	Sevka Vodka 1.75 L \$20.99
Exclusive Vodka 1.75 L \$18.99	Cruzan Rum all types 750 mL \$14.99 • 1.75 L \$23.99	Jose Quervo authentic all types 750 mL \$12.99 • 1.75 L \$17.99	Jose Quervo Golden Margarita 750 mL \$13.99 • 1.75 L \$20.99	Skinny Girl Cocktail all types 750 mL \$12.99	WINES
Skinny Girl all types 750 mL \$12.99	Barefoot all types 1.5 L \$10.99	Aby Acacia Red blend 750 mL \$9.99	Yellow Tail all types 1.5 L \$11.49 • 750 mL \$6.99	Hess Cab 750 mL \$16.99	Sutter Home all types 1.5 L \$8.99
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Campo Viejo Tempranillo 750 mL \$10.49	Mondavi Private Selection all types 1.5 L \$16.99	Alta Luna blend 750 mL \$9.99	Ruta 22 Malbec 750 mL \$10.99	Gallo Family all types 1.5 L \$9.09	Andre All Types 750 mL \$5.99
Apothic Red 750 mL \$9.99	Korbel all types 750 mL \$11.99 • 1.5 L \$20.99	Don Miguel Gascon Malbec 750 mL \$10.99	Earth Quake All Types 750 mL \$20.99	Laluca Prosecco 750 mL \$10.99	Barefoot Refresh Summer Red 750 mL \$6.99
Fetzer all types 1.5 L \$10.99	Beringer Calif all types 1.5 L \$9.49	Emeri Pink Moscato 750 mL \$7.49	Cavit all types 1.5 L \$13.99	Belair Rare Rose 750 mL \$25.99	Bolla all types 1.5 L \$12.99
Banfi Rosa Regale 750 mL \$17.49	Brancott Pinot Noir 750 mL \$9.49	Sterling Winter Coll. Meritage 750 mL \$10.99	Lois Roederer Crystal \$189.99	Mommy's Timeout Moscato 750 mL \$6.99	Dreaming Tree Crush Cab & Red 750 mL \$13.99
14 Hands White Blend & Red 750 mL \$8.99	Woodbridge all types 1.5 L \$10.99	Verdi Spumante 1.5 L \$8.99	Castle Rock Merlot 750 mL \$8.99	Ed Maso Canali Pinot Grigio 750 mL \$13.99	Menage a Trois Red & White 750 mL \$9.99
The Crushers all types 750 mL \$10.99	7 Daughters Pinot Grigio 750 mL \$10.99	Wild Horse Pinot Noir 750 mL \$16.99	Santa Margarita 120 Cab 750 mL \$7.99	Alamos Red 750 mL \$7.99	Sebastiani Sonoma Pinot Noir 750 mL \$13.99
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Luna DiLuna Chard & Pinot Grigio 1.5 L \$13.99	BEER	Corona 7 oz Loose Case Bottles \$18.99	Coors Light 30 pk Cans \$19.99	Bud, Bud Light or Michelob 24 pk cans \$15.99	Miller 30 pk Cans \$19.99

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ARTS & ENTERTAINMENT

SATURDAY, JUNE 28

Nightlife at Tombstone Saloon and Grill. 373 Rt. 54, Buena. Tues. karaoke. Wed. Bike/Wing Night. Thurs. line dancing. Sat.: free poker 1-3:30 p.m. and 3:30-5 p.m. Fri: Off The Wall. Sat.: Devin Riley (pictured), live country.



SATURDAY, JUNE 28

Field of Dreams. Landis Theater, 830 E. Landis Ave., Vineland. 8 p.m.



Special screening in celebration of inaugural season of Perfect Game Super 25 baseball tournaments in Vineland. \$5 per person. Children under age 10 admitted free. 856-691-1121.

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 WVLT 6-10 p.m. Sat.: Tony Mascara 7-10 p.m.

Nightlife at The Centerton. Ten22, The Centerton Country Club & Event Center, 1022 Almond Rd., Pittsgrove. Tues.: Trivia. Wed.: Country Night, \$5. Every third Thurs.: Comedy Night, \$5. Flashback Fridays with DJ Scott. Sat.: DJ Moose's Top 40 Songs.

Nightlife at The Cosmopolitan. 3513

S. Delsea Dr., Vineland, 765-5977. Tues.: Karaoke with KAO Productionz featuring Kerbie A. (9 p.m.-1 a.m.). Wed.: Salsa Night, Latin-inspired dance party. Thurs.: Singles Night with DJ Slick Rick. Fri. and Sat.: top 40 Dance Party with DJ Tony Morris.

JUNE 24 THROUGH 30

Nightlife at Bennigan's. 2196 W. Landis Ave., Vineland, 205-0010. Karaoke Thursdays with Bob Morgan, 9 p.m.-close. Live music Fridays 9 p.m.-midnight. All Sports Packages: Drink specials seasonally for MLB Extra Innings, NBA League Pass, NHL Center Ice, and NFL Sunday Ticket. Call for RSVP and details.

Nightlife at Tombstone Saloon and Grill. 373 Rt. 54, Buena. Tues. karaoke.

Wed. Bike/Wing Night. Thurs. line dancing. Sat.: free poker 1-3:30 p.m. and 3:30-5 p.m. Fri: Off The Wall. Sat.: Devin Riley, live country.

Nightlife at MVP Sports. 408 Wheat

Rd., Vineland. 856-697-9825. Food and drink specials all week. Wed.: Pool tournament, cash prizes. Thurs.: DJ Real Deal. Fri. Ladies Night 9 p.m.

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.

JUNE 25 THROUGH 28

Nightlife at Old Oar House. Old Oar House Irish Pub. 123 N. High St., Millville, 293-1200. Wed.: Karaoke. Fri.: TBA 9 p.m. Sat.: Rob Huntley 9 p.m. Sun.: Charlie Maines 5-9 p.m.

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BAY-ATLANTIC SYMPHONY'S SPECIAL JULY 4TH CONCERT, to take place that evening at 7 p.m., in Avalon Community Hall, 30th Street and the beach, Avalon, NJ. The concert, conducted by the Symphony's Music Director, Jed Gaylin, is free and seating is on a first-come, first-served basis. During the concert, Sousa's "Stars and Stripes Forever" will be guest-conducted by Captain G. Todd Prestige, Commanding Officer, United States Coast Guard Training Center Cape May. A spectacular **fireworks show** will follow the concert.



Bay-Atlantic Symphony Music Director Jed Gaylin conducting the orchestra and audience at a previous July 4th concert in Avalon. **PHOTO: ALAN KOLC**

Fireworks shows in the region include:

- Vineland Fireworks at dusk at Vineland High School grounds.
- Bridgeton Fireworks, beginning around 9:30 p.m. at Alden Field in Bridgeton City Park.
- More to come in next week's issue of *The Grapevine*.

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, 327-8011. Tues.: Bike Night with live entertainment. Wed.: Nick@Nite Open Mic 7 p.m. Fri.: Live music 9 p.m. Daily drink and food specials.

EVERY FRIDAY

Gene Cortopassi. Merighi's Savoy Inn, E. Landis Ave. and Union Rd., Vineland, 691-8051. 6 p.m. Dinner music.

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.

THROUGH JUNE 27

"Hometown Teams." Gallery 50, Inc., 50 E. Commerce St., Bridgeton. Art exhibit in collaboration with The Smithsonian Institute's "Hometown Teams: How They Shaped America." Wed.-Sat. 11 a.m.-4 p.m. 856-575-0090.

FRIDAY, JUNE 27

Linda Bell and Family. Bogart's Bookstore. 210 N. High St., Millville. Free. Live music. 7-9 p.m.

Monty Python and the Holy Grail.

Little Theatre, 66 East Sherman Ave., Vineland. 7:30 p.m. NJ. As a tie-in to the theater's summer musical Monty Python's *Spamalot*, Cumberland Players is offering a one-time screening of the 1975 comedy classic, *Monty Python and the Holy Grail*. Tickets are \$7 for general seating and are available at www.cumberlandplayers.com

JUNE 27 AND 28

Live Music Series. Sharrott Winery, 370 S. Egg Harbor Rd. (Rt. 561), Blue Anchor. 6-9 p.m. On patio and lawn overlooking the vineyard, enjoy gourmet foods and cheeses available for purchase in the tasting room. Fri.: Mike Lunemann. Sat.: John McNutt. 609-567-9463.

SATURDAY, JUNE 28

Rick Dill & Buddies. Bogart's Bookstore. 210 N. High St., Millville. Free. Afternoon session of live music on the guitar and dobro, 2 p.m.

Summer Concert Series at Bellview Winery: Loud and Clear. 150 Atlantic Ave., Landisville. 4-8 p.m. Park yourself on our lawn, enjoy some tasting and settle in

Buena Summer Concerts

Buena Vista Township presents the 2014 Concert Series at Michael Debbi Park **Wednesday evenings** at 7 p.m. at in richland on Cedar Avenue. Hot dogs, desserts and beverages will be sold at each concert. Seating is available or bring your own lawn chairs. Dance floor, weather permitting

June 25: The John Clark Little Big Band

July 2: Tear It Up

July 9: The Entertainers

July 17: The 4 J's Band

July 23: The Bob Ferris Orchestra

July 30: Ten Eddy Drive

August 6: Lonnie Youngblood

August 20 and 27: Rain dates

Minotola Summer Concerts

The American Federation of Musicians, Local 595, presents the 2014 Concert Series at Joe Dale Pavilion in Minotola on **Tuesday evenings** at 7-9 p.m. rain or shine.

July 8: Buddy Galzerano Big Band

July 15: Joeseeph Janetta 4J's

July 22: Cumberland County College Band

July 29: John Lolli

August 5: Gene Iannetti

August 12: Jack Melton Big Band

August 19: Bud Cavallo Group

to relax with some great tunes. Light Fare menu available, as well as some seasonal platter specials. Tickets are \$10 at the gate and include wine tasting. Outside food okay but no outside alcohol. Leashed pets are welcome. Bring your own lawn chairs.

SUNDAY, JUNE 29

Lou Gramm: The Voice of Foreigner.

Levoy Theatre, 126-130 N. High St., Millville. 7 p.m. *If you previously purchased tickets to the original date for this concert, then your tickets are still valid for the new rescheduled date. If you are unable to attend the new date, contact our box office directly at 856-327-6400 to discuss exchange or refund options. Tickets \$39 - \$47. Call 856-327-6400 or visit www.levoy.net.

Summer Concerts, Vineland

The City of Vineland presents the 2014 Concert Series at Giampietro Park **Monday evenings** at 7 p.m. at the Enrico Serra Band Shell. IN CASE OF RAIN: Memorial School Auditorium, Main Road and Chestnut Avenue

Come out and enjoy the free concerts and dancing on the adjacent dance floor.

June 30: 4 J's Combo

July 4: Cumberland County College Wind Symphony and Bud Cavallo Trio

July 7: John Lolli

July 14: Ross Ippolito

July 21: In High Gear

July 28: Gene Iannette

August 4: Tony Mascara

August 11: Frank Marone and The Italians

Special arrangements for persons with disabilities can be made if requested in advance by contacting the Business Administrator's Office at 794-4000, ext. 4144.

Transportation arrangements for seniors and/or disabled can be made through CATS (691- 7799) at least 48 hours prior to trip.

The Fisherman's Quartet. Fairton United Methodist Church, 20 Main St., Fairton. 9 a.m. 856-451-4182.

MONDAY, JULY 7

Free Music Lecture. Vineland Public Library, 1058 E. Landis Ave., Vineland. 6-7:30 p.m. Paul Somers, Director of Adult Education for the Bay Atlantic Symphony, will present a lecture on how to identify a symphony, a sonata, a rondo, a minuet and a scherzo. Aside from the meanings behind these forms, you will also learn respond to unfamiliar music, unhampered by preconceptions caused by the music's name, nationality, genre, gender, or title. It is not a "guess the composer" competition, but a chance to say what you like or dislike without any "politically correct" considerations. The identity of the musical selections is revealed at the end. Walk-ins welcome. www.vinelandlibrary.org call 856-794-4244.

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A Dip and a Trifle

To celebrate our country's birthday, here are two recipes that just may become family favorites—along with some safety tips for outdoor meals.

With the Fourth of July quickly approaching, many people will be grillin' and chillin' with family and friends, enjoying great food and conversation. While tried-and-true recipes are often made for holidays and special occasions, adding several new dishes to the mix can often lead to new family favorites!

Here are two tasty recipes you might want to try out at your next gathering! Have a happy and safe Independence Day, God Bless America!

Red, White & Blue Dip Platter

1 cup mayonnaise

1 cup plain Greek yogurt or sour cream
1 1/2 cups chunky salsa, drained if desired

In a medium bowl; add mayonnaise, yogurt and salsa, mix just until well combined. Serve on a platter with sliced red bell peppers, cherry tomatoes, radishes, cauliflower, blue corn chips etc.

Berry Patriotic Trifle

2 pound cakes, cut into 1-inch cubes
2 quarts strawberries, sliced, with 1 cup reserved
2 pints blueberries, with 1/2 cup reserved



2 (16 oz.) containers frozen whipped topping, thawed

In a trifle bowl or large glass serving bowl, add some pound cake, strawberries, blueberries, and whipped topping. Repeat layers, then garnish top of trifle with whipped topping and reserved berries in a flag pattern. Serve immediately or refrigerate until ready to serve.

As always, Bon Appetit! 🍴

Lisa Ann is author of Seasoned With Love, Treasured Recipes and Lisa Ann's Seasoned With Love II. Send recipes for publication to lapd1991@aol.com or The Grapevine, 907 N. Main Rd., Vineland, NJ 08360.

10 Outdoor Cooking and BBQ Safety Tips:

1. Keep all meat and poultry refrigerated until ready to grill
2. Don't cross-contaminate! Use clean plates to transfer cooked foods from the grill to the table. Never place cooked food on the same plate or tray that was used with the raw food
3. Eat grilled meats as soon as they are cooked, or shortly thereafter
4. Keep grill stable and use in well-ventilated outside area
5. Use long barbecue utensils to avoid getting burned
6. Don't leave a grill unattended and never attempt to move a grill when it's hot
7. Keep cold foods cold until serving time
8. Keep grilled meats hot by holding them on a part of the grill where they won't continue to cook until your ready to serve family and guests
9. Cook all poultry until cooked completely through, and juices run clear
10. Refrigerate any leftover food quickly, avoiding bacteria growth



Vineland Residents and Businesses Only!

City of Vineland

SHREDDING EVENT

Quick! Easy! Free!

When: Saturday, July 12, 2014 • 9:00 am to 12:00 noon

Where: City of Vineland Public Works Yard
1086 E. Walnut Road, Vineland

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