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The Grapevine

CONNECTING YOU TO SOUTH JERSEY. WEEKLY.

HEALTH AND FITNESS
 Special Section — Starts on Page 15

Living Healthy

Vineland will soon be making what may be the healthiest culture change in its 153-year history. { BY MARY JANE KINKADE }



Gavin Bordoy visits the Vineland Health Department information table for giveaways and brochures during a recent health fair.

Editor's Note: In last week's edition of The Grapevine, we discussed the importance of staying healthy and fit. We also learned about how area businesses and organizations are providing support in the form of wellness programs at work. Employers and employees alike are reaping the rewards. In this week's part two of our series on health and wellness, we share news of a \$1.3 million grant that will help create a culture of health in Vineland City. If your list of New Year's resolutions includes getting fit, you are about to get a healthy dose of help keeping it. We'll also look at what insurance carriers are doing to encourage individuals and entire companies to become lean and mean in 2015.

Everyone can benefit from a little bit of culture. After all, experiencing the arts, theater and music are good for the soul and enrich our lives. Much the same holds true when it comes to experiencing a culture of health. It's definitely good for the heart and soul—and may even save our lives. Thanks to a \$450,000 initial grant toward a three-year award of \$1.35 million from the Partnership to Improve Community Health (funded by the Center for Disease Control), Vineland will soon be making what may be the healthiest culture change in its 153-year history.

This grant will fund the new "Live Healthy Vineland" initiative. It is the result of the combined efforts of the New Jersey Partnership for Healthy Kids-Vineland, Vineland City Health Department, Family Health Initiative, Stockton College, Vineland Public School District, and the Cumberland Cape Atlantic YMCA. It all started five years ago with a grant from

Mr. Vineland To Be Chosen on January 15



Front row (on floor), from left, Andrea Vena and Steven Tobolski. Kneeling, from left, Isaiah Ocasio, Mohammad Kazmi, and Ricardo Ramos. Standing, from left, Anthony Sierra, Kyle Castellini, Donovan Bennett, William Lunsford, Christopher Louis, Eric Petit, and Jared Martine.

Twelve Vineland High School seniors will vie for the title of Mr. Vineland 2014 when the annual pageant is held on Thursday, January 15, at 7 p.m. in the auditorium of VHS South. Tickets for the contest are \$5 and will be on sale until January 15 at the school. No tickets will be sold at the door. Calendars of the contestants will be sold at the door for \$5.

Funds raised at the event help defray the cost of the senior prom, according to host Charles Gaudio, a teacher at VHS North. Mr. Vineland receives a crown, trophy and the right to wear the Mr. Vineland sash.

The new Mr. Vineland will be chosen from a field of five finalists. Each contestant will be scored equally in the following areas: Casual attire, talent, and formal attire. The finalists will then answer a final question posed by Gaudio.

The 12 contestants were selected by female members of the senior class from more than two dozen applicants.

Continued on page 15

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Vintage Vineland { BY VINCE FARINACCIO }

Doc Brewer

One of Vineland's early physicians settled here only after being catapulted into a pre-Civil War Wild West that was anything but tamed.

Charles Brewer was 25 years old when he witnessed the aftermath of the Mountain Meadows massacre in a remote southwestern section of Utah, but what he saw was enough to last a lifetime.

Having spent his early years in his native state of Maryland, Brewer was commissioned Assistant Surgeon in the U.S. Army by the end of August 1856. He was assigned to serve in the Western Frontier, the territory that has given us countless tales of gunslingers, outlaws, showdowns and train robberies. His several years in Utah began with a grueling three-month trek from Fort Leavenworth, Kansas to Salt Lake City as one of the first troops to arrive in this territory under President Buchanan's orders.

At the time of Brewer's arrival in Utah, the West was as yet an untamed territory of a wide expanse that beckoned with the promise of a new life for a number of Easterners and immigrants. However, it provided no assurance that the lawlessness of the region would not interfere. An attempt to maintain order with a military presence in the region was met with suspicion by some, such as the Utah Mormons, who questioned the motive of the government decision to send troops. The Mormons declared martial law and opposed the military's entrance into their region. So when a wagon train of Arkansas emigrants passed through the Utah Territory on its way to California, it set off a chain of events that ended in tragedy.

According to online sources, the Baker-Fancher wagon train selected an ill-chosen spot, Mountain Meadows, in which to rest while in Utah. The party was observed by the Nauvoo Legion, a militia comprised of Mormon settlers and led by John D. Lee and Isaac C. Haight. Propelled by unsubstantiated rumors that the Arkansas travelers had poisoned a watering hole in a town further north, the militia, disguised as Native American Indians and supplemented by several Southern Paiute Indians, attacked the wagon train.

The Arkansas emigrants defended themselves from what they thought was an Indian raid that lasted five days, during which the militia feared some travelers had discerned that the assailants were not

Indian. With water, food and ammunition depleted, the Baker-Fancher group welcomed the white flag brandished by John D. Lee, who told them that he had reached an agreement with the Native Americans whereby they would be allowed safe passage in return for their livestock.

The Arkansas travelers agreed and were then offered food and water by the Mormons. Separating the male adults from the women and children, the militia led the men toward its camp and, upon a signal, killed each of them at close range. The women and children were ambushed by militia members hiding in bushes. Sources claim that anyone old enough to identify their assailants was murdered. The bodies were barely covered and left exposed to the elements and wild animals. The massacre was blamed on the Indians.

Word of the slaughter reached Salt Lake City, and a unit that included Brewer was dispatched to Mountain Meadows to rescue any survivors. According to a biographical source on Brewer, "Sixteen children ranging in age from three to nine years, were recovered and returned to relatives or friends, or otherwise cared for. The remains of the murdered parents, unburied and exposed to the elements and to the fangs of wolves, were gathered together and buried in one common grave, upon which was raised a cairn of rough rocks to mark the spot."

Brewer served out his time in the U.S. Army and resigned his commission in 1861. The Civil War began that year and halted investigations into the Mountain Meadows massacre for a number of years. But by 1874, nine indictments were served on members of the Mormon militia involved in the massacre. One of the indicted was John D. Lee, who would be the only one to be found guilty. According to one source, "Just twenty years after the massacre, its instigator and leader, the Mormon Bishop John D. Lee, after trial and conviction, was executed on the same spot."

By that time, Charles Brewer was a resident of Vineland, practicing medicine and establishing himself as a pillar of the community. ❧

Next Week: Brewer's Vineland Years

Faces in the News

Three “History Makers” Honored



The Vineland Historical and Antiquarian Society recently celebrated its 150th anniversary with a semi-formal gala at the Greenview Inn at Eastlyn Golf Course. Close to 170 area residents were on hand for the occasion, which included a buffet dinner, music and dancing, and a silent auction that featured everything from a flat-screen television to a Coach pocketbook.



The highlight of the evening was a ceremony honoring Arjorie Moniodis Ingraham, Kevin Kirchner and Vincent Farinaccio, three local “History Makers” who were selected by the Society for their contributions to preserving Vineland’s past. In addition to receiving an engraved glass award from the non-profit, the honorees were awarded a certificate of recognition from Gloria Noto, Cumberland County Clerk.



Ingraham, a retired Vineland business owner, was honored for her life-long dedication to preserving local history and for co-authoring “Vineland,” a postcard history book recently published by Arcadia Press. Kirchner was recognized for his effort to recreate the Palace Depression, an internationally-known tourist attraction that was opened on South Mill Road by George and Florence Daynor.

Farinaccio was honored for “Vintage Vineland,” a weekly column in *The Grapevine* newspaper (on opposite page) that has generated new interest among area residents in local history. In addition, he is currently researching material to write a biography on Vineland founder Charles K. Landis.

“We were so pleased with the turnout for this event because we felt it showed our History Makers how much their work is appreciated,” said Ruth Shropshire, secretary of the Society’s Board of Trustees. “We’re hoping they will inspire others to take an interest in Vineland’s past.”

The Society was pleased at the amount of support the event received from local businesses, many of which contributed financially or provided gift certificates for the silent auction. Popular local artist George Perez donated an original illustration that was used on the souvenir program.

The gala was the final event in a year-long schedule of programs and activities that was offered by the Society in 2014. During the year, guest speakers enlightened their audiences on a wide range of subjects ranging from slavery in Cumberland County to the hidden trails of the Pine Barrens.

The Vineland Historical and Antiquarian Society is the oldest local historical society in New Jersey, headquartered in the oldest purpose-built museum in the state. It was organized in 1864, just three years after Philadelphia attorney Charles K. Landis, founded the town.

Vince Farinaccio, top, gave a moving acceptance speech.

Arjorie Moniodis Ingraham, one of the “History Makers” honored during the gala, approaches the podium accompanied by her grandson, Robert Ingraham, and Father Paul Panos, pastor of St. Anthony’s Greek Orthodox Church.

Kevin Kirchner, bottom, in 2012, when he was one of The Grapevine’s Hometown Heroes.



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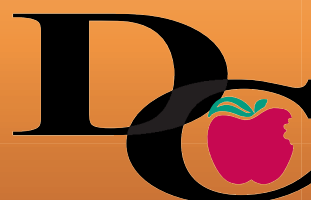
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Changes Will Make Court More Convenient, Reduce Police Overtime

The City of Vineland Municipal Court will soon have a permanent Municipal Court Liaison on duty to assist the Municipal Prosecutor in plea agreements with minor offenders. The part-time position is expected to be filled by retired Vineland Police Sergeant Stan Czaplinski.

Currently, the Vineland Municipal Court is in session Monday through Wednesday.

Once the program begins in Vineland, defendants accused of minor traffic violations or city ordinance violations who are making their first court appearance without an attorney will have the opportunity to meet with the Court Liaison Officer to see if a plea agreement can be reached. If an agreement is reached, the Court Liaison Officer must then present the details to the prosecutor for approval. Once the prosecutor approves an agreement, the defendant will appear before the judge for adjudication.

According to Vineland officials, adding the position will allow the police department to reduce the amount of time officers spend in court waiting for a case to be heard or having to return multiple times due to post-

ponements. Less time spent in court means less overtime paid, and more time officers can spend on the street doing their job.

Also, the city is looking to hire up to eight NJ Police Training Commission Certified Class II officers as soon as possible who would replace private security guards currently used at the courthouse.

Interested individuals meeting the PTC qualification should contact the City of Vineland Personnel Department at 794-4134.

Inspira Medical Center Nurse Receives March of Dimes Nurse of the Year Award

The March of Dimes New Jersey chapter is pleased to announce that Clayton res-

ident Dawn O'Neill from Inspira Medical Center in Vineland received the 2014 March of Dimes Nurse of the Year Award in the Pediatrics category.

Through Nurse of the Year Awards, the March of Dimes recognizes nurses who demonstrate exceptional patient care, compassion, and service. Nurse of the Year Awards celebrate the nursing profession and creates awareness of the recent strides made in this growing field.

Dawn O'Neill, RN, BSN, CPN is a Pediatric Nurse Manager at Inspira Medical Center. She has had many accomplishments while at Inspira, such as being instrumental in implementing the General Risk Assessment for Pediatric Inpatient Falls (GRAF PIF) tool, helping to develop the asthma action plan that is part of the organization's new electronic discharge instructions program, working with senior nursing and organizational leaders, community practitioners and biomedical engineering department staff to develop and implement a plan to bring cardiac monitoring to the pediatric unit and being part of the recent opening of Inspira Health Network's Pediatric Emergency Department.

"We could not do the work of the March of Dimes without the passion and commitment of our nurses. This is our opportunity to show them how special they truly are," said Allie Hall, Central Division Executive Director, New Jersey Chapter of the March of Dimes.

Nurse of the Year Awards are given annually in approximately 19 award categories. More than 5,000 nurses were nominated nationwide, including 240 in our area. New Jersey award recipients were announced at a special awards gala held on November 19, 2014 at Pines Manor in Edison, which had a record attendance of almost 400 people. At the event there were 139 finalists which represented 40 hospitals and healthcare facilities.

Southwest Council Brings Awareness of Substance Abuse

Over the past several months, Southwest Council has been working in partnership with their coalitions on a multimedia focused awareness project. The project, consistent with the Strategic Prevention Framework, is aimed at increasing awareness of substance abuse related problems in our communities and growing readiness of key community stakeholders to address these challenges. The project focuses mainly on the prevention of underage drinking, prescription drug abuse, and using marijuana. Said substances are not only at the center of the agency's attention, but are also issues addressed by the Cumberland County Healthy Communities Coalition, the GRASP Coalition, and the SCRATCH Coalition.

The issue that has garnered the most attention thus far has been the prevention of prescription drug abuse. To date, the agency and the aforementioned coalitions have worked on several projects this past fall to

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bring attention to this growing drug trend. This past fall, the GRASP Coalition partnered with Inspira Health Network and Kennedy Health System on a billboard aimed at increasing awareness around the issue and encouraging passersby to dispose of their unwanted, unused, or expired medications. In addition to the billboard that was erected in Gloucester County, the agency and coalitions placed several ads in *South Jersey Times* and *The Grapevine*. To increase awareness among seniors, digital ads were also placed on New Jersey's AARP website. All ads, created by Manna Design Works, directed individuals to a prescription drug disposal page, part of the coalition's newly launched website, www.SWCCoalitions.org. In addition to providing information on the coalitions, the site provides the permanent drop box site locations in all three counties the agency serves.

In addition to prescription drug abuse, underage drinking is also being addressed. After much thought, the agency and coalitions decided to focus on the excuses people make for underage drinking for this particular campaign. With help from the creative team at Manna Design Works, several holiday-oriented ads were produced. The ads can be seen on 2 billboards in each of the counties the agency serves. In addition, coordinating ads were placed in Cumberland County Mall and Deptford Mall in the beginning of November and will run through the beginning of January – the busy shopping season. While the ads all have slight variations, the message is clear – there's no excuse for underage drinking.

Though the marketing has been heavily concentrated on the areas of prescription drug abuse and underage drinking, the agency and coalitions have also been working towards creating a greater awareness around the services the agency offers and the chance to make a difference by joining one of our local substance abuse prevention coalitions. The efforts are aimed at strengthening existing partnerships and identifying new opportunities for collaboration. For this purpose, the messages have taken to the airwaves and were recently aired on WHYY-FM. Messages promoting Southwest Council and the GRASP coalition can also be heard on Rowan Radio 89.7 WGLS-FM throughout 2015!

The agency and coalitions plan to continue more of their efforts in 2015. For instance, ads focusing on the harsh realities of marijuana legalization will be erected on several billboards after the New Year. Resources will also be utilized to increase awareness on the many programs and services Southwest Council offers including prevention, education, and treatment. Southwest Council is grateful for the opportunity to work on such a project and hopes that this is just the beginning of many organized marketing efforts made on behalf of the agency and coalitions.

Bridgeton Food Collection

Bridgeton Rotary Lunch Club is partner-

ing with several community banks in the Bridgeton Area to collect canned goods and non-perishables. The need continues even after the holidays are over. Please bring your donations to the following banks throughout the month of January: Newfield National Bank, Colonial Bank FSB, Century Savings Bank, First National Bank of Elmer, Bridgeton Onized Credit Union and Susquehanna Bank. The food items will be provided to the following organizations for their use in helping feed people in need in the area: Bridgeton Salvation Army, Bethany Grace Community Church, St. Vincent DePaul Society, Christ Evangelical Lutheran Church, St. Andrew's Episcopal Church and First Wesleyan Church.

For more information about Bridgeton Rotary Club, including membership information, see www.bridgetonrotary.com, email info@bridgetonrotary.com or call Gil Walter, Membership Chairman at 856-455-9391.

Imagination Movers To Perform in Vineland

The Emmy Award-winning Imagination Movers, stars of a TV series seen worldwide on Disney Junior, will appear at a special fundraiser concert on Sunday, January 18 at the Vineland High School South Auditorium. Proceeds will benefit education programs at Petway, D'Ippolito and Mennies elementary schools, said Carrie

Ellis, president of the Petway Elementary School parent organization. Showtimes 1 p.m. and 4 p.m. Tickets are on sale now. \$25 for a seat and \$60 for a seat plus a "Meet and Greet" with the Movers. The Movers—Rich Collins, Scott Durbin, Dave Poche and Scott "Smitty" Smith—began as an indie rock band for kids in New Orleans a decade ago and have since starred in 75 episodes of their television series. They've sold a half million CDs and DVDs and performed at the White House for two presidents. For information about the event and to purchase tickets, go to www.imagination-moversfundraiser.bpt.me

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Obituaries & Memorials

Frank Panzino, born July 2, 1939, of Minotola passed away peacefully with his family by his side on December 19, 2014, after an extended illness. Frank served in the U.S. Navy from 1958 to 1962. Frank was employed for 19 years with Scott Paper Company in Landisville as a shift supervisor and for 20 years as a Property Manager for Public Storage. He loved spending time with his family, making jewelry, watching the Phillies, and playing cards.

Ramon Nuñez Rodriguez, 85, passed away on December 14, at the Bayshore Community Hospital, in Holmdel, NJ. Born in Puerto Rico, he was a long-time resident of Vineland before moving to Chicago, where he resided until recently returning to New Jersey. After first settling in Vineland, he worked in the garment industry, was part owner of a small convenience store, and owned a supply truck from which he sold merchandise to migrant workers. He enjoyed spending time with his grandchildren. After having a stroke in May, Ramon returned to New Jersey to be closer to his surviving children. He passed away peacefully with his children around him.

Margaret A. (Pallotti) Goffredi, 83, of Vineland, passed away peacefully on December 26, at Inspira Medical Center. Born in Trenton, NJ, she was employed for over 34 years for Roanwell Corporation. She enjoyed baking and loved doing arts and crafts. Her family was very important to her, especially nieces, nephews and close friends. She was a devoted sister and friend.

Irene N. Frangakis, 58, of Vineland, passed away peacefully on December 28. Irene was born on the island of Chios, Greece. She came to America in

1966 with her family. She was a loving sister who always managed to produce a smile and brought joy to all.

Leonard Rudolph Dolson, Sr., 73, passed away unexpectedly on December 29, at his home in Vineland. He was born in Bridgeton. After graduating Bridgeton High School in 1960, he served the U.S. military as a MP in Germany from 1960 to 1963. He spent over 25 years as a package car driver for United Parcel Service before his retirement in the late 1990s, with an award for 25 years of safe driving. He was a member of the Teamsters Union Local 676. Len was an avid fisherman and golfer and enjoyed spending time with his grandchildren.

Gregory Giuliani, 46, of Vineland, passed away on December 30, after a long battle with cancer. Born in Vineland, he was a lifelong resident. Greg was a 1986 graduate of Vineland High School and graduated Rutgers University in 1990 with a BS in Electrical Engineering. Greg worked for Gerresheimer Glass (Kimble) for 25 years where he designed inspection systems. A love of construction, electronics and automation was evident throughout his life, and for many years was applied at Cumberland Players community theatre, where he was a lifetime member and eventually met his wife, Amy (Wallen) Giuliani.

Sol Gilbert Joffe, 94, passed away on December 30 in the comfort of his own home in Boynton Beach, FL, following a brief illness. Sol was born in Poland but moved to Mexico City at age 3. He then moved to Vineland, where he was greeted by his five cousins; the Blom family. Joffe graduated from Vineland High with honors, then received a bachelor's degree from Penn State. Sol joined the U.S. Navy,

In Loving Memory of Rory Wilson



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Mom, Dad and Chelsea
Mommom

where he served with distinction in WWII as an Ensign. Sol fought in the Battle of Leyte Gulf. After returning home, Joffe went to work for the family business, Joffe Lumber Supply Co. He served on The Board of Directors of Tradesman's Bank, which later became The Bank of New Jersey. Sol was the Chairman of the United Jewish Appeal, and was also a benefactor of the Holocaust Memorial in Washington D.C. He served on the Board of Beth Israel and was member of the Jewish Federation. Sol was a member of the Buena Vista County Club and was named Club Champion many times.

In Loving Memory of...

Marshall Low, Sr.
1/16/39 – 1/8/01



When we lose someone we love,
It seems that time stands still.
What moves through us
is a silence... a quiet sadness...
a longing for one more day...
one more word... one more touch.
But then we remember not just that
you died but that you lived and your
life gave us beautiful memories,
too beautiful to forget.

Loved and deeply missed,
Marie, Marshall Jr., Michele & Gary

Deborah K. Starn (nee Ardrey), 58, of Minotola, passed away on December 25, in the Inspira Medical Center, Vineland, after an extended illness. Debbie was born in Chambersburg, PA, raised in Vineland, and was a longtime Minotola resident. Debbie was a graduate of Vineland High Class of 1975. Before her health failed she was employed by Sun Bank in the mortgage department as a title clerk. She was a member of the Victory Bible Church, Hammonton.

Lloyd C. Scarani, 77, passed away on December 27, in the Inspira Medical Center in Vineland. Lloyd was born and raised in Vineland where he remained a lifelong city resident. He was a graduate of Sacred Heart Grammar and High School. He began his working career working at Columbia Business Supply. Before retiring, Lloyd was employed for many years by Executive Business Products in Vineland where he was the furniture department manager. Lloyd enjoyed working around his home and workshop. He enjoyed models and trains and working in his yard. He also enjoyed travelling and the good wine's and food of Italy. Lloyd also enjoyed the beach and seashore but most of all he enjoyed the time spent with his family.

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.

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- 8 Cylinder **\$89.00**

With Coupon Exp 01/27/15
Some Models Slightly Higher

Replace Spark Plugs, Check Cap & Rotor (if Equipped), Check Fuel and Air Filters, Check PCV Valve



Faces in the News



Happy 100th Birthday
On Thursday December 18, friends and family gathered at Baker Place Senior Living, to celebrate with entertainment, music, food and of course cake, the 100th birthday of Mrs. Clara Sbrana.
Mrs. Sbrana received a letter from President and Mrs. Obama, commemorating her 100th birthday.



Two Named to Boys & Girls Club Board
The Boys & Girls Club of Vineland has recently announced the addition of two new members to its board of directors. They are Cornelio Sabio and Jimmie Lee Headen. Sabio, left, is an educator with Trenton Public Schools and Headen, right, works in the casino industry. Both have a strong passion to help children, especially those that need it the most, and The Club welcomes them to the board.

SMART Moves

Connie Norcross, an emergency room nurse with Inspira Health Network, led a teaching project with members of the Boys and Girls Club of Vineland's Cunningham School site on the hazards of prescription drug abuse. Norcross, who is studying for her Bachelor's in Nursing through Wilmington University, especially helped raise awareness of the prescription drug abuse issue among children. The session was a part of the Club's S.M.A.R.T. Moves Program which works by exposing young people to protective factors that promote positive behaviors, health, well-being and personal success. With these protective factors, young people have the tools to successfully handle the many challenges they face today. The S.M.A.R.T. Moves program is supported by The Vineland Municipal Alliance/GCADA.





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SPECIAL OF THE WEEK



BUD ICE 25 oz. can
93¢

BEER

Bud & Bud Light 24pk 12oz can.....	\$17.99
Bud & Bud Light 30pk 12oz can.....	21.99
Busch & Busch Light 30pk 12oz can	18.69
Modelo 24pk suitcase can	20.79
Coors Light 30pk 12oz can	20.99
Heineken 24pk 12oz NR	25.99
Heineken 24pk 7oz NR	17.59
Coronita 24pk 7oz NR	17.99
Corona 24pk 12oz loose.....	26.59

GIN

Seagram.....	1.5L \$12.99	750mL \$16.99
Crystal Palace	11.99	5.99
Gilbey's	15.99	8.99

VODKA

Kasser's	1.5L \$11.99	750mL \$5.99
Peachka	1.599	7.99
Crystal Palace	11.99	5.99
Popov	14.99	9.99
UV 80 proof & flavor	7.99	
New Amsterdam 80 proof	19.09	9.99

BRANDY

E&J	1.5L \$19.99	750mL 8.99
E&J VSOP	20.99	10.99
E&J XO	21.99	10.99
Paul Masson	19.99	8.99
Paul Masson VSOP	10.99	
Paul Masson Peach	8.99	

New Amsterdam flavors 19.09 9.99
Exclusiv 8.99
Pinnacle 80 proof & flavors 11.99

While supplies last. No rain check or substitutes. All prices do not include state sales tax.



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SPECIALS
Jan. 7-10

HAPPY NEW YEAR!

What better way to start off your New Year than a perfect dinner with your loved ones? Let us help you choose your perfect roast that will surely please the crowd. We offer crown roast, prime rib, whole filet, beef shin roast, and many other cuts you would like. Come on in and *Experience the Difference* with our low prices and high quality meats along with our friendly service. We will be closing early on Wed., Dec. 31 at 2 p.m. We will be closed Thurs., Jan. 1 and reopen Jan. 2 at 7 p.m.

STORE HOURS: MON.-SAT. 7:00 AM - 6:00 PM

CHICKEN DRUMSTICKS (10 LBS. OR MORE) 69¢ lb.	CHICKEN LEG QUARTERS (10 LBS. OR MORE) 69¢ lb.	FRESH HAMS (AVG. 20-22 LBS.) \$159 lb.	PORK SPARE RIBS (2 PC. VACUUM PACKED) \$229 lb.
BEEF CUBES (GROUND FREE) \$399 lb.	BEEF BUTTER STEAKS \$399 lb.	BONELESS NEW YORK STRIP STEAKS \$749 lb.	OUR OWN FRESHLY MADE DAILY MEXICAN CHORIZO SAUSAGE \$329 lb.



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Can Can Bottle Bottle
New Year — New Discount Prices
 Like "ShopRite Wines & Spirits" on f to receive extra savings and coupons

ShopRite Liquor Coupon \$1 OFF Any Tre Marie Wines ~ In Stock ~ With this coupon. Good only at participating ShopRite Wines & Spirits stores. No limit. While supplies last. No other discounts apply. Effective 1/7-1/13/15	ShopRite Liquor Coupon \$1 OFF Any 6-Pack Beer ~ In Stock • Limit 3 (6) Packs ~ With this coupon. Good only at participating ShopRite Wines & Spirits stores. While supplies last. No other discounts apply. Effective 1/7-1/13/15
ShopRite Liquor Coupon \$1 OFF Any Yellow Tail Wines ~ In Stock ~ With this coupon. Good only at participating ShopRite Wines & Spirits stores. No limit. While supplies last. No other discounts apply. Effective 1/7-1/13/15	ShopRite Liquor Coupon \$1 OFF Any Brandy ~ In Stock • 750 mL or larger ~ With this coupon. Good only at participating ShopRite Wines & Spirits stores. No limit. While supplies last. No other discounts apply. Effective 1/7-1/13/15
ShopRite Liquor Coupon \$1 OFF Any 18- or 30-Pack Beer ~ In Stock • Limit 1 ~ With this coupon. Good only at participating ShopRite Wines & Spirits stores. While supplies last. No other discounts apply. Effective 1/7-1/13/15	Senior Coupon \$1 OFF Your Purchase of Wine, Beer, Spirits of Your Choice ~ \$10 or more ~ 62 or older. Excludes tobacco, sale items and items prohibited by law. Cannot be combined with any other offers. Expires: 1/13/15

DINING OUT

From fine dining to lunch spots to bakeries, the area has choices to satisfy any appetite. Call for hours.

Annata Wine Bar, 216 Bellevue Ave, Hammonton, 609-704-9797. Food served tapas style, catering, private parties. Extensive wine list. Live music Thurs. night.

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. 3 p.m.-7 p.m., Sun.-Thurs. 10 p.m.-close. All TV sports packages avail.

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.

Casa Dori Italian, 1303 Harding Hwy., Richland, 856-839-0302. Appetizers, pasta specialties, veal, chicken, house favorites. Private parties and catering avail. BYOB.

Chestnut Diner & Bistro, 2578 E. Chestnut Ave., Vineland, 856-696-2992. Serving breakfast, lunch, and dinner daily 7 a.m.-10 p.m.

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. Delicious steaks, seafood and sushi. Closed Monday for dinner.

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.

DeThomasi's 5 Points Inn, E. Landis Ave. & Tuckahoe Rd., E. Vineland, 691-6080.

Authentic homemade Italian cuisine. On-and off-premises catering. Family owned and operated. Open Mon.-Thurs. 10 a.m.-mid., Fri. & Sat. 10 a.m.-2 a.m., Sun. 8 a.m.-mid. Lunch & dinner daily; breakfast buffet on Sun.

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.

Gardella's Ravioli Co. & Italian Deli, 527 S. Brewster Rd., 697-3509. Name says it all. Daily specials, catering. Closed Sun.

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.-Fri., 11-4 p.m., Dinner 7 days a week. Senior early bird specials, Mon. thru Fri., 1 p.m.-3 p.m. Take outs avail.

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.

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-



Open Sundays
\$10⁹⁵ *NEW* **Early Dinner Specials**
 Every Wednesday & Sunday • 4-8 p.m.
 Crabcake • Lobster Ravioli • Fresh Chopped Clams & Linguini • Chicken Parm • Shrimp Scampi • Soup or Salad Beverage and Dessert Included
No reservations. First-come, first-served. All persons must be present to be seated. Full menu always available.

Available for private parties
 Catering on and off premises • BYOB
TUES.-FRI. • 11:30 A.M.-9 P.M. Lunch & Dinner
SAT. 4-10 p.m. • SUN. 4-8 p.m. • CLOSED MONDAY
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6pm with half price appetizers. Live Entertainment Wednesday thru Saturday.

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.

Landis Diner, 601 E. Landis Ave., Vineland, 696-3412. Breakfast, lunch, dinner. \$2.79 breakfast specials, \$9.99 dinner specials, \$5.99 lunch specials. Pudding, ice cream.

Landis Pig Roast Restaurant & Bar, 623 E. Landis Ave., Vineland. 691-8980. \$5 glass of wine, every day, all day. Happy Hour, bar only: \$5 menu and \$6 drink specials, from Long Island Iced Tea to Moonshine Mojito, Mon-Fri.

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.

Old Oar House Irish Pub, 123 N. High Street Millville, 293-1200. Year round Fresh seafood daily, slow roasted prime rib spe-

cials, 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. Tavern menu features soups, salads, burgers, sandwiches, wraps, entree selections. Sunday Brunch extravaganza.

Tre Bellezze, 3363 Wheat Rd., Vineland, 697-8500. Tues: \$1 tacos, \$5 margaritas, Wed: ladies night, \$3.50 mixed drinks, 50¢ wings, 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.

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

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Package Deal

5 lb. Center Cut Pork Chops, 4 lb. Beef Cubes, 5 lb. Boneless Chicken Breast, 2 lb. Bacon, 4 lb. Lean Ground Beef

\$69⁹⁹

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3 lbs. Beef Cubes, 5 lbs. Boneless Chicken Breast, 4 lbs. Sirloin Steak, 2 lbs. Bacon, 5 lbs. Pork Chops, 3 lbs. Beef Roast, Slab of Ribs

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Call Ahead so your Steaks can be Marinated, Seasoned or cut to desired Thickness

This Week's Specials

End Cut Pork Chops **\$1.79** /lb.

Chicken Breast..... **\$1.69** /lb.

Hot or Sweet Sausage **\$2.99** /lb.

Chicken Drumsticks **69¢** /lb.

New York Strip Steaks ... \$6.99 /lb.

~ We Carry High Quality (Prime) Prime Rib • \$8.99/lb. ~

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Must present coupon at time of order. Coupon only valid until Feb. 4, 2015

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Complimentary bottle of wine

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NFL Game Time Specials

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with this coupon. Sun.-Thurs. only. Does not apply to parties or any events. Cannot be combined with any other offer. exp. 1/31/15

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excludes liquor

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15% OFF

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excludes liquor

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with this coupon. Lunch 11 a.m.-4 p.m. every day. Does not apply to parties or any events. Cannot be combined with any other offer. exp. 1/31/15

www.GRAPEVINENEWSPAPER.COM | the grapevine { 9 }

Vineland Collection Schedule

2015

- Area 1
- Area 2
- Area 3
- Area 4

If leaves are bagged, pick-up is available all year by calling 794-4250 for collection.

No branch pick-up during these months

January

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

If your recycling and trash day falls on a holiday, it will be picked up on your next trash day.



Loose leaves only will be picked up curbside on the same schedule as brush pickup during the months of November, December and January.



Piles of leaves should not be placed closer than ten feet from any storm drain inlet.

Do not mix leaves with branches, yard clippings or trash. Your leaves will not be removed if the piles are mixed.

Branches must be 5" in diameter or less, maximum 5' in length. No stumps. Do not mix branches with leaves. Large piles from lot clearances will not be removed.



Materials to be picked up must be at curbside before the crew passes through your neighborhood. The crew will not return to your neighborhood.

Tires will be picked up on the Friday of your color-coded branch and leaf schedule.



White Goods

Pick-up only: call 794-4082 or 794-4089 to schedule a pickup.



Grass may be bagged and put to the curbside with your household trash on regularly scheduled trash pick-up days.



No loose grass is to be put at curb: loose grass may be dumped by residents at the Union Road Compost Site. **Note:** When DEP limits are reached, this site will close.

Electronic Equipment

NO electronic equipment is picked up curbside!

Call 794-4089 for drop-off locations.



Single Stream Recycling Including Cardboard

is collected on your regular curbside collection day.

Combine ALL of your recyclables in your red recycling containers — plastic, steel (tin), aluminum, glass containers, newspapers, magazines, beverage/food containers, and cardboard.



If you have a contractor doing yard clean-up, the contractor may place leaves and brush at the curbside in accordance with Stormwater Regulations.

For more information or to request a brochure on Stormwater Regulations or branch and leaf pickup schedule, contact the City of Vineland Public Works Office at either 794-4250 or 794-4089.

www.vinelandcity.org/recycle.html

\$ PRIZEWEEK PUZZLE \$

**This week's
jackpot:**

\$350

Jackpot increases by \$25 each week if no winning entry is received!

ACROSS:

4. _ may bring back sentimental memories to an elderly man.
5. With divorce occurring so frequently these days, father tells son he shouldn't be too quick in considering taking girlfriend for _.
6. You'd probably be taken by surprise if you invited half a dozen people to your cocktail party and _ turned up.
8. Goblet.
10. An alcoholic beverage.
11. Grandfather claims when he first met his wife, he told his friends she was _.
15. The condition of one's body or mind.
18. Used to expel smoke.
19. The sound a pig makes.
21. Teacher demonstrating different types of poems to class recites _ as an example.
22. "If you're camping in the country, you shouldn't be surprised by the appearance of _," says American camper.

DOWN:

1. A person's responses tend to come automatically if _ repeatedly.
2. When asked to settle argument about business practices, executive states board of directors had

- right to _ club's newest member.
3. When referring to a _, it's fair to say it's a structure in which water often serves a practical need.
4. Usually, when a meal's being prepared, _ can be seen, from time to time, in a kitchen.
7. Reader's pleased to see news that more big names have been added to _, which hopefully means it'll be more interesting.
9. Employee claims company's purchasing agent was pushed to make _ order, resulting in costly mistake for the firm.
12. Politician soon fades from the scene after one _ campaign.
13. Girl impresses friends at recess with her nearly perfect imitation of a _.
14. It's possible to _ a lot of trouble with a vacuum cleaner.
16. _ isn't what you would normally call home, even if it's been your address for a considerable period of time.
17. When wife loses job, it hits her young family hard, and she's thankful charitable group is generous with _ at Christmas.
20. Opposite of old.

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. The number of entries that can be submitted each week from any single household (mailing address) is limited to ten (10). No facsimiles, photocopies 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. Prizeweek Puzzle jackpot winners and members of their household (mailing address) are also ineligible to win future jackpots.
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	E		3		4	S	O	N				
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NAME: _____
ADDRESS: _____
TELEPHONE: _____

PRIZEWEEK 010315

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

ALE	FLUTE	LIFE	RUSH
BALLET	GNATS	LOST	SAVE
BALLOT	GOATS	NEW	SINK
BARK	GRILLED	NINE	SONG
BOYS	HAVE	NONE	SONS
DOLL	HEALTH	ODE	STEAK
DRILLED	HOTEL	OINK	STEAM
DULL	HOVEL	ONE	TOYS
EJECT	LARK	RASH	VENT
ELECT	LAST	RINK	WIFE

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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Prizeweek Puzzle
PO Box 5429
Deptford, NJ 08096-0429

Mailed entries must be received by 10 am on Monday.

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

S	H	D	B				
R	E	P	O	R	T	E	D
A	V		F		L	A	Z
T	O	E		E		R	E
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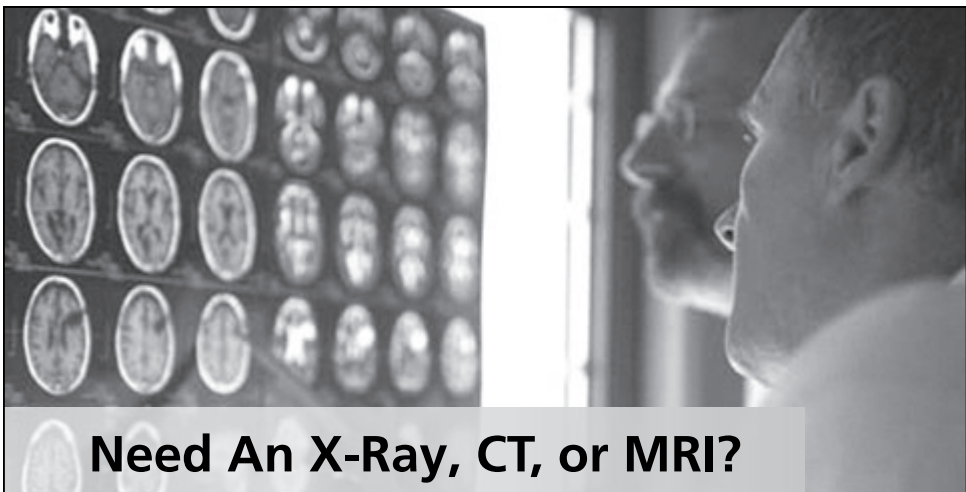
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In Our Schools

Greene Wins Widener University Leadership Award



Taylor Greene, a junior at Delsea Regional High School, has been selected to receive the Widener University High School Leadership Award.

This awards program is designed to recognize high school students in the region who embody the university's commitment to develop and inspire leaders to affect positive change. With this award, the Widener University High School Leadership Awards Committee recognizes Taylor's ability to demonstrate courage by standing up for what is right, finding a way to address a wrong, or making a difference in a significant way.

Taylor will join other selected students at a special awards event at the National Constitution Center on March 25, 2015, followed by a unique leadership experience in fall 2015 where all the 2015 student award winners will convene on Widener's campus for a day of leadership training. Additionally, if Taylor chooses to enroll at Widener University, a \$20,000 scholarship over four years will also be awarded.

VHS Musicians Qualify for SJ Symphonic Band



Two Vineland High Schools student musicians have qualified to perform with the South Jersey Symphonic Band and Wind Ensemble, according to Bill McDevitt, VHS band director. Brooke Brown, a senior French horn player, and Dimitri Raimonde, a junior trumpeter are both members of the VHS Marching Clan and have each been playing their instrument for six years.

Brown and Raimonde were among 800 student musicians from all over South Jersey who auditioned for a seat in the band, sponsored by The South Jersey Band and Orchestra Directors Association (SJBODA).

The band will perform when SJBODA holds its 69th annual band concert on **Sunday, January 18** at 3 p.m. at Rowan University. Dimitri has also been selected to perform with the Chamber Ensemble and the South Jersey Orchestra, and will perform in the 61st Orchestra Concert on **Sunday, January 11** at 3 p.m. at Rowan University. He was selected as the 2nd Chair Trumpet, one of just four trumpet players sitting with the Orchestra.

"Eat A Rainbow" Contest Winners Announced



The New Jersey Agricultural Society recently announced the winners of its annual Farm-City Week Poster Contest from Marie Durand Elementary School.

This year's theme for the poster contest was "Eat A Rainbow." The students were asked to show why it is important to "eat a rainbow" of different-colored fruits and vegetables for their different vitamins and nutrients. They were also asked to show how they could "eat a rainbow" of fruits and vegetables in one week.

Students in kindergarten through third grade from 15 New Jersey schools participated in the poster contest. The New Jersey Agricultural Society chose one contest winner from each school at each grade level. Then from those winners, a statewide grand prize winner was chosen for each grade level.

The poster contest winners from Marie Durand Elementary School are: First Grade: Julieanne Guinup; Second Grade: Christopher Ruiz; Third Grade: Luz Ramirez.

Julianne Guinup, first-grade winner with Jerry Verrico, New Jersey Agricultural Society president and Carolyn Taylor, Learning Through Gardening director.

Students Help With Habitat for Humanity



Students and staff from Inspira Health Network's School Based Youth Services Program-RAFT of Vineland High School volunteered at the Habitat for Humanity construction site on December 13, according to Brenda Smaniotto, RAFT director. "The students became interested in getting involved after hearing a presentation from Cumberland County's Habitat for Humanity Executive Director, Robert Scarpa," said Smaniotto. "Mr. Scarpa spoke

to the students in RAFT's afterschool Girl's Group led by Dolores Turse, about the benefits of volunteering in one's community and the satisfaction that comes from helping others."

RAFT is a School Based Youth Services Program (SBYSP). It is a New Jersey Department of Children & Families initiative in collaboration with the Vineland Board of Education, and Inspira Health Network in Vineland NJ. It is staffed by healthcare professionals from the Inspira Health Network.

From left, Jeremy Duprey, Michael Duprey, Maritza Duprey, Brenda Smaniotto RAFT director, Kristina Dietz, Lilliana Jimenez, Dolores Turse, Kimberly Negron and Christopher Liano.

Students Put Physics Lessons to Work

Students in Lisa Fagan's Honors Physics Classes were honored by the Vineland Board of Education at the December 10 regular meeting for their first and highly successful Punkin Chukin catapult project.

The object was to construct a "working" trebuchet or catapult using any recycled/reused materials from home, using an ancient, medieval design. The students then competed, using their trebuchets or catapult, in a contest to determine which team can hurl a pumpkin (or similar object) the farthest and most accurately.

"This project was a great success and we're definitely planning to do it again next year," said Fagan. "I was really impressed by the quality of the projects and how well they performed. The students also enjoyed working on this assignment and it definitely showed."

The winning group consisted of Max Nezdyur, Alexander Matos and Greg Hughes, who were successfully able to project their pumpkin 38 feet.

The complete list of students who participated in the project included: Kourtney Arena, Neha Ashraf, Devon Baker, Ciaran Bardoe, Anthony Barreto, Nicholas Betancourt, McKenzie Bond, Stephanie Brady, Zachary Carbonara, Dominic Ciancaglini, Tiffany Cross, Bailey Digh, Bradley Durand, Carlina Filluzzi, Sean Freeman, Danine Gonzalez, Nico Gonzalez, Terrence Green-Miranda, Moises Hernandez, Gregory Hughes, Prabjot Kaur, Emmalynn King, Eric Leon Garcia, Stephanie Lopez, Edwin Maestre, Justin Malme, Joshua Martine, Grace Martino, Alexander Matos, Anthony Matos, Devon Mattie, Tyler Mazzola, Sejal Menghani, Chad Menz, Andrew Meremianin, Olivia Messori, Melanie Milam, Massimo Moi, Sabrina Moncada, Lorenzo Montalvo, Eden Newton, Max Nezdyur, Tumelo Nwanma, Caitlin O'Brien, Nathan Padilla, Aaska Patel, Matthew Pekora, Christopher Peters, Eric Petit, William Reichard, Caleb Ritchie, Givannia Rivera, Alexander Shellhamer, Brittney Soler, Crystal Sotiropoulos, Maurice Thrower, Keith Tyler, Mary Elizabeth Wagner, Jordan Walker, Gregory Wallace and Nathaniel West.

Front row, from left, Lisa Fagan, Max Nexdyur, and Anthony Matos. Back row, from left, Alex Matos, Max Moi, Emma King, McKenzie Bond, and Jordan Walker.

Students' Toy Collection Sets Record



Members of National Junior Honor Society of Woodland Country Day school collected over 320 toys for Toys for Tots. With the help of students, parents, and faculty, they began their five-week campaign in early November when the supportive members of the Woodland Board of Trustees presented their toys at a school-wide assembly. Under the direction of Head of School, Cosmo F. Terrigno, Woodland's annual toy collection set a record in this, its 10th year. This aspect of community service reinforces a line from Woodland's school prayer that states, "Keep us ready to help others at some cost to ourselves."



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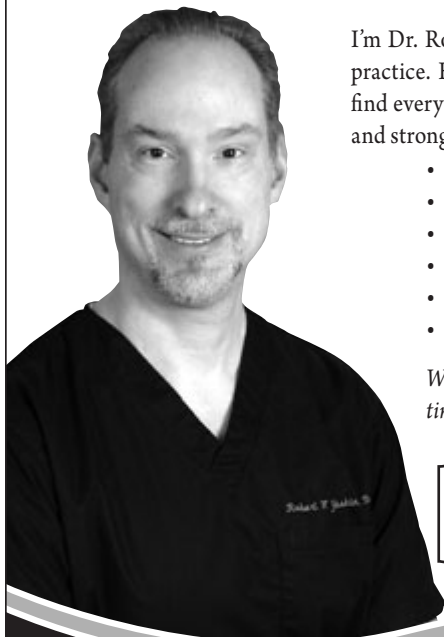
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Downtown Vineland

{ BY RUSSELL SWANSON, EXEC. DIRECTOR, VVID / MAINSTREET VINELAND }



Adopt a Block

It's just one of the ways you can help the cause of downtown revitalization in 2015.

We're adopting downtown city blocks and we'd love for you to join us. The idea of adopting blocks is nothing new. Adopt-a-Block and Adopt-a-Spot programs exist in Vineland and other communities. Main Street Vineland, in fact, applied to adopt the mini-parks at Landis Avenue and the Boulevard for clean-up and planting.

We're taking the "adoption" process a few steps further, however. First, our teams will be adopting square block areas (Landis Avenue, the side streets bordering that block, and that portion of Wood or Elmer Street. Secondly, the teams adopting that square block will be responsible for a variety of tasks:

- Clean-up and planting: By adopting these blocks we will be able to provide a more systematic approach to beautification—including general clean-up and planting flowers where appropriate. It can be done on a more regular basis than our twice-yearly Clean-Up Days and Planting Days.

- Downtown business inventory: With the great number of businesses we have spread over the Main Street Vineland district--Myrtle Street to Delsea Drive—and the changing nature of these businesses, we want to know what we have and what businesses our downtown area need. Such an inventory is also essential for communication with the business owners and the property owners. We can also update our website to let you know the latest information about the array of businesses we have. For this purpose, we have a form that our teams will be taking to every business owner, so we can get up-to-date information.

- Filling empty storefronts: We want to help property owners get businesses and tenants for their properties where vacancies exist. A major mission of Main Street Vineland is to help provide a healthy downtown business environment. The form that is being used for the inventory also has a section that asks about downtown properties that are for sale or rent. The information provided will enable us to help the property owner find just the

right tenant.

- Main Street Vineland/Landis MarketPlace Loyalty Card: This card is a major win-win for shoppers and businesses. We want as many businesses as possible enrolled in the Loyalty Card program with their discounted specials, but we also want to get this card out to as many customers as possible. Part of the form I've mentioned will help to get businesses signed up and also selling the card.

- Becoming active in Main Street Vineland: We have a growing number of downtown businesses owners who work as Main Street Vineland volunteers, as well as serving on our committees and our Board. They are the stakeholders to the health of our downtown and their strong voice is vital to our downtown's vitality. The form provides an opportunity for business and property owners to express an interest in joining us, based on their area of interest.

With teams—each dedicated consistently to a specific area—we can accomplish a lot and those involved will create a bond with the businesses in their area. The more people we have, the easier it will be and we can make our downtown the best it can be.

Even though the holiday shopping season is over, except for the returns, you can still make downtown Vineland your destination for shopping, entertainment, and fun all year round. Save money on gasoline, avoid the long lines at the malls and shopping centers, and also enjoy the events we have in town. To save additional money, don't forget to purchase your Main Street Vineland/Landis MarketPlace Loyalty Card. 🍀

For more information on Main Street Vineland's events and activities, call 856-794-8653 or visit www.main-streetvineland.org, or check them out on Facebook. You can also e-mail rswanson@vinelandcity.org.

HEALTH AND FITNESS

Continued from cover

the Robert Wood Johnson Foundation that helped reduce childhood obesity and make Vineland a healthier place to live, work, learn and play. The New Jersey Partnership for Healthy Kids-Vineland (NJPHK-V) implemented the program and has made great strides toward making sure that families have access to healthy choices.

"When people hear healthy choices, they usually think of food, but our focus went way beyond that to include fitness programs and resources," said Lisa Scheetz, MS, Project Manager, NJPHK-V. "For example, one of the suggestions we often make to families is to get active and have fun by going on bike rides together. As great as that sounded, many residents did not have access to areas that were safe enough for biking or walking, which created a real challenge."

The grant from the Robert Wood Johnson Foundation made it possible for many inner city residents to overcome that challenge. In addition to working with several Vineland corner stores and restaurants to provide access to healthier product and menu choices, the NJPHK-V created bike lanes in safe areas and sponsored monthly fun and fitness events in Vineland's business district during the spring and summer months. They also assisted with the development of a wellness policy and wellness council in the Vineland Public School district that now benefits 10,000 students.

"As thrilled as we are by the progress we've made, there's still so much more to do," said Scheetz. "This new grant will enable us to expand our reach to include entire families and zero in on helping to prevent chronic diseases like heart disease by reducing obesity and improving the environment in which our residents live and work. We estimate that almost 75 percent of all Vineland residents are suffering from health issues that can be improved as a result of this grant."

More help will soon be on the way for mothers of children ages 2-5, as the Family Health Initiative (subsidiary of the Southern New Jersey Perinatal

Cooperative) conducts focus groups at CompleteCare and the Early Head Start Center.

"Our goal is to help moms take better care of themselves and their children by passing down traditions that are more chronic-disease friendly," said, Merle Weitz, Director of Public Health programs for the Family Health Initiative. "For example, many people still cook with lard because they don't realize that healthier options are available. Our intention is not to tell them what they can and can't eat, but rather to make it easier for them to make healthier choices. To do this, we need to know our audience and understand their cultures and traditions. The focus groups will help give us this information."

Statistics show that the need is real. In fact, Vineland children are more likely to be overweight or obese compared to other children around the country. The rate of overweight or obesity is highest among Vineland children ages 6 to 11—40 percent versus 21 percent nationwide.

"The sooner we can educate moms of young children, the bigger the benefit," said Weitz. "Starting as early as possible is so important."

The sooner-the-better approach is also best when trying to prevent and control diabetes. To help make it happen, CompleteCare and Bottino's ShopRite in Vineland will partner to distribute educational materials in stores. Their hope is that with information in hand, people will be better equipped to make healthier choices as they travel the store's aisles.

The Vineland Health Department will also be ramping up its efforts. "We will be conducting a worksite wellness program," said Emma Lopez, Health Educator, Vineland Health Department. "All city worksites will have the opportunity to assist with the development of wellness councils and initiatives to encourage healthier lifestyles and decrease preventable chronic diseases."

The Vineland Health Department will also be expanding the city's corner store program, as well as efforts related to improving the health and wellness of children.

Continued on page 17

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HEALTH AND FITNESS



When Getting Fit Pays Off

Are you the type of person who wants to get fit and healthy, but needs that extra push to get moving? If so, would a lower health insurance deductible or an extra vacation day or two do the trick? How about extra dollars in your Health Savings Account? These types of incentives and more are growing in popularity as insurance carriers and large employers nationwide begin offering them.

In this area, carriers like Horizon Blue Cross Blue Shield of New Jersey are helping its members and the companies that employ them keep costs in check. One of the ways they do this is by offering health-related discounts in exchange for participating in special wellness programs. One of these, called Blue365®, offers exclusive deals to its Blue members at health and wellness retailers across the country.

Self-insured employers, like the Inspira Health Network, have also started incenting their employees to stay well. Inspira offers QualCare PPO plans to eligible employees that allow for discounted services at Inspira facilities and both in-network and out-of-network options.

"The Inspira employee wellness incentive program was developed by the network to encourage employees to engage with their primary care physicians on an annual basis so that their overall health and wellness could be managed properly," said Kim Schwindt, Human Resources Director of Operations. "Before this program, more than half of our employee population had no interactions with a primary care provider."

The program allows employees and providers to determine which preventative screenings and labs are appropri-

ate by age and health status.

"If an employee wishes to use our onsite occupational health department or convenient care center to receive lab work that will measure blood glucose levels, cholesterol level and measure body mass index and weight, they can do so and still be in compliance with the program," said Schwindt. "If any of the levels come back elevated, the employee must follow up with their primary care provider."

Inspira has contracted with a vendor that provides health coaching to employees that may be at a higher health risk to help coordinate doctor's appointments, medication refills, and adherence to physician orders. This is a free service provided to members. The network tracks the program on a calendar year for employees and adult dependents covered by one of its QualCare medical plans. Non-compliance with the program will result in higher benefit costs the following year.

If you are reading this and feeling a bit uncertain about what to do next, you're not alone.

"In the last year, we have spoken to so many overwhelmed and misinformed people about healthcare reform and how it affects them," said Susan Dortu, Producer/Health Manager for Biondi Insurance Agency in Vineland. It's important that people understand their options, as well as the impact that lifestyle choices can have on their costs."

For more information, contact your healthcare provider or employer. For key facts about healthcare reform visit: www.hhs.gov/healthcare/facts/timeline.

—Mary Jane Kinkade

Pictured: South Jersey Industries team photo from last spring's Heart Walk.

“We couldn’t be more thrilled and honored to receive this grant,” said Sheetz, who explained that the grant was just recently awarded. “It’s so new that the initiative got its official name just days ago. While we have many details to iron out as it comes to life, we look forward to continuing to work together to build a culture of health that will enable all Vineland residents to live longer, healthier lives—now and for generations to come.”

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

ANYTIME FITNESS is owned by Michael Sharp, who started the business in Millville in December of 2010 with his father, Frank. At that time, there was a glaring need for a health facility that could meet the needs of just about anyone. With the opening of the Vineland location one year later, Anytime Fitness provided the area with convenient locations to go work out at any given moment, 365 days a year.

The Bridgeton location opened in September of 2013, and has been accommodating the residents of Bridgeton, Hopewell Township, and Deerfield area ever since. In 2014, the Sharps opened Thunderbolt Elite Sports Training, a sport-specific cross training facility next to the Millville Anytime Fitness. Thunderbolt offers everything from TRX to Cross Training to Boxing classes, as well as specializing in Sport specific training for athletes ranging in age from 9 years old to 21 years old.

They also have added several new classes to their aerobic schedule, such as BRYCKED Up, Bokwa, Tabata, Spin Express, and Vinyassa yoga. They have also just completed a full renovation of the Millville location, adding more equipment to the free weight area and expanding the aerobic room.

The business has experienced remarkable growth in the short time since its inception, and the plan is to continue that growth, offering residents great, conveniently located health and fitness facilities for generations to come.

Anytime Fitness, 301 S. Main Rd., Vineland (Maintree Shopping Center), 856-839-0065. anytimefitness.com

BODY BENEFITS, Vineland’s premier Pilates studio, has been serving Vineland and the surrounding communities since 2006. It is a warm, inviting atmosphere where people benefit from personal attention from qualified instructors with hundreds of hours of experience. Many students come to be challenged, get healthy and fit, and many come as the next step after physical therapy to heal or manage physical limitations.

Body Benefits is the only fully equipped Pilates studio in Cumberland County that offers private and duet ses-

sions on studio apparatus. They have helped clients continue their rehab from total knee and hip replacements as well as recover from frozen shoulder, sciatica pain and back pain. Their instructors are there to help you become strong, flexible, and live a more painfree life.

Body Benefits is also one of only two studios in South Jersey to offer Barre Amped classes. Barre classes are all the rage these days and if you’re bored with the usual strength training workouts you owe it to yourself to give Barre Amped a try! The program utilizes a ballet barre to perform small isometric movement which burn fat, sculpt muscles and create long lean physiques, while challenging your core and your balance. No prior dance experience is required to benefit from a Barre class and it is suitable for all shapes, sizes and fitness levels. We offer beginner, open (to all levels) and advanced Barre Amped classes (10 beginner or open classes required before taking advanced class). Check them out online to sign up or view our schedule at bodybenefitspilates.com

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

Body Benefits, 3722 E. Landis Avenue, Vineland, 856-213-6365, body-benefits.net

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Continued on next page

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Barbara Lipski, DDS **Voted “Best Dentist” by South Jersey Magazine 2013**

★★★★★

Dr. Lipski received her bachelor’s in nursing from Towson State University and worked at Johns Hopkins Hospital. She graduated in 1988 from the University of Maryland Dental School. Dr. Lipski completed her general practice residency in 1988 from VA Medical Center in Philadelphia in 1989 and joined Dr. Rasner the same year. She is also licensed from the state of New Jersey to administer enteral sedation. This allows her to treat even the most fearful patients. Dr. Lipski has been a member of the ADA for over twenty years.

1981–82 Johns Hopkins Hospital Baltimore, MD nursing assistant
1982–86 Johns Hopkins Hospital Baltimore, MD, RN
1989–present Bridgeton Dental Associates, Bridgeton, NJ
1994–2004 Correctional Dental Association at various correctional facilities in Southern NJ

Dr. Lipski believes in Dr. Rasner’s philosophy in dentistry specifically quality comprehensive dentistry with attention to detail. Also with the assistance of sedation and nitrous oxide keeping the patient comfortable and relaxed is a major priority.



Dr. Steven Rasner



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Nominate Your Hometown Hero Today!

View profiles of previous years' honorees and complete the nomination form online:
www.grapevinenewspaper.com/hometownheroes

HEALTH AND FITNESS

Continued from previous page

COOPER WELLNESS CENTER

Do you ever notice how fad diets come and go? And yet, Americans as a whole, continue to get heavier. The result is epidemic rates of Type II diabetes, heart disease, arthritis, and other chronic diseases that take away longevity and quality of life. Are you looking for a way to turn your health around?

At Cooper Wellness Center, located on Lasalle Drive in Vineland, the goal is to help patients achieve and maintain optimum health *without* the use of drugs and their ever-present side effects. That includes achieving and maintaining a healthy weight.

"You cannot be overweight and healthy at the same time," says Dr. Cooper. That is why I offer a free weight-loss consultation to patients. It is a way to determine exactly what the individual's needs are, because everyone is different. Maybe it's not your diet—it could be due to toxicity, it could be hormonal, or from other causes. There is not one single answer for everyone."

Dr. Cooper holds periodic workshops on various health topics, and there is one titled "The 5 Secrets to Permanent Weight Loss" scheduled for January 14. Call his office for a reservation at 856-691-1313.

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

EYE ASSOCIATES/ SURGICENTER OF VINELAND

MIGS stands for Minimally Invasive Glaucoma Surgery. Although in their infancy, these procedures may improve surgical outcomes, speed visual recovery, and offer greater safety compared with traditional filtering surgery.

Dr. Tyson is very involved with these new procedures. Although the iStent has been FDA-approved since 2012, they are always striving to make the device better. Dr. Tyson has been asked to be involved in the study of a newer model of the iStent as well as another device called CyPass Micro-Stent. "These studies allow me to be involved in making changes and voicing



MIGS device on a penny shows scale.

my opinion and giving suggestions for the future of MIGS devices," states Dr. Tyson.

In the past, surgical intervention for the

treatment of glaucoma was for the patients where drops and lasers didn't work. Glaucoma surgery was to be avoided unless absolutely necessary. Now with these new devices, surgeons believe that early surgical intervention is best when patients generally as a whole have poor compliance with topical drops, side effects of the drops and the need to have the pressures under control.

"I am committed to this technology because it works," says Dr. Tyson. "This new technology is exciting to me because I see the success of present devices as well as the future devices coming soon!"

iStent is the smallest medical device ever approved by the FDA and is placed in your eye during cataract surgery. It is so small, you won't be able to see or feel it after surgery.

Controlling eye pressure is extremely important to reduce the risk for vision loss due to glaucoma. Ask Dr. Tyson if you want to know more about these devices and your Glaucoma treatments. Call for your appointment at 856-691-8188.

Eye Associates/SurgiCenter of Vineland, 251 So. Lincoln Ave., Vineland, 856-691-8188, www.sjeyeassociates.com.

FITNESS INVASION

It's been a little more than a year since Fitness Invasion opened its doors in Vineland. Staffed with experienced, nationally certified personal trainers, Fitness Invasion is equipped to motivate you in reaching your fitness goals. Group classes including Zumba, H.I.I.T., and Boot Camp are held in their large, open studio. Boxing packages with professional instructor Eddie Rodriguez are now being offered. Fitness Invasion has over 1,000 pounds of free weights and a complete line of plate loaded

Refresh Yourself with Yoga ...and Feel the Benefits

Yoga is a series of movements and postures that improve flexibility, strength and muscle tone. Breathing exercises and meditation are used to promote relaxation and help manage stress.

This is a six week session beginning Jan., 5

Sunday Mornings, 10am
Prenatal Yoga, 11:30am

Monday Evenings, 6:30pm

Tuesday Evenings, 6:30pm

Instructor- Linda Schimmel



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hammer strength equipment. Supplements are available in-house at affordable prices. Fitness Invasion is an intimate facility with a focus on personal attention and a welcoming atmosphere, family owned and operated by Claudio and Daiana Rodriguez. Follow them on Facebook.

Fitness Invasion, 3435 S. Delsea Drive, Vineland, 856-300-5927.

THE FIRM

With the New Year comes a new management team at The Firm. Locally owned and family operated, The Firm's new management team includes father and son Robert and Joel Larriu, who are the owners of La Hacienda in Vineland.

Changes for 2015 will include the addition of massage, Jujitsu, a dance studio, steam rooms, tanning, an indoor basketball court, and racquetball. The Firm also has free weights and dumbbells from 5 pounds to 140 pounds.

In 2015, The Firm also will offer an outdoor running track, a baseball clinic, and a volleyball court with tournaments.

Located on Wheat Road in Buena, The Firm is a great place to bring the whole family, because there is something for everyone to do. the 20,000 square feet "of motivation, fitness and strength" includes a women's-only room. A brand-new lounge with free Wifi and a Smoothie Bar for before and after workout drinks are additional perks.

"We are big on cleanliness," says co-manager Joel Larriu. He and his dad Robert invite you to come and take a tour and see how 20,000 square feet can motivate you.

The Firm, 112 Wheat Rd., Buena, 856-697-3636.

MOJO BICYCLE SHOP has many changes coming our way in 2015. Scott Elliott is now the sole owner and operator. Managing Beacon Cycling for years led him to open Mojo's.

Scott always has a tip for someone buying a new bike. First of all, it has to be the right bike, and he will size the bike to fit.

He explains that mountain biking is not just for pleasure—you can burn 10 to 16 calories a minute, depending on your



speed. Cardiovascular strength, endurance, burning calories and increasing your lung capacity are just a few of the benefits.

Mojo's also repairs any bike, no matter which manufacturer. They pride themselves in being a full-service bike shop.

"In 2015, my showroom and services

will be expanding," Scott says.

Mojo's Bicycle Shop, 1815 W. Landis Ave., Vineland, 856-457-5220, www.mojobicycleshop.com.

VITAL BODY WELLNESS was founded by Kathy Dickson, a Certified Holistic Health and Nutrition Coach and Certified Thai Massage Practitioner. She helps people radically improved their energy level, better manage stress, reduce anxiety and depression, reduce risk of disease and attain greater life balance by providing her clients with guidance, education and support so they may make food and lifestyle choices 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!

On Monday, January 26 at 6:30 p.m. and then again on Friday, January 30 at 11:30 a.m., Kathy Dickson and Louis Geri, owner of South Jersey Organic of Vineland, will be presenting a fun, informative workshop called "Feel More Alive! 5 Resolutions to Get You There," at Inspira Fitness Connection on Sherman Avenue in Vineland.

Vital Body Wellness, 609-420-4442, www.vitalbodywellness.com.

YI'S KARATE OF VINELAND

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

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

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

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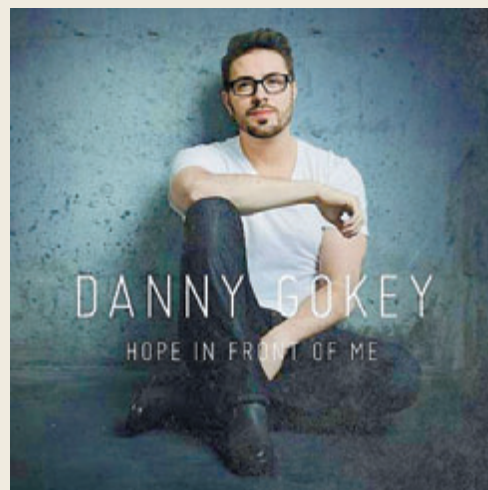
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ARTS & ENTERTAINMENT



SATURDAY, JANUARY 17
Danny Gokey, American Idol Finalist. 40 W. Landis Ave., (the old DeMarco Theater) Vineland. 7 p.m. His first and only appearance in the area before his tour. Tickets \$20. Meet & Greet \$30. Tickets available online. www.higherplaceministries.org

JANUARY 7 THROUGH 14
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 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.

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.

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

JANUARY 8 THROUGH 11
Nightlife at Old Oar House. Old Oar

House Irish Pub. 123 N. High St., Millville, 293-1200. Wed.: Karaoke. Fri.: The Pickles Duo 9 p.m. Sat.: Glen Eric 9 p.m.

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

Nightlife at Bojo's Ale House. 222 N. High St., Millville, 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 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.

FRIDAY, JANUARY 9
The Good, The Bad, & The Broadway: A Musical Benefit Concert. Vineland High School Auditorium, 2880 E. Chestnut Ave., Vineland. 7 p.m. The Vineland High School Theater Arts program will host the concert, featuring songs performed by the heroes and villains of famous Broadway shows. There will be performances by The Arts of the Dance Centre, Dixon's Dance Academy, VHS Select Choir, VHS alumni, and VHS performing arts students. Doors open at 6 p.m. Tickets are \$10 for adults and \$5 for students and children under 12. Proceeds will benefit the Theater Arts Program at Vineland High School, with a portion of the proceeds donated to the local SPCA. There will be live animals at the event, available for free adoption with an accepted application from the SPCA.

For those unable to attend, the concert will be recorded by VPS TV and broadcast at various times during the holiday period on Comcast Channel 9, Verizon FIOS Channel 41 and available for download from our Youtube Channel.



SATURDAY, JANUARY 24
Bay Atlantic Symphony. Luciano Theatre, Frank Guaracini, Jr. Fine and Performing Arts Center, Sherman Ave. and College Dr., Vineland. 8 p.m. Preceded one hour prior to starting time with a "Pre-Concert Conversation with the Maestro." Choral masterpieces by two of the most prominent current American composers, Ola Gjeilo and Morten Lauridsen, and Antonio Vivaldi's beautiful Gloria will highlight the Bay-Atlantic Symphony's next concert. The concert will continue the orchestra's popular, innovative mid-winter chamber format. For this season's subscription concert series, reduced ticket prices—\$30 per concert will be for all seats in all venues, subsidized by the generosity of sponsorship by Woodruff Energy. Tickets may be ordered by calling the box office at 856-692-8499.

The concert will be conducted by Music Director Jed Gaylin and will feature Choral Arts of Southern New Jersey, Jack Hill director. Founded in 2011 by veteran choral director Jack Hill and audio engineer Brad Zabelski, Choral Arts of Southern New Jersey was established to present fine choral music in the South Jersey region. This chamber choir of 30 voices, *pictured*, from across the state has appeared on stage more than a dozen times and its first two years.

Rich Fuller. Bogart's Bookstore. 210 N. High St., Millville. Free. Live guitar music 7–9 p.m.

Adelante. Second Fridays@Viet Bistro, The Cumberland Mall, 3849 S. Delsea Dr., Vineland, 825-5001. 6–9 p.m. J. Jody Janetta on drums, Stephen Testa on bass and Paul "Woz" Woznicki, keys/flute.

SATURDAY, JANUARY 10
Dan Godbey. Bogart's Bookstore. 210 N. High St., Millville. Free. Live guitar music. 2 p.m.

Poetry Go-Round. Larry's II Cafe, 907 N. Main Rd., Vineland. 1–3 p.m. Lori Benton Janetta is the featured poet with Kikari Tenshi/shakuhachi and J. Jody Janetta/percussion.

MONDAY, JANUARY 12
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 titled "The Russian 'Mighty Handful'." Free pro-

gram sponsored by the Friends of the Vineland Public Library. Registration is not required. Walk-ins are welcome!

THURSDAY, JANUARY 15
Jammonton. Kramer Hall, 30 Front St., Hammonton. 6–8 p.m. An evening of local acoustic music. Throughout the course of the evening, an impromptu band of Stockton faculty and staff and local community members will play a variety of acoustic instruments, such as bass, mandolin, dobro, guitar, harmonica and flute. Anyone attending is welcome to bring an acoustic instrument and play his or her own selection of music. All skill levels and instruments are welcome in a friendly, supportive environment for both musicians and music fans to converse.

SATURDAY, JANUARY 17
Jersey's Funniest Comedy Show: Geno & Friends. Merighi's Savoy Inn (Rose Room), E. Landis Ave. and Union Rd., Vineland, 691-8051. 7 p.m. Co-headliners Geno Bisconti and Shiuli Egar. Tickets \$22.

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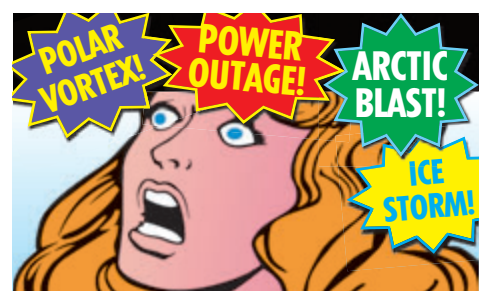
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COMMUNITY CALENDAR

HAPPENINGS

WEDNESDAY, JANUARY 7

Assistance for Veterans. Millville Public Library, 210 Buck St., Millville. 1–3 p.m. Program is “Ready, Vet, Go!” hosted by Catholic Charities, Diocese of Camden; to help homeless and low income military veterans with financial assistance and/or housing. Veterans will be screened for eligibility. A counselor from Catholic Charities will be available to talk to veterans. No appointment needed. 856-825-7087 ext. 14

THURSDAY, JANUARY 8

Wintertime Blossoms: How To Grow Pretty Flowers from Ugly Bulbs.

Franklin Township Library, 1584 Coles Mill Rd., Franklinville. 4:30 p.m. Local horticulturist Lorraine Kiefer of Triple Oaks Nursery invites children ages 4 through sixth grade. RSVP to 856-694-2833 by Jan. 6.

Millville Woman's Club Soup and Sandwich Luncheon.

Millville Woman's Club, Third and E Sts., Millville. 12 noon. \$15. Program will be about NAMI, National Alliance on Mental Illness. There will be a speaker from NAMI and a representative from the C C Guidance Center. To support our project we will also feature a large auction. 825-7887 or 327-1717.

New Beginnings" Luncheon. Ramada Inn, 2216 W. Landis Ave, Vineland. 12 noon–1:45 p.m. Garden State Christian Women's Connection hosts. Candice Stolar, sifting through myths and facts about healthy eating, will offer practical tips for improving your health, making healthy choices, reading the nutrition facts label and more. Jill Nichols will share her story “A Weary Farmer's Daughter Who Found Rest.” Cost \$15. Free nursery. RSVP to 856-327-4181 or 856-690-4181.

Affordable Care Act Enrollment. Gant Room, Millville Public Library, 210 Buck

St., Millville. 3–7 p.m. A Center for Family Services navigator will help you enroll in a healthcare insurance plan that meets your needs. Walk-ins welcome. www.centerffs.org/home

FRIDAY, JANUARY 9

Affordable Care Act Enrollment. Gant Room, Millville Public Library, 210 Buck St., Millville. 1:30–3:30 p.m. Need help signing up for the ACA? A Center for Family Services navigator will help you enroll in a healthcare insurance plan that meets your needs. Walk-ins welcome. www.centerffs.org/home

Family Came Night. Voice Of Deliverance New Covenant Church, 1413 E. Chestnut Ave. Vineland. 6:30–9 p.m. All are welcome. 856-692-1599.

SATURDAY, JANUARY 10

Miss New Jersey Outstanding Teen Pageant. Millville Senior High School, 200 Wade Blvd., Millville. 7 p.m., doors open 6:15 p.m. The contest includes 20 young women from throughout the State competing for the title. The winner will be a featured performer in June at the Miss New Jersey Pageant held at the Ocean City Music Pier. Special Guest at the Teen Pageant will be Miss New Jersey, Ciara Kaler Jones. Tickets \$35, available in advance (856-825-6937) or at the door.

Story Hour and Craft. Millville Public Library, 210 Buck St., Millville. 1:30 p.m. Have fun with the rhyming book, Minnie's Diner: a multiplying menu, by Dayle Ann Dodds. Then make a winter birdhouse thermometer to take home. All library programs are free of charge and open to the public. Register at Circulation/Reference Desk or call 856-825-7087, ext. 12.

JANUARY 10, 11, 17, AND 18

Patcong Valley Model Railroad Club Open House. 1308 Harding Hwy. (Rt. 40), Richland. 10 a.m.–4 p.m. Bring the kids and a step stool for the little ones. Daily

“Stop the Violence”

The Martin Luther King Jr. Celebration Committee will sponsor a special program at Cumberland County College, entitled “Stop the Violence.” It will take place on **Thursday, January 15**, at the Frank Guaracini Jr. Art Center from 6 to 8 p.m. This program is a priority since the county has had shootings and killings in all three cities. Victims' families are encouraged to attend.

door prize for kids, grand prize drawing Jan. 18 will be a Lionel O gauge Polar Express train set. No admission fee, donations accepted. www.patcongvalley.com

SUNDAY, JANUARY 11

All-You-Can-Eat Breakfast. Vineland Fire Dept. Co. #5, Panther Road Hall, Panther Rd. and Genoa Ave., Vineland. 7 a.m.–12 noon. Adults \$8, kids under 10 \$4. takeout available. 856-466-0861.

TUESDAY, JANUARY 13

Free College Financial Aid Night. VHS South Auditorium, E. Chestnut Ave., Vineland. VHS Guidance Department will host the event for all VHS students and their parents. A rep from the Higher Education Student Assistance Authority (HESSA) will walk students and their families through entire financial aid process, and answer questions. 794-6800, ext. 2562 or via email - bbergamo@vineland.org.

Teen Anime Night. Bridgeton Public Library, 150 E. Commerce St., Bridgeton. 6 p.m. Teens, 12-18, can watch anime and help choose new anime and manga for the library. Those who like to draw are encouraged to bring their art. No registration required. 856-451-2620.

WEDNESDAY, JANUARY 14

Special Vineland BOE Meeting. Reber

THURSDAY, JANUARY 15

Celebrating Gloria Noto. North Italy Hall, Virano Lane, Vineland. 6–9 p.m. Celebrate Noto and her 20 years of devoted service as Cumberland County Clerk. Great food and music. Donation \$35 pp. Make Checks payable to The City of Vineland Republican Organization.

Admin. Bldg., Board Room, 625 Plum St., Vineland. 6 p.m. Candidates will be interviewed for Board Member vacancy. Work session 7 p.m.

Millville Chamber General

Membership Luncheon. New Jersey Motorsports Park, 8000 Dividing Creek Rd., Millville. 11:30 a.m. Demonstration by Western Pest Control Canine Division, a specially trained team of dogs for detecting bedbugs. \$20 with reservation; \$25 at the door. Please reserve by Jan. 9 at 856-825-2600.

Open House for Mid-Year School

Enrollment. Cumberland Christian School, 1100 W. Sherman Ave., Vineland. 9 a.m.–3 p.m. For those interested in transferring in for the second semester, which begins January 27. Cumberland Christian School offers Christian education for students from 3-year-old kindergarten through 12th grade. 856-696-1600. www.cccrusader.org.

THURSDAY, JANUARY 15

HR Association Monthly Gathering.

Cumberland County College, Luciano Center, 3322 College Dr., Vineland. Monthly gathering of the Human Resource Association of Southern New Jersey. Networking begins at 5:30 p.m.; dinner meeting begins at 6:15 p.m. \$45. RSVP by noon on Jan. 12. Featured speaker is William (Bill) Thermann, Partner/ Founder of Due Diligence Consulting, presenting “Effective Interviewing to Detect Deception.” <http://hrasnj.shrm.org>.



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For Sale

Dining room set, 9 pcs., walnut Danish modern, China 55 1/2", server 68", table 59"x42", 6 chairs. \$625. Bedroom set 8 pcs., armoire 62x36 1/2, dresser 44", mirror, bed 2pcs (headboard & footboard), 2 nightstands, bench, \$550. 1920 vintage China closet, 36"x67", \$375. All pieces beautiful, vintage, very good condition. 856-293-9811.

Think Christmas
China plate with duck stamp prints. Boxed, \$10. Hand-knitted blanket of new acrylic fiber, \$295 OBO. Call 692-0106.

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MLV Roofing. Rubber roofs, shingles, mobile homes, coatings, and repairs. 856-207-9810.

BROOKFIELD FARMS LLC is under new management and open for business! 435 Hance Bridge Rd, Vineland, NJ 08361. Contact: Jerry Gillespie 856.696.3970. Now open for boarding. Indoor & outdoor arenas, pony rides, riding lessons, children's parties. Ask about our new customer discounts!

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Hill Tree Service Trimming and removal of trees and hedges and yard cleanup. Free estimates. Please call 856-462-1550.

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Bikes Wanted

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

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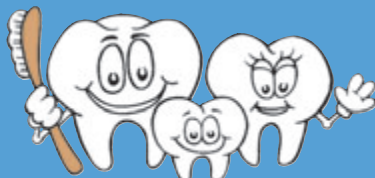
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News & Views

JANUARY 2015
Volume 28 | Number 1

SOUTHERN NEW JERSEY'S BUSINESS-TO-BUSINESS NEWSLETTER Serving Cumberland, Salem, Atlantic, Cape May and Gloucester Counties

Employees Recognized

Holiday luncheon allows members to salute business associates.

On Thursday, January 18, the GVCC held its Holiday Luncheon at Running Deer Golf Club. GVCC members were invited to bring an employee they wanted to recognize for their giving spirit. Eleven deserving recipients were honored and each received a certificate. Members enjoyed this cheerful holiday celebration, which will now be an annual event.



Recognized employees, front row, seated, left to right: Alyssa Velazquez, Barbara Fowler, Colette Kraus, Harry Behrens, Jacki Eilenberg
Back Row: Craig Applebaum, Kris Olszewski, Rebecca Kowalewicz, Aurelia Jakucki, Jackie Martine.
Not pictured: Matt Adams.

CHAMBER EVENTS:

Registration required for all GVCC events.

JANUARY 13-TUESDAY

MEET AND GREET. Baker Place, 5:30-7 p.m. Members only. Refreshments served. Anyone not registered by 5 p.m. on Jan. 12 will be charged \$5 to attend.

JANUARY 15-THURSDAY

GENERAL MEMBERSHIP LUNCHEON. Ramada Vineland, Networking 11:30 a.m., luncheon starts at noon. Topic: Education in our community. \$25/members, \$30/non members Register by Jan. 13. (Details on next page)

JANUARY 20-TUESDAY

ASK YOUR OFFICIALS DAY. GVCC Office, 11 a.m. Talk One-on-One with Freeholder Director Derella and Assemblyman Fiocchi. By appointment.

JANUARY 22-THURSDAY

GVCC WOMEN'S PROFESSIONAL GROUP LUNCHEON. Ramada Vineland, Life coaching presentation by Serene Touch Center. 12 noon. \$20 members.

JANUARY 27-TUESDAY

GVCC SOCIAL MEDIA SEMINAR. GVCC office. 6-7 p.m. Topic: Facebook for Your Business. free for members. must register Jan. 26.

JANUARY 29-THURSDAY

SUPER BOWL PARTY. Ramada of Vineland. 5:30-8 p.m. See details on page 4.

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Welcome Message

Happy New Year! We are excited about beginning 2015 and bringing even more value to your membership at the GVCC. At our general membership luncheon on January 15, we'll hear from Vineland's Mayor Bermudez who will provide a brief report on the "State of Vineland Update". We will also hear presentations from our Vineland Public School System and the Cumberland County Technical Education Center.

We have many interesting and fun events planned this year, so be sure to check our website event calendar frequently at www.vinelandchamber.org. A new event this year is our "Super Bowl Party" on January 29! Don't miss that fun time.

The GVCC will continue to strive to bring a variety of programs that will inform and educate. Please let me know if you have a specific interest or idea. There may be many other members that are interested in the same topic. Remember to register for all events on our chamber website www.vinelandchamber.org, or by calling us at 856-691-7400.

We sincerely appreciate the support of our 2015 corporate sponsors: Comcast, Inspira Health Network, Newfield Bank and Vineland Municipal Utilities (Electric & Water). We can't succeed without their generous support! Make one of your new year's resolutions to maximize the benefits of being a chamber member. Get involved, get connected and "Come Grow With Us!"

— Dawn Hunter,
Executive Director



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CONGRATULATIONS:

Gary Moellers of the Cumberland County Guidance Center was recently recognized for 25 years of service.

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- Astro Sign Company
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- Caliber Construction
- Caring Transitions of South Jersey
- Cumberland Mall Association
- Dickinson & Co., CPAs
- Dondero Diamonds & Fine Jewelry
- Elwyn New Jersey
- Fresh Wave, LLC
- George Perez Artist
- Grapevine Newspaper
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- Marciano's Restaurant
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- MedExpress Urgent Care
- Pafacom, Inc.
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- Rone Funeral Service
- Systec of Vineland, Inc.
- Transweb, LLC
- Utopia Salon & Day Spa
- Vineland Regional Dance Company
- Warren L. Crescenzo, MA, CCC-SLP

LEGISLATIVE CORNER

The GVCC works on behalf of our members to advance responsible public policy that ensures the business community has the resources, infrastructure, and opportunities to keep our region's economy strong and growing. The GVCC Legislative Committee wants you to know about some pieces of legislation that may affect your business.

A1958 – Concerns permits, letters of exemption and enforcement with regard to agricultural activities under the "Freshwater Wetlands Protection Act".

A3416 – Creates a task force on construction industry workplace safety and health.

A3886 – Increases petroleum products gross receipts tax rate; dedicates revenue generated from tax to Transportation Trust Fund; and provides gross income tax deduction for certain taxes paid on motor fuel.



New Member

Community Options, Inc.
Non-Profit Organizations
 12 LaSalle Drive
 Vineland, NJ 08360
 856-285-7155
 Colleen Hoffman

SAVE THE DATE
Saturday, March 28, 2015
GVCC Hosts the Annual
Dandelion Dinner
& Beer Tasting
at Merighi's Savoy Inn
DETAILS TO COME



2014-2015 SkillsUSA Regional Officers Announced

On October 10, 2014, New Jersey State SkillsUSA held its Fall Leadership Conference. During the conference regional officers elections were held and the following results concerning the southern region was announced.

Cumberland County Technical Education Center is proud to announce that Austin Giovinazzi was elected as the Southern Region President. Austin is a senior second-year student in the Electrical Program, which is under the direction of Ms. Susan Helsel. Giovinazzi has been administered the Oath of Office and will start his duties as the Southern Region

President immediately. He attended "New Officers Training" in November at Somerset County Technical Education Center located in northern New Jersey. He is look-

ing forward to working with the southern region SkillsUSA members to continue to build and facilitate a team concept that will produce a dedicated, well trained workforce for our region. Ms. Hesel describes Austin as a focused and dedicated young man who possesses leadership qualities beyond his years. Austin Giovinazzi is the son of Mr. and Mrs. Anthony Giovinazzi of Vineland.

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When

A CALENDAR OF EVENTS
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ITS MEMBERS

Member EVENTS

See p. 1 for a listing of
GVCC events

WEDNESDAY, JANUARY 14
BAY ATLANTIC FEDERAL CREDIT UNION "FREE BUDGETING SEMINAR." 6 p.m. Call 856-696-2525 to register.

THURSDAY, JANUARY 15
MR. VINELAND PAGEANT. 7 p.m. at the VHS South Auditorium.

SUNDAY, JANUARY 18
EMMY AWARD-WINNING IMAGINATION MOVERS.
A special fundraiser concert at VHS South Auditorium. 1 and 4 p.m. Proceeds will benefit education programs at Petway, D'Ippolito and Mennies elementary schools. Tickets are \$25 or \$60 to include a "Meet & Greet" with the Movers. Visit www.imaginationmoversfundraiser.bpt.me for more info or tickets.

FRIDAY, JANUARY 23
KASHMIR - A LED ZEPPELIN EXPERIENCE AT THE LEVOY THEATRE. 8 p.m. For tickets, visit www.levoy.net or call 327-6400

FRIDAY, JANUARY 30
VINELAND ALL-MIDDLE SCHOOL PRODUCTION COMPANY PASTA DINNER. A fundraiser at the North Italy Club. 6-10 p.m. Eat-in or Take-out. Tickets are \$10 and can be purchased in advance from any cast member or at the door. Guests who dine-in, will have a chance to win some items and see a performance by VAMP's upcoming production of *Annie Jr.*

SATURDAY, JANUARY 31
A BRONX TALE AT THE LEVOY THEATRE.
8 p.m. One night only! Tickets on sale at www.levoy.net, e-tix.com or by calling 856-327-6400. Prices are \$78 & \$58 plus applicable convenience charges. Tickets are also available at the box office, 126 N. High St., Millville.

FRIDAY, FEBRUARY 6
"GIVE KIDS A SMILE."
Cumb. Co. Technical Education Center's Dental Assisting Program sponsors this free event.
8:30 a.m.-4:30 p.m.
601 Bridgeton Ave., Bridgeton. Event is for children 12 and under. Looking for dentists, dental hygienists and dental assistants to volunteer their services. To donate, volunteer or register a child, call Tara Haines at 856-451-9000, ext. 165.

Cumberland County Technical Education Center OPEN HOUSE

Thursday, January 29,
from 6 to 8 p.m.
Snow Date: Thursday, February 5 (6-8 p.m.)
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JANUARY 29 – THURSDAY

5:30 TO 8 P.M. at Ramada Vineland, \$35 per person

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TUESDAYS STARTING JANUARY 20

YMCA Offers New Extensive (and Free) Diabetes Program

In the United States, 35% of adults have pre-diabetes. Locally, the incidence is even higher. To help people fight this condition, the YMCA of Vineland will offer a 12-month "Diabetes Prevention Program" that begins with weekly sessions for 16 meetings, followed by monthly sessions. Topics will include healthy eating, increasing physical activity, reducing stress, problem solving, and many more. The classes will be in a supportive, small group environment designed for people with similar goals.

Meetings will be held on Tuesdays at 11:30 a.m. beginning on January 20 and on Wednesdays at 6 p.m. starting on January 21. Participants are currently being accepted. To qualify, individuals must be over 18 years old and, as determined through a brief set of questions, have some risk factors. Typical factors include family history, activity level, Body Mass Index, and age.

For more details, call Pam Heaton, YMCA of Vineland, at 856-691-0030, ext. 114.

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