



APRIL 19, 2024

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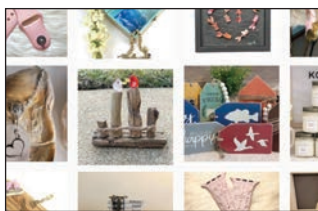
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- Rain Date: Sunday, April 28th



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FLEA MARKET

Sat. May 11th, 8am-2pm

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- Rain Date: Sunday, May 12th



ANTIQUE & VINTAGE SHOW

Sat. May 25th, 8am-2pm

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- Admission: \$5 per person (ages 10 & under FREE)
- Rain Date: Sunday, May 26th

ALLAIRE ARTS FESTIVAL

In collaboration with The Art Society of Monmouth County

Sat. June 1st, 11am-4pm

- Fine Art from all over the state for sale within the Village
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Go to AllaireVillage.org for more information, village hours & tickets to the above listed events. Events, dates, times & pricing are subject to change.

Pre-purchase of all event tickets is recommended through AllaireVillage.org under the Events Tab or Eventbrite.com.

GENERAL ADMISSION DAYS (excludes Event Days) • Village Open Friday, Saturday & Sunday • Admission: \$5 per person (ages 4 years & up)



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APRIL 19 - MAY 9, 2024

N&D Magazine | A Star News Group Publication | ndmag.com

STAR NEWS GROUP

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Upcoming races to support your health and local charities

BY ELLIOTT NGUYEN

N&D MAGAZINE

For those looking for a good opportunity for athletic competition or overall fitness, or to support a good cause, races are one of the best ways to do that.

On April 6, RunAPalooza brought runners from all over to run along various parts of the Jersey Shore: the Jersey Shore Relay Marathon, the Asbury Park Half Marathon and the Jersey Shore 5K.

The Jersey Shore Running Club has recently hosted an array of running events for all local hobby joggers. The Jersey Shore Relay Marathon combines team competition and individual performances across five legs spanning 26.2 miles from the boardwalk in Seaside Heights to the finish line in Asbury Park. The competition raised money for the Jersey Shore Dream Center and saw 143 teams complete the coastal trek to finish on the Asbury Park Boardwalk, traversing some of New Jersey's most scenic landscapes for a good cause.

"Not only did we have to rely on our teammates to hand off the baton, but on the staff who were spread out over the 26 miles," said Jeff Burdge, a runner in the relay marathon. "Every individual worked together to make it an unforgettable day."

Of course, things will only continue to heat up on the race front as summer approaches.

Below are some races in Monmouth and Ocean counties (listed chronologically) taking place in the coming months that both provide a chance for runners to test their mettle and raise money for local charities. Whether new or a long standing tradition, each has a story behind it.

Some of them fill up quickly, so don't miss the opportunity to sign up and lace up!

LAKE COMO 5K

The 19th Annual Lake Como Spring Break 5K Run and 2-Mile Walk will return to the streets of Lake Como, Belmar and Spring Lake later this month on Saturday, April 27.

Online registration costs \$40 until Tuesday, April 23; afterwards, late registration will cost \$45 and can be done in-person at bib and T-shirt pickup locations prior to the race. Bib and T-shirt pickup can be found at Bar Anticipation on Friday, April 26 from 5 to 7 p.m.



and Saturday, April 27 from 8 to 9:45 a.m. Race T-shirts will be given to all pre-registered runners and walkers; post-registrants can receive T-shirts while supplies last.

The fundraiser will be a rain-or-shine event. Racers will be chip timed by CompuScore. For more information and to sign up for the race, visit runsignup.com/Race/Info/NJ/LakeComo/JSRCLakeComo5K.

The annual race is hosted by the Jersey Shore Running Club [JSRC], in partnership with Bar Anticipation. The club hosts many races throughout the area to raise funds for various local charities.

"Primarily, we are charity focused, and want to provide a great race experience to our runners while giving the largest donation possible to our charities," Race Director and JSRC Board Member Vicki Trerotola said. "The Lake Como Spring Break 5K is a club race that has been going on for 19 years and we've been trying to build it bigger each year. We're expecting to have well over 500 runners this year."

The fundraising event will raise proceeds for Tunnels to Towers in conjunction with Team Shamrock. Team Shamrock is a Spring Lake Heights-based fundraising organization honoring the memory of Donald W. Robertson Jr., a victim of the Sept. 11 terrorist attacks.

"Tunnel to Towers is a worthwhile organization that raises money for American first responders, veterans and their families. It is an excellent charity," Trerotola said.

"Once again, we're honored and proud to be the recipients of the funds from this popular run," said Kathy Cunningham, a board member for the Tunnels to Tower Foundation and founder of Team Shamrock.

"This is our third year involved with the Spring Break 5K and it's a great day to run and show your pride for America, the Tunnels to Towers, and to give back and to make a difference in the lives of our veterans and first responders, as well as our homeless veterans," she said.

Following a rendition of the national anthem, the race will kick off that Saturday at Bar Anticipation at 10 a.m. [walk will start shortly after], when participants will take to a slightly-altered course from previous years through borough streets for either a 5-kilometer run or 2-mile walk.

"We're always trying to improve the quality of our races and we feel this slightly altered course will be better for our runners," said Trerotola.

Late registration, along with bib and T-shirt pickup, will take place before the race as well starting at 8 a.m.

A post-race party at Bar Anticipation will immediately follow the race with a complimentary barbecue [drinks not included], along with entertainment and prize giveaways. Prizes

will be awarded for first, second and third place finishers overall, as well as for first through third place finishers in ten-year age groups.

"At 11 [a.m.], we will announce the winners, and after that we have some random prizes donated by local businesses, like restaurant gift cards, products and beach badges," Trerotola said. "The barbecue at Bar A is always a great time."

The Tunnels to Towers Foundation is a 501[c] [3] nonprofit organization dedicated to honoring the sacrifice of firefighter Stephen Siller, who died during the 9/11 terrorist attacks. The organization aims to honor the country's military and first responders who continue to make supreme sacrifices in the line of duty, according to its website.

One initiative of the organization is its Smart Home Program, where armed service members returning from war who have been catastrophically injured are built smart technology homes to help them to regain their independence. More information on how to donate, as well as upcoming events, can be found on the organization's website, t2t.org.

SUPERHERO 5K RUN

Wall Township will have a run of superheroes in late April, the Superhero 5K Run. The Superhero Training Camp and 5K Run will be held Sunday, April 28 at Wall Community Park—located at 1870 Bailey's Corner Road—encouraging kids and adults to dress as their favorite superheroes for a kids' obstacle course and adult 5K run.

The kids obstacle will start at 9:15 a.m. Participants in both races are welcome to "run, walk or fly" through the course to help raise funds for the recreation department for its future events. The adults' race will start at 10 a.m. Bib pickup for the race is at 8:45 a.m.

The cost for Wall Township residents to race is \$25; non-residents can sign up for \$35. Children under two years old are free with a paid adult.

Wall Recreation's scheduled rain date for the race is the following weekend, Sunday, May 5. Registration is open until Friday, April 26. The website for registration is register.community-pass.net/wall under "Spring Programs."

BAY HEAD 5K

The 19th Annual Bay Head 5k Memory Run kicks off on Saturday, May 18 at 8:30 a.m., with registration beginning at 6:30 a.m.

Registration costs \$40 per person registering as an individual or \$35 if as a team. Registration will be at the Bay Head Firehouse, 81 Bridge Avenue. A T-shirt and race bag are included in the registration cost. For more information and to sign-up, visit bayhead5k.com.

There will be an after party following the race

from 12 to 4 p.m. at Martell's Tiki Bar in Point Pleasant Beach which will include an open bar and beach BBQ. This costs \$60 per person.

The race was created by The Kate Shea Foundation [KSF]. KSF was founded by loving friends and family of Kate Shea in order to give back to the community she called home most summers of her short, but fulfilling life. Kate was an inspiration to the community all in the way she lived her life in an accepting and open-minded way.

The proceeds from the Bay Head 5K will go to The KSF to support its mission of providing funds to research organizations fighting cancers and youth education. The Kate Shea Foundation has raised over \$300,000 for cancer research and education since it began in 2004.

BIKE MS: COAST THE COAST 2024

This bicycling event is presented by Bike MS, which offers many such routes across the nation in support of the National Multiple Sclerosis Society [NMSS].

One of the races takes place on May 11 this year, starting and ending at the Deal Casino Beach Club at 125 Ocean Ave. North in Deal. Four routes will be offered: a 100 mile starting at 6:30 a.m., a 75 mile starting at 7 a.m., a 50 mile starting at 8:30 a.m. and a 25 mile starting at 9:30 a.m. The race will be rain or shine.

Register on the NMSS website at events.nationalmssociety.org. Select "Bike MS," then "find your ride." You will be navigated to a new page with a search bar into which you can enter "coast the coast."

Parking is available in the club parking lot. Check-in begins at 6 a.m. Routes close at 4 p.m. Riders in the longer routes should maintain certain speeds in order to finish the course before the routes close.

There will be a re-ride logistics call on April 25 at 6:30 p.m. to prepare riders for the event. A completed waiver and a \$250 fundraising minimum is required to pick up the pre-race packet. Packet pickups take place the morning of the ride from 6 to 6:30 a.m., 6 to 7 a.m., 7:30 to 8:30 a.m. and 8:30 to 9:30 a.m. for the 100, 75, 50 and 25 mile routes respectively. Each route includes rest stops.

SPRING LAKE FIVE MILE RUN

Also known as the Spring Lake 5, this race is made up of two separate runs and will take place Memorial Day weekend. The Kids Race will take place Friday, May 24 at 6 p.m., whereas the Five Mile Run will be held on Saturday, May 25 at 8:30 a.m., rain or shine. The race will be chip-timed.

Registration for the five-mile sold out in under seven hours on Feb 11, but bib numbers can still be acquired through the race's charity partners by visiting the run website at thespringlakefive-



milerun.rsupartner.com and navigating to the "Charities & Donations" tab. In that tab, a full list of charities is available. Hopeful runners are asked to contact the charities directly.

The Kids Race is itself a series of races of different lengths based on age groups: children under four years old will run 25 yards, four-year-olds will run 50 yards, five and six-year-olds will run 100 yards, seven and eight-year olds will run 200 yards, nine and 10-year-olds will run 400 yards and kids from age 11 to 14 will run a quarter mile.

Each racer in the Kids Race will receive a medal, but there will be no awards for winners, as the runs are meant to be casual, rather than competitive. Registration for the Kids Race is available online until May 15 at noon. A link to online registration can be found on the run website in the "Race Registration" tab.

Each racer in the adult race will receive a commemorative glass, which can be picked up at the pre-race packet pickup or the morning of the race at the glass tent on Ocean Avenue. Race number bibs will be mailed in early May.

The race begins on Ocean Avenue past Sussex Avenue, and ends on Ocean Avenue just past Salem Avenue. There will be four water stations along the course.

According to the race website, the Spring Lake 5 began in 1977 as runs were becoming more popular around the nation. It was organized by the Spring Lake Recreation Committee and the council. It was first held on Memorial Day and attracted more than 500 runners. Since then, it has continued to grow.

Some of the key sponsors named on the race's website include Jersey Mike's, Hackensack Meridian Health and Circle BMW.

Headphones, earbuds and similar devices will be prohibited as well as strollers, dogs, skateboards, in-line skates, roller skates and bicycles. Parking will be limited. Streets east of Third Avenue will be closed, and all parking will be prohibited along the race course.

NAV-E-SINK OR SWIM DISTANCE FESTIVAL

This is a swimming race on May 26 at Victory Park in Rumson. There will be three distances; 2.4 miles, 1.6 miles and 0.6 miles; and a kids

race.

A link to register, as well as a detailed breakdown of pricing, is available on the race website at raceforum.com/navesink.

The 2.4 mile race will start at 7:45 a.m. The 1.6 mile race starts at 8:15 a.m. The 0.6 mile race starts at 8:30 a.m. The kids race, for those 12 years or younger, will be a 300-yard swim beginning at 9:30.

All swimmers must be out of the water by 9:40 a.m. without exception: anyone still in the water will be removed.

Packets can be picked up at the race location on May 25 from 5 to 6:30 p.m. or the day of the race at 6:45 a.m. There will be awards for the top three overall, male and female swimmers as well as the top three male and female swimmers in each of the following age groups: 14 or younger, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, 70 to 79 and 80 or older.

TOUR OF SOMERVILLE

Established in 1940, the Tour of Somerville is the oldest bike race in America, according to its website. Now in its 79th year, it will take place on Memorial Day, May 27 and travel through downtown Somerville, NJ.

Register at bikereg.com/tourofsomerville#Register. The registration deadline is May 23 at 5 p.m. The course is a four-corner criterium. Though it is a race, participants may marvel at the bustling downtown area as they ride.

The schedule of events will be as follows: a family fun ride at 8 a.m., the Memorial Day Parade at 8:30 a.m., staggered-start races for girls ages nine to 14 and 15 to 18 and boys ages nine to 13 at 9:25 a.m., a masters race for men 55 years and older at 9:55 a.m., a men categories four and novice race at 10:40 a.m., a women categories three four and novice race at 11:20 a.m., a masters race for men 40 years and older at noon, a race for boys ages 15 to 18 at 12:55 p.m., a men categories two and three race at 1:50 p.m., the Milred Kugler women's pro/1/2/3 race at 3 p.m. and the Kugler-Anderson Memorial men's pro/1/2 race at 4:25 p.m.

Register for the family fun ride at communitypass.net/somerville. A map of nearby parking can be found on the race's website, tourofsomerville.com/cyclist-information.

Cycling racers must have a valid USA Cycling license. One-day licenses will be available at bikereg.com at the time of registration.

AVON 5K RUN/WALK

The 2024 Avon Run/Walk is set for Saturday, June 1 from 8:30 a.m. to noon beginning at Ocean and Norwood avenues, along a scenic flat route through town, with clocks and water stops at each mile. Registration is capped at 1,500 participants, so if interested, it is best to register

sooner than later.

The race costs \$25 per runner, or walker, in support of the Avon Volunteer First Aid Squad, with all proceeds going directly back to the squad to assist with operations. Prices will increase for those who register after May 17.

Shirts are guaranteed to the first 1,200 registered runners and all are automatically entered into a post-race raffle for season beach badges to Avon beach.

The race website notes, "The Avon Volunteer First Aid Squad is a not-for-profit, 501c(3) organization that provides emergency medical and rescue services 24 hours a day, seven days a week, at no charge, to residents and visitors to Avon-By-The-Sea," it continues stating that, "It has provided these services since 1931. The squad is staffed by volunteer EMTs and relies entirely on charitable contributions for all operating expenses."

A kids' run is also organized by the Avon Home and School Association alongside the 5K. A registration link is typically posted on the school's website sometime in May – for updates check out Avonschool.com.

Early number and shirt pickup is set for Thursday, May 30 from 5 to 7 p.m. and Friday, May 31 from 6 to 8 p.m., at the Avon First Aid Building located at 520 Main St. Late numbers and shirt pickup is also available on Saturday, June 1 from 7 to 8:30 a.m. at The Pavilion. Lines can be expected if picking up on Saturday.

The race staff will provide post-race refreshments consisting of water, cups of sports drinks and food, which is typically bagels and fruit.

Race results will be available at runsignup.com located at the bottom of the page and will also be posted in hard-copy form on bulletin boards at the Avon Pool, on Norwood Avenue.

This year's sponsors include: RE/MAX real estate company, Deep Water Landing, Jersey Shore Nursing Agency Inc., Frank Lurch Demolition Co LLC and waKs.

For further information and to register for the race, visit runsignup.com.

POINT BORO ROTARY 5K

The Point Pleasant Boro Rotary Club is gearing up to host its annual Father's Day 5K and Fun Run as part of the organization's efforts to help the community. The race is rain or shine.

The Father's Day 5K race is scheduled for Saturday, June 15. The Fun Run will start at 8 a.m. The 5K kicks off at 8:30 a.m. Each race starts and finishes in Point Pleasant Borough's Community Park at the intersection of Bridge Avenue and Beaver Dam Road.

Online and mail registration is underway. For registrations completed by June 12, the fee is \$20 for the Fun Run and \$30 for the 5K. The fee

is \$35 after that date for the 5K. Fun Run registration remains at \$20 up to and including the day of the race.

A dedicated website [runsignup.com/Race/NJ/PointPleasantBoro-RotaryFathersDay5KRun] is available for race information, to review the course map and to register. Pre-registration can be completed also by going to sjtiming.com or can be sent to the Point Boro Rotary, PO Box 496, Point Pleasant, NJ 08742.

Beginning just outside the park on Beach Boulevard, participants will travel through the Bay Head Shores section of town as they make their way to Marine Parkway, Riviera Parkway, Blaze Drive, Barnegat Boulevard and Rue Lafayette.

A trophy will be awarded to the first father to finish. Trophies will be given to the first place male and female finishers in the Fun Run. Food before and a light snack after the race will be on hand for the runners.

Runners pre-registered by June 12 can pick up race packets on Friday, June 14 from 6 to 9 p.m. at the Moose Lodge, 706 River Ave.

The race has always had a Father's Day theme and the initial race was held on June 15, 2008. Since then, there have been changes during the pandemic and post pandemic but the Rotary Club looks for considerable growth in runners, community support and sponsors.

Each race has been geared to provide financial aid to local charities and community based organizations. That focus has expanded to help with food insecurity, Point Pleasant Borough Police Department's LEAD program, veterans organizations and many local organizations.

Mary Guetzlaff, Rotary Club President, said the club "is proud to continue its efforts to help so many worthy causes."

"For a decade our race has been a community-wide and family-friendly event that generates proceeds to help various charities," said Guetzlaff. "We are looking forward to this race as being a resource to aid others."

Race Committee Member Mary Borree said, "Experience has shown the important role the residents, business community, the borough administration, police, recreation and public works departments, Earle Sea Cadets and our first aid squad undertake with us to put a positive face on this event."



SEA GIRT 5K

The Sea Girt 5K is ringing in its 33rd time this summer on Saturday, Aug. 3 from 8:30 to 11 a.m.

Registration is open and available on the website at seagirt5k.com for the 5K Run/Walk and Kids' Races and Activities.

The run/walk is \$30 per person and will begin at 8:30 a.m. Kids' race and activities cost \$12 per child – with the race starting at 10 a.m. and the activities from 8:30 to 11 a.m. If interested participants do not register before April 23 and April 19, respectively for the aforementioned races, will experience a cost increase.

Registrants can pick up their t-shirts and race bibs on Friday, Aug. 2 from 3 to 7 p.m. or Saturday, Aug. 3 from 6 to 8 a.m. at the tents located across from Fratello's Restaurant and Bar/start and finish line.

This year's race will benefit The Samaritan Center at the Jersey Shore, a local nonprofit organization with a mission of providing counseling services to individuals, couples and families with easy accessibility, quality care and comfortability.

The foot race will include four live bands along the course with the Billy Lawlor Band on the main stage at the start/finish lines. T-shirts, medals and awards will be given to those participating in the 5K and goody bags and T-shirts will be given for the kids' races.

Activities for kids will include an inflatable, pony rides, face painting and more. After the conclusion of the race, all are welcomed to join at Fratello's Restaurant and Bar for an after-party event.

For more information on the Sea Girt 5K and The Samaritan Center at the Jersey Shore or to sign up or make a direct contribution, visit seagirt5k.com or njsamaritan.org.

RED BANK 5K CLASSIC

The fifth annual Red Bank 5K Classic is back again this year on Saturday, June 15.

Presented by Boondocks Fishery, Robinson Ale House, Triumph Brewery, and Alpha Fit Club, the Red Bank Classic invites runners and walkers of all ages and abilities to register online at redbankclassic.com.

The 2024 race will begin and end in the Broadwalk and area residents are encouraged to attend and cheer on runners and enjoy the downtown area. The day includes activities, a kids race and fitness demos in addition to the main event - the 5K run. An after party will be held at Robinson Ale House.

Participants can race on their own or part of a team. The walk/run begins at 8:30 a.m. and the Kids fun run for children under age 12 begins at 10 a.m. All 5K registrations include a t-shirt, medal, chip-timed results and swag bags will be given to the first 1,000 registered runners.

Visit redbankclassic.com for more information and to register.

Local workout spots to help **YOU** be your healthiest **YOU**



BY SAMANTHA SMITH, ELLIOTT NGUYEN
AND TOMMY WATTERS

N&D MAGAZINE

Local to Monmouth and Ocean Counties and looking to get into shape ahead of the summer season?

Check out these local workout hotspots to prepare you physically, mentally and even socially.

With a variety of options from personalized workout regimens, group classes, one-on-ones, martial arts, yoga and more — if you are a youngster or an elder, or somewhere in between — there is something for everyone.

This list of area fitness centers will set you on a path toward your personal fitness goals, whatever they may be.

THE ATLANTIC CLUB

With locations in Manasquan and Downtown Red Bank, The Atlantic Club's website says they provide "prioritized wellness and personal health...we educate and enrich the youth of our community, we unwind, we celebrate your special events and achievements, we workout and stay active and we have fun doing it!"

The Atlantic Club offers a variety of amenities including: medical fitness staff, a six-lane swimming pool with water exercise classes, saunas, steam rooms and jacuzzis, over 100 group classes per week, Café and shop, Atlantis Preparatory School for children, Milagro Spa, tennis, pickleball and racquet sports programs, senior programming, KidZone child care and so much more.

Those who are looking for a deeper look at all The Atlantic Club has to offer can take a guided tour. The club has three membership options including Summer, Club and Club+, with couples discounts available.

For further information on pricing and the club, visit theatlanticclub.com or call their Manasquan or Red Bank locations at 732-223-2100 and 732-219-5333, respectively.

BRIELLE SPORTS CLUB

The Brielle Sports Club, situated at 629 Higgins Ave. allows clients to discover their full potential with fitness goals through an open-gym concept, sports such as basketball, boxing/kickboxing, volleyball, Zumba and cycling.

For those who want to dial it back and move a bit slower paced, the sports club also offers yoga, barre, aerobics, pilates, pickleball, ping pong and more.

Also provides several amenities including The DRIP-BAR at Brielle, an IV vitamin therapy treatment, childcare, juice bar, ladies only room and locker rooms.

Full class schedules are available under the 'Calendars' tab and more information and detail can be found at their website on briellesportsclub.org or by calling 732-528-6777.

THE TRAINING ROOM

The Training Room, with locations in both Avon-By-The-Sea and Manasquan, offers a community-like atmosphere compared to other big box gyms, where clients will see familiar faces and consistency in their instructors.

Featuring experienced coaches, The Training Room provides clients with personalized training and workout regimens that cater to individual needs and abilities, from beginner level to advanced, professional athletes to business men/women and grandparents, their website states.

The gym offers three different membership packages: annual, three days per week and three month

memberships, \$135 per month, \$117 per month and \$145 per month, respectively.

For more information or to become a part of The Training Room, visit traningroomonline.com or call 732-988-1555.

F45 TRAINING – WALL

F45 Training, located at 1837 Old Mill Road in Wall Township, offers functional group training classes and HIIT workouts, in addition to nutrition and challenges alongside certified personal trainers.

F45 offers 80 different classes focusing on more than 5,000 different movements including cardio, resistance, hybrid and recovery.

"Our innovative functional group-workouts are science-backed, technology-led and specifically developed to build lean muscle tissue and improve cardiovascular health," according to information on their website.

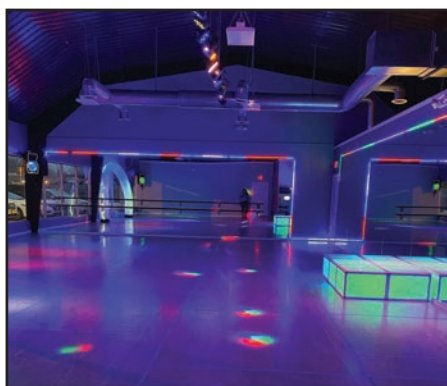
For more information, hours, class schedules and setting appointments, visit their website at f45training.com/studio/wall or call 732-204-6446.

94 WELLNESS

94 Wellness, located at 2153 Route 35 in Unit 6 on the Sea Girt/Wall Township border, offers total health and wellness fitnesses including yoga, stability/mobility, stretching, infrared sauna and cold plunges.

Their mission is to build community while providing knowledge, instruction and support for improving health, mobility and longevity.

In addition to individual wellness services, 94 Wellness offers a set of small group classes. Some benefits include: improved performance, improved posture, decreased risk of injury, improved functional movement, decreased soreness and fatigue, improved body aware-



D FITNESS STUDIO

ness, and more.

The center supplies either intro offers and packages or memberships: Cold plunge, infrared sauna and class intros are \$15 and can only be used one time.

The wellness and recovery services include either a 25-minute sauna session or 20-minute cold plunge.

Class packages consist of any of those featured on their class list; drop in rates, or packages of 5 to 10 classes.

The '94 Community Pass' also offers other membership options that can be viewed at their website.

To acquire further information and for questions, visit 94wellness.com or call 732-579-0367.

SPENGA

Spenga — a mixture of spin, strength and yoga — encapsulates the three fitness components of cardio, strength and flexibility and is the very first studio of its kind during a 60-minute workout catered to personal need and ability. Nutrition services and now also available.

Spenga is situated at 2007 Route 35 in Wall Township, and has a number of other locations across the country.

The center offers various membership options. Member perks include 'Spenga Guarantee,' month-to-month contracts, online and mobile booking, freeze options, 'Spenga Green' and flexible session times.

For schedules, scheduling process, questions or for more information, visit their website at wallnj.spenga.com or call 732-876-9375.

JERSEY SHORE FITNESS SHOP

The Jersey Shore Fitness Shop [JSFS], located at 711 Brinley Ave. in Bradley Beach is a family-owned and operated workout space. It is open 24 hours a day, seven days a week, 365 days a year, where each of the gym's three floors offer something for everyone.

On the first floor clients can find what's referred to as "The Iron Paradise" consisting of five to 200 pound dumbbells and power lifting equipment. The second floor is home to more than 60 cardio machines, a full body circuit and additional weight equipment. The third floor makes way for a variety of group fitness classes guided by instructors including Kickboxing, X-fit, Spin, Zumba, Yoga, Barre and more.

A form of valid I.D. is required for those who sign-up and all must be 18 years of age. Clients can register for three-month specials and student specials, who present a valid student I.D.

AMP'D FITNESS

With locations in both Belmar and Brielle, Amp'd Fitness provides their customers with high-quality personal training and small group training for everyone.

"At the age of just 18 years old, I was in a motocross accident that cost me a part of my right leg...Having to re-learn how to walk and move comfortably with the use of a prosthetic was challenging mentally and physically," Owner Max Gomez wrote on their website. "We strive to instill that same "can-do" mentality into every member!"

After adjusting to his own prosthetic, Mr. Gomez raced again for several years until turning his attention to his new endeavor of opening up his own gym. He said he put "everything" into the gym to expand on his dreams of once being a physical therapist after having a passion for exercising from a young age.

Certified trainers will assist clients in formulating workouts and nutrition plans to fit their daily lives and needs, with a goal of "amplifying your fitness personal training plans and make them sustainable so you can keep doing them forever."

For more information, visit ampdfitnessnj.com or call either location.

MODERN PILATES

Modern Pilates, located at 125 Main St., in Manasquan, is a class-based pilates studio. According to the website, the workout is a "high intensity, low impact 50-minute full body workout" with "slow, controlled, continuous motion, zero intimidation [and] all fun."

The studio offers variable workouts for different people's fitness needs. Those interested can book introductory sessions. Otherwise, the studio has several price packages available on its website, modernpilatesstudio.com.

For those who are hooked and want to participate



THE ATLANTIC CLUB



BRIELLE SPORTS CLUB

in the studio for the long term, the studio also offers an "addicted" tier, which includes unlimited classes.

For a more personalized and comfortable experience, customers can book private one-on-one sessions or duo sessions. These should be booked by emailing info@modernpilatesstudio.com. Gift cards can be purchased from the website.

New clients should download the scheduling app MindBody and make an account, then arrive 10 to 15 minutes early to their class.

As stated on the studio's website, "We're not a gym. We're a lifestyle."

KUR WELLNESS STUDIO

Located at 412 Bond Street in Asbury Park, Kur Wellness Studio has a wide set of offerings for visitors

According to its website, Kur offers yoga, personal training, body treatments, massage, skin care and reflexology.

"Kur offers treatments and classes in a tranquil, yet hip, urban setting," their website says.

Kur Wellness offers private personal training in strength, cardio and flexibility. There are plenty of package options and online bookings make it easy to schedule your visit.

Kur Yoga classes include gentle flow, Vinyasa flow, meditative restorative, slow flow, yin yoga, and more. Again, online booking makes it easy to fit these classes into your schedule.

Visit kurstudios.com to learn more.

LAVALLETTE PERSONAL FITNESS

Lavallette Personal Fitness, which describes itself as "the only fitness center on the island" is located at 501 Grand Central Ave.

The gym offers clients an array of options including personal training, weight management, fitness for seniors, orthopedic exercise, therapeutic exercise, fitness nutrition and body training. Personal Fitness also concentrates on sports specific fitness training.

There are four membership options available including yearly, monthly, weekly and daily passes.

For more information or for questions, call 732-250-2185.



SPENGA

VIVE FITNESS

At Vive Fitness at 107 Rt. 35 in Point Pleasant, you can experience a traditional gym setting with elliptical machines, weights and more.

In addition to independent physical fitness services, Vive also offers group exercise classes with a variety of 40 classes per week, complimentary child care help during your workout, a juice bar with a full menu for fuel before or after as well as complimentary hand and bath towels for workout/shower needs.

Junior memberships are also available for those under the age of 13.

Vive means “long life” and that’s what we strive to accomplish by providing an atmosphere that promotes active, healthy lifestyle for all individuals, their website notes.

Visit their website at vivefitnessnj.com, call 732-899-1001 or stop in for further information, questions, class schedules or to sign up.

BODY20

Located at 2153 Rt. 35 in the Fountain 9 Plaza in Wall, Body20 gives its customers an experience that involves a “personalized, technology-based, workout experience that achieves results in just minutes per week.”

Body20’s workouts use electro-muscle stimulation [EMS] technology that creates up to 150 times more muscle contractions compared to a traditional workout, in just 20 minutes.

Benefits include higher results in shorter time, minimizes strain on the musculoskeletal system, reduces fat, builds muscle and improves strength and endurance.

It is advised that prior to a session, the client comes properly hydrated and avoids strenuous physical activity and alcohol consumption 24 hours prior to the appointment. Instructors will work closely with individuals to create a tailored workout session and recommended plan.

Those interested can book a free session at body20.

com. For additional information or to start a membership, visit their website or call 732-305-8061.

EZE FIT TRANSFORMATION CENTER

The Eze Fit Transformation Center, located at 2940 Yorktowne Blvd. in Brick Township, with locations also in Neptune, Howell, West Long Branch, and a shop soon on its way to Farmingdale.

Eze Fit offers its clients group personal training, 45-minute afterburn workouts or workouts for any level of fitness.

Membership options include Unlimited Classes, 10-Class Punch Card and Single-Class Drop-Ins. All schedules are posted online at their website, ezeFITnj.com. Take a gander over there, or call 732-490-1027.

JERSEY STRONG

Located in several towns in our area, Jersey Strong offers a wide variety of group classes, studio classes, personal training, personal coaching and more.

Jersey Strong’s website explains that they have, “Everything your body needs to get in shape” including customized workouts, equipment, turf training, stretching, and a ladies only studio, just to name a few.

The Jersey Strong brand also has gyms throughout New Jersey in these locations: East Brunswick, Edison, Freehold, Manalapan, Marlboro, Ocean, Old Bridge, Red Bank, Robbinsville, Tinton Falls and Wall.

Visit jerseystrong.com for more information.

SHORE POINT FITNESS

Shore Point Fitness, located at 626 Route 88 in Point Pleasant, offers a variety of programs running from yoga, personal training, strength and conditioning and even teen fitness.

According to their website, “After spending time in our facility and with our team we want our members to walk out of our doors after a workout and feel like they are a better version of themselves.”

This gym also offers a free class trial on any of their classes. Shore Point Fitness is only open for certain

classes, so be sure to check online for their full schedule of classes and availability.

For more information, visit shorepointfitness.com.

BILL SCOTT BJJ SHORE ACADEMY

Bill Scott BJJ Shore Academy, located at 654 Route 88, is a Brazilian Jiu-Jitsu martial arts dojo in Point Pleasant offering a variety of exercises and workouts for any eager residents.

According to their website BJJ is “committed to serving our community by promoting a positive mental attitude and the highest level of physical fitness through the study of Brazilian Jiu-Jitsu.”

Bill Scott, owner of the dojo, is a 4th Degree BJJ Black Belt and student under Master Pablo Popovitch. His Brazilian Jiu-Jitsu training began in 1999 as a white belt with Professor Ricardo Almeida and the Renzo Gracie Team training full-time. He earned his Black Belt seven years later on November 4, 2006, according to their website.

For any questions, give them a call at 732-904-1759 or visit their website at billscottbjj.com.

D FITNESS STUDIO

Located at 3000 Route 88 in Point Pleasant, D Fitness Studio offers a variety of inperson and online classes for residents to get involved with, even in the comfort of their own home.

Each day offers a variety of classes ranging from zumba to pilates to full-body sculpting. Pricing ranges depending on the packages selected.

Danielle Ippolito, owner and instructor of D Fitness, helps people find their power and glory through dance, according to their website.

Ms. Ippolito started D Fitness Studio with “her vision to bring the healing powers of dance and fitness to peoples lives. After the painful losses of her father and brother, she always found healing and happiness through dance. She created a place where adults and children of all skill levels could dance without judgment, knowing they are good enough,” according to their website.

For more information, visit dfitnessstudioj.com.

CKO KICKBOXING

Located at 1906 Route 35 in Wall Township, CKO asks visitors to “start living your fit life” while you explore their group fitness classes, kickboxing and personal training options.

According to its website, the gym offers instructor led classes, heart pumping music, full-body workouts and points out some of the benefits of their classes are a sense of community, weight loss and stress relief.

Various memberships are available to gain access to classes that range in difficulty and also type including boot camps, 30-minute classes, 45-minute classes and more.

“It’s time to break out of your boring fitness routine and discover the possibility of a fun, high-energy and rewarding workout,” the CKO team says.

Visit ckokickboxing.com and select the Wall location for more information.

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Sea Girt Rec offers weekly yoga lineup

**CLASSES HELD AT
ST. URIEL'S CHURCH**

BY SAMANTHA SMITH
N&D MAGAZINE

The Sea Girt Recreation Department is offering a slew of new classes as part of its ongoing 2024 yoga program held at St. Uriel's Church.

The classes welcome men and women of all ages, physical abilities and comfort levels in a small-class setting; enter off Third Avenue at Miller Hall.

"Sea Girt Recreation Yoga is one of the health and wellness programs Sea Girt's Rec Department offers residents and neighbors," said yoga instructor Anne Britt. "Its purpose is to offer space and programming for people to gather and build community while strengthening their bodies, minds and overall wellness."

The current yoga program has evolved from the original Sea Girt beach yoga program founded and fos-



COURTESY OF ANNE BRITT

Yoga instructor Brighde Dougherty works hands-on with students during the all-levels classes held Mondays and Wednesdays.

tered by Kathleen Davis 27 years ago, Ms. Britt said.

Before January of last year, yoga was only offered during the summer on the beach from July through Labor Day, but

since then has expanded to year-round classes at the church, in addition to the already existing beach classes. This spring, programming again expanded to include additional times and class styles, such as Chair Yoga, for residents and visitors alike.

Classes cost \$15 each, which can either be paid in cash or purchased online through CommunityPass on the borough website individually or in multi-class packages at a reduced rate. Students are asked to bring their own mats and a water bottle, and classes are capped at 15 people due to space.

The yoga program holds a variety of classes six days a week with eight instructors, offering various class times throughout the day — early morning, mid morning, lunch time, afternoon and evening.

Class types include Open Level Yoga [available and accessible for all levels], Forever Fit [yoga and an enhanced strength component], Chair Yoga [a gentle class for people with mobility challenges] and Meditative Movement and Candlelight Yoga, according to Ms. Britt.

The program offers the following classes:

Mondays: Early Bird Yoga with Heather at 7:30 to 8:30 a.m.; Mixed Level Yoga with Heather from 8:45 to 9:45 a.m.

Tuesdays: Mixed Level Yoga with Karen at 8:45 to 9:45 a.m.; Lunchtime

Yoga with Mindy from 12 to 1 p.m., Meditative Movement with Kathleen.

Wednesdays: Early Bird Yoga with Liz from 7:30 to 8:30 a.m.; Mixed Level Yoga with Liz from 8:45 to 9:45 a.m.; Forever Fit with Sandy at 4:30 to 5:30 p.m.

Thursdays: Mixed Level Yoga with Anne from 8:45 to 9:45 a.m.; Mixed Level Yoga with Mindy from 7 to 8 p.m.

Fridays: Mixed Level Yoga with Brighde at 8:45 to 9:45 a.m.

Saturdays: Mixed Level Yoga with Karen from 8:45 to 9:45 a.m.

CLASS STRUCTURE

Mixed Level Yoga instructor Brighde Dougherty took some time to speak with Night & Day about what her classes offer to students.

Unlike typical yoga exercises, Mixed Level Yoga focuses more heavily on body fullness and applying calmness and grounding not only in the workout room, but teaches students how to utilize the techniques in their everyday lives.

"My class is more of a flow, learning to listen to the body and follow the body's movement, as opposed to a set series of poses," said Ms. Dougherty.

"My goal with every class is in each pose, you're slowing down enough [even if it's a really hard pose, or physically moving fast], you're holding the pose long enough, you're connecting with your breath long enough, you're able to listen — or at a bare minimum connecting with your nervous system — and then you get the chance to sort of choose what direction you want to go..."

She said that includes discovering how people can ground themselves and connect with their brain and nervous system.

"It is one thing to be calm, cool and collected on your mat; it's a whole other thing to bring those pools into everyday life and that's why I really love teaching in this program," Ms. Dougherty said.

"This whole area, at large, is such a small and just amazing community. If you can help a couple people in their own world, that's only going to ripple out into the rest of the community."

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"They're very friendly, very gentle. On the whole, they don't like to be touched because they feel defenseless at times.

We stick the bullies together, the boys and girls are separated. There's comedians... we have personalities."

Dee Sherman, farm owner

ALEX LAMATTINA N&D MAGAZINE

Alpacas on Allaire began its visitation hours earlier this month. 10 female alpacas, who have been residents of the Wall Township farm since 2010, welcome families and couples who happily feed and pet them.

As temperatures warm up, alpaca farms gear up for visitors

BY ALEX LAMATTINA
N&D MAGAZINE

Wall Township is home to not one, but two famous properties that house alpacas and they are ready for your visit, and perhaps you'll take home an item or two made from their coats' soft fleece.

ALPACAS ON ALLAIRE

For \$5, families can visit the property at 2660 Allaire Road and purchase cups of pellet food, peering around the roughly 4-acre space of land the animals call home, while socializing with them.

"They've been here longer than us, so the idea was to just let them do their thing," said farm owner Lindsay Balsamo. Her and her significant other, Brian Laureano, purchased the 6.5-acre property in July 2023. "...[We] went to Peru on vacation, learned a little bit about them...we realized we really wanted to take this on."

Ranging from ages 5 to 22, each of the 10 female camelids vary in characteristics; some possess spikey hooves and tall, poofy topknots; others are smaller, broader and have short tails. In terms of hue, eight are white and two are brown. All 10 of the alpacas were interested in being fed repeatedly



by approximately 25 visitors who attended March 16's hours, which ran from 11 a.m. to 2 p.m.

Balsamo said, "It's really special. We knew that we wanted to open this up to the community and have them experience how special they can be. It's not everyday that you're coming across an alpaca... and to get to learn a little about how these animals are and interact with them."

Balsamo noted that much like cats, alpacas enjoy their personal space and although they are usually very friendly, she said if a visitor were to aggressively invade their space, "spit happens."

"They can be independent...you can pet them, but they'll let you know when they've had enough."

One alpaca in particular. "Libby," stole the show, lying down in the sun as children pet her head. With her crooked teeth and smile, Libby is of the 99th percentile of size for the entire alpaca species.

Another alpaca "Gio Adagio," one of the two brown inhabitants, is considered the "alpha-female" of the pack, according to Balsamo. The oldest of the group, Gio alerts the rest of the herd if there are any dangers nearby, which includes occasional fox visitors.

"She's definitely the boss of the herd," the owner said. Other names of herd members include "Afro-mation," "Willow," "Fiona" and "Ladyslipper."

ARROW ACRES FARM

Just three minutes from Alpacas on Allaire, Arrow Acres Farm was once a horse property until the Sherman family decided to take on furry friends. It's located at 2011 Bentz Road, where the site off New Bedford Road is full of real estate for the alpacas to wander; 38 to be exact.

"They're very friendly, very gentle on the whole, they don't like to be touched because they feel defenseless at times," said farm owner Dee Sherman. "We stick the bullies together, the boys and girls are separated, there's comedians... we have personalities."

Ms. Sherman has help from her family. Her husband, Don, mans the tours, handing out carrots and educating guests on the camelid lifestyle. She also has three daughters, Leanne Coppola, Andee Fagan and Liz Alvino, and their seven grandsons who help out around the farm when needed. This involves carrying items, feeding the herds and even witnessing the births that take place on site.

Guests can feel the alpaca fleece, tour the farm, view live demonstrations, learn about raising and breeding alpacas and shop for alpaca products. The farm is open from September to May, with the months of April and May having

hours on Saturdays from 11 a.m. to 4 p.m. The farm is roughly 16 acres in size, according to Ms. Sherman.

Tours are free but donations are greatly appreciated to the farm, its website says. Available for purchase are all things from the alpacas' mighty coats; yarn handknit hats and scarves, alpaca coats, socks, gloves, toys, etc.

The farm also does sell alpacas themselves, so if you are interested in purchasing animals or learning how to start a farm, Arrow Acres can assist you in becoming one of roughly 40 alpaca farms across The Garden State.

Some names the alpacas have on the farm are more along the lines of a horse you'd put top dollar on at the local racetrack; "Lamborghini Engine," "Shushy," "Smoking," "Velvet Revolver," "Peanut Butter Dickens," "Stone," "Inky," "Wind-shift" and "Kigo Abenaki."

"This is just so fun. When all goes well, there's nothing better," said Sherman.

The farm closes in May when the weather starts to get hot to keep the alpacas cool. Sherman said that no one would be willing to purchase warmer wool during the higher temperature months; Peanut Butter, Velvet and Co. stay under awnings with fans surrounding them throughout the Jersey Shore's busiest months.

OTHER PETTING ZOOS AT THE SHORE

While there may not be any alpacas on these farms, some of the animals are sure to bring a smile to your face in the coming months.

ALLAIRE COMMUNITY FARM - WALL TOWNSHIP

Open April to November, Monday through Saturday 10 a.m. to 4 p.m. and Sunday Noon to 4 p.m. allairecommunityfarm.org

ATLANTIC FARM MARKET & PETTING ZOO - WALL TOWNSHIP

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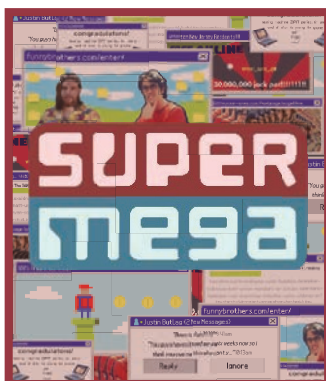
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COURTESY OF YOUTUBE.COM/@AMBRE_HOUSTON

BOOK

'THEY CALLED ME A LIONESS'

There's no mistaking Ahed Tamimi. Challenging authority since childhood, her piercing eyes and wild gold hair have become iconic, even as she's arrested over and over again for resisting the occupation of the West Bank. Written with journalist Dena Takruri, she paints a vivid picture of her family's life in Nabi Saleh, where life is an act of resistance.

PODCAST

'SUPERMEGASHOW'

Composed of best friends Matt Watson and Ryan Magee, these two really know how to make the most of their comedy careers: boxing for charity, sponsoring a NASCAR driver, and writing a book. After a months-long hiatus, these two "Funny Brothers" and their whole crew are back with a brand new set and a refreshing and colorful early internet aesthetic. SuperMegaShow is taking over the former SuperMegaCast.

YOUTUBE SERIES

'BIGTOP BURGER'

Handcrafted by Ian Worthington, Bigtop Burger is proof that you don't need to sell your creations to a big-name studio to make an impact. Remarkably funny, charming and stylized, it's a bizarre trip full of jokes that never miss. With big names like Ayo Edebiri and Sung-Won Cho voicing the main characters, it's no doubt that Worthington plans to take this project across the universe.

KIDS SERIES

'LEARNING WITH MS. HOUSTON'

If you've seen the kind of videos kids are watching on YouTube, you've seen the mass-produced, inappropriate, or flat-out annoying things that end up playing on a loop, maybe even in your own house. Ms. Ambre Houston is a homeschool mom and Master's Degree holder in Education, and her videos successfully educate the target audience as well as keeping them entertained.

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WHAT BOOKSELLERS ARE READING



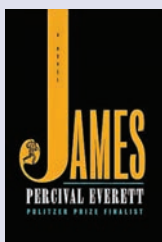
THUNDER ROAD BOOKS
Kate Czyzewski
 1108 3rd Ave, Spring Lake
thunderroadbooks.com

"After Annie" by Anna Quindlen:
 When Annie Brown dies suddenly, her husband, her children, and her closest friend are left to find a way forward without the woman who has been the lynchpin of all their lives.



BOOKTOWNE
Peter Albertelli
 171 Main St, Manasquan
booktowne.com

"James" by Percival Everett:
 Adventures of Huckleberry Finn told from the enslaved Jim's point view.

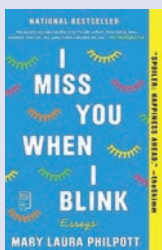


LITTLE POINT BOOKSHOP
Kelly Coyle Crivelli
 618 Arnold Ave
 Point Pleasant Beach
thelittlepointbookshop.com

"Go As a River" by Shelley Read:
 This stunning debut explores what it means to lead your life as if it were a river — gathering and flowing, finding a way forward even when a river is dammed.



"I Miss You When I Blink" Mary Laura Philpott: A charmingly relatable and wise memoir-in-essays about what happened after she checked off all the boxes on a successful life's to-do list and realized she might need to reinvent the list—and herself.



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f t i

EVENTS AND OUTINGS



GOAT YOGA AT GENESIS HEALTH CLUB'S THE ATLANTIC CLUB

Graceful Farm Sanctuary will host goat yoga at the Atlantic Club on Thursday, May 2 at 7 p.m. This indoor event will include a 45-minute gentle flow yoga class with a certified yoga instructor. After the class, guests will be able to cuddle with and take photos with the goats. Proceeds from the \$40 fee to register will go towards the care of Graceful Farm Sanctuary's 60 animals. Registration is through eventbrite. Visit The Atlantic Club on social media for the link.



NORTH TO SHORE RETURNS IN 2024

Dubbed as the "Festival only Jersey can handle," North to Shore is back this June. After a successful first year, the event, which was conceived by Governor Phil Murphy and First lady Tammy Murphy, is designed to spotlight New Jersey's culture, creativity and diversity. The lineup begins in Asbury Park June 10 to 16 continues in Atlantic City June 17 to 23 and finishes in Newark June 24 to 3 and features diverse and talented artists in all locations. You won't want to miss Kevin Hart, Matchbox Twenty, Gary Clark, Jr., The B-52s, Gabriel Iglesias, Bleachers, Jeezy, Scarface, Barenaked Ladies, Lake Street Dive, Prince Royce & Wisin, Keyshia Cole and Trey Songz, Frankie Valli, Stephen Colbert and more. Visit northtoshore.com for more information on the featured performances at all three locations.

FSOS PLUNGE FOR AUTISM

Saturday, April 27
Plunge-Day Registration 10:30;
Plunge 1 p.m.; After Party 2 p.m.
D'Jais Bar and Grill,
1801 Ocean Ave., Belmar

The third annual Shillelagh Plunge for Autism, hosted by the Friendly Sons of the Shillelagh Jersey Shore Chapter, will raise money primarily for Autism NJ, as well as Belmar youth programs and the FSOS Foundation for charitable causes. Plungers will be led along the boardwalk from D'Jais to the plunge start site at 16th Avenue by The Pipes and Drums of the Jersey Shore. Plungers who raise \$100 or more will receive a Shillelagh Plunge for Autism sweatshirt; prizes will be awarded for top five fundraisers, best group theme and best display of Autism Awareness (award winners must participate in the plunge). The plunge will start at 1 p.m. with the post plunge party at D'Jais with Holme Band starting at 2 p.m. Register online.

TOUCH-A-TRUCK

Saturday, April 27
10 a.m. - 2 p.m.
Wall Community Park [1870 Bailey's
Corner Road], Wall Township

Wall Recreation will be displaying police cars, ambulances, fire trucks, dump trucks and more for children to explore. Visitors can sit behind the steering wheels and take pictures, accompanied by a DJ and food options. For more information, visit wallnj.gov/149/Recreation.

POINT PLEASANT BEACH ART WALK

Saturday, April 27; rain date April 28
11 a.m. - 5 p.m.
Downtown Point Pleasant Beach

Stroll through town while enjoying the artwork of local artists during this free event. Artwork will be on display and for sale outside your favorite shoppes and restaurants. Artists can register through arts.pointpleasantbeach.org/events.

MANASQUAN FOOD TRUCK FESTIVAL

May 4
1 - 7 p.m.
Mallard Park, Manasquan

Hosted by PBA No. 284. Rain date is May 5. Also includes Manasquan Recreation's Warrior for a Day. Event will feature food, drinks for purchase, raffles and live music from the Wallnutz.

CINCO DE MAYO FESTIVAL

May 4
12 - 6 p.m.

Washington Street,
Downtown Toms River
downtowntomsriver.com

The Downtown Toms River Business Improvement District is hosting a celebration including good eats from local restaurants, vendors and drinks.

THIRD ANNUAL MOTORS ON MAIN CAR SHOW

Sunday, May 5
9 a.m. - 12 p.m.
519 Washington Blvd., Sea Girt

Hosted by Sea Girt Recreation and Evolution Auto Spa, everyone is welcome to come and view cars from around the globe, enjoy food, family and music. Food and drinks will be provided by various establishments in Sea Girt.

MANASQUAN PBA NO. 284 FISHING CONTEST

May 11
9 a.m. [registration at 8:15 a.m.]
Mac's pond, North Main Street,
Manasquan

Open to ages three through 13. Trophies and prizes can be won. Participants should bring a fishing pole.

PORCHFEST IN FREEHOLD

Sunday, May 19
12 - 6 p.m.
throughout Freehold Borough
downtownfreehold.com

Join the Freehold Borough Arts Council in a day of music and fun throughout Freehold Borough. Many of your favorite entertainers will be participating in the event. Maps of entertainment locations and times will be distributed at the Downtown Freehold Gazebo at 10E Main Street.

SUMMER FARMERS MARKET

Sundays, May 19 - Sept. 8
8:30 a.m. - 12:30 p.m.
Point Pleasant Beach train station

The Farmers Market is back; currently accepting applications for vendors at arts.pointpleasantbeach.org/events/farmers-market-vendor-sign-up.

CHEFS WHO CARE TASTING FUNDRAISER

May 20
6 - 10 p.m. [VIPs enter at 5 p.m.]
The Essex and Sussex,
700 Ocean Ave. N, Spring Lake
ashleylaurenfoundation.org

Join us for the second annual Ashley Lauren Foundation's "Chefs Who Care" premiere tasting event. Celebrate top

chefs from Manhattan and New Jersey at the illustrious Essex and Sussex in Spring Lake while enjoying premium wines, spir-its and mocktails. In addition, the evening will enjoy live entertainment, dancing, special guests, an extraordinary auction and some swag.

THEATRE

ALGONQUIN ARTS THEATRE
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732-528-9211 algonquinarts.org

4/6-4/21 Fiddler on the Roof
5/10-19 Grease
7/13-28 Cats

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CENTER FOR THE ARTS**
Ocean County College
1 College Dr., Toms River
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grunincenter.org

4/19-21 'The Importance of Being Earnest'
4/23 The Works of Langston Hughes

SPRING LAKE THEATRE
300 Madison Ave., Spring Lake
(732) 449-4530
springlaketheatre.com

4/12-27 'HMS Pinafore'
7/6-21 'My Fair Lady'
10/11-26 'Jekyll & Hyde The Musical'

TWO RIVER THEATER
21 Bridge Ave., Red Bank
(732) 345-1400
tworivertheater.org

4/6-28 'A Thousand Maids'
6/8-30 August Wilson's 'Gem of the Ocean'

CONCERTS & COMEDY

ALGONQUIN ARTS THEATRE
algonquinarts.org

4/28 Opera's Greatest Hits
6/1 Bobby Collins
6/6 The Best of Broadway Bash

COUNT BASIE THEATRE
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HEALTH THEATRE**
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thebasie.org

4/19-20 Almost Queen
4/21 Wanda Sykes Please & Thank You Tour
4/24 Get the Led Out
4/25 #IMOMSOHARD: Ladies' Night
4/26 Summer of Love
4/27 Jim Breuer
4/28 Step Afrika!
5/5 The Temptations & The Four Tops
5/9 Todd Rundgren: ME/WE
5/10 Tracy Morgan
5/11 Raffi

THE VOGEL

99 Monmouth Street, Red Bank
(732) 842-9000 thebasie.org

4/19 A Brother's Revival
4/20 Lisa Sherman's Disco Connection
4/21 Martin Sexton
4/23 Joanne Shaw Taylor
4/24 The Motet with Ilespecial
4/26 CringeFest: Yup, that Happened!
4/28 Asi Wind
5/2 JD Souther
5/3 Jimmy Kenny and the Plrate Beach Band
5/4 Early Elton Trio

**THE JAY AND LINDA GRUNIN
CENTER FOR THE ARTS**
grunincenter.org

4/28 Sentimental Journey Big Band

**MONMOUTH UNIVERSITY
CENTER FOR THE ARTS**
POLLAK THEATRE
Monmouth University
400 Cedar Ave., West Long Branch
(732) 263-6889 monmouth.edu/mca

4/20 The Metropolitan Opera: Live in HD
4/26 Metamorphosis: Portraits of Song

THE STRAND THEATER
400 Clifton Avenue, Lakewood
(732) 367-7789 strand.org

4/20 A Golden Oldies Extravaganza
4/27 A Medium Gallery Show with Linda Shields, The Jersey Shore Medium
5/4 Just Sabbath Featuring The Ozz Man Himself, Stephen Desko

THE STONE PONY
913 Ocean Avenue, Asbury Park
732-502-0600
stoneponyonline.com

4/19 Splintered Sunlight
4/20 EMO Night Brooklyn
4/24 The 502s
4/27 Kevin Smith & Jason Mewes
4/28 Sunday Showcase
5/3 Lacuna Coil
5/4 Sum 41: Tour of the Setting Sun

MOVIES

THE SHOWROOM CINEMA
700 Cookman Avenue,
Asbury Park
732-502-0472
Showroomcinemas.com

BASIE CENTER CINEMAS
36 White Street, Red Bank
thebasie.org/venue/basie-center-cinemas

SMODCASTLE CINEMAS
82 First Ave., Atlantic Highlands
732-204-2454
smodcastlecinemas.com



POINT PLEASANT'S 34TH ANNUAL SUMMERFEST

The 34th Annual Summerfest in the Park is being held on Saturday, June 1, 11am-7pm at Community Park in Point Pleasant. This annual favorite will feature live music, food trucks, market/craft vendors, and inflatables for the kids. All-day \$10 wristbands are available for the kid's activity area, but entrance to this community event is free and fun for the whole family. There will be a Friday Night Kick-Off on May 31, 6pm-10pm with bands, food, and beer & wine tent only. Visit pointpleasantchamber.com for more information.



ASBURY PARK RESTAURANT TOUR OFFERS BITES

Taka Asbury Park is one of the restaurants on this year's Asbury Park Restaurant Tour, being held this Sunday, April 21 from Noon to 4p.m. The 11th annual tour is hosted by the Asbury Park Chamber of Commerce and features small "bites," samplings and demos at restaurants, lounges, cafes, juice bars and other unique Asbury Park hotspots. Foodies will be treated to some of the classic restaurant pioneers of asbury Park, as well as, recent newcomers to the culinary scene. General admission is \$60 and tickets are available on eventbrite. Visit asburyparkchamber.com for details.

LOCAL SCENE AND HEARD

If you're wondering what local businesses are on the move in your favorite towns in Monmouth and Ocean Counties, we've got the scoop for you. Here's what we're seeing and hearing on the local scene.

Now Open!

Pizzeria 'Lucci is bringing the flavors of Rosie's Pizza in Point Pleasant Beach to Belmar. They opened this month. You'll now be able to grab a slice at this Belmar Plaza location (809 Belmar Plaza). Check their hours as they roll out their opening.



Coming Soon



The team that brought you all your brunch favorites at Cardinal Provisions (Bangs Ave., Asbury Park) is working on a new concept inside the iconic Bell Works location. This new Holmdel spot will serve up coastal European bar food, host casual celebrations and include an outdoor patio and a full cocktail menu. Follow @mabelatbell for updates. A summer opening is planned.



It's been just a month or two since Joe Leone's closed their Sea Girt location on Washington Blvd. (Their Manasquan and Point Pleasant Beach locations remain open.) The Blonde Shallot — a popular Little Silver market — is set to open their second location at 527 Washington Boulevard. The offerings at The Blonde Shallot are a comfort food meets healthy food fusion, with many grab-and-go options. No exact opening date yet, but their Instagram post says Spring 2024.



When one surf shop door closes, another one opens. The beloved Manasquan Inlet Outlet location closed last month after 50 years of slinging gear for surfers, beachgoers and visitors to Manasquan beaches. Point Pleasant Beach's Brave New World, which also has a long history in the area selling surf, skate and snow gear, will move into the location. Manasquan will actually be Brave's fourth location. They also have shops in Little Silver and Toms River. Exact opening date has yet to be announced, but Manasquan residents have been watching the shop since the Brave New World signs went up in the windows.

Ribbon Cuttings



MARK R. SULLIVAN N&D MAGAZINE

WELCOME TO BRICK, HEAR AGAIN AMERICA

Brick Township Mayor Lisa Crate, Council President Vince Minichino, Councilman Perry Albanese and Councilwoman Heather deJong joined the Brick Township Chamber of Commerce for a ceremonial ribbon cutting for Hear Again America in early March. The business is located in the Town Hall Shopping Center at 990 Cedar Bridge Ave.



COURTESY OF BRICK CHAMBER OF COMMERCE

C28 AMERICAN BISTRO RIBBON CUTTING

C28 American Bistro owners Rene Lopez and Chris Diaz were joined by Brick Chamber of Commerce Executive Director Danielle Kidney, Mayor Lisa Crate and Councilwoman Heather deJong for the ribbon cutting of C28 American Bistro on Friday, March 15. The bistro serves breakfast, lunch and dinner and is located at 2140 Route 88.



MARK R. SULLIVAN N&D MAGAZINE

ELLIE MENTAL HEALTH OPENS WALL CLINIC

Ellie Mental Health had its grand opening of its Wall Township location — Ellie Mental Health of the Jersey Shore — on March 26. Clinic Owner Chris Palmer and Director Ellen Sweeney were joined by Milo the dog, Wall Committeeman Tim Farrell and Jersey Shore Chamber of Commerce directors, including Executive Director Evelyn Mars, as well as staff therapists and supporters.



COURTESY OF POINT PLEASANT CHAMBER OF COMMERCE

EXTENSIONS DANCE ACADEMY OPENS IN POINT BORO

Mayor Robert Sabosik, Councilwoman Charlene Archer, Chamber of Commerce board members Jennifer Mellett, Jason Phillips and Michelle Coffey all attended Extensions Dance Academy's grand opening and ribbon cutting at their new studio at 2107 Herbertsville Road in Point Pleasant Borough last Thursday. The three co-owners, Brianne Stephenson, Megan Schultz and Jeff Bayot were all in attendance with their families and lots of their students to celebrate.



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Spain is most definitely having a moment in the world of wine! Chatxo is a pure, lovely, unoaked Rioja red made of 100% Tempranillo from sustainably farmed, hillside vineyards in Rioja Alavesa. This is a dry red that pairs well with just about anything from grilled meats to roasted salmon & chicken, or with Spanish foods like Manchego cheese, Iberico Jamón, bean stews and Marcona almonds. 'Chatxo' (a local Basque word, short for muchacho) has wonderful freshness and elegance, with bright berries, flowers, hints of thyme and stone flavors with a silky texture and Pinot Noir-like vibe.



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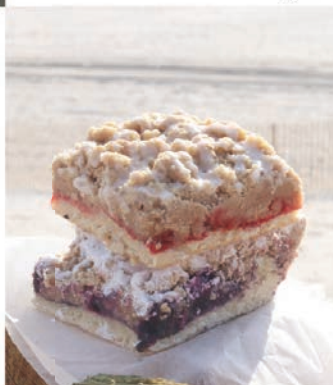
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PHOTOS BY MARK R. SULLIVAN

The Court Jester has a rich history and a richly-flavored buffalo sauce

Walking into The Court Jester in Freehold is a lot like stepping back in time. Maybe it's the hardback books that decorate the shelves of the restaurant, or the historic pictures of Freehold Borough that can be found on the walls throughout the building, "the Jester" as known by locals, houses a lot of the town's history at its 16 East Main Street location.

Partners Tony Ciafardini, Mike Page and Ryan Jones have managed to cultivate a welcoming, delicious and modern dining experience while still honoring the history of downtown Freehold.

The Court Jester has been at its current location for 47 years, but the building is 150 years old. The basement of The Court Jester has served as a speakeasy, a tunnel for booze during Prohibition and a bomb shelter all the way up until the 1970s. Visitors to The Court Jester will likely find themselves more comfortable on the floor above at the bar and restaurant level, but Mike and Tony are

THE COURT JESTER

16 East Main Street, Freehold
(732) 462-1040
courtjesternj.com

always happy to share stories about the building's unique basement.

If you bring your appetite to either Court Jester location, in Freehold or its Aberdeen location at 1077 NJ 34-A, you'll find a fine-tuned menu that offers diners a wide selection of burgers, sandwiches, salads, entrees and many starters that pair well with a cold pour from the bar.

El Grande Nachos with your choice of chicken or beef are a great shareable starter. Because you can never have enough cheese, the tortilla chips smothered with toppings also come with a side of queso dip.

The California Chicken Cheeseburger — known to regulars as the CCCB — is grilled chicken

topped with bacon, lettuce, tomato, onion and American cheese, all on a tasty bun. Add a side of mayo or guac to bring this dish home.

Last but not least, is the Buffalo Wings.

"We're known for these," Tony says. The wings are coated and fried and topped with your choice of sauce, but there's really only one choice here. The Court Jester's signature Buffalo wing sauce (which they also sell by the jar) is generously poured atop the cooked-to-perfection wings. Once you try the sauce, you'll know why they also put it on everything, including in their signature bloody marys.

If you take a trip to The Court Jester to satisfy your cravings, you'll also want to peruse their drink menu. The bar has 31 beers on tap, an extensive cocktail menu that includes those of the frozen variety, wine and all your favorite liquor selections.

Music shops around the area prep for Record Store Day

AT CLARIZIO RECORDS, MUSIC IS A FAMILY AFFAIR

BY ALEX DYER
N&D MAGAZINE

For true music fans, stepping into a music store that specializes in records can feel a lot like going to church.

Just as the holy books in a church preserve the words that serve as the foundational beliefs for millions across the world, so too do records preserve the vibrations that ignite the soul and have also shaped many people's beliefs on everything from governments to relationships.

It is this passion for music that first prompted Matt Kindler, owner of Clarizio Music Center, to expand into record sales two years ago.

In a recent interview with Night & Day, Kindler and his daughter Riley, explained how they came to expand that center to a record store as well, having started with the decades-old music store, which is in the same strip mall as the record department.

"We had this space — which was used for lessons, rock bands, etc. — for years, and basically COVID kind of squashed all those programs for us, so this room was just sitting here," Kindler said, referring to the space the record department currently exists in.

"At the same time, our record collection at home was growing and growing," said Riley. "We would watch [1995 comedy film] 'Empire Records' and joke that dad was going to be the grumpy man behind the counter one day."

At Clarizio, a diversity in musical genres is on full display. Looking for some old-school Dolly Parton? There she is. How about some 90s era Tribe Called Quest? One need only move about three sections over to 90s hip hop and there are their albums.

Kindler and Riley explained that the tastes and styles of the prototyp-



MARK R. SULLIVAN N&D MAGAZINE

Clarizio Music Center owner Matt Kindler says a lot of people don't realize how limited the releases are on Record Store Day. This year, the day falls on Saturday, April 20.

ical record store patron has changed over the years, from classic rock to more alternative

RECORD STORE DAY

One day where most record store owners in this area see the gamut of fans is Record Store Day, which this year is scheduled for Saturday, April 20. Every Record Store Day, hundreds of record stores around the world, including Clarizio, as well as Lofidelic in Belmar, participate in a special sales and exclusive distribution of albums and artist merchandise, with an emphasis on celebrating independently-owned music stores.

"Our store's only been here a little over two years," said Kindler. "A lot of our customers aren't really familiar with what Record Store Day is; some of them are learning."

"It's a group of about 1,400 stores that participates... You have to meet certain guidelines and requirements of your store; brick-and-mortar... locations, and there's a pledge you

have to sign," said Kindler. "There's a list of rules that are dos and don'ts for the store."

He spoke about the titles that are available on Record Store Day — however, he clarified that not every store carries every record, and that there is always a limited amount of vinyl to go around. The aim of this is to increase traffic at different physical locations to generate new customers to these unique local businesses, and hopefully keep them coming back throughout the year for more.

"It's made up of a list of titles," said Kindler. "This year there's close to 400 different titles; these titles are only available to the independent record stores that participate in Record Store Day. It's not at Target, it's not on Amazon, it's not anywhere else; it's only exclusive releases to independent record stores that participate."

"Sometimes there are things like represses of older records; whether

it's a different color, or an alternate cover or there's a different master," said Kindler's daughter Riley, a current senior at Brick Memorial High School and manager of the store.

Kindler explained that there are several categories of releases for Record Store Day, including "Record Store Day Firsts," which come out on the day of the event but will possibly be rereleased.

"Record Store Day Exclusives" are the much more desirable titles," he said. "Those are only exclusively printed for that day; once they're done, they're done."

"Along with those titles, the most important part is the quantities," said Kindler. "Most of the [Record Store Day releases] are usually very low in quantity — you're talking 3,000 or fewer pressings. A lot of some of the more desirable ones they might even do 1,500."

Kindler explained that there has been a line around the building in the past few years of Record Store Day

at Clarizio.

"Our first customer has been the same girl the past few years," said Riley. "She gets here for Record Store Day at 11:30 the night before; her mom and her take turns on the sidewalk so I buy them coffee in the morning."

Kindler said that some customers don't realize the minimal quantities of records that are printed for the yearly event, which leads to some people possibly not receiving the exclusives they were expecting.

"That's where our new customers tend to get confused — some people think they can walk in on 4/20...[but] our orders had to go in in the second week of February this year," said Kindler. He further explained that the store polls its customer base using Facebook and other social media to determine what the most sought-after pressings are for the year.

"We put out asking our customers for their requests; what they were interested in," he said. "What we order, because of the limited quantities of

some of these titles, we might not get; we may order 20 and we could get three. We don't know that sometimes until three days before."

Some Record Store Day firsts this year include: Olivia Rodrigo and Noah Kahan "Stick Season"/"Lacy" from the BBC Radio 1 Live Lounge, Chappell Roan's single "Pink Pony Club" and The 1975 "Live at Gorilla."

Just a few of the Record Store Day Exclusives for this year include a rerelease of stoner duo Cheech and Chong's 1978 soundtrack for "Up in Smoke" on green vinyl, Pearl Jam's new LP "Dark Matter," a picture-disc LP re-pressing of Fleetwood Mac's "Rumours" and "Re: This Is Why," a ruby-colored vinyl remix album of the album "This Is Why" by 2024 Record Store Day ambassadors Paramore.

"The exclusives are what become much more desirable. In the past two Record Store Days there's been a Taylor Swift release...she was the ambassador two years ago. She had a single called 'The Lakes,' there was only 10,000, which is a high number

for Record Store Day, but when you're talking Taylor Swift numbers that's a drop in the bucket," he said.

This year is a bit different; though she is not on the official Record Store Day release list, she does have a release coinciding with the day prior — Taylor Swift's upcoming album "Tortured Poets Department" is set to release on April 19.

According to the Record Store Day official website, "There are a lot of independent stores that participate in Record Store Day. Not all of them will choose to participate in all promotions, or carry all releases. Just because a store is listed here does not mean it will have the goodie or record you're looking for. That said, find a store near you and check with them directly. It's always a good idea to be BFFs with your neighborhood record store."

ANNUAL EVENT

According to the official website for the now-annual event, "The first Record Store Day took place on April

19, 2008. Today, Record Store Day is celebrated at independently-owned brick-and-mortar record stores around the world."

"The great thing about Record Store Day is that it does cover pretty much all genres; it's not all focusing on rock; there's country, jazz is a big one," said Kindler. "When they do come in and pick up these Record Store Day titles, they hopefully — and most of them do — shop the rest of the store. It does bring exposure to the store. When we did our first Record Store Day two years ago, we were only open for three months; nobody really knew we were here, but we had people finding us on that day looking for the hot titles that every other store was sold out of."

"This drop was a very big pop one; they really hit contemporary music, also a lot of '90s...It brings younger people — people around my age — in here," said Riley, who professed her fandom of the late '90s crooner Jeff Buckley.

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6.22 JAKE OWEN	8.25 SUBLIME WITH ROME
6.29 ORVILLE PECK	8.30 ALMOST QUEEN
7.04 MOE. DANIEL DONATO & NEIGHBOR	9.01 WAXAHATCHEE SNAIL MAIL & TIM HEIDECKER
7.05 RAILROAD EARTH & LEFTOVER SALMON YONDER MOUNTAIN STRING BAND	9.10 DASHBOARD CONFESSIONAL
7.12 THE USED	9.27 JUSTIN MOORE & RANDY HOUSER



SPLINTERED SUNLIGHT

Splintered Sunlight has been delighting Pony regulars for nearly 30 years. Come out to the iconic Stone Pony in Asbury Park to hear their take on the Grateful Dead in a two-set show on Friday, April 19. The Unknowns will open at 7:30 p.m., doors open at 7 p.m. and the show runs until midnight. Tickets in advance are \$22 and \$25 at the door. Visit stoneponyonline.com for more info.



MARTELL'S TIKI BAR

Summer sounds are playing at Martell's Tiki bar on Sunday, April 21 from 1 to 5 p.m. The Mike Dalton Band plays the songs that keep you dancing and singing along to the music. The beach backdrop of Point Pleasant Beach's Martell's is the perfect spot to enjoy these tunes.



SANDY ROADS BAND

The Sandy Roads Band will be at Beach Haus Brewery in Belmar on Friday, May 3 from 7 to 10 p.m. The original and cover band from Central Jersey has a sound that pairs well with freshly poured craft brews. This is a great way to kick off your weekend.

ASBURY LANES

Asbury Park
asburylanes.com

Fri. 4/19: Broadway Rave; Sat. 4/20: Cosmic Jerry Band; Sun. 4/28: Me First, The Gimme Gimmes

BAR A

Belmar
bar-a.com

Fri. 4/19: The Cliffs; Sat. 4/20: Radio Stranger; Fri. 4/26: Vinyl Band; Sat. 4/27: Moroccan Sheepherders; Sun. 4/28: The Royals, Smokin' Jackets, Blues Highway

THE CABIN

Freehold
thecabinnj.com

Fri. 4/19: Phil Engel Band; Sat. 4/20: Undisputed; Fri. 4/26: Those Guys; Sat. 4/27: The Black Ties

MJ's RESTAURANT

Brick
mjsrestaurant.com/brick/

Fri. 4/20: Backbeat; Sat. 4/20: Let's Be Frank; Fri. 4/26: Brue Crew; Sat. 4/27: Undisputed

MJ's RESTAURANT

Bayville
mjsrestaurant.com/Neptune

Fri. 4/19: Guns 4 Hire; Sat. 4/20: DJ Big Ed; Fri. 4/26: Mike Dalton; Sat. 4/27: DJ Big Ed

HOOK'S BAR & GRILL

Seaside Heights
hooksknj.com

Fri. 4/19: DJ Brad; Sat. 4/20: Orchard Band; Sat. 4/27: Shore Bet

SALTY'S BEACH BAR

Lake Como
saltysbeachbar.com

Fri. 4/19: THE NERDS, Tommy Vincent Band; Sat. 4/20: Mama's Boy Band, Spare Parts; Sun. 4/21: Sandy Mack; Fri. 4/26: Take 2 Band, Underwater Airlines; Sat. 4/27: Magic Gerhlin, Wreckage; Sun. 4/28: Sandy Mack

SAINT STEPHEN'S GREEN

Spring Lake Heights
ssgpub.com

Fri. 4/19: Billy Hector; Sat. 4/20: The Snakes; Sun. 4/21: Bantry Boys; Fri. 4/26: Paul Heany Trio; Sat. 4/27: ENJOY!; Sun. 4/28: Marty McKernan, Robbie Doherty

STONE PONY

Asbury Park
stoneponyonline.com

Fri. 4/19: Splintered Sunlight; Sat. 4/20: Emo Night Brooklyn; Sat. 4/27: Kevin Smith & Jason Mewes

For more listings go to:
ndmag.com



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EMO NIGHT BROOKLYN

WED
APR 24

THE 502s

SAT
APR 27

KEVIN SMITH & JASON MEWES

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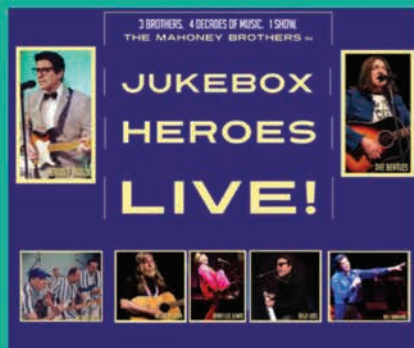
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Sunday, November 24, 2024 / 3PM



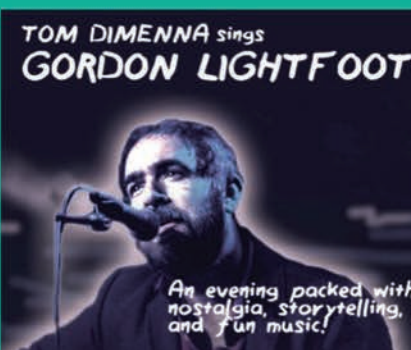
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Saturday, February 1, 2025 / 2PM



Saturday, March 1, 2025 / 8PM



Sunday, March 9, 2025 / 3PM



Saturday, June 7, 2025 / 3PM & 8PM