

## Plan to sell Coast Guard station draws concern in Avon-by-the-Sea

Some residents want borough to take over site

BY SOFIA IANNUZZO  
THE COAST STAR

**AVON-BY-THE-SEA** — A discussion on the future of the Shark River Coast Guard Station property on Washington Avenue drew a large crowd to the commissioners meeting on Monday.

The circa-1871 station has been decommissioned for almost a year. The U.S. Coast Guard plans to put the property out to bid in the near future, despite the borough's efforts to keep the station operational.

The Coast Guard last year announced plans to move the station operations to the Manasquan Inlet station in Point Pleasant Beach.

The reason is that "operation capabilities, which have evolved and made significant advances in response capabilities, especially in the last 10 years,"

U.S. Coast Guard Rear Admiral Matthew Sibley wrote in a March 6, 2020 letter to U.S. Rep. Christopher Smith, 4th District. The letter also states that the Shark River station is a "redundant location" due to the proximity of other stations nearby, such as Manasquan Inlet and Sandy Hook.

The Coast Guard assured in the letter that "personnel and boats are to be redistributed to adjacent units, which will increase training opportunities for personnel and improve proficiency."

Both Rep. Smith and Avon Mayor Ed Bonanno had urged the Coast Guard to keep the station open, "given the history and safety implications of this station," stated Congressman Smith in

SEE **STATION** PAGE 4

## Dr. Kenneth Cooper, Atlantic Club launch wellness partnership

'Father of Aerobics' touts focus on prevention

BY COREY ROTHAUER  
THE COAST STAR

**WALL TOWNSHIP** - The Atlantic Club and Cooper Wellness Strategies announced an industry-first wellness partnership based on prevention, starting on Oct. 1.

Dr. Kenneth H. Cooper, founder of Cooper Clinic in Dallas, Texas, visited The Atlantic Club on Sept. 21, and spoke to clients about his lifelong experience studying the health benefits surrounding exercise and diet as a primary preventive medicine.

Considered the father of aerobics, Dr. Cooper, 91, is a pioneer in cham-

pioning the merits of healthy living as the most effective means to prevent some of the worst diseases.

Dr. Cooper is also known for his many books published over his career, including the 1968 bestseller "Aerobics," which broke ground in the health community for its focus on exercise instead of medicine for preventing diseases.

Cooper Aerobics in Dallas serves as the headquarters for six health-and-wellness companies and a research-and-education nonprofit, The

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## Holy Trinity Lutheran Church celebrates centennial year

"... gratitude for the past ... prayers for an inspired future"

BY SHANNON DAMIANO  
THE COAST STAR

**MANASQUAN** — Holy Trinity Evangelical Lutheran Church celebrated its 100-year anniversary in a "beautiful weekend," said Pastor Mary Farnham.

Attendance of the event was tapped out for the first time since COVID, with 175 parishioners gathered for a service featuring a guest preacher; a bishop, Reverend Tracie L. Bartholomew; a string quartet; and later a buffet luncheon at Spring Lake Manor.

"The children did a call-and-response with the adult choir, which was precious," said Rev. Farnham.

The church also shared outtakes from Zoom services, a photo booth, and a time capsule and video memories sharing old and new photos, recapping 100 years of history.

"Fondness and gratitude for the past, and prayers for an inspired future," Rev. Farnham said.

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STEVE WEXLER THE COAST STAR

Entertainers invited men and women up to the stage to show off their moves at the Spring Lake Italian Festival.

## Spring Lake Italian Festival was fun for the whole famiglia

BY SHANNON DAMIANO  
THE COAST STAR

**SPRING LAKE** — The Morris Avenue parking lot was filled with food and artist stalls, packed with people gathering for the Spring Lake Italian Festival on Saturday, hosted by the Chamber of Commerce.

Attendees could get their portrait drawn by a cartoonist. New this year, families could enjoy horse-and-carriage rides with a supporting cast of goats and miniature horses available to pet.

Visitors could also enjoy a beer-and-wine garden, balloon animals, a vintage fire truck-

*"We celebrate our culture, our history and our business community — it's a good day for them ..."*

GEORGE D'AMICO, Spring Lake Chamber of Commerce president

craft vendors and of course, Italian food galore.

Thomas A. Arnone, Monmouth County Commission director, hosted a spaghetti-eating contest and congratulated the Spring Lake Chamber on its hard work.

"Everyone wants to be Italian today," said Mr. Arnone to the crowd.

Chamber of Commerce President George D'Amico called it "our best festival ever," adding

that it showed "Spring Lake as a family friendly town."

"We celebrate our culture, our history and our business community — it's a good day for them before the long winter," he said.

Last year, the visitor count was nearly 5,000. But a head-count is hard to estimate due to the amount of people visiting

SEE **ITALIAN** PAGE 4



MARK R. SULLIVAN THE COAST STAR

## ROUGH SEAS DRAW SURFERS

The remnants of Hurricane Fiona blew across the Jersey Shore last Friday, creating massive waves that drew adventurous surfers to the beach in Belmar. More photos, page 31

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## PARTNERSHIP

FROM PAGE 1

Cooper Institute, founded in 1970 by Dr. Cooper. He intentionally waited six months before opening Cooper Clinic in order to collect preventive medicine data on consenting patients, which started out as a collection of cards in a shoebox and has evolved into what is now the largest computerized study in the world with measured fitness levels, the Cooper Center Longitudinal Study [CCLS].

Working in partnership, Dr. Cooper's organizations have developed several programs that offer this body of data to The Atlantic Club clients.

"Our research nonprofit, The Cooper Institute, benefits from Cooper Clinic because we collect data on those patients who come to the clinics, and that's given to our research foundation, with their consent. We now have a database with more than 150,000 patients," said Dr. Cooper.

For 45 years, The Cooper Institute followed the survival of 100,000 patients at Cooper Clinic. According to Dr. Cooper, the data collected from Cooper Clinic patients shows that the women in the study lived an average of 90.4 years, and the men 86.5 years, about 10 years longer than the national average.

In a 25-year follow-up of 28,000 patients with an average age of 50, just their time on the treadmill was examined. It was found that of those men and women in the top 40th percentile of fitness, their health care costs were 40 percent less between the ages of 65-75 than the bottom 40th percentile for fitness.

"We've shown after following our people for 25 years that they have less cancer. The only cancer they don't have protection from with their level of fitness is prostate cancer; we can't show a good relationship there," said Dr. Cooper.

"I've said for years, there's a significant link between obesity and inactivity with cancer. We also concentrate on cigarette smoking and alcohol consumption, which, if you drop those behaviors, can prevent cancer death by at least 50 percent. The American Cancer Society says you can increase that to 65% if you do those basic things plus schedule mammograms, colonoscopies, and skin cancer screenings and all these various things," said Dr. Cooper.

According to Dr. Cooper, the most significant link identified in The Cooper Institute's many studies between increased physical activity and preventing disease is someone's level of chronic inflammation.

"Something I've persisted with my whole life is the importance of chronic inflammation because that is something physicians have ignored for many years," said Dr. Cooper.

According to a 2021 study by the Mayo Clinic, the level of C-reactive protein (CRP) increases when there's inflammation in one's body.



COURTESY OF COOPER CLINIC

From left: Dr. Tyler Cooper, president and CEO of Cooper Aerobics; Dr. Kenneth Cooper, founder and chairman of Cooper Aerobics; and Kevin McHugh, chief operating officer of The Atlantic Club in Wall Township.

"Alzheimer's, cancer, diabetes, chronic fatigue, decreased immunity, sexual dysfunction, depression, osteoporosis, liver disease, heart disease — all those things are related to chronic inflammation," said Dr. Cooper.

"Look at the causes of [chronic inflammation], poor nutrition, decreased exercise, smoking, stress, excess spirits and alcohol, more than one drink a day, inadequate sleep, too much weight; the same things I've been saying for years. So people should realize this is a major part of my presentation to The Atlantic Club; your health is your responsibility," added Dr. Cooper.

### COOPER PROGRAMS OFFERED BY THE ATLANTIC CLUB

The new partnership between The Atlantic Club and Cooper Clinic Wellness Strategies offers wellness programming and fitness testing to optimize one's health through strategies developed by Dr. Cooper's many institutions.

Specific programming based on Cooper Aerobics' 50-plus years of health and wellness includes Cooper Tracks, Cooper Quest, CooperFit and Move.Laugh.Connect., all of which will be offered at the new Cooper Wellness Center at The Atlantic Club.

"The Atlantic Club is excited to offer Cooper health-and-wellness programs, assessments and ancillary products to our members as well as our immediate community," states Kevin McHugh, chief operating officer of The Atlantic Club.

"The vision and leadership of Pat Laus, owner of The Atlantic Club, was the guiding force that allowed The Atlantic Club to not only introduce but launch medical fitness programs in 2011. The transition from being strictly a commercial club to successfully launching medical fitness and preventive care programs over the past decade has provided The Atlantic Club the opportunity for this outstanding strategic partnership with Cooper Wellness Strategies," he said.

Cooper Tracks is an exercise and educational program designed to support individuals with chronic health con-

ditions or those who want to learn how to exercise safely, increase their confidence and develop habits to live healthier. Cooper Tracks includes four chronic disease tracks; cardiovascular, cancer, diabetes and arthritis, and two prevention tracks; well-being and immunity/ reconditioning.

The first series of Cooper Tracks programming at Cooper Wellness Center at The Atlantic Club targeted "Post COVID-19 Recovery [Long Haulers]" in late April. In May, the Cooper Wellness Center added "Active with Arthritis" and "Health and Wellness 101."

Additional Cooper Tracks that focused on diabetes, the heart and well-being began in June. Now, the center will continue to expand its offerings to include Cooper Tracks Cancer. Each program is eight weeks long, consisting of pre- and post-program health assessments, with two small group exercise classes and education sessions per week.

Exercise tracking tools, social support and accountability are provided by trained instructors throughout the eight weeks to create a positive impact and offer solutions to those in need of lifestyle change.

The center will also offer Move.Laugh.Connect [MLC] programs starting in October. MLC is a balanced program for total well-being for adults which addresses one's physi-

cal, emotional and social dimensions in a group setting, with a focus on extending the functional years.

MLC was created for older adults with limited mobility, stability and other health issues, but it is also available for anyone wanting to improve brain health and fitness.

Another component is CooperFit, a cardiovascular fitness test, measuring an individual's predicted max VO2; the body's ability to consume oxygen [aerobic capacity], to determine their fitness level.

"Having Cooper Wellness Center at The Atlantic Club allows us to partner with one of the premier fitness centers in the country mirroring health and wellness assessments and programs Cooper is known for," said David Evans, vice president of Cooper Wellness Strategies. "The integration of our wellness programming, starting with Cooper Tracks, provides The Atlantic Club members, health care professionals and the surrounding community with a world-class solution for preventive care as well as chronic disease management."

### ABOUT DR. KENNETH COOPER

Raised in Oklahoma City, Dr. Cooper was a high school and college athlete. He won that state championship in track for his high school in 1949, when he recorded

*"Something I've persisted with my whole life is the importance of chronic inflammation because that is something physicians have ignored for many years."*

DR. KENNETH H. COOPER

a four-minute and 30-second-mile run.

Dr. Cooper's athletic skills got him a scholarship to attend the University of Oklahoma for track and field and brought his mile run time down to four minutes and eighteen seconds. However, his father didn't support Dr. Cooper's athletic career because of the "medical myths" of the time.

"When I was running in high school and college, I was told by doctors and my own father not to exert myself or else I'll develop an athlete's heart, and that will shorten my life. I've outlived my father by 14 years; he died at the age of 77," said Dr. Cooper.

Dr. Cooper would go on to attend medical school at OU as well, where his studies consumed much of his time and caused him to neglect his health. While water skiing at the age of 29 years old, he thought he was having a heart attack, but found he was simply out of shape, and beginning to suffer from hypertension and pre-diabetic symptoms.

However, Dr. Cooper would turn his life around through exercise and diet, losing the weight within six months. This inspired him to pursue a life-long journey in studying preventive medicine that would have wide-reaching effects in the medical field.

In 1957, Dr. Cooper began his 13-year career as a military physician and flight surgeon, first in the U.S. Army and later in the U.S. Air Force, where he developed a training program for NASA astronauts to maintain physical conditioning in-flight, as director of the Aerospace Medical Laboratory in San Antonio.

Dr. Cooper also created the 12-minute and 1.5-mile fitness tests and the Aerobics Point System used today by military organizations, professional athletic teams, law enforcement agencies, public schools and universities worldwide.

He also ignited a world-wide fitness revolution with the publication of his international best-selling book "Aerobics" in 1968. His book coined the term aerobics for cardiovascular activity and was translated into 41 languages.

Dr. Cooper has lectured in more than 50 countries. He is most famous in Brazil and known as a hero, having worked with Brazilian futbol coach Claudio Coutinho to train the 1970 Brazilian soccer team to a World Cup victory with his aerobic conditioning program. As a result, jogging is translated as "coopering" in Portuguese.

Dr. Cooper established his Cooper Clinic in Dallas in 1970. However he admits that it was an uphill battle at the time.

"I started my practice 52 years ago in Dallas and encountered many challenges because preventive medicine as a specialty wasn't like how it is now," said Dr. Cooper.

It was a much different era in medicine; as Dr. Cooper explains, patients would have physicians who smoked cigarettes, and there was a prevalent belief that preventive medicine had no future.

"We were taught in medical school at the time that if you have a heart attack, you couldn't live in a two-story home because walking up the stairs would be too much. Or, if you are over 40 years old, you shouldn't run or exercise," said Dr. Cooper.

At 91-years-old, Dr. Cooper still travels the world spreading his message that the best way to prevent the worst diseases are not prescription drugs, but patients taking control over their own lifestyle and health choices. Simple lifestyle choices and changes can reap tremendous health benefits.

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