

Celebrity waiter, four-time champion takes prize at CB Cares event

From auctioning off a week in Vermont, to giving chair massages in the dining room, to singing karaoke, the wait staff of the CB Cares Educational Foundation's Celebrity Chef & Waiter Gala went to great lengths to entertain their guests.

The evening's attendees showed their appreciation by tipping, and continuing an annual tradition, the waiter who earned the most tips was crowned "Most Appreciated Waiter."

This year – and for the fourth time – chiropractor Johnny King-Marino was awarded this coveted distinction. Since King-Marino began his tenure as a waiter, he has raised more than \$50,000 in support of CB Cares Educational Foundation.

To get the edge over his fellow waiters and waitresses this year, King-Marino auctioned off his personal chef services, a basket of cheer, and registrations to Doylestown's BREAK-Fast 5K.



Johnny King-Marino is once again the CB Cares Educational Foundation's Celebrity Chef & Waiter Gala champion.

He solicited tips before the event, arriving with a check-in-hand, and, as a licensed chiropractor, he gave adjustments in the dining room during the event. Even after the event, King-Marino continued to pound the pavement for CB Cares, as he and the Bucks County Roadrunners donated the proceeds of the BREAK-Fast 5K to CB Cares Educational Foundation.

His fellow waiters and waitresses were Melinda Lynn Bowyer (also known as "The Uber Queen"), Rob-in Donna of Fabby-Do, Dori Dugan of NOVA, Bill Hoblin of Mission Kids, Jeannell and Derrick Morgan of the Monkey's Uncle, Elaine Pasqua and Jeff Cohen of Pasqua Productions, Meghan Schroeder, Heather Walton of Class-Harlan Real Estate, and Tia and Todd Welsh of Bucks County Orthodontics.

This illustrious group raised thousands of dollars in tips, provided numerous silent auction items, and

entertained the guests throughout the evening.

The Celebrity Chef & Waiter Gala serves as the primary fundraiser for CB Cares Educational Foundation, a registered nonprofit organization. The foundation supports students, educators and parents of CBSD and encourages responsible, resilient youth through emphasizing the Search Institute's Developmental Assets.

Since its founding in 1996, CB Cares has provided \$114,000 in grants to CBSD educators, awarded more than \$25,000 in scholarships to students, recognized and empowered more than 22,000 students, and provided resources to thousands of parents.

The organization touches all parts of the 120-square-mile Central Bucks School District and serves as a catalyst for collaboration among community groups. Learn more at cb-cares.org.

health fitness & Wellness

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YMCA Kids Triathlon set for August

The 11th annual Kids Triathlon at YMCA of Bucks County, Doylestown, will be held on Sunday morning, Aug. 4.

The popular triathlon continues to attract hundreds of area participants to the kid-friendly triathlon course that encourages youth of all abilities to "compete to complete." Young athletes are encouraged to train through the summer, set personal goals and participate on Aug. 4 to achieve their own personal goals. Medals are awarded to all participants who finish the race.

The event is organized by staff and community volunteers of YMCA of Bucks County and all proceeds from the triathlon benefit the Y's Annual Campaign, which ensures that individuals, youth and families can participate in Y programs regardless of their ability to pay.

Youth compete according to age with groups including age 6 to 7, 8



The 11th annual Kids Triathlon at YMCA of Bucks County, Doylestown, encourages youth to "compete to complete."

to 9, 10 to 11 and 12 to 14. The Wee-Bee division for ages 3 to 5 competes accompanied with a parent and is the only category permitted to use training wheels. Race details and registration information can be found at ymcabucks.org/tri.

Race registration is \$30 per child before July 30 and \$35 per child between July 1 and Aug. 1, when registration closes.

Contact Michele Zosulis for additional information at mzosulis@ymcabucks.org.

Bucks YMCA introduces substance recovery program

YMCA of Bucks County is introducing "Back to You," a substance recovery program designed for individuals who are in recovery from substance use disorder.

Designed over the past year with the help of a community task force comprised of local organizations including The Council of Southeast Pennsylvania, Bucks County Drug & Alcohol Commission, Doylestown Health, Aldie Coun-

selling Center, Bucks County Emergency Health Services and others, the goal of the program is to assist individuals in recovery after rehab or hospitalization.

The program is a 12-week class offered at no cost to those who qualify. During the program, participants will work with personal trainers to learn how to use cardiovascular and strength equipment as well as nutrition, yoga, meditation and various

other group exercise classes to promote self-healing. The Y also provides a free family membership with the program along with babysitting services for children of participants.

The program will begin in late June at the Warminster Branch of YMCA of Bucks County, 624 York Road.

For more information about Back to You, contact Lisa Schwartzert at lschwartzert@ymcabucks.org.

Alcoholics Anonymous of Upper Bucks. If you want to drink, that's your business. If you want to stop, that's ours. Call 215-721-3656.

Bedminster Nar-Anon Family Group. For family and friends with loved ones struggling with addiction, meets 7:30 p.m. Tuesdays, at Deep Run West Mennonite Church, 1008 Deep Run Road, Perkasie, bedminster.naranon@yahoo.com.

Brain Injury Family, Spousal, Partner Support Group. meets 6-8 p.m. third Monday of the month at 361 S. 11th St., Quakertown, 215-538-3488, 610-558-1326.

Bucks County Lewy Body Dementia Support Group Meeting. sponsored by Home Instead Senior Care Plumsteadville, 1:30-3:30 p.m. third Tuesday of the month at The Manor at York Town, 2010 York Road, Jamison. For information or to RSVP: camcates6@verizon.net, 215-766-8929.

Doylestown Nar-Anon. for family and friends of those who have loved ones that suffer from addiction, 6 p.m. Wednesdays at Summit Behavioral Health, 702 Hyde Park, Doylestown. Information: nar-anon.org.

Family Education Program on Addiction. 7 p.m. first three Mondays of the month in the library at the Presbyterian Church of Deep Run, 16 Irishmetsinghouse Road, Perkasie. Understand addiction, impact on family and recovery steps. Register: 800-221-6333.

FACES: Families and Communities Embracing Solutions. offering weekly education and peer-to-peer support for anyone, 18 years or older, who has a loved one struggling with addiction, 6:30-8 p.m. Thursdays at Summit Behavioral Health, 702 Hyde Park Road, Doylestown. Call 215-688-5886 or visit summitbehavioralhealth.com.

Fogflitters AA Meetings - New Hope Area. meets 7 a.m. daily at Thompson Presbyterian Church, 1680 Aquetong Road, New Hope, 215-862-2440.

Fogflitters Alanon Family Group. Wednesdays, 7 to 8 p.m. at Thompson Memorial Presbyterian Church, 1680 Aquetong Road, New Hope.

GRASP (Grief Recovery After Substance Passing) support group for those grieving the loss of a loved one due to drugs, meets 7-8:30 p.m. first and third Thursdays at Southern Bucks Recovery Center, 1286 Veterans Highway, Bristol, graspbuckscounty@gmail.com.

Narcotics Anonymous Drug Problem? We can help. Call 24-hour helpline, 844-624-3575, epa-nar.org.

Parent Support Network. New Hope Area meets 7 p.m. Tuesdays in the chapel at Trinity Episcopal Solebury, 6587 Upper York Road, New Hope. For parents with a child of any age in active addiction or recovery. The network is a secular group of nonprofessional parents supporting parents. Discussions are confidential. Find friends. Gain strength. Get resources. For questions, email info@nhscares.org.

Pennsylvania Polio Survivors Network. information and inspiration for survivors and their families, including support group listings. 215-858-4643, papolionetwork.org.

Steps To Serenity Overeaters Anonymous Meeting. 10-11 a.m. Mondays at St. Andrews United Methodist Church, 999 York Road, Warminster, 215-918-3370.

Women for Sobriety. an alternative self-help recovery group. Meets in Willow Grove and Phoenixville. Call 215-536-8026 or email womenforsobriety.org.

"Adopted day" at dental clinic results in \$5,710 in no-cost care

Last week, a local business took advantage of a new sponsorship program designed to raise funds for

HealthLink Dental Clinic, a charity located in Southampton, and to create publicity for the small business

as well. On June 20 Encore Rides "adopted a day" of the no-cost dental services provided at HealthLink. For a tax-deductible donation of \$500, Encore Rides, which offers guided bike tours of historic and unique venues in Bucks County and Hunterdon County, N.J., secured the sponsorship and was recognized all day long during a social media blitz.

HealthLink Dental Clinic is a nonprofit organization that provides free dental care to low-income, working adults and military veterans living in Bucks County and Montgomery County. Funded entirely by charitable contributions, this new sponsorship program allows local businesses to invest in the oral health of neighbors while taking advantage of a unique marketing opportunity.

In this single day, the clinic provided dental care at a value of \$5,710 – quite a return on investment for Encore Rides' donation of \$500.

Fourteen patients were seen at the clinic on June 20, three of whom had never visited the clinic before. Over the course of the adopted day, a variety of dental services were provided: four cleanings, two deep cleanings, five X-rays, three fillings and two crowns.

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Thursday, July 4

Anyone (resident or non-resident) can legally fish on Pennsylvania waterways on designated Fish-for-Free Days with NO FISHING LICENSE REQUIRED (Trout/Salmon and Lake Erie permits are also NOT required). All other fishing regulations still apply.

Visit <http://bit.ly/fishforfreedays> to learn more about these events.

GONEFISHINGPA.COM

St. Mary recognized for commitment to stroke care

St. Mary Medical Center has received the American Heart Association/American Stroke Association's Get With The Guidelines Target: Stroke Honor Roll Elite Plus Gold Plus Quality Achievement Award.

The award recognizes the hospital's commitment to ensuring

stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

St. Mary Medical Center earned the award by meeting specific quality achievement measures for the diagnosis and

treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions.

St. Mary Medical Center additionally received the association's Target: StrokeSM Honor Roll Elite Plus award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

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