

Courier News

Ryan Dunleavy ranks the Rutgers football team's 2015 schedule, from easiest to most difficult. In Sports

TAKE IT OFF!

Chef DiSpirito shares kitchen stories at RWJ's Healthfest

SUSAN BLOOM
CORRESPONDENT

FRANKLIN (Somerset) — A decade ago, James Beard award-winning chef, television personality and author Rocco DiSpirito traded sugary and fatty foods for more vegetables, nuts, beans and lean proteins, and began training for and participating in triathlons.

The result: DiSpirito lost nearly 40 pounds.

"It's about making conscious choices to eat right and feeling that you have value as a person and something to contribute," he told a sold-out audience of 500 during Robert Wood Johnson University Hospital's second annual Healthfest, a community health event held Monday at the Imperia restaurant and banquet facility in Somerset.

During a moderated interview, DiSpirito shared details of his own health transformation and regaled the crowd with tales of his days in the kitchens of some of the world's most well-known restaurants.

While he noted that 67 percent of Americans are overweight and in medical danger, DiSpirito argued that "the fallout of the standard American diet has tentacles far beyond any one individual" based on its effect on our national health care costs, productivity, global competitiveness, and other macroeconomic factors. Comparing the sophistication of the human body to that of a Ferrari, "we could be a brighter, stronger and more productive society by eating better," DiSpirito said, "and we should respect and treat our bodies like the high-performance machines they are."

"Foods that are both delicious and healthy aren't mutually exclusive and can absolutely coexist," added the 48-year-old New York City native and

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WHAT YOU CAN DO

For more information on upcoming Robert Wood Johnson-sponsored community health events, which previously have featured Martha Stewart, celebrity chef Carla Hall and "Dancing With the Stars" Cheryl Burke, or to learn more about the wellness services provided by Robert Wood Johnson University Hospital Somerset and New Brunswick, visit www.rwjuh.edu or call 888-MD-RWJUH.

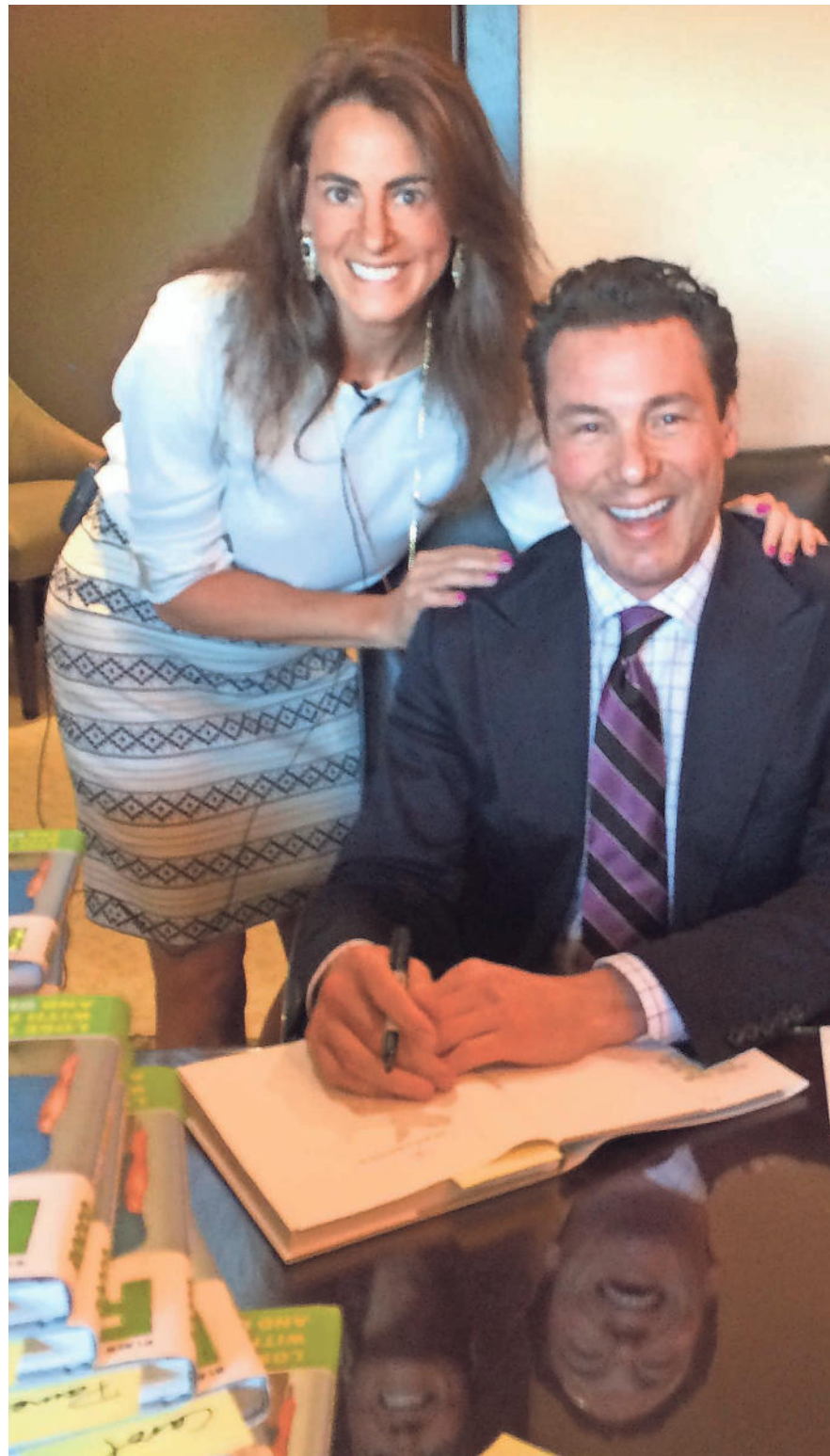
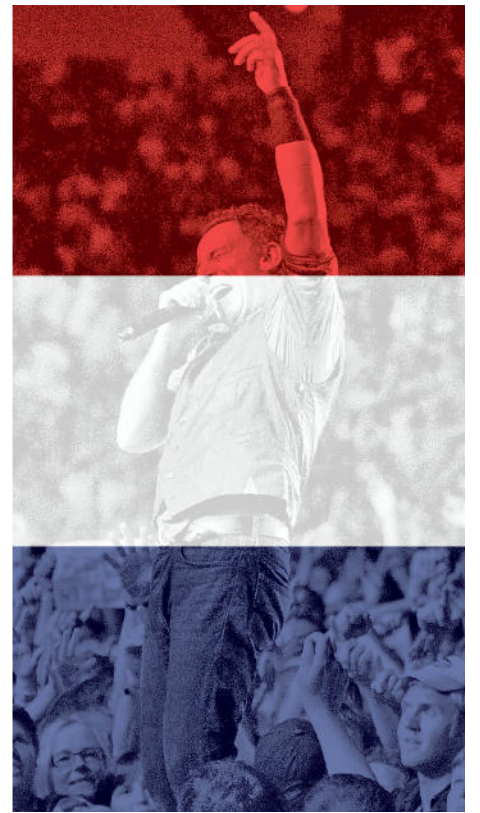


PHOTO COURTESY OF SUSAN BLOOM
Celebrity chef and headline guest Rocco DiSpirito with journalist and interviewer Susan Bloom at Robert Wood Johnson's Healthfest 2015 in Somerset on Monday.



BORN IN THE U.S.A.

7 patriotic Bruce Springsteen songs to celebrate Independence Day **In Kicks**

Local groups to march in Newark

Plainfield contingent will protest police brutality

SERGIO BICHAO
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PLAINFIELD — Church groups and social justice activists from this city will join more than a hundred other organizations this month in Newark for the Million People's March Against Police Brutality, Racial Injustice and Economic Inequality.

"This march is being called in response to the killing of unarmed people by the police, the brutality and use of excessive force by police and the violation of people's constitutional rights by the police," said Lawrence Hamm, chairman of the Newark-based People's Organization for Progress, which advocates for police reform.

"It's a very serious problem, and if we don't get a handle on it nationally, we are going to see more civil unrest like we saw in Ferguson (Missouri) and like we saw in Baltimore," he said. "It's going to happen in other cities."

Hamm on Tuesday afternoon joined Plainfield POP leader Stephen Hatcher and representatives from other organizations, including the First Unitarian Society of Plainfield, the United Church of Christ of Plainfield and the Plainfield Area Club of Frontiers International, in announcing the march, which will begin at noon July 25 at West Market Street and Springfield Avenue in Newark.

While the organizers had much to say about the high-profile incidents of fatal shootings by police of black men around the country, there were no criticisms of the Queen City's police division, where black officers are a majority on the force.

"Plainfield has good relations with police. But it wasn't always that way," organizer John Brinkley said. "Plainfield is not the entire United States."

Last year, Plainfield police received just a single citizen's complaint of excessive force by an officer, down from 10 in 2013. Police also received three improper

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July Fourth tradition to hit 121st year at Bridgewater's Washington Camp Ground

BEN AULETTA
COMMUNITY CONTRIBUTOR

BRIDGEWATER — The Washington Camp Ground on Middlebrook Road, just north of Route 22, was dedicated a historic site by local citizens in 1889 and entered the National Register of Historic Places on July 3, 1975.

The site is owned and preserved by the Washington Camp Ground Association, which organizes an annual July Fourth program at the site. The program includes a flag ceremony and a public reading of the Declaration of Independence, which has been read at the

site for 121 consecutive years.

This year's Fourth of July celebration is Saturday. The crowd is asked to assemble at 10 a.m. and enjoy meeting with friends and families from the surrounding area. Bring lawn chairs and blankets and enjoy patriotic music before the program begins at 10:30 a.m.

For more information or to sing the national anthem contact, Bound Brook Mayor Robert Fazen, president of the Washington Camp Ground Association, at robert@fazen.org

The program will include:
» Introduction by Fazen, master of ceremonies, and a retired Army lieutenant colonel.

» Retirement of old colors: American Legion, Giles-Biondi Post 63, Bound Brook.

» Presentation and raising of new colors: Boy Scout Troops 41 and 46

» Singing of national anthem.

» Pledge of Allegiance led by Fazen. The Declaration of Independence ceremony will begin at approximately 11 a.m., immediately following the flag ceremonies.

» Welcome and introductions by Fazen and Bridgewater Mayor Dan

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Batman: The Ride launches backwards



PHOTO COURTESY OF GREAT ADVENTURE
If you like Six Flags Great Adventure's Batman: The Ride roller coaster, you'll like it even better backwards, starting this weekend.



BOB MAKIN
MAKIN PLANS

If you like Six Flags Great Adventure's Batman: The Ride roller coaster, you'll like it even better backwards.

This weekend, the Jackson theme park

unveils a second thrilling coaster experience by turning fun with the Caped Crusader on its head. Guests will take on an all-new experience on the suspended, looping coaster when its chair lift-style train is flipped 180 degrees on the track. The excitement is magnified since guests cannot see the twists and turns that await

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"This march is being called in response to the killing of unarmed people by the police."

LAWRENCE HAMM, CHAIRMAN OF THE NEWARK-BASED PEOPLE'S ORGANIZATION FOR PROGRESS

ADVICE 5B
CLASSIFIED 1D
COMICS 4B
LOTTERIES 2A
OBITUARIES 8A
OPINION 4A
SPORTS 1C
TV 5B

