

The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities February 2022 • Number 94

Driving change in our community.



Causeway CAREs serves various nonprofit, local and community-based organizations in Ocean County by assisting with their respective outreach efforts to encourage their long-term sustainability, collaboration and spread awareness of their cause.



CAUSEWAY CAREs UNVEILS NEW VISION!

Empower. Collaborate. Impact.

MANAHAWKIN, NJ – Empower. Collaborate. Impact. Causeway CAREs stands firmly by these three words as it seeks to help its neighbors and positively impact the community. Founded in 2004 and funded by the Wintrode Family Foundation, Inc., Causeway CAREs recently unveiled its new look with an updated logo, website (CausewayCAREs.com), vision and mission as it continues to make the community a better place to live, grow and thrive.

Causeway CAREs has also announced that its annual “Summer in Winter Carnival”, will take place on Sunday, March 20 at the Holiday Inn of Manahawkin. The public event will feature local nonprofit organizations, carnival games, boardwalk type food, a magic show and various children’s activities like face painting, arts and crafts, and more.

The Wintrode Family has always been driven by the desire to give back to the community it serves through partnerships with such organizations and encouraging their collaboration to fulfill a greater need. As an extension of the Causeway Family of Dealerships, which was founded in 1969, Causeway CAREs exists to offer consistent support, compassion, time and resources for community members in need.

“Serving the local community has always been at the heart of the Causeway family,” said David Wintrode, President of the Causeway Family of Dealerships. “That’s why we are so excited to take 2022 in stride as we continue to be a driver of change in the community.”

Causeway CAREs’ mission is to make a direct and profound impact in and around Ocean County in the areas of education, food security and quality of life. To fulfill this mission, Causeway CAREs gives back to the community by offering time and resources, as well as financial donations and scholarship opportunities; facilitating event sponsorships; encouraging volunteerism and social responsibility and organizing vehicle giveaways for its nonprofit and community partners through the “CauseWheels Vehicle Donation Program”.

The goals of Causeway CAREs are to:

- Fill the present needs in the community through generous giving and continuous support;
- Provide food security and literacy opportunities;
- Partner with various nonprofit, local and community-based organizations to ensure their long-term success and encourage collaboration between them;
- Continue to grow and raise awareness of its presence and be a trusted voice and asset in Ocean County.

“In all our endeavors, we promise to utilize our resources to care for and positively impact community members in need,”

said Joe Stroffolino, Director of Advertising and Marketing for the Causeway Family of Dealerships.

Causeway CAREs will continue to utilize The Causeway Gazette to promote positive news in the community. The publication, which launched in July 2013 and is available in print and digital forms, has a current circulation of 26,500. “Our goal through The Causeway Gazette has always been to provide inspiring, informative content to local residents,” said Stroffolino, who also serves as Editor of the publication. “We also offer free event promotion and article submissions from Ocean County nonprofit organizations.”

Through the years, Wintrode has served on various nonprofit boards like the United Way, Southern Ocean Medical Center, The Food Bank of Monmouth and Ocean Counties and many others. The Causeway Family of Dealerships also supports local high school education foundations. To support these and other nonprofits, Causeway CAREs has hosted various community events from coat and food drives to carnivals and 5Ks.

“It has always been a wonderful privilege serving in and being part of our amazing community,” said Wintrode. “We are excited to see what the future holds for Causeway CAREs as we know that where there is such a great need in the community, there will be an even greater impact.”

About Causeway CAREs
Causeway CAREs’ mission is to make a direct and profound impact in and around Ocean County in the areas of education, food security and quality of life. Founded in 2004 and funded by the Wintrode Family Foundation, Inc., Causeway CAREs strives to make the community a better place to live grow and thrive. To learn more, visit CausewayCAREs.com

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The Wintrode Family Foundation

HACKENSACK UNIVERSITY MEDICAL CENTER RECOGNIZED A TRUE HERO, BOTH INSIDE AND OUTSIDE OUR HOSPITAL WALLS, KAITLIN ROGERS, RN.

By Mary McGeever, PR Manager, Hackensack University Medical Center

Early on the morning of January 5, 2022, Kaitlin Rogers was driving to work on Route 3 when she came upon a sea of brake lights just before the Hackensack River Bridge.

It was barely dawn and freezing rain was pelting her car, so it was hard for Kaitlin to see what lay ahead - a massive, multi car accident. "I was wondering what had happened and that whatever it was, I was going to be late for my shift, when a man emerged between the cars looking completely frantic and in need of help," said Kaitlin, a registered nurse at Hackensack University Medical Center, who immediately jumped out of the car only to slip and fall on the icy road. "The ice had to be about a half an inch thick but I got my bearings and followed him," explained Kaitlin, who was led to dozens of mangled cars, many with passengers in need of medical assistance. "There were people with head and neck injuries, lacerations and one young man lying on the ground."



Kaitlin Rogers, RN with Mark Sparta, President & CHE, Hackensack University Medical Center

ended up helping to keep me warm and protect me from all the broken glass and blood."

When the last patient was placed safely inside an ambulance, Kaitlin didn't go home, she continued on to work, knowing the medical center might be short staffed due to the pandemic. "I couldn't think of any place else I'd rather be or anyone else I'd rather be with than my colleagues at the hospital," she said.

"When I heard about what Kaitlin did, I was not one bit surprised," said Mark Sparta, FACHE, President and Chief Hospital Executive of Hackensack University Medical Center. "She represents the best of the best at our medical center - a true hero both inside and outside our walls."

"Kaitlin is an amazing nurse, a caring person and I am not one bit surprised that officers who arrived on the scene identified her as the most skilled provider," said one of those colleagues, Danielle Loftus, Administrative Supervisor in the CTICU at Hackensack University Medical Center.

Kaitlin, who is only now just starting to begin grasping the magnitude of the accident says she's grateful for all the care and support she has received from co-workers, like Danielle, who suggested she seek the guidance of WeCare, a confidential, peer-to-peer support program, designed to help team members and clinicians manage any negative emotional consequences they may experience as a result of the work they do.

"There's not a day that goes by that I don't think of the young man who lost his life, but I am proud to have been there and to have helped so many others." For more information or to book an interview, please contact: Mary McGeever, PR Manager, Hackensack University Medical Center at 551-795-1675.



At 25, Kaitlin has been a nurse for just under three years. She works in the cardiothoracic intensive care unit (CTICU) at Hackensack University Medical Center, caring for the needs of patients in critical condition and requiring constant monitoring. "It can be pretty intense but not necessarily to this level," she said.

Still, Kaitlin quickly jumped into action along with another young nurse and several volunteer firemen who had emerged from their totaled cars. "They were all just in this horrible pile-up and yet they wanted to do everything they could to assist," said Kaitlin who immediately started CPR on the young man on the ground. "For more than 45 minutes, we tried to revive him but his injuries were just too severe," said a devastated Kaitlin who came to find out that he was hit only after getting out of his car to try and help others. "The irony of that is so heartbreaking, he was so young and selfless."

With all lanes of traffic closed, Kaitlin and the others worked for two hours triaging and assisting the car passengers before paramedics could arrive on the scene. "We were this random group of strangers thrown together and we did the very best we could," said Kaitlin who inexplicably happened to dress in layers that morning. "I put on an extra sweatshirt and socks which

A NOTE FROM FAMILY PROMISE OF SOUTHERN OCEAN COUNTY

By Jim Lowney, Development and Communications Manager

The snows of January haven't stopped us from continuing our work helping local families facing homelessness.

In fact, Family Promise of Southern Ocean County is on the move!

The Grand Opening of our New Offices is in the works. Details and our new location will be revealed soon!

The new Family Promise of Southern Ocean County offices will provide us with a headquarters to better coordinate our support and prevention services, emergency hospitality program and community initiatives to combat homelessness. Our fund development and donor relations resources will also call the new offices home.

Our Day Center in West Creek will continue to serve local families as our operations expand.



In January, we also stepped up our presence on social media beginning with an occasional series spotlighting the individuals from our local communities who champion Family Promise of Southern Ocean County.

Our first profile of the series featured Monsignor Ken Tuzeneu (pictured) who is celebrating 30 years as pastor of St. Mary's Parish, one of our valued community partners. He also serves on the Family Promise of Southern Ocean County Board of Trustees.

Please visit www.facebook.com/FamilyPromiseSOC and @familypromisesoc on Instagram for community partner profiles, news and details about upcoming events.

We have passed through the dead of winter and spring is only weeks away but the reality of homelessness still threatens many of our neighbors no matter the season. Some are only a pay check or the smallest life event away from having nowhere to call home. Please help us help those in need in our community.

Visit www.familypromisesoc.org to donate and learn more about our programs.

By giving to Family Promise, you can make a difference!

Thank You for Supporting Family Promise of Southern Ocean County!



TOMS RIVER – Ocean County Library branches brim with activities during February, in observance of African-American History Month, St. Valentine's Day, Presidents' Day, and more. Visit www.theoceancountylibrary.org/events for a full listing. Here are highlights at branches near you.

Stafford Branch
• Monday Movies include "Old", February 28. Family Movie Night features "Luca", Thursday, February 24.

Little Egg Harbor Branch
• Monday, February 28: Children can help to decorate the Youth Services area in an aquarium theme. Pick up a Take & Make crafting kit, create a fish, bring it to the Branch, and then take home a shark-tooth necklace craft.

Long Beach Island Branch
• Tuesday, February 22: Take & Learn kits with a Presidents' Day theme will be available while supplies last.

Tuckerton Branch
• Monday, February 28: Children can mark Read Across America with "Cat In The Hat" face mask Take & Make crafts. Adults can start the countdown to Spring with miniature felt bird bookmark Take & Makes, all while supplies last. The monthly Adult Book Discussion takes place at 6:30 PM.

Virtual Early-Stage Memory Cafés
Registration is under way for virtual, early-stage Memory Cafés @ The Ocean County Library that will begin in early March. The program is a partnership between OCL and the Alzheimer's Association of Greater New Jersey.

Memory Cafés are monthly gatherings in which people experiencing memory loss, and their caregivers, connect in a relaxed, non-judgmental atmosphere. Participants enjoy conversation, music, art, games, activities, and more.

The meetings are facilitated by trained volunteers and are open to anyone with early stage memory loss. Three branches will host.

- Manchester: Thursday, March 3, first Thursday of every month, 10 AM
- Lacey: Saturday, March 5, first Saturday of every month, 10:30 AM
- Toms River: Monday, March 7, first Monday of every month, 6 PM

To register, call the Alzheimer's Association 24/7 Helpline, 1-800-272-3900. Registrants will receive links to the program by email.

Volunteers are welcome to become facilitators. Training by the Alzheimer's Association includes online learning, shadowing of similar groups, and mentoring. Prospective facilitators are required to undergo background checks. Learn more by emailing Program Coordinator Nicolette Vasco, navasco@alz.org.



CRISIS HOTLINE VOLUNTEERS NEEDED!

Crisis Hotline Volunteers needed for CONTACT of Ocean & Monmouth Counties' training beginning **Wednesday, March 9, 2022, once a week every Wednesday for 12 weeks from 6:30 - 9:00 P.M. TRAINING WILL BE HELD IN PERSON at St. Luke's Roman Catholic Church, 1674 Old Freehold Rd, Toms River.** CONTACT is a 24 hour crisis intervention hotline that also provides information & referral to community resources. All calls are free, confidential and anonymous. Training is free. **BECOME A VOICE TO THOSE IN DISTRESS--Make a difference in your community! - Call 732-240-6104 or email contact@contactoceanmonmouth.org for additional information and registration.**



A Need We Feed to hold

3rd Annual Casino Night

Saturday, March 26, 2022
6:00 - 11:00 pm
Martell's Waters Edge, Bayville NJ

Tickets \$75 pp includes \$100 in gaming chips, open bar until 8:00 pm, buffet dinner, coffee, dessert, entertainment, large gift auction, and 50/50.

Tickets, Sponsorships, Ad Journal opportunities, and the "The Big Deal" is available now!



Only 200 tickets are available; no tickets will be sold at the door.

Attendees must be 18 or older.





2022 ANNUAL TEE-OFF

Driving Change for Our Community

PRESENTED BY 

Monday, May 9, 2022
Hollywood Golf Club • Deal, NJ

Hollywood Golf Club is a Platinum Club of America, ranked 7th in New Jersey and 83rd in the country

SPONSORSHIP OPPORTUNITIES ARE AVAILABLE

RESERVE YOUR SPOT EARLY, PAST EVENTS HAVE SOLD OUT!

For more information and to register online, scan the QR code or visit tinyurl.com/2022AnnualTeeOff



LIVE UNITED



Special Bonus Cover!



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GIRL SCOUTS OF THE JERSEY SHORE RECEIVE VAN

By Carla Scarabino & Causeway

Girl Scouts of the Jersey Shore is thrilled to receive a van donated by the United Way of Monmouth and Ocean Counties and refurbished by the Causeway Family of Dealerships!

“The Girl Scouts of the Jersey Shore is grateful for our local community supporters”, said Heather Coburn, Interim CEO, GSJS. “This generous donation will support operations at our camps, Camp Amity Acres (Waretown) and Camp Sacajawea (Farmingdale). Our camps give girls the space to discover a strong sense of self, gain practical life skills, become resourceful problem solvers, and cultivate healthy friendships.”

Camp Amity Acres and Camp Sacajawea are open to all girls, ages 3-15, and their sibling brothers, ages 3-12, for an unforgettable summer. Camp registration is now open for our 2022 season. Visit our website GSFun.org to discover more about our camps.

The van donation to the Girl Scouts was part of the “CauseWheels” program, which began in 2019 as a way for The Causeway Family of Dealerships in Manahawkin to help their neighbors and positively impact our community.

“We are thrilled to once again assist the Girl Scouts of the Jersey Shore, with a vehicle donation!” said Joe Stroffolino, Director of Advertising and Marketing, Causeway Family of Dealerships. “This van was donated to us by United Way of Monmouth and Ocean Counties with the understanding that Causeway would recondition and repair the van and donate to GSJS. The van was available because Causeway had donated two vans to United Way previously this year. Those two vans were in part donated by Meals on Wheels. One act of kindness triggered many others in turn.”

United Way of Monmouth and Ocean Counties (UWMOC) first received that van given to the Girl Scouts in 2016 as a donation from New Jersey Natural Gas, which gives their retired work vans to local nonprofits to help fulfill their mission.

“United Way is so thankful to have our van from New Jersey Natural Gas for the last five years, and when we heard that we were chosen to receive two vans through Causeway and Meals on Wheels, we knew we had to pay it forward,” said Lori-Anne McLane, President & CEO of United Way of Monmouth and Ocean Counties. “We are very supportive of the work that the Girl Scouts of the Jersey Shore does for our community and knew they would be the perfect organization to put the van to good use. The CauseWheels program did an amazing job fixing up the van, and we hope this opens the door for other organizations to be a part of this great initiative.”

Girl Scouts of the Jersey Shore

Girl Scouts of the Jersey Shore serves nearly 10,000 girls ages 5-18 in Monmouth and Ocean counties, providing a time-tested leadership experience that inspires and motivates them to take action for themselves and their communities. For over 110 years, Girl Scouts has helped girls become women of courage, confidence, and character who make the world a better place. To join us, volunteer, reconnect or donate, visit GSFun.org or call (800) 785-2090.

United Way of Monmouth and Ocean Counties bridges the gaps to education, financial stability, and health for every person in our community. The organization envisions a community



(Left to right): Joe Stroffolino Director of Advertising and Marketing; Dave Wintrade, President of The Causeway Family of Dealerships; Heather Coburn, Interim CEO, Girl Scouts of the Jersey Shore; Paul Shutak, Service Director; Corey Gellis, General Sales Manager.



(Left to right): Thomas Hayes, Director of Customer and Community Relations, New Jersey Natural Gas; Lori-Anne McLane, President & CEO, United Way of Monmouth and Ocean Counties; and Heather Coburn, Interim CEO, Girl Scouts of the Jersey Shore.

where everyone achieves their greatest potential through a quality education, income stability and healthy lives. To learn more about United Way of Monmouth and Ocean Counties, please visit uwuoc.org.

Causeway Addendum:

In May of 2021, Causeway had donated two vans to United Way of Monmouth and Ocean Counties. These two vans were donated to us from Meals on Wheels of Ocean County. Executive Director, Jim

Sigurdson, of Meals on Wheels of Ocean County knows we will find the perfect non-profit that will put each vehicle to good use.

Back in the fall of 2020 Causeway had donated a Ford Ranger to the Girl Scouts of the Jersey Shore. The Ranger has since been utilized at Camp Amity Acres in Waretown! The girls use the truck to haul their equipment such as canoes. The Ranger was also from our friends over at Meals on Wheels of Ocean County!

Down the Bunny Trail

Saturday, April 9, 2022
Camp Sacajawea, Farmingdale

Roast Peeps S'mores • Create an adorable bunny craft
Enjoy an EGGcellent scavenger hunt • Snap a photo with the bunny
Snack on a spring-themed treat • And More!





Please select an entry time when registering
800.785.2090
GSFun.org/BunnyTrail



SCHOOL'S OUT

Take a break from the classroom & join us in camp!

Camp-style activities for grades K - 8
Crafting • Boating • Adventure Elements
Nature Exploration • And More!

\$60 per day; Register early & SAVE
Extended care is available






Camp Amity Acres
April 19 & 20

Camp Sacajawea
April 21 & 22

girlscouts of the jersey shore

GSFun.org/SchoolsOut

MCKAYLA HAVEMANN-FORDYCE EARNS GIRL SCOUT LIFESAVING AWARD

Farmingdale, NJ – Girl Scouts of the Jersey Shore, McKayla Havemann-Fordyce has earned Girl Scouts of the USA's rare national lifesaving award, the Medal of Honor. McKayla, a 10-year-old Brownie Girl Scout, saved her grandmother Nancy's life by her heroic actions. Due to her quick thinking and action when her grandmother required emergency health services, her grandmother was able to get the care necessary for a positive outcome.



She then proceeded to go to a neighbor's house to look for help, but no one was home. McKayla knew to call her mother at work but, she did not respond. McKayla then called her emergency contact person on her phone and waited with first responders until her emergency contact person arrived. McKayla remained totally calm throughout the event and Nancy's doctors said that had she not known what to do Nancy would have suffocated from the collapsed lung.

On June 22, 2021, McKayla's grandmother was experiencing shortness of breath and pains in her chest. Suffering from COPD, she knew she was having more of a hard time than usual. She called for McKayla and told her she needed help. McKayla helped get her to the kitchen to get her to a seated position. Nancy became visibly distressed and started becoming light-headed. She told McKayla she would need to call 911. McKayla remembered her training from Girl Scouts and how to give correct information to first responders. McKayla stayed calm and stayed with Nancy until she heard the sirens at which time she went outside to help first responders find where Nancy was in the home.

Raymond Suiter Jr., Firefighter, Jackson Fire District #3, praised McKayla, saying, "In any emergency, people can become frazzled or erratic, but McKayla was able to follow the proper steps in a calm and collected manner. Her actions undoubtedly contributed to her grandmother's positive outcome. Her poise in the face of an emergent situation is to be commended, and she is certainly deserving of the Medal of Honor."

Mohamed Elsawaf, MD, physician at Shore Pulmonary, Ocean NJ, extended his gratitude to McKayla for her heroic actions in the care of her grandmother, saying, "Due to her quick thinking and action when her grandmother required emergency health services, her grandmother was able to get the care our group provided at the hospital for a life-threatening situation. She conducted herself with composure and maturity and we are all very proud of her."

Recognizing this act of bravery, Girl Scouts of the Jersey Shore Interim CEO Heather Coburn said, "McKayla performed a heroic act beyond the degree of maturity and training to be expected at her age. Girl Scouts are encouraged to be resourceful, skilled, and ready to help others—McKayla's quick thinking and exceptional judgment is inspiring to us all."

McKayla's grandmother is recovering from a collapsed lung. McKayla will be recognized at Girl Scouts of the Jersey Shore Annual meeting.



Robot Building Party!

Girls Grades K-5 You're invited!

Join Us for a Robot Building Party!!!

free interactive virtual program!
RSVP to www.gsfun.org/robot for the ZOOM link

Girls will build their own robot from household supplies, learn about programming, play fun games and make new friends!

girlscouts of the jersey shore
gsfun.org/join

Bring a friend! Learn more about Girl Scouts!

You're invited to a FREE Robot Building Party with the Girl Scouts! Open to families with girls Kindergarten through 5th grade who want to try out Girl Scouts. Build a robot from recycled materials found at home, learn about basic programming and what robots do, and play some fun games. If you've always wondered what Girl Scouts do, this virtual party is a great opportunity to see how much fun Girl Scouts is!

If you are already a Girl Scout and want to join the fun, we ask that you invite a friend who isn't a Girl Scout to RSVP with you and you'll both get a patch!

Bring a friend, Girl Scouting is better together! Sign up at www.gsfun.org/robot. A grown-up should be available to assist at home while the girl is participating.

For questions, please call (800) 785-2090 or email daisy@gsgun.org.



You can make a difference.
Volunteer with Girl Scouts. We're ready for you.

Help girls make friends, plan new adventures, and build a better world. There are opportunities for everyone.

Find out more at www.gsfun.org/volunteer, email daisy@gsgun.org or call 800-785-2090.

UPDATE ON AIDAN

Hello! I would like for everyone to know that my son Aidan Brito is home, and doing great from his heart transplant. We would like to thank you all for the prayers, and your generous donations to our GoFundMe. It's amazing to know that we have a community that comes together when hard times befall us, but the positive side of all of this is that Aidan is doing great.



Thank you all,
Antonio & Aidan Brito.

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<p>IPK/MASON DUMP</p> <p>\$73,490</p> <p>2022 FORD F-450 REG. CAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20178</p>	<p>ENCLOSED UTILITY</p> <p>Call For Price</p> <p>2022 FORD F-450 REG. CAB 4X4 8-cyl, auto, ps, pb, air, p-lcks, p-win, cruise, tilt, Stk. No. F20179</p>	<p>ENCLOSED UTILITY</p> <p>\$67,490</p> <p>2022 FORD F-350 CREW 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20X238</p>	<p>LANDSCAPE BODY</p> <p>\$69,890</p> <p>2022 FORD F-550 EXT. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20167</p>	<p>4X4 • PLOW</p> <p>\$85,490</p> <p>2022 FORD F-450 CREW CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20133</p>
<p>ENCLOSED UTILITY</p> <p>\$88,990</p> <p>2022 FORD F-450 REG. CAB 4X4 Diesel, auto, ps, pb, air, Stk. No. F20177</p>	<p>12' LANDSCAPE BODY</p> <p>\$65,990</p> <p>2022 FORD F-450 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 4x4, Stk. No. F20131</p>			

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SOME SIMPLE MEASURES CAN HELP SAVE YOUR LIFE IN A HOUSE FIRE

By Jen Ursillo, WOBB

National Burn Awareness Week kicked off Monday, Feb. 7 and The New Jersey Division of Fire Safety wants to remind residents that with proper preparedness and some simple measures taken in the home, everyone can be safe.

In 2019, there were 355,000 residential and building fires in the United States which resulted in 2,800 deaths, said Richard Mikutsky, director of the State Division of Fire Safety and state fire marshal.

He also said that 2021 was an extremely high year for house fires in New Jersey. "We had 107 fire-related deaths last year and about 60% of those were one and two-family residences," he added.

What can help protect someone in the event of a house fire?

Smoke detectors and carbon monoxide alarms

Mikutsky said first and foremost, install smoke detectors and carbon monoxide alarms on every level of the home and



outside sleeping areas. Make sure they work. Check them every month. Make sure they are the new 10 year sealed battery ones. If they are not, replace them especially if they are more than 7 to 10 years old, he said.

Create a fire escape plan

Mikutsky said this should be created together as a family. Pick a meeting place outside like a tree, so that if or when a fire breaks out, everyone can escape and meet at the agreed spot outside.

Follow the "Close Before You Doze" campaign

Keeping the bedroom door closed at night is proved through statistics and over a decade of research that it saves lives and

property as well, Mikutsky said. If a door is left open, it allows the fire and smoke to travel very quickly throughout an apartment or house. So before going to sleep, keep the door closed. It will provide an extra layer of protection against the products of combustion.

What happens if there is a house fire?

Get out. Mikutsky said the minute you smell smoke or see flames, get out of the house. Only when you're out of the house should 9-1-1 be called. Never go back inside, not for a pet or a cherished belonging.

Once everyone is out, stay out. Mikutsky said that fire is going to spread and grow every 30 seconds so it's possible that if you go back inside, you may not be able to get back out. Time is of the essence and time is not always on your side.

Make sure the family meets at the designated location that everyone decided on during the family escape plan meeting. That way, there will be no doubt that everyone is safe.

www.wobb.com

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Photo: Thistle Catering Facebook

St Francis Fish Fry
 Community Center Gym of St Francis
 4700 Long Beach Blvd,
 Long Beach Township, NJ 08008-3926

SHIP BOTTOM POLICE DEPARTMENT DONATES FUNDRAISER MONEY TO HEARTS OF MERCY

By Chief Jonathan Potter,

On 1/26/2022, The Ship Bottom Police Department and the Ship Bottom Borough Council met with Kristin Santorelli, Founder of Hearts of Mercy, to donate monies raised during a "No Shave" fundraiser. All officers and command staff participated and donated money to the cause during the calendar month of January. Hearts of Mercy has done numerous events on Long Beach Island, Hearts of Mercy is described as:

Hearts of Mercy is a nonprofit organization that provides children with twice-a-week homework and reading assistance, educational and enlightening trips, and mentors who are positive role models for them. In 2022, Hearts



Pictured above are members of the Ship Bottom, New Jersey Police Department who opened their hearts and donated to Hearts of Mercy, a non-profit 501(c)(3) organization which benefits needy children. Also pictured is Kristin Santorelli, Founder and Director of Hearts of Mercy, which helps underprivileged children overcome economic and educational barriers by providing reading and homework help and exposing them to activities which entertain them and let them see what is possible in their lives. Members of the Beach Haven Police Department and of the Omicron Chapter of Delta Kappa Gamma Society International have also donated generously to Hearts of Mercy recently.

of Mercy is planning the initiation of a formal reading program, outings at the beach, fishing, picnics, swimming lessons, Ocean

County Art Guild activities, Butterfly Garden completion, and the development of a Compassionate Cash fund to help children with additional expenses needed to participate in sports and other activities. In addition to Tuesday and Thursday 1 1/2 hour sessions with their tutors, children will enjoy Fun Friday activities which stress enjoyment, development of relationships, and teamwork, including visits from a therapy dog, guest speakers, games, music, art activities and cooperative activities such as jigsaw puzzles and

Legos. The ultimate goal of these programs is to help the children become more successful in school, build better relationships with their peers and adults, and grow in confidence while developing a more positive view of the world and of their future in it.

The Borough of Ship Bottom, as well as the Ship Bottom Police Department, continued to expand its community outreach programs and looks forward to assisting additional outreach programs in the future.

Hearts of Mercy can be reached via their website:
<https://hearts-of-mercy.org/>

Ship Bottom Police Department can be reached at:
 609-494-3055x2

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- \$1,000
\$20,990*

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- \$4,000
\$39,990*

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- \$440
\$23,550*

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\$25,990*

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 NGC241736
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2019 Nissan Rogue Sport SL
 NKW322363
\$28,990*

2019 Nissan Altima 2.5 Platinum
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\$28,990*

2019 Nissan Rogue S
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\$27,990*

2021 Nissan Kicks SV
 NXML524961
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Cameron

Furry Friends

Who Need Fur-Ever Homes!

Cameron is a 3 year old Orange Tiger male. He was tearfully surrendered to us by his owner because he had to move and could not take him with him. He is currently in one of our loving foster homes waiting for a new forever home. He is a sweet, calm, gentle boy who is hoping to find love in a new home. He would do best in a quiet home with no small children or dogs and with someone who will be patient enough to allow him to adjust to new people and new surroundings. He knows all of his kitty manners, likes pets, likes to be brushed and just loves a comfy bed and a sunny window. Once he is comfortable in a new home, he will be a great companion. He would not mind sharing a new home with another laid back cat. He is neutered, up to date with vaccinations, tested negative for fiv and felv and microchipped. If you would like to meet this sweet, gentle boy, please fill out an application on line and his foster Mom will contact you for a meet and greet in her home in Little Egg Harbor.



Toby

Toby is a handsome tan and white Pittie Mix who is up for adoption at the So. Ocean Co. Animal Shelter. He is 8 years old and neutered. He is described as a silly and goofy, boy who is as playful as a puppy. He walks beautifully on a leash and is so affectionate with the shelter staff and volunteers. Toby's wish list for a home would be with children over the age of 7, no cats and he would prefer to meet any other dog he may share a home with. If you would like to meet Toby, please call the shelter (609) 978-0127 to make an appointment.

Please call the Southern Ocean County Animal Shelter to make an appointment to meet these fur babies! Open daily 1:00pm - 4:00pm and till 6:30pm on Wednesdays.

If you are looking to adopt, have questions or want to volunteer please call:
609-978-0127 or
www.fosocas.org

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Focus ON Barnegat

5 WAYS TO MAKE YOUR CARDIOVASCULAR HEALTH A PRIORITY

February is American Heart Month, and good habits such as exercising and eating right can make caring for your heart easier.

By GoodRX,

This article does not constitute medical advice and is for informational purposes only.

Heart disease is known as a "silent" illness, because it often goes undiagnosed and undetected until a person experiences a significant medical event, such as a heart attack. Every year, heart disease causes about 659,000 deaths — or 1 in every 4 deaths — in the United States, and it continues to be the leading cause of death for both men and women, as well as for people in most ethnic and racial groups, according to the Centers for Disease Control and Prevention (CDC).

February is American Heart Month, and it's a great time to assess your health and take actions that can reduce your risk of heart disease. Here is what you should know to help keep your heart healthy for many years to come.



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What Is Heart Disease?

Heart disease is a term for coronary artery disease, which occurs when the major blood vessels that supply the heart with blood become damaged or diseased. But it can also be used to describe a wide variety of conditions including arrhythmia, which affects a normal heartbeat and other diseases that affect the heart muscles, valves and blood vessels.

What Causes Heart Disease?

Coronary artery disease is the most common type of heart disease in the U.S., according to the CDC. For many people, the first time they know they have the condition is when they experience a heart attack.

Heart disease happens when cholesterol deposits and other substances, known as plaque,

cause buildup on the artery walls that supply blood to the heart and other arteries. Over time, that plaque buildup can cause the arteries to narrow and become stiffer, causing high blood pressure. When the rough surface of the fatty plaque breaks off, it can cause partial or total blockages in a process known as atherosclerosis.

These blockages can happen to arteries throughout the body, and when it happens in the arteries that supply blood to the heart it can lead to a heart attack. When it happens in the arteries leading to the brain, it can cause a stroke.

Coronary artery disease can cause conditions such as:

Angina: Chest pain that occurs when there's not enough blood flowing to the heart. This is the most common sign of atherosclerosis, according to the CDC.

Heart attack: Known as a myocardial infarction, a heart attack is a serious condition that happens when the heart muscle is deprived of blood long enough to damage the pumping walls of the heart. According to the CDC, symptoms of a heart attack include:

Continued on page 10

STARVE POVERTY FOOD PANTRY NOW OPEN IN BARNEGAT

Starve Poverty (Ron Fraser-Founder/CEO), a non-profit Christian organization, displays an emblem of "skull & crossbones" indicating our goal to "starve out poverty".

Barnegat Township recently provided Starve Poverty leased space at 99 Highway 72, Barnegat, NJ (firehouse). This location will offer a food pantry for the purpose of positively assisting those who are economically challenged.

This pairing with the Barnegat Township began with the Barnegat Communities That Care Group, with Starve Poverty assisting kids on how to utilize and handle equipment and tools in a safe manner. This pairing mushroomed to the current lease and food pantry that became operational earlier this month.

There are currently approximately 35 food pantry volunteers to assist in the ongoing development and operation of this pantry. Stocking and supplying the food pantry is challenging, but we are assisted by Fulfill and the Food Bank of Neptune.

Additional ongoing Starve Poverty endeavors include rehabilitation and repair of homes that fit into our wheelhouse of support.

People helping people is what Starve Poverty is really about. How about you? Can you help? Please visit us in Barnegat.

Contact us at www.StarvePoverty.org.



REGISTER READY

NJ'S SPECIAL NEEDS REGISTRY FOR DISASTERS

"The First Step in Emergency Preparedness for Individuals with Disabilities"

Register Ready is a free, confidential, voluntary database designed to help emergency responders locate and safely evacuate people who could find it difficult to help themselves in a disaster.

You (or someone on your behalf) are encouraged to register if you have a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult for you to safely shelter in place or evacuate in a disaster.

HOW CAN I REGISTER?

- ✓ Log onto www.registerready.nj.gov
- ✓ Dial 2-1-1, toll free
- ✓ Call the Ocean County Office of Emergency Management: (732) 341-3451
- ✓ Mail a completed paper form to: Ocean County Office of Emergency Management, Robert J. Miller Airpark P.O. Box 2191, Toms River, NJ 08754



FREE Educational Programs for residents 55+

SHORE TO AGE WELL:

MEDICATION MANAGEMENT AND ALTERNATIVES

One 60- to 90-minute session that explains misuse and abuse of medications, medication storage, alternative options for pain management, patient-physician communication, medication drop box locations, and at home disposal. Alternative pain management includes the following: physical therapy, chiropractic care, yoga, massage therapy, local anesthetics and topical medications, biofeedback, exercise, and NSAIDs.

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CONTACT KELLY LARNEY
KLARNEY@OCHD.ORG

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Six two-hour sessions which explore how life choices and behaviors can have a significant impact on the quality of life. Session topics include: medication use and misuse, stress management, the aging process, depression, alcoholism, and prescription drug abuse. Complimentary breakfast or lunch will be provided.



BARNEGAT HIGH SCHOOL SPORTS BEAT



Barnegat High School Signing Day Athletes

From Left To right: Anthony Molfino, Stockton University Baseball; Justin Bye, Medaille College Baseball; Valencia Gosser, Rider University Track & Field; Adrianna Kappmeier, Houghton College Soccer; Jared Schworn Kean, University Baseball

Bowling

Barnegat Record Breakers! Three game score record smashed today by these lady Bengals.
-John Germano



Track
Congratulations Sean Haggerty placed 6th in the 1600m Ocean County Championships - John Germano



Track
Congratulations Valencia Gosser 1st Place in Ocean County Championships 55m ... so proud of you !!!!! -John Germano

Basketball

Congrats to #LadyBengal Emma Thornton, voted Shore Conference Girls Basketball Player of the Week by @APPSportsDesk #bengalpride



CARDIOVASCULAR HEALTH *Continued from page 7*

- Chest pain and discomfort (angina).
- Weakness, light-headedness, nausea (feeling sick to your stomach) or a cold sweat.
- Pain or discomfort in the arms and shoulders.
- Shortness of breath.

Heart failure: This condition affects the heart's ability to pump blood and oxygen to the body's organs. Heart failure is very serious, but it does not mean the heart has stopped beating. In fact, according to the CDC, 6.2 million people in the U.S. have heart failure. Because heart failure can cause shortness of breath and painful leg swelling, known as edema, it limits a person's activity and has the potential to shorten a person's life. Symptoms of heart failure include:

- Shortness of breath that becomes worse when active or while lying flat.
- Swelling of the legs, feet and abdomen, also known as edema.
- Sudden weight gain.
- Fatigue.
- Feeling lightheaded or dizzy.
- Nausea or loss of appetite.

What Are The Risk Factors For Heart Disease?

While certain factors, such as age, a family history of heart disease, genetics and race cannot be changed, there are other risk factors such as smoking, diet, physical activity and high blood pressure that can be managed to lessen the risk for heart disease.

Making healthier choices and living a healthier lifestyle can help keep blood pressure, cholesterol levels and blood sugar at normal levels, which can help decrease the risk for heart disease and heart attack, according to the CDC.

Making lifestyle changes is one of the best ways to lower your risk for heart disease. The following are some habits you can incorporate to live a healthier lifestyle.

1. Choose Healthy Food And Drinks

An easy way to help prevent heart disease is by eating a heart-healthy diet. Avoiding processed food and salty snacks and instead choosing fresh fruits and vegetables can make a difference in a person's diet. Eating foods high in saturated and trans fats may lead to heart disease. To improve your diet consider:

- Eating foods high in fiber and low in saturated and trans fats — often found in processed foods, such as crackers, pizza and margarine — and eating foods low in cholesterol can help prevent high cholesterol.
- Eating meals that include a lot of fresh fruits and vegetables.
- Eating whole grains.
- Limiting your sodium (salt) intake can help to lower blood pressure.
- Limiting sugar in your diet can help to lower



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blood sugar levels, which helps prevent or control diabetes.

- Limiting alcohol intake, which can increase blood pressure. Men should have no more than two drinks per day, and women should have no more than one drink per day, according to the CDC.

2. Maintain A Healthy Weight

People who are overweight or obese are more at risk of heart disease, according to the CDC. Extra weight can cause more stress for the body's heart and blood vessels. Losing between 3 percent to 5 percent of your total weight can make a positive impact on your health.

3. Exercise Regularly

Adults should get at least 2 hours and 30 minutes of moderate exercise each week, such as bike riding and brisk walking. That 150 minutes weekly breaks down into 20-to-30-minute chunks per day. Children should get at least one hour of exercise each day. Physical activity can help you maintain a healthy weight while lowering cholesterol, blood pressure and blood sugar levels.

4. Quit Smoking

Smokers who quit smoking can significantly lower their risk for heart disease. According to the CDC, smoking can:

- Increase the risk of heart disease by two to four times.
- Damage blood vessels and make them thicken and narrow, causing the heart to beat faster and blood pressure to rise; clots can also form.
- Increase the risk of a stroke, which occurs when a clot blocks blood flow to the brain or when a blood vessel around the brain bursts.
- Cause blockages, which reduce blood flow to the legs and skin.

5. Manage Existing Medical Conditions

For people who may have high cholesterol, high blood pressure or diabetes, it's important to continue taking steps to lower their risk for heart disease.

High cholesterol — For adults, your doctor or health care provider should test your blood level of cholesterol every four to six years. If you have high cholesterol or a family history of it, you may need to have your blood tested more often. If you have high cholesterol, there are lifestyle changes — such as those stated above — you can make to reduce your risk of heart disease.

There are also a variety of medications a medical provider may prescribe to help lower or prevent high cholesterol, such as statins — which help lower cholesterol levels in a person's blood. Lipitor, Crestor and Zocor are statins that may be prescribed depending on your cholesterol numbers, age, family history and other medical conditions.

High blood pressure — Also known as hypertension, high blood pressure usually has no symptoms, so it is worth having it checked regularly. People with high blood pressure will need to get their blood pressure checked more often to make sure it is under control. A medical provider may also prescribe medication to help control your blood pressure.

Diabetes — For people with diabetes, it's important to carefully monitor your blood sugar levels and talk with your health care provider about treatment options. Your doctor will probably suggest lifestyle changes to help manage blood sugar levels and keep them under control. Diabetes can not only lead to heart disease, but it can also cause other medical conditions including nerve damage and vision loss.



EVENTS & PROGRAMS CALENDAR

See More and Register at: events.hackensackmeridianhealth.org

Cholesterol: Know Your Numbers
 February 23, 2022 at 11:00 AM - 12:00 PM ET
 Do you know what your cholesterol level is and what it means? Find out the difference between good and bad cholesterol, treatment options and risk factors.

Preparation for Breastfeeding
 February 23, 2022 at 7:00 PM - 10:00 PM ET
 This is a virtual class that provides mothers-to-be, and their partners, the opportunity to learn more about the art and science of breastfeeding. Although breastfeeding is a natural process, it is not instinctive. This one night class will provide information and support needed for a positive nursing experience. The program is taught by the lactation consultants who work for our maternity center. We recommend that you take this course after you've reached 28 weeks of pregnancy.

Weight Loss Surgery (in-person) Seminar
 February 23, 2022 at 7:30 PM - 8:30 PM ET
 Old Bridge Medical Center-Hackensack Meridian
 Speaker: Ayotunde Adeyeri, M.D.
 Losing weight is difficult, but the weight loss surgery team at Old Bridge Medical Center's Institute for Weight Loss in Old Bridge, NJ is here to help. Join us for a complimentary Weight Loss Surgery Seminar to learn more about your surgical weight loss options and to meet our surgeons and bariatric team.

AngioScreen*
 February 24, 2022 at 9:30 AM - 4:00 PM ET
 Learn your risk for heart attack and stroke. Includes carotid artery ultrasound, heart rhythm, blood pressure and screening for abdominal aortic aneurysm and peripheral artery disease (PAD). Receive a color report of your findings, educational materials and a consultation with a registered nurse. Registration is required. Special rate: \$49.95.

Moving Forward: Eat Well Live Well Nutrition Class: Knowledge to Plate
 February 24, 2022 at 10:00 AM - 11:00 AM ET
 In this session, we will explore how diet and exercise can reduce the risk of cancer recurrence and discuss the components of a plant based diet. Learn how to incorporate more fruits, vegetables, whole grains, healthy fats, and lean protein into your diet and reduce consumption of foods high in sodium and sugar.

Ethics for Lunch - Monoclonal Antibodies: Criteria for Administration
 February 24, 2022 at 12:00 PM - 1:00 PM ET
 Live Interactive Webinar via Zoom
 Lori Sammartino, DNP, NP-C, OCN, NE-BC, Director, Patient Care Services Hackensack Meridian JFK University Medical Center
 Jerry Altshuler, PharmD, BCPS, BCCCP, Assistant Director of Clinical Pharmacy Services at Hackensack Meridian JFK University Medical Center

Infant Care & Safety Class
 February 24, 2022 at 6:00 PM - 8:00 PM ET
 This virtual class prepares the expectant parents for the care, safety, growth, and development of their new baby. This class will prepare you for the realities of becoming a parent, with a special emphasis on coping during the first three months of your baby's life. Topics include comfort techniques, swaddlings, diapering, bathing and so much more! It is recommended to attend this class during your third trimester.

Prepared Childbirth: 2-Week Series
 February 26, 2022 at 10:00 AM - March 05, 2022 at 1:00 PM ET
 This is a virtual childbirth class that prepares the expectant mother and her support person for childbirth. Topics include: anatomy and physiology of birth, Lamaze breathing, relaxation and comfort techniques, body mechanics, exercise, birth partner support, signs

of labor, pain relief options, cesarean section delivery, post-partum recovery, new born appearance, and breastfeeding after birth. We recommend that you take this course after you've reached 28 weeks of pregnancy. Please note this class will meet from 10:00 AM-1:00 PM on February 26th and March 5th.

Childbirth Information Session & Virtual Tour
 February 27, 2022 at 12:00 PM - 1:30 PM ET
 Our complimentary Childbirth Information Session and Tour is designed for expectant parents. It consists of an information session and group VIRTUAL tour. Please note the virtual tour is specific to those who are delivering at Hackensack University Medical Center.
Optimizing Well-being for the patient with Cancer
 February 28, 2022 at 12:00 PM - 1:00 PM ET
 Achieving a high level of wellbeing can be challenging for cancer survivors. Many issues such as pain, fatigue, cognitive difficulty and anxiety present significant obstacles to higher quality of life. Medical options are often of limited efficacy or may have unwanted side effects. This lecture will examine how non-pharmacologic interventions can play a role in improving wellbeing and quality of life for patients with cancer, at any stage of treatment, and for cancer survivors. We will examine evidence in support of various interventions cancer survivors can utilize to improve wellbeing. We will then investigate how to apply such interventions effectively, safely and sustainably.
 Speaker: David Leopold, M.D.

Can Exercise Help Osteoporosis?
 February 28, 2022 at 1:00 PM - 2:00 PM ET
 Community Outreach Conference Center, Brick
 Our experts will discuss why it's important to keep yourself moving and exercises you can do to maintain strength and balance while living with Osteoporosis.

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BEAT THE WINTER BLUES WITH HOME SPRUCE UP PROJECTS

By Danielle Natale, Honda sales consultant,

Winter blues! Does anyone get the Winter blues? I personally just get through it and wish it away until spring. I didn't want to do that again this year. I decided to make a list of all the projects and health goals I want to accomplish by summer.

I decided to tackle the projects and life changes now, rather than putting them off till spring. Do whatever you need to do in order to motivate yourself today instead of tomorrow. You may motivate someone else in your life to do the same. Here in South Jersey, when spring and summer are in full swing, that is when our community comes alive again. Do yourselves a favor and get healthy now. Get the house projects out of the way, get the yard cleaned and prepped and do your "Spring Cleanup" in the winter. You will be so glad you did everything you have to do now, so that you can enjoy the time of year most of us look forward to.

I am trying to get my house projects all done so I won't have any left going into June through September. My house is about 180 years old, so the projects add up. I am to blame for a few of them because I get bored and want to redo things, I can't help myself - lol!

I think the easiest way for me to keep on track and finish each project is to make a vision board for each space. I have a binder and a notepad that I add pictures, color combinations, ideas and drawings to. I even make collage boards on my phone. For me, it is a way to stay organized and focus on one goal at a time. This may or may not work for everyone. We all have our own ways of keeping on track and checking off those accomplishments.

I recently redid my bedroom! Doing this project was a goal of mine for a few years now. I have been obsessed with board and batten wall design, and I wanted that look as an accent in my bedroom. I am on my own, so when I want something done around the house, I figure out how to do it myself through online "How-To" videos. Because I attempted this project, it sparked my parents to attempt the same. Theirs came out better than mine lol. My Mom is a perfectionist and my Dad likes to make her happy. It was a nice project for them to do together while we had all that snow on the ground.

I hope this inspires some of you DIY fans at home to get some of your own projects done now rather than wait till it gets warmer out. I'd love to see some of what you do so always remember that I am located in the Causeway Honda Building. Come visit me!

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2018 Honda Accord EX
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-\$440
\$27,550*

2019 Honda CR-V Touring
HKH659200
Was: \$34,990
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\$33,990*

2019 Honda CR-V EX
HKL022971
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2021 Honda Pilot EX
NMB008233
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2019 Honda Civic Sport
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TOLL ROADS SHOULD CROSS-CHECK E-ZPASS BEFORE FINING YOU, NJ LAWMAKER SAYS

By Patrick Lavery, WOBN,

TRENTON - The state Senate Transportation Committee unanimously advanced legislation last week that would hold the New Jersey Turnpike Authority and South Jersey Transportation Authority responsible for consulting the E-ZPass account holder database before issuing a violation, if a tag is not detected at a toll checkpoint.

Sen. Declan O'Scanlon, R-Monmouth, the bill's sponsor, said the NJTA and SJTA have claimed they already do this, but that he has had firsthand experience proving otherwise.

Paying an unnecessary fine is obviously wasteful for the driver, O'Scanlon said, and he feels it's just as pointless



that these agencies have to generate the paperwork, print it, and mail it.

"Whatever the expense is sending out these ridiculous, unwarranted notifications, it should stop," he said. "Come

into the modern world. Have your computer systems cross-check each other."

The senator said that while the point is not for New Jerseyans to drive around without their registered transponders, they should not be penalized if they happen to forget the device on occasion, or if it malfunctions.

He said he would be in support of some kind of "additional charge" if an E-ZPass-registered motorist is found repeatedly to not be in possession of their transponder, but that it shouldn't come to that anyway.

"There's no reason, this day and age, once you have an account, all your cars, everything should be captured by — you shouldn't be getting any violation notice," O'Scanlon said.

O'Scanlon's bill does stipulate that account holders "maintain accurate and updated information," and could be held liable if their accounts don't match their current license plates.

The NJTA specifically, along with E-ZPass, has already been under scrutiny for years thanks to a long-running lawsuit over a \$50 administrative fee that's been called a "scam" by many.

According to O'Scanlon, the transportation agencies need to stop putting account holders who are in good standing at fault, and finally cut them a break.

"Get it done," he said. "Stop with these incessant, unnecessary accusations of people acting in bad faith. It's not the case."

O'Scanlon does not anticipate a prolonged legislative battle given the measure's swift move through committee (a companion bill is sponsored by Assemblywoman Britnee Timberlake), but said there's a possibility Gov. Phil Murphy could side with the NJTA and SJTA.

In that case, O'Scanlon said, Murphy will have a choice.

"Either the governor comes up with a solution that is enacted, and these things stop happening, or he comes up with a solution that he conditionally vetoes, that we can work together to implement," O'Scanlon said.

www.wobn.com

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www.allrecipes.com

CHEF JOHN'S CORNED BEEF AND CABBAGE

- Ingredients:**
- | | |
|---|---|
| 1 (4 pound) corned beef brisket with spice packet | 3 stalks celery, cut into 2-inch pieces |
| 3 quarts water | 1 teaspoon salt |
| 1 onion, quartered | 2 pounds red potatoes, halved |
| 3 carrots, cut into large chunks | 1 small head cabbage, cut into eighths |

- Directions:**
- Step 1:** Combine corned beef and spice packet contents, water, onion, carrots, celery, and salt together in a large pot or Dutch oven; bring to a simmer, skimming off any foam that rises to the surface.
- Step 2:** Cover the pot, reduce heat to low, and simmer until meat is almost fork-tender, about 3 hours. Add potatoes and simmer, uncovered, until potatoes are almost tender, about 30 minutes more.
- Step 3:** Place cabbage pieces on top of and around meat, cover the pot, and simmer until cabbage is tender, 20 to 30 minutes more.
- Step 4:** Remove meat to a cutting board and let rest 10 to 15 minutes. Cut across the grain and serve in a bowl; ladle vegetables and broth over the top.



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SOUTHERN REGIONAL SPORTS BEAT



Football
 Congratulations Southern Regional Football Donovan Drew and Jaiden Brown on their commitments to continue their education and football careers. Donovan will attend Kutztown University while Jaiden Brown will attend Georgetown University. They are pictured with the Southern Football coaching staff. Best of Luck! #RamPride



Wrestling
 Congratulations Southern Regional Wrestling on defeating TR South 67-6 on #SeniorNight...Thursday, February 3, 2022. With the win, the Rams clinched the Shore Conference "A" South Divisional Championship. It is the 12th Divisional Championship in school history. Thank you Seniors for all you have done for Southern. #RamPride



Swimming
 Congratulations Southern Regional Girls Swimming Brooke Boyd on her commitment to continue her education & swimming careers at Arcadia University. Brooke is pictured with her family, Coach Dreher and Head Coach Bill Entrikin. Best of Luck! #RamPride



Bowling
 Congratulations Southern Regional Boys Bowler Andrew Christensen who finished 4th out of 34 bowlers at the Shore Conference Tournament on Thursday, February 3, 2022. #RamPride



Wrestling
 Congratulations Southern Wrestling Ella Yanuzzelli on winning the Shore Conference Female Wrestling Tournament at 152lbs. Ella is the 2nd female wrestler in school history to win a #SCT title. Also, congratulations to Gracie Cordasco who finished 2nd in the 114lbs weight class. Great job Rams! #RamPride Photo Credit: Peter Ackerman.



Swimming
 Congratulations Southern Regional Boys Swimming on winning the 2022 Ocean County Championship on Saturday, January 22nd. Congratulations swimmers, coaches, parents, alumni and fans! #RamPride



Bowling
 Thank you Southern Boys and Girls Bowling Seniors for all you have done for Southern. #SeniorDay was on Friday, January 28, 2022 at Ocean Lanes in Brick, NJ before our matches vs Central Regional. Great job by our coaches honoring our Seniors. #RamPride



Track
 Congratulations Southern Regional Boys Indoor Track on winning the 2022 Ocean County Championship. The Rams tied for the title with Jackson Memorial with both teams scoring 64 points each. The Ocean County meet took place on Thursday, January 20, 2022 at the Bennett Indoor Bubble in Toms River, NJ. #RamPride



Swimming
 Congratulations to the Southern Regional Boys and Girls Swimming teams on defeating Jackson Memorial on Tuesday, January 25, 2022. The Girls team won by a score of 116-54 and Boys team won by a score of 122-48. With the wins, both teams win the 2021-2022 Shore Conference "A" South Divisional Championship with 7 and 0 records within the division. Congratulations swimmers, coaches, parents, alumni and fans. #RamPride #609.

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<p>2019 Ford F-150 XLT FKFB84000 Was: \$43,990 - \$4,000 \$39,990*</p>	<p>2021 Nissan Murano SL FMC125786 Was: \$43,990 - \$4,000 \$39,990*</p>	<p>2019 Ford F-150 XL FKFA04542 Was: \$42,550 - \$1,560 \$40,990*</p>	<p>2019 Ford F-150 XLT P83860 Was: \$45,990 - \$3,000 \$42,990*</p>	<p>2018 Toyota Tundra Limited FJX736344 Was: \$46,550 - \$1,000 \$45,550*</p>	<p>2022 Nissan Frontier S NNN616414 Was: \$48,990 - \$2,000 \$46,990*</p>	<p>2018 Ford F-150 Lariat FJFB78300 Was: \$49,990 - \$1,440 \$48,550*</p>



Softball
 Congratulations Southern Softball player Elizabeth Gosse on her commitment to continue her education and softball careers at The College of New Jersey. She is pictured with her parents, Head Coach Jamie Bernaldo and Coach Ed Truitt. #RamPride



Basketball
 Congratulations Southern Regional Girls Basketball on defeating Freehold Twp. 67-39 on Saturday, January 15, 2022. At halftime, it was great to recognize the 1996-1997 NJSIAA SJ Group IV Girls Sectional Championship team for their 25th Anniversary. Thank you to all of the players and coaches in setting a standard for Southern Athletics. #KS #RamPride



Swimming
 Congratulations Southern Regional Boys Swimmer, Kristian Werner, on his commitment to continue his education and swimming careers at Rowan University. He is pictured with his family, Coach Schnell and Head Coach Patrick Craig. Best of Luck! #RamPride



Track
 Congratulations Southern Regional Boys Indoor Track Shuttle Hurdles team on winning the NJSIAA State Group IV Relay event in the Shuttle Hurdles. Congratulations Dom, Luke, Gavin and Taner. Also, the Rams won the NJSIAA State Group IV Shot Put relay from Fabian Gonzalez and Logan Doherty. The NJSIAA State Group IV Relays took place on Saturday, January 15, 2022 at the Toms River Bubble. #RamPride



Track
 Congratulations to the Southern Regional Girls Indoor Track 4x4 team on placing 3rd at the NJSIAA State Group IV Relay Meet on Saturday, January 15, 2022. The 4x4 team is comprised of seniors Gabby Bates, Shannon Flaherty, Hailey Hochstrasser and sophomore Grace Fessler. Continued Success! #RamPride



Track
 Congratulations Southern Regional Boys XC & Track athlete Gavin Lum on his commitment to continue his education and running careers at Stockton University. Gavin is pictured with his family and Head Coach Scott Baker. #RamPride

SOUTHERN REGIONAL RAMS WRESTLING TEAM IS 2022 WAR ON THE SHORE TOURNAMENT CHAMPS

By TJ Collins,
 The Southern Regional Rams Wrestling team, that is currently ranked in the State poll at 8th in the State and #1 in the Shore Conference, traveled down to Ocean City, Maryland on January 15-16, 2022, and won the team championship at the National War on the Shore wrestling tournament.
 Looking forward, the Rams have a very competitive team schedule, with upcoming matches against South Plainfield, TR East, Phillipsburg and TR South High Schools. The surrounding Stafford Township community is invited to come out and watch the team compete and support the Rams Wrestling program.



The 2022 War on the Shore team Champs.



The 2022 War on the Shore Individual Tournament Champs, Matt, Conor, Riley, Wyatt and Nick.

SAVINGS EVENT

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One coupon per table. Not valid on holidays. Coupons may not be combined with any other offer. Expires 3/31/22.

Authentic Italian Cuisine, Steaks, Seafood and Thin Crust Pizza