

# NONPROFITS UNITE

## at 3rd Annual Summer in Winter Carnival



The event was hosted by the Causeway Family of Dealerships and Causeway CAREs.

MANAHAWKIN, NJ – Smiling faces, boardwalk treats and games for all. This was the inspiring result of the local community coming together to support 31 nonprofit organizations at the 3rd Annual Summer in Winter Carnival, hosted by The Causeway Family of Dealerships and Causeway CAREs last week.

The public event was held at The Mainland Kitchen & Pub in Manahawkin and featured local nonprofit and community organizations that share in the mission of Causeway CAREs, which is to make a **direct and profound impact in and around Ocean County in the areas of education, food security and quality of life.**



Back row from left to right: Karen Trasker, Your Grandmother's Cupboard; Dave Wintrode, President Causeway Family of Dealerships/Causeway CAREs; Mike Gesicki, NFL Tightend; Michael Lehmann, President Your Grandmother's Cupboard, and Joe Stroppolino, Director of Advertising and Marketing, Causeway Family of Dealerships/Causeway CAREs.  
Front row from left to right: Cindy Williams, Your Grandmother's Cupboard; Kendra Zarilli, President, Brick Children's Community Theater; Lisa Giovine, VP, Brick Children's Community Theater; and Laura Wagner, Paolillo Development and Marketing, Northern Habitat for Humanity.

### The nonprofits in attendance included:

- |  |  |  |   |
|--|--|--|---|
| • 21 Plus, Inc.                          | • Family Promise of Southern Ocean County              | • Ocean Community Church                   | • Southern Ocean Medical Center                   |
| • America's Keswick                      | • Fulfill – Foodbank of Monmouth & Ocean Counties      | • Ocean County Library                     | • The Arc, Ocean County Chapter Inc.              |
| • Brick Children's Community Theatre     | • Girl Scouts of the Jersey Shore                      | • Ocean County YMCA                        | • The Hope Center – House of Hope of Ocean County |
| • Coastal Volunteers in Medicine         | • HOPE Sheds Light                                     | • Ocean Inc.                               | • The Maximilian Foundation                       |
| • CONTACT of Ocean & Monmouth Counties   | • Interfaith Hospitality Network of Ocean County, Inc. | • Ocean Partnership for Children           | • Your Grandmother's Cupboard                     |
| • Dine On Us                             | • Meals on Wheels of Ocean County                      | • Ocean County Vocational Technical School | • St. Francis Community Center                    |
| • Family Planning Center of Ocean County | • Northern Ocean Habitat for Humanity                  | • Preferred Behavioral Health Group        | • Starve Poverty International                    |
|  |  | • Project Lakeview                         |   |

### “It was a privilege to participate in the Summer in Winter Carnival,”

said Amy VanBezooijen of The HOPE Center. The event is a wonderful opportunity to connect and collaborate with all the amazing organizations who care so deeply for those in our community. After all the challenges of the past two years, it was so heartwarming to see the sheer joy and delight the children and families were experiencing.”

21 Plus, Inc. was also thrilled to be part of the Causeway CAREs Summer in Winter Carnival. “In addition to seeing the lovely families that stopped by the carnival, it was terrific connecting with the other attending non-profit organizations,” said Diane Hutton-Rose, Executive Director of 21 Plus, Inc. “We caught up with some old friends and met a few new friends that we hope to partner with in the future. 21 Plus was also excited to share information about 21 Plus Main Street Greens, a sustainable hydroponics farm, maintained, harvested and sold by individuals with intellectual developmental disabilities we support at our Main Street Adult Training Center. Our first crops of basil, thyme, rosemary, lettuce and kale will be available for sale this spring.”

Heather Price, Director of Recovery Centers at HOPE Sheds Light, had the opportunity to attend the carnival with her family. “The vibe that day between families, non-profit organizations and community partners was

extraordinary,” she said. “It was so great to see all the smiling faces, play games, watch some magic and hear the stories that intertwined with the beautiful art painted on children’s faces.”

The Ocean County YMCA, another nonprofit in attendance, was honored to take part in the festivities. “It was a great day with fun, food and great community partners,” said Gretchen Insole, Interim CEO at the Ocean County YMCA. “At the Ocean County YMCA, we believe our communities are stronger when everyone has the opportunity to reach their full potential. Our vision is to connect and engage people, to enhance lives and build a better community for all. We appreciate Causeway CAREs’ support and commitment to our mission.”

The day included carnival games, boardwalk type food, a magic show and various children’s activities like face painting and arts and crafts. Special guests include NFL Star Mike Gesicki, Caricatures by Akbar, Magic AI, Freckles the Clown, TapSnap Photos and DJ Meatball.

The afternoon topped off with Gesicki signing autographs for a suggested donation of \$10 each, raising \$3,450. Dave Wintrode, President of Causeway Family of Dealerships/Causeway CAREs, matched those funds for a total of \$6,900, which will be split three ways between Your Grandmother’s Cupboard, Brick Children’s Community Theater and Northern Ocean Habitat for Humanity.

To learn more about Causeway CAREs, please visit [CausewayCAREs.com](https://CausewayCAREs.com) or email [Joe.Stroffolino@CausewayCars.com](mailto:Joe.Stroffolino@CausewayCars.com).



TheWintrodeFamilyFoundation



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](https://CausewayCAREs.com).

Driving change *in our community.* CausewayCAREs.com

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# OCEAN COUNTY COLLEGE prepares nurses for the future.

The School of Nursing and Health Sciences is a well-respected program that has been sought by health care facilities to provide nursing care in a dynamic and constantly changing environment.

TOMS RIVER, NJ – They call it “the baby”. It is designed for the simulation and practice of a range of infant patient care procedures. It allows for the recognition of normal and abnormal heart, breath, bowel and vocal sounds. This is one of the many life-like patient simulators available to nursing students at Ocean County College’s School of Nursing. These manikins are just some of the state-of-the-art equipment that offer effective and powerful hands-on practice that prepare nursing students for the future.

Leading the helm of the School of Nursing and Health Sciences is Dean Teresa (Tracy) Walsh, Ph.D., MSN, RN. Dr. Walsh serves at the same institution where she began her nursing career. She believes OCC’s nursing faculty provided her with a strong educational foundation, support, mentorship and challenging experiences as she prepared to enter the nursing profession.

She has been a dedicated leader at OCC for many years, and in March 2020, when the Governor’s Executive Order forced the campus to close, she quickly and efficiently formulated a plan to shift to a virtual setting to assist OCC’s nursing students.

Now in her 40th year as a nurse and making rounds at many local hospitals and educational institutions, Dr. Walsh credits OCC’s School of Nursing for giving her the foundation and skillset required to grow in leadership. “As soon as I received my bachelor’s degree, I became a nurse educator,” she said. “I received a master’s degree and certification as a Nurse Practitioner, however never practiced in this role as I loved education more.”

Dr. Walsh eventually circled back to OCC in 2006 to serve in a faculty position for three years before transitioning into the role of Director of Nursing Education at Kimball Medical Center (now Monmouth Medical Center South). She later returned to OCC in the summer of 2012 to serve as the Dean of Nursing and Health Sciences. At that time, Dr. Walsh was transitioning nursing students throughout the campus since the healthcare building was closed due to renovations. A few months later, Superstorm Sandy devastated the Jersey Shore. Thankfully, all the students and staff were safely accounted for, but this started talks of a new building. The \$18.5M, H. Hovnanian Health Sciences Building eventually opened in May 2018.

Utilizing this state-of-the-art building, OCC has been able to build simulation into every nursing level with debriefing and peer review. These simulation labs are designed to provide an immersive, state-of-the-art learning experience for healthcare practitioners and students. A simulation center, which consists of realistic looking clinical sim lab rooms, manikins and equipment, allow students to practice and develop clinical expertise without risking the patient.

“At OCC, nursing students are introduced to a real-world experience in a controlled clinical setting supervised by nursing simulation specialists and faculty,” said Dr. Walsh. “This allows our nursing students to become confident in high-pressure situations and gain experience that they otherwise would not have during clinicals.”





**OCEAN**  
COUNTY COLLEGE

## Program Spotlight

As a member of the Ocean County College Foundation Board, David C. Wintrode and The Wintrode Family Foundation is passionate about higher education and ensuring continued individual and professional success in today's world. OCC has been serving the community by providing residents with quality, affordable education and enriching cultural opportunities since 1964. In this issue of The Causeway Gazette, we would like to highlight the OCC School of Nursing and Health Sciences.



The Nursing Skills Lab at OCC’s H. Hovnanian Health Sciences Building.  
Photo credit: Michael Leon

Looking back since OCC’s nursing program was first established in 1966, Dr. Walsh can attest to how the program has flourished through the years and is highly noted for its excellence in nursing education and student learning. Those interested in OCC’s nursing program can select one of three different paths to obtain an Associate Degree (AAS) in Nursing leading to the RN:

- **The Traditional Nursing Program** admits 90 students for the fall and 90 students for the spring semesters. Students can choose day or evening lectures that are held two days per week. Clinical experiences are one day per week. To meet clinical objectives, clinical experiences can be spread throughout southern NJ. Students must show Ocean County residency.
- **The On-site Online Nursing Program** is a unique full-time selective program that is designed for students who attend clinical, face-to-face, one day per week with the balance delivered online. “This program is ideal for those who are working (part time is recommended) or have significant family responsibilities, however the program is rigorous and requires discipline on the part of the student to study on the subsequent days,” said Dr. Walsh. “Healthcare experience is a requirement. Students are admitted to the Fall semester only and are selected by a committee.”
- **The Career Mobility Nursing Program** is an alternate program for qualified, practicing LPN’s. This is a selective program that will admit qualified candidates to Nursing 2 (usually on-site online in the spring semester) after testing out of Nursing 1 is achieved. All nursing general education requirements and a passing TEAS score must be completed before applying for Career Mobility.



In addition to these three pathways, there are a variety of healthcare courses and certificate programs available at OCC. “Whether you are seeking to advance your healthcare career or are interested in pursuing a new field, the Workforce and Professional Education (WPE) can help you achieve your goals,” said Kimberly Malony, Alumni and Advancement Director.

A few of these alternate/certificate programs include:

- Medical Coding Professional Certificate
- Certified Clinical Medical Assistant
- Certified Electronic Health Record Specialist Certificate
- Certified Medication Aide
- Dental Assisting
- EKG Technician
- Pharmacy Technician
- Phlebotomy Technician
- Medical Terminology (AHMT)
- Holistic Health and Wellness (HHAW)



Dean Teresa (Tracy) Walsh, Ph.D., MSN, RN.

The School of Nursing and Health Sciences offers a career day every semester. “During the last career event, we had 29 vendors, 35 representatives and 105 students come through with resumes in hand,” said Dr. Walsh. “It really was an exceptional day.”

Once a student graduates from the School of Nursing, the real journey begins. “We work very closely with students to make sure they take their licensure exams and then we work with facilities in the area to help get them placed as a staff nurse,” said Dr. Walsh.

After graduation, OCC’s School of Nursing continues to mentor its alumni. “Dr. Walsh is truly a figure head for the OCC Nursing program,” said Malony. “Her relationships with students very often continue as they transition to our successful alumni. From the point of entry, you become a part of this community.”

“We want our students to succeed in all their endeavors,” said Dr. Walsh. “At OCC, we promise to be there to advocate and support our students and alumni to ensure they are well-prepared to practice within a dynamic and constantly changing environment.”



# SOUTHERN REGIONAL SPORTS BEAT



## Swimming

Congratulations Southern Regional Girls Swimming Rachel Vazquez on her commitment to continue her education and swimming careers at Medaille College. Rachel is pictured with her coaches Mr. Dan Dreher and Head Coach Bill Entrikin. Best of Luck!

## Basketball

Congratulations Southern Regional Girls Basketball Alum Kristen Sharkey (Class of 2012) and current Assistant Coach at the University of Buffalo Women's Basketball team on winning the 2021-2022 Mid American Conference Tournament on Saturday, March 12, 2022.

The Bulls received a #13 seed in the NCAA Tournament. They will play the University of Tennessee in the 1st round. Best of Luck!



## Multi-Sports

Congratulations 12th Grade Multi-Sport Athlete Shannon Flaherty on being named the 2021-2022 NJSIAA Scholar Athlete Award Winner from Southern Regional High School. Shannon has participated on the following Rams' teams:  
Girls Cross Country  
Girls Soccer  
Girls Indoor Track  
Girls Track & Field



## Multi-Sports

Congratulations Southern Rams Student Body on being named 2021 Playa Bowls Best Student Section presented by Shore Savages...#TheHerd is represented by seniors Multi-Sport Athletes Jack Matthews, Finn Olcott and Mario Addiego.



## Basketball

Congratulations Southern Regional Boys Basketball seniors Jaiden Anthony - 1st team and Nick DeVane - 2nd team on making the Shore Conference "A" South Divisional Team for the 2021-2022 season.



## Baseball

Congratulations Southern Regional Baseball Alum (Class of 2019) and current Stockton University pitcher Michael Schiattarella on pitching a prefect game vs Western New England on Sunday, March 13, 2022. Michael had 14 strikeouts in the Ospreys 9-0 win. It was the 24th perfect game pitched in NCAA Division III history. Continued Success!

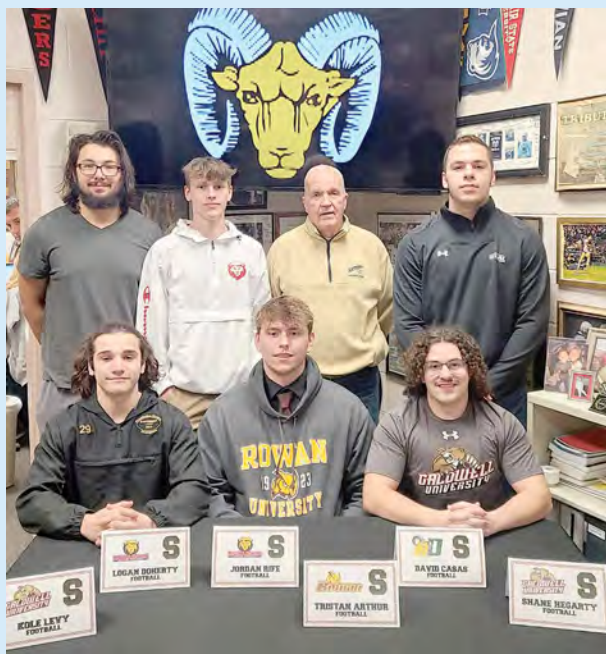


## Volleyball

Congratulations Southern Regional Girls Volleyball player Bri Otto on her commitment to continue her education and Volleyball careers at Kean University. Best of Luck!

## Track

Congratulations Southern Regional High School Indoor Track Throwers Fabian Gonzalez and Jaiden Brown on competing at the NIKE Indoor Nationals on Saturday, March 12, 2022 in Staten Island, NY. Fabian placed 7th and Jaiden placed 12th in the shot put. Best of Luck in the spring season.

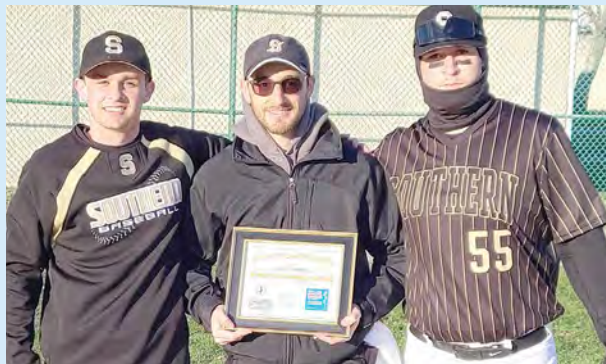


## Football

Congratulations Southern Regional Football Seniors on their college commitments to continue their academic & football careers:

Logan Doherty - Kings College, PA.  
Jordan Rife - Kings College, PA  
David Casas - Del Val University, PA  
Kole Levy - Caldwell University  
Tristan Arthur- Rowan University  
Shane Hegarty - Caldwell University

They are pictured with Head Football Coach Chuck Donohue Sr.



## Football

Congrats Southern Regional Football Steve Abt and John Bruther on being named to the 2021-2022 Shore Conference Football Coaches Association All Academic Team. 2 multi sport athletes, honor students and deserving candidates. Thank you for all you have done for Southern!



## Basketball

Congratulations Southern Regional Girls Basketball senior Cuinn Deely on being named the 2021-2022 Shore Conference Basketball Coaches Association Scholarship recipient. She is pictured with Point Beach Head Coach Jay Lagomarsino.



Photo Credit: David Biggy - The Sandpaper

## Basketball

Congratulations to Southern Girls Basketball players on making the Shore Conference "A" South Team for the 2021-2022 season: 2nd Team Skylar Soltis & Casey Collins Honorable Mention Sarah Lally.

## Baseball

Nice gesture by Southern Athletic Department on Friday, Apr 1, 2022 opening night baseball vs Jackson Memorial. The Southern Athletic program was represented by Southern Baseball players; Eddie Lange & Carson Wolek who presented Southern Athletic Trainer Nick Scaramazza with a Certificate of Appreciation & gift card for National Athletic Trainers Month. Thank you for all you do for Southern Athletics.



## Lacrosse

Congratulations Southern Regional Boys Lacrosse on defeating Brick Memorial 11-2 on Wednesday, April 6, 2022. With the win, Coach John Pampalone earns his 200th career win. Rams improve to 3 & 0 on the year.

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# FAMILY PROMISE THANKS ALL THEIR DONORS AND VOLUNTEERS

As the pandemic wanes, we at Family Promise of Southern Ocean County would like to thank all of our donors and volunteers who continued their support throughout the difficulties of the last two years. They are our foundation that allows us to keep helping our neighbors in their times of need.

We would like to thank and recognize a few of our most recent patrons and volunteers.

Neil Robinson of Manahawkin thought of giving back when his Super Bowl party guests kept asking “what can we bring?” So, he invented the “Gift Card Cover Charge.”

The day after the big game Neil delivered dozens of gift

cards to Family Promise SOC that will be shared with local families in our programs.

Fulton Bank is a longtime supporter of Family Promise SOC. Recently, the bank’s Vice President/Manahawkin Financial Center Manager, Angela Gembray and Senior Vice President/Consumer Sales Manager, Iwona Shillingford presented Family Promise SOC with a \$2,500 donation at their Manahawkin branch.

























And last but not least, thanks to Girl Scouts Lilly Boyd,



Keira Korkowski, Brielle Trad and Jordyn Glasser of Troop 50323, and their leaders Stephanie Boyd and Elaine Glasser, for volunteering and helping with our Ugg boots inventory at the Family Promise SOC Day Center in West Creek.

Moving forward into 2022, Family Promise SOC looks forward to working with our outstanding volunteers, donors and supporters in Ocean County as we continue to help local working families facing homelessness.

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<b>11' MASON DUMP</b>  <b>\$70,590</b> 2022 FORD F-450 REG. CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20247	<b>OPEN UTILITY</b>  <b>\$61,490</b> 2022 FORD F-350 EXT. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20250	<b>OPEN UTILITY</b>  <b>\$66,890</b> 2022 FORD F-250 XLT EXT. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20262
<b>24' BOX TRUCK</b>  <b>\$81,990</b> 2022 FORD F-650 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20087	<b>CLOSED UTILITY 4X4</b>  <b>\$88,990</b> 2022 FORD F-450 REG. CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20177	<b>14' LANDSCAPE BODY I-PACK</b>  <b>\$102,990</b> 2021 FORD F-750 EXT. CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F10460
<b>12' LANDSCAPE BODY</b>  <b>\$64,990</b> 2022 FORD F-550 REG. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20359	<b>MASON DUMP</b>  <b>\$82,990</b> 2022 FORD F-650 EXT. CAB DRW 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20184	<b>ELECTRIC</b>  <b>\$59,990</b> 2022 FORD E-250 E-TRANSIT Auto, ps, pb, air, cruise, tilt, p-win, p-locks, CD, VIN NKA00192
<b>V-FLOW</b>  <b>\$75,990</b> 2022 FORD F-450 XL REG. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, landscape body, 700 miles	<b>OPEN UTILITY</b>  <b>\$64,990</b> 2022 FORD F-350 EXT. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, w/plow, Stk. No. FNEC28799, 1,450 miles	<b>MASON DUMP</b>  <b>\$70,999</b> 2022 FORD F-450 REG. CAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20247
<b>MASON DUMP</b>  <b>\$60,490</b> 2022 FORD F-450 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20173	<b>OPEN UTILITY</b>  <b>\$53,490</b> 2022 FORD F-250 EXT. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20071	<b>OPEN UTILITY</b>  <b>\$59,990</b> 2022 FORD F-350 EXT. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20239
<b>OPEN UTILITY</b>  <b>\$71,990</b> 2022 FORD F-250 CREW CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20153	<b>OPEN UTILITY</b>  <b>\$77,990</b> 2022 FORD F-250 CREW CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20224	<b>LANDSCAPE BODY</b>  <b>\$79,490</b> 2022 FORD F-650 EXT. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20249
<b>17' BOX W/RAMP &amp; ATTIC</b>  <b>\$70,490</b> 2022 FORD F-550 XL Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20360	<b>OPEN UTILITY</b>  <b>\$55,590</b> 2022 FORD F-250 REG. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20204	<b>ENCLOSED UTILITY</b>  <b>\$67,490</b> 2022 FORD F-350 CREW 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20X238
<b>ENCLOSED UTILITY</b>  <b>\$91,490</b> 2022 FORD F-550 EXT. CAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20236	<b>4X4 • PLOW</b>  <b>\$85,490</b> 2022 FORD F-450 CREW CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-locks, Stk. No. F20133	<b>OPEN UTILITY</b>  <b>\$67,490</b> 2022 FORD F-250 XL CREW CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-locks, NAP, Silver, Stk. No. F20262

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\*Lunch @ JBJ's Soul Kitchen (11:30am - 1:30pm)

\*Hot Showers & Laundry @ WALK, Inc. Hygiene Trailer (on-site 11am - 2pm)



1769 Hooper Avenue, Toms River, NJ 08753

Saturday, May 21, 2022  
5pm to 9pm



St. Mary's Parish Center  
100 Bishop Way  
Manahawkin, NJ 08050

**BANDFEST**

Come enjoy a night of classic rock featuring 3 bands! Event is sponsored by the Rotary Club of Southern Ocean.






All proceed benefit local community programs.  
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# SPRING CLEANING CAN MEAN YOUR HEALTH TOO

By Danielle Natale, Honda Sales Consultant

I recently bought a book titled “I Quit Sugar”. I purchased this book because my Dr. told me I need to reduce my sugar intake. I cannot quit “cold turkey”, which is why I am going to take my time and make small goals each day. The objective is not to cut out the foods I enjoy, my goal is to cut back on how much of them I eat.

To keep track of everything without it becoming a chore I use the My Fitness Pal app. Some of us prefer to have a written diary or use other programs and apps, which if that works for you, then keep it up! I don’t want to never have a cookie, or an ice cream when it’s hot and I definitely don’t want to turn down a slice of birthday cake. I can absolutely cut back on my carb intake by saving them for 1 of my meals rather than making it a part of every meal.

My mother told me when she was a child, her mom (my Gran) would allow a special treat every Saturday. They had a portioned meal for breakfast, lunch and dinner. During the week at night, they

would have a serving of fruit cocktail, jello or pudding. If it was daytime after school or sports, she was only allowed 2 cookies and that wasn’t every day.

Don’t let this article fool you, I do have large glass jars full of the foods I’m vowing to cut back on. However, just because my diet needs to be restricted doesn’t mean I need to have my daughter following the same restrictive rules. The good part about making positive changes in any part of our lives is that they slowly get adopted naturally by those around us without being pushy.

The changes I make now will affect my daughter and how she approaches healthy eating habits in her future. This is the best time of year to become motivated about your health! Spring cleaning isn’t only about eliminating clutter in the home but in our bodies too. Whatever your reasons are for practicing better health habits, don’t wait, just start now. I plan on sharing a few recipes next month from this amazing cookbook! I wish everyone a wonderful April!



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\$25,990*	\$25,990*	\$26,990*	\$26,990*	\$27,990*	\$30,990*	\$32,990*
2020 Ford Ranger Lariat FLLA36954	2021 Ford Transit Connect XL FM1497685	2018 Ford F-150 XLT FJFE54793	2019 Ford Ranger XLT FKLA57725	2019 Ford F-150 XLT FKFB64758	2019 Ford F-150 XL P83924	2018 Ford Explorer XLT FJGC61248
\$36,990*	\$36,990*	\$37,550*	\$37,990*	\$37,990*	\$38,990*	\$38,990*
2018 Ford F-150 XLT FJFE54382	2020 Ford F-150 XLT FLKD38716	2018 Ford F-150 XLT FJFE34635	2019 Ford Explorer Limited FKGA75065	2018 Ford F-150 XLT FJFB74367	2018 Ford F-150 XL HJFE40531	2019 Ford F-150 XL FKFD07198
\$38,990*	\$38,990*	\$38,990*	\$38,990*	\$39,550*	\$39,750*	\$39,990*
2018 Ford Explorer Sport FJGC61252	2020 Ford Explorer XLT FLGC40223	2019 Ford F-150 XLT FKFB19322	2019 Ford Ranger Lariat FKLA57788	2019 Ford F-150 XL FKFA04542	2020 Ford Explorer XLT FLGB00174	2021 Ford Explorer XLT MGA99177
\$39,990*	\$39,990*	\$39,990*	\$40,990*	\$40,990*	\$41,990*	\$43,550*
2018 Ford F-150 XLT HJKF48561	2019 Ford F-150 XLT FKFB56427	2018 Ford F-150 XLT FKFC15358	2019 Ford F-150 XLT FKFC00627	2020 Ford F-150 XLT FLKE53961	2020 Ford Explorer ST FLGA29938	2018 Ford F-150 Lariat HJFD92833
\$43,990*	\$44,990*	\$46,990*	\$46,990*	\$46,990*	\$49,550*	\$49,990*
2018 Ford F-150 Lariat NKFB75254	2020 Ford Explorer ST FLGA22312	2019 Ford Expedition Limited NKEA61128	2021 Ford Mustang Mach-E Premium FMMA27244	2018 Ford F-350SD XLT FJEC85995	2017 Ford Mustang Shelby GT350 YH5522623	2019 Ford Expedition Platinum FKEA34735
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# HEARTS OF MERCY APRIL NEWS

Hearts of Mercy has had a very busy and productive start of the new year. We have organized our new space into effective tutoring areas and included library and read-aloud areas. The number of students has increased. Students aged from 5 to 14 are working with several tutors, some of them new volunteers.

The implementation of our new reading program has begun. Scholastic teaching and testing materials have been received. These materials will help us to assess the needs of particular students and to correct deficiencies. A core reading program has been integrated into the homework assistance curriculum. This core reading program will include self-directed reading, read-aloud, journal writing (all intended to draw the interests of the students) and skills instruction, which will help students to overcome current reading problems. Tutors are also helping students with math difficulties by using concrete materials to reinforce math concepts and by practicing math facts with students.

An art program, co-sponsored by the Ocean County Artists' Guild, was initiated on February 18. An artist and art instructor, Kimberly A. Cesaretti and AnnMarie Izzi, a registered art therapist, presented the program. Kim and



AnnMarie have extensive experience in art and art education.

They knew how to bring out the artist in the children. They encouraged them to imagine their perfect day and then draw it. After students sketched their dreams, they painted them. Such ideas as a rainbow, a futuristic land, a Great Adventure ferris wheel, building layouts, and a streetscape with buildings in vivid colors jumped off the page. Talent and enthusiasm were the words of the day! This program will be continued every other Friday through mid-June, and we are already planning our next series of art classes!

On Monday, February 21, Hearts of Mercy partnered with the Boston and New York City High School Movement that was hosted by CRU's Fastbreak Conference at Harvey

Cedars to provide a picnic at Lexington Park, Barnegat. Lunch was donated by Wawa. Children played basketball, threw a football, played on the swings, and generally enjoyed the day with the older children and adults from New York City and Boston. This is the second year that CRU and Hearts of Mercy have partnered in this activity to reach out to the youth in the area.

Our Spring Break Native Plant Garden Experience was April 19 at Cloverdale Farm County Park from 1:00 to 2:30. This is a hands-on, interactive experience for our children, families, and volunteers to discover and learn about native plants, pollinating insects, and how to care for and maintain a nature garden. We teamed up with Ocean County Parks and Recreation for this activity, which will be facilitated by Patricia Transferini, a Naturalist. The children and other participants planted a butterfly garden with milkweed plants, weeding the garden, and mulching it. This is Hearts of Mercy's second Monarch Butterfly Waystation. Our first is located at the Barnegat Community Garden in Meadowedge Park.

If you have an interest in the milkweed plant and the life of a Monarch Butterfly, we can all take part in helping this majestic species by planting milkweed.

Patricia Transferini will be a guest speaker during a tutoring session. She plans to bring animal furs, skulls, and other knick knacks related to animal families to share with the children. What fun! Cloverdale Park has a list of many upcoming free activities and events for children. Our thanks to Cloverdale Farm and Patricia Transferini for opening so many doors for our children.

**We are excited about our upcoming plans:**

Last year was our initial Golf Event, and we are excited about another - bigger and better - event. Save the date! On September 14, Hearts of Mercy is sponsoring a fund-raising golf tournament at Eagle Ridge Golf Course in Lakewood, New Jersey. This year, we are looking forward to reaching many more corporations, local businesses, and participants who will support this tournament and participate in it. Last year's golf tournament was a huge success. Golfers had a great time and raised funds to help with Hearts of Mercy's mission to help underserved children. This is a fun event with an extra benefit - helping children. Join us! More specific information on the tournament will be provided soon.

The goal of Hearts of Mercy is for the students involved in our programs to develop into well-rounded individuals who do well in school, participate in sports and other community activities, and grow up to become successful, happy adults. All of the programs we develop are directed towards that goal.

The activities we sponsor for the children, including tutoring and mentoring programs, art activities, nature experiences, and spring and summer sports activities are free of charge for the children and their families. That is why we ask that any businesses or individuals who find our efforts worthwhile contribute by volunteering or by donating to Hearts of Mercy. You will be providing a step up to the smallest and neediest in our communities. Please volunteer or donate at [www.hearts-of-mercy.com](http://www.hearts-of-mercy.com) or send a check to Hearts of Mercy at 364 N. Main Street, Manahawkin, NJ 08050.

## CELEBRATE SPRING WITH WINE AND GIVE BACK!

Wine from Fleury Estate Winery in Napa Valley is the perfect way to celebrate Mother's Day, birthdays, dinners and more! Shop online and **35% OF YOUR PURCHASE** will be donated to United Way to help support their local work in Ocean and Monmouth counties!

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United Way of Monmouth and Ocean Counties [uwmoc.org](http://uwmoc.org)

## CERTIFIED PRE-OWNED SPRING GARAGE SALE

<p><b>2019 Nissan Sentra SV</b> NKY286238 <b>\$18,990*</b></p>	<p><b>2016 Nissan Altima 2.5 SR</b> NGC241736 <b>\$19,990*</b></p>	<p><b>2019 Nissan Sentra SR</b> NKY252691 <b>\$20,990*</b></p>	<p><b>2019 Nissan Kicks S</b> NKL536590 <b>\$21,990*</b></p>
<p><b>2017 Nissan Rogue SL</b> FXHC853264 <b>\$24,550*</b></p>	<p><b>2019 Nissan Rogue S</b> NKP510735 <b>\$24,550*</b></p>	<p><b>2019 Nissan Altima 2.5 S</b> NKC178721 <b>\$24,990*</b></p>	<p><b>2017 Nissan Maxima 3.5 S</b> NHC415333 <b>\$24,990*</b></p>
<p><b>2019 Nissan Rogue Sport SV</b> NKNW324815 <b>\$25,550*</b></p>	<p><b>2018 Nissan Rogue SV</b> NJC829846 <b>\$25,990*</b></p>	<p><b>2019 Nissan Rogue SV</b> NKP535049 <b>\$25,990*</b></p>	<p><b>2019 Nissan Rogue SV</b> NKC717309 <b>\$25,990*</b></p>
<p><b>2019 Nissan Rogue SV</b> NKP534753 <b>\$26,990*</b></p>	<p><b>2019 Nissan Murano S</b> NKN119941 <b>\$28,550*</b></p>	<p><b>2019 Nissan Maxima 3.5 SV</b> NKC370331 <b>\$29,990*</b></p>	<p><b>2021 Nissan Rogue S</b> HMC698254 <b>\$30,990*</b></p>
<p><b>2020 Nissan Pathfinder SV</b> NLC639973 <b>\$32,990*</b></p>	<p><b>2019 Nissan Murano SL</b> NKN119576 <b>\$33,990*</b></p>	<p><b>2019 Nissan Pathfinder SL</b> NKC588475 <b>\$34,990*</b></p>	<p><b>2019 Nissan Murano Platinum</b> FKN108069 <b>\$35,990*</b></p>
		<p><b>2017 Nissan Armada Platinum</b> NH9504874 <b>\$45,990*</b></p>	

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# Focus ON Barnegat



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Keep up with Library programs and events at: [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

In observance of Mental Health Awareness Month, teens can learn methods of stress reduction, 6 PM Wednesday, May 11. The Pathways to Success discussion also covers tips for increasing production of endorphins, the body's natural pain defense mechanism.

Visit the Branch Monday, May 16, and bring home a Take & Make stress-ball crafting kit, available while supplies last.

Gain an understanding of aging from people who are living the process and appreciating all that life can offer, in the film documentary Old Age and Hope, 2 PM Saturday, May 28.

## OCEAN COUNTY LIBRARY BARNEGAT BRANCH TO PRESENT NATURE ART BY RAY HAWORTH DURING APRIL

BARNEGAT – The Ocean County Library Barnegat Branch will proudly exhibit Nature Impressions, a collection of paintings by local artist Ray Haworth, throughout the month of April.

Mr. Haworth's subject matter and painting styles are wide-ranging. "The goal," he explained, "is to establish a sense of place, a special mood, or just a beautiful setting."

After devoting nearly four decades to pencil drawings and watercolors, Mr. Haworth turned his attention to oils, with which he has worked almost exclusively for over 10 years.

"I prefer working on a very dry, textured surface in an alla-pria manner," he said. "The only medium I use is a small amount of mineral spirits; no oils nor extenders. My pallet is composed of a warm and cool of each primary, plus a few earth tones."

"I like to experiment with a variety of subject matter and styles of painting and do not adhere to just one way of painting," he continued.

The month-long exhibit is free and open to the public. For more information, visit the Barnegat Branch, 112 Burr Street, call 609-698-3331, or view the OCL Events Calendar at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events).

## NOW IN STOCK AT OCEAN COUNTY LIBRARY: SPECIAL LIBRARY CARD FEATURING "BABY YODA"

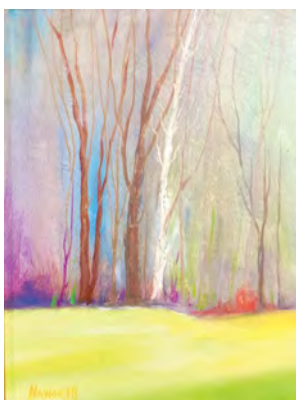
TOMS RIVER – The Ocean County Library is excited to announce the arrival of a new limited edition library card design featuring "Baby Yoda," also called "Grogu" or "The Child," the breakout star of the Disney+ hit series The Mandalorian.

Cards, for new and existing Library members, will be available at all 21 Ocean County Library branches and reading centers beginning Monday, March 28.

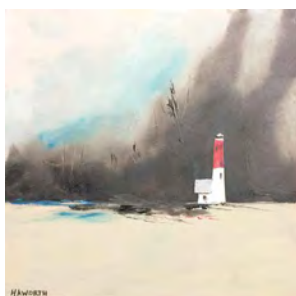
In addition to spotlighting the beloved character, the card features an easy-to-read, enlarged-font barcode number on the opposite side.

The card design is part of American Library Association's READ® campaign which, for more than three decades, has featured celebrities, musicians, award-winning authors and illustrators who have lent their star power to support America's libraries.

We hope you will join us this spring at the Ocean County Library to enjoy our new programs and services and to pick up your new Baby Yoda library card.



"Freedom Fields"



"Nightlight"

## BIGGER THAN EVER, LIVE AND VIRTUAL OCEAN COUNTY LIBRARY'S 2022 AUTISM RESOURCES FAIR



## RUTGERS OFFERS VIRTUAL GUIDE TO REWARDING AUTISTIC LIFE DURING AUTISM RESOURCES FAIR



Dr. James Maraventano, Ed-D, BCBA-D. Photo courtesy Dr. James Maraventano



TOMS RIVER – The Ocean County Library's most extensive Autism Resources Fair in its five-year history, with in-person and virtual programs for education, enrichment, and entertainment, which began Saturday, April 2 and continues into May.

Registration is under way for this year's virtual keynote speakers:

- Michael McCreary, comedian and author of Funny, You Don't Look Autistic
- Dianne Mailley, Director, Transition Pathways, Drexel University: "Autism and Employment: Start Planning Now"

### Featured virtual programs include:

- Music for Autism, Stephane Duret of "Kinky Boots" and violinist Ariel Horowitz
- Chad Juros, magician
- Hinkle, Prior & Fisher, disability attorneys
- SPAN, the Statewide Parent Advocacy Network
- Anthony Starego, Bergen County Ravens footballer and Brick Township High School alumnus
- Canine Companions, "The Puppy-Raising Process"
- Toms River Field of Dreams
- Rutgers Center for Adult Autism Services

During April and May, the Toms River Branch will feature sensory activities in the Joseph H. Vicari Sensory Space. Take & Make crafts will be available for youngsters age 12 and under. Those age 13 and up will be able to make sensory crafts in the Maker Space, where two Autism Awareness Open Houses will also be held.

Patrons at all branches can take the Beanstack Trivia Challenge for a chance to win prizes.

Since 2017, the annual Autism Resources Fair has furnished access to valuable local and state resources for community members of all ages, caregivers, and educators through programs, speakers, workshops, and more, provided by experts in the field.

The Autism Resources Fair is made possible through a generous donation by the Ocean County Library Foundation.

See the schedule of programs, events, and activities at [www.theoceancountylibrary.org/autism](http://www.theoceancountylibrary.org/autism).

## IT'LL BE BOO-TIFUL AT THE OCEAN COUNTY LIBRARY LAKEWOOD BRANCH DURING THE HALFWAY TO HALLOWEEN TEEN BASH

LAKEWOOD – Why wait another six months for scary season? If you're between ages 12 and 18, don a chillingly good costume and celebrate during the Halfway to Halloween Teen Bash at the Ocean County Library Lakewood Branch, 2 PM Monday, May 2.

The frightfully fun time will take place in the Teen Zone, where you'll find spooky coloring sheets, hear

readings from Alvin Schwartz's Scary Stories to Tell in the Dark, and watch the 2019 film based on his book.

No registration is required for this free event in the Branch, 301 Lexington Avenue. For more details, visit [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events), or call 732-363-1435.



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Starve Poverty International is having their Grand Opening Celebration of their new facility at 99 Route 72 in Barnegat. This is a free event. It is a fun way for us to share all that we are doing and what we are about. Please come and bring your family and enjoy on us. There will be a Pig Roast and BBQ, Snow Cones, Popcorn, Antique Cars, Live Music, Bounce House, and Face Paintings.

The event will be May 21st from 11am – 3pm at 99 Route 72 in Barnegat (The old firehouse by Pinewood Estates). Please bring your family and come partake in the festivities. Go to [www.starvepoverty.org](http://www.starvepoverty.org) for more information.

## RYDE4LIFE IN OCEAN COUNTY SENIOR ISOLATION PROGRAM

Through the Ocean Inc. Senior Isolation Transportation Program, qualified Ocean County seniors are able to get out and about to regular outings for social functions, exercise, visit friends, make linkages to social services, medical care, and shop at public places to help them become connected. They can get involved in their community - try a new (or old) hobby, join a club, enroll in a study or learn a new skill, and volunteer to help others to feel **connected to the community.**

The seniors who receive transportation must meet the income guidelines (200% or below Poverty Guidelines). The 2022 CSBG Poverty Guidelines are as follows: For a household of 1: \$25,760; for a household of 2: \$34,840 and so on as the household increases.

For more program information please call (732) 244-5333 Ext. 1116



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# SENIOR CORNER

## HOW FAMILY CAREGIVERS CAN FIND JOY THROUGH UNDERSTANDING DEMENTIA

By Lee Woodruff, AARP

When my father began to slowly succumb to Alzheimer’s, one of the saddest things about it was our inability to talk about the situation as a family. His slow slide into darkness was the elephant in the room. We longed for him to be transparent about what was happening so that we could remove some of the anxiety for all of us, especially him.

As my dad moved into his mid-70s, his judgment and cognitive abilities began to rapidly decline. During summers, when our extended family lived in nearby homes and came together, my sisters and I devised a plan to ease my mother’s caregiving duties and keep him occupied. After breakfast, she’d send him down the road to one of my sisters, and after that he’d walk up the road to my house for more conversation and coffee. At some point during our chat, his shoulders would sag. “This is so hard,” he would say, tears filling his eyes, but he would never speak the name of his disease, would never acknowledge what was happening.

And so we all sat, locked in our inability to truly find joy with my father in his final years. Maybe if we had done more homework, understood more about the disease, we would have been better at anticipating things and experimenting more.

### A new approach

When I saw the book *Living in the Moment: A Guide to Overcoming Challenges and Finding Moments of Joy in Alzheimer’s Disease and Other Dementias* by Elizabeth Landsverk, M.D., with Heather Millar, I was interested to learn how joy was even possible while watching a loved one being erased by such a cruel illness.

Landsverk, 61, a San Francisco-based doctor who is board certified in internal, geriatric and palliative care medicine, helps caregivers and families ease the journey with dementia and Alzheimer’s. As one of only about 3,500 full-time practicing geriatricians in the U.S., she addresses the most challenging medical, behavioral and financial/legal issues and is often the person called in to help work with families when other doctors or approaches have failed.

“It’s possible for elders and their families to live fulfilling lives after a dementia diagnosis,” Landsverk says. “I wrote this book to give families a straightforward map and toolbox for the road ahead.”

### Understand changing needs

There is no one-size-fits-all solution when it comes to dementia, according to Landsverk. Each family or person needs to decide what works best for their loved one and their own situation. She reminds us that a person with dementia is still a grownup with feelings, needs and wants just like anyone else. They want to make choices about what they do and what they eat, even though they may not be able to voice their desires. “Even while their abilities are diminishing, they are still an adult,” says Landsverk.

People with dementia aren’t trying to be difficult. They simply may not be consciously aware that they’ve changed, which is part of the disease. Dementia patients reflect their view of the world, which means they might get angry about little things, like cold coffee, being told they can’t do something or feeling coddled. They may also feel like they are a “hostage” if they are unable to participate in activities they used to do, like driving or writing checks.

Landsverk believes that a little bit of knowledge about the disease can make a big difference in how everyone moves forward. Beyond practical issues, such as how to find extra care, the legalities of medical directives and caregiver life skills, I was curious about what we could control by being informed.

“As we age, multiple changes happen in our bodies that affect our health and behavior,” says Landsverk. “Most of us have more fat, less body



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water, less reserve in the kidneys and liver. We don’t process alcohol the way we used to. And our brains begin to change.” She stresses the importance of understanding these changes and incorporating a healthy diet along with exercise into every single day to optimize for health.

“There are lots of ‘miracle dementia reversing’ claims or supplements,” Landsverk cautions, but no supplements or vitamins have been proven to slow down or prevent cognitive decline. The

situation changes is one of the fundamental tenets of finding happiness with that person, according to Landsverk.

“They may no longer be able to paint pictures, but perhaps they can make collages. Eating out at a restaurant might result in an angry scene, but a picnic could be a lovely substitute,” offers Landsverk. “A night at the ballpark might no longer be possible, but maybe walking around the ballpark before a game or engaging your

### Questions to ask yourself to help find joy for you and your loved one.

- How has your loved one lived life? What are his or her general values and beliefs? What statements did he or she make about growing older and the end of life?
- Before your loved one became sick, what was the most important thing in his or her life? What is most important now? What brings him or her joy?
- Do you have enough help with care? Can your loved one’s assets be used to help support care? Who else can assist, from family to local organizations such as your local county division on aging?

- What are your fears for your loved one? What do you hope to avoid? What are your fears for yourself?

- Does your doctor see the bigger picture around this disease? How does your doctor feel about medications and pain management?

*Remember: The goal is to find answers that conform to what your loved one would have wanted based on their current actions or past situations.*

Global Council on Brain Health advises that a plant-based diet that is rich in fruits and leafy green vegetables is best, and 30 minutes of daily exercise has a positive impact on brain health.

### Finding new joy

Many things can bring joy, including focusing on the “now” with loved ones. “It’s finding the ability to live in the moment,” says Landsverk. She suggests caregivers start with thinking about what their loved one enjoyed in the past, but not get stuck there. Understanding what brought joy and then modifying those activities as the

loved one in a game of dominoes with others could be pleasurable.”

Landsverk also emphasizes “the joy of connection.” Even for people who are no longer verbally responsive, there are ways to enjoy aspects of human interaction and experiences through touch or music. Music is particularly powerful, and our memories of songs reside in a slightly different part of our brains than words. Landsverk has observed people who cannot answer questions sing church hymns perfectly, bringing joy and comfort to all. She recalls a performance by a bongo player at a senior center

where some older adults responded with joyful expressions and by swaying and “singing” along.

Try to determine what simple activities, including group ones, can still be enjoyed, such as going for a walk, watching children at the park or even just holding hands. The key is to try to keep the person with dementia active and engaged and try to bring them with you until they can no longer handle the situation. “We also need to recognize that giving up some of these traditions will be hard,” says Landsverk. “Try not to put yourself in a situation that will make you sad or depressed.”

Landsverk adds that “caregivers may grow frustrated, unaware that very simple adjustments to daily routines can sometimes make all the difference for a dementia patient.” She reminds us that just like anyone else, people with dementia need meaningful activities to fill their days. The family is in the best position to help them find purpose in their day, even through small things.

### Managing medication

One aspect of her work is helping families recognize that aggressive and agitated behaviors can often be related to medications commonly given for insomnia or anxiety. “Mis-medication can limit the joy of the elder,” says Landsverk. “Oftentimes when I take elders off certain medications, they are less confused and agitated, [which allows] them to engage more with family.” Getting the dosages right can often mean the difference between the family being able to keep their loved one home longer and the feeling of needing to put them in a nursing home. Equally important, according to Landsverk, is the treatment of pain. This is critical, since a loved one may become angry and withdrawn unless pain is treated appropriately.

### ‘Living in the now’

Families and patients need a reason for optimism, according to Landsverk, who has seen families and patients successfully meet the challenges of dementia. “Dignity, grace and even joy are still possible with the relevant information and an integrated plan,” she says.

There is a heartbreaking misconception, after families receive a dementia diagnosis, that life for that person won’t be worth living. “Nothing could be further from the truth,” she says. “Life can still be rich, but it requires that we reconsider some of our assumptions and expectations about day-to-day living and about dementia.”

“Living in the ‘now’ with your loved one means you can still enjoy good times together,” says Landsverk. She points out that for some, the quality of family life and the depth of relationships can even improve with dementia. The father who was always busy working now has time for his family; the son is able to spend more time talking with his mother. “Life can continue to bring love, joy and fulfillment.”

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## AVOCADOS CAN PROVIDE HEART HEALTH BENEFITS

By Peter Urban, AARP

Whether cut up in a salad, spread on toast or transformed into a delightful guacamole dip, the latest research suggests a diet that includes a couple helpings of avocado a week can be beneficial to cardiovascular health.

The study, appearing in the *Journal of the American Heart Association*, found adults eating two or more servings a week (one cup) of the staple of Mexican cuisine have a 16 percent lower risk of cardiovascular disease and 21 percent lower risk of coronary heart disease compared with people who rarely eat avocados. The researchers also determined that the risk of cardiovascular disease was between 16 and 22 percent lower for folks who swapped half a daily serving of margarine, butter, egg, yogurt, cheese, bacon or other processed meats with avocado.

“Our study provides further evidence that the intake of plant-sourced, unsaturated fats can improve diet quality and is an important component in cardiovascular disease prevention,” study lead author Lorena S. Pacheco, a postdoctoral research fellow in the nutrition department at the Harvard T.H. Chan School of Public Health in Boston, said in a statement.

### What the study did?

Researchers found the association between avocado consumption and cardiovascular health by analyzing data collected over three decades on more than 100,000 men and women in the United States from two long-term health studies: the Nurses’ Health Study, which involved 68,786 women, and the Health Professionals Follow-up Study of 41,701 men. The participants were free of cancer, coronary heart disease and stroke at the start of the studies.

They were followed for about 30 years, during which time they answered dietary

questionnaires every four years and underwent health screenings. Researchers documented 9,185 coronary heart disease events and 5,290 strokes during more than 30 years of follow-up. For this study, researchers focused on avocado consumption.

### Why avocados?

Although the study doesn’t directly answer why eating avocados is good for your heart health, a medium-size Hass avocado contains about 13 grams of oleic acid, or about the same as two tablespoons of olive oil. Half an avocado provides up to 20 percent of the daily recommended fiber, 10 percent of potassium, 5 percent of magnesium and 15 percent of folate, according to the researchers.

They note that the avocado is rich in dietary fiber and unsaturated fats, key components of the Mediterranean diet — a dietary pattern focused on fruits, vegetables, grains, beans, fish and other healthy foods and plant-based fats such as olive, canola, sesame and other non-tropical oils — recommended by the American Heart Association.

“These findings are significant because a healthy dietary pattern is the cornerstone for cardiovascular health, however, it can be difficult for many Americans to achieve and adhere to healthy eating patterns,” Cheryl Anderson, chair of the American Heart Association’s Council on Epidemiology and Prevention and Dean of the Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego, said in a statement. “Although no one food is the solution to routinely eating a healthy diet, this study is evidence that avocados have possible health benefits. This is promising because it is a food item that is popular, accessible, desirable and easy to include in meals eaten by many Americans at home and in restaurants.”

www.aarp.com

## WHY IS NEW JERSEY BANNING PLASTIC BAGS? THERE ARE 4.4 BILLION REASONS



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By Dino Flammia, WOBN

4.4 billion.

That’s the number New Jersey shoppers should keep in mind, environment advocates say, when they’re worried about whether they’ll be able to comply on May 4 when retailers can no longer hand out or sell single-use plastic bags at checkout.

It’s estimated that New Jerseyans use 4.4 billion plastic bags on an annual basis.

“We don’t need a plastic bag for the toothpaste you buy at the pharmacy,” said Doug O’Malley, director of Environment New Jersey. “Literally what we use for 15 minutes should not be a scourge on our environment or our communities for generations.”

New Jersey’s law signed by Gov. Phil Murphy in November 2020 is considered to be among the strongest in the nation. O’Malley said the move, which his group and others have been working towards for years, is part of a global movement to reduce everyone’s dependence on plastic.

“You will find plastic bags blowing down the street, you’ll find them in trees, you’ll find them in waterways,” O’Malley said.

Over a 10-year span ending in 2019, volunteers for Long Branch-based Clean Ocean Action have collected nearly 92,000 plastic shopping bags off of New Jersey beaches. And in each of those years, plastic shopping bags were among the group’s “dirty dozen” (the 12 items most commonly found during beach sweeps).

But eliminating a source of litter, or reducing an eyesore, isn’t the only goal of New Jersey’s law.

“Plastic bags, in particular when they’re out in the marine environment, are especially harmful to certain types of marine life,” said Alison Jones, watershed program manager for Clean Ocean Action. “It’s posing a threat through ingestion, of course. They can also be a threat through entanglement.”

Plastic bags do not break down organically. Instead, over time, they break down into much smaller fragments — aka microplastics, which have been on environmentalists’ radar for several years.

“They’ve been found in finfish, they’ve

been found in shellfish, they’ve been found in fresh water, they’ve been found in the oceans, and they’ve been found in animals as well as humans,” said Sylvia Kay, zero waste coordinator for Sierra Club New Jersey.

A study published on March 24 recorded the first evidence of microplastics found in human blood.

“It’s a general problem, not just a coastal problem,” Kay said.

Kay referred to New Jersey’s plastic bag ban as “low-hanging fruit.”

“This is an easy step forward to start cutting down on our use of plastic,” she said. “We need to learn to reduce and reuse.”

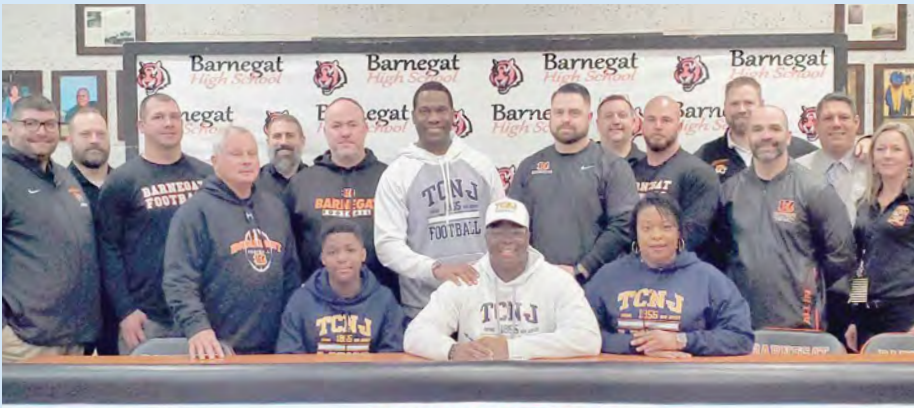
www.wobn.com



# BARNEGAT HIGH SCHOOL SPORTS BEAT



**Volleyball and Bowling**  
Tarylynn Charland was a team member of 2 State Sectional Title Teams this year, Volleyball and Bowling. Congratulations Tarylynn!



**Kean Paul:** The College Of New Jersey, Football, Accounting.



**Madison Kubicz:** Arcadia University, Field Hockey, Biology.



**Patria Moreno:** Stockton University, Volleyball, Business.

# CONGRATULATIONS TO THE THE FOLLOWING ATHLETES, WHO SIGNED THEIR NATIONAL LETTERS OF INTENT TO CONTINUE THEIR ATHLETIC AND ACADEMIC CAREERS AT THE FOLLOWING UNIVERSITIES!



**Isabel Guiro:** Rowan University, Girls Lacrosse, Environmental Engineering.



**Aidan Reiser:** Saint Leo University, Boys Lacrosse, Business.



**Julianna Cannizzaro:** Kean University, Field Hockey, Undecided.



**Connor Darmstatter:** Shippensburg University, Football, Undecided.

# WILDFIRE DANGER IS SHOOTING HIGHER IN NEW JERSEY

*By David Mathau, WOBN*

New Jersey has entered the most dangerous part of the year for forest fires.

According to State Fire Warden and Forest Fire Service Chief Greg McLaughlin, peak wildfire season, which can feature low humidity and high winds is now underway.

**Why has the danger level increased?**

“We have longer days, stronger sun, the fuels on the forest floor dry out quickly, particularly in the Pine Barrens region of the state,” he said.

He said even if there’s rain on a given morning in the Pine Barrens a fire can break out in the afternoon because the soils are sandy and they don’t have the ability to retain moisture for a long period of time.

McLaughlin said trees are not leafed out yet so there is no shade on the leaves and shrubs that cover the ground in forested areas where fires start. That makes spring a fire season.

He noted most people assume fire danger is highest during the summer when it’s hot and they hear about fires in other states but that is not the case unless there are drought conditions in.

He noted even though New Jersey is the most densely populated state in the nation, 42% of the state is forested and almost half of our homes and other structures are located right next to forests.

“It’s those areas that we’re most concerned about because we often have to deal with a high complexity of issues, in terms of evacuations, structure protection,” he said.

McLaughlin stressed awareness about fire danger at this time of year is key.

“People want to get outside, they want to enjoy the outdoors and we want them to enjoy our parks and forests and get outside and enjoy that but to be careful if they’re using fire,” he said.



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**How do wildfires start?**

McLaughlin said there’s a small percentage of fires caused by lightning strikes, but as much as 99% of wildfires across the country are started by people.

From now through the middle of May, the New Jersey Forest Fire Service is reminding residents:

- Don’t discard cigarettes, matches or smoking materials on the ground.

- Obtain required permits for campfires from your nearest Forest Fire Service office.
- Don’t leave fires unattended and be sure to douse them completely, until cold to the touch.
- Keep matches and lighters away from children. Teach youth about fire safety.
- Protect your home and other structures from wildfire by creating Defensible Space.
- Ensure fire trucks can access driveways.
- Report suspicious vehicles and individuals to authorities.
- Use wood stoves and fireplaces carefully, since both can emit embers that spark fires. Fully douse ashes with water before disposal.
- Visit [www.njwildfire.org](http://www.njwildfire.org) for more information

www.wobm.com



**Back Safe, Together!**  
RWJBarnabasHealth Institute for Prevention and Recovery's Hope and Healing Program offers 4 meetings a week for seniors!

While transitioning back to our lives, we still need connection and support. Our groups offer a place to engage with others, make new friends and learn new things! **No registration necessary!** Come join us **any** or **all** days!

**SENIORS – 4 Meetings a week, every day a different topic!**  
Tuesdays at 3pm  
<https://zoom.us/j/97426759376?pwd=emh4NVBxQkhORDk2VGhvbDh1aHVYUT09>  
1 (929) 205-6099 Meeting ID: 974 2675 9376 Passcode: 275889  
Wednesdays at 10am  
<https://zoom.us/j/92508417386?pwd=RUFBUZmhrUms0R08zOFgwbiZlTUZBdz09>  
1 (929) 205-6099 Meeting ID: 925 0841 7386 Passcode: 871829  
Thursdays at 10am  
<https://zoom.us/j/93629625609?pwd=NWWhUQTAvZzhla0dpb0YwZFhUnXdz09>  
1 (929) 205-6099 Meeting ID: 936 2962 5609 Passcode: 202710  
Fridays at 3pm  
<https://zoom.us/j/95709779459?pwd=bG1Fd3JGZu3U1RDBSbWJFQzBwc2E1dz09>  
1 (929) 205-6099 Meeting ID: 957 0977 9459 Passcode: 542469



THIRD ANNUAL TOPCOOKIE DESSERT COMPETITION RAISES \$30,000 FOR GIRL SCOUTS



2022 TopCookie Champions, Booskerdoo Coffee & Baking Co. Team; L-R - Gillian Gallaudet- Urban, Alyssa Solis, Jack Kuberiet, Amelia Caverly and Johanna Boyce



Judges of TopCookie, L-R  
1. David Burke, An internationally renowned, celebrity chef & James Beard Award winner, restaurateur & cookbook author  
2. Marilyn Schlossbach, Executive Chef and Owner of The Marilyn Schlossbach Group  
3. Jim Costello, Owner of Ohana Grill & 2020 TopCookie Champion  
4. Nick Lepore, Burger Buff  
5. Lori Draz, Food writer for The Journal NJ

ASBURY PARK, NJ – (March 9, 2022) – Girl Scouts of the Jersey Shore and 175 guests gathered in person to support the Third Annual TopCookie Competition. Seven local chefs came together to compete for the coveted title of TopCookie Champion and People’s Choice Award, and created a special dessert made with iconic Girl Scout cookies.

Guests were greeted with a delicious Salted Caramel Truffle Brownie S’more, made by Chef Stu Marx from Red Hourse by David Burke. Chef Stu Marx who was assisted by Toni Charmello, executive chef for Drifthouse, made this special dessert in honor of the Girl Scouts 110th Birthday, using the newest cookie, the Adventurful.

Interim CEO, Heather Coburn and Emcee Kimberly Kravitz, Emmy Award Winning Journalist, welcomed guests to raise funds to support programs that inspire and motivate young women to be girls of courage, confidence, and

character, who make the world a better place.

“As we approach our 110th Birthday, I am proud of our troop leaders, volunteers, alumni and staff as they make the Girl Scout experience accessible to ALL girls,” said Heather. It was also announced that Girl Scouts of the Jersey Shore welcomed more new members that ever before with over 10,500 members in Monmouth and Ocean County.

Board Chair, Teri O’Connor thanked the generous sponsors and underwriters who believe in the Girl Scout mission, including the Thin Mint Sponsor, The Citta Foundation, Inc., Grunin Foundation, ENCON, Pine Belt Cars, PNC Institutional Asset Management, Drs. Amy and Eric Eschinger, Discovery Map, New Jersey Natural Gas, Holman Frenia Allison, P.C., the Coccaro Family, and Monmouth Medical Center Southern Campus – RWJ Barnabas Health.

Internationally renowned Chef David Burke led the panel of judges which included James Costello, Chef & Co-owner of Ohana Grill & 2020 TopCookie Champion; Lori Draz, Special Feature, Entertainment and Food Writer; Nick Lepore, known as the “Burger Buff”, host of cheeseburger pop-ups in NJ and beyond, that sell out in minutes, thanks to his incredible social media following; and Marilyn Schlossbach, Executive Chef and Owner of The Marilyn Schlossbach Group.

Competitors presented their desserts for judging and were critiqued on execution/appearance, taste, flavor, texture, consistency, and creativity.

The competitors were:

**Amelia Caverly,**  
Booskerdoo Coffee & Baking Company - Lemon-Ups

**Chef Lauren Covas,**  
Chef Covas Catering - Trefails

**Shannon Phillips,**  
E. Holland Sundries – Thin Mints

**Chef Kendall Szpakowski,**  
Homesick - Tagalongs

**Chef Raechel Lebron,**  
Sickles Market – Do-si-dos

**James Callano,**  
Strollo’s Lighthouse Italian Ice - Samoas

**Chef Becca Dolce,**  
Talula’s – Girl Scout S’mores

Our esteemed judges tasted and scored each dessert. After tough deliberation, the judges submitted their scores and awarded 2022 TopCookie Champion to Amelia Caverly and the talented team from Booskerdoo Coffee & Banking Co. who created a whimsical teacup dessert using the Lemon-up Girl Scout cookie.

Guests in person and on-line participated in voting for their favorite restaurant and dessert and awarded the 2022 People’s Choice Award to Chef Kendall Szpakowski of Homesick for her beignets using the iconic Tagalongs.

The event raised over \$30,000 for the programs and services provided by Girl Scouts of the Jersey Shore and the more than 10,500 members in Monmouth and Ocean County.

For more information about the TopCookie competition or Girl Scout Cookies, visit [www.GSFun.org](http://www.GSFun.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](http://www.gsfun.org/volunteer), email  
[daisy@gsfun.org](mailto:daisy@gsfun.org) or  
call 800-785-2090.

Make New Friends!

Starting kindergarten is a big step, and you obviously want your girl to feel as comfortable and confident as possible from day one. Being a Girl Scout will help her shine as she makes new friends, meets new teachers, and tests out new ideas. Our girl-centered kindergarten readiness series is free and open to any girl entering kindergarten this fall.

Sign her up today at [www.gsfun.org/friends](http://www.gsfun.org/friends)

Virtual Series 2: Thursdays - 5PM  
(April 28, May 12 & 26, June 9)

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 <b>2019 Lincoln Nautilus Reserve</b> YKBL34846 <b>\$44,990*</b>	 <b>2020 Lincoln MKZ Reserve</b> FLR601750 <b>\$45,990*</b>	 <b>2019 Lincoln Nautilus Reserve</b> FKBL30144 <b>\$52,990*</b>	 <b>2019 Lincoln Continental Reserve</b> FK5605800 <b>\$54,990*</b>	 <b>2020 Lincoln Nautilus Reserve</b> FLBL26600 <b>\$56,990*</b>

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# GIRL SCOUTS OF THE JERSEY SHORE GALA ON APRIL 27 HONORS DISTINGUISHED LEADERS

Farmingdale, NJ - Girl Scouts of the Jersey Shore will celebrate inspiring community leaders at its Women of Distinction & Community Partners Gala on Wednesday, April 27, from 6 to 10 p.m., at Eagle Oaks Golf and Country Club in Farmingdale.

The annual event will raise support to provide leadership experiences to more than 10,000 Girl Scouts across Monmouth and Ocean counties and ensure that girls in need can access year-round Girl Scout programs.

"Girl Scouts of the Jersey Shore is proud to recognize outstanding role models in our community for their strength of character, dedicated community service, emphasis on life-long learning, along with their dedication to fostering self-confidence and leadership skills in others," said Heather Coburn, Interim Chief Executive Officer of Girl Scouts of the Jersey Shore.

Honorees at the 2022 gala include:

## Women of Distinction

- Heather Barberi, Grunin Foundation
- Tasha Youngblood Brown, Ernst & Young, LLP (EY)

- Dr. Antoinette Clay, Ocean County College
- Martha Delehanty, Commvault
- Jacqueline K. Shea, New Jersey Resources

## Community Partner

- L&L Paving Co. Inc., Frank (Sandy) McIntyre

## Man Enough to Be a Girl Scout

- Benjamin L. Waldron, Monmouth-Ocean Development Council

Full biographies for all honorees can be found at <https://www.jerseyshoregirlscouts.org/en/give/special-events/women-of-distinction.html>.

A committee of 34 volunteers, led by co-chairs Tom Hayes and Paige Baran, are planning this special camp-themed event. Hayes serves as director of consumer and community relations at New Jersey Natural Gas and is a recipient of the Man Enough to be a Girl Scout Award. Baran, honored as a Phenomenal Woman Under 40 in 2017, is an associate at Hering, Dupignac, Stanzione, Dunn & Beck. Baran, a Girl Scout herself,



is the troop leader of Troop #50293 and Girl Scout Mom.

The evening will include a cocktail reception, dinner, music, silent auction and raffle, plus introductions of gala honorees by Girl Scouts who have earned the Gold Award and those on their way to achieving this top Girl Scout honor. Individual gala tickets are \$225.

In honor of the 110th Birthday of Girl Scouts, special historical memorabilia will be on display for guests.

Tickets, sponsorships and ads for the event journal may be purchased online at [gsfun.org](https://gsfun.org). For more information about opportunities to support the event, including auction donations, contact Valerie Ryan at [vryan@gsfun.org](mailto:vryan@gsfun.org) or call (800) 785-2090.

Girl Scouts of the Jersey Shore

Women of Distinction & Community Partners

Gala

2022 Honorees

**Heather Barberi**  
Grunin Foundation  
*Woman of Distinction*

**Tasha Youngblood Brown**  
Ernst & Young, LLP (EY)  
*Woman of Distinction*

**Dr. Antoinette Clay**  
Ocean County College  
*Woman of Distinction*

**Martha Delehanty**  
Commvault  
*Woman of Distinction*

**Jacqueline K. Shea**  
New Jersey Resources  
*Woman of Distinction*

**L&L Paving Co.**  
Frank (Sandy) McIntyre  
*Community Partner*

**Benjamin L. Waldron**  
Monmouth-Ocean Development Council  
*Man Enough to Be a Girl Scout*

**Furry Friends**  
Who Need Fur-Ever Homes!

This is Toby! He is the silliest, goofiest dog and he is up for adoption at the Southern Ocean County Animal Shelter in Manahawkin. You'd never guess that he's 8 years old! He's as playful as a youngster! He walks beautifully on a leash and is so affectionate with staff and volunteers. Toby's wish list for a home includes children over 7 years of age, no cats and he'd prefer to meet any other dogs that he may share his home with to see if he likes them. Call today to meet Toby. You won't be disappointed!

**Toby**

Pugsley is a 1 1/2 year old male who was adopted from us as a kitten but when his family's circumstances changed we placed him in one of our loving foster homes until we can find him his forever home. He is a sweetheart of a cat who loves people and loves to cuddle and sit next to his foster Mom and purr. He loves playing with kitty toys and loves a comfy bed. He was a bit shy when he went to his foster home but after a few days he realized he was safe and loved and his true personality came out. He would not mind sharing a new home with another cat that he can play with, with a proper introduction. But NO DOGS please. If you would like to meet this wonderful boy, please fill out an application on line at [Fosocas.org](https://Fosocas.org) and his foster Mom will contact you for a meet and greet in her home in Little Egg Harbor.

**Pugsley**

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](https://www.fosocas.org)**

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<div><b>2020 Honda Accord Sport</b> HLA064006 <b>\$28,990*</b></div>	<div><b>2019 Honda CR-V EX</b> HKH635165 <b>\$30,550*</b></div>	<div><b>2020 Honda CR-V EX</b> HLH623874 <b>\$32,550*</b></div>	<div><b>2020 Honda CR-V EX</b> NLH628144 <b>\$34,990*</b></div>	<div><b>2021 Honda CR-V EX</b> NMH680011 <b>\$35,990*</b></div>	<div><b>2020 Honda Passport EX-L</b> P84005 <b>\$36,550*</b></div>	<div><b>2020 Honda Pilot EX-L</b> FLB050580 <b>\$40,990*</b></div>

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# OCEAN COUNTY LIBRARY

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Keep up with Library programs and events at: [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

**TOMS RIVER** – Spring is warm and sunny at the Ocean County Library’s 21 branches and reading centers, with a growing variety of live and virtual events to educate, inform and entertain. Here is a sampling of upcoming events near you.

**Little Egg Harbor**

In honor of Teacher Appreciation Week, May 2-6, students age three to 12 are invited to create greeting cards for their favorite instructors, 5:30 PM Tuesday, May 3. Then on Friday, May 6, Take & Make Mother’s Day card kits will be available while supplies last.

The Branch will salute Asian-American/Native Hawaiian/Pacific Islander Month with a screening of Golden Gate Girls, 2:30 PM Friday, May 27. Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free program.

Author and Ocean County native Matthew H. Gooley will discuss, and sign copies of, his espionage thriller *Destiny Can Be Dangerous*, 2 PM Saturday, May 28. Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free program.

**Long Beach Island**


Throughout May, the LBI Branch will present Shore Shots, an exhibit of photographs by Amy Stewart.

The Italian Cultural Society of LBI will present “Secondo Maredi” with Maestro Robert Butts, 6 PM Tuesday, May 10. Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free program.

Friends of the Island Library will conduct their monthly fundraising book sale, 4 PM Tuesday, May 17. Take home six gently-used titles for one dollar. Proceeds help the Friends to provide quality programs at the Branch.

**Stafford**

Bring your gardening questions to the Ocean County Master Gardeners Diagnostic Clinic, 10 AM each Monday, beginning April 25. The team will gladly examine your plant or insect sample and offer remedies.



**Phil Bruschi**

Learn about the physical effects of cholesterol, risks, and treatment options at 11 AM Thursday, April 28. Debra Shar, RN, BSN, leads the discussion presented in partnership with Hackensack Meridian Health.

Multi-talented performer Phil Bruschi walks you back in time, to the teen pop idols of the ‘50s and ‘60s, during “The Brylcreem Boys – Singers of Early Rock & Roll,” 2 PM Tuesday, May 3. Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free program.

**Tuckerton**

Visit the Branch Monday, May 2, for Take & Make activities for all ages while supplies last. Children can design colorful, do-it-yourself Mother’s Day cards. Gardeners of any age can create labels and stakes for their budding plants and veggies.

Join Miss Donna for Outdoor Story Time, 10 AM Tuesday, May 10. Celebrate culture, self-confidence and family with her reading of *Eyes That Kiss in the Corners*, by Joanna Ho. Bring a portable seat or blanket. The rain date is 10:30 AM Thursday, May 12.



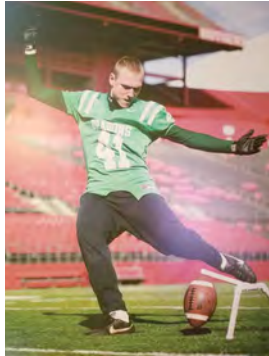
Carol Neugebauer

Meet local artist and author Carol Neugebauer, 7 PM Monday, May 16. She will discuss, and sign copies of, her newly-published first book, *Love Letters from the Lord*. Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free program.

**OCL 2022 Autism Resources Fair**

OCL’s 2022 Autism Resources Fair continues into May with informative and useful virtual presentations.

• **Canine Companions** – The Bratnick family of Ocean County, who train puppies to become service dogs for people with disabilities, will discuss their experiences in helping the national non-profit organization at 6:30 PM Monday, May 2.



Anthony Starego

• **Starego’s Story** – Anthony Starego, the autistic young man who demonstrated his football prowess in Brick Township and beyond, tells the inspiring tale of his life at 7 PM Tuesday, May 10.

• **Toms River Field of Dreams** – Take a virtual tour of this new, state-of-the-art recreation complex, especially designed for special-needs individuals, 7 PM Thursday, May 12.

Registered attendees for virtual programs will receive links to the Zoom presentations by email. The Autism Resources Fair is made possible through a generous donation by the Ocean County Library Foundation. See the full schedule of activities and registration links at [www.theoceancountylibrary.org/autism](http://www.theoceancountylibrary.org/autism).

**OCEAN COUNTY LIBRARY TOMS RIVER BRANCH TO FEATURE COLOR AND LIGHT: OIL PASTEL DRAWINGS BY BARBARA JENSEN IN APRIL**

TOMS RIVER – The Ocean County Library is pleased to announce that it will feature Color and Light: Oil Pastel Drawings, by Ocean County-based artist Barbara Jensen, throughout April in the Toms River Branch.



The collection, which will be displayed in the McConnell Gallery, consists of colorful oil pastel drawings including abstracts, whimsical cityscapes, and landscapes.

Barbara earned her Master of Arts degree at Lehigh University, where she taught writing and served as Marketing Director for Zoellner Arts Center.

She has staged exhibits at various galleries in Tucson, Arizona, the Bayside Gallery in Maine, and Pennsylvania’s Tinicum Arts Festival. Her art has graced the pages of the *Sakura Review Poetry & Arts Journal*.

“I take a light-hearted approach to my art,” Barbara said, “and I hope my drawings will make you smile.”

Color and Light: Oil Pastel Drawings is free and open to the public. To learn more, visit the Toms River Branch, 101 Washington Street, call (732) 349-6200 ext. 5100, or visit [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org).

**THANK YOU, OCEAN COUNTY, FOR HELPING THE SPARKS B.F.F. READING CLUB TOILETRIES DRIVE**

TOMS RIVER – Many Ocean County children in need will have fresh personal-care and toiletry items, thanks to generous county residents who have responded overwhelmingly to the Ocean County Library’s Sparks B.F.F. Reading Club collection drive.

The lengthy list of contributors includes the Filipino-American Community Development Center of Toms River, whose volunteers carried nearly 20 boxes of items, including 12 cases of hand sanitizer, to the Toms River Branch.

Members of Manchester Township High School’s National Honor Society (NHS) and Key Club chapters amassed eight boxes full of much-needed items by mid-month, and delivered them to the Library’s Manchester Branch.

According to NHS Advisor MaryEllen Fecanin, “The expectation for both Key Club and NHS students is...to demonstrate leadership and community service. They really coordinated this on their own.”

Key Clubbers solicited donations locally, and received items from Connecticut-based High Ridge Brands. They received community service credits for their efforts. NHS students fulfilled a requirement to perform community-oriented activities along with peer tutoring.

The students also donated knitted yarn “soap sacks,” created by volunteers of Supporting A Community with Kindness (SACK), the non-profit group founded in 2017 by shore resident Stacy Wiener that serves support agencies, food pantries, veterans’ clinics, homeless shelters, and relief efforts.



Seated (l-r): Theresa Zucchia, Key Club Advisor; MaryEllen Fecanin, NHS Advisor; Abena Konadu. Standing (l-r): Isabella Cavallo, Lyndsay Vigna, Riley Reardon, Jaclyn White, Marley Peth, William Borquero, Adrienne Biscondi, Allison Gilbert, MTHS Principal Dennis McAdams, Logan Duffy, Emily Emmert, Natalia Stevens, Shania Searles, Aaliyah Douglas. Photo courtesy MaryEllen Fecanin.



OCL Manchester Branch Staffers (l-r): Senior Library Assistant Rebecca Schoonmaker, Principal Library Assistant Maria Colon, Branch Manager Erin DeLucia.



## Designer Bag Bingo!

Saturday May 14, 2022

Doors Open at 6 pm, Games Start at 7pm

**St. Mary's Parish Hall**  
100 Bishop Way, Manahawkin, NJ 08050

Admission: \$35, Includes 10 Games with 4 Boards Each (Cash or Check)

\$40 at the door if Available (Cash Only)

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 <p><b>2018 Hyundai Elantra SE</b> FJU594245 <b>\$19,990*</b></p>	 <p><b>2019 Hyundai Elantra Value Edition</b> HKH471095 <b>\$20,990*</b></p>	 <p><b>2019 Hyundai Ioniq Hybrid Blue</b> HKU109917 <b>\$20,990*</b></p>	 <p><b>2019 Hyundai Sonata SEL</b> YKH782207 <b>\$22,990*</b></p>	 <p><b>2019 Hyundai Tucson SE</b> YKU073223 <b>\$22,990*</b></p>
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 <p><b>2019 Hyundai Tucson SE</b> YKU980294 <b>\$27,990*</b></p>	 <p><b>2019 Hyundai Santa Fe SE 2.4</b> YKH081836 <b>\$27,990*</b></p>	 <p><b>2019 Hyundai Tucson Sport</b> YKU973856 <b>\$27,990*</b></p>	 <p><b>2020 Hyundai Tucson Sport</b> HLU220440 <b>\$29,550*</b></p>	 <p><b>2020 Hyundai Santa Fe SEL 2.4</b> YLH168332 <b>\$30,990*</b></p>



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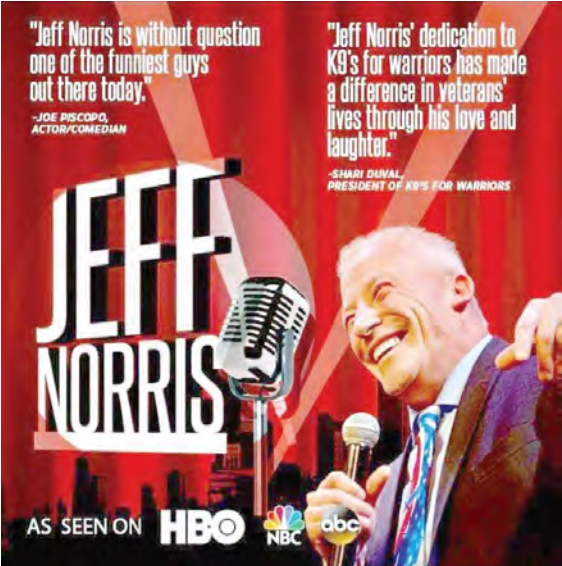
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# DINE ON US TO RUN FUNDRAISERS FOR ACTIVE MILITARY FAMILIES

Since Hurricane Sandy hit our Jersey Shore in 2012, Chef Mike of Chef Mike's ABG and Cliff Baker have been working side by side to create hot meals as a thank you to our military and first responders. For 10 years with the help of their families, their restaurant connections, and close friends, they were able to create, package, and deliver 1,500 meals on each holiday as a continued thank you for their service.

In 2022 they were called into a new mission. A new call of action. This time for our Active Enlisted Military Families, they were informed that 125 families on our NJ Joint Bases are living in poverty! You heard that correctly! They are dependent on government assistance programs like food stamps and WIC to survive!



an unforgettable Christmas filled with wish list toys for their children.

If you would like to support, please join us at the Capone's Comedy Show on Thursday, April 28th, at the Garden State Distillery. The comics are the legendary Jeff Norris and Gemini. The ticket price includes the show, a full dinner buffet, and your first drink at the Distillery. They have an intimate venue limited to the first 60 people who reserve by call Jimmy at 732.473.1777

**DINE ON US.**  
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**Gift Cards for our Active Military Families**

Please purchase a gift card to be left with the restaurant.

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*presentation of*

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**7:30 2:00 & 7:30 2:00**

**ALL SEATS: \$19.50**  
*plus a \$1.50 service charge per ticket*

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**For tickets visit**  
**<https://bcct.booktix.com>**

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Seniors 60 years of age and over who meet income requirements receive a monthly food box of items like these:



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3	\$29,939	\$2,495
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5	\$42,211	\$3,518
for each additional household member add	\$6,136	\$512

All incomes are Gross Income before any deductions.

• **For seniors:**  
Interested in finding out if there's a distribution site near you?  
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• **For senior residences and senior-serving organizations:**  
Interested in bringing this program to the seniors you serve?  
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Senior Staples is a USDA program also known as the Commodity Supplemental Food Program (CSFP). This institution is an equal opportunity provider. Esta institución es un proveedor de igualdad de oportunidades.



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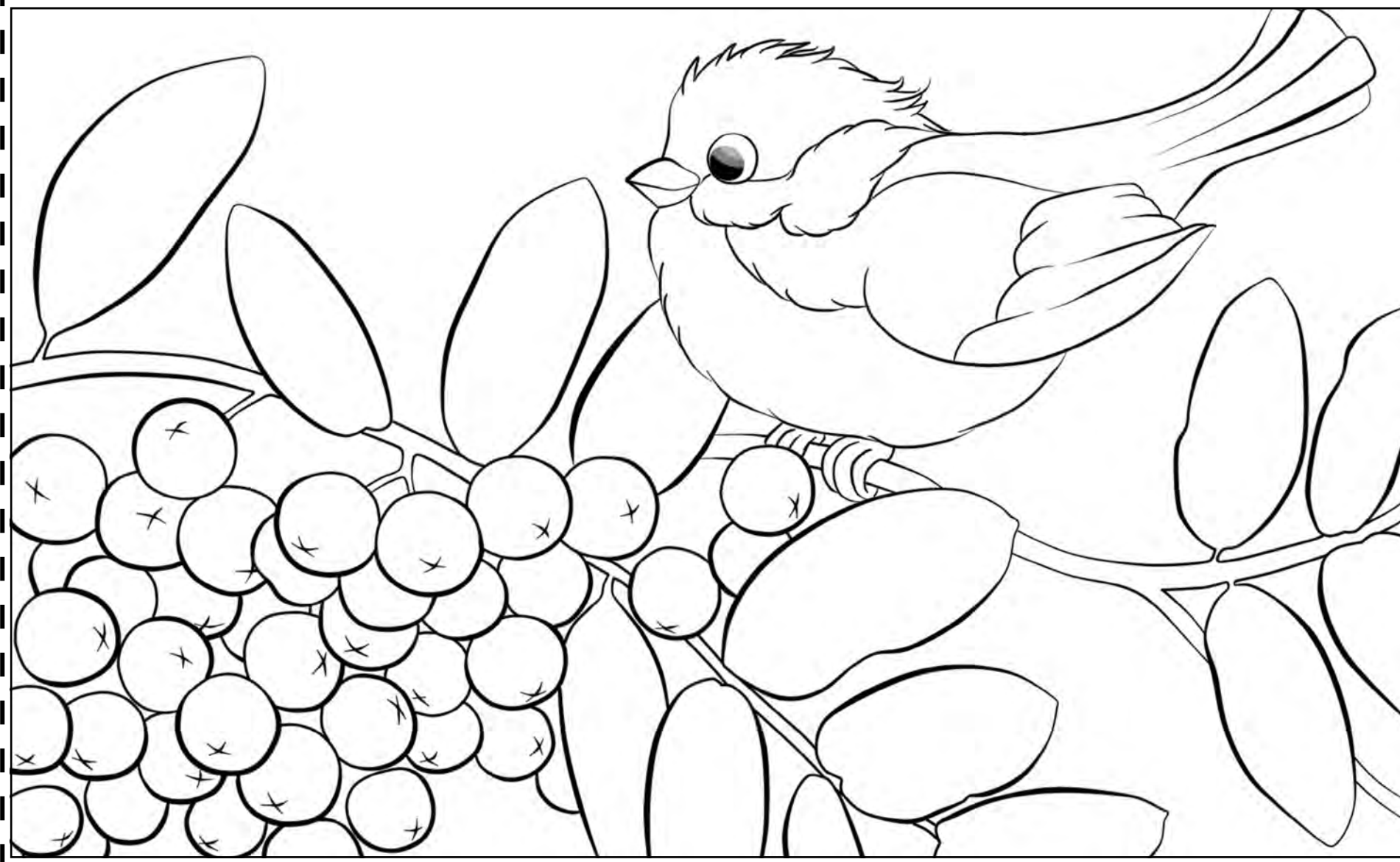
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# KIDS CORNER



**COLORING CONTEST!**  
*You Could Win A \$50 Target® Gift Card!*



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**Mail to: Causeway Coloring Contest**  
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**Congratulations to Last Month's Kid's Coloring Contest Winner!**  
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Child's First Name \_\_\_\_\_  
Age \_\_\_\_\_  
School \_\_\_\_\_  
Parent's Name and Phone \_\_\_\_\_

*Child can only win once per calendar year.*

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**You could win a \$50 Gift certificate to East Bay Italian Grille!**  
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**PO Box 547,**  
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First Name \_\_\_\_\_  
Last Name \_\_\_\_\_  
Phone number \_\_\_\_\_  
Residence: \_\_\_\_\_

**Congratulations to last month's winner!**



**Maria**

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One coupon per table. Not valid on holidays. Coupons may not be combined with any other offer. Expires 5/31/22.

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