

# The Causeway Gazette

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Proudly serving Manahawkin and surrounding communities

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## Northern Ocean Habitat for Humanity to build hope in Southern Ocean County with NEW SET OF WHEELS



**Causeway CAREs' donates its 23rd vehicle through its CauseWheels Vehicle Donation Program. The donation was funded in part through a grant from the Grunin Foundation.**

**MANAHAWKIN, NJ** – Karen’s roof was leaking. The water was coming through the bathroom ceiling. She called Northern Ocean Habitat for Humanity for help. The Habitat team went to assess the roof and noticed that Karen needed other modifications to help her “Age in Place” in her home. In addition to replacing her roof, Habitat volunteers repaired her bathroom to include a raised toilet and walk-in shower.

“Now I don’t have to hold onto the bathroom sink to get in the tub,” she said. “The shower is going to make it so much easier and safe for me. Everyone working on my house is so nice, they are angels.”

**Pictured from left:** David Wintrode, General Manager of Causeway Family of Dealerships; Chris Varner, Used Vehicle Merchandising Manager of Causeway Family of Dealerships; Corey Gellis, General Sales Manager of Causeway Family of Dealerships; Julian Cimino, Commercial Truck Representative of Causeway Family of Dealerships; Joe Stroffolino, Director of Advertising and Marketing of Causeway Family of Dealerships/Causeway CAREs; Bob Conway, Construction Director of Northern Ocean Habitat for Humanity; Kristine Novakowski, Executive Director of Northern Ocean Habitat for Humanity; Heather Barberi, Executive Director of Grunin Foundation, and David Wintrode, President of Causeway Family of Dealerships/Causeway CAREs.

**“Collaboration between organizations, as well as funders and partners, to make a difference in the community is not only incredible but creates more impact.”**  
- Heather Barberi, Director of the Grunin Foundation

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Stories like this are made possible by Habitat volunteers who donate their time and energy to help others in need. But Northern Ocean Habitat for Humanity only had one truck to carry out the long list of home repairs it receives each week. After a recent collaboration between Northern Ocean Habitat for Humanity and Southern Ocean Habitat for Humanity, it became clear that a new truck was necessary to fulfill home repair requests from the Southern Ocean County area.

That’s when Kristine Novakowski, Executive Director of Northern Ocean Habitat for Humanity, contacted Joe Stroffolino, Director of Advertising and Marketing for the Causeway Family of Dealerships, to discuss the need for a new construction vehicle and the availability of a large box truck through the CauseWheels vehicle donation program.

“Luckily, we had the perfect truck in stock and available, which is amazing considering the current new vehicle storage,” said Stroffolino. “The only issue was the price of the box truck fell outside the CauseWheels donation parameters of \$10,000. I asked Novakowski if she reached out for grant availability with the Grunin Foundation.”

After making the call to Heather Barberi, Executive Director of the Grunin Foundation, the Foundation graciously stepped in to collaborate with Northern Ocean Habitat for Humanity to fill the monetary gap with a \$10,000 donation so that the nonprofit could obtain the box truck.

“Our pillars focus on arts, education, healthcare, economic excellence and capacity-building,” said Barberi. “Our overall mission is to improve the quality of life for all residents at the Central Jersey Shore. Habitat’s repair program enables people to remain in their homes, and while it doesn’t directly align with our core pillars, it absolutely improves quality of life. Northern Ocean Habitat for Humanity’s recent partnership with Southern Ocean Habitat for Humanity also played a key role in what compelled us to partner with them. Collaboration between organizations, as well as funders and partners, to make a difference in the community is not only incredible but creates more impact.”

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



The Wintrode Family Foundation



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](http://CausewayCAREs.com).

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# “The key is always collaboration.”

“The key is always collaboration,” said David C. Wintrode, President of Causeway Family of Dealerships. “That’s the whole purpose of Causeway CAREs – to give back to our nonprofit partners. It is our pleasure to partner with Northern Ocean Habitat for Humanity and the Grunin Foundation so that they can continue to support even more community members in need.”

Causeway CAREs’ donated its 23rd vehicle through its CauseWheels Vehicle Donation Program to Northern Ocean Habitat for Humanity on May 18, which was funded in part through a grant from the Grunin Foundation.

“It all came together nicely,” said Novakowski. “The size of the vehicle, a 17-foot box truck, is what we need to help carry our mission and expand our home repair program to cover all of Ocean County.”

Northern Ocean Habitat for Humanity’s goal is to serve more people and be there to help all of Ocean County. “We are all one habitat,” said Novakowski. “We are going to use the new truck to have another crew in Southern Ocean County.”

Bob Conway, Construction Director of Northern Ocean Habitat for Humanity, says his volunteer crew is made up of retired teachers, electricians, corrections officers, principals.... individuals from all walks of life.

“Our volunteers could give their time to anyone, but they give it to us,” said Conway.

In addition to the Critical Home Repair Program, Northern Ocean Habitat for Humanity also offers a Homeownership program, Special Event Builds and ReStore.

To date, Habitat for Humanity is working on its 21st new home build, has completed 54 critical home repairs in 2021, and 313 home repairs to date. “We are looking to grow from there,” said Conway. “The new truck will allow us to do that.”

Northern Ocean Habitat for Humanity is also partnering with Ocean County Vocational Technical School on the new home it is currently building in Manchester. “This new house acts as a classroom to 18 students,” said Conway. “It’s all about partnerships.”

“People know Habitat for Humanity as building new homes and that is something we will continue to do,” said Novakowski. “But we can help and have more impact with our home repair program. At the end of the day, it is about everyone having a decent place to live whether it is having a new home or rehabbing and maintaining their current home so they can stay there. That is just as important.”

Northern Ocean Habitat for Humanity’s 21st home is sponsored by: Woodhaven Lumber, Ben Franklin Plumbing, One Hour Heating and Cooling, Christone Electric, Ocean County Vocational Technical School, Ocean First Foundation, New Jersey Natural Gas, Crossroads Realty, Ferguson, Carl’s Fencing Decking and Home Improvement, Goodfriend Electric, Icarus Brewing, Toms River Brewing, Last Wave Brewing, Garden State Distillery, All County Exteriors, Horizon Pest Control, Manasquan Bank and Manchester Township. Home Repairs are sponsored by Ferguson and All County Exteriors.

**The mission of Northern Ocean Habitat for Humanity seeks to put God’s love into action by bringing people together to build homes, communities and hope. To learn more about the nonprofit or to volunteer, visit [northernoceanhabitat.org](http://northernoceanhabitat.org).**



## About NOHFH

***Founded in 1999, Northern Ocean Habitat for Humanity revitalizes neighborhoods, builds affordable and sustainable homes, and empowers families through successful homeownership.***

Habitat welcomes people from all walks of life to partner in serving families in need and creating a better community for everyone who lives here. They work with qualified, low-income families to help them realize the dream of owning their own home. They do this through a hand-up, not hand-out model in which homeowners help to build and then buy their home from Habitat. Additionally, Northern Ocean Habitat for Humanity offers home repair services to low-income homeowners, using the same affordable payment and sweat equity model.

### To date, Habitat for Humanity is working on its 21st new home build.

They have completed 54 critical home repairs in 2021, and 313 home repairs to date.



## CAUSEWAY SUPPORTS COLLEGE BOUND STUDENTS

Causeway Family of Dealerships is proud to honor our local High Schools with over \$12,000 worth of scholarships. “Our program started in 1998,” said Scholarship Chairperson Skip Martin, “When my son was graduating from Southern Regional, I asked Dave Wintrode (President of The Causeway Family of Dealerships) if he would be interested in starting a scholarship program. Being a former teacher and admirer of higher education, Dave enthusiastically endorsed the idea. What started out as four Southern Regional scholarships now has blossomed into three local high schools: Southern Regional, Barnegat and most recently, Pinelands.

All three schools have a special and unique way to honor the recipients. They all dedicate a full night in which they honor the graduating seniors attending college in the fall. Skip Martin likes to make it special for the recipients. He gives them a large manila envelope and enclosed is a certificate for their achievements, of course a check, and a letter that states, “You will soon be entering a new phase of your life. College can be difficult and challenging, but remember you have people back home rooting for you, so do your best and good luck!” He then adds, “P.S. Your parents told me to tell you to study hard.”

We choose our recipients, of course, if they are customers, students in need of financial

aid, and students that have outstanding contributions to their school. “I am so proud of our little community, from Barnegat to New Gretna, we raised almost a million dollars to help defray the costs all from small businesses like Causeway, Service Clubs, like Kiwanis and Rotary, or just individual donors”.

“In 24 years of attending these celebrations,” said Skip, “I have been honored and overwhelmed by the support our community gives those young adults and a special thank you to Dave Wintrode for his generous support”.



(At left) Ryan Rieck and Skip Martin. Ryan’s dad is a loyal Causeway customer of Skip!





# SOUTHERN REGIONAL SPORTS BEAT

## Girls Track and Field

Congratulations Southern Regional Girls Track and Field team on defeating TR South and Brick Twp on Monday, May 23, 2022 and winning the 2022 Shore Conference "A" South Divisional Championship.



## Boys Volleyball

Congratulations Southern Regional Boys Volleyball JV on winning the 2022 Kingsway Tournament which took place on Saturday, May 14, 2022. Rams won all sets & matches on the day. Congratulations players and Coach Eric Sharkey.



## Multi-Sport

Congratulations Southern Regional Senior Class Student Athletes Nate Bischoff (Wrestling) and Abigail Gallacher (Girls Soccer, Indoor and Outdoor Track) on being awarded the 2021-2022 Shore Conference Sportsmanship Awards. The two were honored by the Shore Sports Network on Sunday, May 15, 2022 at the annual Shore Conference ceremony. They are pictured with Southern Regional Supervisor of High School Athletics Chuck Donohue Jr. Thank you both for all you have done for Southern. Best of Luck!



## Multi-Sport

Congratulations Southern Regional Multi-Sport Athlete Shannon Flaherty on being named a 2021-2022 NJSIAA Scholar Athlete Award Winner. Shannon was honored on Sunday, May 15, 2022 at the Pines Manor in Edison, NJ. She is pictured with NJSIAA Officer Derryk Sellers. Shannon will continue her education at Johns Hopkins University in Baltimore, Maryland. Thank you for all you have done for Southern.



## Sailing

Congratulations to the Southern Regional High School Sailing Team on winning the NJISA 2022 New Jersey State Championship. The event took place on Saturday, May 21, 2022. Congratulations to Senior skipper Kennedy Laureigh, senior crew Alex Klinov, junior crew Natalie Shaw, sophomore skipper/crew Erin Little, freshman skipper Turner Ryon, freshman skipper/crew Belle Placa and freshman crew Noah Tallman, plus all the middle school sailors who joined the team as practice squad members.



## Girls LaCrosse

Congratulations Southern Regional Girls LaCrosse on defeating Monroe in the 1st Round of the NJSIAA Playoffs 17-1 on #SeniorNight. Thank you Seniors for all you have done for Southern.



## Hall of Fame

Congrats Southern Regional Athletics "Class of 2021" Hall of Fame newly inducted members. Dylan Jinks, Jackson Fiel, Matt Valeriani, Jake Logue, Gary Jones (Pictured by his father Steve) Matt Wilhelm (not pictured) Principal Eric Wilhelm, Coach John Stout, Victoria Caiazzo and CeCe Hodgson. The induction ceremony took place on Saturday, May 21, 2022. Thank you for all you have done for Southern!



## Girls Golf

Congratulations Southern Regional Girls Golf on defeating TR East and TR North in a tri-match on Wednesday, May 18, 2022. With the win, Southern captured the Shore Conference "A" South Divisional Championship for the 2nd consecutive year. The Rams improve to 18-0 record this season.. congratulations golfers, coaches, parents, alumni and fans.



## Girls Track and Field

Congratulations Southern Girls Track & Field on winning the 2022 the Shore Conference Championship on Saturday, May 21, 2022.



## Boys Golf

Congratulations Southern Boys Golf on defeating Brick Memorial 164-170 on Wednesday, May 25, 2022 and winning the 2022 Shore Conference "A" South Championship.



## Boys Track and Field

Congratulations Southern Regional Boys Track Thrower Fabian Gonzalez on winning the Shore Conference Discus Championship. Fabian broke the all time meet record of 178.3, throwing the disc 189.9. Congrats Fabian! Photo Credit: NJ.COM NJSIAA MOC 2021



## Boys Volleyball

Congratulations Southern Regional Boys Volleyball on winning the 2022 Shore Conference Tournament Title on Thursday, May 12, 2022 at Georgian Court University. The Rams defeated St. John Vianney 2-0 in the semifinals and Howell 2-0 in the finals. Congratulations players, coaches, parents, alumni and fans.



## Multi-Sport

Thank you Southern Athletes from the Football, Baseball, Softball and Track & Field teams on volunteering with the Challenger League Punt, Pass and Kick plus Batter Up Competition on Sunday, May 22, 2022. Thank you Assistant Principal Joe DiPietro for running the event.



## Boys LaCrosse

Congratulations Southern Boys Lacrosse on defeating Lenape 7-4 on Saturday, May 28, 2022. With the win, the Rams have won the NJSIAA SJ Group IV Sectional Championship. It is the 4th NJSIAA Sectional Title in school history. Congratulations players, coaches, parents, alumni and fans. Southern faced Bridgewater-Raritan in the NJSIAA State Group IV Championship Final on Wednesday, June 1, 2022.



## Girls Softball

Congratulations Southern Softball on defeating Pinelands 11-0 on Friday, May 27, 2022 #SeniorNight. Thank you Elizabeth, Sarah and Makayla for all you have done for Southern. They are pictured with Coach Victoria Caiazzo and Head Coach Jamie Bernaldo. Special Congratulations to Sarah Lally on recording her 8th homerun of the season and 20th career homerun. Both school records. Special Congratulations to Elizabeth Gosse on her 250th career strikeout. Best of Luck Seniors!



## Football

Congratulations Southern Regional Football Steve Abt and John Bruther on being named to the Shore Conference Football All Academic Team for the 2021-2022 school year. It was nice to honor both student-athletes before the Southern Baseball Playoff game vs Eastern Regional on Wednesday, June 1, 2022. Thank you both for all you have done for Southern.



## Girls Softball

Congratulations Southern JV Softball on placing 2nd in the 2022 Shore Conference JV Softball Tournament sponsored by Marlboro High School. The Rams were defeated by Jackson Memorial in the final on Wednesday June 1, 2022. Southern finishes 13-6 on the year. Congrats players & coaches.



# Causeway CAREs supports Sea Change Recovery Community Organization's second annual 100 WAVES 4 RECOVERY SUMMER-LONG FUNDRAISER

Sea Change Recovery Community Organization (RCO) announces its second annual 100 Waves 4 Recovery FUNdraiser with presenting sponsor, Jetty Rock Foundation, all summer long (Memorial Day through Labor Day). Your Crew. Your Beach. Your Challenge. Ride waves, have fun, win prizes and raise funds to support Sea Change RCO.

visit: [SeaChangeRCO.org/fundraisers](http://SeaChangeRCO.org/fundraisers) for details or call/text (609) 666-2385.

Elizabeth Burke Beaty, the Founding Executive Director states, "Last year, TOGETHER, we raised \$6,000 and this year our goal is to triple that with your help and thanks to the generous support of Causeway Cares/Cars, we are well on our way!"

Sea Change RCO is a 501(c)3 non-profit organization and in our first official year (2021) we served over 1,300 (!) individuals who have been impacted by addiction in Southern Ocean County. We all know that addiction does not discriminate and that everyone knows someone who has suffered from this

disease. We give our friends and neighbors barrier-free support to reclaim their lives and this includes their loved ones as well. All of our services are free and we support anyone who wants help. We focus on providing unconditional support with zero stigma. We understand that this is a disease which must be

"Never doubt that a small group of thoughtful committed citizens can change the world: indeed, it's the only thing that ever has."

- Margaret Mead

treated with care, compassion and evidence-based solutions. We are for peers, by peers with extensive professional training.

We rely on private support and community collaboration to keep our services free and accessible, and we are creating a new model of recovery that is showing excellent results. We support all pathways to recovery and understand that each person's path is unique and

reflects their personal strengths. Sea Change RCO is about empowerment, not just for each individual but also as a collective community. I believe our community has the power to heal from this epidemic that has become so prevalent."

All wave riders are invited, whether you are a year-round local or visiting for the day. Catch 100 waves to raise funds for our local, Sea Change Recovery Community Organization, by locals for locals. Your fun will support individuals and families seeking help with substance use disorder (a.k.a. addiction)



through our various free offerings @ [SeaChangeRCO.org](http://SeaChangeRCO.org).

You can do it on your own or create a team of friends, family or co-workers.

On a sponsorship note, this year our corporate level sponsors (\$1,000) are creating their own teams within their companies so it should be interesting to see how they show up on social media using the assigned hashtags. I smell some friendly competition in the air! Returning teams from last year are, "The Idiot's Club" and "Team EPM" and new to the event this year is "Causeway Cars Cares" and more are onboarding. For corporate sponsorship call or text Elizabeth at (609) 666-2385.



## HOW IT WORKS:

- 1) Find a neighbor, a relative, a business or a friend to personally sponsor each wave you ride this summer (up to 100 waves). You can boogie board, surf, body surf, stand-up paddle board or even old-school raft!
- 2) Your personal sponsor chooses how much money they will give for each wave you ride (any dollar amount is great but be sure to multiply it to potentially up to 100 - for example: \$1 x 100 waves = \$100 donation).
- 3) Go have fun in the water on your own (near a lifeguard) or with a team (you can make your own if you want).
- 4) Take pictures and post on social with these hashtags to win giveaways: #CrushTheStigma #100Waves4Recovery #SeaChangeRCO
- 5) When you are done riding your waves, report back to your personal sponsor and have them make the donation here: <https://www.seachangerco.org/donate>

TO REGISTER go to: [www.SeaChangeRCO.org/fundraisers](http://www.SeaChangeRCO.org/fundraisers)

## 100 WAVES 4 RECOVERY

YOUR CREW. YOUR BEACH. YOUR CHALLENGE.

ALL SUMMER FROM MEMORIAL DAY TO LABOR DAY 2022

BENEFITTING



Sign Up Now At [SeaChangeRCO.org/fundraisers](http://SeaChangeRCO.org/fundraisers) > 100 WAVES 4 RECOVERY

Make your waves count this summer!

Catch 100 waves to raise funds for peer recovery support services.

Support individuals and families seeking help with substance use disorder.

How it works:

1. Sign up at [SeaChangeRCO.org](http://SeaChangeRCO.org).
2. Get as many sponsors as you can.
3. Sponsors choose an amount they'll pay per wave, up to 100 waves per wave rider or team.
4. Then you surf, post to social using the hashtags below, track your waves and have fun!

\* Find surfer and sponsorship guidelines, registration forms, and safety protocols at [SeaChangeRCO.org](http://SeaChangeRCO.org).

FOLLOW AND POST TO WIN PRIZES!

#CrushTheStigma #100Waves4Recovery #SeaChangeRCO

SPONSOR A WAVE RIDER or CREATE A TEAM! For more information visit: [SeaChangeRCO.org](http://SeaChangeRCO.org)

Contact: [SeaChangeRCO@gmail.com](mailto:SeaChangeRCO@gmail.com)



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Sunday, October 2nd, 12:00 - 4:00 pm

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Tickets are \$50 - \$60 at the door

Your ticket includes:

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Live Entertainment

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Take a chance on the

Mystery Box and

Wine Pull

Hand rolled cigars will be available for purchase.

Purchase tickets, sponsorship opportunities, digital journal ads available soon.



# KW ANNUAL RED DAY TO SUPPORT NJ ACTIVE MILITARY FAMILIES LIVING IN DISTRESS

Keller Williams has RED Day the second Thursday of May every year, where all 900 offices and 180,000 agents close for business and help the community in some way, such as cleaning up the beaches, helping in a community shelter/food bank, or raising money for non-profits.

This year, Keller Williams Shore Properties and Keller Williams Preferred Properties were honored to raise money for Dine on Us.

Dine on Us is a 501(c)3 organization on a mission to provide off base dining and entertainment opportunities for our NJ Joint Base active military families who are not able to do so for themselves due to economic hardships.



During a meeting with the American Legion Post 129, Toms River, it was brought to the attention of Dine on Us that our active military families are on a pay scale low enough to qualify them for government assisted programs like food stamps and WIC. They were living in poverty prior to the Covid pandemic even with an additional second income. As soon as the pandemic hit, the spouse had to quit his/her job or quarantine off base for two weeks before he/she was able to return home.

Now that the restrictions have loosened, the spouses are still limited to work because the outsourced day care is still not allowed back on the base and the spouse's professional licenses are not transferrable to the state of New Jersey.

Dine on Us was denied access to bring nutritious meals to the base, so they decided to find ways to get the military families off the base: either as a much-

needed family night out, a long overdue date night, entertainment vouchers, a gas card, and groceries. These are all the basic liberties that our active military cannot enjoy.

One hundred twenty-five is the number of families stationed right here in NJ needing support. Mike Little, owner and broker of record for Keller Williams Shore Properties and Keller Williams Preferred Properties, as well as board member of Dine on Us, took this RED



DAY opportunity to host a bowl-a-thon fundraiser. After the idea was unanimously approved by Mike's 500 plus agents, Mike and his team put the wheels into motion. Little set a hefty goal of raising \$40,000.00 during this event so that Dine on Us could complete their first delivery of \$325.00 worth of gift cards to each family in need.

Dine on Us has also received a tremendous amount of support from their line of restaurant partners. A connection and relationship, Cliff Baker, Dine on Us President, has established during his

32 years in the food service industry with Singer Equipment Co. Each participating restaurant has agreed to give back a gift card of same value for each one purchased by Dine on Us. This support will help Dine on Us hit their goal of distributing over \$32,500 worth of gift cards before Memorial Day weekend.

Once this gift card package is safely and securely in the hands of our active military families, Dine on Us will immediately start Phase 2 with a goal of another \$32,500 worth of gift cards for "A day on the beach, night on the boardwalk" which will include beach passes with umbrella and chairs, free parking, boardwalk rides and games, dinner, and a Kohr's ice cream.

As the 200 bowlers were about to get started, Cliff announced a little trivia. Who knew Mike and I first met here in this Finnegan's kitchen in July of 1989? It was Cliff's first job after being honorably discharged from the US Navy and Mike oversaw construction and maintenance of the Playdrome bowling facilities. What an ironic and fitting way to kick off the KW bowl-a-thon.

The event was a huge success, and everyone thoroughly enjoyed themselves as they bowled their way to hitting the goal of raising \$40,000.00. "What a huge accomplishment and statement KW just made to our active military families!" stated Mike Little as he wrapped up the night! "From our table to yours, Dine on Us!" "We have your families back, while you're out there protecting ours!" was the message and awareness Mike wanted everyone to embrace on their way home to comfort and security!

If you would like more information and to see a full list of participating restaurants, please visit [www.dineonus.org](http://www.dineonus.org)

## WE'RE HIRING!

**CALL CENTER / APPOINTMENT CENTER**

Causeway Family of Dealerships is looking for a new full time Call Center Appointment Setter in the BDC Department. Must be available Saturdays and evenings. This position has a 5 day work week, 40+ hours weekly. Hourly pay plus monthly bonus. Benefits include Health & Dental Insurance, 401k, Vacation Pay after time requirements are met.

**Responsibilities:**

- Handle all inbound customer inquiries via call, email, chat, text, or lead.
- Follow up with customers through preferred method.
- Updating customer information data base.

**APPLY AT:** [www.causewayfordmanahawkin.com](http://www.causewayfordmanahawkin.com)

- Schedule appointments for potential buyers.
- Work directly with sales staff and management to assist customers.

**Requirements:**

- Previous customer service or call center experience
- Strong written and verbal communication skills
- Computer skills, the ability to manage multiple systems at once
- Organizational skills
- Bonus motivated
- BDC or sales experience a plus!

**GIVE BACK FOR THE CHANCE TO WIN BIG!**

**\$100 PER TICKET**  
Only 1,000 tickets will be sold!

**1st Prize = 35% of Proceeds - Up to \$35,000**  
**2nd Prize = 15% of Proceeds - Up to \$15,000**

50% of proceeds will support UWMOC's crucial work in Ocean & Monmouth counties

Drawing will be held on June 21, 2022 at 5pm  
Need not be present to win

SCAN THE QR CODE OR VISIT [UWMOC.ORG/RAFFLE](http://UWMOC.ORG/RAFFLE) TO PURCHASE TICKETS!

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**ONE FREE OIL CHANGE\***

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 2019 Ford Explorer XLT FKGB00659 <b>\$36,990*</b>	 2019 Ford Ranger XLT FKLA57725 <b>\$37,990*</b>	 2018 Ford F-150 XLT FJEF54382 <b>\$38,990*</b>	 2018 Ford F-150 XLT FJFB74367 <b>\$38,990*</b>	 2019 Ford Explorer Limited FKGA75065 <b>\$38,990*</b>	 2020 Ford F-150 XL FLKD38716 <b>\$38,990*</b>	 2018 Ford F-150 XLT FJFE54786 <b>\$39,990*</b>
 2019 Ford F-150 XL FKFD07198 <b>\$39,990*</b>	 2018 Ford Explorer Sport FJGC61252 <b>\$39,990*</b>	 2019 Ford F-150 XLT FKFB19322 <b>\$39,990*</b>	 2019 Ford Ranger Lariat P84053 <b>\$39,990*</b>	 2020 Ford Explorer XLT FLGB55776 <b>\$40,990*</b>	 2018 Ford F-150 XLT P84043 <b>\$40,990*</b>	 2020 Ford Explorer XLT FLGA22174 <b>\$40,990*</b>
 2020 Ford Explorer XLT FLGB00174 <b>\$41,990*</b>	 2019 Ford F-150 XLT FKFC94764 <b>\$41,990*</b>	 2018 Ford Explorer Sport FJGC38491 <b>\$42,990*</b>	 2021 Ford Explorer XLT MGA99177 <b>\$43,550*</b>	 2018 Ford F-150 XLT HJKF48561 <b>\$43,990*</b>	 2019 Ford F-150 XLT FKFC00627 <b>\$46,990*</b>	 2020 Ford Explorer ST FLGA22312 <b>\$53,990*</b>

**Advantage**

\*The Original Automotive Ownership Benefits Package...Once Initiated, Never Duplicated!

**Blue Advantage**

**Receive All These Benefits When You Buy**

- ✓ Complimentary OIL & FILTER CHANGES For Full Ownership Term
- ✓ Complimentary SHUTTLE SERVICE
- ✓ Complimentary LOANER VEHICLES
- ✓ Complimentary MULTI-POINT INSPECTIONS
- ✓ FULL SERVICE COLLISION REPAIR CENTER
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- ✓ Complimentary WI-FI IN SERVICE AND SALES AREAS
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# EVEN SMALL GARDENS CAN BE A RELAXING SANCTUARY

By Danielle Natale,  
Sales Consultant at Causeway Honda

I know there are some readers out there that have a green thumb or at least want to dabble and learn. One of my most favorite hobbies is gardening!

Each year as spring approaches, the wheels in my head start turning and I can't help but mentally tear up my yard for improvements. I work hard every spring to create the perfect space for summer and I still find more spaces that are imperfect. This year my yard is a mess, for good reason because my daughter and I are getting a small pool built!

My once clean yard is now piles of dirt and dug up trees that need a new home. A place that used to be my sanctuary is now another project, which isn't a bad thing, because it's an opportunity to make a new magical place of relaxation. I figure with only half of my backyard in shambles, the other half can be worked on. My plan is to extend my flower gardens and re-edge the existing beds. Sometimes I like to dig out the new area by sight, but with such a small space I am going to use spray paint to outline the new flower beds. This is a good way to get started. By using spray paint to outline your idea, you can visually see what you are about to make.

If you have second thoughts, you didn't commit, and you can still change the layout/design if you aren't entirely sure you like it. I also like to make a very rough drawing of the space. You may have your own way of starting projects like this. Whatever works for each of us is ultimately what's best.

When I was growing up, my mother was the one who taught me how to garden. Our home was always the nicest on the



block! My mom has always been the one with the creativity, style, knowledge and dedication to making the outside as beautiful as the inside of our home. My dad was always the greenest lawn on the block guy and the one who kept all the trees and shrubs under control. Together they made a pretty good team!

My mother still to this day amazes me with her ability to make all spaces matter. For this reason, my brother and I are very much the same in our dedication to perfecting our own outdoor living spaces. This is something so many of us can do with a little effort and preferably a cooler day.

A helper is always a good thing too, my daughter is my little helper! We all have a splash of Mother Nature in us just bursting to come out! I'd love to see some of your ideas and before and after's, come find me at Causeway Honda. We can talk about your next new car and our love of gardening together!

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# Focus ON Barnegat

## NJ CANCER DOCTOR EXPLAINS WHY YOU SHOULD BE CAREFUL OUT IN THE SUN

By Jen Ursillo, WOBN

As summer heats up, it's important to keep in mind that ultraviolet radiation is one of the major risk factors for skin cancer and melanoma (the most dangerous form of skin cancer because of its ability to spread to other organs more rapidly if it's not treated in early stages.)

### How can you protect your skin from the sun?

Avoid sun exposure during peak hours between 10 a.m. and 2 p.m. when ultraviolet rays are the most intense, said Dr. Franz Smith, general surgeon and complex surgical oncologist at the Cancer Center at Clara Maass Medical Center and Cooperman Barnabas Medical Center.

Use a minimum of SPF 30 sunscreen, he said. Reapply a shot-glass full of sunscreen for an adult every couple of hours, especially after swimming or sweating.

He also suggested wearing a wide-brimmed hat and sunglasses to protect the head and face. People working outdoors in jobs such as landscaping, public works, construction, or playing sports, can wear UV radiation retardant clothing that will help decrease UV rays hitting the skin.

Smith said sunblock is water-resistant, not waterproof, meaning it won't immediately wash off when coming out of the pool or the ocean, but it's still important to reapply.

### How do you know if you have melanoma?

Oncologists and surgeons suggest following the "ABCDE" approach, meaning asymmetry, border, color, diameter, and evolution.

Smith said most melanomas come from an existing mole.

**Asymmetry:** If one half of the mole does not look like the other half, that is concerning.

**Border:** If the border surrounding the melanoma looks irregular, notched, or rugged-looking, that is also of concern.

**Color:** Look for areas that are alternating black or brown. Look for significant color variations.

**Diameter:** If moles are greater than 6mm, (the size of a pencil eraser), that's a sign too.

**Evolving:** Look for anything that's



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developing: if the mole is getting bigger if the shape is changing if the color is changing if it's bleeding—these are all signs of concern.

### How does melanoma affect people of color?

While nearly 75% of all skin cancer cases occur among the white population, according to The American Cancer Society, about 30% of cases are among people of color.

Smith said that while people of color, in general, are at a lower risk of developing melanomas, when they do develop them, the tumors tend to be more aggressive, deeper and often deadlier.

Oftentimes, melanomas arise in unusual locations on darker skin tones, such as the palms of the hands, the soles of the feet, and under the nail beds.

People of color are four times more likely to be diagnosed with advanced-stage melanoma and 1.5 times more likely to die from it, according to ACS.

### It's not 'just' skin cancer

Smith said it's a mistake to think it's just skin cancer because melanoma can be quite aggressive. It can spread from the skin to the parts of the body such as the lungs, liver, and bones. It can spread anywhere. If it's not caught early, it can cause death.

It's the number one increasing cancer in men and number two in women, and is responsible

for a significant number of cancer deaths in younger people, Smith said.

### Is melanoma treatable?

The good news is that if caught early, melanoma is entirely treatable with surgery alone, Smith said. He said it's so important to get screened for skin cancer and to use sun protection.

For those who develop melanoma, there are so many more treatment options available today than there were five to ten years ago.

"There are a plethora of new drugs that have been FDA approved, and multiple new trials that are available. So, for those patients who present with more advanced disease or metastatic disease, we have a lot more options that we can use," Smith said.

There are many ways to reduce the risk of developing deadly melanoma. Smith said using sunscreen, wearing UV radiation retardant clothing, getting screened by a dermatologist, and avoiding tanning beds are ways to lower such a risk.

Smith said surgery remains the go-to standard for treating melanoma, especially in its early stages.

Taking such precautions has led to a greater increase in survival rates for melanoma patients, he added.

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Art courtesy of Frank Folinus

## BARNEGAT BRANCH TO FEATURE WATERCOLORS BY FRANK FOLINUS IN JUNE

BARNEGAT – Watercolor creations by longtime Ocean County resident Frank Folinus will be on display throughout June at the Ocean County Library Barnegat Branch.

A visitor to the county since 1955, and a full-time resident since 1972, Frank served 35 years as a carpentry teacher, administrator and principal in the Ocean County Vocational-Technical Schools.

"My Aunt Irene was an artist," Frank recalled, "and taught me to oil paint when I was five years old. I never had time to paint when I had a family and work." In addition to watercolors, he also builds electric guitars and paints them thematically.

Frank said that as a lifelong boating, fishing, and surfing enthusiast, he

conveys his love of the outdoors, especially Barnegat, Waretown and Forked River, through his art.

"The paintings in the exhibit... will all be of local scenes in this area," he continued. "[They] are supposed to give the viewer a peaceful feeling and appreciation for the history and wonderful scenery in Ocean County."

There is no charge to view the exhibit, and no registration is required. The Barnegat Branch is at 112 Burr Street. For more information, contact the Branch, (609) 698-3331.

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





# SENIOR CORNER

## WHY YOUR JOINTS ACHE AFTER 50 – AND WHAT YOU CAN DO ABOUT IT

### Arthritis is more common with age, but there are ways to keep the pain to a minimum

By Rachel Nania, AARP

Stiff knees, achy hips and swollen hands? If you're 50 or over, it could be osteoarthritis — a common "wear-and-tear" disease that happens when the cushion-like tissue between the bones breaks down over time, leading to joint pain.

"As we age, the one thing we can't change is the amount of time we've had on our joints. So at 55, you have 55-year-old knees," says Dominic King, a sports medicine physician and director of clinical transformation at Cleveland Clinic's Orthopaedic & Rheumatologic Institute.

More than 32.5 million U.S. adults have osteoarthritis, and most of them are older adults. While there's no way to cure or reverse the disorder, there are tried-and-true ways to prevent it or keep it from getting worse.

Here are five ways to take care of your joints after 50.

#### 1. Stay physically active

It may sound counterintuitive to put more stress and strain on the body, but regular exercise is one of the best ways to treat osteoarthritis and preserve joint health.

One reason: Exercise strengthens the muscles around the joints, helping to take pressure off them. It can also improve the flow of nutrients to the cartilage, explains Eric Hume, M.D., associate professor of clinical orthopaedic surgery and director of quality and safety in the department of orthopaedic surgery at Penn Medicine.

There's no blood supply to the cartilage, so it "doesn't get nutrition the normal way that all the other tissues in our body get it," Hume says. Instead, the cartilage is dependent on "repetitive motion" to push knee joint fluid into the cartilage. This fluid is "filled up with sugar and other biochemicals that the cartilage needs," Hume adds. "So the low-impact repetition of exercise actually has a protective effect on the knee."

When it comes to choosing an exercise plan, there's no one-size-fits-all approach for adults 50 and older. But if you're already experiencing some joint pain, low-impact activities like biking, swimming and walking are likely going to be more comfortable than, say, running. Range-of-motion exercises such as yoga and tai chi are also helpful. A health care provider can help you pick an activity — or several — that best fits your needs and would best alleviate your symptoms.

"The takeaway is, 'Motion is lotion,'" King says. "The more you move, the more you're likely to keep moving. The worst thing you can do with osteoarthritis after 50 is be sedentary."

#### 2. Maintain a healthy weight

Nearly 45 percent of U.S. adults ages 40 to 59 are obese, data from the Centers for Disease Control and Prevention show. Extra weight, Hume explains, puts extra stress on the joints — especially weight-bearing joints like the knees and hips.

"If you have normal-sized tires in your knee" — tires being a metaphor Hume uses for the cushiony cartilage between the bones — "but you're carrying around twice the body weight that the knees are designed for, the wear obviously is going to become more severe more rapidly," he says.

One study found that losing 1 pound of body weight reduces the load on the knees by 4 pounds. What's more, fat tissue produces proteins that can cause inflammation in and around your joints, which is another reason losing weight can help with joint



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Being underweight can pose problems for the joints, too. Oftentimes people who are underweight lack proper muscle development, and "the cartilage is not made to accept all of the compression and all of the force, especially when we're talking about the knees," King says.

This force is meant to be distributed throughout the body. "You need good muscle strength, you need good flexibility, you need good core strength and hip strength to be able to absorb that impact," he adds.

#### 3. Clean up your diet

Hand in hand with weight management is a healthy diet. Hume's focus is less on one food or nutrient; instead, he says, it's all about portion control, steering clear of empty calories and having "a nice balance of proteins."

Some research shows a Mediterranean diet — rich in fruits, vegetables, grains and healthy fats — benefits people with osteoarthritis. A 4,470-person study published in The American Journal of Clinical Nutrition, for example, found that adults with osteoarthritis who

stuck to a Mediterranean diet more often had less pain, disability and depressive symptoms. Another study found that adherence to a Mediterranean diet is associated with a lower risk of worsening knee pain from osteoarthritis.

Supplements abound when it comes to joint pain. Glucosamine and chondroitin are two of the most commonly marketed, but evidence of their effectiveness is scant, according to the National Center for Complementary and Integrative Health at the National Institutes of Health. Same goes for dimethyl sulfoxide (DMSO) and methylsulfonylmethane (MSM), which have been used for arthritis.

Because glucosamine and chondroitin may interact with blood thinners, like warfarin, and could interfere with the way the body handles sugar, it's important to talk to your doctor before taking them or any other supplement. DMSO and MSM can also come with side effects, including an upset stomach and skin irritation.

#### 4. Stay hydrated

If you're dehydrated, your body will start siphoning water from other sources, including the cartilage, which is mostly water (about 80 percent). Drawing water out of the cartilage, however, lessens its lubrication, which can lead to joint pain. "We certainly know that keeping the cartilage well hydrated is one of the best ways to keep it healthy," King says.

Drinking plenty of water also helps flush inflammatory toxins out of the body and prevents injury to other areas that work in tandem with the joints. "Well-hydrated tendons, well-hydrated ligaments, well-hydrated muscles are less likely to get injured," King adds.

#### 5. Manage your pain

When joint pain strikes, you don't have to suffer through it. There are simple ways to alleviate the aches that accompany arthritis. First though, try to understand what brought on the pain.

"Was it because you tried something new? Was it because you pushed too hard?" If so, take a few days off and try again — just be sure to listen to your body, King says.

You may find that ice after exercise and a compression sleeve during is enough to keep joint pain at bay. If it persists, over-the-counter anti-inflammatories (ibuprofen and naproxen) and pain relievers (acetaminophen) can help. Just be sure to talk to your pharmacist or health care provider about which one is best for you. Anti-inflammatories can increase bleeding risks in the gastrointestinal tract, and this risk increases with age; people with liver damage should avoid acetaminophen.

There are also topical pain relievers, which come with fewer side effects. The key is finding one that works best for you — once you do, "you're golden," Hume says.

## 5 NO-BRAINER FRUIT AND VEGETABLE PLANTS TO GROW IN CONTAINERS

### Reap the rewards with these tips for watering, fertilizing and planting

By Susan Moeller, AARP

Auyanna McBride navigated gardening conditions in four countries when her husband was in the military, and she adapted even when she had only a postage stamp of outdoor space.

Her solution: container gardening.

"I have been gardening for over 20 years, and one of the things I tell people is, it doesn't matter the amount of space," says McBride, an accountant and gardener who has settled in Hinesville, Georgia, with her retired husband and a lot of plants. "Many times we didn't have a yard. We mainly stayed in apartment-style buildings, but I would figure out a way to grow."

McBride became so adept that she now has her own YouTube channel, called Southern Entertaining. She offers videos, books and courses for growing vegetables and fruits in raised beds and containers like the ones that have overtaken most of her back yard.

"I could really fill up more," she says. "Why not have containers on the patio?"

Experts like McBride say container gardening is not only an easy, portable way to jump into gardening but also an efficient use of whatever space you have, be it a yard, patio or sunny window. Almost any container will do, whether it's a plastic 5-gallon bucket or a ceramic heirloom. Just make sure the container is the right size for the plant and has holes for drainage. If you're growing food, make sure the container is lead-free.

To get started, keep some basics in mind.

Grow what you like. Don't waste resources and space on something you won't eat, says Whitney Wade, a garden teacher and coach who owns Plant Grow Eat, a garden service in Los Angeles. She sets up container gardens for clients and schools while growing the things she likes — vegetables, flowers and even fruit trees — in containers at home. "I have a garden that I'm installing for someone next week. She doesn't want tomatoes, but everyone else, it's tomato season," says Wade. So if you only want herbs, stick with that.

Pick the right plants. A common mistake is to pick a plant that will grow too big for your chosen container,

says Megan Will, the master gardener coordinator in Dallas County for Iowa State University Extension. Buy plant varieties labeled for containers, and don't crowd them. "[Gardeners] may have that 5-gallon bucket and they get a little bush-style or patio-style tomato plant, but then like, 'Oh, but it's so tiny in here. Let me throw some basil around it or lettuce around it,'" Will says. "Somebody's going to lose. It's better to put that basil ... in its own pot."

Use the right soil. Be sure to use potting soil, which is relatively light. Avoid garden soil or topsoil, which will compact in a container, experts say. And don't scrimp. "All potting soil is not equal," McBride says. "So you want to get you the good-quality potting soil, maybe even with some nutrients in there already to start off so that you can set your plant up for success."

Water wisely. Never sprinkle or spray water from the top down on container plants, Will says. "Number one, half of that water isn't even going to get in the pot because it's just dripped over the sides and you've unnecessarily watered your foliage," she says. "Push away any branches you have, and get it right down there at the soil level." Then water until liquid comes out the bottom of the container. A layer of mulch on top of the soil will mean less water and weeds in large containers, she says. And keep the type of container in mind. Terra-cotta pots, for example, will dry out more quickly than plastic, notes Wade.

Give it a boost. Containers depend on the gardener for nutrients, so McBride adds a slow-release organic fertilizer to her pots. She gives heavy feeders like tomatoes and cucumbers a boost of liquid fertilizer every month.

Keep watch. Make it a habit to check on your plants for water and pests, says McBride. "I like to walk out in the garden at least once a day, check my leaves, check under my leaves, look at the plants. If there's some pest, that'll give you a time frame of when it started. Often we can have fungal diseases that just show up overnight."

Ask at your garden center or extension service for recommendations for container plants; there are new varieties every year as growers develop varieties that produce more in a smaller space. Experts say the following five categories usually do well:

#### 1. Herbs

"They can just go in little plastic pots. You can even use those little window boxes," Will says. A container also will control an herb like mint that can become invasive in a garden.

If your pain is more severe, your doctor may recommend a corticosteroid or viscosupplement injection. Partial or total joint-replacement surgery is a last resort and is typically reserved for people with extensive damage.

"Being patient is another goal" when it comes to taking care of your joints, King says. "You may not be able to relive all of your glory years of when you were 20 and 30. But with the right preparation and a realistic expectation, the years that you have in front of you could be even better."

#### Osteoarthritis vs. Rheumatoid Arthritis

The two main types of arthritis have a few key differences. Here's how to tell them apart.

Osteoarthritis:

Cause: Wear-and-tear damage to the cartilage that causes its breakdown over time

Symptoms: Pain, stiffness and sometimes swelling in the joint; also, loss of flexibility in the joint

Another sign: Osteoarthritis tends to show up in a single joint or in a pair (like the knees).

Rheumatoid arthritis:

Cause: The body's immune system attacks the lining of the joints, causing swelling and inflammation.

Symptoms: Tender, warm, swollen joints; also, joint stiffness that lasts a long time.

Another sign: Rheumatoid arthritis shows up in multiple joints over time. discomfort.

aarp.com

## PREP YOUR GRILL FOR A SIZZLING SEASON OF MEALS

### 5 tips for getting the most out of your barbecue equipment

By Samantha Lande, AARP

As the weather warms up and people spend more time gathering outdoors, it's time for grilling.

But before you throw your meat (or veggies) on the fire, take some time to optimize your grill for the season. Just like anything that hasn't been used in a while, the equipment you rely on to create sizzling outdoor meals could benefit from a good tune-up. Whether you're a gas or charcoal griller or prefer your meat on a smoker, two pitmasters share their tips on how to keep your grill in tip-top shape all season long.

#### 1. Deep clean the grates

Make sure you're starting the season with a clean surface for grilling. Taking the time to do a proper cleaning in the beginning will go a long way, wiping away the grime that may have built up if you left your grill dormant most of the winter. A clean surface will make your food taste better. Rob Serritella, founder and pitmaster at Los Angeles' Holy Cow BBQ, has a whole process for cleaning the grill.

To start, if you have a gas grill, make sure the gas is off.

Remove your grill grates (if you can) and place them on a surface for cleaning. If your model doesn't have removable grates, it likely has a tray underneath to catch debris that is removable and cleanable. Most people line these trays with aluminum foil for easy cleaning.

Use gloves and goggles (to block flying debris), and fill a tub with hot water and dish soap. After a good soak, scrape off the debris. If dish soap doesn't do the trick, try oven cleaner.

Rinse with hot water and air-dry.

#### 2. Get rid of gunk

"Use a putty knife, brush and skewers to get all of last year's gunk out," Serritella says. That includes the inside cover, sides and bottom of the grill. This will make sure that nothing burns off right onto your food.

Soak a few old dish towels in the hot water and dish soap solution, and wipe down all areas of the grill. Then spray the inside top of the grill with a solution of 1/3 vinegar to 2/3 water. Think of this like cleaning a dirty pan before you are ready to use it to cook. Let sit for at least a half hour, then wipe down the inside and outside



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of the grill with warm water to remove any of the leftover char from last year, dirt that may have blown in or bugs that got trapped.

If you cook with a charcoal grill, make sure to remove any residual ashes, says Octavius Nelson, owner of Bobby's BBQ in Fountain Inn, South Carolina.

"A lot of people leave the ashes in there and cook on top of them next time, but that can rust out your grill box," he says. "It's best to remove the charcoals after every use, once the grill cools down."

Remove your grill's drip tray if it has one (most gas grills do) — this is what catches any dripping grease — and re-cover with foil before you place it back.

#### 3. Prep your grill grates

Once you've done a deep clean, it's time to prep your grill. Nelson recommends oiling the grates of the grill to counteract any rust that may have built up.

"If you're an experienced griller, put some cooking oil on a towel after your grill is hot and rub the grates to wipe it down," he says. "If you're more of a beginner, take the grates off your grill before you light it, and rub the oil on them cold. Then put them back on, heat up your grill and use a grill brush to clean them off."

Grillers can also do a pre-burn with the oil grates for about 10 minutes before cleaning, to burn off any excess, Serritella says.

#### 4. Cover it up

Grills are made to withstand the elements, but getting a cover and protecting your equipment between uses will prevent the need for frequent heavy-duty cleaning.

"If rain gets in your grill, it could get moldy," says Nelson. "A cover will also help keep critters and bugs out, especially bees."

Make sure to wait until your grill cools down to cover it each night.

#### 5. Check your supplies

Now that your grill is in tip-top shape, make sure the rest of your supplies are as well. For chip or pellet grills, Serritella suggests removing any unused fuel from last season in your barbecue or smoker and replacing it with a fresh, dry batch to prevent moisture or bugs from tainting your cooking efforts. The same goes for charcoal or presoaked charcoal — start with a fresh bag.

If you're using a gas grill, check that your tank is full — you don't want to run out of gas midway through flipping burgers or chicken.

Take quick inventory of the rest of your tools — brushes, tongs and spatulas. If you see they are missing bristles or broken, it's time to replace them. If there is a bit of rust buildup, Nelson suggests using a little cooking oil and a scrub pad or steel wool to remove it. Then wash with dish soap and water and air-dry thoroughly.

"I have an outdoor plastic waterproof bin I designate for my grilling tools and supplies that I don't have room to store inside," he says.

#### Pro Tip: Invest in a meat thermometer

When it's finally time to cook, the most essential tool to have is a meat thermometer. There are plenty of inexpensive options to choose from, including instant-read digital thermometers and Wi-Fi-enabled probe thermometers you leave in your meat. These probes have an external readout that displays the meat's temperature as it cooks, so no need to continue opening the lid to check. "Poking your meat over and over while it's on the grill will dry it out," says Nelson. "A digital thermometer will read your temperature much faster, so you're not leaving your grill open and letting the heat out."

It's easy to find the right temperatures for each kind of meat online, if your thermometer doesn't come with a guide. The result will be perfectly cooked meat for grilling season.

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#### 2. Tomatoes

The right container variety will produce plenty, says Will, who got 23 pounds of tomatoes from one Tasmanian Chocolate heirloom tomato plant, a variety designed for containers.

#### 3. Lettuce and other greens

Lettuce is "really easy," says McBride, and it's great for spring and fall. Other greens such as kale, small-headed cabbage varieties like Katrina, and baby bok choy also do well in containers.

#### 4. Strawberries

Strawberry plants are inexpensive enough to treat as an annual, Will says, and can even be grown in hanging baskets. Growing them yourself also means you control pesticides and fertilizers, she adds. "Here in Iowa garden centers, you get a six-pack of strawberries for \$12.99. But then those strawberries will produce generally more than \$12.99 worth of what you would've bought in the store, and it's right on your patio."

#### 5. Fruit trees and vines

Wade and McBride both grow fruit trees in containers, including apple, plum, peach, fig and citrus, although admittedly they use large containers. McBride also grows grapes. "We actually have a variety called Pixie Grapes. They're bred for containers; we get a few clusters every year," she says.

aarp.com





## GIRL SCOUTS OF THE JERSEY SHORE RECOGNIZES 132 BRONZE AWARD RECIPIENTS

FARMINGDALE, NJ – (June 7, 2022) – Girl Scouts of the Jersey Shore, serving over 11,000 members in Monmouth and Ocean Counties, recognized 132 local Girl Scout Juniors who completed the Girl Scout Bronze Award Requirements. The Girl Scout Bronze Award is one of the highest honors awarded to a Girl Scout in the 4th or 5th Grade at the Junior Level. Each Bronze Award project is centered around making a significant contribution to the community.

On Wednesday, June 1st our Program Activity Center welcomed 132 girls, along with their troop leaders, family members and friends, as they were recognized and honored for completing Bronze Award Take Action projects that make the world a better place.

Girls were recognized for completing projects that addressed food security and youth literacy, for organizing care boxes for foster children, survival kits for seniors and blessing bags for the homeless. Girls addressed plastic pollution, water safety

and the ecosystem. They spent time at pet shelters, food pantries, and hospitals.

Heather Coburn, Interim CEO, congratulated the Gold Scout Bronze Award recipients adding, “My hope is that our community and the world will learn from you, by listening to your voice and perspective on key issues that uniquely affect your generation. Thank you for having the courage and confidence to take the lead to make the world a better place.”

Girl Scout of the Jersey Shore First Vice Chair of the Board of Directors, Nina Anuario encouraged girls to continue their passion for the mission and to be role models for Girl Scout Daisies and Brownies who will follow in their footsteps.

Girls were encouraged to complete their journey with Girl Scouts by working towards their Silver and Gold Awards. “There is no limit to your imagination, and there is no limit to what you can accomplish. We cannot wait to see what you will do next,” concluded Coburn.



## BARNEGAT HIGH SCHOOL SPORTS BEAT



### Cheerleading

Congratulations Bryanna Lynch. She will be continuing her academic and athletic career at Sacred Heart University next fall where she will continue Cheerleading!



### Softball

Congratulations Michelle Watts. She will be continuing her academic and athletic career at William Peace University next fall where she will continue playing Softball.



Bryanna Lynch and Michelle Watts

## NEW CAR NEWS

# NISSAN PATHFINDER AND MAXIMA NAMED AS PARENTS “BEST FAMILY CARS 2022”

NASHVILLE – Nissan is once again being recognized for its commitment to family safety and comfort. The 2022 Nissan Pathfinder and Maxima are Parents “Best Family Cars 2022” winners, the third consecutive year both vehicles have received this honor.

• **2022 Nissan Pathfinder:** Redesigned from the ground up for the 2022 model year, the Pathfinder is a winner in the Three-Row SUVs category and earned editors’ praise for its family-friendly features. They wrote, “Seating for 8 sets this SUV apart from many in its class. Buyers can choose ‘peacemakers,’ or center row captain’s chairs, (available on SV, SL and Platinum grades), that give passengers their own space and more visibility. Seating, floor mats and surfaces are easy to clean. Center row outboard seats are LATCH equipped, as is the driver’s side seat in the third row.”

• **2022 Nissan Maxima:** Named a winner in the Sedans category, the 2022 Maxima was recognized for its many features,”

with editors noting that the car’s “leather heated power front seats, chrome trim details, navigation and Nissan Safety Shield 360 ADAS system add up to a car that spoils front and rear seat passengers.”

Parents is the leading source for busy, millennial moms, dads and families. Its Best Family Cars 2022 recognizes a selection of new vehicles with high-tech performance, safety technologies, and convenience features across multiple categories to fit your family’s specific needs including minivans, three-row SUVs, two-row SUVs and sedans.

To arrive at this year’s list of honorees, Parents experts thoroughly tested more than 50 cars from a field of new vehicles that aced the industry’s safety tests. Winning models that passed test drive standards and car seat compatibility, and were designated safe and efficient for a family, made Parents list of Best Family Cars 2022, are featured on Parents.com/BestCars.

usa.nissan.com



usa.nissan.com

## ALL-NEW 2023 HONDA CR-V IS RUGGED AND READY FOR LIFE’S NEXT BIG ADVENTURE



TORRANCE, CA - Rugged and sophisticated design. Increased versatility. A more advanced hybrid system for a sportier driving experience and more capability. The next generation of Honda’s most popular SUV is on the way. More information on the all-new 2023 CR-V will drop this summer as Honda continues its “Year of the SUV.”

Honda offers a full line of clean, safe, fun and connected vehicles sold through more than 1,000 independent U.S. Honda dealers. Honda has the highest fleet average fuel economy

and lowest CO2 emissions of any major full-line automaker in America, according to the U.S. Environmental Protection Agency’s (EPA) latest data. The award-winning Honda lineup includes the Civic, Insight, and Accord, along with the HR-V, CR-V, Passport and Pilot sport utility vehicles, the Ridgeline pickup and the Odyssey minivan. Honda’s electrified vehicle lineup includes the Accord Hybrid, CR-V Hybrid, Insight and, in the future, Civic Hybrid. In 2024, the Prologue SUV, Honda’s first volume battery-electric vehicle will join the lineup.

hondnews.com

## 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





# GIRL SCOUTS OF THE JERSEY SHORE GALA HONORED DISTINGUISHED LEADERS AND RAISED FUNDS TO SUPPORT GIRLS LEADERSHIP EXPERIENCES

FARMINGDALE, NJ – (April 27, 2022) - Girl Scouts of the Jersey Shore celebrated inspiring community leaders at its Women of Distinction & Community Partners Gala on Wednesday, April 27 at Eagle Oaks Golf and Country Club in Farmingdale. The annual event, attended by 225 supporters, raised over \$140,000 to provide leadership experiences to nearly 11,000 Girl Scouts across Monmouth and Ocean counties, regardless of ability to pay. Eagle Oaks was transformed into a camp wonderland complete with canoes, tree stumps, lanterns, and archery targets. Heather Coburn, Girl Scouts of the Jersey Shore Interim CEO told guests, "More than ever before, the outdoors allows girls the opportunity to unplug from technology and be with friends. The last two summers at camp were important for so many who have been stuck indoors. For more than 50 years, our camps at GSJS have helped shape thousands of girls." Girl Scouts of the Jersey Shore proudly recognized 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.



Girl Scouts of the Jersey Shore 2022 Women of Distinction Gala committee members - Photo Credit: Bill Denver/Equi-photo

**Honorees at the 2022 gala included:**

**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



Troop 1066 hosted the Flag Ceremony - Photo Credit: Bill Denver/Equi-photo

**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 [www.jerseyshoregirlscouts.org](http://www.jerseyshoregirlscouts.org). Gala co-chairs were Paige Baran, an attorney with Hering, Dupignac, Stanzone & Dunn, and Thomas Hayes, director of customer and community relations at New Jersey Natural Gas.

Girl Scouts of the Jersey Shore is grateful for community sponsorship of the event, including: Gold Sponsor, Grunin Foundation; Bronze sponsors: Aspire Technology Partners and New Jersey Natural Gas. Our Trefoil Sponsors: Commvault and PricewaterhouseCoopers LLP and Badge Sponsors: ENCON, Hackensack Meridian Health, Monmouth Medical Center – Southern Campus & Community Medical Center and Ocean County Business Development & Tourism.

Teri O'Connor, Board Chair concluded the evening with a special celebration of the 110th Birthday of Girl Scouts with birthday cake and historical memorabilia on display for guests. "Your support tonight helps ensure another 110 years of problem solvers, go-getters, dreamers, and doers. Tonight, we celebrate creating a better future for us all!" said Teri. To donate to camp and ensure all girls have access to leadership experiences, please visit [gsfun.org](http://gsfun.org). For more information the gala or other Girl Scouts of the Jersey Shore events, contact Valerie Ryan at [vryan@gsfun.org](mailto:vryan@gsfun.org) or call (800) 785-2090.



## GIRL SCOUTS OF THE JERSEY SHORE HONORS GRADUATING AMBASSADORS

FARMINGDALE, NJ – (May 18, 2022) – Girl Scouts of the Jersey Shore, serving almost 11,000 members in Monmouth and Ocean Counties, recognized 131 local Girl Scout Ambassadors who are graduating from high school during the 2021-2022 member year. Ambassadors are Girl Scouts who are in the 11th and 12th grade.

Keynote speaker Amy Musselman, a Gold Award Girl Scout and recent James Madison University Graduate, shared her Girl Scout experience and encouraged girls to continue their passion for the mission and to become volunteers who give their time and inspire Girl Scouts to become leaders. Amy told her fellow Girl Scout sisters, "You are and will always be a Girl Scout."

On Wednesday, May 18, our Program Activity Center welcomed 48 girls and 128 of their family and friends as they were recognized and honored for their growth, shared their plans for the future, and received a bridging to adult pin. "Our graduating Ambassadors embrace everything they've learned through Girl Scouting, honor how they are forever part of our Movement, and enter the world as true leaders. We're so proud of these courageous and confident Girl Scouts whose character and leadership skills will continue to make the world a better place," said Heather Coburn, Interim CEO.

About Girl Scouts of the Jersey Shore Girl Scouts of the Jersey Shore serves over 10,800 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. For information on how to join, volunteer, partner or donate, visit [www.GSFun.org](http://www.GSFun.org) or call (800) 785-2090.

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 2019 Lincoln Nautilus Reserve FKBL14906 <b>\$46,990*</b>	 2019 Lincoln Nautilus Black Label FKBL33527 <b>\$48,990*</b>	 2019 Lincoln Nautilus Reserve FKBL30144 <b>\$52,990*</b>	 2019 Lincoln Continental Reserve FK5605800 <b>\$54,990*</b>	 2020 Lincoln Nautilus Reserve FLBL26600 <b>\$56,990*</b>

## GOLF CLASSIC TO SUPPORT GIRL SCOUTS OF THE JERSEY SHORE

**Tuesday, June 28, 2022**  
Rumson Country Club

[gsFun.org/Golf](http://gsFun.org/Golf)

You're Invited! Join us on June 28th for a round of Golf at the beautiful Rumson Country Club.

Funds raised at the event will directly support our girls and mission to build girls of courage, confidence, and character. Visit [gsFun.org/Golf](http://gsFun.org/Golf) for tickets and sponsorship opportunities.

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

**For seniors:** Interested in finding out if there's a distribution site near you? Go to [fulfillnj.org/seniorstaples](http://fulfillnj.org/seniorstaples) or call 732-918-2600.

**For senior residences and senior-serving organizations:** Interested in bringing this program to the seniors you serve? Email Robin Gardiner at [rgardiner@fulfillnj.org](mailto:rgardiner@fulfillnj.org) or call 732-643-5864.

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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# GIRL SCOUTS OF THE JERSEY SHORE CLOSES A SUCCESSFUL COOKIE SEASON - ALMOST 1 MILLION COOKIES SOLD!

FARMINGDALE, NJ – (March 22, 2022) – Girl Scouts of the Jersey Shore, providing girls a safe space with strong sisterhood and adult membership, closed out a successful 2022 Cookie Season, despite facing challenges due to the nationwide supply chain issues that affected their baker.

Over 7,400 girl-led cookie businesses thrived with online and in-person booths and navigated the challenges of nationwide supply chain issues.

This year, Girl Scouts in Monmouth and Ocean counties sold cookies in person and on-line to sell almost 1 million boxes of cookies!

For over 100 years, the Cookie Program continues to be the largest entrepreneurial skill development program in the world. Every Girl Scout Cookie purchase fuels

local Girl Scout adventures throughout the year.

When faced with the issue of delayed cookie deliveries for in-person cookie sales, girl entrepreneurs showed their resilience and focused on marketing their online business, helping thousands of girls reach their goals to raise funds for community programs and outdoor adventures. 100% of the net profits from Girl Scout cookie sales stays in local communities.

“Our girl entrepreneurs and volunteers have overcome many new challenges over the past few years, and this year was no exception,” said C.Y. Wong, Director of Product Programs. “We are so grateful to our volunteers, communities, and bakers who all stepped up in a big way to help our girl entrepreneurs turn this challenge into an opportunity.”



Girl Scouts of the Jersey Shore will donate excess cookie inventory to food pantries in Monmouth and Ocean County. The donation program allows Girl Scout customers to buy cookies and then donate them to important local causes including food pantries, programs that serve people who are homeless and to senior centers.

“This donation will put a smile on the faces of so many,” said Girl Scout of the Jersey Shore Interim CEO, Heather Coburn.

To support our cookie donations please contact Carla Scarabino, VP External Affairs at [escarabino@fson.org](mailto:escarabino@fson.org).

## GIRL SCOUTS OF THE JERSEY SHORE CAMP REGISTRATION IS OPEN

FARMINGDALE, NJ – (May 20, 2022) – Summer camp gives children space to explore nature, time to connect with other kids and positive role models, and the opportunity to embrace outdoor adventures like swimming, climbing, and boating.

For more than 50 years, our camps at Girl Scouts of the Jersey Shore have helped shape thousands of girls, giving them life skills and lasting memories of friendships that began around the campfire and blossomed on hikes through the woods.

Every year, campers at both Camp Sacajawea and Camp Amity Acres express how much fun they have at camp making friends and trying new activities. And parents remind us of the many ways that children thrive and grow in courage, confidence, and character at summer camp.

Girl Scouts of the Jersey Shore would like to share a few of the many benefits that children gain from joining a summer camp community:

Connecting to Nature and Friends: At camp, kids unplug from cell phones and digital devices and connect to outdoor experiences and to one another. Exploring the outdoors gives children an appreciation for nature, stirs their imagination, ignites their creativity, and supports healthy development. Interacting with new friends teaches kids to cultivate relationships,

broaden their perspectives and build bridges of understanding.

Developing Confidence, Self-Esteem and Resilience: Children take on new challenges at camp every day, which helps boost their self-esteem and self-confidence. It's a place for kids to practice making decisions for themselves and to try new things. Encouraging children to face challenges and take risks in a safe, supportive environment helps build resiliency.

Engaging with Positive Role Models: As a close-knit community away from home and school, summer camp introduces children to many different role models. Camp counselors and counselors in training (CIT) are often young adults and high school students who children easily relate to. Kids look up to these motivating mentors, who model what it means to be a strong leader as they guide their camp groups through daily activities. For many campers, this is where their own leadership journey begins.

Camp Amity Acres in Waretown, NJ and Camp Sacajawea in Farmingdale, NJ are open to all girls, ages 3-15 and boys, ages 3-12 from Monday, June 20 through Friday August 19, 2022, for an unforgettable summer.

For more information about camp, visit [gsfun.org](http://gsfun.org).

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# SUMMER OF SAVINGS!

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 <b>2020 Honda Civic EX</b> FLU408593 <b>\$29,990*</b>	 <b>2018 Honda CR-V EX</b> NJH672625 <b>\$29,990*</b>	 <b>2019 Honda CR-V EX</b> HKH673367 <b>\$29,990*</b>	 <b>2020 Honda CR-V EX</b> HLH623874 <b>\$32,550*</b>	 <b>2019 Honda Pilot EX</b> HKB099317 <b>\$32,990*</b>	 <b>2021 Honda CR-V EX</b> NMH680011 <b>\$35,990*</b>

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# HYUNDAI IONIQ 5 ADDED TO CONSUMER GUIDE'S® 2022 BEST BUY AWARDS



hyundainews.com

CHICAGO, May 18, 2022 – Hyundai's all-new IONIQ 5 electric sport utility vehicle has been added to Consumer Guide's® 2022 Best Buy Awards for its driving range of more than 300 miles, balanced driving dynamics and ambitious interior and exterior styling.



said Consumer Guide Publisher Tom Appel.

The six Hyundai models on the Best Buy list include:

1. 2022 Hyundai IONIQ 5 electric-vehicle Best Buy for compact crossover
2. 2022 Hyundai Palisade Best Buy for midsize crossover
3. 2022 Hyundai Santa Fe Best Buy for midsize crossover
4. 2022 Hyundai Kona Best Buy for subcompact crossover
5. 2022 Hyundai Venue Best Buy for subcompact crossover
6. 2022 Hyundai Accent Best Buy for subcompact car

hyundainews.com

Vehicles selected offer a combination of consumer-desired features and options in addition to the dynamic driving qualities that make for safe, enjoyable and reliable transportation choices. The complete list of Consumer Guide 2022 Best Buy Awards can be viewed at <https://consumerguide.com/best-buys/>

"The IONIQ 5 is an ambitiously designed vehicle that blends avant-garde styling and everyday practicality, and it shows Hyundai is serious about the electric-vehicle market,"

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## HYUNDAI CERTIFIED PRE-OWNED SUMMER OF SAVINGS!

 2020 Hyundai Elantra SEL NLU101960 <b>\$19,990*</b>	 2019 Hyundai Sonata SE YKH744310 <b>\$22,990*</b>	 2019 Hyundai Tucson SE YKU073223 <b>\$22,990*</b>	 2019 Hyundai Sonata SE YKH786340 <b>\$23,990*</b>	 2019 Hyundai Sonata SE YKH745611 <b>\$23,990*</b>
 2017 Hyundai Santa Fe Sport 2.0L Turbo Ultimate YHG497128 <b>\$24,550*</b>	 2019 Hyundai Sonata SEL YKH792534 <b>\$25,990*</b>	 2019 Hyundai Santa Fe SE 2.4 YKH095823 <b>\$26,990*</b>	 2018 Hyundai Kona SEL FJU077254 <b>\$26,990*</b>	 2019 Hyundai Tucson SE HKH927955 <b>\$27,350*</b>
 2017 Hyundai Tucson Limited HHU538917 <b>\$27,990*</b>	 2019 Hyundai Santa Fe SEL 2.4 YKH130325 <b>\$27,990*</b>	 2019 Hyundai Santa Fe SE 2.4 P84056 <b>\$28,550*</b>	 2020 Hyundai Kona Limited YLU515062 <b>\$28,990*</b>	 2019 Hyundai Santa Fe Limited 2.4 YKH031625 <b>\$29,990*</b>
 2020 Hyundai Tucson SEL YLU191425 <b>\$30,550*</b>	 2022 Hyundai Santa Cruz SE YNH013867 <b>\$33,990*</b>	 2020 Hyundai Santa Fe Limited 2.0T YLH164226 <b>\$39,990*</b>	 2020 Hyundai Palisade SEL FLU039498 <b>\$42,990*</b>	 2021 Hyundai Palisade SEL FMU330940 <b>\$45,990*</b>

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**Toby**

Are you looking for a loyal companion that you can spend time with, snuggle with and spend time on the sofa with? Then come meet Toby at the So. Ocean Co. Animal Shelter. He is an 8 year old Pit Mix who has captured the hearts of everyone at the shelter and he loves everyone he meets. He is well mannered, walks nicely on a leash, knows some tricks and just loves to play. Toby's only drawback is that he does not like other dogs and needs to be your one and only. If you would like to meet this wonderful boy, please call the shelter 609-978-0127.

**Oscar**

Come meet Oscar at Petsmart in Manahawkin. He is a true Orange Tabby with unique swirls of orange in his fur and the prettiest green eyes. He is a laid back boy, extremely sweet and gentle, who loves to be petted and have his super soft fur brushed. He also loves playing and kitty treats. Oscar is neutered, up to date with vaccinations, tested negative for FIV and FELV and microchipped. An application to adopt this handsome ginger boy can be filled out on line at Fosocas.org or in person at Petsmart in Manahawkin.

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:  
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# OCEAN COUNTY LIBRARY

CONNECTING PEOPLE • BUILDING COMMUNITIES • TRANSFORMING LIVES

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

## JUNETEENTH PROGRAM, "WHEN THE CAVALRY CAME TO CALL"

TOMS RIVER – In honor of Juneteenth, the Ocean County Library will present a live program by Michelle Washington Wilson, "When the Cavalry Came to Call: A Juneteenth Presentation." It will take place at the Little Egg Harbor Branch, 7 PM Tuesday, June 21.

Juneteenth National Independence Day is a federal holiday that commemorates emancipation and celebrates African American culture. The program will feature stories and poems dedicated to the celebration of African American Emancipation.

Ms. Wilson has devoted more than 30 years to writing, performing and story-telling throughout North America

and the Caribbean, sharing tales from around the world. She is featured in two books, *Legendary Locals of the Pine Barrens of New Jersey* and *Small Towns, Black Lives*. Both can be found in the Ocean County Library system.



Photo Courtesy Michelle Washington Wilson

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free program. The Toms River Branch is at 101 Washington Street. For more information, call 732-349-6200.

"When the Cavalry Came to Call: A Juneteenth Presentation" is sponsored by Friends of the Ocean County Library – Toms River and by Friends of the Little Egg Harbor Branch.

## LEARN FINANCIAL PLANNING FOR ALZHEIMER'S CARE IN VIRTUAL PROGRAM

TOMS RIVER – The Ocean County Library and the Alzheimer's Association Greater New Jersey Chapter invite caregivers of people with progressive cognitive disorders to develop essential financial planning skills during a virtual program, 6:30 PM Wednesday, June 22.



Debby Montone, RN, and Robyn Kohn, MA, CDP, CMDCP, Director of Programs and Services for the Alzheimer's Association Greater New Jersey Chapter, will offer insights to legal, financial, and medical issues for people who provide care for those living with Alzheimer's and dementia-related conditions. A question-and-answer period will follow.

The program, presented by the Alzheimer's Association Greater New Jersey Chapter, is the final segment of the four-part series that highlights June as Alzheimer's and Brain Health Awareness Month.

According to research by the Alzheimer's Association, about 190,000 people aged 65 and older in New Jersey live with Alzheimer's. Some 361,000 family caregivers provide about 686 million hours of unpaid care, valued at \$13 billion. Alzheimer's places a \$2.1 billion burden on the state Medicaid program each year.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free virtual program. Registrants will receive links to the Zoom discussion by email.

## LACEY BRANCH TO OFFER LGBTQIA+ HEALTH SERVICES VIRTUAL PROGRAM

LACEY TOWNSHIP – During Pride Month, discover medical services and support groups that serve you or your loved ones in New Jersey's LGBTQIA+ community. The Ocean County Library Lacey Branch will offer a virtual program, "Be Proud," 6 PM Monday, June 27.



Daniel A. Fernandez Photo courtesy RWJ Barnabas Health

Daniel A. Fernandez, LGBT Health Navigator for the RWJ Barnabas Health PROUD Gender Center of New Jersey, will lead the discussion. Fernandez specializes in supporting transgender individuals, LGBTQIA+ communities of color, and people with disabilities. He trained educational, medical, nonprofit and social service workers in the Transgender Training Institute, Philadelphia.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required to attend this free program. Registrants will receive Zoom links by email.

## DISCOVER HEALTHFUL DIABETES MANAGEMENT METHODS AT THE OCEAN COUNTY LIBRARY



Hackensack Meridian Health

TOMS RIVER – If you live with diabetes, you can minimize its impact, control A1C levels and monitor blood sugar and stress levels. "Seniors: Take Control of Your Life" diabetes workshops will take place at four Ocean County Library branches, beginning June 15.

Hackensack Meridian Health and Meals on Wheels of Ocean County sponsor the free, live diabetes self-management programs in partnership with OCL. The series was developed by Stanford University for people age 60 and older.

Experienced, certified volunteers lead the two-hour weekly, six-week courses which aim to promote effective self-management behavior. Participants will receive a relaxation CD and a free book, *Living a Healthy Life with Chronic Conditions*.

The workshop schedule includes:

- **Toms River Branch** – 101 Washington Street, Fridays, 10 AM – 12 PM, July 8 -August 12
- **Brick Branch** – 301 Chambers Bridge Road, Mondays, 10 AM – 12 PM, September 12 - October 17
- **Upper Shores Branch** – 112 Jersey City Avenue, Lavallette, Tuesdays, 10 AM –12 PM, September 20 – October 25

Registration is required for the free workshops. Attendance in each session will be held to 12 participants. Family members and caregivers are welcome. To register, call 732-860-2905.

## INSPIRING YOUNG WRITERS



Three proud second graders: Hayden Kuna, Lola Gratacos, and Adaleigh Stoltzfus of Ocean Acres Elementary School worked very hard on their book, "Amazing Sea Life Creatures". The girls wrote on page one, "We dedicate this book to: Mrs. Johnson and our amazing class! Also, Hayden, Lola and Adaleigh's amazing parents for supporting us and letting us stay up late to write our book." Hayden, Lola and Adaleigh left a copy of their book at the OCL Stafford branch in hopes other children learn about their favorite sea creatures!

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To learn more about United Way and how to get involved, visit our website at [uwmoc.org](http://uwmoc.org) and follow us on social media



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 <b>2017 Honda CR-V Touring</b> HHH614826 <b>\$27,990*</b>	 <b>2015 Ford F-150 XLT</b> FFKD69319 <b>\$27,990*</b>	 <b>2015 Lincoln MKS EcoBoost</b> FFG600075 <b>\$27,990*</b>	 <b>2017 Lincoln MKX Select</b> FHBL40385 <b>\$28,550*</b>	 <b>2020 Jeep Compass Latitude</b> HLT173289 <b>\$28,550*</b>	 <b>2019 Honda Pilot LX</b> HKB010376 <b>\$29,990*</b>	 <b>2019 Chevrolet Colorado Work Truck</b> HK1261103 <b>\$29,990*</b>
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### CAUSEWAY HONDA WINS PRESIDENT AWARD

Causeway Honda is proud to have won a "Honda President Award" for Parts and Service! Special thanks to our amazing service/parts team and to our customers who rated us 5-stars!



### EMPLOYEE SPOTLIGHT: EDWARD BANKEL III

Edward Bankel III earned his Honda Master Technician Certificate! In order for Edward to achieve this certificate, he went through rigorous training and testing. He completed 194 modules of self-studies and 59 classroom modules! Edward has been working at Causeway Honda for five years, and has been with the company for ten. His passion in the industry started at a young age. Starting with automotive classes at Lakewood High School and attending Ocean County Vocational School. Edward graduated in 2013 at the top 15% of his class, earning his spot in the NJ Stars Program. He then attended Brookdale Community College and Graduated with his Associates Degree! Hard work pays off. Congratulations Edward!

## STAFFORD RECEIVES GRANT MONEY TO IMPROVE WALKING, BIKING TO SCHOOL

Stafford received 992K in grant money for the "Safe Routes to Schools" program, officials said.

By Veronica Flesher, Patch Staff,

STAFFORD, NJ — Stafford was awarded federal grant money to improve walking and biking routes to encourage students to stay active while going to school, officials said.



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Stafford received \$992,000 in grant money for the "Safe Routes to School" (SRTS) program, the New Jersey Department of Transportation announced.

"The Safe Routes to School program is a great example of how NJDOT, working with the state's three regional planning authorities, helps our communities access federal funding for local transportation projects," NJDOT Commissioner Diane Gutierrez-Scaccetti said in a release. "These grants will provide resources to improve sidewalks and bike paths to encourage children to stay active by walking and biking to school."

Stafford's grant will provide walking and biking improvements around the McKinley campus, township officials said.

"We look forward to working with NJDOT, the Stafford Township School District and Greater Mercer TMA on the grant," Stafford officials said.

The SRTS program is federally-funded. It is administered by NJDOT in partnership with the North Jersey Transportation Planning Authority (NJTPA), Delaware Valley Regional Planning Commission (DVRPC) and the South Jersey Transportation Planning Organization (SJTPO).

The program was created to encourage children, including those with disabilities, to walk and bike to school, NJDOT said in a release. NJDOT said that the goal is to make bicycling and walking to school a safer and more appealing transportation alternative, encouraging a healthy and active lifestyle from an early age. Projects are designed to improve safety, as well as reduce traffic, fuel consumption and air pollution near schools.

In total, 31 grants were given in the amount of \$19.6 million, the largest ever given for the program, NJDOT said.

## CONGRATULATIONS RILEY

Congratulations to Riley Collins on starting his career as an assistant Coach at the University of Tennessee for the Men's Basketball team! Riley gets to work under famous Coach Rick Barnes. Riley's father, Sales Consultant Terry Collins, couldn't be more proud. Causeway wishes Riley much success and happiness at his new job!



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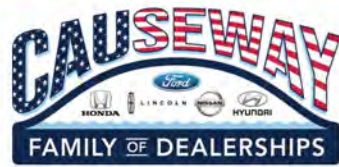
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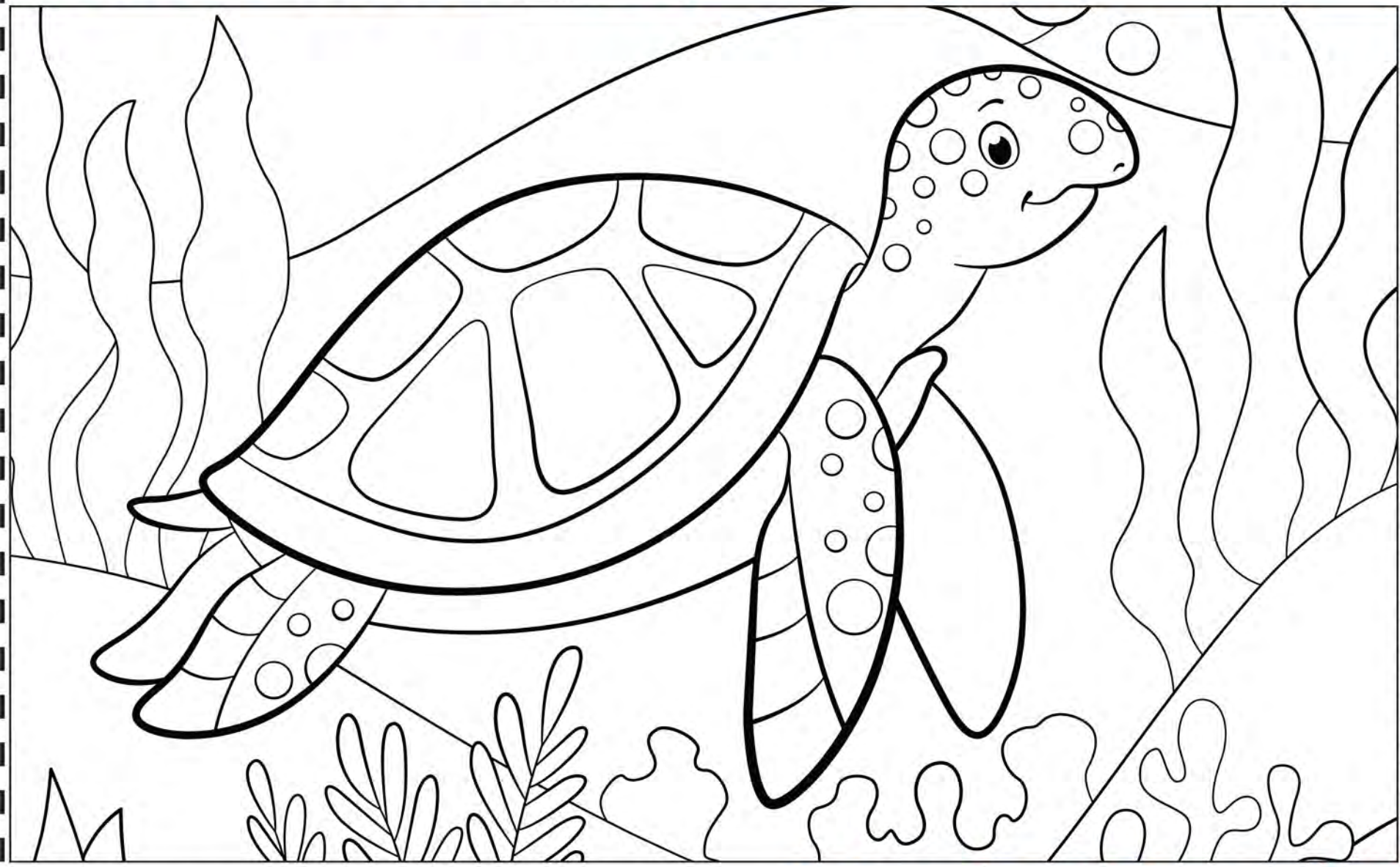
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# KIDS CORNER



**COLORING CONTEST!**  
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**Your child could win a \$50 Target® Gift Card!**

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 Age \_\_\_\_\_  
 School \_\_\_\_\_  
 Parent's Name and Phone \_\_\_\_\_

*Child can only win once per calendar year.*

# ADULT COLORING CONTEST!

**You Could Win A \$50 Dollar Gift Certificate to East Bay Italian Grille in Barnegat!**



Must be 18 years or older. Simply color the above picture, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.

**You could win a \$50 Gift certificate to East Bay Italian Grille!**

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



**Joe**

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