

# The 2022 Ocean County College Foundation Scholarship Celebration honors THE WINTRODE FAMILY FOUNDATION



Pictured from left: Tim Wintrode, Lisa Wintrode and David Wintrode.

**The Wintrode Family Foundation** was celebrated for its continued support of Ocean County College and the Ocean County College Foundation, as well as its generous contributions to the community.

**TOMS RIVER, NJ** – Former President Calvin Coolidge once said, “No person was ever honored for what he received. Honor has been the award for what he gave.” A shining example of this is The Wintrode Family Foundation, an honoree at the 2022 Ocean County College Foundation Scholarship Celebration. The Wintrode Family Foundation was celebrated for establishing the Roberta W. Wintrode Memorial Fund, along with its many generous contributions to the community. The event was held on Friday, June 24 at Ocean County College Campus Mall.

**“We come together to give thanks to our college community, students, faculty, and staff who made this place a place to feel welcome... a place to feel at home.”**

– Kenneth J. Malagiere,  
Executive Director of the Ocean County College Foundation

The Ocean County College Foundation also honored Rosann Bar, Ph.D., and Patricia Gianotti, Ph.D., L.C.A.D.C. for their contributions to the Addictions Counseling Program and commitment to OCC, and Alison Noone, MBA, for outstanding dedication to the operation of the Helping Hands Food Pantry.

“This evening, we come together to celebrate our honorees and to give thanks to their families for allowing them to share their light with us,” said Kenneth J. Malagiere, Executive Director of the Ocean County College Foundation. “We come together to give thanks to our college community, students, faculty, and staff who made this place a place to feel welcome... a place to feel at home.”

During the event, The Wintrode Family Foundation was honored for its continued support of Ocean County College and the Ocean County College Foundation, and generous contributions to the community.

“In 2021, The Wintrode Family Foundation made a \$2 million gift to the OCC Foundation, establishing the Roberta W. Wintrode Memorial Fund, to honor the memory of a devoted wife, mother, grandmother and friend,” said Malagiere. “Roberta’s love for education, biology, nursing and the arts was present in every aspect of her career and avocation. This donation is intended to immediately

impact Ocean County College students by providing support of and access to opportunities of educational and intellectual value right here at OCC.”

The Wintrode Family Foundation’s annual support also includes underwriting OCC’s very successful Blauvelt Speaker Series and fully funding its Summer Community Arts and Music Program Camp. Presently, David C. Wintrode serves as a dedicated Board Member, Chair of the OCC Foundation Investment Committee and Chair of the \$25 Million Legacy Campaign.

Roberta and David’s son, Tim Wintrode, graciously accepted the honor on behalf of The Wintrode Family Foundation alongside his brother David and sister Lisa.

“The growth of this institution just in my lifetime has been amazing,” said Tim Wintrode. “And the fact that we can be a part of this is very impressive to us and it’s very special to us and we thank you for that. That growth is obviously due to people like Allison, Dr. Bar and Dr. Gianotti and we thank you for everything you do for this institution.”

Wintrode also paid reverence to his late mother Roberta. “Education and the arts were very important to her,” he said. “In a household built on business, she always appreciated the arts and its ability to inspire all of us.”

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**The Causeway Gazette**

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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).

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).

Driving change **in our community.**

**CausewayCAREs.com**



# DINE ON US HOSTS THEIR 1ST ANNUAL SURF & TURF FUNDRAISER

Dine on Us, is on a mission to provide off base dining and entertainment opportunities for our active military and their families in NJ who are not able to provide for themselves due to economic hardship. Dine on Us held their first annual Surf and Turf Fundraiser at the Martell's Tiki Beach Bar on the beautiful Point Pleasant Beach. The event featured all you can eat whole lobster, steamed clams, peel and eat shrimp, prime rib, fresh salads, and just when everyone thought they were full, dessert trays and coffee was served.

The day was perfect, full sun, 80 degrees, Tito's, and tons of supporters. Everyone came out in full force to show their support to our active military families living right here in NJ who are struggling to stay afloat. Active Military being transferred to NJ are put on an 18-month waiting list for on base housing, as they wait, they must find off base living quarters. An enlisted soldier with an E5 pay grade, spouse, and two children is given \$1,800 for housing. Where are they going to find any housing in that price range in NJ, stated President and Founder, Cliff Baker. Then they are told the wait for on base daycare is three years! As Cliff spoke to those in attendance. With no daycare, the spouses had to give up their 2nd income to stay home with the children.

Therefore, Dine on Us was created, we were denied bringing freshly prepared meals on the base, Cliff and Chef Mike Jurusz created the Gift Card Care Package to offer opportunities off the base for our struggling active military. Once this package was created, Cliff



was able to gain the support of all his restaurant families which had developed during his 30-year career in the food service industry with Singer Equipment Co. His restaurant partners have committed to donating a gift card of equal value for each one purchased by Dine on Us. This commitment will enable Dine on Us to use the \$5,000 raised from the Surf and Turf event and turn it into \$10,000 worth of gift cards.

Dine on Us started this mission in December of 2021 with a goal of providing card packages to 125 families. Now in June, the number of military families applying for SNAP, Food Stamps, and WIC programs is at an all-time high of 370 families. With the additional demand, Dine on Us realized they needed to increase their fundraising efforts. This is why they are so excited to host their Inaugural Celebrity Golf Invitational on Thursday, September 8th, and even more excited to announce that Cliff and Chef Mike Jurusz will be hosting their 4th Annual Chef Tasting at the Beach on Sunday, Oct 2nd, from noon to 4pm. Once Cliff and Mike made the announcement that they were hosting their event again; all their restaurant friends immediately jumped into support! Right now, we stand at 27 committed restaurants. Imagine being at the Martell's Tiki Bar in Point Pleasant where you could sample 27 of the best restaurants on the Jersey Shore. We have included a list of the restaurants to tempt your taste buds.

Once you have your plate full, you will be able to find plenty of places to sit inside or outside and enjoy the



live entertainment, purchase tickets for our gift auction, and take in the sounds and view of the ocean while sipping on your first complimentary Tito's beverage!

The funds raised for this event will be used to provide a Christmas for our active military families including a wish list full of toys for all their children!

Please go to our website, [www.dineonus.org](http://www.dineonus.org), to purchase your tickets. See you there!

## NFL HALL OF FAMERS TAKE THE LEAD IN THE UPCOMING INAUGURAL DINE ON US CELEBRITY GOLF INVITATIONAL



Andre Reed



Sterling Sharpe

Hall of Famers, Andre Reed and Sterling Sharpe, will be playing a round of golf with 12 other celebrities on Thursday, September 8th, at Ron Jaworski's Blue Heron Pines Golf Club. The NFL alumni and other celebrities were all-in once informed they would be supporting the NJ active military and their families who are living in distress.

Dine on Us is on a mission to provide off base dining and entertainment opportunities to our active NJ military and their families who are not able to do so for themselves due to economic hardship. By partnering with local restaurants and boardwalk entertainment spots, Dine on Us receives one donated gift card for each gift card purchased of the same value. Dine on Us would like to provide a long overdue family night out, a much-needed date night, entertainment, groceries, and gas gift cards. These custom "care packages" will be valued at \$350.00 each. Dine on Us is working with the American Red Cross to distribute these care packages to over 125 families on our NJ bases who are in distress.

Join us on September 8th by registering your foursome online at [www.dineonus.org](http://www.dineonus.org). Based on your

sponsorship level, you will have your choice of listed celebrity to play your round of golf with. This will be a first come, first served basis. What a great opportunity for your foursome to hear some of the celebrities' great stories and history of their sport as you play an entire round of golf with them.

The money raised from this event will help Dine on Us create a Christmas experience that our NJ Active Military Families will never forget including a wish list from all their children.

In addition to the round of golf, Dine on Us will have a vacation getaway for two to Kiawah Island Resort experience. This trip will be available for all golfers and non-golfers to win. One winner will be picked on September 8th at the dinner after the round of golf. You do not have to participate in the event or be present to win.

Please register your foursome or purchase your Kiawah Island getaway tickets at [www.dineonus.org](http://www.dineonus.org). We will see you on the greens!

# INAUGURAL



## DINE ON US<sup>®</sup>

Feeding The Need

# CELEBRITY GOLF INVITATIONAL

**To Support Our NJ Joint Base Active Military Families**

**PRESENTED BY:**



**SHORE PROPERTIES**  
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## Thursday, September 8, 2022





**RON JAWORSKI'S  
BLUE HERON PINES  
GOLF CLUB**

Galloway, New Jersey

Visit [www.dineonus.org](http://www.dineonus.org)  
or scan for more info!

Managed By:



*Fourth Annual*

# Chef's Tasting at the Beach

*Sample the Shore*

*Join us as we raise the funds needed for our NJ active military and their families living in distress due to economic hardships.*

## Martell's Point Pleasant

308 Boardwalk, Point Pleasant Beach, NJ 08742

## October 2nd Noon - 4:00

Endless Sampling of 20 Top Restaurants on the Jersey Shore! Cash Bar, Live Entertainment, 50/50 Raffle and more!

**Tickets:** \$60 per person

**Pre Purchase:** \$50 per person

[www.dineonus.org](http://www.dineonus.org)

Presented by:





\*All proceeds will go to our active military families\*

## THE KIAWAH ISLAND GOLF EXPERIENCE



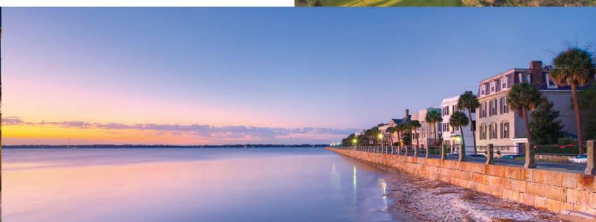
Famous golf courses, pristine beaches, exquisite dining and beautifully preserved landscape barely scratch the surface of attractions in Kiawah. You can be as adventurous or as tame as you like. Best of all, the mild climate means you can enjoy this golf experience year-round.

[PREMIUM THREE-DAY PACKAGE](#)

- Two-night stay at Kiawah Island Golf Resort's luxurious villas.
- Special opening night dinner to be enjoyed in The Atlantic Room at the Ocean Course Clubhouse.
- Play your first round of golf at the famed Ocean Course at Kiawah Island Golf Resort.
- Play your second and third rounds at one of Kiawah Island Resort's other courses: Cougar Point, Turtle Point, Oak Point or Osprey Point.

[Ocean Course](#)

Located on the eastern-most end of Kiawah Island, The Ocean Course has more seaside holes than any other course in the Northern Hemisphere. The Ocean Course was ranked 25th in Golf Digest's 100 Greatest U.S. Golf Courses List and 4th on Best Public Course List.



# SOUTHERN REGIONAL SPORTS BEAT



**Volleyball**  
Congratulations Southern Regional Boys Volleyball on defeating Eastern Regional 2-0 & capturing the NJSIAA South Jersey Sectional Championship. Congratulations players, coaches, parents, alumni and fans.

## Volleyball

Congratulations Southern Regional Boys Volleyball Player Lucas Kean (Class of 2023) on being named the 2022 Shore Volleyball Coaches Association Player of the Year. Continued Success!  
Photo Credit: NJ.com



## Volleyball

Congratulations Southern Regional Volleyball Drew McNellis on being named 1st Team All NJ State for the 2022 season. Photo Credit: NJ.com

**Drew McNellis**  
SOUTHERN



## Track & Field

Congratulations Southern Regional Boys Track & Field on winning the 2022 Shore Conference "A" South Divisional Championship. The Rams defeated TR North 79-49 on Tuesday, June 7, 2022. Congratulations athletes, coaches, parents, alumni and fans.



## Lacrosse

Congratulations Southern Rams Boys Lacrosse players on making the All New Jersey State Group IV Team: Tyler Sininsky 1st team, Jack Kolbe 2nd team, Ryan Sininsky 3rd team, Joey DeYoung 2nd team.



## Baseball

Congratulations Southern Regional Baseball Stephen Stafford on being named to the Press of Atlantic City All Star Team for the 2022 season.



## Volleyball

Congratulations Southern Regional Volleyball player Lucas Kean on being named the 2022 NJ State Player of the Year. Continued Success.



## Track & Field

Congratulations to Southern Track and Field for the following honors from the Shore Track Coaches Association for the 2021-2022 school year winter and spring seasons: Fabian Gonzalez, Athlete of the Year; Kelly Enterline, Thrower of the Year; Scott Baker, Coach of the Year. Continued Success and Best of Luck!



## Lacrosse

Congratulations Southern Regional Girls LaCrosse player Rylee Johnson on being named Player of the Year for the 2022 season Press of Atlantic City. Also Southern Rams named to Press of Atlantic City team: Shaelin Cassidy 1st Team Defense, Summer Davis 1st Team Defense, Sophia Cooney 2nd Team Attack, Deidre Jones 2nd Team Midfield, Skylar Falk 2nd Team Defense, Morgan Muirhead 2nd Team Goalie, Delaney Falk Honorable Mention, Emma Gallaro Honorable Mention, Southern was ranked #6 in final Elite 11 poll. Congratulations players, coaches, parents, alumni and fans.

### Having trouble paying your bills or struggling to make ends meet?

**FREE SERVICES** are available for residents of Ocean and Monmouth counties!

Contact United Way of Monmouth and Ocean Counties' Financial Success Center Network to speak with trained staff who will help determine what benefits you are eligible for, work on a budget and directly connect you with community resources.

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A photograph of two girls lacrosse players in action. One player in a white jersey with number 3 is on the left, and another player in a dark jersey with number 42 is on the right, holding the stick.

## Lacrosse

Congratulations Southern Girls LaCrosse player Rylee Johnson on being named the 2022 Shore Conference "A" South and Press of Atlantic City Player of the Year.

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

The funds that are raised here, stay here.

United Way of Monmouth and Ocean Counties

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

## Community Outreach and Food Distribution

2nd & 4th Wednesdays  
10am - 2pm

\*Food Pantry @ Fulfill's People's Pantry (10am - 3pm)

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

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

fulfill  
HUNGER WON'T WIN HERE

THE JBJ SOUL FOUNDATION  
**JBJSOUL KITCHEN**  
Community Restaurant

**WALK**  
WALK IN ACTS OF LOVE AND KINDNESS  
MICAIA 6:8

1769 Hooper Avenue, Toms River, NJ 08753



# HAPPY SUMMER FROM FAMILY PROMISE

School's out, beach time is calling, vacation plans are being enjoyed or waited for with happy anticipation as the sunny warm months engulf the Jersey Shore.

While it may be a time of fun outdoor activities or a break to recharge the body and mind for many people, some of our neighbors are facing the harsh realities of homelessness that don't take the summer off.

We at Family Promise of Southern Ocean County work every day throughout the year to continue our mission of helping local families experiencing homelessness or who are on the verge of losing the place they call home.

As the pandemic continues to wane, we are once again aiding families in our emergency shelter program with our amazing network of community partners. We have also accelerated our Anchors to Stay prevention services to help with back rent and mortgage payments, transportation needs and late utilities payments to help ensure some families do not become homeless in the first place.

As we move into the second half of 2022, we are also continuing our fundraising efforts that underwrite these programs and services. Family Promise of Southern Ocean County is solely financed by grants, donations and our charity events.

Thank you to everyone who came out and supported us at ShoreTown Ballpark in Lakewood when the Jersey Shore

BlueClaws hosted Family Promise SOC Day on July 10. It was a great day of family fun as well as a successful charity and awareness event. Thank you all again!

Throughout the summer Family Promise SOC will be working the concession stand at the Free Monday Movies on the Beach in Long Beach Township on LBI. All proceeds from concession sales will go to fund our shelter and prevention programs.

*The Free Movie Mondays on the Beach are:*

**July 25th at 68th St Ocean Beach: Sing 2**

**August 1st at Spray Beach Hotel: Cruella**

**August 8th at 68th St Ocean Beach: The Goonies**

Please join us on the sand for family friendly entertainment!

Before summer officially ends we will be hosting the 2nd Annual Family Promise SOC Golf Classic at the Blue Heron Pines Golf Club in Galloway on Monday, September 19th.

The price of a round of golf and dinner at "the best 18-hole course at the Jersey Shore" is \$195 per golfer. The dinner only option is \$65. The fun begins with a 1:30 pm shotgun start.



We are also offering sponsor opportunities to our community partners and local businesses asking our community to help us make this a successful event.

Golfer registration and sponsorship details are at <https://birdease.com/Familypromisesoc>.

We hope you can join us and enjoy a brilliant day of golf and fun while supporting Family Promise SOC in its mission of easing local family homelessness.

For more information or any questions please contact me at [jim@familypromisesoc.org](mailto:jim@familypromisesoc.org).

Thank you again for your continued support of Family Promise of Southern Ocean County as we come together to help our neighbors in their time of need. For more information about our programs and services, please visit [www.familypromisesoc.org](http://www.familypromisesoc.org).

May you all have a happy and safe summer.

Thank you,

*Jim Lowney*

Development & Communications Manager  
Family Promise of Southern Ocean County



**SAVE THE DATE!**

**5th Annual CAUSEWAY 5K**

**Date:** Sunday, October 16, 2022  
**Time:** 9:00 AM (5K Start)  
**Location:** Southern Regional High School  
90 Cedar Bridge Road, Manahawkin, NJ 08050

Flat and fast course, chip-timed. Overall and age group awards, as well as door prizes.

**Runners and Sponsors Wanted!**  
**Proceeds to benefit Fulfill!**  
**Help fight hunger in our community!**

**Register Here:**  
[www.raceforum.com/causeway](http://www.raceforum.com/causeway)




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

**Requirements:**

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

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 <b>2019 Ford Escape SE</b> FKUB43553 <b>\$26,990*</b>	 <b>2018 Ford Explorer XLT</b> FJGA22897 <b>\$29,990*</b>	 <b>2020 Ford F-150 XL</b> FLKD38716 <b>\$34,990*</b>	 <b>2019 Ford Ranger XLT</b> NKLB4503 <b>\$35,990*</b>	 <b>2019 Ford Explorer XLT</b> FKGB00659 <b>\$36,990*</b>	 <b>2019 Ford F-150 XL</b> FKFD07198 <b>\$36,990*</b>	 <b>2021 Ford Edge SEL</b> FNRD62777 <b>\$37,550*</b>
 <b>2019 Ford Ranger XLT</b> FKLA57725 <b>\$37,990*</b>	 <b>2019 Ford Explorer Limited</b> FKGA75065 <b>\$38,990*</b>	 <b>2018 Ford F-150 XLT</b> FJFB74367 <b>\$38,990*</b>	 <b>2018 Ford F-150 XLT</b> FJFE72206 <b>\$39,990*</b>	 <b>2020 Ford Explorer XLT</b> FLGB00172 <b>\$39,990*</b>	 <b>2019 Ford Explorer Sport</b> FKGB50755 <b>\$39,990*</b>	 <b>2018 Ford Explorer Sport</b> FJGC61252 <b>\$39,990*</b>
 <b>2020 Ford Explorer XLT</b> FLGB00174 <b>\$40,990*</b>	 <b>2018 Ford F-150 XLT</b> P84043 <b>\$40,990*</b>	 <b>2020 Ford Explorer XLT</b> FLGB00174 <b>\$41,990*</b>	 <b>2018 Ford F-150 XLT</b> HJKF48561 <b>\$42,990*</b>	 <b>2017 Ford Expedition Platinum</b> NHEA71823 <b>\$43,990*</b>	 <b>2018 Ford Expedition Max Limited</b> HJEA09306 <b>\$50,990*</b>	 <b>2020 Ford Explorer ST</b> FLGA22312 <b>\$53,990*</b>



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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)



Photos by Chris Straut

## HOUR OF THE WOLF PHOTOGRAPHY EXHIBIT AT TOMS RIVER BRANCH IN JULY

TOMS RIVER – The Ocean County Library Toms River Branch is pleased to host Hour of the Wolf Photography, by Chris Straut, in its 2nd Floor Gallery during the month of July.

The exhibit will feature a wide array of portraits, including cosplays, concert performances, and headshot photographs.

Chris is the owner and operator of Hour of the Wolf Photography Studio, Bayville. He opened his business in 2020, and developed a considerable following through Facebook and Instagram.

The Hour of the Wolf Photography exhibit is free and open to the public. No registration is required. For information, visit the Branch, 101 Washington Street, or call (732) 349-6200.

## YOUNGSTERS CAN MEET LIVE ALPACAS AT THE STAFFORD BRANCH

STAFFORD TOWNSHIP – Bring the family to the Ocean County Library Stafford Branch for an interactive outdoor experience. Children, ‘twens and people of all ages are invited to see live alpacas and learn about them at 9:30 AM Wednesday, July 27.

The owners of Out Of Sight Alpacas, Waretown, will bring their furry friends to the Branch, where they’ll explain how the prized wool is spun into soft, luxurious, yarn for crafts, blankets, clothing and more.

The event will take place on the grounds outside the Branch, so tote along a lawn chair, blanket or towel for comfortable seating.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free program, which is sponsored by Friends of the Stafford Library and open to all ages. For more information, visit the Stafford Branch, 129 N. Main Street, Manahawkin, or call (609) 597-3381.



“Stavros” - Photo by Kim Weigman, Out Of Sight Alpacas

## TOMS RIVER BRANCH TO PRESENT “PAINTINGS AND POURS” BY JENNA M. YURGA IN JULY

TOMS RIVER – The Ocean County Library Toms River Branch is pleased to host “Paintings and Pours: My Return to Art,” by Jenna Meyerberg-Yurga, during the month of July.

The exhibit, which will be displayed in the McConnell Gallery, is Jenna’s gallery debut. It consists of abstract paintings created primarily by acrylic pour techniques.



Jenna Meyerberg-Yurga  
Photo by Candice Harris, Harris Art Academy

Introduced to painting as a youngster, Jenna set aside her pursuit for many years to raise a family and earn a Ph.D. in Mental Health Counseling. She then opened a private therapy practice in downtown Toms River.

Jenna re-discovered her artistic passion after joining the Harris Art Academy in Howell. “Painting and Pours” introduces viewers to her first collected works since becoming an art student, and highlights her extensive experimentation with acrylics.

“I enjoy sharing my passion for helping others, and my artwork, with the Toms River community,” she said. “I hope you’ll enjoy my collection.”

The exhibit is free and open to the public. No registration is required. For information, visit the Branch, 101 Washington Street, or call (732) 349-6200.

## “CELEBRATING THE JERSEY SHORE” WITH MARGARET THOMAS BUCHHOLZ AT TOMS RIVER BRANCH

Ocean County – The Ocean County Library will host noted local author Margaret Thomas Buchholz’s presentation, “Celebrating the Jersey Shore,” 2 PM Friday, July 22 at the Toms River Branch.



Margaret Thomas Buchholz

Travel “down the shore” as Margaret illustrates the fundamental, timeless activities that perennially give vacationers memorable experiences that spark return visits. She co-authored “Great Storms of the Jersey Shore”, which The New York Times called “one of the best documented compendiums ever published of what it meant to be there.”

Her other written works include “New Jersey Shipwrecks: 350 Years in the Graveyard of the Atlantic”, winner of the Foundation for Coast Guard History award; Island Album Photographs: “Memories of Long Beach Island”; and “Josephine: From Washington Working Girl to Fisherman’s Wife”.

The Long Beach Island-based writer edited “Shore Chronicles: Diaries and Travelers’ Tales from the Jersey Shore 1764-1955”; “Long Beach Island Reader; and Long Beach Island Chronicles”. Her Jersey Shore-oriented essays are included in two anthologies, “Four Seasons at the Shore” and “Shore Stories”.

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

More Library News on page 14

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STAFFORD TOWNSHIP FIRE COMPANY #1 CELEBRATES 100 YEARS OF SERVICE

Stafford Township volunteer fire company looks a lot different now than it did in the beginning. It all started on July 24, 1922, where a meeting was held in the national hotel for the purpose of organizing a fire company in Manahawkin New Jersey. A group of towns people gathered together to meet and elect the first officers of the new Fire Company. They are as follows

- President: **Stephen Johnson**  
Vice president: **Paul B Cramer**  
Recording secretary: **J. Lawrence Fillmore Jr.**  
Treasurer: **Leon W Hazelton**
- Trustees:  
**George Bowen, George Fredrickson, Harvey Cranmer, Alex H Inman, Edward T Elbersson**
- Auditors:  
**Am. B. Sprague and Warren Aker**

The first chief of the department was George Pharo And the first assistant chief was Leon Hazelton. Dues were \$1.00 a year for membership. The Manahawkin volunteer fire company was Inc. in October of 1922.

- 1923** In December, the bylaws were read and approved by the membership. Meeting nights were set for the first Monday of every month. These bylaws have been amended and changed several times since then. Our first fire equipment was bought and consisted of 24 buckets, four ladders, and 100 feet of 3/4 inch rope. They must’ve been quite the picture going to a fire back then.
- 1924** After much discussion whether to buy a rotary pump or a plunger pump, it was decided to buy a Reo fire engine with a Haley rotary pump, including booster and chemical tanks at the cost of \$4,355, Stafford still amazingly has this truck. It runs and looks great, thanks to John Graber and the members. Also, the Manahawkin volunteer fire company held its first dinner in a garage between the national hotel and the lake house. Each member was required to furnish a chicken and stew it. The cost of the dinner was only \$.75. The Reo fire engine was delivered on July 5 and was housed in George Fredrickson’s barn.
- Finally, a building on Division Street, belonging to Jason Finnimore, was leased, and later bought, the Reo was then moved into that building. At that time, the building fund was established which was to become the foundation of our present building. Also in 1924, steps were taken to change the name from the Manahawkin volunteer fire company to Stafford Township volunteer fire company. It was learned that they would have to dissolve the present company to start the new one.
- 1925** Electric lights were installed in the firehouse and a ham and bean dinner was held. This helped to raise a profit of \$98.53. The price of the ham dinner was \$3.35.
- 1926** Stafford joined the New Jersey state Fireman’s Relief Association.
- 1927** On Memorial Day, they attended their first parade in Beach Haven. It was required that all men that rode on



- the engine be dressed in overalls. They received the cup for the best equipped apparatus in the parade. Over the course of the year, there were events and dinners held that raised a profit of \$569.13. It was noted that a large part of all the successes of these dinners was due to the womenfolk of the town. Stafford also joined the Ocean County Fireman’s Association of New Jersey.
- 1928** Their first insurance policy was taken on 20 members of the company.
- 1930** A secondhand siren from Seaside Park Fire Company was purchased.
- 1935** A used tank from Standard Oil Company and a secondhand Ford from Howard King was purchased for the department. They installed the tank on the Ford and bought a new front end pump and from this combination, the 750 gallon Ford tankwagon originated, which provided in the following years as a most efficient piece of equipment.
- 1936** The name was finally changed to Stafford Township volunteer fire company.
- 1937** The department had their first carnival and raised \$374.76.
- 1941** The first annual turkey dinner was held at Stafford Hall raising a profit of \$313.50
- 1947** Our ladies auxiliary was organized. This organization provided a great help to the fire company in the following years. They had furnished the entire firehouse, including the kitchen, which enables the fire company utilize all the money they earned to go towards the building. Without their help, we would not be burning the mortgage. Our Ladies Auxiliary celebrates 75 years this year as we celebrate 100.
- 1950** Arrangements were made to purchase a lot on Stafford Avenue, where the Stafford house once stood. Plans were drawn for a new fire house and were approved by the fire company.

- 1951** They bought a new Mack fire truck and purchased the property on Stafford Avenue.
- 1973** Stafford Firehouse was a self-supporting organization. A lot of the funding for the fire house came from bingo that started on March 20 and was held every Tuesday night. Bingo night was ended on August 28, 1995.
- 1989** Hurricane Hugo hit South Carolina. The Stafford Township donated their 1955 Mack pumper to McClellanville, South Carolina because they unfortunately lost their fire equipment.
- 1992** Hurricane Andrew hit Florida, and the Stafford Township’s firemen drove their new, 1992 Mack superliner with an 8,000-gallon tank to Homestead FL to provide clean drinking water to residents there.
- 2012** October 29, superstorm Sandy hit a big part of Stafford Township. Our volunteer fire department worked around the clock for days on end. They had water rescues, by boat and military truck. Our firemen had to go to every home in Beach Haven West, Cedar Run Dock Road, Mud City, Cedar Bonnet Island, and Mallard Island to make sure the gas lines were turned off.

The fire company had a total of 111 calls that day. The firehouse became home for fire companies from Jackson, Manchester (Ridgeway), Jackson Mills, and Picatinny, and state police from Louisiana. Stafford Township residents came together to help the Fire Company and residents of Stafford Township who lost their homes. Stafford residents donated food, water, clothing, and personal products. It was an out pour of sharing and coming together as a community.

Stafford Township has had 22 chiefs in the last hundred years, with our newest chief Jason Spisak. 100 years ago, a fire truck cost \$4,355. Today, our newest truck is almost \$2 million. Because of the towns growth in 100 years, Stafford Fire Company has to rely on the township and the residents, with fund drives and fundraisers to help support the company, so the firemen have the equipment they need to protect the residents of Stafford Township.

September 24, 2022, the Stafford Fire company will celebrate its 100 years, with a parade and community gathering at the fire house on Stafford Avenue. The parade will start at 12 noon, and they are also looking for sponsors to help with the celebration of their 100 years. Sponsor opportunities are available.

Stafford Fire Co has always been 100% volunteer, help them so they can protect you.

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# Focus ON Barnegat

## SMASH 'EM NOW, NJ! DESTRUCTIVE BUGS BEGIN TRANSFORMATION

By Eric Scott, wobm,

Time is running out to more easily help eradicate a huge threat to New Jersey's peach and apple trees as well as many other trees and agricultural crops.

Every day, I walk around my yard and patio squishing little black bugs that look like big ticks with white spots on them. They can't fly, but are excellent hoppers. Sometimes it takes two or three times for a successful squish, but it's worth the effort.

This week, I noticed a new arrival: slightly larger, red bugs. It gave me an even greater sense of urgency.

The spotted lanternfly began emerging from egg clusters in the nymphal stage in May. They are now entering the next phase of development where they turn red. They still lack the ability to fly, but not for much longer.

In a few weeks, they will develop wings and take flight in search of food. They love peach trees, apple trees and hardwood varieties like red maple and black walnut. They will also feed on river birch and willow trees. In large swarms, they can kill the trees in a matter of days. They will also start laying eggs in the fall that will unleash a new swarm next spring.

Joe Zoltowski, director of the division of plant industry with the New Jersey Department of Agriculture, urges New Jersey residents to smash as many as they can.

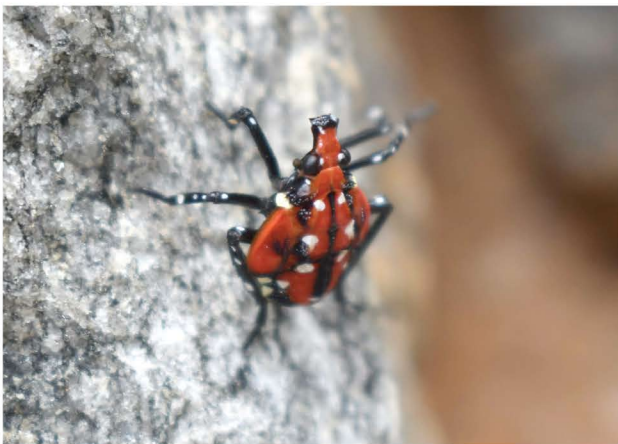
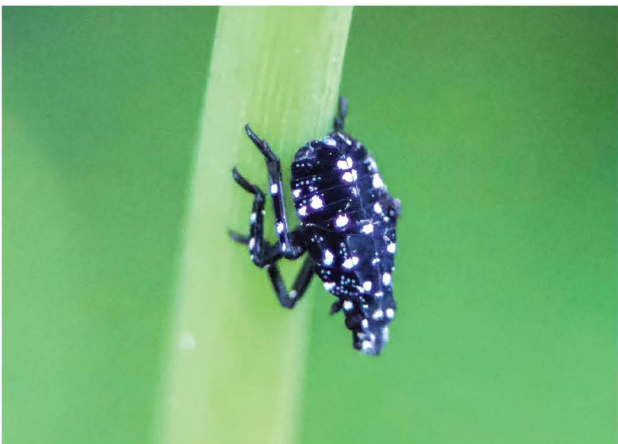
"You stand a better chance of getting more population reduction because they don't have that opportunity to go fly away," Zoltowski says.

As of February 2022, a spotted lanternfly infestation had been recorded in every New Jersey county except Cape May.

Thirteen counties — Burlington, Camden, Essex, Gloucester, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Salem, Somerset, Union, and Warren — remain part of the state's "quarantine zone" for spotted lanternflies.

Residents in the zone are required to use a checklist before moving any of the articles listed here. The list features dozens of items, including bicycles, campers, firewood, fencing, lawnmowers, and sandboxes.

wobm.com



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## TEEN WORKER HOURS EXPANDED IN NJ, FOR THIS AND EVERY SUMMER

By Michael Symons, wobm

TRENTON – Teenagers can now work longer hours each summer in New Jersey, under a bill signed into law Tuesday by Gov. Phil Murphy.

The state expanded working hours for minors between ages 16 and 18 last summer, allowing them to work as many as 50 hours a week rather than 40. That change is now permanent each summer, and the working hours for minors who are 14 and 15 are also now expanded to mirror federal laws.

The new law also increases the amount of time that a minor may work before a break is required from five hours to six.

Business groups had pushed for the bill's enactment. "We are pleased Gov. Murphy signed this bill into law today as it will help employers find more workers, allow teens more work hours and more pay, and help New Jersey residents and visitors avoid longer summer waits and lines at their favorite destinations," said Michele Siekerka, president and



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chief executive officer of the New Jersey Business & Industry Association.

"Workforce capacity remains a big issue in New Jersey, as well as around the country," Siekerka said. "By permanently expanding the workweek for 16- and 17-year-olds from 40 to 50 hours and allowing the same age group to work up to 10 hours a day, instead of eight, employers will have more flexibility in their scheduling at this most important time of the season."

The Senate approved the bill unanimously, 40-0, the Assembly approved it 74-3, with Assemblyman Christian Barranco, R-Morris, Assemblywoman Aura Dunn, R-Morris, and Assemblyman Erik Peterson, R-Hunterdon, opposed.

In the long run, the new law also removes schools from the process of issuing working papers to minors and switches it to a Department of Labor and Workforce Development centralized database. That part of the law doesn't start until June 2023.



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## CELEBRATE SUMMER WITH "WATERCOLOR MOMENTS" AT BARNEGAT BRANCH

BARNEGAT – The Ocean County Library Barnegat Branch is pleased to present "Watercolor Moments," a celebration of spring and summer by shore artists Barbara Kraemer, Judith Schimmel, and Karen Wachter, throughout July.

Barbara Kraemer, a mainstay of the Pine Shores Art Association in Manahawkin, took up brush and canvas as a youth, and resumed her artistic endeavors less than 10 years ago after a long hiatus. The catalyst, she said, was a relative's gift of watercolor classes.

"I was hooked the moment I walked into the studio," she recalled. "My first two paintings sold and are held in private collections today." Barbara supports various causes with revenue derived from her art and paint-along classes, and is active on Facebook.



"Beached Boat," by Barbara Kraemer

Judith Schimmel, a former teacher, said that retirement afforded her the time to pursue art. "I started taking classes with Jan Terry," she said. "I'm presently working with Rose Sinatra. I paint in watercolor, mostly...landscapes and occasionally florals."

Karen Wachter is active in the Pine Shores Art Association, Manasquan River Group of Artists, Laurelton Art Society, and Ocean County Artists Guild.



"House By The Water," by Judith Schimmel



"Irises," by Karen Wachter

"I work primarily in watercolors, which is a challenging medium with a mind of its own," she explained, "but the results can often be a welcome surprise." Pastels and oils are Karen's other media of choice.

The exhibit is free of charge and open to the public in the Branch, 112 Burr Street. For information, call (609) 698-3331. The exhibit will move to the Waretown Branch in August.

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





# SENIOR CORNER

## PET OWNERSHIP MAY DELAY COGNITIVE DECLINE IN OLDER ADULTS

Human-animal bond keeps the brain sharp for those over 65, researchers say

by Sara Ventiera, AARP

Science has long declared that pets help people de-stress and stick to a healthy routine. They can also decrease depression and physical pain and, in many cases, provide a sense of purpose.

A new study suggests that pet ownership is even better for older people than previously known. This preliminary study, released by researchers at the University of Michigan, has linked long-term pet ownership to delayed aging of the brain in adults over 65. The new data will be presented at the American Academy of Neurology’s 74th Annual Meeting in Seattle in early April.

“Prior studies have suggested that the human-animal bond may have health benefits like decreasing blood pressure and stress,” said Tiffany Braley, M.D., of the University of Michigan Medical Center in Ann Arbor, who oversaw the study, in a press release. “Our results suggest pet ownership may also be protective against cognitive decline.”

Using data from the Health and Retirement Study, an examination of 1,369 Medicare beneficiaries, Braley’s work looked at cognitive data from older adults with an average age of 65 who had normal cognitive skills at the start of the study. A total of 53 percent owned pets, and 32 percent were long-term pet owners who had owned their animals for five years or more.

For that Medicare study, researchers measured cognitive function through various tests, including number counting, subtraction problems and word recall. Participants received a cognitive score ranging from 0 to 27 based on how well they performed.

Over six years, cognitive scores decreased at a slower rate in pet owners, especially for the one-third who fell into the long-term pet owner category. On average, they had a cognitive composite score that was 1.2 points higher compared to non-pet owners. Those cognitive drops were even lower in Black participants, men and older adults with a college education.

“I definitely think having a pet makes a difference,” says caregiver Lorie Martan, 60. “Anything that helps stimulate the brain is good — plus all the love you’re giving to that animal.”

### Pets, people and the brain

For the past two years, Martan has been caring for a bedridden 80-year-old woman plus her dog and cat in the woman’s San Clemente, California, home. The cat, Maggie, spent all day and night in its owner’s room, often sleeping on her chest.

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Martan has been concerned about her employer’s well-being since the 21-year-old feline’s death in January. “The cat kept her busy and engaged,” says Martan. “There’s not that engagement anymore.”

More research is needed to understand why, exactly, owning a pet may help people stay sharper longer, but researchers do point to clues from past studies.

“As stress can negatively affect cognitive function, the potential stress-buffering effects of pet ownership could provide a plausible reason for our findings,” Braley says. “A companion animal can also increase physical activity, which could benefit cognitive health.”

A recent Japanese study authored by neuroscientist Yu Taniguchi that sought to discover the associations between pet ownership and the onset of disability in adults



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over the age of 65 found that dog and cat owners get more regular exercise and have closer social relationships than those who do not own pets.

Dog ownership, especially, appeared to protect against disability in older Japanese adults. The report concludes that daily dog care may play a role in successful aging. “People who walked their dogs were only half as likely to be gaining a disability,” says Lynette A. Hart, vice chair and professor of anthrozoology and animal behavior at the University of California, Davis.

### Other benefits to pet ownership

But it’s not just the physical movement that delays frailty. A 2015 study of nearly 2,700 people in Perth, Australia; San Diego, California; Portland, Oregon; and Nashville, Tennessee, found that pet owners (especially owners of dogs) were 60 percent more likely than non-pet owners to get to know people in their neighborhoods they hadn’t known before. “Of course, if you have lower physical health, you’re more vulnerable to dementia

and lower cognition — but I want to emphasize the social contact you get from having a dog,” adds Hart.

And for cat owners, like Martan’s employer, who are more often than not spending time with their pet at home, the benefits of that human-animal connection are still there.

Research has shown that cats can be more comforting for individuals with disabilities, who cannot respond to a dog the way it requires, and women in the sandwich generation who are caring for a parent with Alzheimer’s at the same time as raising a child. “We found a cat was a companion pet that wasn’t adding to their stress,” says Hart. “If you’re bedridden, a cat can sit on the bed with you, and that’s obviously better than being alone day after day.”

Though Martan’s employer does not want another cat right now, Martan believes it would be beneficial to find her a new senior feline companion. “It is more work for me, but it’s still better for her to have a cat,” she says.

aarp.com



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By Peter Urban, AARP

If you are like most Americans, there is room for improvement when it comes to lowering your risk for heart disease.

Cardiovascular disease is the number 1 cause of death in the U.S., according to the American Heart Association, which has updated its checklist of essential components for ideal heart and brain health, adding a good night’s sleep to the mix, among other changes.

Using the updated checklist to score cardiovascular health for more than 23,400 adults and children, the AHA found the overall cardiovascular health of Americans is “well below ideal.” The results appear in the AHA Journal Circulation. In fact, about 80 percent of the 13,500 adults (ages 20 to 79) included in the study scored at a low or moderate level.

The study measured cardiovascular health on a scale of 0 to 100, creating three ranges: “low” for scores below 50, “moderate” for scores from 50 to 79, and “high” cardiovascular health for scores 80 and above.

Just 19.6 percent of adults in the U.S. have “high” cardiovascular health, 62.5 percent scored “moderate,” and 17.9 percent were “low,” the study found.

## ARE YOU HEART HEALTHY? THIS CHECKLIST MAY HAVE THE ANSWER

Various research studies over the past two decades indicate more than 80 percent of all cardiovascular events may be prevented by healthy lifestyle and management of known cardiovascular risk factors, according to the AHA. So, it’s important to know what you can do to lower your risk.

“The idea of optimal cardiovascular health is important because it gives people positive goals to work toward at any stage of life,” AHA President Donald M. Lloyd-Jones, M.D., who led the study and chairs the department of preventive medicine at Northwestern University’s Feinberg School of Medicine in Chicago, said in a statement.

### THE AHA CHECKLIST

The AHA checklist first identified seven metrics for cardiovascular health in 2010. The latest update — now up to eight factors — is guided by more than a decade of scientific research. It also attempts to do a better job of discerning racial, ethnic and other demographic differences in heart health.

**1. Diet:** Score higher by eating more fruit, vegetables, whole grains, low-fat dairy, nuts and legumes and consuming less red or processed meat, sweetened drinks and salt.

**2. Physical activity:** The optimal level is 150 minutes of moderate physical activity or more per week or 75 minutes per week of vigorous-intensity physical activity, as defined by the U.S. Physical Activity Guidelines for Americans. Only 1 in 4 Americans report achieving the optimal level of physical activity, according to the AHA.

**3. Nicotine exposure:** Don’t smoke. That includes e-cigarettes or vaping.

**4. Sleep:** Ideally, you should average 7 to 9 hours nightly. “The new metric of sleep duration reflects the latest research findings:

Sleep impacts overall health, and people who have healthier sleep patterns manage health factors such as weight, blood pressure or risk for Type 2 diabetes more effectively,” said Lloyd-Jones.

**5. Body mass index:** Although it is considered an imperfect measure, a BMI between 18.5 and 24.9 is associated with the highest levels of cardiovascular health. However, research suggests the range may differ depending on race or ethnicity. About 100 million Americans are considered obese, according to the AHA.

**6. Blood lipids (cholesterol):** When it comes to cholesterol and triglycerides, focus on non-HDL cholesterol numbers that, when high, are linked to cardiovascular disease risk. They can also be measured without fasting beforehand.

**7. Blood glucose (sugar):** The metric has been expanded to include the option of hemoglobin A1c readings, a key measure to assess type 2 diabetes risk. The AHA notes that more than 28 million Americans have type 2 diabetes.

**8. Blood pressure:** Shoot for blood pressure levels that are less than 120/80 mm Hg (the optimal range). Hypertension is defined as 130–139 mm Hg systolic pressure (the top number in a reading) or 80–89 mm Hg diastolic pressure (bottom number). Approximately 121.5 million people in the U.S. have high blood pressure, according to the AHA.

In general, U.S. adults scored lowest in the areas of diet, physical activity and BMI. Scores were generally lower at older ages. Asian Americans, on average, scored better than other racial and ethnic groups, followed by non-Hispanic whites, Hispanics, Mexicans and Blacks, according to the AHA.

aarp.com

## 10 FOODS TO HELP RELIEVE STRESS

By Nissa Simon, AARP

What you eat has a great deal to do with how you feel, notes nutrition scientist Penny M. Kris-Etherton. “When you’re under stress, you may crave a glazed doughnut dipped in sprinkles — but tempting as it is, it won’t help your spirits and will probably leave you feeling grumpy and fatigued,” says Kris-Etherton, professor of nutritional sciences at Penn State University. You need calming foods that relieve stress and improve your mood. Here are 10 of them.

### 1. SWEET POTATOES

These orange gems are rich in complex carbohydrates that stimulate the brain to produce serotonin, a type of chemical that can serve as a mood stabilizer. Researchers note that compounds in sweet potatoes help lower levels of the hormone cortisol, which is involved in regulating the body’s response to stress. Sweet potatoes are also rich in magnesium, often considered one of the best minerals for promoting calmness and improving mood.

### 2. SPINACH

This leafy green is a good source of magnesium, a mineral associated with reduced levels of stress and anxiety. In addition, the leaves are rich in vitamin C, which the body can’t produce on its own. A lack of C has been linked to increased stress levels. Spinach also contains abundant amounts of folate, also called vitamin B9, as do kale, broccoli and cauliflower. Folate stimulates the production of dopamine, a brain chemical that helps brain cells communicate with each other. Use these

nutrient-rich veggies in salads or as raw snacks — cooking can deplete some of their benefits.

### 3. AVOCADOS

The pale-green flesh found beneath a tough shell is a good source of a family of B vitamins that play a role in producing brain chemicals to reduce stress and boost mood. Some of these naturally occurring chemicals also help prevent anxiety and relieve irritability. In addition, avocados provide lutein, a nutrient important for both brain health and eye health. Lutein improves memory as well as problem-solving ability. Avocados contain unsaturated fat, the kind usually called good fat because it can help improve blood cholesterol levels and stabilize heart rhythms. Serve avocado chunks in a colorful salad or mash the pulp for a buttery spread.

### 4. WINTER SQUASH

All types of winter squash, including fall favorites such as pumpkin, butternut, acorn, delicata and Hubbard, are rich in omega-3 fatty acids, which are important for brain health as well as heart health. Part of a family of polyunsaturated fats, omega-3s help protect against the devastating effects of chronic stress, which can damage the region of the brain responsible for memory. For an added treat, clean the seeds of pulp in cool water, pat them dry and roast them with some olive oil and a bit of salt.

### 5. YELLOW BELL PEPPERS

Although oranges are considered the go-to food for vitamin C, yellow bell peppers contain almost twice as much of this vital nutrient and less than half the sugar. Vitamin C supports

the immune system and helps regulate levels of cortisol, the hormone the body releases when under stress. Bell peppers tend to dry out easily; store them in the vegetable compartment of your fridge, and include a damp paper towel to help prevent moisture loss.

### 6. BLACK-EYED PEAS

Eating black-eyed peas on New Year’s Day is said to bring good luck, but they do far more than that; these beauties benefit you throughout the year. Actually a pale beige bean with a noticeable black spot, black-eyed peas and their relatives — lentils, soybeans, lima beans and peanuts — are rich in nerve-soothing thiamine (vitamin B1). Thiamine is sometimes called an anti-stress vitamin because it strengthens the immune system and bolsters the body’s ability to withstand stress. Cooks debate the necessity of soaking black-eyed peas before cooking (canned black-eyed peas don’t need to be soaked). Whether you do or not, spread the dried beans on a baking sheet, toss out the shriveled ones and any bits of grit, and you’re good to go.

### 7. EGGS

Whether you choose to serve them soft-boiled, hard-cooked, scrambled or coddled, eggs benefit your brain and nervous system. People under stress often feel irritable, angry and fatigued. Here’s where the humble egg comes in. An egg yolk is packed with more than 20 percent of the daily recommended amount of tryptophan, an amino acid needed to produce serotonin. In turn, serotonin, a chemical that carries messages between nerve



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cells in the brain, seems to ease stress and promote a feeling of calm, notes an article in the journal Nutritional Neuroscience. Bonus: Egg yolks are also a stellar source of vitamin D, linked to protecting against memory loss and forgetfulness.

### 8. BEETS

Feeling edgy and stressed? Reach for a serving of magnesium-rich beets to add to your plate. Magnesium helps increase levels of serotonin, a brain chemical that plays a major role in regulating mood. A shortfall of serotonin can cause anxiety, fatigue and irritability. According to an article in the journal Nutrients, symptoms of magnesium deficiency are similar to those of stress. Stress can cause magnesium loss and, in turn, a magnesium deficiency could increase the body’s susceptibility to stress. To prepare beets, boil, steam or roast them, and don’t bother peeling. Choose either red or golden beets; they provide the same benefits.

### 9. BROCCOLI

This fast-growing annual vegetable is a great source of vitamin C. In fact, broccoli outranks

oranges by 2 to 1 in the C department: 100g of cooked broccoli has nearly twice as much C as 100g of an orange. Why is C important? A lack of this vitamin has been linked to increased levels of stress. In addition, although it doesn’t make the top list of magnesium-rich foods, broccoli supplies a creditable amount of this mineral. A shortage of magnesium could make the body less able to withstand the effects of stress.

### 10. ALMONDS

Grab a handful of almonds before you rush out the door in the morning. Your day may be more stress-free than you expected. Almonds are a rich source of B vitamins, which help the body manage stress. Eat them either with or without the skins; the choice is yours. Tired of almonds? Swap them out for pistachios or walnuts. Both can help ease your racing heart when you’re under pressure. Whichever nuts you choose, if you are watching your weight, remember to limit yourself to just a handful a day because they’re all high in calories.

aarp.com



## NEW CAR NEWS

### FORD CELEBRATES 75TH ANNIVERSARY OF F-SERIES TRUCKS WITH 2023 F-150 HERITAGE EDITION



media.ford.com

To celebrate 75 years of F-Series trucks, Ford introduces the 2023 F-150 Heritage Edition – a modern take on the timeless 1970s and '80s two-tone exterior paint offerings featuring the classic style combined with the outstanding durability, capability and technology today's F-150 customers love.

Available on XLT series F-150 trucks, the design represents a fresh interpretation of the classic A-B-A exterior paint pattern, with an A color encompassing roof and pillars, a B color for the midsection, then A repeating on bumpers, lower door and lower body.

Interior offerings in slate gray and black complement the expressive exteriors. Distinct seat trim covers featuring unique inserts, plus embossing on the console lid further enhance the uniqueness of the Heritage design. A white "75 Years" logo appears in the upper center windshield and is included in the center screen startup animation and on the center console.

#### Five color options are available:

- **Race Red midsection**, with upper and lower Carbonized Gray
- **Atlas Blue midsection**, with upper and lower Agate Black
- **Antimatter Blue midsection**, with upper and lower Carbonized Gray
- **Avalanche midsection**, with upper and lower Agate Black
- **Area 51 midsection**, with upper and lower Agate Black

Pricing will be available when order banks for the 2023 F-150 Heritage Edition open mid-July, with production starting this fall.

media.ford.com

### HYUNDAI'S IONIQ 5 ELECTRIC SUV RECEIVES 2022 IIHS TOP SAFETY PICK+

Hyundai's all-new 2022 IONIQ 5 (built after December 2021) has received an Insurance Institute for Highway Safety (IIHS) 2022 TOP SAFETY PICK PLUS (TSP+) designation. The significant achievement now gives Hyundai a total of nine 2022 TOP SAFETY PICK PLUS (TSP+) and TOP SAFETY PICK (TSP)-rated vehicles in its lineup, among the most in the industry. Hyundai and Genesis have a combined 14 TSP/TSP+ vehicles.

"As the industry navigates to an all-electric future, we are extremely proud to have been awarded an IIHS TSP+ for our all-new IONIQ 5, the first of three Hyundai EV's to be built on our Electric-Global Modular Platform (E-GMP)," said Brian Latouf chief safety officer, Hyundai Motor North America. "Safety is foundational at Hyundai and earning the IIHS TSP+ award demonstrates our "Safety First" commitment to our customers."

The IONIQ 5 is equipped with the next level of Hyundai SmartSense, advanced driver assistance systems that ensure the highest levels of safety and convenience on



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the road. IONIQ 5 is the first Hyundai model to offer Highway Driving Assist 2. Other driving assistance systems available include Smart Cruise Control with Machine Learning, Forward Collision-Avoidance Assist, Blind-Spot Collision-Avoidance Assist, Intelligent Speed Limit Assist, Driver Attention Warning, High Beam Assist, and more.

Both TSP and TSP+ awards require "Good" ratings in all six IIHS crashworthiness tests — driver- and passenger-side small overlap front, moderate overlap front, side, roof strength and head restraints. Award winners must be available with front crash prevention technology that earns a "Superior" or "Advanced" rating in both vehicle-to-vehicle and vehicle-to-pedestrian evaluations. TOP SAFETY PICK winners must also be available with "Good" or "Acceptable" headlights. The "plus" designation is given to models that have "Good" or "Acceptable" headlights across all trim levels and packages.

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### J.D. POWER 2022 U.S. INITIAL QUALITY STUDY RANKS HYUNDAI ACCENT TOP IN SEGMENT

The J.D. Power 2022 U.S. Initial Quality Study (IQS)<sup>sm</sup> ranked the Hyundai Accent as the best small car in initial quality today. The win marks the second year in a row Accent has won the best small car IQS trophy.

"Back-to-back wins are always hard to accomplish in J.D. Power IQS," said Omar Rivera, executive director, quality and service engineering, Hyundai Motor America. "We are relentless in our pursuit to constantly improve customer satisfaction and the quality of our vehicles. Accent is a symbol of our commitment to achieving those goals."

#### Study Highlights:

The 2022 U.S. Initial Quality Study, now in its 36th year, is based on responses from 84,165 purchasers and lessees of new 2022 model-year vehicles who were surveyed early in the ownership period.

Initial quality is measured by the number of problems experienced per 100 vehicles (PP100) during the first 90 days of ownership, with a lower score reflecting higher quality.

The study is based on a 223-question battery organized into nine vehicle categories (infotainment; features, controls and displays; exterior; driving assistance; interior; powertrain; seats; driving experience; and climate) designed to provide manufacturers with information to facilitate the identification of problems and drive product improvement. The study was fielded from February through May 2022.

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Ron Koch, senior vice president, global automotive, J.D. Power and Robert Mansfield, senior director, global automotive, J.D. Power present the J.D. Power IQS best small car trophy for the Hyundai Accent to Omar Rivera, executive director, quality and service engineering, Hyundai Motor America and Barry Ratzlaff, chief customer officer, Hyundai Motor North America in Fountain Valley, Calif., June 27, 2022. (Photo/Hyundai)



Honda Passport - hondanews.com



Honda Ridgeline - hondanews.com



Honda Odyssey - hondanews.com



Honda Pilot- hondanews.com

### HONDA TIES FOR LEADING AUTOMAKER IN CARS.COM 2022 AMERICAN-MADE INDEX WITH FOUR MODELS IN TOP 10

Honda's commitment to building products in America was on display in the Cars.com 2022 American-Made Index® — with four Honda models in the top 10 and 7 Honda and Acura models ranking among the top 20.

Honda vehicles in the top 10 are the Alabama-made Honda Passport SUV, Ridgeline pickup, Odyssey minivan and Pilot SUV. Three Ohio-made Acura models — the Acura flagship, fourth generation MDX SUV, RDX premium sport crossover and TLX premium sport sedan — placed 14th, 15th and 16th respectively.

All four of the Honda models in the top 10 —Passport, Ridgeline, Odyssey and Pilot — also were designed and developed by Honda engineers in the U.S. and are produced exclusively in Lincoln, Alabama. Moreover, the engines that power these vehicles also are built at Honda's Alabama Auto Plant, with the transmissions produced nearby at Honda's transmission plant in Tallapoosa, Georgia.

More than two-thirds of the Honda vehicles sold in the U.S. in 2021 were made in America at Honda plants in Ohio, Indiana and Alabama, the second-highest percentage of any full-line automaker for the share of vehicles that were built and sold in America. Honda operates five automobile plants in the U.S. — more than any other international automaker.

All Acura models sold in the U.S. are built in Ohio. The Acura MDX, RDX and TLX built in Ohio, also were designed and developed by Honda engineers in the U.S.

Honda has produced more than 29 million cars and light trucks in the U.S. over the last 40 years and has purchased \$470 billion in parts and materials from U.S. mass production suppliers during that same time period.

Cars.com assesses several factors for the American-Made Index: location of final assembly; percentage of U.S. and Canadian parts; country of origin for available engines; country of origin for available transmissions; U.S. manufacturing employees relative to the automaker's footprint. More information about the "Cars.com 2022 American-Made Index" can be found at [www.cars.com/american-made-index](http://www.cars.com/american-made-index).

#### Top Ranked Honda Vehicles

- 2022 Honda Passport (Lincoln, Ala.) — 4th place
- 2022 Honda Ridgeline (Lincoln, Ala.) — 8th place
- 2022 Honda Odyssey (Lincoln, Ala.) — 9th place
- 2022 Honda Pilot (Lincoln, Ala.) — 10th place

#### Top Ranked Acura Vehicles

- 2022 Acura MDX (East Liberty, Ohio) – 14th place
- 2022 Acura RDX (East Liberty, Ohio) — 15th place
- 2022 Acura TLX (Marysville, Ohio) — 16th place

#### Honda Manufacturing in America

Honda has been producing automobiles in America for 40 years, beginning in November 1982 with the start of automobile production at the Marysville Auto Plant.

In 2021, two-thirds of all Honda and Acura automobiles sold in the U.S. were made in America, using domestic and globally sourced parts. Honda's cumulative auto production in America now exceeds 29 million vehicles.

Honda established manufacturing operations in America in 1979 with the start of motorcycle production in Marysville, Ohio, and today has one of the largest and most diverse U.S. manufacturing footprints of any international company. The company's 12 plants employ more than 22,000 associates in America, supporting operations that have an annual capacity of more than 1.27 million automobiles, 1.52 million engines, 500,000 power equipment products and 300,000 powersports products, as well as the HondaJet advanced light jet and GE Honda HF120 turbofan engines.

Cumulatively, Honda has invested \$19 billion in its U.S. manufacturing operations, including more than \$3.2 billion over the past five years alone. The company also works with over 600 U.S. original equipment suppliers, with U.S.-sourced parts purchases of \$23.1 billion in 2021 and approximately \$470 billion since 1979.

Learn more at [hondainamerica.com](http://hondainamerica.com).



# TALE AS OLD AS TIME: BCCT PRESENTS BEAUTY & THE BEAST

To kick off its 30th Anniversary Celebration, BCCT will be presenting Beauty & The Beast August 5, 6 and 7 at the Stafford Township Arts Center (STAC) in Manahawkin, NJ.

If you are familiar with the organization, you have heard the story once or twice before...how a young director, Heather Campagno, would put on plays with the children her mother would babysit during the summer.

The shows were performed in the Campagnos' basement for the kids' families and friends, but word quickly spread, and BCCT was on its path to become the premier children's theater company of Ocean County.

Over the past 30 years, BCCT has drawn thousands of auditioners and presented almost 90 shows to, more often than not, sold out audiences. BCCT alumni have gone off to successful careers on Broadway and other areas of the performing arts. The organization has garnered multiple awards, including Asbury Park Press's Best of the Best Community Theater and the Ocean County Cultural and Heritage

Commissions' 2020 Cultural Response Award for its Theater in the Park Series during the Pandemic.

Beauty and the Beast will feature BCCT veteran Ella Zarrilli as Belle, Christian Cirone as The Beast, Frankie Mailley as Gaston, Searra VanDerveer as his sidekick Lefou, Gavin Powers as Lumiere, Grace Zarrilli as Cogsworth, Ava Buray as Mrs. Potts and Alex Appar as Chip. A talented group of colorful characters rounds out the cast in this Disney classic, all under the direction of BCCT Founder Campagno.

The cast also will say goodbye to six of BCCT's graduating seniors from across the county: Alysa Cainzos (Jackson), Christian Cirone (Manahawkin), Ian Keating (Toms River), Shelby Lawless (Forked River) and sisters Ella and Grace Zarrilli (Brick). To date, BCCT has awarded over \$150,000 in scholarships to all of its qualifying graduating seniors. This year's group will continue their studies at schools like University of Central Florida School of the Performing Arts, Muhlenberg College, Rutgers University's Mason Gross School of the Arts, among others.



Something there that wasn't there before...

BCCT's Beauty & the Beast will feature Ella Zarrilli (Belle), Christian Cirone (Beast), Ava Buray (Mrs. Potts), Gavin Powers (Lumiere) and Grace Zarrilli (Cogsworth).

Beauty and The Beast runs August 5, 6 and 7 with performances at 7:30 p.m. on Friday and Saturday and two matinee shows at 2:00 p.m. Saturday and Sunday. Ticket prices are \$18 for adults and \$16 for seniors and children 12 & under, plus a \$1.50 service fee per ticket. All attendees need a ticket regardless of age. The show is recommended for children over the age of four; as the run time is approximately 2 hours and 30 minutes with a 15-minute intermission.

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## HONDA CERTIFIED PRE-OWNED Summer SAVINGS EVENT

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# GIRL SCOUTS OF THE JERSEY SHORE CELEBRATES 30 GOLD AWARD GIRL SCOUTS

Farmingdale, NJ – Girl Scouts of the Jersey Shore celebrated its 2022 class of Gold Award Girl Scouts: 30 teen world-changers who have created a lasting impact on issues that are important to them. Gold Award Girl Scouts identify the root cause of a problem, plan and implement innovative solutions that address that problem, and lead a team of people who support their success.

The Gold Award is a Girl Scout’s highest achievement, available to girls in high school who drive sustainable change on issues in their communities and beyond. This year’s class of Gold Award Girl Scouts invested over 2,400 hours in taking action to tackle the root causes of so many pervasive issues: teaching about and supporting environmental sustainability, empowering the elderly and women’s health and wellness, advocating for animal welfare, promoting interest and access to STEM and STEAM education, creating accessible spaces, fostering community connection, and so much more.

“Gold Award Girl Scouts gain tangible skills and prove they’re the leaders our world needs,” Heather Coburn, Girl Scouts of the Jersey Shore Interim CEO, told Gold Award Girl Scouts, their families and friends at a ceremony on June 7th, sponsored by Mike and Lorrie Kzirian at B2 Bistro in Bayville, NJ.

Coburn added, “You have demonstrated dedication to empowering yourself and improving your community. You are now part of the legacy of over 1 million Gold Award Girl Scouts who have made meaningful, sustainable change in their communities and around the world since 1912.”

Teri O’Connor, Board Chair, recognized the 30 teens and said, “The Girl Scout Gold Award acknowledges each recipient’s power and dedication to not only bettering herself, but to making the world a better place for others. They are our future – and it is bright!”

In addition to changing the world around them for the better, Gold Award Girl Scouts transform their own lives by building skills for academic, career, and personal success.

At the ceremony, a variety of recognitions were bestowed upon the Gold Award Girl Scouts including letters from the White House and Governor Phil Murphy, certificates from GSJS and GSUSA, US Senator Bob Menendez and Senator Cory Booker, the Monmouth Regional Chamber of Commerce and The Military Order of the World Wars, proclamations from Monmouth and Ocean County Commissioners and recognitions from local mayors.

The ceremony was hosted by Alina de Zoysa, Gold Award Girl Scout and sophomore at Washington and Lee University, who told her fellow Girl Scouts, “Our sisterhood is what unites us and what has made Girl Scouts such an enduring part of society for 110 years.”

An energetic keynote speech was delivered by, Lipica



### The Gold Award Class of 2022:

Rebecca Aguayo, Freehold, “Feminine Freedom”	Orianna Nolan, Highlands, “Time to Talk Pollution”
Mahathi Chitti, Englishtown, “Rejuvenating and Herb Garden”	Sharvani Nune, Manalapan, “Sewing a Better Future”
Victoria Cicero, Jackson, “Packs of Sunshine”	Julietta Onofrietti, Toms River, “Doghouse Peace”
Anna Connolly, Freehold, “Increasing STEM Education for Girls”	Elina Patel, Holmdel, “Eating Clean for Teens”
Colleen Dickenson, Spring Lake Heights, “Bike Safety at the Shore”	Marley Petti, Manchester, “Service Dogs 101”
Julia Ferrara, Point Pleasant Beach, “Panther Wall of Honor”	Callie Rommel, Toms River, “Sew What? An Extensive Sensory Experience”
Jean Gilbride, Morganville, “Togetherness with Creativity”	Sophia Schindel, Millstone, “Senior Sanctuary for Community”
Aliya Grinberg, Matawan, “Wired Seniors”	Christianna Simon, Colts Neck, “Caregiver Connections”
Elsa Joseph, Manalapan, “Connecting a Community”	Olivia Skvarenina, Jackson, “Be Happy with Positive Thinking!”
Olivia Krukowski, Beachwood, “Better Prepare Eight Graders for The First Day of High School”	Jessica Soucy, Beachwood, “Underage Drinking Awareness”
Michaela M., Spring Lake, “Hydrant GPM Bands”	Maeve Spang, Manasquan, “Warrior Welcome”
Emma McPolin, Locust, “A Novel Idea: Zoom Book Club for people with Turner Syndrome”	Alexis Terracciano, Manasquan, “Bike to the Future”
Julia Moran, Spring Lake, “STEAM Summer Camp/Enrichment Program”	Reagan Volk, Rumson, “Mission Milkweed”
Eileen Morrison, Jackson, “The Steps to Self”	Abigail Willmot, Point Pleasant Beach, “Pollinator Gardens”
Deeya Nevatia, Marlboro, “Memory Rehabilitation”	Alina Zaman, Freehold, “Mindful of Mental Health”

Shah, accomplished actor, member of Actors’ Equity Association and SAG-AFTRA, and co-founder of “1497”, an initiative to support and uplift talent of South Asian descent to challenge their under representation in the American film and television industry. A lifetime member, Lipica has been involved with Girl Scouts of the Jersey Shore since she was a Daisy. She was a girl delegate, on the inaugural “By Girls, For Girls” National Advisory Committee, earned her Silver Award, and in 2005 was

names one of GSUSA’s Young Women of Distinction for her Gold Award project. In 2021 she was appointed to GSUSA’s Young Alum and Lifetime Membership Advisory Committee and is also a member of the NVP Growing Strategies for DEI/RJ Team.

Lipica recalled her time at Girl Scouts and left the girls with this powerful message, “You have made history. And you’re sitting here now, proof that you are fully capable of handling whatever life throws your way, no matter how impossible things may seem. Welcome to the sisterhood. I can’t wait to see what adventure you choose next.”

To learn more about the Gold Award Girl Scouts and the issues they addressed visit: [www.gsFun.org/Gold](http://www.gsFun.org/Gold).

HYUNDAI CERTIFIED PRE-OWNED

SAVINGS EVENT

2019 Hyundai Tucson SE YKU073223 <b>\$22,990*</b>	2017 Hyundai Santa Fe Sport 2.0L Turbo Ultimate YHG497128 <b>\$23,550*</b>	2019 Hyundai Sonata SE YKH745611 <b>\$23,990*</b>	2019 Hyundai Tucson Value NKHU010481 <b>\$24,550*</b>	2018 Hyundai Kona SEL FJU077254 <b>\$26,990*</b>
2019 Hyundai Tucson Sport YKU990541 <b>\$27,990*</b>	2019 Hyundai Santa Fe SE 2.4 P84056 <b>\$28,550*</b>	2021 Hyundai Kona Limited YMU609610 <b>\$28,550*</b>	2019 Hyundai Santa Fe Limited 2.4 YKH031625 <b>\$29,990*</b>	2020 Hyundai Sonata SEL Plus YLH014376 <b>\$29,990*</b>
2021 Hyundai Kona SEL Plus NMU658326 <b>\$29,990*</b>	2020 Hyundai Santa Fe SEL 2.0 YLH194798 <b>\$34,990*</b>	2020 Hyundai Palisade SEL FLU039498 <b>\$42,990*</b>	2021 Hyundai Palisade SEL FMU330940 <b>\$45,990*</b>	2020 Hyundai Palisade Limited YLU162376 <b>\$47,990*</b>

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

Curtis is looking for a hero. Curtis is a super friendly Grey Male, believed to be about 6 years old, with fur the color of a Russian Blue.

He was found lying in the middle of the street by a good Samaritan. Animal control was called and picked him up and brought him to the So. Ocean Co. Animal Shelter in Manahawkin where he was assessed by a vet and it was discovered he is blind due to cataracts. He had no idea he was in the middle of the road. He may be able to see shadows.

Apparently poor Curtis was living outdoors, he has his left ear tipped which tells us he was tnr'd and someone was probably feeding him, but he can no longer live outside not being able to see. He now needs an indoor only home. He is a sweetheart of a cat, super friendly, loves people and attention, loves to be petted and brushed and will purr and snuggle against you while you brush him. He deserves a good home just like any other cat. He would fit in almost any type of home and make a wonderful companion. He knows his kitty manners and uses his litter box faithfully and would probably not mind sharing a home with another cat. It would be best if his new family had a separate room to start him off in to introduce him to his new surroundings just like introducing any new cat into a household. He really has no special needs except to being kept indoors.

He is neutered, up to date with vaccinations, tested negative for FIV and FeLV and now microchipped. If you think you could be Curtis's hero, an application to adopt can be filled out on line at [Fosocas.org](http://Fosocas.org) or you can text or call Linda 609-709-8583 for more information and she can arrange to meet you at the shelter in Manahawkin for a meet and greet. Don't discount animals with disabilities. You will be rewarded ten times over with unconditional love.

**Curtis**

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

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

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# SWITCH LANES OR SLOW DOWN FOR PEDESTRIANS, OR GET FINED - IT'S THE LAW

By Dino Flammia, wobm

Still reeling from the impacts of the coronavirus pandemic, you may have completely missed the launch of a new state law that transforms the way you must drive when approaching pedestrians and bikers on the side of the road.

So, now that it's summertime, here's a refresher on New Jersey's latest "move over" law that took effect in March.

The law, signed by Gov. Phil Murphy in August 2021, sets ground rules for drivers who are approaching road users who aren't in motor vehicles — walkers, runners, cyclists, and people on scooters and wheelchairs, for example. Switch lanes on a multi-lane road or pass at least 4 feet away from the individual. If neither a safe distance or lane switch are possible, reduce speed to 25 mph and be prepared to stop when passing.

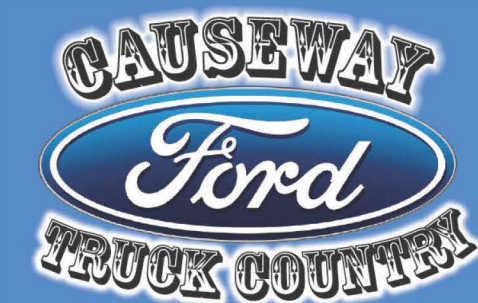
Violators can be fined \$100, as long as their actions don't get anyone hurt. Passing incidents that result in bodily

harm can come with a \$500 fine and two motor vehicle points.

Kagan said New Jersey and the nation are facing a "real crisis of traffic violence." Deaths are on the rise for both bicyclists and pedestrians; this law aims to prevent deaths, injuries and near misses. "This law is an opportunity to build awareness among drivers, that road users who are not in cars are also friends, they're family, they're colleagues from work or your neighbors," Kagan said.

It's not just people you are required to move over or slow down for while driving. For years, New Jersey has had a law on the books that specifically requires drivers to slow down or move over if there is a stationary vehicle on the side of the road with flashing lights — police cars, tow trucks, EMS vehicles, and highway safety vehicles, for example.

New Jersey also has a law that requires motorists to stop when pedestrians are crossing a marked intersection, and yield to pedestrians crossing at unmarked intersections.



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# OCEAN COUNTY LIBRARY

CONTINUED

## TODD MEREDITH UNPLUGS FOR ACOUSTIC SHOWS AT 4 LIBRARY BRANCHES

TOMS RIVER – Todd Meredith, one of the Jersey Shore’s busiest musicians, will play crowd-pleasing tunes and take requests during a string of live summer and autumn acoustic concerts at four Ocean County Library branches:

- Manchester Branch - 2 PM Monday, August 22, 21 Colonial Drive, (732) 657-7600
- Little Egg Harbor Branch - 7 PM Tuesday, September 13, 290 Mathistown Road, (609) 294-1197
- Upper Shores Branch – 6 PM Wednesday, November 16, 112 Jersey City Avenue, Lavallette, (732) 793-3996



Todd Meredith

Todd has appeared at numerous shore venues during the past five years, following 10 successful years as an actor and musician in New York City. He starred as Buddy Holly in the national tour of the musical, The Buddy Holly Story, in 2015.

In his acoustic solo shows, Todd plays a wide variety of rock, pop and country favorites that span generations of fans, for relaxing or rocking out. He also performs around the US and on cruise ships with his band, The Rave-Ons.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for these free programs. For more information, call (732) 349-6200.

## DISCOVER SEASONAL COASTAL BIRDS WITH NATURALIST SUSAN PUDER AT THREE LIBRARY BRANCHES

TOMS RIVER – Which species of our feathered friends flock to the Jersey Shore and the Pinelands from season to season each year? Join award-winning author-photographer Susan Puder and learn “All About Birds” at four Ocean County Library branches:

- Upper Shores Branch – “Spring and Summer Coastal Birding,” 6:30 PM Wednesday, August 10, 112 Jersey City Avenue, Lavallette, (732) 793-3996
- Toms River Branch – “Winter Coastal Birding,” 6:30 PM Monday, August 15, 101 Washington Street, (732) 349-6200.
- Little Egg Harbor Branch – “Birds of the Pine Barrens,” 6:30 PM Thursday, August 25, 290 Mathistown Road, (609) 294-1197



Susan Puder at

“Spring and Summer Coastal Birding” explores the annual arrival of Red Knots, warblers and other shore birds to the Delaware Bayshore area for nesting and breeding, and describes the fall migration that starts each July.

“Winter Coastal Birding” sheds light on the thousands of sea ducks, loons, grebes, gulls, and other species that wing from far northern regions to New Jersey’s 127 miles of coastline during the cold months.

“Birds of the Pine Barrens” reveals the best places to spot waterfowl, shorebirds, raptors, and other species that rest, nest, and breed in the 1-million square-mile coastal plain that hosts migrating species along the Atlantic Flyway.

Susan Puder has photographed and written about nature and wildlife for more than 30 years, and is a field contributor to Nature Photographer Magazine. Her work has been exhibited throughout New Jersey and in New York City. The Stockton University instructor founded the Southern Ocean Birding Group at Tuckerton Seaport, and belongs to Friends of Edwin B. Forsythe National Wildlife Refuge. Her book New Jersey Birds and Beyond is available at the Ocean County Library. Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required to attend this free program. For more information, call (732) 349-6200.

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PROJECTS GO FASTER WITH FRIENDS AND FAMILY

By Danielle Natale,  
Causeway Honda Sales

Recently I noticed how many wonderful friends and family I have who go above and beyond to help me. I have always been the same and would drop anything for any one of them. Those of you that read my articles each month know that usually they are about gardening and home projects. This year I have taken on a lot at my home. I have started projects that I never thought I would be able to do. Thankfully, with the help of my friends and family. I have been able to get a few of the hard projects done without hurting myself.



I was prepared on my day off to spread 8 tons of stones in the backyard around the pool as an extended patio. I have painted the entire exterior of my home; and also I have renovated my entire 1800's Victorian inside as well. I was ready for this next project. It is a labor of love I always say! Much to my surprise my mom and friend Jess showed up and offered to help me. Thank you so much!

Obviously, the work was easier, and we were able to get more done than I would have on my own. Luckily my mom and Jess both love exercise and were looking at it as fitting in a Rocky style workout. We started keeping track of the hours, intensity, and the muscle groups we were using, and we realized that we did a

full body workout and had fun doing it. My Mom, who is a marathon runner and dedicated to living a healthy lifestyle, mentioned how important it is to be mobile as you get older. She would rather do yard work and get in her strength exercise that way than go to a gym for an hour. My friend Jess who is big into CrossFit and a good gym buddy, considered this an extra workout! Together we three chicks put in some time to complete a usable space and had a blast! I learned to accept help from those who, you yourself, would do anything for. I realized that I didn't always need to go to the gym to fit in my cardio and strength training exercises. Helping others, friends, family and staying active are all good for the soul! "Pay it forward" help the ones you love.

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56 Nautilus Drive, Manahawkin  
Monday - Thursday, 10:00am-2:00pm / 609-978-3839

More details available at [www.InterfaithSOC.org](http://www.InterfaithSOC.org)

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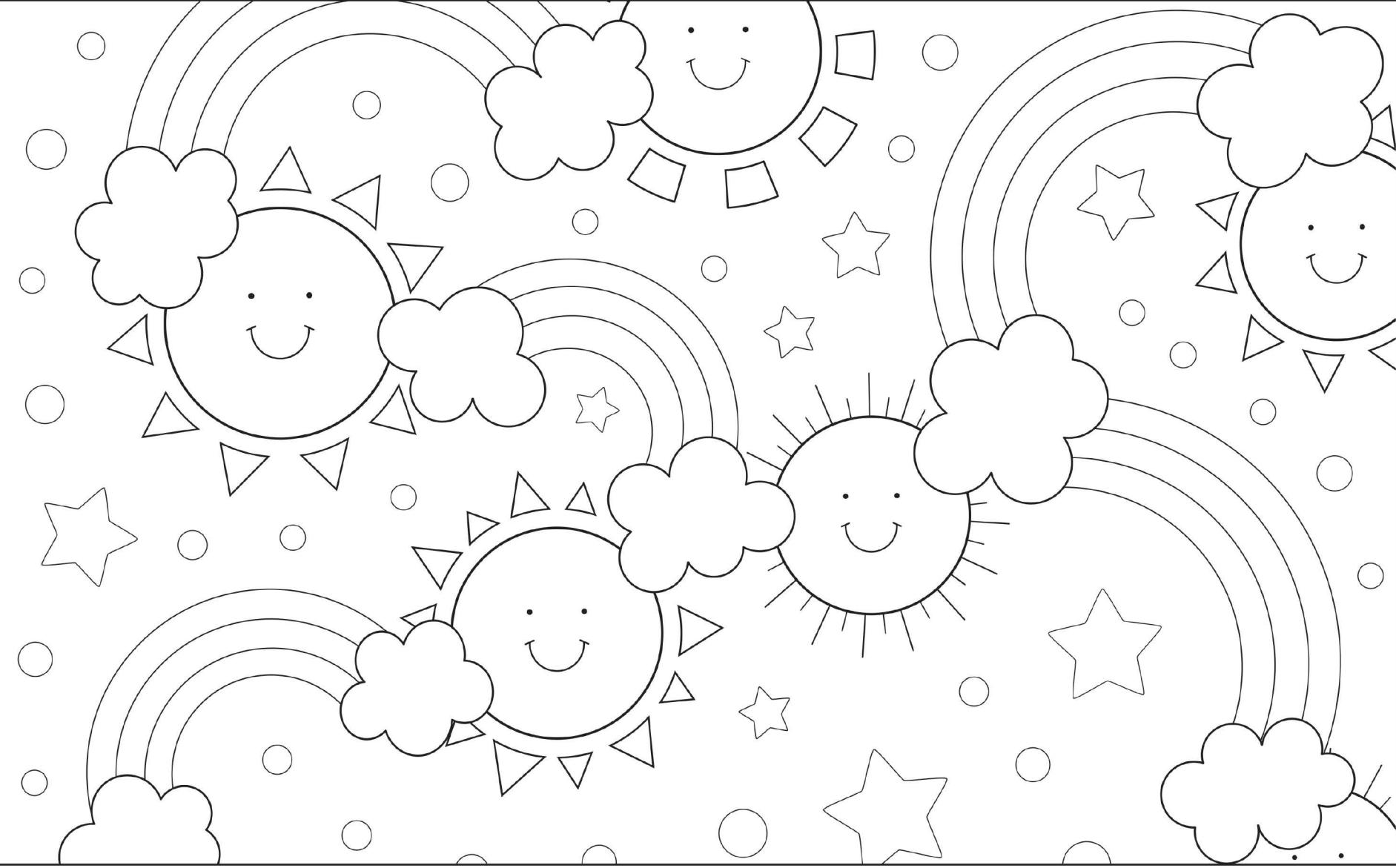
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# KIDS CORNER



**COLORING CONTEST!**  
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Simply have your child color the page, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.

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

**Mail to: Causeway Coloring Contest**  
**PO Box 547, Manahawkin, NJ 08050**

Child's First Name \_\_\_\_\_

Age \_\_\_\_\_

School \_\_\_\_\_

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

*Child can only win once per calendar year.*



**Congratulations to Last Month's Kid's Coloring Contest Winner!**

**Emily**

# 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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**PO Box 547,**  
**Manahawkin, NJ 08050**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone number \_\_\_\_\_

Residence: \_\_\_\_\_

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



**Mary**

Italian Favorites  
Steaks & Chops  
Seafood  
Thin Crust Pizza

On & Off Premises  
Catering Available

On Premises Parties  
for All Occasions

Open 7 Days for LUNCH & DINNER

**DOORDASH**  
**WE DELIVER**  
**GRUBHUB**

**Come Try Barnegat's Only Brick Oven Pizza!**

**Come Check Out Our NEW Menu Additions**

**EARLY DINING SPECIAL**  
**15% OFF**  
**Your Entire Check**  
Valid Monday - Thursday 2-5 pm  
Must be seated by 5pm • Maximum value \$15  
**DINE IN ONLY**  
One coupon per visit. Not Valid on Holidays.  
Coupons may not be combined with any other offer.  
With coupon only. Expires 8/15/22 Shore Savings

**2 Large Pies (Toppings Extra)**  
(Sunday-Thursday only) **TAKEOUT ONLY**  
**\$20<sup>99</sup>**  
One coupon per visit. Not Valid on Holidays.  
Coupons may not be combined with any other offer.  
With coupon only. Expires 8/15/22 Shore Savings

**LUNCH SPECIAL**  
**Buy One Lunch Item Get One 50% OFF**  
Lunch menu item equal or lesser value  
Monday through Sunday 11-4 pm  
**DINE IN ONLY**  
One coupon per visit. Not Valid on Holidays.  
Coupons may not be combined with any other offer.  
With coupon only. Expires 8/15/22 Shore Savings

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