

# The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities August 2022 • Number 100

## CELEBRATING OUR 100<sup>TH</sup> ISSUE

### A look back on the history and impact of The Causeway Gazette.

**MANAHAWKIN, NJ** – What if we made a newspaper? That was the thought that Joe Stroffolino, Director of Advertising and Marketing for the Causeway Family of Dealerships, had in 2013 after receiving an ad in the mail that resembled a newspaper clipping.

The idea was simple – create a newspaper that Causeway could brand and customize with a mix of informative, localized content and advertising.

David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs, immediately supported Stroffolino's idea. "Let's do it," Wintrode said.

The presses began to roll, and the masthead read "The Causeway Gazette".

The first few months were filled with heavy advertising and little content, then that ratio quickly switched.

Stroffolino, the publication's editor, wanted to provide readers with a mix of events, local success stories, sports, announcements, local news and more.

"Oh, and there would be absolutely no negative content on these pages, only positive and encouraging news," he added.

The Causeway Gazette's geographic target was around the Southern Regional School District. "The idea was ingenious," said Wintrode. "The basis for mailing was the schools, which all the parents were excited about."

The publication also offers coloring contests for both kids and adults. "The community loves these contests, and our staff picks a winner each month based on submissions," said Stroffolino. "Winners receive gift certificates to local businesses. It really is a great outreach effort."

As the years marched on, The Causeway Gazette eventually transformed into a vehicle to spread awareness on the endeavors of Causeway CAREs and the Wintrode Family Foundation in partnership with the nonprofit community.

In 2019, the Causeway Family of Dealerships celebrated its 50th Anniversary with a \$10,000

Monthly Grant Program to benefit local nonprofits and community organizations. The yearlong grant program reached its peak in its final month when Causeway donated a vehicle to a local nonprofit. The initiative's success (over 80 grant applications were received) led to the CauseWheels Monthly Vehicle Donation Program to help neighbors and positivity impact Ocean County.

All of these endeavors have been showcased throughout the pages of this publication.

To date, Causeway CAREs has purchased, recycled and donated 24 vehicles and counting through its CauseWheels Vehicle Donation Program.



Causeway Gazette Issue #1 Published August 2014



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*"It has been a great dream of mine to partner with various nonprofit, local and community-based organizations to ensure their long-term success and encourage collaboration between them."*



"Each vehicle we donate provides a pathway for local nonprofits to continue their great work in the community," said Stroffolino. "In many cases, it stimulates collaboration between organizations to help make these donations happen."

Although all of these stories are worthy of recognition, here are a few examples.

Interfaith Health and Support Services utilized its vehicle donation to create a new program called "Ride for Health". Through the collaboration of Causeway Family of Dealerships and OceanFirst Foundation, Interfaith has been able to bring seniors to their medical appointments and to area senior centers for midday meal and group activities.

Northern Habitat for Humanity received a 17-foot box truck has helped it carry out its mission and expand its home repair program to cover all of Ocean County. This donation was made possible in part through a grant from the Grumin Foundation.

Earlier this summer, The HOPE Center in Toms River received a van that has allowed it to pick up

food directly from Fulfill and other local partners on an as needed basis to support the community. This donation was funded in part through a grant from Fulfill.

"It has been a great dream of mine to partner with various nonprofit, local and community-based organizations to ensure their long-term success and encourage collaboration between them," said Wintrode.

Today, The Causeway Gazette's readership has expanded beyond Southern Regional to Barnegat toward Little Egg Harbor – its current circulation is 27,000 and growing.

"I am thankful for Joe's perseverance in ensuring the Gazette's success," said Wintrode. "It has been a humbling experience to see how community collaborations have enabled certain groups to further their mission and ultimately make our community a better place to live, grow and thrive. It really is life changing."

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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).



# HUNGER WON'T WIN in Ocean and Monmouth counties, thanks to Fulfill and its community partners

Fulfill, in collaboration with Causeway CAREs, hosted a vehicle raffle that raised \$71,500 at the **2nd Annual Drive Out Hunger Golf Outing**.

MANAHAWKIN, NJ – Not everyone has recovered. The demand for food at the Jersey Shore is still 22 percent higher than it was pre-pandemic. No one knows that better than Fulfill, a nonprofit that strives to alleviate hunger and build food security in Monmouth and Ocean Counties.

“Hunger does not occur in a silo or in a vacuum,” said Triada Stampas, President and CEO of Fulfill. “As much as Fulfill does, we are not the be-all, end-all solution on our own. It takes partnerships and collaboration, and through those collective resources and creativity, we can bring together better solutions.”

A shining example of this occurred on June 20th at Fulfill’s 2nd Annual Drive Out Hunger Golf Outing. With 115 golfers in attendance, the event raised over \$250,000. “The net proceeds will go toward providing food and services to food insecure individuals in Monmouth and Ocean County,” said Stampas.

In tandem with the golf outing, Fulfill, in collaboration with Causeway CAREs and the Causeway Family of Dealerships, hosted a vehicle raffle.

“We were lucky enough to partner with Causeway for the second year in a row and provide this experience for our donors,” said Stampas. “We started selling the raffle tickets in April for \$100 each. We raised \$71,500 through this initiative.

Joseph Stroppolano, a member of Fulfill’s Board of Trustees, and Director of Advertising and Marketing of Causeway Family of Dealerships/Causeway CAREs, pulled the winning ticket at the golf outing. “Carmela Malgeri, an Ocean Township resident, won the coveted 2022 Bronco Sport valued at \$33,000.

Fulfill’s collaboration with Causeway started many years ago through David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs, and former Fulfill Board Member.

“I am carrying the torch that Dave was running with for nine years,” said Stroppolano. “Whenever we have a partnership agency that needs transportation, we have always been able to assist in finding the appropriate vehicle.”

At last count, Causeway CAREs has purchased, recycled and donated 24 vehicles through its CauseWheels Vehicle Donation Program. “Most of these recipients have been partners of Fulfill,” said Wintrode. “The key is always collaboration. That’s the whole purpose of Causeway CAREs – to give back to our nonprofit partners.”

“We are so grateful,” said Kate Irving, Partnerships and Events Specialist for Fulfill. “Hunger is very complex and it’s always helpful to have partners like Causeway in our corner.”



Pictured above: Carmela Malgeri, Raffle Winner, on right, with Causeway Ford Salesperson Andrew Battaglini.

**“Hunger is very complex and it’s always helpful to have partners like Causeway in our corner.”**

#### The need now is greater than it’s ever been.

“We are at a moment where we are facing unprecedented inflation,” said Stampas. “After the last recession about 10 years ago, food insecurity spiked when people lost their jobs and long after unemployment went back to pre-recession levels, food insecurity remained high and the reason for that is inflation. The lesson we learned is just how much the higher cost of living and the higher cost of food impacts the ability for people to recover from an economic shock.”

#### Looking to the future, Fulfill is preparing for the long haul.

“It took nearly a decade after the last recession to bring food insecurity rates down to pre-recession levels,” said Stampas. “We are going to work as hard as we can to not let it take another decade to bring food insecurity rates down, but that’s going to take efforts from all the sectors and all of our partners to help supercharge what we are doing. Our goal is to not just provide an individual or family with a few meals, but to provide them with sustainable supports like benefits and job development

training to help people get back on their feet and bounce back more resiliently”

Fulfill currently serves a network of about 300 food pantries, soup kitchens, shelters and other community distribution sites.

“We know that need is everywhere, and our network doesn’t necessarily have a footprint in every community where there is need, so we supplement that with our mobile food pantry and benefits bus,” said Stampas. “We recognize the gaps that we need to fill.”

Causeway CAREs will continue to help fill those gaps in the fight against food insecurity at its 5th Annual Causeway Family 5K that will be held on October 16 at Southern Regional High School, 90 Cedar Bridge Road in Manahawkin. All proceeds will benefit Fulfill.

#### Register here:

[www.raceforum.com/CAUSEWAY](http://www.raceforum.com/CAUSEWAY)

For 5K race donation opportunities, please contact Kaitlyn Strohmeier at 609-597-8083, ext. 1122 or email [Kaitlyn.Strohmeier@CausewayCars.com](mailto:Kaitlyn.Strohmeier@CausewayCars.com).



## About Fulfill

**Fulfill’s mission is to alleviate hunger and build food security in Monmouth & Ocean Counties and to make sure that all people at all times have access to enough nutritious food to maintain an active and healthy life.**

Ending hunger in our communities is a complex challenge, so Fulfill provides a full suite of programs to provide the resources people need to become self-sufficient.



# Julie Bellezza joins OceanFirst Foundation

**Bellezza will serve as the nonprofit's Volunteer and Community Engagement Coordinator.**



Pictured from left: Julie Bellezza, Volunteer and Community Engagement Coordinator at OceanFirst Foundation; Laura Anne Crossan, PR Specialist at Design 446; David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs, and Joe Stroppolo, Director of Advertising and Marketing of Causeway Family of Dealerships/Causeway CAREs.

MANAHAWKIN, NJ – Where there is a need, there is always a way. OceanFirst Foundation, which celebrated its 25th anniversary last year, has built a solid reputation as a good neighbor – providing grants that assist families, organizations, schools and communities in New Jersey markets.

The need is strong – and it runs deeper than just cutting a check. That's why OceanFirst Foundation has welcomed Julie Bellezza to its team as Volunteer and Community Engagement Coordinator. Bellezza is charged with organizing all aspects of volunteering, including promoting opportunities to all of OceanFirst's 900+ employees and other local businesses.

Bellezza, the former Recruitment Coordinator for CASA of Atlantic and Cape May Counties, is tasked with supporting all nonprofits within OceanFirst's growing footprint, regardless of whether or not they are funded by the foundation.

"My role is going out into the community, meeting the different OceanFirst Bank team members and connecting them with nonprofits in need of volunteers," Bellezza said.

Since its establishment, the Foundation has granted over \$45 million to 8,800 local charities and schools through the Bank's New Jersey markets, including scholarships awarded to local colleges and universities, as well as Model Classroom and Good Neighbor grants.

OceanFirst Bank and OceanFirst Foundation routinely partner to assist when our communities are in need, just one example was providing funding for pandemic-related efforts totaling over \$175,000, primarily to local food banks, family care and other organizations.

"At OceanFirst, we are proud that the services we deliver in the communities we serve are more than checking accounts and loans. Our employees are part of the markets we are in, often living and raising their families in the towns, and volunteering their time and talent when they can," said Christopher D. Maher, Chairman and CEO of OceanFirst Bank and Chairman of OceanFirst Foundation. Maher

added, "When our OceanFirst employees volunteer, we call them the WaveMakers, and over the years, the WaveMakers have given thousands of hours to helping our neighbors who are most in need."

But sometimes grants are not enough.

Kathy Durante, OceanFirst Foundation's Executive Director, who has worked in the nonprofit sector for over 30 years and is one of OceanFirst Foundation's founding board members, knows that most nonprofits have a critical need for feet on the ground.

"At OceanFirst Foundation we are committed to connecting people, said Durante. She added, "This includes connecting non-profit organizations with each other to share best practices and ideas as well as connecting employees of OceanFirst Bank or other companies to volunteer for non-profit organizations helping our neighbors in need."

Looking to the future, Bellezza is organizing OceanFirst Bank's CommunityFirst Day on October 6. OceanFirst will close its branches early that day (essential services will still be available) and encourage all employees to volunteer at various local nonprofit organizations.

Bellezza will be working with local nonprofits to setup volunteering sites for employees to select from. "They also have the option of selecting a cause that they are passionate about and volunteering their time that way," she said. "My goal is for all OceanFirst employees to continue to volunteer after October 6 and to add more companies to our volunteer efforts."

Durante added, "As an organization, we would like to support the nonprofit community across the entire footprint. Our goal is simple – to empower nonprofits to think bigger, solve more problems and make life better in the neighborhoods we serve."

**To learn more about OceanFirst's CommunityFirst Day or if you are a nonprofit or community organization in need of volunteers, please email Julie Bellezza at [jbellezza@oceanfirstfdn.org](mailto:jbellezza@oceanfirstfdn.org).**

## OceanFirst's Beginnings

OceanFirst Bank N.A., founded in 1902, has a long-standing tradition of providing financial solutions for families and businesses, while delivering extraordinary customer care, and giving back to their neighbors.

OceanFirst is one of the largest and oldest community-based financial institutions headquartered in New Jersey and has grown to over \$12 billion in assets serving customers in five states. OceanFirst Foundation was established in 1996 with the Bank's conversion from a mutual to public ownership, the first foundation created in this manner. OceanFirst Foundation is a private entity with a mission of providing financial resources to charitable non-profit organizations helping its neighbors.

"With approval from the Bank's depositors, OceanFirst became the first bank in the country to create a private foundation in conjunction with conversion to a public company," said David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs.

Wintrode, who has served on the OceanFirst Foundation board for the last 21 years, notes that collaboration has always been key to OceanFirst's success.

# OCC Foundation unveils Legacy Campaign

**The campaign celebrates 60 years of academic growth and was created to ensure the success of future leaders.**

TOMS RIVER, NJ – "The need to leave a legacy is our spiritual need to have a sense of meaning, purpose, personal congruence and contribution," – Stephen Covey.

Ocean County College Foundation is celebrating 60 years of academic growth and excellence by unveiling its Legacy Campaign.

"Your support of the Ocean County College Foundation will make a lasting impression in the hearts and minds of local students and residents," said Kenneth J. Malagiere, Executive Director of the Ocean County College Foundation. "This opportunity to make a transformational gift will help our community and change countless lives for the better."

As a member of the Ocean County College Foundation Board, David C. Wintrode and The Wintrode Family Foundation is passionate about higher education and ensuring continued individual and professional success in today's world. Ocean County College has been serving the community by providing residents with a quality, affordable education and enriching cultural opportunities since 1964.

"The Ocean County Foundation has stood stalwart in support of these efforts by providing financial assistance to both traditional and

non-traditional students alike to ensure all who wish to learn and grow, right here on the New Jersey shore, might do so," said Wintrode.

The Foundation has grown significantly from its humble beginnings and has since contributed over \$17.5 million in scholarship and special program support.

"This funding continues to provide for tuition, global and domestic travel experiences, capital projects, vocational certificate support, early college jump start and academy education and so much more," Wintrode added.

While this impact has been significant, there is much more to do.

"The landscape of higher education continues to evolve right before our eyes," said Wintrode. "A college degree, vocational certificate and opportunities to expand one's personal knowledge base, has never been more important in ensuring continued individual and professional success in today's world."

Wintrode believes that the Ocean County College Foundation's Legacy Campaign is the perfect vehicle to make a transformational gift that will help ensure the success of our future leaders.



"I believe this so strongly that I have recently made a \$2 million gift, establishing the Roberta W. Wintrode Memorial Fund, to lead the charge and inspire others to join me in this campaign," he continues. "It is my hope that you too, will partner with the Ocean County College Foundation in this endeavor to reach our goal of \$25 million in support of the students at Ocean County College."

**To learn more about the Legacy Campaign, please contact Kenneth J. Malagiere at [kmalagiere@ocean.edu](mailto:kmalagiere@ocean.edu).**



# HACKENSACK UNIVERSITY MEDICAL CENTER BECOMES FIRST HOSPITAL IN NEW JERSEY TO IMPLANT 'SMART KNEE' JOINT REPLACEMENT COMPONENT

HACKENSACK, NJ – Hackensack Meridian Hackensack University Medical Center is the first hospital in New Jersey to use the Persona IQ Smart Knee, a knee replacement joint component that securely tracks and transmits knee motion data. Physicians can then use the data to optimize patient monitoring, recovery and research after knee replacement surgery.

Yair Kissin, M.D., an orthopedic surgeon and sports medicine specialist with a special interest in treating conditions of the knee, was the first in the state to implant the smart knee component into a male patient on July 11, 2022.

The Persona IQ implantable knee component includes a 10-year battery and sensors that constantly capture long-term post-operative data on:

- Cadence (steps per minute)
- Average walking speed
- Stride length
- Range of motion
- Distance traveled
- Step count

The data collected by the sensors is transmitted daily to the patient's Home Base Station, uploaded to the secure cloud, analyzed overnight, and made available in



Hackensack Meridian Health

the mymobility Care Management Platform app, which organizes and displays the data for patients and physicians. In addition to graphs and charts that display collected data over time, the app includes patient education materials, pre- and post-operative exercises, and telemedicine and messaging capabilities.

"The Persona IQ represents an exciting development in knee replacement technology," said Dr. Kissin. "Physicians can use the collected data to monitor how patients are doing after their knee replacement, as well as for research that will improve future knee replacement procedures. Patients can also use the app to track their progress since their surgery."

"As one of the premier joint replacement programs in New Jersey, Hackensack University Medical Center is at the forefront of developing technology for knee replacements — including robotics and 'smart' technology such as the Persona IQ," said Michael Kelly, M.D., medical director of Orthopedics at Hackensack Meridian Health. "The Persona



Dr. Yair Kissin implants Persona IQ in patient

IQ will allow us to monitor patient progress and point to areas of focus for future research, such as enhancements in component design or surgical techniques."

A surgeon must qualify patients to receive a Persona IQ implant during their knee replacement procedure. To learn more about orthopedic care at Hackensack Meridian Health, go to [www.hackensackmeridianhealth.org](http://www.hackensackmeridianhealth.org).

Join us for the 5th Annual Causeway CARes 5K!

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All proceeds to benefit Fulfill and Family Promise to fight Hunger and Homelessness in Ocean County

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**WE'RE HIRING!**

SEND RESUME TO: [Joe.stroffolino@causewaycars.com](mailto:Joe.stroffolino@causewaycars.com)

**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.

**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!

## So Long Summer SAVINGS EVENT

Ford Certified Pre-owned

 2017 Ford Escape Titanium FHUE28928 <b>\$21,990*</b>	 2019 Ford EcoSport SE YKC288378 <b>\$22,990*</b>	 2018 Ford Escape SEL FJUC25752 <b>\$22,990*</b>	 2018 Ford Escape SEL FJUC25752 <b>\$23,990*</b>	 2019 Ford Escape SE NKUA89625 <b>\$24,990*</b>	 2019 Ford Escape SE FKUB87000 <b>\$26,550*</b>	 2019 Ford Escape SE FKUB43553 <b>\$26,990*</b>
 2019 Ford Escape SE FKUC43945 <b>\$26,990*</b>	 2019 Ford Escape SE FKUA73763 <b>\$26,990*</b>	 2018 Ford Explorer XLT FJGA22897 <b>\$29,990*</b>	 2021 Ford Escape SE Hybrid FMUB23656 <b>\$31,990*</b>	 2019 Ford Explorer XLT HKGA35012 <b>\$34,990*</b>	 2019 Ford Edge Titanium FKBB30896 <b>\$35,990*</b>	 2019 Ford Explorer XLT FKGB06559 <b>\$36,990*</b>
 2019 Ford F-150 XL FKFD07198 <b>\$36,990*</b>	 2019 Ford Explorer Limited FKGA75065 <b>\$38,990*</b>	 2019 Ford Explorer Sport FKGB51121 <b>\$38,990*</b>	 2020 Ford Explorer XLT FLGB00172 <b>\$39,990*</b>	 2018 Ford Explorer Sport FJGC61252 <b>\$39,990*</b>	 2020 Ford Explorer XLT FLGB00174 <b>\$40,990*</b>	 2020 Ford Explorer Limited FLGA66978 <b>\$42,990*</b>
 2018 Ford F-150 XLT P84043 <b>\$42,990*</b>	 2019 Ford F-150 XLT FKFD24794 <b>\$43,990*</b>	 2017 Ford Expedition Platinum NHEA71823 <b>\$43,990*</b>	 2021 Ford F-150 XL FMFA65720 <b>\$44,550*</b>	 2019 Ford F-150 Lariat FKFA75468 <b>\$48,990*</b>	 2019 Ford F-150 Lariat FKFD25394 <b>\$49,990*</b>	 2020 Ford Explorer ST FLGA22312 <b>\$53,990*</b>

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# SOUTHERN REGIONAL SPORTS BEAT



**Football**  
 #158Strong...Great turnout at the 2022 Southern Regional Football Youth Camp which took place from Monday 7/18/22 thru Wednesday, 7/20/22. Appreciated the efforts of our campers, coaches, players, alumni & parents. Thank you. It was a great experience and message from current Miami Dolphins Mike Gesicki and Cincinnati Bengals Clark Harris. Great messages to our campers on competing in Multi-Sports and continue to improve your craft, potential and competitive edge. The effort of our campers was fantastic. Best of Luck.

**Multi-Sport**  
 Congratulations to Southern Alumni for representing #TeamOcean at the 2022 All Shore Gridiron Classic at Brick Twp High School on Wednesday, July 13th. The Rams were represented by Southern Football players Logan Doherty and Kole Levy. Southern Cheerleading was represented by Samantha Spina and Ariana Matias. Best of Luck!

**Soccer**  
 Thank you to all Southern Regional Boys Soccer Alumni on making another great year/night for the annual Alumni Game on Friday, August 5th.



**STAFFORD TOWNSHIP WOMEN'S CLUB TO SEE "FIELDS OF AMBROSIA"**

Join the Stafford Township Women's Club at The Surflight Theater, 2pm, Tuesday, Sep 13, 2022, to see the musical comedy, "FIELDS OF AMBROSIA." Tickets are \$37 each, payable to Stafford Township Women's Club (STWC).

Tickets will be provided the day of the show, at 1:30pm, in the lobby of the theater. Dinner, at a local restaurant, is planned immediately following the show; Each person pays separately. Call Laury Hamilton at 732-407-2244, for reservations.

**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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## So Long Summer

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# SAVINGS EVENT

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 2018 Lincoln MKC Reserve FJUL12480 <b>\$34,990*</b>	 2018 Lincoln MKX Select FJBL37997 <b>\$34,990*</b>	 2019 Lincoln MKC Reserve FKUL09071 <b>\$36,550*</b>	 2019 Lincoln MKZ Reserve FKR617998 <b>\$36,990*</b>	 2017 Lincoln Continental Reserve FH5636359 <b>\$37,550*</b>
 2019 Lincoln Nautilus Reserve FKBL11870 <b>\$39,990*</b>	 2020 Lincoln Nautilus Reserve FLBL16143 <b>\$42,990*</b>	 2019 Lincoln Nautilus Reserve FKBL56744 <b>\$44,550*</b>	 2020 Lincoln MKZ Reserve FLR601750 <b>\$44,990*</b>	 2019 Lincoln Nautilus Black Label FKBL33527 <b>\$48,990*</b>

**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 | **THE JBI SOUL FOUNDATION JBJ SOUL KITCHEN** Community Restaurant | **WALK**

1769 Hooper Avenue, Toms River, NJ 08753

**JOIN US FOR YOGA ON THE BEACH**

Saturday Mornings:  
August 27  
September 17

7:45AM (Weather Permitting)  
ALL LEVELS WELCOME

Class Generously Given by YOGA del SOUL of Toms River

LOCATION: 5th Ave. Ocean Beach, Seaside Park  
\$20 Suggested Donation (CASH ONLY) benefits

CONTACT of Ocean & Monmouth Counties' 24/7 Crisis Hotline  
Walk-Ons Welcome but Pre-Registration Encouraged.  
Please call 732.240.6104 or email contact@contactoceanmonmouth.org

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# A NEED WE FEED TO HOST 2ND ANNUAL FUN RUN



A Need We Feed Inc. will be holding a family-friendly Fun Run on Sunday, September 11, 2022. The course will be through the beautiful downtown Toms River area, starting and ending at Battle River Brewing.

There will be 1 Mile, 2 Mile, and 3 Mile (5k) options for all skill levels. There will also be a 9/11 Tribute before the race kick-off.

If you would like to participate, please use this link to register.

<https://www.raceforum.com/battleriver>

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**1 Mile / 2 Mile / 5k Race**  
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**Sunday, September 11th, 2022**

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# FAMILY PROMISE RUNNING A BACK TO SCHOOL DRIVE

As the days begin to get a little shorter, we at Family Promise of Southern Ocean County would like to thank everyone who came out and supported our fundraising events throughout the summer.

From joining us at ShoreTown Ballpark for a BlueClaws baseball game, to supporting our concession stand at the movie nights on the beach in Long Beach Township, your participation is greatly appreciated.

We would also like to thank all our volunteers who help make these fun, successful events.

Your time, donations and support make it possible for us to continue helping local families in our community navigate the realities of homelessness they are facing or experiencing.

Another summer season is winding down and local families continue to face homelessness. No matter the time of year, we are here every day to assist our neighbors as they work through difficult times.

In that spirit, again this year Family Promise SOC is running a Back to School drive benefiting children in need of school supplies throughout Ocean County.

Donations of school supplies can be deposited at drop boxes located at Causeway Ford on Rt. 72 in Manahawkin, Lord of Lords Bible Community Church on Rt. 9 in Waretown and at Lighthouse Alliance Community Church on Rt. 9 in Little Egg Harbor.

For more information about donating school supplies please call 609-994-3317 or email [fpsoestaff@gmail.com](mailto:fpsoestaff@gmail.com).

September brings our biggest fundraiser of the year! This charity event helps fund the services we provide to families throughout Ocean County who are experiencing homelessness.

Please join us for the 2nd Annual Family Promise of Southern Ocean County Golf Classic on Monday, September 19, 2022 at the Blue Heron Pines Golf Club in Galloway, NJ.

A round of golf, dinner and more at "The best 18 hole course at the Jersey Shore" is \$195 per golfer with a 1:30 pm shotgun start!

Registration for golfers can be found at <https://birdcase.com/Familypromisesoc> or our Family Promise website: [www.familypromisesoc.org/events](http://www.familypromisesoc.org/events).

For more information about the golf outing please call Jim at 848-448-6885 or email [jim@familypromisesoc.org](mailto:jim@familypromisesoc.org).

We hope you will join us at our Golf Classic for a fun day out for a great cause and help make it our most successful event ever.

With your support, Family Promise of Southern Ocean County can continue to help our neighbors facing or experiencing homelessness which is a harsh reality in our community.

Thank you again for your generous donations and continued support. Every child and every family deserves a place to call home. You help make that a reality.

Sincerely,

Jim Lowney

Development & Communications Manager  
 Family Promise of Southern Ocean County

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

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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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# Focus ON Barnegat

## LOVE IN ACTION!

We here at Hearts of Mercy are so pleased with how our spring tutoring semester went, and we are looking forward to making more impact with the children throughout the summer along with our upcoming programs starting back up in the fall.

Tutoring went smoothly and our parents mentioned what a difference they noticed in their children. We are blessed to have a super group of tutors that each have a special talent... English, math, science, history, geography, sports, art, music, acting, movie making, building, organizing and planning. We also offer one-on-one positive mentoring.

We have implemented a new STEAM Program, Science Technology Engineering Art & Math. The students are learning concepts like potential energy, the use of levers and fulcrum points, and working together as a team to problem solve. The first week, each team had to figure out a way to "Save Fred," a capsized gummy worm, as well as raise a block mini-megalith by creating some simple tools. Our teams worked together and their success was measured by wonderful, self-reinforcing cheers!!! The next week they created a toy catapult, which demonstrates each of these scientific principles nicely. They can now explain how and why a catapult works in his or her own language and understanding. Hands-on science is a great way to learn and reinforce concepts!

### ART

The art program was a success! Art is all about creativity and this program allowed these kids to use their creativity, thinking skills and express themselves. We watched them use materials that turned into visual stories and it was magical! As they improved, we saw their self-confidence grow... so priceless! We would



We have amazing guest speakers signed up and new STEAM Projects ready to go! We're now offering our programs to all the children in our community.

### SUMMER CAMP

In August, thanks to all our volunteers and sponsors, we hosted a FREE SUMMER CAMP from 10am-3pm for many children. Children participated in outdoor sports activities, arts and crafts, music, dance, drama, games and team building activities.

### DAY AT THE BAY

On Tuesday, Aug 16th, we hosted our annual Day at the Bay.

This was an opportunity for families to soak in the sunshine at the bay, enjoy great food and have lots of fun. Thank you to our great team of Long Beach Township: Joni Bakum, Director of Parks and Recreation, along with Long Beach Township Police, Chief Kevin Mahon, Lieutenant James Hartman and Officers Megan Keller and Matt Vereb. We would also like to give a big thanks to Jack Bushko, Water Sports Beach Manager – you all make this so special for our kids! Thanks to everyone that made donations for our Day at the Bay and Summer Camp to go so smoothly. Enjoy the rest of the summer everyone!



## HEARTS OF MERCY

like to thank Kim Cesaretti for giving her time and talents to not only these students, but also to all of us here at Hearts of Mercy. We would like to also thank Renee Rithianos, Pat Delaney and all the volunteers who helped make this program a success.

### END OF SEMESTER PARTY

We wrapped up the school year with a party: a movie, popcorn, candy and cupcakes. We even had a little dancing and singing from our seats!! What a great way to end the tutoring program for the summer break! We watched them change and grow so much over the school year and we can't wait to see them again in the fall!!

We are so excited to start our new Fall Tutoring and Mentoring Programs of 2022/2023!



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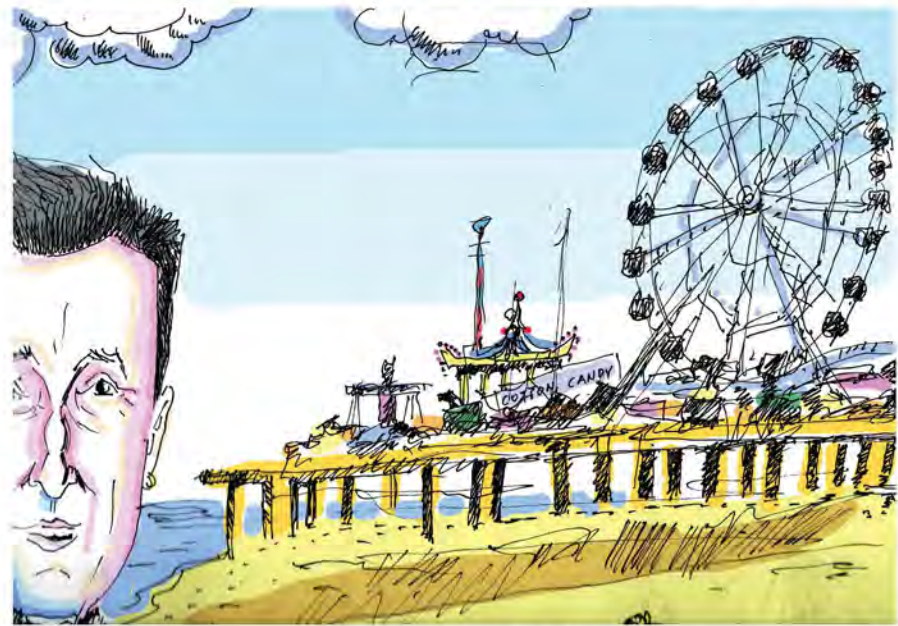
### DISCOVER LOCAL ART AT THE BARNEGAT BRANCH

TOMS RIVER – The Ocean County Library Barnegat Branch will exhibit artwork by local artist, Marty Mayo, throughout the month of August.

Mayo specializes in mixed-media illustrations, caricatures, and collages. His art, featured in publications such as the New York Times, Washington Post, and Boston Globe, draws inspiration from current events and everyday people.

The multi-talented Mayo is also the founder and guitarist of Marty and the Martians, which plays regularly throughout the greater Jersey Shore area.

In 2021, Mayo was featured on the Ocean County Library's YouTube channel and podcast as part of the hit "Meet the Artist" series.



"Steel Pier" Photo Courtesy Marty Mayo

### PAST, PRESENT AND FUTURE OF BLUEBERRIES AND CRANBERRIES AT THE TUCKERTON BRANCH

TUCKERTON – Two famous natives of New Jersey's Pine Barrens have rich histories and face potential challenges. Hear about them during "Blueberry and Cranberry Farming in South Jersey," 6:30 PM Monday, August 29, at the Ocean County Library Tuckerton Branch.

Rutgers University Professor Peter V. Oudemans, Director of the school's Marcucci Blueberry and Cranberry Research and Extension Center, will offer his perspectives about their cultivation and evolution.

Professor Oudemans will discuss technologies aimed at improving productivity of these vital agricultural components, and the potential effects of soil health, climate change and invasive species on their survival.

Registration at [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org) events is required to attend this free program. For more information, visit the Branch at 380 Bay Avenue, Tuckerton, or call (609) 296-1470.



Rutgers University Professor Peter V. Oudemans  
Photo Courtesy Rutgers University





# SENIOR CORNER



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## EXERCISE MAY STALL MEMORY LOSS

By Rachel Namia, AARP

While scientists continue to search for effective drug therapies that can help treat Alzheimer’s disease and related dementias, researchers are finding that a relatively low-tech tool may be able to slow decline in older adults experiencing memory or thinking problems: exercise.

In a randomized controlled trial, nearly 300 sedentary adults with mild cognitive impairment (MCI), a condition characterized by memory loss and confusion that is sometimes a precursor to dementia, were split into two groups: Half engaged in aerobic exercise and the other half took up stretching and balance exercises

Both groups worked out four days a week for about 30 to 40 minutes per day, and half of the exercise sessions were supervised by personal trainers. After 12 months, study participants in both the aerobic exercise group and the stretching group showed no signs of cognitive decline, which is atypical given their condition. For comparison’s sake, older adults with mild cognitive impairment in another study group who didn’t have an exercise intervention showed significant cognitive decline over 12 months, the researchers found. The results were presented Aug. 2 at the Alzheimer’s Association International Conference in San Diego.

“We’re excited about these findings because I think this intervention and the type of exercise that we’re seeing that can protect against cognitive decline is accessible to everyone and therefore scalable to the public,” says Laura Baker, associate director of the Wake Forest Alzheimer’s Disease Center and principal investigator on the so-called EXERT study.

EXERT is the longest and largest trial looking at the impact of exercise on mild cognitive impairment to date, and researchers say the greater “volume” of exercise may have provided more brain benefits, regardless of the intensity. What’s more, both the intensive exercise group and the less-intensive exercise group had a socialization aspect “which may have contributed to this protection,” the study authors write. Research has shown that staying socially active can be a boon for the brain and may reduce the risk of cognitive decline.

These latest findings, which have yet to be published in a peer-reviewed journal, add to a growing body of research that finds heart-healthy habits, like staying physically active, controlling high blood pressure and eating nutrient-rich foods, are important not just for the heart but for the brain, too.

In a 2016 report from the Global Council on Brain Health titled “The Brain-Body Connection,” experts working with AARP discussed existing evidence showing that exercise benefits the structure and function of the brain. But the council called for more research to determine if exercise could actually reduce the risk of brain diseases that cause dementia.

“It is tremendously exciting that this new research demonstrates that a common precursor to dementia, mild cognitive decline, can be prevented or delayed in older adults who become more physically active, even with just moderate exercise activity,” said Sarah Lenz Lock, senior vice president of policy at AARP and executive director of the Global Council on Brain Health. “This should help inspire the roughly half of older Americans who do not exercise, that simply regularly moving more throughout the day can have huge benefits for their health.”

# 8 SUPERFOODS TO EAT AFTER 50

By Alison Gwinn, AARP

Whether you’ve been a healthy eater your whole life - or lately fallen off the nutritional wagon - it’s important to take a hard look at your diet after age 50. Around that point, experts say, it pays to be choosier about your foods, and make sure you’re getting enough nutritional bang for your buck. “Our need for energy declines, starting in middle age,” says Christine Rosenbloom, registered dietitian and nutritionist, professor emerita at Georgia State University and coauthor of “Food & Fitness Over 50.” “There’s less room for drinking a pitcher of margaritas and having a basket of chips — unless we want to start seeing that weight creep. And nobody wants that.”

Beyond adapting to a potentially slower metabolism, you also want to compensate for things like a tendency for bones to weaken, bowel function to slow and muscle mass to decline (around 1 percent a year until age 65, after which the loss can double). In general, older adults “need to make sure they’re getting lots of fruits and vegetables, eating lean meats if they are eating meat, chicken or fish, and avoiding saturated fats and sugars,” says Marie Bernard, M.D., chief officer for scientific workforce diversity at the National Institutes of Health (NIH). “A good diet can help get blood pressure under better control, decrease the risk of heart problems and contribute to the prevention of things like diabetes and cancer.”

To build your own healthy diet, remember that “foods work together in concert,” says Joseph Gonzales, a registered dietitian at the Mayo Clinic. “You need a whole symphony for a spectacular musical piece.” But if you add these eight foods to your own orchestra, you’re well on your way to a healthier tune.

### 1. Berries

Berries provide “one-stop nutrition” for the over-50 crowd because they’re high in fiber, vitamin C and anti-inflammatory, antioxidant flavonoids. “Fiber helps keep us regular, manage our weight and protect against diseases like diabetes, heart disease and cancer,” says registered dietitian nutritionist Nancy Farrell Allen, a spokesperson for the Academy of Nutrition and Dietetics. Men 51 or older should eat 30 grams a day, and women 50 years or older should eat 21 grams a day.

Berries also appear to be good for our aging brains. “Berries contain potent antioxidants that may improve motor skills and short-term memory,” Allen says. That’s why they are a key part of the MIND diet, which focuses on foods that fight neurodegenerative delay. (Other “brain-healthy” foods from this brain-healthy diet include vegetables, beans, whole grains, nuts, seafood

and poultry). A Tufts University study from 2020 looked at 20 years of eating by 2,800 people age 50 or older and found that those who had a low intake of flavonoid-rich foods like berries, apples and tea were two to four times more likely to develop dementia.

Berries have other benefits. A 2022 British study out of King’s College London found that consuming 100 grams (about a cup) of fresh cranberries a day helps prevent cardiovascular disease. Another study this year, this one out of the University of California, Davis, found that eating a small number of dried goji berries may help delay or prevent macular degeneration.



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Alicia Arbaje, M.D., associate professor of medicine at the Johns Hopkins School of Medicine in the Division of Geriatric Medicine and Gerontology, singles out the wild blueberry (usually sold in the frozen food section). “They have three or four times the antioxidants of conventional blueberries. Add them to your oatmeal or smoothies.”

### 2. Dark-green leafy vegetables

“As we get older, our bones become softer and need calcium,” says Bernard of the NIH. “That’s something you can get from low-fat dairy and dark-green leafy vegetables.” We’re talking kale, arugula, broccoli and spinach, which are also high in fiber, appear to boost muscle function and are heart-healthy. An Australian study published in March 2021 in the Journal of Nutrition found that people who ate just one cup of nitrate-rich leafy green vegetables every day, had 11 percent stronger lower limbs. Another recent study from Denmark looked at 50,000 people over a 23-year period and found that those who ate these veggies had a 12 to 26 percent lower risk of heart disease. And a third study, published this year in the journal Neurology, found that those with the highest levels of the antioxidants found in green leafy vegetables may be less likely to develop dementia.

### 3. Seafood

Fish such as salmon, cod, tuna and trout are a lean source of protein, which older people need to maintain or regain muscle. Bernard recommends shooting for five to six ounces of protein each day, whether it’s seafood, poultry, nuts, seeds, soy products or lean meat. “We have studies to suggest that older adults need to be more sensitive to protein intake because their bodies are not as efficient at using protein as middle-aged folks.”

Fish is also a good source of vitamin B12, a nutrient found only in animal foods that we have a harder time absorbing as we age. “Seafood also has

omega-3 fatty acids,” Rosenbloom says. “Two to three servings a week reduce the risk of death for the bulk of chronic diseases by about 17 percent.” For more ideas on healthy proteins — and for other smart options for people at midlife or beyond — check out AARP’s 2022 book *The Whole Body Reset*, by Stephen Perrine.

### 4. Nuts and seeds

All nuts are not created equal, but all are good for you, Rosenbloom says. “They have protein and fiber, and they can make you feel full.” Just don’t be greedy: “Eat just a handful as an afternoon snack,” she says, “and you won’t be starving at dinnertime.” The daily recommendation of one ounce equals 24 almonds, 18 cashews, 35 peanuts and 15 pecan halves.

Nuts and seeds are also important sources of healthy fats. “Walnuts, flax meal and chia seeds all contain ALA omega-3 fats, which are converted to EPA and DHA omega-3 fatty acids,” says Allen, who notes that regular intake of omega-3 fats will help protect your brain, in particular. A 2021 study out of the University of Michigan paints a stark picture, saying that consuming a hot dog could cost you 36 minutes of healthy life, while eating a serving of nuts instead could give you an extra 26 minutes.

# 5 WAYS TO START LOWERING YOUR CHOLESTEROL

By Jeanette Beebe, AARP

Although cholesterol — a waxy, fatlike substance that can cause dangerous plaques to form in your blood, leading to a condition known as atherosclerosis — is more common among people in their 40s and beyond, high cholesterol isn’t an inevitable part of getting older. And having high cholesterol isn’t something you should ignore.

Like high blood pressure, high cholesterol — which affects about 38 percent of Americans — leaves a mark on the body: It raises a person’s risk for heart disease and stroke.

“Cholesterol levels typically plateau around the age of 65, research suggests. But even before that, those levels climb as we age,” says Karol Watson, M.D., a cardiologist and professor of medicine at the David Geffen School of Medicine at the University of California, Los Angeles — and so do the risks for complications that can arise from high cholesterol.

Cholesterol isn’t inherently bad, though. The body needs it to build cells and make vitamins and hormones. But in most people, the body, specifically the liver, makes all the cholesterol we need. Some people — about 1 in 250 — inherit a genetic trait that affects how their body regulates and removes cholesterol, causing them to have high cholesterol from the get-go.

The rest of the cholesterol circulating in the blood comes from food, which is why experts emphasize the importance of making healthy choices to help prevent or manage high cholesterol. Even if your cholesterol is high, there’s still time to get it under control. Here are five ways to do that — and a few may surprise you.

### First things first: Know your numbers

One tricky thing about high cholesterol: It doesn’t



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come with symptoms. So you’ll miss it if you’re not looking for it.

Your annual exam is a great time to check these levels. If you have diabetes, or if it turns out that your cholesterol is too high, you’ll likely need to get tested more often.

Ask your primary care physician to run a full lipid profile. This tests for a few things, including the two different types of cholesterol — low-density lipoprotein (LDL), or “bad” cholesterol, which can lead to plaque buildup in the arteries; and high-density lipoprotein (HDL), or “good” cholesterol, which helps your liver get rid of cholesterol and can actually lower your risk for heart attack and stroke. The blood test will also check your triglycerides — a type of fat in the blood that your body uses for energy — and your total cholesterol.

Optimal levels are as follows, according to the Centers for Disease Control and Prevention: about 150 milligrams per deciliter (mg/dL) for total cholesterol; about 100 mg/dL for LDL (“bad”

cholesterol); and greater than or equal to 40 mg/dL in men and 50 mg/dL in women for HDL (“good” cholesterol). Triglyceride levels should be less than 150 mg/dL.

One interesting influence: Your cholesterol can rise and fall with the seasons, though “this is not something that’s learned in [medical] school,” Watson says. “Everyone’s cholesterol levels tend to be a little higher in the winter and a little bit lower in the summer,” she says, adding that this difference isn’t due to more decadent eating habits in the wintertime.

“Even when they have a controlled diet, they see that there’s just this natural tendency ... [and it’s] not by a lot, you know, maybe 5 percent. But it could be noticeable.”

Regardless of the season, knowing your numbers can clue you in on your risks, some of which you can manage with everyday actions.

### 1. Make unfiltered coffee a treat

Espresso, Turkish and French press coffee can spike your cholesterol, because these drinks are prepared without a filter, which allows diterpenes, a chemical compound, to enter your body.

Watson says the impact can be “significant,” raising cholesterol “about 10 to 15 percent.” She describes one of her patients as a coffee connoisseur — but when she indulges herself with French press coffee, “her numbers go significantly up.” Once she starts drinking “drip coffee, they go down again,” Watson says. So it’s best to think of unfiltered coffee as a treat, not a mainstay.

### 2. Eggs are OK — cheese and butter, not so much

There’s good news about a different breakfast food: eggs. For decades, people watching their

cholesterol were cautioned against eating them, due to their high cholesterol content. But now experts say that eating an egg a day likely won’t do much harm when it comes to your cholesterol levels.

Recent studies have found that some high-cholesterol foods, like eggs and shellfish, may not impact your risk for heart disease as much as others, like fried foods (see below).

Just remember to watch how those eggs are prepared. In omelets, for example, that cheese and butter are full of something that does raise cholesterol: saturated fat. The same goes for the bacon and sausage that are often served alongside your eggs.

### 3. Help your body make more ‘good’ cholesterol

If you are overweight, smoke, or sit too much and move too little, your body will likely have less “good” (HDL) cholesterol.

On the other hand, if you quit smoking, maintain a healthy weight and get enough exercise — research suggests something like “moderate” activity, which is about 30 minutes a day, five days a week — your good (HDL) cholesterol levels will get better. No gym membership required: Walk the dog at a quick pace, ride your bike to work or try something else that you can stick with.

Like a lack of exercise, smoking lowers your “good” cholesterol (HDL); it can also raise your triglycerides.

### 4. Eat fewer fried and fatty foods

Unfiltered coffee and cheesy omelets aren’t the only hazard at brunch. Watch out for high-fat baked goods like muffins, waffles, pancakes and chocolate croissants. “Unfortunately, people often [drink] the French press [coffee] with the baked goods,” Watson points out.

### 5. Cottage cheese

It could be time to give these little high-calcium curds a permanent place on the weekly menu. “Cottage cheese is a great source of whey protein, which helps stimulate muscle protein synthesis,” says Rosenbloom. “Athletes know this — after a workout, they often have a shake based on whey protein. But instead of doing that, eat cottage cheese.”

It is also high in calcium and vitamin D. “Our bones are like a bank, and after age 35, we start to lose bone density,” Allen says, “so adding calcium and vitamin D to our diet is essential for maintenance.” (What else helps bone health? Phosphorous, found in nuts, legumes, cereals and grains, and magnesium, in nuts, seeds, legumes and dark green vegetables.) And a study out of Penn State University this year added prunes to that list, saying they appear to help prevent and protect from bone loss in postmenopausal women.

### 6. Beans and legumes

Why super? “Beans help reduce cholesterol,” says Gonzales. “They’re loaded with fiber and protein and they’re low-calorie.” They’re also rich in iron, potassium and magnesium. Look for dry beans or low-sodium canned versions. If you can’t find either, says Rosenbloom, “drain and rinse a can of regular beans, and you can reduce the sodium by 41 percent.” And don’t forget garbanzos: Gonzales recommends hummus as a healthy snack.

### 7. Water

Water — that’s not even a food! True, but you need to pay more attention to hydration as you age. “As we get older, we don’t have as good a thirst mechanism,” says Rosenbloom, who recommends keeping an eye on your water intake, especially when it’s hot and humid and you’re sweating — say, while outside gardening. Bernard points out that taking in extra water can help counteract the effects of bowel function declining with age. And remember that often we think we’re hungry when we’re actually thirsty.

### 8. Avocados

They don’t just taste good — they’re good for you. A 30-year Harvard study of some 110,000 people, published in the Journal of the American Heart Association in March 2022, found that those who ate at least two servings of avocado a week had a lower risk of cardiovascular disease than those who seldom ate them.

aarp.com

Row after row of grocery store shelves are devoted to the type of tasty treats that are tempting but not good for your cholesterol: ice cream, cookies and the like.

Other seemingly innocuous foods are risky if you eat too much of them — take, for example, full-fat dairy and red meat. There are at least two reasons why: saturated fats and trans fats (which may be called partially hydrogenated oil on packaged foods). Both of these can raise the levels of bad cholesterol in your blood.

For people with high triglycerides, “eating the appropriate food (salmon, vegetables, foods low in sugar, for example) can reduce triglycerides by 30 percent or more,” Newman says. If you eat too many carbohydrates or drink too much alcohol on a regular basis, cutting back may also lower your triglycerides, though more research is needed.

A very high level of triglycerides “may lead to inflammation of the pancreas,” Newman notes, as well as liver and/or kidney disease, hypothyroidism and diabetes. High triglyceride levels have also been linked with heart disease.

### 5. Take your cholesterol-lowering medicine exactly as prescribed

Statins — medications used to lower bad cholesterol and reduce a patient’s risk of having a heart attack or a stroke — can be effective, “even in people over the age of 75,” Newman says.

“If your risk [for heart-related issues] is going up every year that you age and your cholesterol is going up every year that you age, most older people will be recommended to start a statin,” Watson adds.

It’s crucial to take these medications exactly as your doctor prescribes them, typically every day. What’s more, never stop a statin medication without consulting with your doctor, Newman says.

aarp.com



# BARNEGAT HIGH SCHOOL SPORTS BEAT



## Bowling

This past month, Joey Spagnola, a 2022 graduate of Barnegat HS, spent two weeks in Michigan competing in tournaments with the best junior bowlers across the nation. For the first week, he placed 8th out of 258 for the U18 group in the Youth Open. Then, he placed 6th out of 161 bowlers in the DV8 tournament, earning him a spot already for next year's Junior Gold in Indiana.

The second week, he competed in the USBC Junior Gold bowling tournament. This tournament is by far the most significant youth bowling tournament in the nation, with over 3,000 junior bowlers coming from every state in the country. It consists of a grueling 16 games bowled on 4 different and difficult sports conditions, across 4 days ranging from 7am starts on some days to finishing at 10pm on other days.

Following these 16 qualifying games, there are 2 rounds of cuts of 5 games each, leading to match play.

In Joey's group of U18, there were 1,208 vying for the crown. Joey held the positions of 3rd, 9th, 2nd and 8th on the first four days, respectively. Unfortunately, during his first advanced round, he had a devastating first block and fell to #37, only to work his way back up to and finish at 21st in the country, the second best NJ finisher behind Brandon Bohn, who eventually took the title.

Unlike most of his counterparts, Joey began bowling only 4 years ago, as a freshman in high school. In that time, he managed to average 217 his junior year, only 2 pins from the high school record of 219 and his senior year he broke the record with a 230 average. He made first team all shore for the second consecutive year and 2nd team all state. He also came in 1st place overall for the NJ Pepsi tournament several months ago. For the fall, he'll be attending Webber International University in Florida, where he'll bowl at the world renowned Kegel Training Center, under the coaching of Del Warren.



Joey Spagnola

## NEW CAR NEWS

# FORD CELEBRATES ORIGINAL 1966 BRONCO WITH NEW HERITAGE EDITIONS

Bronco® brand is taking trail riders to their off-road roots with the introduction of the 2023 Bronco and Bronco Sport™ Heritage and Heritage Limited editions.

The special-edition models will be available across the Bronco family lineup, including Bronco two-door, Bronco four-door and Bronco Sport SUVs. Ford will build just 1,966 units of each Heritage Limited Edition model to commemorate the year the original Bronco debuted. The 2023 Bronco Sport Heritage and Heritage Limited edition models are available to order for all customers now. Bronco two- and four-door models will go on sale later this year, with initial orders prioritized for current Bronco order holders awaiting their vehicle. Orders will open to all customers next year, regardless of current reservation status.

### 1960s Bronco styling meets modern capability

Bronco two- and four-door Heritage models are highlighted by a two-tone paint job that includes signature Oxford White accents including the modular hardtop roof. A unique Oxford White grille features Race Red "FORD" lettering, while 17-inch aluminum heritage wheels painted in Oxford White and a bodyside stripe dial up the throwback looks. The 1960s era-inspired squared fenders with Sasquatch-width fender flares provide a visual callback and cover the nearly two-inch wider track. A powder-coated steel capable front bumper with built-in recovery points and integrated fog lamps is standard. Heritage Limited models add gloss black-painted 17-inch heritage wheels with classic "dog dish" centers, plus an Oxford White-painted lip for more retro flare.

Inside, Bronco Heritage Edition units feature plaid cloth seats and exclusive touches such as an Oxford White instrument panel, center console badging and exclusive front and rear floor liners.

Heritage Edition models come standard with Big Bend® series equipment and features, including a 2.3-liter EcoBoost® engine with 7-speed manual or available 10-speed SelectShift™ automatic transmission. The engine delivers up to 300 horsepower and 325 lb.-ft. torque. The Sasquatch® Package with a High-Performance Off-Road Stability Suspension (H.O.S.S.) 2.0 system with long-travel Bilstein® position-sensitive dampers with end-stop control valves and increased ride height is standard, as are 35-inch Goodyear® mud-terrain tires and Dana™ front and rear electronic locking axles with 4.7:1 final drive ratio.

Bronco Heritage Edition is available in five paint options, while Bronco Heritage Limited Edition is exclusively available at launch in Robin's Egg Blue, which is a throwback color based



media.ford.com

on Arcadian Blue, available on the original Bronco in 1966. The color Yellowstone Metallic, which is based on the 1971 Ford color Prairie Yellow, is planned for late 2023 model year availability. Peak Blue is planned for the 2024 model year.

Heritage Limited Edition models offer the increased capability of Badlands™ series equipment and features, including a 2.7-liter EcoBoost V6 engine with up to 330 horsepower and 415 lb.-ft. torque mated to the 10-speed SelectShift automatic transmission. They are also differentiated with features that include metal "Bronco" script fender badging, leather-trimmed/vinyl plaid seats with white and Race Red accent stitching and unique Heritage Limited console badging.

### Bronco Sport wears the brand legacy proudly

Though not part of the Bronco family in the 1960s, Bronco Sport gives customers a chance to enjoy the brand's heritage with exclusive Heritage and Heritage Limited Edition styling.

All models feature signature Oxford White accents including a uniquely painted roof to mimic the original Bronco style. A unique Oxford White heritage grille features Race Red "BRONCO" lettering, while Oxford White 17-inch aluminum heritage wheels and bodyside stripes heighten the throwback appearance. Both versions include interior touches such as plaid cloth seats and a Navy Pier instrument panel with Oxford White accenting the bin and door ring. Cloth seats feature heathered Navy Pier with plaid inserts and Race Red and Robin's Egg Blue accent stitching. A unique Navy Pier microsuede center console and armrests include Race Red stitching. The Bronco Sport MOLLE strap storage system on the front-row seatbacks includes Navy Pier straps and Race Red zipper grips. The Navy Pier color was inspired by the cloth seats that were available in Bronco in the 1980's.

Like the full-size Bronco SUVs, the 2023 Bronco Sport Heritage Edition is built on the Big Bend series, with the proven 1.5-liter EcoBoost engine that puts out 181 horsepower and 190 lb.-ft. of torque.

The vehicles feature a H.O.S.S. system with increased ride height, uniquely tuned front struts with hydraulic rebound stops designed to provide a quiet, less jarring off-road experience. In addition, 46-millimeter-diameter monotube rear shocks, antiroll bars and uniquely tuned springs help provide off-road comfort.

The Terrain Management System™ offers five G.O.A.T. Modes™ because Bronco "Goes Over Any Type of Terrain" and in various conditions. Standard modes include Normal, Eco, Sport, Slippery and Sand.

Bronco Sport Heritage Edition is available in seven paint options including Robin's Egg Blue, while Heritage Limited Edition is exclusively available in Robin's Egg Blue, Yellowstone Metallic and Peak Blue.

Heritage Limited Edition models add metal "Bronco" script front fender badging and larger 29-inch all-terrain off-road tires with more aggressive, deeper treads that stretch on to the sidewalls for improved off-road traction. Heritage Limited Edition models also upgrade to leather-trimmed seats and include Oxford White door inserts and unique center console badging.

They are powered by increased performance and off-road capability of the Badlands series, including the more powerful 2.0-liter EcoBoost engine with up to 250 horsepower and 277 lb.-ft. of torque\* for high-speed off-road performance.

An advanced 4x4 system with a twin-clutch rear-drive unit with a differential lock can divert virtually all rear axle torque to either wheel, and the G.O.A.T. Modes system increases to seven modes, adding Mud/Ruts and Rock Crawl.

Bronco Sport Heritage Edition MSRP+ will start at \$34,245 and the Heritage Limited starts at \$44,655. Bronco Heritage will start at \$44,305 and Heritage Limited will be priced at \$66,895. For more information on the Bronco and Bronco Sport Heritage and Heritage Limited editions, please visit [www.ford.com](http://www.ford.com).

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# NISSAN VERSA AND MURANO NAMED 'MOST APPEALING' IN THEIR RESPECTIVE SEGMENTS IN J.D. POWER 2022 U.S. APEAL STUDY

NASHVILLE, Tenn. – As Nissan continues its commitment to thrilling drivers at every turn, the Nissan Versa sedan and Nissan Murano crossover have both been recognized with awards in the J.D. Power 2022 U.S. Automotive Performance, Execution and Layout (APEAL) Study.

For the third year in a row, the Nissan Versa ranks highest in driver appeal among small cars in the study. The Nissan Murano also was named No. 1 in driver appeal among midsize SUVs.

The J.D. Power APEAL Study examines new vehicle owners' emotional attachment to and excitement for their vehicle based on 37 attributes, including the vehicle's powertrain, infotainment system, driving comfort and more. Responses from more than 84,000 owners of model year 2022 vehicles are aggregated, with each vehicle ranked on a 1,000-point index.

The Nissan Versa continues to deliver outsized value for customers, offering the most standard safety features in its class, including available Nissan Safety Shield® 360, plus an expressive design and fuel economy of up to 40 mpg highway. In addition, Versa boasts best-in-class front headroom and front legroom.

More information on the 2022 Nissan Versa, including specifications, fuel economy, pricing, photos and videos, is available in the full press kit.

The Murano is Nissan's flagship crossover with elegant styling, a 260-horsepower 3.5-liter V6, and the reassurance of standard Nissan Safety Shield® 360 technology with class-exclusive Intelligent Forward Collision Warning and available class-exclusive Intelligent Around View® Monitor. Murano also helps drivers conveniently stay connected with standard NissanConnect® featuring Apple CarPlay® and Android Auto™.

[usa.nissan.com](http://usa.nissan.com)



Nissan Versa



Nissan Murano



John Shon, senior group manager, product planning, Hyundai Motor North America accepts the J.D. Power APEAL trophies for the Hyundai Palisade and Santa Cruz from Robert Mansfield, senior director, global automotive, J.D. Power in Fountain Valley, Calif., July 20, 2022. (Photo/Hyundai)

# HYUNDAI PALISADE AND SANTA CRUZ WIN TOP J.D. POWER 2022 U.S. APEAL AWARDS

J.D. Power designated the Hyundai Palisade and Santa Cruz as the most appealing vehicles in their segments in the 2022 U.S. Automotive Performance, Execution and Layout (APEAL) StudySM. The Palisade earned the top score in the Upper Midsize SUV segment, while Santa Cruz took the top spot in the Midsize Pickup segment. Additional vehicles in Hyundai's lineup performed well, with IONIQ 5 and Sonata both finishing second in their respective segments, while Tucson and Accent were third.

"We are thrilled with the recognition of Santa Cruz and Palisade in this year's J.D. Power APEAL Study," said Olabisi Boyle, vice president, product planning and mobility strategy, Hyundai Motor North America. "The Palisade and Santa Cruz both have on-road presence, upscale interiors, human-focused technology, and advanced Hyundai SmartSense Safety features. This recognition is the result of our organization-wide commitment to delivering vehicles that exceed the expectations of our customers."

### Study Highlights:

The 2022 U.S. APEAL Study, now in its 27th 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. The study asks vehicle owners to consider 37 attributes 90 days after the vehicle purchase, ranging from the power they feel when they step on the accelerator to the sense of comfort when climbing into the driver's seat. J.D. Power then aggregates the responses to generate an overall APEAL score on a 1,000-point scale. The study was fielded from February through May 2022.

[hyundainews.com](http://hyundainews.com)



# BASE IS A BUZZ AFTER RANDOM ACT OF KINDNESS FROM DINE ON US

Those are the words used by LT Chaplain Joseph Pinzl who has become the officer on the Naval Weapons Station Earle, most instrumental in making sure his troops receive this random act of kindness Care Package created by Dine on Us.

Dine on Us was informed by the American Legion Post 129 that our NJ active military families are living in distress and unable to afford the cost of living in NJ. When one of our active militaries are transferred to NJ, they are put on an 18 month wait list for on base housing. As they wait, they must find a place to stay on an \$1,800 a month allowance given to them by the government. Where in NJ will a family of four find a place to stay for \$1,800 a month?

"Imagine starting their month like this and trying to focus on protecting our country?" This from the Base Commanding Officer. He then continued by stating out of nowhere, Dine on Us shows up with this random act of kindness.

A care package just to show our troops that they are thought about, respected, and appreciated every day. The CO continues by saying in his 38 years, he has never seen morale so low. Everywhere they turn, everything they see, everything they hear is negative. You cannot imagine the buzz you have created on our base!

Dine on Us, founder, Cliff Baker explained to those in the auditorium that he remembers while in the Navy floating around the Mediterranean Ocean for weeks at a time with no communication at all with the outside world. The most excitement was hearing the helicopter fly in. We knew that meant "mail call" would be shouted out soon! If we were even luckier, we would receive a Care Package. That package meant the world to us!

It showed that someone is thinking about us.

This experience was even more gratifying as Cliff and two of his shipmates were walking around Cannes, France in 1987. It was their first time off the ship in over a month, they were determined to spend their one day on liberty call finding a good meal! They found themselves lost in a street of homes. Obviously out of place, a local couple noticed us and stepped out of their home and called us over. They asked what we were looking for? We explained how hungry we were, and we were on a mission for a good meal! They said there is nothing close by so why don't you come in and we will make you that meal? They went on to make us steak and eggs. 35 years later and Cliff says he can see and smell that meal like it was yesterday!

That random act of kindness is what stays with you forever. The tough times – the really hard times of isolation, loneliness, questioning if you made the right decision – will all be forgotten. But this random act of kindness never will.

That is why we are here today, Dine on Us wants

to offer a random act of kindness to 200 active military and their families. On this day, the first 100 families each received a \$300 gift Card Package that includes two restaurants, a Casino Pier rides and entertainment gift card, a Wawa gift card for gas, a day at the beach, and to finish off the night, a Kohr's ice cream for everyone in the family.

Dine on Us wants to say from our table to yours, "Dine on Us." Cliff then finished by saying "we have your families back, while you're out there protecting ours". The immediate roar, standing ovation, and grunts from a room full of our Navy and Marines is an impact that will never be forgotten.

The applause, the shaking of hands, the officers coming to attention thanking US for OUR service left us wanting to do more! This will not be our only trip here, we will be back, was our parting words as we left the auditorium.

Dine on Us went immediately back to work for their next round of Card Packages that will be distributed for Christmas!

If you would like to find out more about Dine on Us, please go to our website at [www.dineonus.org](http://www.dineonus.org).



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

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# So Long Summer **Honda Certified Pre-owned SAVINGS EVENT**

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 <b>2018 Honda CR-V EX</b> HJH697437 <b>\$27,990*</b>	 <b>2019 Honda HR-V EX</b> FKM720458 <b>\$27,990*</b>	 <b>2019 Honda Accord LX</b> HKA025804 <b>\$27,990*</b>	 <b>2020 Honda Accord Sport</b> HLA154061 <b>\$29,550*</b>	 <b>2018 Honda CR-V EX</b> NJH672625 <b>\$29,990*</b>	 <b>2020 Honda CR-V LX</b> HLH634082 <b>\$29,990*</b>	 <b>2020 Honda CR-V LX</b> HLH625051 <b>\$30,990*</b>
 <b>2019 Honda CR-V EX</b> HKE054467 <b>\$31,990*</b>	 <b>2019 Honda CR-V EX</b> HKE054489 <b>\$31,990*</b>	 <b>2019 Honda Ridgeline RTL</b> HKB042688 <b>\$33,990*</b>	 <b>2021 Honda CR-V EX</b> HME012233 <b>\$35,990*</b>	 <b>2019 Honda Ridgeline RTL-E</b> NKB015273 <b>\$38,990*</b>	 <b>2020 Honda Pilot Touring 7 Passenger</b> HLB039381 <b>\$41,990*</b>	 <b>2021 Honda Pilot Special Edition</b> HMB060102 <b>\$42,990*</b>

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# CREATING A FUN MURAL AND OUTDOOR MOVIE AREA

By Danielle Natale, Causeway Honda Sales

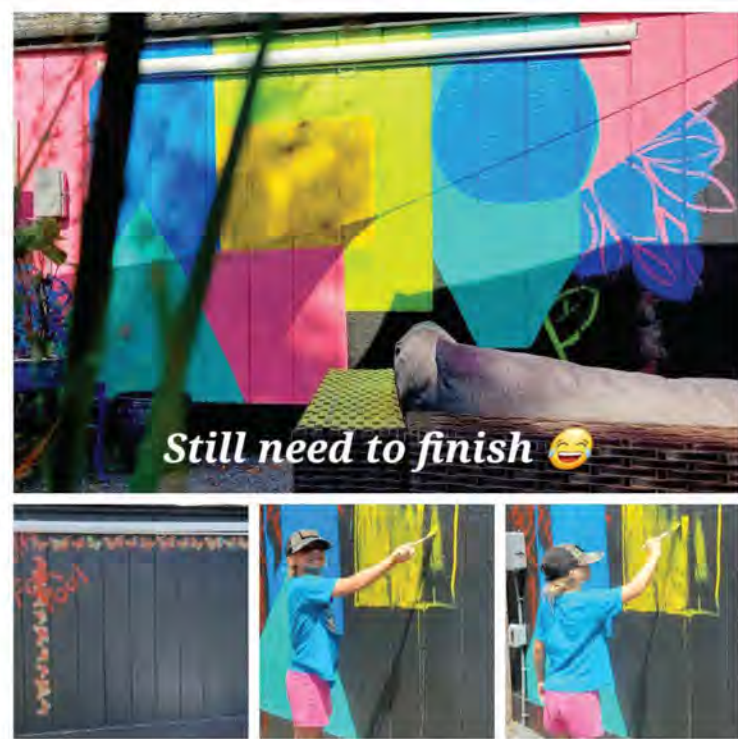
When one project ends, another one begins. It is a never-ending cycle of not taking a break and just enjoying the work I have already done. My head is always turning with the next and greatest new idea.

Most recently I had finished my backyard project, or so I thought. I like to include my daughter whenever I am starting something new because I like her input about colors, and we like to bounce ideas off of each other. She and I had decided we wanted to make a little outdoor movie area on the garage wall. Obviously, my taste and funky style is not going to work with everyone's tastes. However, this was a cool idea and a fun way for her and me to be creative in a space that is only seen when relaxing in the privacy of our yard. I'm sure many of you have a space at your home where you can create a fun mural and an interesting conversation area! This is just an idea if anyone is so bold. I've seen some amazing

garage wall art! I find oversized flowers are the most popular, but trees come in a strong second.

We began with a flower mural, but it went an entirely different direction and turned into this retro, geometric, south beach color themed wall. The supplies we needed we bought from the local Lowes. We purchased two small, angled brushes, and five small cans of outdoor satin finish paint. We chose five colors that we love! From there, it took shape. All in all, this was a good project to do with my daughter. Her and I made a fun area that adds an element of color to a very grey, but tidy patio area. It's August, so it's now or never for those outdoor summer projects. Soon enough we will all be raking leaves and doing yard clean up. There are not too many long summer days left. Make the most of August and the extra daylight, get some outdoor projects going before the crazy holiday lineup begins.

Hope everyone has been enjoying a fantastic 2022 summer!



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Interfaith Health & Support Services of Southern Ocean County, Inc.

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**BINGO**

**FRIDAY, SEPTEMBER 23, 2022**

St. Mary of the Pines - Parish Center  
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Ticket Price: \$40.00 (non-refundable - includes 12 games)

Tickets available on August 1, 2022

Additional cards are \$15.00 (advance) \$20.00 (at the door)  
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56 Nautilus Drive, Manahawkin  
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More details available at [www.InterfaithSOC.org](http://www.InterfaithSOC.org)

Doors open: 5:30pm      Bingo Starts: 7:00pm

Doors will be closed once Bingo begins. You must be 18 to participate.  
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Please make your check payable to St. Francis Parish & indicate "Car Raffle" on the envelope or purchase online at [stfrancisparishlbi.org/carraffle](http://stfrancisparishlbi.org/carraffle). No phone purchases

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# So Long Summer

Hyundai Certified Pre-owned

## SAVINGS EVENT

 2020 Hyundai Elantra SE YLU547091 <b>\$21,550*</b>	 2017 Hyundai Santa Fe Sport 2.0L Turbo Ultimate YHG497128 <b>\$23,550*</b>	 2019 Hyundai Tucson Value YKU992283 <b>\$23,990*</b>	 2020 Hyundai Tucson SE YLU121161 <b>\$24,990*</b>	 2020 Hyundai Kona SEL YLU555613 <b>\$25,990*</b>
 2018 Hyundai Kona SEL FJU077254 <b>\$26,350*</b>	 2020 Hyundai Kona SEL Plus YLU507648 <b>\$26,990*</b>	 2019 Hyundai Tucson SEL YKU057136 <b>\$26,990*</b>	 2019 Hyundai Tucson Sport YKU990541 <b>\$27,990*</b>	 2019 Hyundai Santa Fe SEL 2.4 YKH130325 <b>\$27,990*</b>
 2021 Hyundai Kona Limited YMU609610 <b>\$29,550*</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!

Pretty Willow is only about a year old. She was just a kitten herself when she had her three kittens at a high kill shelter. We could not leave her and her babies there so we placed her and her 3 little ones in one of our loving foster homes. She was a great Mom to her babies and they have all found their forever homes, so now it's her turn to find her forever family. You will not find a sweeter cat. She just loves people and attention and still likes to play with toys, like the kitten she is. She would love to have a quiet home, maybe with another cat she could bond with, but no small children or dogs to stress her out. She is now spayed, has had age appropriate vaccinations, tested negative for FIV and FeLV and microchipped. If you would like to meet sweet Willow, please fill out an application on line and her foster Mom will contact you for a meet and greet in her home in Barnegat.



Willow

If you are looking for an amazing, affectionate, handsome, and fun companion, then Elvis is your guy! He is an approximately 7-year-old, boxer mix. Elvis is so friendly and loves all people. He wants to be on your lap and give you kisses for as long as you will let him. He loves to go for walks and is well mannered. He appears to be dog-friendly as well. Elvis is neutered and up to date on all of his vaccines. He is ready to find his forever home. Whoever adopts him will be a very lucky person!!



Elvis

Call The southern ocean county animal shelter at 609-978-0127 to make an appointment if you would like to meet the real Elvis.

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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<p><b>11' MASON DUMP</b></p> <p><b>\$70,590</b></p> <p>2022 FORD F-450 REG. CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20247</p>	<p><b>MASON DUMP</b></p> <p><b>\$64,990</b></p> <p>2022 FORD F-450 REG. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20599</p>	<p><b>PASSENGER</b></p> <p><b>\$36,990</b></p> <p>2022 FORD TRANSIT CONNECT 4-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20674</p>
<p><b>MASON DUMP</b></p> <p><b>\$85,990</b></p> <p>2022 FORD F-650 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20358</p>	<p><b>4X4</b></p> <p><b>\$66,590</b></p> <p>2022 FORD F-350 SUPERCAB XL 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20708</p>	<p><b>11' MASON DUMP</b></p> <p><b>\$71,990</b></p> <p>2022 FORD F-450 SUPERCAB XL 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20729</p>
<p><b>ENCLOSED UTILITY 4X4</b></p> <p><b>\$71,590</b></p> <p>2022 FORD F-350 SUPERCAB XL 8-cyl, auto, ps, pb, air, Stk. No. F20801</p>	<p><b>LANDSCAPE BODY</b></p> <p><b>\$84,590</b></p> <p>2022 FORD F-650 EXT. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20527</p>	<p><b>9' MASON DUMP 4X4</b></p> <p><b>\$57,990</b></p> <p>2022 FORD F-350 REG. CAB XL 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20793</p>
<p><b>OPEN UTILITY 4X4</b></p> <p><b>\$68,490</b></p> <p>2022 FORD F-350 XLT SUPERCAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20610</p>	<p><b>LANDSCAPE BODY</b></p> <p><b>\$96,990</b></p> <p>2022 FORD F-750 SUPER CAB XL Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20609</p>	<p><b>MASON DUMP</b></p> <p><b>\$70,999</b></p> <p>2022 FORD F-450 REG. CAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20247</p>
<p><b>LANDSCAPE BODY</b></p> <p><b>\$105,990</b></p> <p>2022 FORD F-750 EXT. CAB XL Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20545</p>	<p><b>OPEN UTILITY</b></p> <p><b>\$58,990</b></p> <p>2022 FORD F-250 XL REG. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20721</p>	<p><b>DUMP BODY</b></p> <p><b>\$85,590</b></p> <p>2022 FORD F-650 XL REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20712</p>
<p><b>W/PLOW</b></p> <p><b>\$56,990</b></p> <p>2022 FORD F-250 XL REG. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20724</p>	<p><b>4X4</b></p> <p><b>\$72,490</b></p> <p>2022 FORD F-450 CREW CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20371</p>	<p><b>DUMP BODY</b></p> <p><b>\$86,490</b></p> <p>2022 FORD F-650 SUPER CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20601</p>
<p><b>OPEN UTILITY</b></p> <p><b>\$64,790</b></p> <p>2022 FORD F-350 XL SUPERCAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20606</p>	<p><b>MASON DUMP</b></p> <p><b>\$98,590</b></p> <p>2022 FORD F-750 EXT. CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20569</p>	<p><b>MASON DUMP</b></p> <p><b>\$88,990</b></p> <p>2022 FORD F-650 EXT. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20526</p>
<p><b>OPEN UTILITY</b></p> <p><b>\$57,990</b></p> <p>2022 FORD F-250 XL SUPERCAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20606</p>	<p><b>4X4</b></p> <p><b>\$64,990</b></p> <p>2022 FORD F-250 XL REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20715</p>	<p><b>CREW CAB DRW</b></p> <p><b>\$79,450</b></p> <p>2022 FORD F-350 9' MASON DUMP Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20709</p>

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# OCEAN COUNTY LIBRARY

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

## FIND YOUR INNER ARTIST - PAINT PARTIES COMING TO FIVE BRANCHES

TOMS RIVER – Exercise your creative side and have fun with friends during late-summer adult paint parties at five Ocean County Library branches.

- Berkeley Branch, 30 Station Road, Bayville, (732) 269-2144 – 6 PM Wednesday, August 24.
- Lakewood Branch, 301 Lexington Avenue, (732) 363-1435 – 6 PM Thursday, August 25.
- Tuckerton Branch, 380 Bay Avenue (609) 296-1470 – 2 PM Friday, August 26.
- Plumsted Branch, 119 Evergreen Road, New Egypt, (609) 758-7888 – 6 PM Monday, September 12.

All supplies will be provided. Staffers from Carazy Paint of Little Egg Harbor will offer step-by-step instruction as participants create their own, ocean-themed masterpieces.

During paint parties, Carazy Paint founder, Cara Mia Cipriani-Warfle, energetically empowers people who are new to canvas and brush, emphasizing creativity. “We all paint the same scene, but no two will be alike,” she said. “The way you interpret it is your own personal style.”

Cara remarked that she opened her studio in 2015 to share the self-expression and emotional comfort of art. “Military veterans and foster children paint for free,” she added.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required to attend these free programs. To learn more, visit or call any of the Library’s 21 branches and reading centers.



“Boardwalk Quartet”

## TOMS RIVER BRANCH TO FEATURE LUCILLE RIELLY’S “PEOPLE AND PLACES” DURING AUGUST



“At Work Along The Canal”

TOMS RIVER – The Ocean County Library Toms River Branch is pleased to present “People and Places,” an exhibit by award-winning photographer Lucille Rielly, throughout the month of August.

The display, which will occupy the 2nd Floor Gallery, consists of color and monochrome candid photos, and will

demonstrate her implementation of Photoshop software. Lucille’s images have captured awards at the Ocean County Artists Guild in Island Heights, the Guild of Creative Arts in Shrewsbury, the Ocean County Camera Club, and the Pennsylvania Center of Photography in Doylestown, Pennsylvania.

Lucille traces her love of photography to the late 1990s, when she became a member of the Ocean County Camera Club. She entered competitions, she recalled, hoping for critiques that could help her improve her skills. “I began to use Photoshop for special effects and for adjusting portions of my images,” Lucille said. “When traveling to other places, photographing people in their environments became a particular interest. Many of these photographs are part of the display.”

“People and Places” is open to the public during regular Library operating hours. No registration is necessary to view the exhibit. To learn more, visit the Branch, 101 Washington Street, or call (732) 349-6200.

## REVEL IN BARBARA KRAEMER’S “VACATION MEMORIES” AT THE OCEAN TOMS RIVER BRANCH

TOMS RIVER – Transport yourself to exotic corners of the world, right in Toms River. The Ocean County Library Toms River Branch is pleased to present “Vacation Memories,” an exhibit by renowned shore artist Barbara Kraemer, throughout the month of August.

The display, which will be on view in the McConnell Gallery, represents one facet of Barbara’s expertise in many different styles, using watercolors, acrylics, oils and mixed media.

“Each painting frees your spirit and brings opportunity to learn new techniques,” she said. “I paint ‘scapes’ – cityscapes, seascapes, landscapes and everything else. I paint ‘things’ – slate welcome signs, personalized piggy banks, birdhouses, just to name a few.”

Barbara’s illustrations will appear in a book about a pair of rambunctious Chihuahuas, *The Adventures of Kozmo & Katie*, scheduled to be published in Autumn 2022.



“Grand Canal, Venice, Italy”

She maintains an active presence on Facebook, and donates a portion of all proceeds from paint-along parties and sales of her art to selected causes.

“Vacation Memories” is free and open to the public. No registration is required to view the exhibit. For details, visit the Branch, 101 Washington Street, call (732) 349-6200, or see the listing at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events).

# So Long Summer

 2016 Kia Optima LX NGG029079 <b>\$13,990*</b>	 2013 Ford Edge SE FDC15312 <b>\$14,990*</b>	 2013 Mazda Mazda3 i Touring ND1774124 <b>\$14,990*</b>	 2015 Kia Sorento LX HFG580101 <b>\$14,990*</b>	 2014 Ford Fusion SE HE5373860 <b>\$14,990*</b>	 2014 Kia Soul Base P84103 <b>\$15,990*</b>	
 2016 Fiat 500X Trekking YGP382665 <b>\$17,990*</b>	 1979 Lincoln Town Car P83931 <b>\$18,990*</b>	 2014 Ford Transit Connect XLT FE1148348 <b>\$18,990*</b>	 2015 Lincoln MKZ Base FFR622249 <b>\$19,550*</b>	 2014 Ford Edge SEL FEBB16175 <b>\$19,990*</b>	 2015 Nissan Xterra S NFN656226 <b>\$19,990*</b>	 2019 Honda Civic LX P83959 <b>\$20,990*</b>
 2018 Ford Edge SEL FJBB98089 <b>\$25,990*</b>	 2017 Lincoln MKX Select FHBL40385 <b>\$26,990*</b>	 2019 Ford Escape SE FKUC18541 <b>\$26,990*</b>	 2019 Nissan Altima 2.5 SV YKC116434 <b>\$26,990*</b>	 2020 Nissan Rogue S NLC802238 <b>\$27,990*</b>	 2022 Hyundai Kona SEL FNU811520 <b>\$28,990*</b>	 2019 Chevrolet Colorado Work Truck HK1261103 <b>\$29,550*</b>
 2021 Honda Passport Sport HMB008242 <b>\$36,990*</b>	 2019 Jeep Wrangler Unlimited Sport FKW586692 <b>\$38,990*</b>	 2019 Ford Ranger Lariat NKL000017 <b>\$39,550*</b>	 2022 Toyota Highlander LE NNS561539 <b>\$39,550*</b>	 2021 Toyota Tacoma SR V6 FMT045474 <b>\$40,990*</b>	 2019 Honda Odyssey Touring FKB114599 <b>\$41,990*</b>	 2018 Ford F-150 Lariat HJFB07719 <b>\$41,990*</b>
 2021 Ford F-150 XL FMFA44574 <b>\$49,990*</b>	 2020 Ford F-150 XLT FLKE18061 <b>\$49,990*</b>	 2021 Ford F-150 XL FMFC75863 <b>\$51,990*</b>	 2021 Ford F-150 XLT NMKE31229 <b>\$51,990*</b>	 2018 Ford F-150 Limited FJFA89251 <b>\$53,990*</b>	 2019 Ford F-250SD XLT FKED78959 <b>\$57,990*</b>	 2022 GMC Sierra 1500 Limited Denali FNZ181531 <b>\$71,990*</b>



# GIRL SCOUTS OF THE JERSEY SHORE ANNOUNCE PHENOMENAL WOMEN UNDER 40 RECIPIENTS

FARMINGDALE, NJ – Nine emerging leaders from Monmouth and Ocean counties will be recognized by Girl Scouts of the Jersey Shore at the Phenomenal Women Under 40 event on Wednesday, September 21st, from 6 to 9 p.m., at the Girl Scouts' Program Activity Center in Farmingdale. The annual event recognizes exceptional women who have gone above and beyond in all that they do, including their amazing accomplishments and commitment to business growth, professional excellence, and community service. All proceeds support programs that provide leadership experiences to more than 11,000 Girl Scouts across Monmouth and Ocean counties and ensure that girls in need can access year-round Girl Scout programs.

"This year's honorees are role models in our community and are being recognized for their leadership in the workplace, volunteerism, along with their dedication to fostering self-confidence and leadership skills in others," said Heather Coburn, Interim Chief Executive Officer of Girl Scouts of the Jersey Shore.

The honorees were selected from a public nomination process and represent a variety of businesses and

nonprofits in Monmouth and Ocean counties. The 2022 Girl Scouts of the Jersey Shore Phenomenal Women Under 40 Award recipients are:



**Alexis Bailey** - Director of Government Affairs, NJBIA



**Allison Clemente** - Director of Development, Community Medical Center Foundation



**Kathrine Dwyer** - Co-Chair, Monmouth Regional Chamber of Commerce Young Professional Group & Administrative Assistant, Hudson Wealth Management



**Lenore Gibson** - Program Director, Family Promise of Monmouth County/Lunch Break



**Kimberly Kravitz** - News 12 Reporter, TV Personality & Producer



**Sherrice Lyles** - Ms. Black New Jersey and President, Queen of Hearts Foundation



**Amy McLane** - Client Service Manager, AVP, PNC Bank, NA



**Brynn Mosello** - Sustainability and Communications Director, Mazza Recycling Services, Ltd.



**Carla Vanzant** - Director, EOF, Brookdale Community College

Full biographies for all honorees can be found at [www.jerseyshoregirlscouts.org/en/give/special-events/phenomenal\\_women.html](http://www.jerseyshoregirlscouts.org/en/give/special-events/phenomenal_women.html)

Honorary chairwomen for the reception are Jamie Bertram, 2017 Phenom, Kate Dowd, 2019 Phenom and Stephanie Toal, 2019 Phenom. The evening will include hor d'oeuvres, food stations, wine and beer, silent auction, and raffle, plus introductions of honorees by Girl Scouts. The event will

begin at 6 pm. Tickets are \$100 and may be purchased along with sponsorships at [gsfun.org/phenom](http://gsfun.org/phenom). For more information about

opportunities to support the event, including auction donations, contact Valerie Ryan at [vryan@gsfun.org](mailto:vryan@gsfun.org) or call (800) 785-2090.



Girl Scouts of the Jersey Shore  
**Phenomenal Women Under 40**  
 Women Defining the Future  
**SEPTEMBER 21, 2022**  
 Girl Scouts' Program Activity Center  
 127 Yellowbrook Rd., Farmingdale, NJ  
[gsFun.org/Phenom](http://gsFun.org/Phenom)

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 <b>2015 Lincoln MKC Select</b> FFUJ14944 <b>\$21,990*</b>	 <b>2015 Ford Taurus SHO</b> FXFG201976 <b>\$22,990*</b>	 <b>2020 Kia Forte GT-Line</b> FLE146020 <b>\$22,990*</b>	 <b>2016 Lincoln MKZ Base</b> FGR614854 <b>\$22,990*</b>	 <b>2017 Ford Flex SEL</b> FHFA06882 <b>\$23,990*</b>	 <b>2017 Honda HR-V EX-L w/Navigation</b> HHM700037 <b>\$24,990*</b>	 <b>2014 Ram 1500 Express</b> NES466769 <b>\$25,550*</b>
 <b>2015 GMC Sierra 1500 SLE</b> FFZ211947 <b>\$30,990*</b>	 <b>2020 Nissan Pathfinder S</b> HLC636451 <b>\$32,990*</b>	 <b>2019 Ram 1500 Classic SLT</b> FKS567408 <b>\$33,990*</b>	 <b>2018 Ram 1500 Big Horn</b> YJS343887 <b>\$34,990*</b>	 <b>2017 Ford F-150 XLT</b> FHFA56081 <b>\$34,990*</b>	 <b>2016 Ford Expedition XLT</b> FGEF07806 <b>\$34,990*</b>	 <b>2022 Ford Bronco Sport Big Bend</b> YNRD55665 <b>\$36,990*</b>
 <b>2021 Honda Ridgeline RTL</b> HMB013834 <b>\$42,550*</b>	 <b>2020 Honda Ridgeline RTL-E</b> HLB007295 <b>\$42,990*</b>	 <b>2022 Nissan Frontier S</b> NNN642356 <b>\$43,990*</b>	 <b>2021 Ford Ranger Lariat</b> YMLD62894 <b>\$45,990*</b>	 <b>2019 Ford F-250SD XLT</b> FKEC73139 <b>\$45,990*</b>	 <b>2021 Ram 1500 Big Horn/Lone Star</b> P84059 <b>\$48,990*</b>	 <b>2019 Ford F-150 XLT</b> FKFC28416 <b>\$48,990*</b>

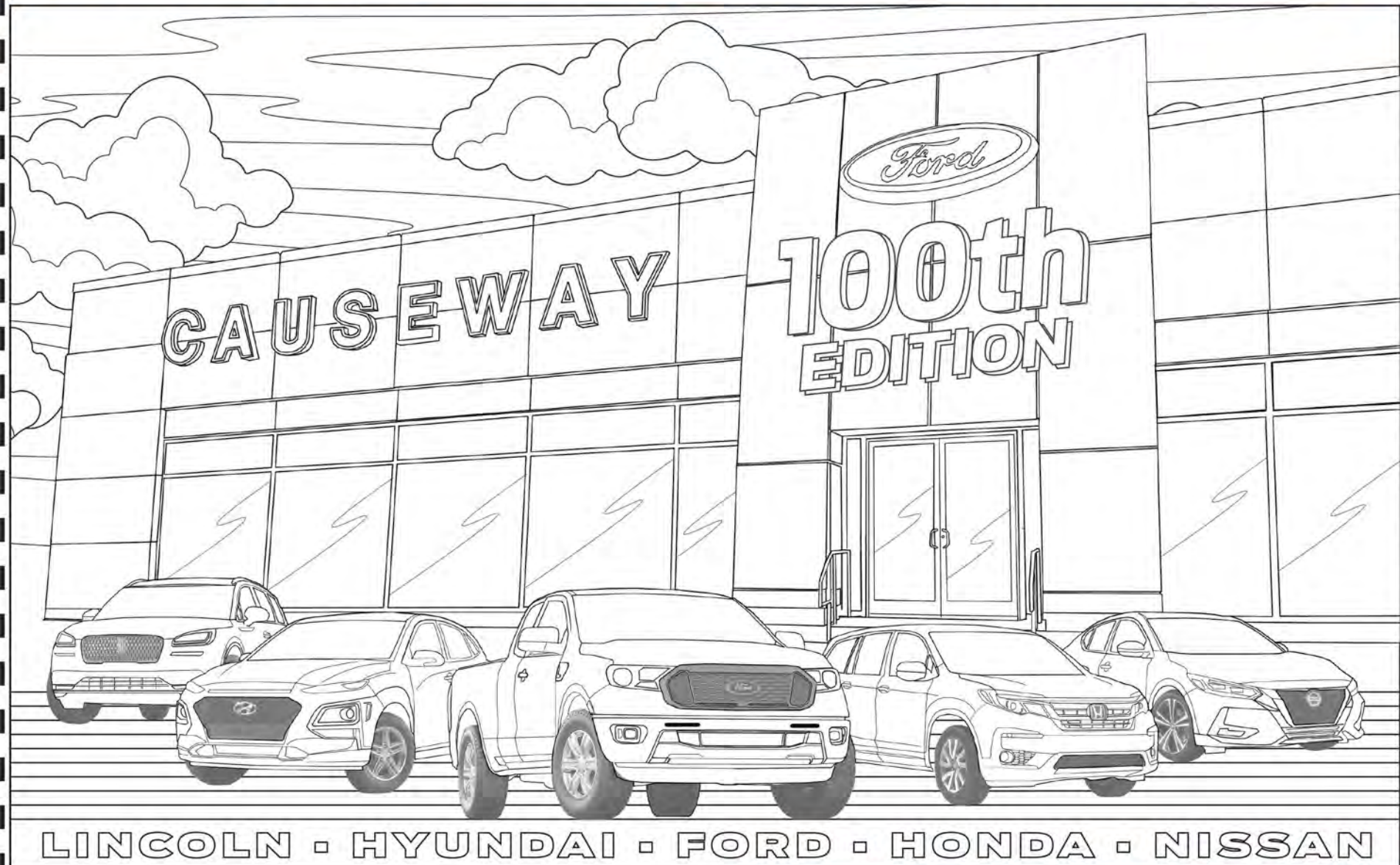
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First Name \_\_\_\_\_  
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Residence: \_\_\_\_\_

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



**Alyssa**

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Age \_\_\_\_\_  
School \_\_\_\_\_  
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Child can only win once per calendar year.



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

**Nolan**