

The Causeway Gazette

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Proudly serving Manahawkin and surrounding communities

October 2022 • Number 102

OUR LADY OF GUADALUPE RECEIVES CAUSEWAY'S CAUSEWHEELS VEHICLE DONATION

The donation was made possible through Causeway Family of Dealerships and Causeway CAREs.



Pictured from left: David G. Wintrode, General Manager of Causeway Family of Dealerships; Chris Varner, Used Vehicle Merchandising Manager of Causeway Family of Dealerships; Divine Word Missionary Father Guilherme Andrino, the Pastor of Our Lady of Guadalupe; Wayne Boylan, President of the Saint Vincent de Paul Society at Our Lady of Guadalupe; David Wintrode, President of Causeway Family of Dealerships/Causeway CAREs, and Joe Stroppolino, Director of Advertising and Marketing of Causeway Family of Dealerships/Causeway CAREs.

MANAHAWKIN, NJ – It has been eight months since Our Lady of Guadalupe Parish's cargo van went out of service. Since then, volunteers at the Lakewood church have been utilizing their personal vehicles to pick up and transport food to serve community members in need of food security.

As a partner food pantry of Fulfill, Our Lady of Guadalupe Parish was able to apply for a Capacity Grant that would provide the necessary funds to purchase a new van for Saint Vincent de Paul Food Pantry. Fulfill recently received five applications for Capacity Grants. After reviewing the applications with the Agency Partner Committee (APC), Our Lady of Guadalupe Parish was identified as a good candidate for the grant.

Joe Stroppolino, as a Fulfill Board Member, APC member and Director of Advertising and Marketing for Causeway Family of Dealerships and Causeway CAREs, intervened with a cargo van that could be donated to Our Lady of Guadalupe Parish through the CauseWheels Vehicle

Donation Program. This would allow Fulfill to use the Capacity Grant funds elsewhere to continue to fight hunger in Monmouth and Ocean counties.

Our Lady of Guadalupe Parish received the CauseWheels vehicle donation on October 3.

Wayne Boylan, President of the Saint Vincent de Paul Society at Our Lady of Guadalupe, said Saint Vincent de Paul Food Pantry has issued about \$80,000 over the last 12 months to cover utility bills, food and shelter assistance to those in need. The food pantry typically serves up to 350 families per month.

"The inflating cost of food is bringing more and more families to our pantry for assistance," said Boylan.

In terms of demographics, the pantry typically sees some seniors, but mostly individuals in their 30s and 40s, as well as single mothers.

"Whatever the need, we are here to address it," said Boylan. "Everything we do is based on relationship building and staying true to our core values of spirituality, service and friendship. We want people to see the face of Christ in the work that we do."

The food pantry is comprised of 30 volunteers. "We have been blessed with a great team that worked right through the pandemic," said Divine Word Missionary

Father Guilherme Andrino, the Pastor of Our Lady of Guadalupe. "They stock the shelves and hand out food. They do whatever is necessary to help the community stay nourished."

The new van will enable Our Lady of Guadalupe to continue its mission and feed even more individuals and families. "The cargo van is able to hold two skids of food," Boylan added.

In addition to Fulfill's food deliveries on the second and fourth Thursdays of the month, the van will allow the parish to go to the B.E.A.T. Center in Toms River for additional food pickups as necessary.

"We also have a great partnership with Target on Route 70 in Lakewood," Boylan noted. "We go there twice a week to pick up donated food. Thanks to the CauseWheels Vehicle Donation Program, this cargo van will give us the ability to pick up even more food to give back to the community. We couldn't be more grateful."

Saint Vincent de Paul Food Pantry is open on Thursdays and Saturdays from 9:30am to 12:30pm. The pantry is located in the trailers in the lower parking lot of Saint Mary of the Lake Church (43 Madison Avenue, Lakewood). To learn more about volunteer opportunities or to donate food or clothing, please call Wayne Boylan at 732-534-9375.

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WHAT'S INSIDE

- OCC Foundation Kicks Off Legacy Campaign PAGE 2
- Southern Regional Sports PAGE 3
- Need We Feed Event a Great Success PAGE 4
- Local Business Owner Loved His Ford E-Transit Van PAGE 5
- Furry Friends Who Need Fur-Ever Homes PAGE 6
- New Jersey State Parks to Get Charging Stations PAGE 7
- Resources to Care For Older Adult at Home PAGE 8
- 8 surprising Things Your Teeth Can Tell You About Your Health PAGE 9
- Remembering Hurricane Sandy After 10 Years PAGE 10
- Weather Did Not Stop 4th Annual Chef Tasting Event PAGE 11
- Cash Tolls on NJ Turnpike Going Away PAGE 12
- Help Wanted at Causeway: Collision Technician PAGE 13
- Girl Scouts of the Jersey Shore Honor Nine Women PAGE 14
- Heather Coburn Now CEO of Girl Scouts of the Jersey Shore PAGE 15
- Coloring Contests - Win a Prize! PAGE 16

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Editor: Joe Stroppolino
Assistant Editor: Kaitlyn Strohmeyer
Publisher: Jayme Hill-Gardner
Creative/Comp: Keith Stewart, Theresa Maye
Marketing: Bryan Whelan
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About The CauseWheels Vehicle Donation

The CauseWheels Vehicle Donation Program exists to help its neighbors and positively impact Ocean County. The program started in 2019 after The Causeway Family of Dealerships had two requests for vehicle donations to local non-profit organizations. Both requests were graciously accommodated. This prompted the idea to follow up Causeway's 2019's 50th Anniversary celebration with the new CauseWheels Vehicle Donation Program.

About Our Lady of Guadalupe

Our Lady of Guadalupe is a parish that has merged into one multi-cultural parish that celebrates and ministers to the diversity of cultures as it continues to strive to be united as one, holy Catholic Church. The Parish Community of Our Lady of Guadalupe includes Saint Mary of the Lake Church, Saint Anthony Claret Church and Holy Family Church. To learn more, visit www.olglakewood.org

To learn more about Causeway CAREs, please visit CausewayCAREs.com or email Joe.Stroppolino@CausewayCars.com.



The Wintrode Family Foundation



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

Driving change *in our community.*

CausewayCAREs.com

OCC FOUNDATION KICKS OFF 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.

GRACE CALVARY CHURCH RECEIVES NEW SET OF WHEELS

The vehicle was funded in part through a grant from Causeway Family of Dealerships and Causeway CAREs.

MANAHAWKIN, NJ – Located just one block from the beach in Ship Bottom, Grace Calvary Church was in desperate need for a vehicle to assist its Ocean County congregation. The church’s current minivan’s final days were numbered due to its age and repetitive use.

The Causeway Cars team determined that repairing the minivan would be ill advised. Grace Calvary Church needed financial support in order to fund a vehicle purchase. Paul Shutak, Service Director at Causeway Cars and member of Grace Calvary Church, presented the grant request to Causeway CAREs.

David Wintrode, President of Causeway Family of Dealerships/Causeway CAREs, saw the need and met it with a \$9,500 grant to assist the church in its vehicle purchase. This grant was made possible through The CauseWheels Vehicle Donation Program.

“As Grace Calvary is known for serving the LBI community, we are grateful for the generosity of Manahawkin’s Causeway dealership and Causeway CAREs for helping us with a strategic vehicle need,” said Pastor Craig Braun of Grace Calvary Church.

Grace Calvary Church has been a part of Ship Bottom and LBI since the 1920s. Today, the church consists of people of all ages who enjoy the many activities that take place year-round, such as Young Adult Group, Ladies’ Bible Study and Men’s Discipleship.

A family-friendly church, Grace Calvary is open to the community and offers two Sunday worship services: 8:30am traditional (hymns) and 10:30am contemporary with Pastor Dan bringing expositional and practical bible messages on Thursdays at 7:30pm on WYRS 90.7. **To learn more, visit gracecalvary.org.**



Pictured from left: Paul Shutak, Service Director; Kristin Falk, Service Consultant; Senior Pastor Dan Stott; Assistant Pastor Nate and his wife Kelby along with their daughter; Pastor Craig Braun, Executive Administrator, and Robert Banul, Parts Manager.

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SOUTHERN REGIONAL SPORTS BEAT



Surfing
Great picture of the Southern Surf Club from their 1st practice of the fall on Tuesday, September 13, 2022. Best of luck this season. Thank you Coach Law and Coach Randy Townsend.



Tennis
Congratulations Southern Girls Tennis from the 2022 Ocean County Tournament on Saturday, September 17th. Pictured is the Rams' 2nd doubles team of Delaney Bartram (12th) & Emily Whitehead (12th) who took 2nd place; 3rd singles Grace Schriever (12th) took 5th; 1st Doubles Vic Castaldi (10th) & Finley Gaskell (10th) took 6th. Best of luck the rest of the season.



Football
Congratulations Southern Regional Football on being named Shore Conference Football "Team of the Week" (Week 3) for the 2022 season by both the Shore Sports Network and Shore Savages. The Rams defeated Long Branch 7-0. Congratulations players and coaches. Thank you Shore Sports Network and Shore Savages.



Cross Country
Southern Boys Cross Country on Saturday, September 24, 2022 competed at the Bowdoin Classic in Poughkeepsie, New York. Best of luck to our runners the rest of the season.



Volleyball
Congratulations Southern Regional Girls Volleyball on winning the 2022 Southern Invitational on Saturday, September 24, 2022. The Rams defeated Brick Twp in the final. Continued Success this season.



Volleyball
Congratulations Southern Regional Freshmen Girls Volleyball on winning the 2022 Brick Memorial Freshmen Invitational on Saturday, September 24, 2022. The Rams defeated Long Branch in the finals. Emily Zellman was named tournament MVP.



Soccer
Congratulations Southern Regional Boys Soccer on defeating Middletown South 3-2 in OT on Saturday, September 17, 2022. With the win, the Rams gave Head Coach Rob Munoz his first career win. Coach Munoz is a Southern Alum- Class of 2004. Best of luck!

Field Hockey
Great picture of Southern Field Hockey Alums Makayla Alessi and Cuinn Deely (Both Class of 2022) currently at Belmont Abbey College Women's Field Hockey game vs Shippensburg on Saturday, September 17, 2022. The Crusaders were defeated 2-1 vs. nationally ranked Shippensburg.



Football
Great to see Southern Regional Football Alums JT Cornelius (Class of 2020) and Jaiden Brown (Class of 2022) face off on Saturday, September 17, 2022 when Monmouth University played Georgetown University. Both guys played very well for their schools. JT played offensive line for the Hawks, while Jaiden played linebacker for the Hoya Defense. Monmouth won the contest 45-6.



Multi-Sport
Thank you Southern Regional Shore Conference Student Ambassador senior Gianna Simon on attending the NJSIAA Title IX Luncheon in Princeton, NJ on Sunday, September 18, 2022. The luncheon featured female coaches and athletes from New Jersey discussing the importance of Title IX. There was also a message to the student athletes from NJSIAA Director Colleen Maguire. Gianna during her career at Southern has been a #MultiSport athlete participating in Girls Soccer, Girls Indoor Track and Girls LaCrosse.



Football
Congratulations Southern Regional Football Assistant Coach Dylan Larson - Class of 2008 (OL/DL) on being named The Shore Football Report Ocean County Assistant Coach of the Week for Week 3 of Shore Conference Football.

Field Hockey
Congratulations Southern Regional Field Hockey Lindsey Pampalone on her commitment to Fairleigh Dickinson University-Florham to continue both her academic and athletic careers. Continued success!

Soccer
Congratulations Southern Regional Girls Soccer Alum Melanie Lockwood who throughout Ocean County College's (Women's Soccer) first 5 games this season has 8 assists. That currently ranks Melanie #1 in all NJCAA Women's Soccer. Continued success to Melanie and the Vikings!

Baseball
Congratulations Southern Baseball Mike Nasti on his commitment to continue his education and baseball careers at Hood College in Frederick, MD ...Best of luck!



Cross Country
Congratulations Southern Regional Boys Cross Country, winning the 2022 Shore Conference "A" South Division Championship on Thursday, 10/6/22. Congratulations runners, coaches, parents, alumni and fans. Continued success this season.



Gymnastics
Congratulations Southern Gymnastics, defeating TR South and Manchester on Thursday, October 6, 2022 by scores of:
SR: 98.8
Manchester: 93.15
TR South: 76.6
Rams improve to 3 and 3 on the season. Continued success!



Savor the Flavors The Original Chefs' Tasting

NEED WE FEED EVENT A GREAT SUCCESS

A Need We Feed Inc. held their Savor the Flavors fundraiser on Sunday, October 2nd; it was a fantastic day.

We want to thank our sponsors:

- Investors Bank, a division of Citizens Bank, N.A.
- Railroad Construction Company, Inc.
- The Citta Foundation, Inc.
- Force Fitness
- New Jersey Natural Gas
- Red's Lobster Pot
- Danielle Bisignano, with Diane Turton Realtors
- Local Union 400 IBEW
- OceanFirst Foundation
- The Office Restaurant & Lounge.

Our guests enjoyed great food from many local restaurants and bakeries, including Atlantic Offshore Fishery-Point Pleasant Beach, B2 Bistro + Bar-Bayville, Captain's Inn-Forked River, Charlie's Pizza and Pub-Manchester, Lorenzo's Pizzeria & Restaurant-Toms River, Margaritas Mexican Restaurant-Toms River, The Office Restaurant & Lounge-Toms River, Pies Place-Bayville, Ryan's Catering & Deli-Seaside Heights, Toast City Diner-Red Bank, Mueller's Bakery-Bay Head, and Up Before Dawn-Forked River.

From crab cakes to mussels served with Italian bread, specialty sandwiches,

chicken tacos, fish chili, pasta, charcuterie table, cheese and breadsticks, crumb cake, mini donuts filled with various creams, and so much more. There was also a large gift auction, Wine Pull, Mystery Box game, 50/50, and live music by Johnny and the Brue Crew.

We cannot thank our participants and guests enough for coming out to support A Need We Feed especially considering Sunday's weather. We also want to thank Taylor Spence of Taylor Spence Photography for volunteering her time to take pictures and Jimmy Smith of Ryan's Catering & Deli for all he did to support this fundraiser.

We must thank our Savor the Flavors Committee and Board of Directors for their tireless efforts in making this fundraiser a huge success.

Everyone who supported this fundraiser helped to raise money to provide meals for our community's veterans, seniors, families, and the homeless.

Website: www.aneedwefeed.org

A Need We Feed Inc.

Phone: 609-316-7572

Mailing address:

PO Box 461, Island Heights, NJ 08732

A Need We Feed Inc. is a registered, compliant 501 (c) 3.

FAMILY PROMISE OF SOUTHERN OCEAN COUNTY ASKS YOU TO JOIN IN OUR NIGHT WITHOUT A BED SOCIAL MEDIA CHALLENGE

Summer's small in the rearview mirror now and the skies of October can turn gloomy.

The weather and the temperatures certainly did turn for the worse recently as the remnants of Hurricane Ian drenched the Jersey Shore.

Strong winds whipped cold, heavy rains making for raw conditions outside for several days and nights. Those nights made for a fine time to settle in for cozy evenings at home with the family before heading to bed for a warm night's sleep.

For many people in our community, including working families with children, there were no warm, dry beds inside to ride out the storm.

After slogging through a soaking day of work or school, maybe they were able to camp out on some workplace sofas, or took refuge in the one-night offer of floor space at a friend's house or they settled in for another night of cramped shelter in their car.

For these neighbors of ours, it was another night without a bed.

To raise awareness about this grim reality for so many local families, Family Promise of Southern Ocean County asks you to join us in our Night Without a Bed social media challenge.

Together, our action will raise awareness and rally support for local families battling or facing homelessness.

On October 22, we invite you to sleep on a sofa, the floor, in your car – anywhere except your bed. Share your photos on social media using the hashtag #nightwithoutabed2022 accompanied by a

brief post describing your Night Without a Bed experience. Please tag us in your posts.

That Saturday night our Executive Director Elizabeth Golla will be sleeping in our offices. I will be spending the night in my car.

We believe in the Family Promise mission of helping local families experiencing homelessness and low-income families achieve sustainable independence through a community-based response.

As we raise awareness about family homelessness in our community we are also seeking donations in support of the services Family Promise of Southern Ocean County provides to local families.

Please support our prevention programs, emergency accommodation and support services that benefit local families with children.

This year the housing crisis has grown worse as inflation has risen, and a growing number of families are unable to find available and affordable housing.

Donations can be made at <https://www.nightwithoutabed.org/organizations/family-promise-of-southern-ocean-county>. Donations may also be mailed to PO Box 83 West Creek, New Jersey 08092.

Please join us in helping our neighbors who often have to spend more than one night without a bed.

Sincerely,

Jim Lowney

Development and Communications Manager
Family Promise of Southern Ocean County



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*Coupon is only valid at Causeway Ford. Expires 11-30-2022.



2022 Warmest Wishes Coat Drive

United Way is collecting donations of **NEW** winter coats for local children in need!

Coats are needed in the following sizes:

Toddler sizes 3T - 4T

Children's sizes Extra Small - Extra Large



Cash donations are also welcome! Every \$25 = 1 new coat

Donations will be accepted through November 1, 2022

Scan the QR code or visit uwmoc.org/WarmestWishes for more information



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 2019 Ford EcoSport SE FKC270454 \$22,900*	 2019 Ford Escape SEL FKUB84233 \$23,900*	 2019 Ford Escape SE FKUB92356 \$24,990*	 2019 Ford Escape SE NKUA10140 \$24,990*	 2019 Ford Escape SE NKUA89625 \$24,990*	 2019 Ford Escape SE FKUA73763 \$25,550*	 2019 Ford Escape Titanium FKUB43204 \$27,990*
 2019 Ford Escape Titanium FKUB74089 \$28,990*	 2018 Ford Explorer XLT FJGA22897 \$29,990*	 2019 Ford Explorer XLT YKGA82624 \$31,990*	 2019 Ford F-150 XL FKKD02760 \$31,990*	 2019 Ford Edge SEL FKBC67647 \$32,990*	 2019 Ford Edge Titanium FKBB30896 \$35,990*	 2020 Ford Edge Titanium FLBA02431 \$35,990*
 2018 Ford Explorer Sport FJGC81252 \$37,990*	 2020 Ford Explorer XLT FLGA75535 \$37,990*	 2020 Ford Explorer XLT FLGB00172 \$39,550*	 2019 Ford Explorer Sport FKGB51122 \$39,990*	 2020 Ford Explorer XLT FLGA22174 \$40,550*	 2018 Ford F-150 XLT P84043 \$40,990*	 2017 Ford Expedition Platinum NHEA71823 \$43,990*
 2019 Ford F-150 XLT FKFA72751 \$44,990*	 2020 Ford F-150 XLT FLFB96966 \$44,990*	 2020 Ford Explorer Platinum FLGA57344 \$45,990*	 2020 Ford Explorer ST FLGA22312 \$48,990*	 2020 Ford F-150 Lariat P84155 \$49,550*	 2019 Ford F-150 Lariat FKFD25394 \$49,990*	 2020 Ford Expedition Limited FLEA78532 \$61,990*



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WE LOVE THIS TIME OF YEAR!

By Danielle Natale, Causeway Honda Sales

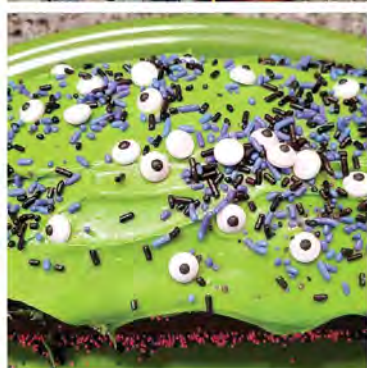
This is, as my daughter says, "her time of year" because her name is Autumn. We both love this time of year! We mostly love the festive decorations and Autumn really is becoming quite the little designer!

My daughter's favorite holiday is Halloween. Every year she asks me to decorate, and I never get around to it. I feel bad each Halloween that I don't decorate, and I didn't want to do that to her again. Thankfully, with the help of my mom this year, we were able to make a little Halloween tree for Autumn.

My mom went to our local craft store and found the most adorable wooden pumpkins and ghosts. It was such a cute idea! Autumn spent a few days after school at their house painting them. I had a small, 3ft black Christmas tree up in the attic, so we brought it down, ordered some Halloween lights and hung all of Autumn's handmade ornaments.

I would like to get her a collectible glass blown Halloween ornament every year for her Halloween tree. I think it will be nice for her to look back on her childhood and remember each year getting a special ornament. Now, when she is older, she will have this amazing collection for her favorite holiday. I can't wait to see what she makes next for Thanksgiving and Christmas!

We go all out for Christmas, and I just recently finished a nook in the kitchen made just for her to do all her art projects. There are so many fun projects at the craft store to work on with your kids, so get out there and create some memories!



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

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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.



732-414-6745

info@uwfinancialsuccess.org

uwfinancialsuccess.org

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LOCAL BUSINESS OWNER FIRST TO PURCHASE FULLY ELECTRIC WORK VAN AND LISTS BENEFITS

They say electric vehicles are the way of the future. While this may be concerning for some, others are eager to jump on board and experience this new and constantly improving technology.

Local business owner Don Storsberg of Storsberg Plumbing and Heating was one of the first in the area to purchase a new 2022 Ford E-Transit. The Ford E-Transit is Ford's first fully electric work van.

Don told his Sales Consultant Kevin Meade how impressed he is with his new E-Transit. We asked Don to share some of his reasons as to why he loves his new van and he was eager to share!



Local Business Owner Don Storsberg and Ford Sales Consultant Kevin Meade

"I love having a Ford E-Transit for many reasons. Here's just a few." - Don Storsberg

- I can avoid the high gas prices as well as the time it takes to get gas.
- It's incredibly easy, just plug in overnight and I wake up to a fully charged truck that gets me a 135 mile range.
- The acceleration is smooth.
- The radio display is incredible. It's so large and the backup camera is excellent.
- There is a 110V inverter that allows me to charge my cordless tools.
- The truck height is also a favorite of mine. I'm 6'4" and can walk around in it!
- The rubber flooring is also great. It makes it easy to slide things around, such as water heaters, toilets, etc.

If you're interested in a Ford E-Transit and would like to special order one, come to Causeway Ford and ask for Kevin Meade.

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Fall Festival of Savings

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2018 Lincoln MKX Select FJBL37997 \$34,990*	2019 Lincoln MKC Reserve FKUL09071 \$36,550*	2017 Lincoln Continental Reserve FH5636359 \$36,990*	2019 Lincoln MKZ Reserve FKR613050 \$39,550*
2019 Lincoln Nautilus Reserve FKBL11870 \$39,990*	2019 Lincoln Nautilus Reserve FKBL56744 \$42,550*	2019 Lincoln Continental Reserve YK5607456 \$48,990*	2020 Lincoln Aviator Reserve FLGL11648 \$58,990*

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

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*Pricing is plus tax, tags, doc fees, bank fee. See dealer for complete details.

Furry Friends

Who Need Fur-Ever Homes!



King

Birdie is a bright-eyed, smart and sweet, very active boy with a sleek black coat and big gold eyes. His day includes playing with most anything that bounces or twirls, watching YouTube videos and games, and taking power kitten naps. Although Birdie is a shy boy, he enjoys the company of his foster family (dog included!) and would be happiest in a home with another kitten around his size to play with. He loves to follow his foster Mom around, greets her at the door when she gets home and sleeps in her bed.



Birdie

Birdie currently weighs in at over seven pounds, and being that he is around five months old, will likely grow up to be a big boy. Even at this young age, Birdie is very mannerly – he uses his litter pan neatly and loves his scratching post. He was named Birdie as he doesn't meow properly but chirps like a bird!

He is neutered, up to date with vaccinations, tested negative for FIV and FeLV and microchipped. If you would like to meet Birdie, please fill out an application on line at Fosocas.org and his foster Mom will contact you for a meet and greet in her home in Little Egg Harbor.

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

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

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www.theoceancountylibrary.org/events



Image Courtesy of Ocean County Artists Guild

OCEAN COUNTY ARTISTS' GUILD SHOWCASE COMING TO TOMS RIVER BRANCH

TOMS RIVER – The Ocean County Library Toms River Branch is pleased to present “Expressions,” a display by members of the Ocean County Artists’ Guild, throughout the month of October.

“Expressions,” in the Branch’s 2nd Floor Gallery, will showcase the diverse talent of the Ocean County Artists’ Guild members. The exhibit will include artwork in oils, acrylics, watercolors, and photographs.

The Island Heights-based nonprofit group was founded in 1957 by local artists who met regularly to paint, to share ideas, and to pursue a goal of promoting visual arts in the community. Today, the Guild’s promotion of art in Ocean County regularly attracts creative individuals and patrons from all corners of the shore region for classes, workshops, and events. Visitors to the OCAG website find this statement: “Our mission is to serve the artists and community; to provide an outlet and training for artistic talent, to enhance the quality of life for the residents and thereby attract newcomers, and to provide an attraction to draw tourists to the community.”

“Expressions” is free and open to the public. Registration is not required. For more information, visit the Toms River Branch, 101 Washington Street, call (732) 349-6200, or visit www.theoceancountylibrary.org/events.



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Focus ON Barnegat

NEW JERSEY STATE PARKS WILL START GETTING ELECTRIC VEHICLE CHARGING STATIONS, NJ-DEP SAYS

By Vin Ebenau, wobm

For some on the fence about getting an electric vehicle now or in the future, one of their concerns is there are not many electric vehicles charging stations in New Jersey, including here in Monmouth and Ocean Counties.

It's not only the amount but another concern along those lines is their location and how long your vehicle would need to be parked there to charge back up again in a public location.

According to an AAA-Mid-Atlantic Poll, 60 percent of people are concerned with higher purchase prices, 60 percent are concerned about not having enough places to charge, 58 percent are concerned about running out of charge when driving, 55 percent are concerned that it's unsuitable for long-distance traveling, 55-percent are concerned about the high cost of battery repair or replacement, and 31-percent are concerned about being unable to install a charging station where they live.

Still, it remains a goal among certain state officials to have gas-powered vehicles go away and have drivers transition over to electric vehicles somewhere between the years 2035 and 2050.

NJ-DEP Commissioner Shawn LaTourette explained in September of 2021 that we need to embrace solar and wind energy and reduce carbon emissions to better protect our climate and environment.

"We also have to transition our transportation sector...our trains, our busses, our cars...all account for more than 40 percent of all climate emissions," LaTourette previously told Townsquare Media News. "The biggest thing any one family can do is consider buying an electric vehicle instead of a gas-powered one and our hope is that we, through incentives and regulatory reform, will transition to an all-electric car future by the year 2035."

Part of the reason for the push is because of reports like the one that came out in October of 2021 from

Environment New Jersey/NJPIRG Law & Policy Center and Frontier Group, looking at the air quality in New Jersey for the year 2020 which showed several important notes including that we had about 7 weeks of unhealthy air, according to their findings.

Then there is New Jersey U.S. Congressman Frank Pallone who this week came up with a stock market type of approach to try and lower gas prices but also make the ultimate push for electric vehicles by the year 2050.

Electric vehicles are an expense as well, so, you ultimately have to decide whether it's the right option for you and your family, and your living and work situation.

There are many things to think about when it comes to the future pursuit of electric vehicles.

While you ponder, there is some news when it comes to charging them up.

On Tuesday, the NJ-DEP and Commissioner Shawn LaTourette announced that various state parks are getting funding to install electric vehicle charging stations.



Electric-Vehicle charging station in Seaside Heights. (NJ-DEP)

The funding is coming from a couple of different sources, according to the DEP, including the New Jersey Board of Public Utilities and the BPU, stemming from large grants that started to be doled out in March of this year.

So far, two chargers were put in at Liberty State Park in Hudson County with plans from the BPU to put them in more than 60 tourist spots across the state, a plan put into play by the BPU in 2021.



Photo: Edwin J. Torres/NJ Governor's Office

The newly announced NJ-DEP plan is to put chargers in parking lots at these state parks and right now, there are ones in place and ready to charge at Round Valley Reservoir in Hunterdon County with plans to install Level 2 charging stations as well in Cheesequake State Park in Middlesex County, High Point State Park in Sussex County, Wawayanda State Park in Sussex and Passaic Counties, as well as Wharton State Forest - Batso Village in Burlington County, according to the NJ-DEP.

"The availability of EV chargers at scenic and recreational destinations throughout the state encourages residents and out-of-state travelers to choose New Jersey to charge up and unwind at any of our many destination points, whether it's a park, down the shore, or at a historic site," Commissioner LaTourette said in a written statement on Tuesday. "We're pleased to offer this new amenity and are excited to see park visitors charge their vehicles while enjoying their day outdoors."

"During the last two years, the Board has taken substantial steps to build out its electric vehicle incentive program and a robust electric vehicle charging network," BPU President Joseph L. Fiordaliso said in a written statement issued by the NJ-DEP. "Our EV Tourism program is

helping ease range anxiety for residents and visitors alike to the many wonderful attractions our state offers like our State Parks. All of our EV incentive programs are aimed directly at reducing the 40 percent of greenhouse gas emissions in New Jersey that come from vehicles."

This week also happens to be recognized as "National Drive Electric Week" according to AAA-Mid-Atlantic, which says the electric vehicle market in the U.S. is growing pretty well.

"The electric vehicle market size in the United States is currently more than \$24 billion and is projected to reach more than \$137 billion by 2028."

"With higher gas prices this year, we are certainly seeing a lot of interest in electric vehicles," Bob Kazmierczak, Director of Approved Auto Repairs, AAA Club Alliance, said in a written statement. "There are some basic things to consider before deciding whether to purchase an EV, from daily driving habits to charging plan to the cost of ownership. Drivers should also review all tax refunds and incentives to make sure their purchase would qualify."

Again though, there are a lot of concerns that many people have about buying an Electric Vehicle.

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Keep up with Library programs and events at: www.theoceancountylibrary.org

ROBERT ORGANES ART EXHIBIT OCTOBER FEATURE AT BARNEGAT BRANCH

BARNEGAT – The Ocean County Library Barnegat Branch is pleased to present "Now and Then," an exhibit of paintings by local artist Robert Organes, during the month of October.

The display marks Robert's return to the Barnegat Branch as a contributing artist. He has also exhibited in regional juried shows and galleries in northern New Jersey. Robert attended Newark Fine and

Industrial Art School. He applies acrylics to canvas and board. "[Painting feels] like a puzzle," Robert has said of his work. "Trying to make all the pieces fit and succeed is one of my life's greatest rewards."

"Now and Then" is open to the public and free of charge. Registration is not required to view the exhibit. For more information, visit the Branch, 112 Burr Street, call (609) 698-3331, or visit www.theoceancountylibrary.org/events.



"946982," by Robert Organes

OCEAN COUNTY LIBRARY TO PRESENT "THE PETTETS: A TRIBUTE TO OUR NATION'S HEROES"

TOMS RIVER – Join us in honoring all generations of military veterans through story and song that highlight America's history and heritage. The Ocean County Library is pleased to present the acclaimed singing duo The Pettets in "A Tribute to Our Nation's Heroes." Performances will take place at:

• Island Heights Branch - 2 PM
Wednesday, November 2, 121 Central Avenue, (732) 270-6266

• Little Egg Harbor Branch - 2 PM
Thursday, November 10, 290 Mathistown Road, (609) 294-1197

Attendees will be treated to a special patriotic tribute, and can sing along with Ashley and Kristen Pettet's selection of popular, nostalgic American favorites.

The sisters captured national attention with their Dream Come True Tour of live, televised, and broadcast performances. Their repertoire for audiences of all ages has taken them to Broadway, to the White House, and across the nation. Kristen received the prestigious Presidential Community Award for her volunteer service during her term as Miss New Jersey National Teenager. Among her film credits is the starring role in Amanda & The Mysterious Carpet. Ashley's



The Pettets
Photo Courtesy of Ashley Pettet

career milestones include the Broadway Kids, national tours of Annie and The Sound of Music, numerous New York stage performances, and the starring role in Weezie's Wild Adventures, for which she received a GMA Dove Award.

Registration at www.theoceancountylibrary.org/events is required for these free programs. For more information, visit the Island Heights or Little Egg Harbor branches, or call (732) 349-6200.

TOMS RIVER BRANCH TO PRESENT 'WHISKERS & WISHES' BY GREGORY OBERNE IN OCTOBER

TOMS RIVER - Feel the friskiness of felines, as interpreted by New Jersey artist Gregory Osborne. His exhibition, "Whiskers & Wishes," will be on display throughout the month of October at the Ocean County Library Toms River Branch.

Osborne describes the exhibition as "a collection of kitty art, created to capture and convey the charming curiosities of cats. As you prowl the gallery, pounce into each piece, produced with a variety of paints and pencils."

Largely self-taught, Osborne credits "a handful of great teachers" for inspiration and guidance. He is proficient in water based mediums and traditional illustration, graphic design, and web development, which have been seen in local and nationwide advertising campaigns.

Osborne says that his goal is to become a master artist in illustration and painting, "capturing the magnificence of the unseen and seen." He also plans to develop a series of video games and comics.

"Whiskers & Wishes" is free and open to the public. Registration is not required. For more information, visit the Toms River Branch, 101 Washington Street, call (732) 349-6200, or see the listing at www.theoceancountylibrary.org/events.



Images Courtesy of Greg Osborne

SENIOR CORNER

RESOURCES, GADGETS AND TOOLS TO CARE FOR AN OLDER ADULT AT HOME

By Amy Goyer, AARP

According to AARP’s “Home and Community Preferences” survey, 3 out of 4 adults age 50 or older say they want to stay in their homes and communities as they age. And many do: Nearly 9 in 10 care recipients live in their own home, in someone else’s home or in their caregiver’s home. Some homes are well-suited for aging and providing care, but many require modifications.

When my parents needed 24-hour care and moved in with me, we didn’t have the budget to build an addition or completely revamp the house. But with some research and advice, I found easier, affordable ways to make

the home safe and navigable. And I continued to adapt as their needs changed. Eventually, I was able to fully remodel a bathroom for Dad’s safety, as well as get entry threshold ramps.

The goal is to help loved ones be as independent as possible at home, for as long as possible. To tailor your or your loved ones’ residence for care at home, you can start with a home assessment by an occupational therapist, physical therapist, geriatric care manager (aging life care specialist), certified aging-in-place specialist (CAPS) or qualified professional via the area agency on aging or Department of Veterans Affairs.

Some tips to get you started:

1. Make basic home modifications.

Use universal design principles to ensure the home is comfortable and safe for people of all ages and abilities. Make any alterations easily adaptable, since needs and abilities change over time. A safe home doesn’t have to be unattractive — modifications can be beautiful and stylish. If you engage a contractor, find one who has proven experience in this arena. You can search for a contractor who has the CAPS designation in the National Association of Home Builders Directory. Also, consider AARP’s HomeFit Guide and HomeFit AR app to walk through the home and determine needed changes.

Consider the following improvements:

No-step entry. This eases entrance to the home for those who use wheelchairs and walkers and makes it easier to carry medical equipment, groceries and suitcases inside. If this isn’t possible, consider a threshold or full ramp, or a lift.

First-floor bedroom and bathroom or an elevator. Stairs may become difficult as well as unsafe. If you are unable to create a first-floor bedroom/bathroom, you might consider an in-home elevator.

Bathroom grab bars and a raised toilet seat. Making the bathroom safe and accessible is a top priority. A shower chair can also be helpful, and, if possible, a curbless shower is best.

Laundry on same floor as bedroom/bathroom. If the laundry room is in the basement, it might be time to create one upstairs.

Wide doorways and halls. I had offset door hinges installed, allowing just enough extra room for a walker or wheelchair to get through.

Reachable outlets, controls, knobs and switches. Light switches, thermostats, faucets, cabinet and doorknobs can be lowered and outlets raised to be easily reached from a seated or standing position.

Variable countertop heights. In the kitchen and bathroom, the counter height may be more comfortable for some people to stand up or use a stool without bending over and straining their backs, but others may need to sit in a chair or wheelchair.



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Easy-to-use handles and doorknobs. Lever handles are easiest for arthritic hands.

Increase lighting. Dim areas can cause falls.

2. Keep safety a top priority.

Every year, 1 in 4 Americans over the age of 65 fall, so fall prevention is paramount. Many of the modifications listed above help prevent this kind of accident. And sometimes a very simple adjustment can help. For example, I took the wheels off my dad’s chair so it wouldn’t move when he stood up. We have a sunken living room, and a visiting friend once fell off the edge and fractured her ribs. To prevent this from recurring, I lined up furniture along the edges so Mom and Dad couldn’t slip from there.

Preventing a loved one from getting lost is also critical. Monitors and alerts can be a big help when someone has dementia. I placed a motion sensor in the hallway, so I was alerted if Dad, who had Alzheimer’s disease, passed by it. In addition, I placed a floor mat with an alarm next to his bed. For Mom, I had bed and chair-seat alarm pads. Even a simple door alarm, found in your local hardware store, can give you peace of mind. These alarms can also help prevent falls if your loved one isn’t safe walking around the home alone.

Medical equipment and mobility aids, including canes, walkers, wheelchairs and shower chairs, are often key to preventing falls. Lift chairs, entry ramps and wheelchair lifts can be helpful, too.

3. Caregiving devices and apps are rapidly changing care at home.

Try using technology these ways:

Medical alert systems (or personal emergency response systems). A wide variety of options are available, including GPS tracking and automatic fall detection.

Monitors, alerts and alarms. Alerts include motion sensors, video camera and audio monitors, floor mat and bed pad alarms, door alarms, stove burner alerts and smart medication organizers/dispensers. Integrated systems are available that combine all of these options. A smart home and security system can be synchronized so that you can lock and unlock doors, check and change the temperature in a loved one’s home, monitor who goes in and out, and even raise or lower window blinds from a distance.

Health tracking tools. Apps and devices that track blood pressure, blood sugar, weight, nutrition and other health

4 SURPRISING BENEFITS OF THE FLU SHOT

By Beth Howard, AARP

Not getting sick from the flu is reason enough to roll up your sleeve for a flu vaccine every fall. And along with preventing millions of cases of influenza each year, flu shots also reduce hospitalizations for complications of this misery-making seasonal illness.

A 2021 study from researchers at the Centers for Disease Control and Prevention (CDC) found that adults who got vaccinated were 26 percent less likely to be admitted to the intensive care unit and 31 percent less likely to die from the flu compared to those who were unvaccinated. There seems to be protection from illness even when vaccines aren’t perfectly matched to the strain of flu virus circulating (since the shot is formulated months in advance). But evidence suggests that there are other payoffs beyond defense from fever, fatigue, chills and aches.

“People don’t really appreciate the other potential benefits of flu shots,” says Michelle Barron, M.D., senior medical director of infection prevention and control for UHealth in Aurora, Colorado. “It’s actually arming your immune system to fend off other problems.”

Here are four unexpected ways a flu vaccine can benefit the body and the brain.

1. A boost for the brain?

Previous research has suggested that flu vaccines may protect the brain from dementia, and a new study from the McGovern Medical School at UHealth in Houston makes the case even stronger.

This study, published in the Journal of Alzheimer’s Disease, compared more than 47,000 people age 65 and older who were vaccinated against flu to a similar group of nearly 80,000 people who were not vaccinated. The findings: Those who got a flu shot were 40 percent less likely to develop Alzheimer’s disease over a four-year period.

“We weren’t actually expecting it to be that high,” says study coauthor Avram S. Bukhbinder, M.D., now a neurologist at Massachusetts General Hospital in Boston.

Bukhbinder has several theories for the vaccination’s potential effects on the brain. Perhaps by preventing the flu, the shot quells inflammation that can lead to harmful brain changes. His most intriguing hypothesis is that vaccines alter the brain’s overall defenses. “There’s good evidence that when we get these vaccines, they help us make antibodies to the specific pathogen — the influenza virus,” he says. “But they may also modify the immune system in such a way that it’s better at either cleaning up amyloid and tau [the proteins responsible for the plaques and tangles that are the hallmarks of Alzheimer’s] or by preventing these proteins from building up in the first place.”

2. The shot is linked to a stronger heart

A history of heart disease or a stroke can make flu more likely and more dangerous. In addition, the flu can be a trigger for heart attacks and strokes in people at high risk for them.

According to a 2018 Canadian study, people who got the flu were 6 times more likely to have a heart attack within a week of getting the diagnosis. And Columbia University researchers saw a significant jump in strokes in the month after fighting the flu, according to new research published in the American Heart Association’s journal Stroke.

A flu shot can also spare you the potential heart harms. A new study led by the University of Toronto that incorporated six previous studies covering more than 9,000 patients showed that people who received a flu vaccine had a 34 percent lower risk of a major cardiovascular event in the 12 months following vaccination. Higher-risk vaccinated individuals with acute coronary syndrome — a group of conditions that abruptly stop blood flow to the heart — had a 45 percent risk reduction of major cardiovascular event, and a 56 percent reduced risk of dying from heart disease in the year after they got the shot, according to

the findings, which appear in JAMA Network Open. How the flu shot protects the heart isn’t fully known, but it may have to do with the plaques that build up on artery walls of people with heart disease. The body’s immune response to the flu creates inflammation that is believed to disrupt these fat deposits, causing blood clots that may trigger heart attacks and strokes.

“The vaccine may interact with the body’s immune system and inflammatory processes to help stabilize plaques that might be present in blood vessels, thus preventing these plaques from rupturing and causing further problems,” says lead study author Bahar Behrouzi Homa, an M.D./Ph.D. candidate at the university.

3. It could curb complications from other chronic conditions

Like heart disease, some chronic health conditions make you more prone to flu and its harmful effects. For people with diabetes or chronic lung diseases, like chronic obstructive pulmonary disease (COPD), an annual flu shot is one of the best ways to avoid aggravating these underlying health problems.



Evidence comes from researchers at the University of Minnesota Medical School and the Veterans Affairs Medical Center in Minneapolis who followed people age 65 or older in a large health plan who had respiratory diseases over three flu seasons. Their findings, published in Annals of Internal Medicine, show that patients who got vaccinated were 52 percent less likely to be hospitalized for pneumonia or flu and 70 percent less likely to die from these diseases during that period.

Similarly, a UK study showed that when people with diabetes got the jab, it reduced their chances of being hospitalized by almost 80 percent during the two flu seasons that were studied.

4. It may make for a longer life

The flu shot might even increase your life span. The evidence: In a recent study, also out of Toronto, researchers looked at more than 54,000 people age 65 and older who had been tested for the flu between 2010 and 2016. They found that those who received the flu shot were less likely to die from any cause over the multiyear period.

“In large databases from Ontario, we found that influenza vaccines may reduce the chances of older adults dying by as much as 34 percent,” says study author Jeff Kwong, M.D., associate director of the Centre for Vaccine Preventable Diseases at the University of Toronto.

Flu shots likely protect older adults from dying simply by preventing the infection in the first place and by preventing those who do get infected from getting very sick from the virus, Kwong says. While getting the jab is critical, Kwong also recommends wearing face masks indoors, washing hands and avoiding sick people during flu season to prevent both flu and COVID-19 — another virus-caused illness that picks up its spread in the fall and winter. “In many places in the world, when mask-wearing was made mandatory, influenza basically disappeared,” Kwong says. “Vaccines should be thought of as one layer of protection, and the more layers one has, the better.”

aarp.com

8 SURPRISING THINGS YOUR TEETH CAN TELL YOU ABOUT YOUR HEALTH

By Barbara Sadick, AARP

While we know that regular brushing, flossing and general dental care can prevent common problems such as cavities and gum disease, your teeth can also offer clues to brewing health problems. Discover what your pearly whites can reveal about your health.

1. Damaged tooth enamel can be a sign of eating disorders

Although bulimia and anorexia are most common in girls and young women, recent studies show that about 13 percent of American women over the age of 50 have signs of eating disorders. Serious eating disorders can affect men as well. Bulimia, an illness characterized by a cycle of binge eating and self-induced vomiting, often leads to tooth damage. “Acid created in the stomach by vomiting erodes the inner enamel or thin outer coating of the teeth,” says Leila Jahangiri, clinical professor and chair of the Department of Prosthodontics at New York University College of Dentistry.

The acid will cause damage to the back of the teeth but will usually spare the bottom front teeth. Jahangiri says the damage can be so extensive that the enamel is completely gone and teeth are thinner and can be seriously chipped. Anorexia, another serious illness, is characterized by weight loss, difficulty maintaining an appropriate body weight and distorted body image. Many people with bulimia are also anorexic, says Jahangiri, so those with anorexia may also have damage to their tooth enamel.

2. Pale gums can be a sign of anemia

Anemia is a condition that develops when not enough rich, healthy red blood cells are produced in the body. The low level of red blood cells makes a person with anemia feel weak and tired. It can also cause shortness of breath, dizziness, headaches and an irregular heartbeat. Postmenopausal women are at higher risk of anemia than men due to iron loss. In the United States, approximately 10 percent of the 35 million people over 65 are considered anemic.

Domenica Sweier, clinical professor at the University of Michigan School of Dentistry, says that along with many other medical conditions, anemia can cause the gum tissue to be a very pale pinkish-white. “A dentist might look at the gum color, ask additional questions and would likely refer a patient to a medical doctor,” Sweier says.

It’s important to note, however, that anemia can’t be diagnosed from gum color, but rather should be diagnosed with blood tests.

3. Osteoporosis can put people at risk for tooth loss

Osteoporosis is a bone disease that develops when bone density, mass and structure in the body changes. It can lead to loss of bone strength and risk of bone fractures. Both men and women get the disease, but it’s more common in women as a result of hormonal changes that cause weakening of the bone, which can cause fractures and other skeletal problems. Fifty-four million Americans have osteoporosis and low bone mass. Half are over the age of 50. Osteoporosis is often called a “silent disease” because many don’t know they have it until bones in the body begin to break.

Erinne Kennedy, director for predoctoral dental education at Kansas City University College of Dental Medicine, says that along with age, genetics, hormonal changes and smoking, osteoporosis can be a risk factor for tooth loss.

Mary Grace Ash, clinical lecturer at the University of Michigan School of Dentistry and course director of gerontology for dental hygienists, says, “There are lots of bones around a tooth, and indications of osteoporosis include tooth recession, mobility and increase in pockets between teeth,” she says. “And a dentist should be able to spot it.”

Tooth loss, however, is not always a sign of osteoporosis. Many other conditions can cause the loss of teeth as people age.

4. Complications of kidney disease can lead to tooth loss

The kidneys are bean-shaped, fist-sized organs that filter extra water and waste out of the blood and make urine. When the blood can’t be filtered properly, the result is kidney disease. Symptoms include dryness of the mouth, changes in taste and malnutrition.

People who have kidney disease often have compromised immune systems and chronic inflammation. A compromised immune system is susceptible to the overgrowth of bacteria or fungus in the body, which can lead to periodontal disease, Sweier says.

Periodontal or gum disease is a common bacteria-induced inflammatory disease that causes bleeding gums, wobbly teeth and tooth loss. Some research shows that those with inflammation of the gums have more compromised kidney function. Additionally, recent studies show that inflamed gums provide an opportunity for bacteria to enter the bloodstream.

5. Oral thrush can be a sign of HIV

Oral thrush is a fungal infection caused by a fungus called candida, which is normally present in low



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numbers in the mouths of many people. The problem arises when there’s an overgrowth of candida. This can be caused by several factors, including a compromised immune system. “When present, oral thrush may cause burning and soreness in the mouth and throat, making it difficult to eat,” says Ash. Because people with HIV/AIDS have compromised immune systems, oral thrush is sometimes a sign of the disease. The National Center for Biotechnology Information estimates that around 80 to 90 percent of people with HIV will have oral thrush.

If people with HIV/AIDS practice good oral hygiene and have their mouths checked regularly, symptoms can be discovered and treated early.

6. Acid reflux can cause damage to tooth enamel

Acid reflux occurs when the contents of your stomach or stomach acid regurgitates into the esophagus. Symptoms can run from nonexistent to mild to heartburn, or what’s known as acid indigestion, which tends to be more common as people age. About 20 percent of Americans suffer from acid reflux. A dentist should be able to detect tooth damage by erosion from acid reflux right away.

Jahangiri says the damage from acid will appear on the back of the upper and some of the bottom teeth. “You may feel little holes or notches on your back molars, but generally the tongue protects the bottom front teeth,” she adds. The erosion of tooth enamel caused by acid reflux can cause sensitivity to hot, cold or sweet foods and drink, chipped teeth or sharp tooth edges, discoloration

issues are readily available, and some can send reports to your loved one’s doctors.

Apps can aid communication among your caregiving team members, create medication lists, and provide caregiving tips or resources. There are also apps to set up transportation and find paid caregivers.

Connections. Technology that helps fight isolation in the home makes it easier for your loved one to visit with friends and family via video chat and smart speakers.

4. Look into home-based services.

Investigate what assistance may be available via your area agency on aging, Veterans Affairs Department or other community-based organizations. Physical, occupational, speech and music therapy can be provided at home. Housekeeping, chore services and meal delivery are often the first supports people need as they age. Other useful services for home-based care include mobile doctors, X-rays and lab tests, and dialysis; home health aides can help with activities such as bathing, dressing and toileting. If your loved one is a veteran, ask about home-based primary and the home health services from the VA.

5. Do your homework when hiring paid caregivers.

It’s wonderful to have help, and there are many caring and dedicated people willing to provide it. But, of course, there are others who are not so reliable. Mom had several falls due to untrained paid caregivers, and one stole her jewelry. When hiring caregivers, be sure to do background checks and get references, and carefully monitor their work. Stop by — preferably at unexpected times — to check in on professionals or volunteers going to the home.

As your loved one’s needs change, you can creatively increase support in the home. Dad lived with me for six years; he died, at age 94, in his own bed, surrounded by his daughters, with the support of hospice care, provided through the VA. I’m so grateful I was able to adhere to his wishes and care for him at home. Looking back, while it was challenging, I have no regrets, and, overall, it was an extremely rewarding experience.

aarp.com

7. Poor dental hygiene is linked to cognitive decline

Poor oral hygiene can be a sign of cognitive decline, especially in those who have previously taken good care of their teeth. As brushing, flossing and dental visits become more difficult, the ability to maintain the health of the teeth lessens, says Ash. Research has also linked tooth loss to a higher risk of dementia. Ash says when an older person who has previously taken good care of his or her teeth has food debris in the mouth, the lack of self-care could indicate decline. Caregiver support may be needed.

8. Teeth grinding can be a sign of sleep apnea

Sleep apnea is a common disorder that causes breathing to stop or become very shallow during sleep. Pauses in breathing may last from a few seconds to minutes and may happen 30 times or more during an hour. The National Sleep Foundation has found that 1 in 4 people with sleep apnea also grind their teeth at night. Symptoms include snoring, teeth grinding and gasping.

Untreated sleep apnea is linked to serious health problems including high blood pressure, type 2 diabetes, liver problems and possibly even dementia. “It’s amazing what we can learn from studying teeth,” Kennedy says, “and what we learn just may save your life.”

aarp.com

10 YEARS SINCE SANDY HIT NJ — WHAT MADE THE STORM SO UNIQUE?

Superstorm. Hurricane. Post-tropical cyclone. However you remember it, you'll likely never forget it.

This month marks 10 years since Sandy made landfall in Atlantic County and changed the shape of New Jersey forever, interrupting or completely destroying the lives of countless residents with a relatively quick hit the night of Oct. 29.

People were calling it the 'Frankenstorm'

"The way the storm approached the coast, the size of the storm, and the strength of the storm, all made it just this unusual beast," Dave Robinson, state climatologist at Rutgers University, told New Jersey 101.5. "It was basically in a league of its own, in terms of anything New Jersey has seen in recorded weather history."

Technically, Sandy was not at hurricane strength when it barreled west from the Atlantic Ocean. But New Jersey's coast was delivered hurricane-like storm surge due to that path.

"As Sandy skirted up the coast, people were calling it the 'Frankenstorm.' The big deal is it made that hard left turn and slammed right into the Jersey Shore, that beeline right towards the coast," said Dan Zarrow, chief meteorologist for New Jersey 101.5.

The most destructive natural disaster to ever hit New Jersey, Sandy carved holes and new waterways into the state.

Sandy's toll on New Jersey

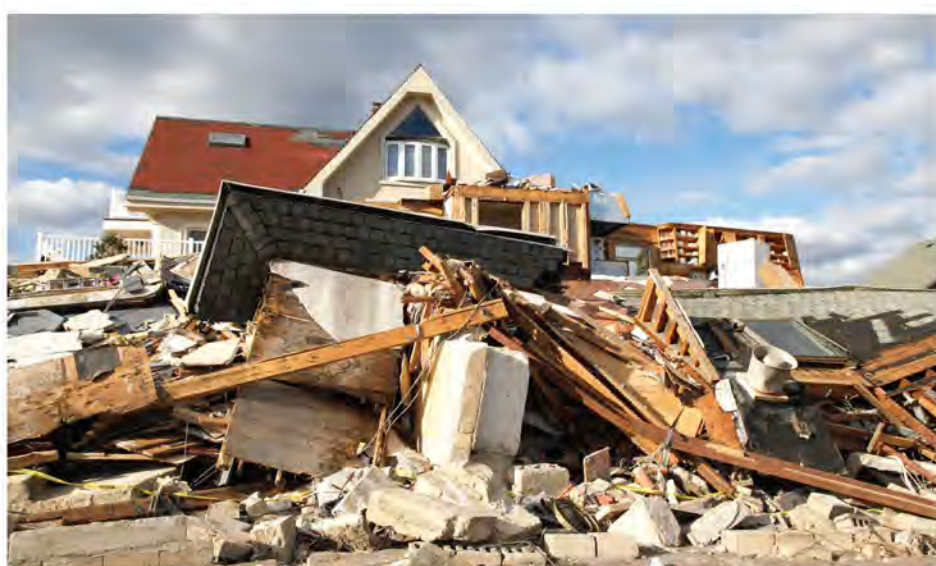
"You name it, it was damaged," said Union Beach Mayor Charles Cocuzza, who was a councilman for the borough during Sandy.

Rain was mostly an issue for the southern half of the state. Eight inches of rainfall were recorded at the Atlantic City marina.

The lights went out for more than 2 million New Jersey households, as wind speeds of 60-70 mph flooded substations and snapped lines from their poles both along the shore and well inland. Unmanageable flood waters hit not only towns along the beach and back bays. Riverfront cities were underwater.

"It took a good week for the waters to go down," said Hoboken Public Safety Director Kenneth Ferrante, who served as a commander in the city when Sandy hit in 2012.

According to a count from officials, 346,000 homes were damaged or destroyed by Sandy throughout New Jersey. The death count was 37.



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NEW CAR NEWS

HYUNDAI ELANTRA HYBRID, IONIQ 5 AND SANTA CRUZ WIN STRATEGIC VISION 2022 TOTAL QUALITY AWARDS

FOUNTAIN VALLEY, Calif., Sept. 13, 2022 – The 2022 Elantra Hybrid, IONIQ 5 and Santa Cruz have been named Best-in-Segment in Strategic Vision's 2022 Total Quality Impact™ (TQI) report. The TQI report measures total vehicle satisfaction among new car owners, reflecting not only the quality of the vehicle, but the emotional connection it makes with buyers.



2022 Elantra Hybrid

Below are the Hyundai 2022 Total Quality Award winners and their scores on a 1,000-point scale.

Small Alternate Powertrain (APT) Car
Hyundai Elantra Hybrid: 538

Mid-Size APT
Hyundai IONIQ 5 EV: 553



2022 IONIQ 5

Standard Pickup
Hyundai Santa Cruz: 578



2022 Santa Cruz

"The Strategic Vision Total Quality Impact report recognizes Elantra Hybrid, IONIQ 5 and Santa Cruz's tremendous quality and impressive consumer appeal," said Ricky Lao, director, product planning, Hyundai Motor North America. "Offering a combination of exciting design, outstanding residual value, and efficiency, these vehicles continue to be top contenders in very competitive segments, and we are pleased by their outstanding market reception this year."

Strategic Vision's 27th annual TQI report is based on results from the New Vehicle Experience Study® (NVES) surveying over 112,078 new vehicle buyers after the first 90

days of ownership. The Total Quality Index® asks buyers to rate all aspects of the ownership experience from buying and owning to performance and driving. Strategic Vision has presented Total Quality Awards® annually since 1995.

hyundainews.com



usa.nissannews.com

NISSAN PATHFINDER AWARDED TOP SAFETY PICK+ BY THE INSURANCE INSTITUTE FOR HIGHWAY SAFETY

NASHVILLE, Tenn. – The 2023 Nissan Pathfinder has been awarded the Insurance Institute for Highway Safety's (IIHS) 2022 TOP SAFETY PICK+ designation.

TOP SAFETY PICK and TOP SAFETY PICK+ award winners must earn "good" ratings in all six of the Institute's crashworthiness evaluations this year, including the driver-side small overlap front, passenger-side small overlap front, moderate overlap front, original side, roof strength and head restraint tests. They must also be available with a front crash prevention system that earns "advanced" or "superior" ratings in both the vehicle-to-vehicle and daytime vehicle-to-pedestrian evaluations. For the higher-tier TOP SAFETY PICK+, "good"

or "acceptable" headlights must also be standard across all trims.

Pathfinder comes with a standard front crash prevention system that earned "superior" ratings in the vehicle-to-vehicle and daytime vehicle-to-pedestrian evaluations. "Acceptable" headlights are standard on Pathfinder.

Every Pathfinder grade features Nissan Safety Shield® 360I, a suite of technologies that includes Automatic Emergency Braking with Pedestrian Detection, Blind Spot Warning, Rear Cross Traffic Alert, Lane Departure Warning, High Beam Assist and Rear Automatic Braking. For more information about our products, services and commitment to sustainable mobility, visit nissanusa.com.



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ANIMALS AT CAPE MAY ZOO LOVE YOUR PUMPKIN DONATIONS

By Eddie Davis, wobm

You aren't the only one who is excited that it's pumpkin season. I didn't say pumpkin spice, I said pumpkin. The animals at the Cape May Zoo love pumpkins.

The zookeepers at the Cape May Zoo have put out the word asking for donations of pumpkins between now and Halloween.

Zoos often provide pumpkins for animals as a novel way to provide enrichment. If you visit the Cape May Zoo in October you might get a kick out of watching the animals playing with a pumpkin or observe them figuring out how to "open" a pumpkin to get at the food inside.

Note that the Cape May Zoo is asking for pumpkin donations now. It seems that everyone is ready to turn over their pumpkins as donations after Halloween so the zoo isn't sure how many they will need then - you should check with them after Halloween before bringing any pumpkin donations.

But, if you want to bring an extra pumpkin home from the pumpkin patch and visit the zoo between now and Oct. 31, they will gladly take it and the animals will love it.

Cape May Park and Zoo on Rt. 9 in Cape May court house, South Jersey's local treasure, offers free year-round admission to see its collection of 550 animals.

wobm.com

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www.caregivervolunteers.org

NOTHING COULD STOP THE 4TH ANNUAL CHEF TASTING AT THE BEACH... NOT EVEN THE WEATHER

The weather tried its best to slow down the momentum of the 4th Annual Chef Tasting at the Beach, hosted by Martell's Tiki Bar, Point Pleasant, but it was no match for those who wanted to come out to show their support to our NJ Active Military and their families.



Roger's Crabhouse, BoHo Bites, Four Seasons Diner, and Joe Bella's, wanted to put out their best knowing 70 members of the active military would also be in attendance.

In addition to our amazing restaurants, we had exciting raffle baskets, a 50/50 raffle, Father & Son's Sports Cards Memorabilia, and Touchstone Crystal Jewelry.

The final count was 550 which was by far the largest turnout to an event we have ever created, said Cliff Baker. "This is such a humbling moment when you stop and look around at the support. They all believe in our mission! They all want to be here to show support to our active military!"

One of the members of the military in attendance was the XO, the Executive Officer and 2nd in command on the Naval Weapons Earle base, and his wife. They said in their 20 years of military service, they have never experienced an event like this. It was a



perfect opportunity to have a great date night. They expressed the event and "the grub" was phenomenal.

As Cliff spoke to the crowd, he emphasized that these are the moments Dine on Us wants to create for our active military. This is what we want them to remember about their time stationed in NJ. Moments like this is what they will talk about while on deployment and things get tough! Cliff spoke about his own impactful experience 35 years ago while serving in the US Navy.

Cliff finished by saying we have so much more coming up soon for our active military!

A Music Festival for the Bases on October 22 which will be held at BAR A, another event we have created on the Naval Weapons Earle base for 60 families on November 18th and delivering a freshly prepared meal to the Earle Base during their Christmas Eve mass.

To our active military, from our tables to yours, Dine on Us.

We have your families back, while you're out there protecting ours!

If you would like to learn about how you can help support, please check out our website - www.dineonus.org



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CASH TOLLS ON NJ TURNPIKE, PARKWAY ONE STEP CLOSER TO OBLIVION

By Dan Alexander, wobm

Cash tolls will join tokens as a relic of the past on the Garden State Parkway as the Turnpike Authority takes a major step towards cashless tolls.

The Board of Trustees approved a \$914 million contract Tuesday for TransCore of Nashville to design, install and operate a cashless system for 8 years on the Garden State Parkway and the New Jersey Turnpike.

The company won a contract Thursday from the South Jersey Transportation Authority to make the Atlantic City Expressway cashless by 2025, which helped TransCore get the Turnpike Authority's approval.

"There's some benefit to having the same technology on both roads," Turnpike Authority spokesman Thomas Feeney said.

The Parkway will be the first highway to go cash-free. The road's toll plazas already have gantries that allow drivers

to maintain high speed as their E-ZPass reader is scanned.

Feeney said about 90% of both Turnpike and Parkway already pay electronically.

The Authority has yet to decide if the Turnpike will also use a gantry system or upgrade the existing lanes and continue to accept cash.

There's no timetable for when cash collections would be completely eliminated from the Parkway but nothing is expected until at least 2025 or 2026.

"We've got 49 tolling locations on the Parkway. It's a huge undertaking and there's a lot of planning and design and construction that would have to happen before you get around to installing the equipment that was bought under that contract," Feeney said.

TransCore will install the cameras, servers, sensors and other equipment for whichever option is decided for the Turnpike.

wobm.com



WOMAN'S CLUB TO HOST SHOWING OF "WHITE CHRISTMAS"

Join the Stafford Township Women's Club at The SurfFlight Theater, 1:30pm, Tuesday, Dec 6, 2022, to see the 2pm matinee of Irving Berlin's musical White Christmas. Tickets are \$37 each, payable to Stafford Township Women's Club (STWC).

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

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GIRL SCOUTS OF THE JERSEY SHORE HONOR NINE PHENOMENAL WOMEN UNDER 40

FARMINGDALE, NJ – Nine emerging leaders from Monmouth and Ocean counties were honored by Girl Scouts of the Jersey Shore at the Phenomenal Women Under 40 event on Wednesday, September 21st at the Girl Scouts' Program Activity Center in Farmingdale. Over 175 guests gathered for the annual event that 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.

Heather Coburn, newly appointed Chief Executive Officer of Girl Scouts of the Jersey Shore, acknowledged the honorees and said, "Each and every one of the honorees are positively impacting their organizations and communities and are role models to our girls." She added, "Right now, the power of Girl Scouting has never been more crucial in our community, across the country and around the world." Heather thanked guests and supporters for funding new programming, partnerships, and opportunities for girls in Monmouth and Ocean counties. Board Chair, Teri O'Connor, thanked generous sponsors, donors and guests including Courage Sponsors, Brookdale Community College; Mazza Recycling Services, Ltd.; PNC Institutional Asset Management/Private Bank; and RWJ Barnabas Health Southern Region – Community Medical Center, Monmouth Medical Center, and Monmouth Medical Center Southern Campus. For a complete list of sponsors please visit www.gsfun.org/phenom.

Awards were presented by event Co-Chairs Jamie Bertram, 2017 Phenom; Kate Dowd, 2019 Phenom; and Stephanie Toal, 2019 Phenom. The 2022 Girl Scouts of the Jersey Shore Phenomenal Women Under 40 Award honorees included:

Alexis Bailey
Vice President 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



2022 Phenomenal Women Under 40 from Left to Right: Brynn Mosello, Carla Vanzant, Alexis Bailey, Kathrine Dwyer, Sherrice Lyles, Kimberly Kravitz, Allison Clemente, Lenore Gibson, and Amy McLane.

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.gsfun.org/phenom. The event EMCEE, a current Girl Scout and Sophomore High School student, Leena, credited Girl Scouts with allowing her to "gain confidence and develop a strong voice to be a positive role model for others." The honorees were also interviewed by current Girl Scouts who were recognized during the event. Leena added, "These amazing young women help make Girl Scouting flourish and shine brightly in our communities." All proceeds from the event support programs that provide leadership experiences to more than 11,000 Girl Scouts across Monmouth and Ocean counties and ensures that every girl can access year-round Girl Scout programs. For over 110 years, Girl Scouts has helped girls become women of courage, confidence, and character, who make the world a better place. For information on how to join, volunteer, partner or donate, visit www.GSFun.org or call (800) 785-2090.



2022 Phenomenal Women Under 40 Event Supporters (L to R): Denise Gaffney, Heather Barberi, Kelly Servodio, Jessica Eggers, Heather Coburn and Tom Hayes.



2022 Phenomenal Women Under 40 EMCEE and Girl Scout Leena, Girl Scouts of the Jersey Shore CEO Heather Coburn, Board Chair Teri O'Connor, Girl Scout Corrina and Girl Scout Jennevie.

Fall Festival of Savings

<p>2012 Hyundai Santa Fe Limited HCG110262 \$10,990*</p>	<p>2012 Toyota Camry LE HCR212399 \$10,990*</p>	<p>2007 Lincoln MKX Base Y7BJ23042 \$11,990*</p>	<p>2007 Saturn Sky Base N7Y130045 \$12,990*</p>	<p>2012 Honda Civic EX-L YCE342170 \$12,990*</p>	<p>2013 Hyundai Santa Fe Sport HDG114246 \$13,990*</p>	<p>2017 Hyundai Elantra Value Edition YHU243199 \$13,990*</p>
<p>2014 Hyundai Tucson GLS YEU950030 \$16,990*</p>	<p>2018 Kia Soul Base HJ7570504 \$16,990*</p>	<p>2018 Dodge Grand Caravan SXT FJR297275 \$17,990*</p>	<p>2015 Ford Explorer Sport NFGC56234 \$18,990*</p>	<p>2014 Ford Edge SEL FEBB16175 \$19,990*</p>	<p>2018 Ford Escape SE FJUD33465 \$19,990*</p>	<p>2019 Nissan Sentra S NKY409160 \$19,990*</p>
<p>2016 Honda CR-V EX-L HGH500106 \$22,990*</p>	<p>2017 Ford Flex SEL FHBA06882 \$22,990*</p>	<p>2015 Mercedes-Benz C-Class C 300 4MATIC® HFU002988 \$23,550*</p>	<p>2019 Jeep Compass Latitude NKT650564 \$23,990*</p>	<p>2019 Subaru Impreza 2.0i Premium YK3625711 \$23,990*</p>	<p>2017 Honda HR-V EX-L w/Navigation HHM700037 \$24,990*</p>	<p>2019 Mazda CX-3 Touring HK0448803 \$24,990*</p>
<p>2018 Jeep Grand Cherokee Altitude HJC118274 \$29,990*</p>	<p>2018 Kia Sedona SX NJ6423651 \$29,990*</p>	<p>2021 Toyota RAV4 LE YMC251644 \$29,990*</p>	<p>2016 Ford Expedition XLT FGFE07806 \$30,990*</p>	<p>2020 Nissan Pathfinder S HLC636451 \$32,550*</p>	<p>2022 Nissan Rogue S NNC707230 \$32,990*</p>	<p>2019 Infiniti Q50 3.0t Luxe NKM553207 \$33,990*</p>
<p>2022 Jeep Grand Cherokee WK Laredo E YNC142037 \$38,990*</p>	<p>2019 Ford F-150 XL FKKC06644 \$39,990*</p>	<p>2022 Kia Sorento EX HNG086346 \$39,990*</p>	<p>2021 Honda Ridgeline RTL HMB013834 \$41,550*</p>	<p>2021 Ford Ranger Lariat FMLD63010 \$41,990*</p>	<p>2020 Honda Ridgeline RTL-E HLB007295 \$42,990*</p>	<p>2019 Ram 2500 Tradesman HKG633066 \$43,990*</p>

HEATHER COBURN APPOINTED CEO OF GSJS

FARMINGDALE, NJ – Girl Scouts of the Jersey Shore announces former interim CEO Heather Coburn as the newly appointed Chief Executive Officer of the leadership development organization for girls.

Heather leads a dedicated and passionate team of more than 35 full time staff, 20+ board members and countless volunteers and supporters, as they work to build girls of courage, confidence and character who make the world a better place.

Since joining Girl Scouts of the Jersey Shore in 2016, Ms. Coburn has served in a number of roles including the Chief Operations Officer. As COO, she led GSJS staff through new initiatives in response to the pandemic, cultivated the Box of Love Challenge during the 'cookie crisis of 2020' and supported her team through two COVID-free day camp summers. Starting her career at Girl Scouts as Director of the Office of the CEO in 2016, she was fortunate to serve under two past Chief Executive Officers while managing the GSJS Property Department, increasing staff satisfaction, and supporting Board of Directors functions.

Under Heather's leadership as interim CEO, the Girl Scouts of the Jersey Shore saw tremendous growth in membership, increased donor support and delivered impactful programming that was developed to girls across Monmouth and Ocean



Heather Coburn

county, regardless of their ability to pay. Heather helped secure a \$500,000 covid relief grant from Monmouth County to cover expenses incurred by council to support programs and leadership experiences. Ms. Coburn is a champion for the Girl Scout movement and the Jersey Shore council which serves more than 11,000 girl and adult members (girls in K-12) from Monmouth and Ocean counties with the resources to become tomorrow's leaders.

"Since joining the organization, Heather has made tremendous and invaluable contributions to GSJS, and we look forward to working with her to continue to enhance and expand opportunities for girls through the Girl Scout Leadership Experience. Heather's strategic leadership, vision for GSJS, and depth of knowledge pertaining to all things Girl

Scouts makes her the ideal candidate for this role. We are confident that Heather will lead GSJS to new heights," said Teri O'Connor, GSJS Board Chair.

Heather is thrilled to take on the next stage of growth for GSJS with the expansion of Camp Sacajawea to include an Outdoor Garden and STEM Lab, the continued beautification of Camp Amity Acres and the implementation of a mentorship program for older Girl Scouts.

As she takes on the new role, Heather's primary focus will be on bringing the Girl Scout experience to every girl by allowing girls to have a safe space where they can feel free to be themselves, find a friend who becomes a sister for life, or learns a new passion or skill that helps in

making the world a better place. "Every girl should have access to our programs and services and have the ability to see what Girl Scouts is all about. I want to live in a world where girls and women are empowered and encouraged to take chances and reach their goals. As a leader of this amazing organization and as a mom of a Girl Scout Brownie, I feel a tremendous responsibility to positively impact the lives of our girls and young women. I'm inspired every day by our movement of 2.6 million girl and adult members."

Ms. Coburn is a graduate of University of Delaware. She lives in Brick Township with her very own Brownie Girl Scout, Casey.

PUMPKIN TURKEY CHILI

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- ½ cup chopped green bell pepper
- ½ cup chopped yellow bell pepper
- 1 clove garlic, minced
- 1 pound ground turkey
- 1 (14.5 ounce) can diced tomatoes
- 2 cups pumpkin puree
- 1 ½ tablespoons chili powder
- ½ teaspoon ground black pepper
- 1 dash salt
- ½ cup shredded Cheddar cheese
- ½ cup sour cream



Directions:

Heat the oil in a large skillet over medium heat, and saute the onion, green bell pepper, yellow bell pepper, and garlic until tender. Stir in the turkey, and cook until evenly brown. Drain, and mix in tomatoes and pumpkin. Season with chili powder, pepper, and salt. Reduce heat to low, cover, and simmer 20 minutes. Serve topped with Cheddar cheese and sour cream.

allrecipes.com




PRESENTS

MUSIC FESTIVAL FOR THE BASES

Saturday, October 22nd ★ 12:00 pm - 6:00 pm
Bar-A ★ 703 16th Ave, Lake Como, NJ 07719

Artists Include:

Glenn Roberts Band	Soup
Kiley Baxter	Speed Limit
Who Bought the Dog	

Cash Bar for 21+ & Unlimited BBQ available
Entertainment for children including TRUNK-OR-TREAT



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 2019 Ford Fusion Hybrid Titanium HKR158176 \$26,550*	 2019 Jeep Cherokee Limited HKD472383 \$26,990*	 2017 Lincoln MKX Select FHBL40385 \$27,990*	 2018 Honda Odyssey EX-L HJB058446 \$27,990*	 2020 Nissan Rogue S NLC802238 \$27,990*	 2020 Kia Sportage EX FL7750044 \$28,550*	 2018 Lincoln MKC Premiere FJUL31869 \$28,990*
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 2021 Lexus NX 300 F Sport NM2243414 \$43,990*	 2019 Lincoln Nautilus Reserve P84115 \$44,990*	 2021 Ram 1500 Big Horn/Lone Star P84059 \$47,990*	 2020 Ford F-150 XLT FLKE18061 \$49,990*	 2019 Ford F-250SD XLT FKED78959 \$57,990*	 2022 Toyota Tundra Limited P84178 \$63,990*	 2021 Ford F-350SD Lariat FMEE15128 \$64,990*

KIDS CORNER



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



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

Entry Deadline: 7th of the month

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

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



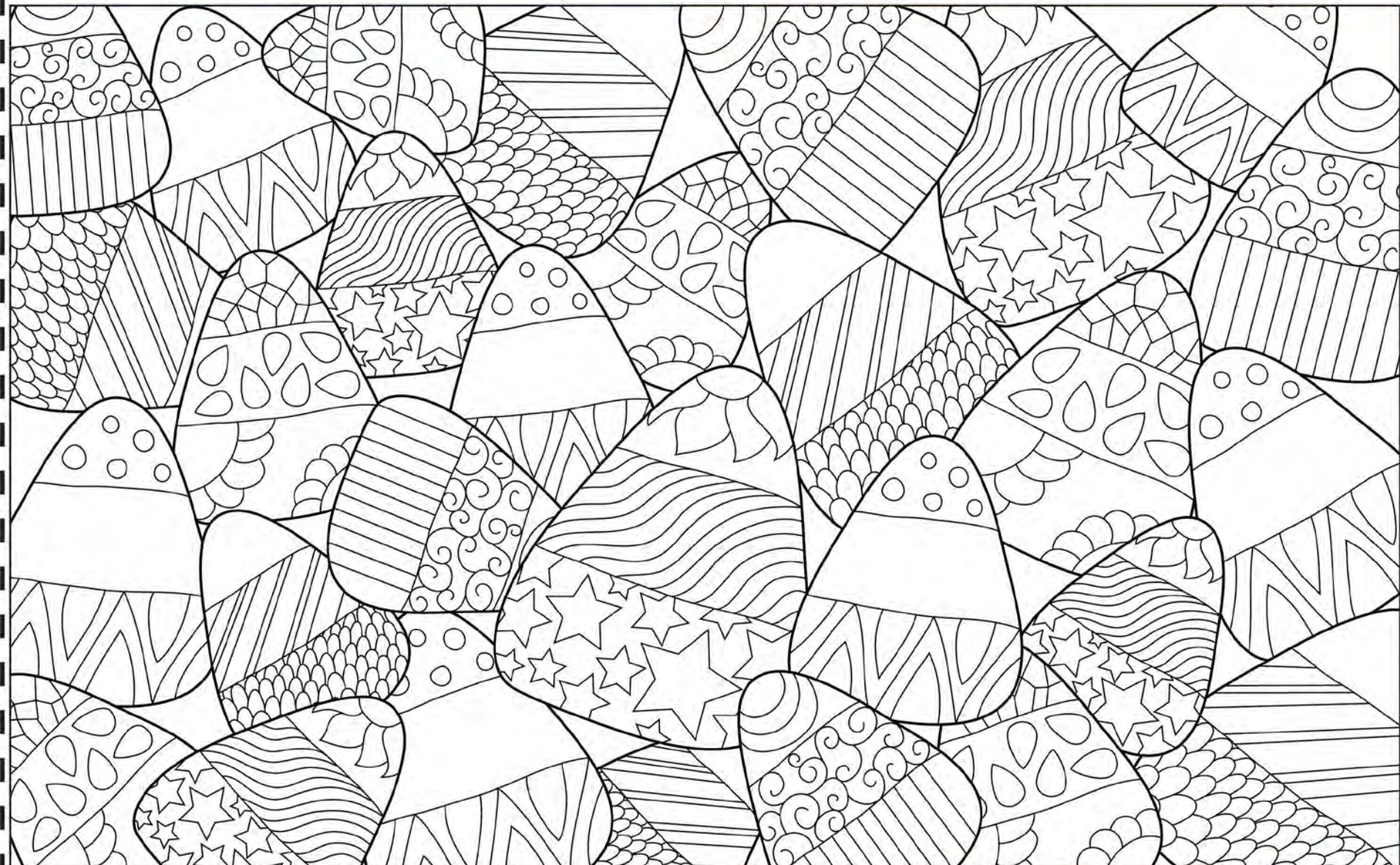
Congratulations to Last Month's Kid's Coloring Contest Winner!

Arielle

Child's First Name _____
 Age _____
 School _____
 Parent's Name and Phone _____

ADULT COLORING CONTEST!

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



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

Entry Deadline: 7th of the month

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

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

First Name _____
 Last Name _____
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 Residence: _____

Congratulations to last month's adult coloring winner!



Nancy

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