

# The Causeway Gazette

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Proudly serving Manahawkin and surrounding communities

November 2022 • Number 103

## CAUSEWAY CARES DELIVERS 1, 2 PUNCH TO FIGHT HUNGER AND HOMELESSNESS

### Causeway's 5th Annual 5K raises \$60,000.

MANAHAWKIN, NJ – The 5th Annual Causeway 5K, presented by Causeway Family of Dealerships and Causeway CAREs, was held on October 16th at Southern Regional High School in Manahawkin. The event saw 200 attendees, 80 sponsors and raised \$30,000. David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs graciously matched that amount, bringing the grand total to \$60,000 – making this Causeway's most successful 5K to date. All event proceeds were donated to Fulfill and Family Promise of Southern Ocean County.

"We carefully selected Fulfill and Family Promise of Southern Ocean County as this year's 5K beneficiaries because both organizations are on a mission to battle hunger and homelessness in Ocean County, which is something that Causeway cares deeply about," said Wintrode.

Fulfill has been a 5K beneficiary since the race's inception five years ago. The nonprofit's mission is to alleviate hunger and build food security in Monmouth and Ocean Counties and make sure that all people at all times have access to enough nutritious food to maintain an active and healthy life.

This year, Family Promise of Southern Ocean County was also selected as a 5K beneficiary. Its mission is to partner with communities to guide homeless children and their families toward achieving sustainable independence.



**Pictured from left:** John Garofalo, Family Promise of Southern Ocean County Board Member; Kellie Piaszkowski, Case Manager at Family Promise of Southern Ocean County; Elizabeth Golla, Executive Director of Family Promise of Southern Ocean County; Joe Stroffolino, Race Director/Director of Advertising and Marketing, Causeway Cars/Causeway CAREs; David Wintrode, President of Causeway Family of Dealerships/Causeway CAREs; Triada Stampas, President and CEO of Fulfill; Jaimee Pignataro, Development/Monetary Donations at Fulfill, Corey Gellis, General Sales Manager of Causeway Cars, and Kaitlyn Strohmeier, Marketing Manager of The Causeway Family of Dealerships.

"We carefully selected Fulfill and Family Promise of Southern Ocean County as this year's 5K beneficiaries because both organizations are on a mission to battle hunger and homelessness in Ocean County, which is something that Causeway cares deeply about."  
- David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs

Joe Stroffolino, Race Director/Director of Advertising and Marketing, Causeway Cars/Causeway CAREs, is a board member for both nonprofits. "I felt a strong obligation to drastically increase our sponsor count," he said. "We successfully went from 47 sponsors in 2021 in support of Fulfill to 80 sponsors by adding Family Promise of Southern Ocean County as our second beneficiary this year."

"What I love about partnering these two organizations together is it really reflects a reality of the people that we serve, which is that they don't experience housing issues in isolation, and they don't experience food insecurity in isolation," said Triada Stampas, President and CEO of Fulfill.

There is a common saying at Fulfill – rent eats first.

"Food insecurity is the canary in the coal mine," Stampas said. "Families are on the brink of distress because households tend to guard their resources to protect the roof over their head and then start to make sacrifices where they can – and that often is food."

Together, Fulfill and Family Promise of Southern Ocean County take a collective approach when it comes to fighting hunger and homelessness.

"This approach is based on lived experience," said Stampas. "People do not experience these struggles in isolation and that is the really beautiful part of this partnership."

The numbers show the impact. In fact, every dollar donated to Fulfill provides three meals to those in need.

"We are the food bank that serves Ocean County and Monmouth County by servicing a network of 300 organizations – mostly food pantries, soup kitchens, shelters and other distribution sites," Stampas added.

Fulfill is emerging out of a COVID response and headed straight into an inflation response.

"When we look at the statistics, the number of people who have been accessing our pantry network went up 60 percent between January and June of this year," said Stampas. "Typically, we see a dip in the summer because of seasonal employment. This summer, we did not see that dip. This really demonstrates the impact that inflation has on the households that we serve. Food is one of the sacrifices that people make when budgets get pinched."

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



*The*  
**Wintrode**  
**Family**  
*Foundation*



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

## ► COVER STORY

# “Food is one of the sacrifices that people make when budgets get pinched.”

Family Promise of Southern Ocean County is one of Fulfill’s community partners.

“This funding that Causeway CAREs generously provided to Family Promise of Southern Ocean County will not only continue to help us to continue to provide food, clothing and toiletries, it will also help us to provide prevention services for families,” said Elizabeth Golla, Executive Director of Family Promise of Southern Ocean County.

Family Promise of Southern Ocean Counties steps in where applicable to help meet families in the midst of the trials they face in order to assist them with paying back rent, back mortgage and utilities. “We also help fix vehicles so that individuals can get to work and that will hopefully prevent them from being homeless in the first place,” Golla added.

Since Fulfill is able to provide food security, Family Promise of Southern Ocean County is able to utilize its funding to help individuals and families before homelessness occurs.

In 2021, Family Promise of Southern Ocean County was able to assist over 1,500 individuals. About 60 percent of that was prevention. “We recently started expanding into all of Ocean County because the need is so high,” said Golla. “In 2022, we have already hit those numbers and the year is not over yet.”

So far in 2022, the nonprofit has provided 3,000 nights of shelter through motels and local churches. In 2021, it assisted with 1,898 bed nights.

Today, Family Promise of Southern Ocean County is in need for funding and partners to support local families by providing shelter. “We have a waiting list of 20 families that are in desperate need of shelters,” Golla said.

Many of Fulfill’s distribution centers and food pantries – including Family Promise of Southern Ocean County – are serving more people than ever before.

“We anticipate that this is going to be a long, sustained response,” Stampas said. “It is the support from community partners like Causeway CAREs that helps us sustain our mission and provide the much-needed resources to the community to fight food insecurity.”

*To learn more or to donate to Fulfill or Family Promise of Southern Ocean County, please visit [www.fulfillnj.org](http://www.fulfillnj.org) or [www.familypromisesoc.org](http://www.familypromisesoc.org)*



## CAUSEWAY CAREs

*Running for a cause.*

Causeway CAREs would like to express its gratitude to this year’s 5K sponsors:

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DealerTeamwork	Senator Robert Singer

## November is a month for giving thanks

Thanks to the Causeway Family of Dealerships and Causeway CAREs for their generous donation of \$30,000 to Family Promise of Southern Ocean County. The gift came from their annual charity 5k run they graciously shared with us and Fulfill, another nonprofit that works to change lives in our communities for the better.

Thanks to everyone who supported and donated to our Night Without a Bed social media challenge last month. You helped us raise \$1,300 to support the programs we provide to local families facing or expiring homelessness. No matter the amount, we are truly grateful for every contribution that allows us to continue our mission of helping local families have a home.

Thanks to all our sponsors, donors and advocates who helped fund our efforts this year. Thanks to all the volunteers who selflessly gave their time

to help out with whatever was needed. Thanks to everyone who turned out for our events throughout the year, from designer bag bingo, to movies on the beach, to our annual golf outing. Without your support we can’t continue to offer help to our neighbors in need.

Thanks to the families we serve for their grace and understanding as they navigate through hard times.

These words we recently received from Angela in Manahawkin are an amazing gift. “The Family Promise organization granted us the resources to remain in our home! We are extremely grateful for this organization and their help and how easy they made a very hard time feel not so difficult after all... to help a family in need.”

Family Promise of Southern Ocean County has been able to help more than 800 local individuals combat the new reality of insanelly

high rents, lack of affordable childcare and the soaring food and fuel prices through the strong support of donors like you in 2022. We are not running a toy or coat drive this holiday season but instead we ask you to consider giving the gift of a donation that will allow us to continue to help families like Angela’s.

Donations are welcome at [www.familypromisesoc.org/donate](http://www.familypromisesoc.org/donate) or can be mailed to Family Promise of Southern Ocean County at PO Box 83 West Creek, NJ 08092. Thanks to all of you in advance for your generous support as we work together to help families in Ocean County to have a home.

Happy Thanksgiving!

Jim Lowney  
Development & Communications Manager  
Family Promise of Southern Ocean County



# SOUTHERN REGIONAL SPORTS BEAT



**Football**  
 Congratulations Central Regional's Deven Sisler and Southern Regional's Mike Zecena on being named the 2022 #EmmertBoydClassic Football Game MVP's. Both schools have been longtime Ocean County Rivals and play this game in honor of their school's legendary Coaches Ron Emmert (Southern) and Joseph J. Boyd (Central). They are pictured with Central Regional AD John Scran and Southern AD Chuck Donohue Jr. Best of Luck to both teams the remainder of the season.

**Cross Country**  
 Congratulations to our Southern Regional Boys and Girls Cross Country teams on an outstanding day at the Ocean County Championships on Friday, October 14, 2022. The County Championships took place at Ocean County Park. Boys Varsity-1st place; Boys JV 1st place; Boys Freshmen 2nd Place; Girls Varsity - 3rd Place; Girls JV - 2nd Place. Congratulations runners, coaches, parents, alumni and fans.

Congratulations to both Southern Regional Boys and Girls Cross Country teams on placing 2nd at the NJSIAA SJ Sectional Meet on Saturday, October 29, 2022. Both teams qualified for the State Group Meet on Saturday, 11/5/22 at Holmdel Park.



**Volleyball**  
 Congratulations Southern Regional Girls JV Volleyball on defeating Brick Twp in the finals of the 2022 Brick Memorial Invitational on Saturday, October 15th. Bailey Adams (right photo) was named Tournament MVP. Congratulations players and Coach Kelsey Gesicki - Truitt

**Volleyball**  
 Congratulations Southern Regional Girls Volleyball on defeating Donovan Catholic 2-0 and winning the 2022 Shore Conference Tournament. The Rams defeated Colts Neck in the semifinals 2-0. The #SCT took place on Thursday, October 20th at Georgian Court University in Lakewood, NJ. Congratulations players, coaches, parents, alumni and fans.



**Cross Country**  
 Congratulations Southern Regional Boys Cross Country Varsity & JV teams on placing 2nd at the Shore Conference Championships on Thursday, October 20, 2022. Best of Luck the rest of the season.

**Soccer**  
 Congratulations Southern Regional Boys Cross Country Varsity & JV teams on placing 2nd at the Shore Conference Championships on Thursday, October 20, 2022. Best of Luck the rest of the season.



**Football**  
 Congratulations Southern Regional Football player Mike Zecena on being named the 2022 Homecoming Game MVP Larry Dunfee Award Winner. Larry Dunfee was a Southern Regional Football Alum, and Stafford Police Officer that was killed in the line of duty. To honor his memory, Stafford PBA and the Dunfee Family present this Award to a player annually at our Homecoming Game. Thank you to both to the Stafford PBA and Dunfee Family on presenting the Award, and keeping this tradition for Southern Football.

**Senior Day**  
 Great picture of Southern Regional Girls XC Seniors celebrating #SeniorDay at the Shore Conference Championships on Thursday, October 20, 2022. Thank you Seniors for all that you have done for Southern!



**Senior Day**  
 Congratulations Southern Regional Girls Volleyball on defeating Brick Memorial 2-0 on Tuesday, October 25, 2022 #SeniorDay. Thank you Seniors for all you have done for Southern!



**Soccer**  
 Congratulations Southern Regional Girls Soccer on defeating Pinelands 5-0 on #SeniorNight Wednesday, October 19, 2022. Thank you Seniors for all you have done for Southern!

See More Sports on page 4

**Football**  
 Congratulations Southern Regional Football on defeating Central Regional 27-14 on Friday, October 7, 2022.



**Soccer**  
 Congratulations Southern Regional Girls Soccer player Gianna Simon on breaking the Southern Regional Career Goals Scored Record with her 44th goal on Friday, 10/14/22 vs Jackson Memorial. The old mark was held by Megan Lockwood - Class of 2020 (43). Continued Success!



# SOUTHERN REGIONAL SPORTS BEAT



**Melanie Lockwood**  
1st Team Women's Soccer

**Kerem Satar**  
2nd Team Men's Soccer

## Soccer

Congratulations to Southern Regional Soccer Alums on being named to the Region XIX All Star Team for Ocean County College 2022 Fall season.

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## Volleyball

Nice to honor Southern Regional Girls Volleyball player Molly Regalski on her 1,000th career assist record before the 1st Round NJSIAA match vs Egg Harbor Twp on Saturday 10/29/22. Southern wins match 2-0 and advanced to the NJSIAA SJ Group IV Quarterfinals on Tuesday 11/1/22 vs Cherokee. Again, congratulations Molly and to the team. Molly is pictured with Head Coach Eric Maxwell.

## Gymnastics

Congratulations Southern Regional Gymnastics on defeating TR North on Thursday, 10/13/22, 99.4 to 75.5 on #SeniorDay. Thank you Seniors Kate Basile, Isabella Boyle & Bianca Colao for all you have done for Southern!

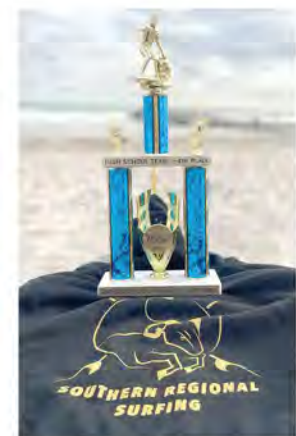
## Track & Field

Congratulations to Southern Regional Track & Field Alum Chelsea Vaughan on being inducted into the Stockton University Athletic HOF. Chelsea was a 6x All American for the Ospreys competing in the Pole Vault event. She is pictured with Southern Track and Field Coach Jason Church.



## Football

Thank you Southern Football Seniors for all you have done for Southern. Your leadership helped our team qualify for the NJSIAA State Playoffs for the 3rd consecutive season - 1st time in school history for the program to accomplish that. We need to keep working together to improve our team. Mindset play Southern Football #609



## Surf Club

Congratulations Southern Regional Surf Club on placing 4th overall at the Northeast Meet on Sunday 10/30/22. Special congratulations to Aodhan Beutel on placing 3rd overall in the Men's Longboard Division.

## Field Hockey

Congratulations Southern Regional Field Hockey on defeating Pinelands 4-2 on Wednesday, 10/26/22 #SeniorNight. Thank you Seniors for all you have done for Southern.

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# SOBA LIBERTY 10U SOFTBALL FINISH PERFECT SEASON WITH A CHAMPIONSHIP

SOBA Liberty Softball of Stafford Township won the USABL Softball's 10U South Division league championship on October 23, 2022, defeating the Stingrays, also of Stafford Township, by a score of 2-0.

Liberty finished the regular season with eight wins and no losses. The club was then able to prevail in the semifinals against Robbinsville Rampage and in the finals with back to back shutouts. The defense and pitching lead the way for Liberty all season, allowing only 13 runs in 10 games. In the championship game, a key RBI bunt single by Sydney Nitahara, an RBI by

Rose DeAlessandro, and a seven strikeout performance on the mound by Cate Naylor were just enough to edge the Stingrays in a strong outing from pitcher Lexi Bucior.

Head coach Sean Nitahara and assistant coach Chris Dimmick helped lead the team to the title this fall after building on the momentum from the spring season.

The Southern Ocean Baseball Academy (SOBA), founded by Robert and Kristina Sanzari, is based in Stafford Township. The program emphasizes character, sportsmanship, and hard work.



## Keep your eyes on these small but mighty D10 cheerleaders!

What a great group of cheerleaders ranging from ages 8-10. These 17 girls put their hearts out on the mat when they took the championship trophy home for D10 small level 1 at the Jersey Shore Championship. These girls are coached by Joanne W, Danielle Torres, Nicole D, Kaila Barlow and Jaidyn Aeling. They are a force to be reckoned with and definitely one to watch heading into the Big East championships in Trenton November 12 to once again take home the gold and find their way to the National Championship in Florida in December!

## CHECK OUT NEW BUSINESSES COMING TO MANAHAWKIN

By Veronica Flesher, Patch Staff

MANAHAWKIN, NJ — Looking for some variety? Several new businesses are under construction right now throughout Stafford Township.

“You may have noticed several buildings under construction along Rt 72 and In Stafford Park,” Mayor Greg Myhre wrote on Facebook. These new businesses were brought up by Councilman Thomas Steadman at a recent Township Council meeting.

Coming soon to Stafford are: Panera Bread (next to the new Chick-Fil-A), Rich’s Ice Cream (Route 72 and South Union Street), Dunkin’ Donuts (former Burger King) and Popeyes (in Stafford Square). A Jiffy Lube is also opening at Stafford Park.

Jersey Shore Elite Training, batting cages, are coming to 817 Route 9.

A dental office is planned for Route 9 and Manor Drive across from the church as well.

Steadman did not have any information about grand opening dates for any of these places, but promised to keep everyone posted.

“Which one are you the most excited to see open?” Myhre asked.

patch.com

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**CAUSEWAY LINCOLN**



## BOY WITH DOWN SYNDROME HONORED, AWARENESS MONTH NAMED IN STAFFORD

STAFFORD, NJ — The Stafford Township Council honored resident Jacob White and his parents with a proclamation naming October “Down Syndrome Awareness Month” in the township.



Mayor Greg Myhre presented the proclamation to Jacob White and his parents. (Stafford Township Council Video)

Mayor Greg Myhre read the proclamation at a recent Council meeting, sharing facts and information about Down syndrome. Down syndrome, also known as trisomy 21, is a condition where a person has an extra chromosome, according to the Centers for Disease Control and Prevention. It occurs in about 1 in 600 babies, according to the CDC.

“Down syndrome affects people of all ages, races and economic levels and is the most frequently occurring chromosomal

abnormality,” Myhre said. The proclamation also called for better understanding of the condition.

“The inherent dignity and worth of people with Down syndrome, the valuable contributions of people with Down syndrome as promoters of well-being and diversity within their communities, and the importance of the individual freedom and independence of people with Down syndrome should be recognized,”

officials said on social media. White proudly took several bows as he was presented with the proclamation. His father thanked Myhre and the Council for the proclamation.

“We ask that our loved ones be treated with kindness, patience and dignity and respect,” he said. “We ask that you see each person first, diagnosis second. And we ask that they be accepted and included without hesitation.”



## STOCKINGS STUFFED FOR THE TROOPS

In a collaborative effort with the Stafford Township Woman’s Club and volunteers in the community, the Manahawkin Elks Veterans Committee collected 64 filled Christmas stockings. A total of 91 Christmas Stockings from this area are going to Operation Yellow Ribbon, Marlton, NJ, a 501(c)(3), who sends supplies and goodies to US Military Forces in the Middle East.

Thanks to all who donated and for caring about our troops.

Pictured are Mary Lou and Kurt Berhang who picked up the stocking for delivery to Operation Yellow Ribbon.

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## Furry Friends

Who Need Fur-Ever Homes!

Diesel

Diesel is a 10 year old gal. Yes, her name is Diesel and, yes she is a lady! Diesel was recently surrendered to the So. Ocean Co. Animal Shelter when her owner, who loved her very much, became ill and could no longer take care of her. Diesel is heartbroken and really misses being in a home.

Her prior owner really believed the way to her heart was through her stomach and as a result, definitely needs to shed several pounds. She is a Black Lab Mix with a very sweet, mellow personality. She is well mannered, walks nicely on a leash and would not mind sharing a new home with another laid back friendly dog. If you would like to meet this sweet girl, please call the So. Ocean Co. Animal Shelter 609-978-0127 to make an appointment.

Greyson

Greyson is a handsome 16 week old male kitten with a Blue/Grey coat the color of a Russian Blue. He was very shy when he first went to his foster home but with lots of love and attention he has turned into a playful little boy who loves his kitty toys and now loves to snuggle with his foster Mom. He is neutered, up to date with vaccinations, tested negative for FIV and FeLV and microchipped.

If you would like to meet Greyson, 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 Manahawkin.

Please call the Southern Ocean County Animal Shelter to make an appointment to meet these fur babies!

Open daily 1:00pm - 4:00pm and till 6:30pm on Wednesdays.

If you are looking to adopt, have questions or want to volunteer please call:

609-978-0127

or go to [www.fosocas.org](http://www.fosocas.org)

# BLACK FRIDAY

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 2019 Nissan Murano SV N8KN106344 <b>\$27,350*</b>	 2019 Nissan Murano SL NKN123142 <b>\$27,990*</b>	 2020 Nissan Rogue Sport SL NLW360881 <b>\$27,990*</b>	 2020 Nissan Rogue SL NLC735991 <b>\$28,990*</b>	 2019 Nissan Frontier SV NKN871461 <b>\$29,990*</b>
 2020 Nissan Altima 2.5 SL NLC130357 <b>\$29,990*</b>	 2021 Nissan Rogue SV HMC810935 <b>\$30,990*</b>	 2017 Nissan 370Z Touring NHM940120 <b>\$31,990*</b>	 2019 Nissan Murano SL NKN144299 <b>\$31,990*</b>	 2021 Nissan Rogue SV P84174 <b>\$31,990*</b>
 2019 Nissan Murano SL NKN119576 <b>\$32,990*</b>	 2019 Nissan Maxima 3.5 SL NKC370472 <b>\$33,990*</b>	 2020 Nissan Murano SL NLN112253 <b>\$35,990*</b>	 2019 Nissan Titan S NKN526539 <b>\$37,550*</b>	 2021 Nissan Murano SL NMC107509 <b>\$37,990*</b>

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# Focus ON Barnegat

## HERE'S WHEN SANTA CLAUS IS COMING TO BARNEGAT

Want to know when Santa will visit your neighborhood? The Barnegat Fire Company has announced the 2022 Santa Run dates and times:

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — In just a short month, Santa Claus is coming to town - well, he's coming to Barnegat, at least. Yes, it's almost time for the Barnegat Fire Company to do their annual Santa Runs, and they've already announced the dates and times for this year's visits.

Note that all dates are subject to change due to weather. Make up dates are set for Dec. 17 and 18. Also, all routes will be posted on the Barnegat Fire Company's website.

**Dec. 3 (Saturday):** Windward, front half of Brookville and Downtown section. Detail starts at 5 p.m., followed by an open house to meet Santa at the main station (11 Birdsall St.)



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**Dec. 4 (Sunday):** Timber section, back half of Brookville, Vivas, Memorial, Hannah Lee and Aphrodite roads. Detail starts at 5 p.m.

**Dec. 7 (Wednesday):** Ocean Acres and Carriage Way. Detail starts at 6 p.m.

**Dec. 10 (Saturday):** Settler's section and Hillsdale Avenue. Detail starts at 5 p.m.

**Dec. 11 (Sunday):** Pebble Beach, Atlantic Heights apartments, Laurel Oaks apartments and end of East Bay. Detail starts at 5 p.m.

**Dec. 14 (Wednesday):** Brighton and Pinewood Estates. Detail starts at 6 p.m.

www.patch.com

## NJ CONSIDERS SPECIAL NOTE ON LICENSE OF DRIVERS WITH AUTISM

By Dino Flammia, wobm

A proposed law advancing through the New Jersey Legislature aims to improve interactions between law enforcement and individuals with autism and other communication disorders.

Under the bill, these individuals would have the option to add a special note to their driver's license or non-driver identification card, that would indicate that they've been diagnosed with autism spectrum disorder or another communication issue.

That note would go under the section of the license that's reserved for "restrictions."

"Oftentimes, people who present with speech and language problems and hearing disorders may present as perhaps being under the influence or having some other types of problems," Kathleen Spillman-Kennedy,



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president-elect of the New Jersey Speech-Language-Hearing Association, told a Senate panel while testifying in favor of the bipartisan legislation.

The Senate Budget and Appropriations Committee voted to advance the bill on Oct. 31. An Assembly version was last approved by a committee in March.

In addition to creating a license notation, the bill calls for the creation of guidance to assist police in effectively communicating with a person who's been diagnosed with a communication disorder.

"The stress of being pulled over or being involved in an accident can make it even more difficult for some individuals to express themselves clearly," said Sen. Kristin Corrado, R-Passaic. "This bill will increase understanding for police and emergency personnel and help ensure a peaceful resolution."

Democratic Sen. Nellie Pou is also a prime sponsor of the measure.

The special note would not be an automatic for individuals on the autism spectrum; it'd be added upon request by the individual or their caregiver. Documentation would be required to prove one's claim.

wobm.com

### OCEAN COUNTY LIBRARY

CONNECTING PEOPLE • BUILDING COMMUNITIES • TRANSFORMING LIVES  
Keep up with Library programs and events at: [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

#### ARTIST CATHERINE LECLEIRE TO DISPLAY "NATURE AT ITS BEST" AT BARNEGAT BRANCH

BARNEGAT – The Ocean County Library Barnegat Branch is pleased to present Catherine LeCleire's intriguing interpretations of the great outdoors, "Nature at Its Best," November 11 through December 31.

The silkscreen specialist has exhibited throughout the world. Her works reside at William Paterson University, Lafayette College, Printmaking Center of New Jersey, Brooklyn Museum, West Virginia's Huntington Museum of Art, and Baku Museum in Azerbaijan. "Printmaking, and silkscreen in particular, offer an innovative technique of repetition and manipulation of transparencies and opacities of colors," Catherine said. "The combination of nature and visual energy underlie the images connecting abstraction to the natural world... In some cases, it forces one to think of the ecological consequences that we as humans have on nature."

The Philadelphia College of Art and University of Southern California alumna teaches silkscreen, print making,



"Lake Fred," by Catherine LeCleire

book arts, and photo print making at Montclair State University, and instructs silkscreen and painting processes at New York City's Pratt Institute.

Also a professional bookbinder, Catherine has been called upon by authors including Bruce Connor, David Salle, James Brown, Octavio Paz, Joan Mitchell, Janet Taylor Pickett, Mona Brody, and Donna Moran.

Registration is not required to visit this free exhibit, which can be viewed during regular Branch operating hours. For more information, visit the Barnegat Branch, 112 Burr Street, or call (609) 698-3331.

### CAREGIVER VOLUNTEERS OF CENTRAL JERSEY



#### BECOME A CAREGIVER VOLUNTEER!

Join our corp of amazing volunteers that transport seniors in Ocean County to local Medical Appointments. Just 3 easy steps to make a difference in someone's life.

- 1 Sign up for a Virtual Volunteer Orientation at [www.caregivervolunteers.org/volunteer](http://www.caregivervolunteers.org/volunteer)
- 2 Attend a Virtual Orientation and fill out a Volunteer Registration Form.
- 3 Get Matched with a senior in your community who needs your help!



QUESTIONS? CONTACT KELLY AT [KELLYS@CAREGIVERVOLUNTEERS.ORG](mailto:KELLYS@CAREGIVERVOLUNTEERS.ORG) OR 732-505-2273

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



# SENIOR CORNER

## 6 WAYS KINDNESS IS GOOD FOR YOU

How helping others can help improve your health

By Cathie Gandel AARP

Volunteering at a food bank, mentoring a younger person, treating a friend to a cup of coffee — acts of kindness like these not only can combat isolation and make you feel connected to others, but also can have a positive effect on your happiness and well-being.

That's because doing something for someone else triggers hormones affecting our moods, our stress levels, our brains and even our lifespans. "A growing body of scientific research shows that helping others, including engaging in formal volunteering activities, is related to better health outcomes in later life," says Jeffrey Burr, professor of gerontology at the University of Massachusetts Boston.

Here are six ways that acts of kindness — large or small — can improve your physical health.

### 1. Makes you happier

A kind act, whether toward a group, another person or even yourself, boosts some of your hormones, the body's chemical messengers. "Kindness can have a profound effect on the release of certain hormones," says Marcie Hall, M.D., a senior attending physician in child and adolescent psychiatry at University Hospitals Cleveland Medical Center.

One of these is oxytocin. Oxytocin is responsible for warm fuzzy feelings of contentment and happiness when we hug someone we love or complete a difficult job. For this reason, it's sometimes called the "feel-good hormone."

Another hormone that responds positively to acts of kindness is serotonin. Serotonin, an ingredient of many antidepressants, decreases feelings of anxiety and increases happiness. Being kind also releases endorphins, the body's natural painkillers. Endorphins affect the brain like drugs do, releasing a so-called "helper's high," similar to the runner's high felt after exercise. In his book *"The Five Side Effects of Kindness"*, author David R. Hamilton says kindness produces a "totally legal high."

### 2. Lowers blood pressure

Oxytocin has another important function. In a domino-like effect, kindness boosts oxytocin, which releases nitric oxide, a chemical that plays a critical role in maintaining a healthy blood pressure. Nitric oxide counteracts the narrowing of arteries that accompanies aging and disease, improving blood flow through the body and lowering blood pressure. Studies show that healthy levels of nitric oxide can not only help lower chances of heart attack and stroke but also reduce dementia risk. In 2016, researchers at the University of British Columbia and the University of California, Irvine found that financial generosity toward others lowered the blood pressure of the older adults engaged in the study to almost the same degree that starting a new blood pressure medicine would do.

### 3. Improves heart health

The heart benefits in several ways from acts of kindness. As mentioned above, nitric oxide counteracts the effects of aging on the arteries and blood vessels that carry oxygen-rich blood from the heart to all parts of the body. Results from a 2016 review of a national survey revealed that those who volunteered were less likely to have dangerous belly fat, a factor in heart disease, and high glucose levels, markers for diabetes. The 2016 study of the effect of spending money on others revealed that the effect of financial generosity matched the results achieved by more well-known cardiovascular interventions such as exercise and diet. "Acts of kindness are 'cardioprotective,'" says Hall. "They're good for the heart."



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### 4. Strengthens the immune system

Besides boosting our mood and lowering our blood pressure, oxytocin also reduces inflammation in the body. Inflammation can be caused by stress, diet or the environment, and is linked to diseases like diabetes and cancer. Research has found that it may also speed up the aging process. Kindness sets up the body to decrease inflammation and slow aging, says Hall.

But kindness can also strengthen immunoglobulin, an important part of the immune system found in saliva. In one Harvard University study, students were asked to watch a documentary on Mother Teresa. Their saliva was tested before and after watching the documentary, and the levels of secretory immunoglobulin A had increased significantly after watching the film. Not only that, but the effects were still seen an hour later. Just seeing a demonstration of kindness and love was enough to boost the immune system in an important way.

### 5. Makes your brain bigger

The hippocampus is the part of the brain responsible for learning and memory. "It is

also really important as a biomarker for the prevention or delaying of Alzheimer's disease," says Michelle Carlson, a professor in the Department of Mental Health in the Johns Hopkins Bloomberg School of Public Health. Unfortunately, that part of the brain shrinks as we age. But it turns out that volunteering can delay that process.

That's what happened to participants in Baltimore's Experience Corps, retired men and women who volunteered to mentor young schoolchildren over a period of two years. "We saw a steady improvement or maintenance of the hippocampus in the volunteers, but the controls showed the expected age-related decline," says Carlson. "And more so in men than in women," she adds.

The good news is that these habits are teachable, says Hall. "Anyone can adopt these habits." Doing these things on a regular basis can "create new neural pathways," Hall says, effectively rewiring the brain.

### 6. Helps you live longer

That's right. Buying your friend a cup of coffee could increase your lifespan. It does this by

reducing cortisol, the basic stress hormone in the body. Cortisol inspires the fight-or-flight response when we face danger, but too much cortisol for too long a period can be harmful. Research has found it can alter the immune system, put pressure on the heart and affect the brain.

A 2018 study by researchers at the University of Massachusetts Boston found that on days that subjects volunteered, they experienced a lower level of cortisol output compared with non-volunteer days. In other words, volunteering reduced the effect of cortisol on the body. Stressful things certainly still happen to people, but kindness can buffer the effects of stress.

In 2017, a team from Harvard University followed a large sample of adults age 50 and older over a period of four years to see if volunteering caused any changes in their health. The result: Those who volunteered more than 100 hours per year — about two hours a week — had a "reduced risk of mortality." Specifically, when comparing the volunteers against those who did not volunteer at all, the volunteers had a 44 percent reduced risk of mortality over the four-year follow-up period. The researchers didn't prove that the volunteering caused people to live longer but reported the links between living longer and volunteering. It's possible that other factors were involved. They did report a connection between people feeling they have a purpose in life and volunteering. Those who feel they have a purpose in life tend to live longer.

### Volunteer Opportunities

Help your health while helping others. Find out more about volunteering with the AARP Foundation Experience Corps, a program made up of volunteers who are dedicated to helping children become great readers before completing third grade. Plus, discover many more ways to get involved and volunteer with your community.

aarp.com



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## COLLISIONS WITH DEER INCREASE AT END OF DAYLIGHT SAVING TIME

Scrapping the time change could reduce crashes, deaths of people and wildlife, study finds

By Peter Urban, AARP

An estimated 36,550 deer are struck and killed each year by drivers feeling the effects of our ritual of resetting our clocks one hour backward each fall, according to a study published in *Current Biology*.

As policymakers consider abandoning the twice-a-year time switch, a team of researchers at the University of Washington found that making daylight saving time year-round would reduce the carnage on our roads — likely preventing about 36,550 deer deaths, 33 human deaths and 2,054 human injuries.

"Wildlife-vehicle collisions are a huge and growing problem," University of Washington postdoctoral researcher Calum Cunningham said in a statement. "There are social costs — people killed and injured — and it's also a conservation problem as it's one of the

largest sources of human-caused mortality of wildlife."

There are an estimated 2.1 million deer-vehicle collisions (DVCs) in the United States each year, killing about 440 people and causing 59,000 injuries, according to the researchers.

### History of daylight saving time

Germany implemented daylight saving time in 1916 to save fuel during World War I. The United States adopted the practice in 1918, but it wasn't standardized across the country until the passage of the 1966 Uniform Time Act, which gave the federal government oversight over the time change. Since 2007, daylight saving time starts on the second Sunday of March, when we set our clocks one hour forward, and ends the first Sunday in November. That means that on Nov. 6 at 2 a.m., clocks were set back to 1 a.m.

The practice has plenty of detractors. In recent years, increasing concerns about health effects prompted at least 40 states to propose legislation to eliminate the twice-yearly time changes. In the past five years, 19 states enacted legislation or passed resolutions to provide for year-round daylight saving time, according to the National Conference of State Legislatures. In March, the U.S. Senate approved a measure that would make daylight saving time permanent across the United States in November 2023. The bill needs approval from the House and the president's signature to become law.

### What the researchers did

For the study, the researchers analyzed a data set of more than 1 million DVCs in 23 states from 1994 to 2021. They found deer-vehicle collisions are more prevalent in the hours before and after sunset — when deer are more active. They found DVCs peak in the fall when deer breed. Moreover, they found a 16 percent increase in DVCs in the week following the fall shift back to standard time.

"We believe that this fall spike really happens due to the overlap of these two factors: the breeding season and the change from daylight saving time back to standard time. We don't see a corresponding shift in deer-vehicle collisions in the spring during the other time change, and we believe that's in part because spring is not a breeding season for deer," study researcher Laura Prugh, an associate professor of quantitative wildlife sciences at the University of Washington, said in a statement.

Based on the data, the researchers estimated an increase of 73,660 DVCs under permanent standard time, with 66 additional human deaths and 4,140 additional injuries. Making daylight saving time permanent showed the opposite trend, with a decrease of about 2.3 percent in DVCs over a full year.

aarp.com

## CAREGIVER BURNOUT CAN EXACERBATE OTHER MENTAL HEALTH ISSUES IF UNADDRESSED

By Jen Ursillo, wobm

About 53 million Americans became caregivers in 2020 when the COVID-19 pandemic hit, according to recent data from the National Alliance for Caregiving (NAC) and AARP.

However, the same study found that 40% of caregivers felt emotionally stressed by their caregiving responsibilities. This is called "caregiver burnout."

### What are some signs of "caregiver burnout?"

Isolation is a big sign, withdrawing from family and friends, said Matthew Grey, program manager of Care Plus NJ's Family Support Center Program.

Loss of interest or taking pleasure in things you enjoy, feeling down, depressed, blue and cranky are other signs. Changes in appetite, changes in sleep patterns, weight gain, and weight loss also contribute to burnout.

He said stressed-out caregivers may feel sick all the time, become more prone to colds, and feel physically, emotionally, and mentally exhausted all the time.

### What causes "caregiver burnout?"

Grey said many factors can cause this burnout. Role confusion is one cause. He said when people fall into a caregiver role, it's usually to take care of a loved one such as a parent, a child, or a spouse.

"On one hand, you're my spouse, and I rely on you for certain things and I have a certain dynamic and relationship with you, but now I'm also your caregiver. So now, you're actually navigating two different roles. That can be a tough thing," Grey said.

When taking care of a parent, a caregiver may feel anger and resentment because it's not supposed to be this way. The parent takes care of the child. So, there's a lot of confusion, he added.

There are also unrealistic expectations that can come along with role confusion.

The caregiver puts in all this work, effort, and time, and it's not having the impact one expects it to. That can add to burnout, Grey said.

Lack of control is another cause of burnout. Oftentimes, when people fall into caregiver-type dynamics, they encounter many limitations including financial, emotional, and logistical.

"I have to work. I have to pay bills. I have to take care of my own family. But I also have to care for my loved one who needs to go to the doctor. I need to navigate and balance all of these different things at the same time. You're



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constantly coming up with this boundary of like, this is not in my control," Grey said.

Internal and external demands can cause caregiver burnout. Grey said with external demands, there could be siblings telling you that you have to take care of mom because you live the closest. But they don't see all the things that you have to juggle in your life and what that would mean.

Internal demands come from within the caregiver. Grey said you're constantly telling yourself, "I have to take care of mom. I need to take care of mom. I want to take care of mom."

### How do caregivers cope to prevent burnout?

Ask for help. Grey said this can be very difficult for someone like a caregiver because he or she always feels the need to be proactive.

wobm.com



# OCEAN COUNTY SENIOR PROGRAMS TO GET ADDED FUNDS TO INCREASE SERVICES

From home delivered meals to caregiver support for seniors, Ocean County will earmark federal and state funds to help maintain and increase these services.

“With more than 200,000 seniors living in Ocean County, the need for services clearly exists and is growing for this population,” said Ocean County Commissioner Joseph H. Vicari, chairman of the Office of Senior Services. “This funding will help bolster some of the programs that are in place that help to keep our seniors living independently.”

Vicari was joined by Maria LaFace, director of the Ocean County Office of Senior Services during the Sept. 28 Ocean County Board of County Commissioners’ preboard meeting to review how almost \$1.4 million will be broken down to support current programs for the aging in Ocean County, according to a press release from the county.

“We submitted a work plan to the state several months ago providing details on how we anticipate spending the funds to meet priority needs identified post-COVID,” LaFace said. “Since then we have been working with our advisory council and providers in preparation for distribution of the funds.”

Ocean County anticipates using \$442,296 for community support services, \$231,553 for congregate nutrition, \$440,124 for home delivered meals, \$42,077 for preventive health and \$135,168 for caregiver support, according to the press release.

“Each of these areas is critical in allowing our seniors to remain independent,” Vicari said. “We already support these programs for our seniors. This funding will help us maintain and increase the services.”



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For instance, Vicari noted that Ocean County, through its Area Plan Contract with Community Services Inc., delivers more than 1,000 home delivered meals daily to seniors living in Ocean County.

“Recipients are frail, vulnerable and homebound,” Vicari said. “Additional funding can ensure our seniors do not go hungry. This program serves as a lifeline for many of our elderly as they are not only delivered a daily meal, but they have the security of knowing someone will be checking up on them every day as a result of that delivery.”

Ocean County Board of County Commissioners Deputy Director Virginia E. Haines noted that as the population ages in Ocean County, there is a greater need for services.

“Our Office of Senior Services, with Commissioner Vicari, shows compassion and concern for our seniors in Ocean County,” Haines said. “They work diligently to make sure our seniors are provided with the assistance they need.”

She added that inflation also has an effect on Ocean County’s programs, experiencing the same increases as the residents.

“This funding may help allay some of those increases so we can maintain our levels of service,” she said.

LaFace noted that the needs identified post-COVID include housing and home repair, food instability, the need for home health aides, transportation, care management and caregiver assistance programs.

LaFace said the money is coming from the American Rescue Plan Title III funding, which is money set aside just for aging senior programs, according to the press release.

# CHOWDERFEST CHAMPIONS AWARDED, EVENT A SUCCESS FOR LONG BEACH ISLAND

Even with the date being rescheduled, the annual Chowderfest was a huge success. Check out the winners here:

By Veronica Flesher, Patch Staff

LONG BEACH ISLAND, NJ — Three restaurants were crowned chowder champions at this past weekend’s Chowderfest.

Celebrating its 34th year, the annual event was rescheduled from earlier in October due to heavy rain from the remnants of Hurricane Ian.

In spite of the rescheduling, something Chowderfest has never done before, the event was a success, according to the Southern Ocean Chamber of Commerce.

“The event was a boom for the region bringing in thousands specifically for the new date,” they said in a post on their website.

“The champions were announced by Master of Ceremonies Chris Huch, who highlighted the importance of preparing and practicing coastal resiliency on the month marking the 10-year anniversary of Super Storm Sandy making landfall in the region,” the Southern Ocean Chamber of Commerce said.



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The winners are as follows:

Red Soup Category - **Daddy O, Brant Beach**

White Soup Category - **Tucker’s Tavern, Beach Haven**

Creative Soup Category - **Delaware Avenue Oyster House, Beach Haven Terrace**

“Thank you to all who supported us...it’s been a journey,” Daddy O wrote on Facebook.

“NOT SURE IF YOU HEARD???? But WE are officially the New England Clam Chowder GRAND CHAMPION,” Tucker’s Tavern said, thanking everyone who came to the event.

“Winner, winner - make it Jersey Clam Chowder for dinner tonight,” Delaware Avenue Oyster House wrote on social media. “Restaurants are a team sport and our team is beyond ecstatic to bring home the Chowderfest Grand Champion title for this year.”

patch.com

# RECIPES



allrecipes.com

## CANDIED YAMS

This top-rated recipe for candied yams requires only four ingredients: canned sweet potatoes, butter, brown sugar, and miniature marshmallows. The prep time is a mere 15 minutes (if that much) and the baking time is 25 minutes. That all adds up to about 40 minutes from start to finish.

### Ingredients:

- 1 (29 ounce) can sweet potatoes
- ¼ cup butter, cut into pieces
- ½ cup brown sugar
- 1 ½ cups miniature marshmallows

### Directions:

**Step 1:** Preheat oven to 400 degrees F (200 degrees C).

**Step 2:** Drain sweet potatoes and place in a medium baking dish. Distribute butter pieces evenly over the sweet potatoes. Sprinkle with brown sugar. Layer with miniature marshmallows.

**Step 3:** Bake in the preheated oven 25 minutes, or until sweet potatoes are tender and marshmallows have melted.



allrecipes.com

## SARAH'S HOMEMADE APPLESAUCE

### Ingredients:

- 4 apples - peeled, cored and chopped
- ¾ cup water
- ¼ cup white sugar
- ½ teaspoon ground cinnamon

### Directions:

**Step 1:** Combine apples, water, sugar, and cinnamon in a saucepan; cover and cook over medium heat until apples are soft, about 15 to 20 minutes.

**Step 2:** Allow apple mixture to cool, then mash with a fork or potato masher until it is the consistency you like.

## GET CONNECTED with Lifeline and the Emergency Broadband Benefit



Keeping up with technology can be a struggle for individuals and families with limited financial means. Having a cell phone, a laptop or internet service at home is not a luxury – it is a necessity in the modern world. The Lifeline and Emergency Broadband Benefit federal programs provide assistance that can help you get and stay connected. If you participate in Medicaid or SNAP, you qualify for both federal programs.

### Lifeline (Free Smartphone Program)

Lifeline provides eligible low-income individuals with a free smartphone and free monthly data, free monthly minutes and unlimited texting. This is a federal program and should not be confused with the state’s Lifeline utility assistance program.

### Emergency Broadband Benefit

The Emergency Broadband Benefit is a temporary program to help families and households access internet service during the COVID-19 pandemic. The benefit provides a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. If you have a Lifeline smartphone, you can also request the Emergency Broadband benefit for unlimited talk, text, and data.

If you qualify for Lifeline, you qualify for the Emergency Broadband Benefit, but you need to apply for both.

**Note:** The Emergency Broadband Benefit is temporary and ends when funds are expended.

You are eligible to apply for Lifeline if your household:

- Participates in NJ SNAP, Medicaid, SSI, Federal Public Housing Assistance, Veterans Pension and Survivors Benefit or Tribal Programs; or
- Has an income that is at or below 135% of the Federal Poverty Guidelines.

You are eligible to apply for Emergency Broadband Benefit if your household:

- Participates in NJ SNAP, Medicaid, SSI, Federal Public Housing Assistance, Veterans Pension and Survivors Benefit or Tribal Programs;
- Has an income that is at or below 135% of the Federal Poverty Guidelines;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020;
- Receives benefits under the free and reduced-price school lunch program or the school breakfast program, or did so in the 2019-2020 school year;
- Meets the eligibility criteria for a participating broadband provider’s existing low-income or COVID-19 program; or
- Received a Federal Pell Grant during the current award year.

People in Household	Annual Household Income Limit
1	\$17,338
2	\$23,517
3	\$29,646
4	\$35,755

For each additional person after 4, add \$6,129

### How to Apply for Lifeline:

Apply online through the following providers: **Assurance Wireless** or **SafeLink Wireless**. You can choose your Lifeline provider. If you already have a Lifeline smartphone, contact your provider and ask for the Emergency Broadband Benefit.

- If you are a Medicaid/NJ FamilyCare member with Horizon, Amerigroup or WellCare, you may receive extra benefits by applying with SafeLink Wireless: [safelinkwireless.com](http://safelinkwireless.com)
- If you are a Medicaid/NJ FamilyCare member with Aetna, you may receive extra benefits by applying with Assurance Wireless: [assurancewireless.com](http://assurancewireless.com)

### How to Apply for Emergency Broadband Benefit:

If you already have a Lifeline smartphone, contact your provider and ask for the Emergency Broadband Benefit. You can also:

- Apply online at [GetEmergencyBroadband.org](http://GetEmergencyBroadband.org)
- Call 833-511-0311 for a mail-in application.
- Contact a participating broadband provider and ask about their application process.

# UNIQUE PARTNERSHIP AIMS TO ACHIEVE FOOD SECURITY AND IMPROVE HEALTH

New Jersey's food banks and Horizon Blue Cross Blue Shield of NJ make multi-year commitment to "Growing Healthy Pantries"

More than 175,000 children in New Jersey are food insecure, lacking consistent access to nutritious foods and other basic necessities that they need to grow up healthy.

Recently, New Jersey's five food banks – the Community FoodBank of New Jersey (CFBNJ), Food Bank of South Jersey, Fulfill, Mercer Street Friends, and NORWESCAP – partnered with Horizon Blue Cross Blue Shield of New Jersey (Horizon) at an event to launch a new signature initiative, "Growing Healthy Pantries." This initiative is made possible by a \$200,000 investment from Horizon through its philanthropic arm, The Horizon Foundation for New Jersey, to help build the capacity of food pantries throughout the state and address the need for food distribution in New Jersey to focus on choice and nutrition.

The first phase of this 18-month pilot initiative will focus on the development of a toolkit to provide local pantries with the knowledge, resources and framework to develop nutrition policy, increase healthy food options and provide essential wrap-around services that address the factors that lead to individuals and families experiencing food insecurity. If the pilot phase is successful, phase two will focus on engaging other partners and funders and on spreading the model statewide.

"By focusing on health and choice, we can help our neighbors in need live active lives while affording them the dignity of being able to shop the way they would in a grocery store," said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey. "New Jersey's food banks are grateful for the Horizon Foundation for New Jersey's partnership and commitment to addressing the social determinants of health."

"This exciting, new initiative with the Horizon Foundation of New Jersey goes boldly beyond building nutrition awareness," said Fred C. Wasiak, President & CEO of the Food Bank of South Jersey. "Together, we are empowering our neighbors throughout the state to create positive outcomes for healthier tomorrows."

"This year, Fulfill has committed to having 60 percent of the food we distribute to our pantries be either produce, protein, and dairy. We know that these foods are the ones most requested, and they are also the most nutritious and most expensive – which makes them the hardest to afford on a limited budget. All people should have access to these foods, so that their families are eating as healthy as possible," said Triada Stampas, President and CEO of Fulfill. "On behalf of Fulfill and our pantry network, I applaud Horizon Foundation for supporting this work as a statewide initiative so that it reaches all our neighbors in need."

"In a very special way, food brings people together. Food banks and pantries do more than provide nutrition. Mercer Street Friends' food bank opens doors that allow us to



From left: Fred Wasiak, Food Bank of South Jersey; Carlos Rodriguez, Community FoodBank of New Jersey; Jonathan Pearson, The Horizon Foundation for New Jersey, Triada, Jeannie Fournier, Community FoodBank of New Jersey; Filomena Machleder, The Horizon Foundation for New Jersey; and Dahlia Vertreese, Mayor of Hillside.

coordinate comprehensive supports for students and provide resources for parents," said Courtney Matlock, Mercer Street Friends' Chief Development and Marketing Officer. "The Growing Healthy Pantries initiative is a commitment to building stronger NJ families. Horizon is an important partner in achieving health equity by leveling the playing field with respect to increasing opportunities for healthy living."

Food bank leaders and representatives from The Horizon Foundation for New Jersey spoke at the event, introducing "Growing Healthy Pantries" and its goals to attendees. Research shows that people living in food insecure households struggle to access nutritious food and face barriers to the consistent adoption of healthy eating patterns. New Jersey's food banks are in a unique position to address the link between food insecurity and health, and although a focus on hunger as a health issue isn't new to hunger-relief organizations, the COVID-19 pandemic has brought the connection between hunger and health into even sharper focus. The pandemic has had a disproportionate impact on historically underserved and under-resourced communities that also experience higher rates of nutrition-related diseases.

like diabetes. Through "Growing Healthy Pantries" the organizations are joining forces to make an unprecedented commitment to promote greater health equity.

"A healthier New Jersey starts with good and healthy food. The tens of thousands of New Jerseyans who rely on the nearly 1,000 food pantries across the state that are served by these five food banks will now have new resources, information, and tools to help them become healthier and more food secure," said Jonathan R. Pearson, Horizon's Director of Corporate Social Responsibility and the Executive Director of The Horizon Foundation for New Jersey. "This is truly an example of a partnership in which the whole is greater than the sum of the parts. Through Growing Healthy Pantries, we are bringing together the organizations that have been at the forefront of feeding New Jersey and New Jersey's largest and most trusted health insurer to magnify the impact we have, improve food security, and promote greater health equity."



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Jon Bon Jovi pictured in center, facebook.com/BJJSoulKitchenTomsRiver

## JON BON JOVI WARMS UP A "CHILI" DAY AT HIS TOM'S RIVER, NJ NONPROFIT

By Patrick Lavery, wobm

TOMS RIVER — New Jersey rock icon Jon Bon Jovi took on special guest star status at the recent, seventh annual edition of his nonprofit community restaurant's chili competition.

A gallery of photos posted by the Facebook account of JBJ Soul Kitchen Toms River showed the 60-year-old Rock & Roll Hall of Famer interacting with guests and contestants, many of them first responders, at the Chili Cook-Off sponsored by the restaurant on Oct. 16.

An Oct. 26 post said the event also resulted in the donation of more than 580 pounds of food to the

nonprofit's community partner, Fulfill's People's Pantry.

Backed by the JBJ Soul Foundation, there are two Soul Kitchen locations in New Jersey, in Toms River and Red Bank.

The Facebook post listed the top three finishers in the chili contest:

**Union Beach Police Department**, "Momma's Blue Line Chili"

**Six Flags EMS**, "Nitro Chili"

**New Jersey State Police Troop D Parkway Region Holmdel Station**, "Joey Keys Smoked Chili"

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## TRAILBLAZING FEMALE AVIATORS TO TAKE SPOTLIGHT AT TOMS RIVER BRANCH

TOMS RIVER – To mark Aviation History Month, the Ocean County Library Toms River Branch is pleased to present historian Carol Simon Levin's presentation, "Nobody Owns the Sky: Fascinating Stories of Forgotten Female Aviators," 6:30 PM Tuesday, November 29.

Levin will portray Elinor Smith Sullivan, who at age 16 in 1928 became the youngest licensed pilot in America. Smith achieved fame as a test pilot, and for setting speed, altitude and endurance records.

Amelia Earhart is the enduring symbol of daring women who took to the skies in the 1920s and '30s. Their audacious acrobatic aerial maneuvers, solos across the English channel, barnstorming, and buzzing beneath New York's bridges ensured a place in aviation for succeeding generations of women.

Carol Simon Levin, a professional storyteller and independent historian, specializes in portrayals of "fascinating women history forgot." She is the author of "Remembering the Ladies: From Patriots in Petticoats to Presidential Candidates". Levin holds a



Carol Simon Levin

BA in history, focusing on women's history and the history of technology, from Cornell University, and a Masters in Library Services from the University of Arizona.

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

## EXAMINE AMERICAN REVOLUTION'S 'TEN CRUCIAL DAYS' AT TOMS RIVER BRANCH

TOMS RIVER – George Washington's crossing of the Delaware River led to three quick victories that changed the Colonies' fortunes in the War for Independence. Historical interpreter Tom Maddock describes the "Ten Crucial Days of the American Revolution" at the Ocean County Library Toms River Branch, 2 PM Wednesday, November 30.

Maddock, a volunteer and member of the Friends of Washington Crossing Park, will describe events as they occurred from the crossing on the night of December 25, 1776, through the Battle of Princeton on January 3, 1777.

The three battles in which the Continental Army prevailed brought the upstart colonies back from the brink of defeat, and ensured that the Revolutionary War would continue.

Today, the spot from which the vessel bearing the General and his aides forded the river is a preserved area, maintained by the



Tom Maddock

Friends of Washington Crossing Park. Each year, thousands of onlookers watch the re-enactment and hear timeless speeches such as Washington's address to his troops.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required to attend this free program in Mancini Hall. For more information, visit the Branch, 101 Washington Street, or call (732) 349-6200.



## CELEBRATE HOLIDAYS WITH NAVESINK BRASS QUINTET AT LITTLE EGG HARBOR BRANCH

LITTLE EGG HARBOR – Revel in the warmth of the spirit of the season during the Navesink Brass Quintet's special holiday concert at the Ocean County Library Little Egg Harbor Branch, 6:30 PM Wednesday, December 21.

It promises to be a memorable evening, marking the ensemble's 30th anniversary as well as its return to the Branch. Attendees will hear specially-chosen songs that reflect holiday celebrations of many cultures.

Formed in Red Bank in 1992 and named for the river that flows through the city, the

Monmouth County-based NBQ performs a broad spectrum of styles, "from Renaissance to Jazz and Rock," maintaining its superlative standards with regular, rigorous rehearsals. The Quintet consists of: Thomas Bender and Marcus Hulse, trumpets; Brian Strohmets, horn; Daniel Carver, trombone; and Paul J. Eschelbach, tuba.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is recommended for this free program, sponsored by the Friends of the Little Egg Harbor Branch. For more information, visit the Little Egg Harbor Branch, 290 Mathistown Road, or call (609) 294-1197.

## OCEAN COUNTY LIBRARY TO OFFER BRAIN-STIMULATING PLAYAWAY® LAUNCHPAD TABLETS

TOMS RIVER – Brain games are fun ways to maintain or improve mental fitness. The Ocean County Library will offer a full menu of fascinating games in ready-to-use Playaway® Launchpad tablets for patrons at its 21 branches and reading centers.

Launchpads contain puzzles, word games, number challenges, and tests of speed and logic, suitable for kids, teens, and adults. They promote cognitive health by challenging memory, reaction time, problem-solving, observational skills, attention span, and more.

The devices contain simple, easy-to-use interfaces. They are 100 percent secure, requiring no Internet or Wi-Fi access. They will be distributed for circulation throughout OCL's branches and reading centers, and its



Homebound and Volunteer Services. While the Library's initial pilot program will be aimed at seniors and those experiencing the effects of Alzheimer's or dementia, any patron with an OCL card in good standing will be able to check out a Launchpad for 28 days.

The Launchpad pilot project for seniors is a collaborative effort of the Ocean County Library's Collections and Senior Services departments.

**BLACK FRIDAY**

# DOORBUSTER EVENT



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2017 Hyundai Santa Fe Sport 2.4 Base  
FHH052419  
**\$19,990\***



2019 Ford Taurus Limited  
NKG111187  
**\$21,550\***



2013 Ford F-150 STX  
NDKG01807  
**\$21,990\***



2015 Lincoln MKC Select  
FFUJ14944  
**\$22,550\***



2015 Honda Odyssey EX-L  
HFB165885  
**\$23,990\***



2020 Jeep Compass Latitude  
NLT173952  
**\$24,550\***



2018 Jeep Grand Cherokee Limited  
FJC183223  
**\$28,550\***



2020 Kia Sportage EX  
FL7750044  
**\$28,550\***



2018 Lincoln MKC Premiere  
FJUL31869  
**\$28,990\***



2016 Ford F-150 XLT  
FGFC24978  
**\$29,990\***



2017 Lincoln MKX Select  
FHBL40385  
**\$29,990\***



2018 Kia Sedona SX  
NJ6423651  
**\$31,990\***



2020 Nissan Pathfinder S  
HLC636451  
**\$33,550\***



2019 Ford F-150 XL  
FKKC06644  
**\$39,990\***



2022 Kia Sorento EX  
HNG086346  
**\$39,990\***



2019 Ford Transit-250 Base  
P84187  
**\$41,990\***



2020 Honda Ridgeline RTL-E  
HLB007295  
**\$42,990\***



2019 Ram 2500 Tradesman  
HKG633066  
**\$43,990\***



2019 Lincoln Nautilus Reserve  
P84115  
**\$44,990\***



2018 Ram 1500 Sport  
FJS276279  
**\$45,990\***

## CELEBRATE DECEMBER DAYS WITH ANJEL WILSON AT TUCKERTON BRANCH

TUCKERTON – December gives families many ways to experience togetherness. Bring the family for heartwarming tales in storyteller Anjel Wilson's "Celebrating December Days", 3:30 PM Thursday, December 22, at the Ocean County Library Tuckerton Branch.



Anjel Wilson

A second-generation storyteller, Anjel focuses her tales on the nurturing value of shared family experiences. Whether the celebration is Hanukkah, Christmas, Kwanzaa, or the Winter Solstice, Anjel spins narratives for listeners of all generations to enjoy. Raised in an artistic environment, Anjel and her brother Romare frequented their mother's storytelling events and their father's art exhibits. Today, Romare is an abstract artist, and Anjel is a weaver of tales, with a degree in Social Work from Stockton University.

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

# DINE ON US IS EXCITED FOR THEIR FIRST ON BASE SPONSORED EVENT

It is hard to believe all that has happened this year after it was brought to the attention of Dine on Us that our NJ active military were living in poverty. At the time it was brought to our attention, there were 125 military families receiving food stamps, WIC, and SNAP programs to survive. This means 125 active military families were living below the poverty line. Today that number has grown to 325 families.

When the active military are transferred here from out of state, they are told on base housing will not be available for their first 18 months. They will have to find affordable off base housing with a government monthly allowance of \$1,800.00. The average rent in NJ is over \$2,600.00 a month. Secondly, they are told that daycare will not be available for the next 24 months. This often forces the non-active

spouse to quit their job to stay home with the children and be on standby knowing the active military spouse may deploy on some occasions with less than 24 hours notice.

This is not the experience Dine on Us wanted our active military to have while stationed here in NJ. We started a mission to provide dining and entertainment opportunities to our NJ active military who were not able to do so for themselves due to these economic hardships.

Our first attempt to bring hot meals on the base was denied so we had to create another way. The Dine on Us Care Package was created to offer the military a day at the beach and night on the boardwalk. Three hundred care packages, each valued at \$325.00 were distributed to our Joint Base and Naval Weapons Earle Base. The care packages included two restaurant gift cards, a Casino Pier ride gift card, Wawa gift card for gas, and a Kohr's ice cream gift card, for the family. It was so unexpected and appreciated that many of the marine families sent us heartfelt thank you letters of appreciation to finally be able to spend some much needed down time with their families and spouses.

With our initial package receiving such an overwhelming response, we were introduced to the on-base marketing and event team. As we were introduced, Mary of the MWR said "where have you been"? We have been struggling to create events for the troops because they didn't have a connection to the local restaurants.

**DINE ON US**  
Supporting our Active Military

**CASINO Night**  
Feb 5th, 2023  
NOON - 5:00 PM

**TICKETS:**  
\$60 IN ADVANCE  
\$75 AT THE DOOR

**TABLE SPONSOR:**  
\$475.00 includes 2 ADULT ADMISSION TICKETS AND A TABLE SIGN POSTED ON YOUR TABLE OF CHOICE

**AQUA BLU** 3410 Rt 37 E, TOMS RIVER, NJ

As the discussion continued, we were amazed what a perfect match we were and how we would be able to work together to create many unforgettable moments for our military stationed here.

Our first event was on Friday, November 18th 2021, we had a hot delicious catered meal prepared by Chef Andy of The Whiskey Lounge @ Waterman's Grille in Brielle for 60 military families stationed on the Naval Weapons Earle Base. After their meal, the families were brought to a room where they had a huge selection of Christmas toys to choose from for their children, next was a station complete with wrapping paper and bows for them to wrap their gifts, and one last surprise was a Christmas tree filled with Joe Leone gift cards that each family will be able to use for their family Christmas dinner.

After taking in the moment and feeling the joy this brought to so many families, Dine on Us realized there is no time to relax. They had to begin prepping for their next mission of 100 freshly prepared nutritious meals to be delivered during the Earle Base's Christmas Eve mass along with a homemade pie for dessert.

If you would like to learn more about Dine on Us and how you can help, please visit their website at [www.dineonus.org](http://www.dineonus.org). You can also support by attending their next fundraiser, the Aqua Blu Casino Night, on February 5th. We hope to see you there!

girl scouts of the jersey shore

**Grinchmas & Light Fight**

December 9 & 10  
[gsFun.org/Grinchmas](http://gsFun.org/Grinchmas)

## JOIN GIRL SCOUTS OF THE JERSEY SHORE FOR OUR ANNUAL GRINCHMAS & LIGHT FIGHT!

Everyone's favorite activities are returning to the Girl Scouts of the Jersey Shore's annual Grinchmas and Light Fight! Your adventure begins at our Program Activity Center then enjoy a winter-ful walk through Camp Sacajawea! Craft a holiday ornament, take part in our Whoville scavenger hunt, and make magical hot cocoa. End your visit roasting a marshmallow over the fire and snap a photo or two with the Grinch! Join us in Camp Sacajawea Friday, December 9, from 6:00 – 9:00 p.m. and Saturday, December 10, from 12:00 – 2:00 and 6:00 – 9:00 p.m.

Then, once the sun sets over Lake Brindle, guests at our evening sessions enjoy a dazzling light display, voting for your favorite to win the coveted Light Fight Trophy! This event is open to the public. All are welcome!

For more information about the Jersey Shore Grinchmas & Light Fight, visit [gsFun.org/Grinchmas](http://gsFun.org/Grinchmas) or call our Customer Care team at 800.785.2090.



405 Route 72 East • Manahawkin, NJ 08050

[www.CausewayCars.com](http://www.CausewayCars.com)

**888-768-7861**

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

 <b>2017 Ford Fusion SE</b> FHR203287 <b>\$15,990*</b>	 <b>2017 Kia Sportage LX</b> NH7081548 <b>\$15,990*</b>	 <b>2017 Ford Escape SE</b> FHUE83446 <b>\$16,550*</b>	 <b>2015 Honda CR-V EX-L</b> HFL025363 <b>\$16,990*</b>	 <b>2019 Hyundai Veloster Turbo</b> YKU011719 <b>\$16,990*</b>	 <b>2018 Dodge Grand Caravan SXT</b> FJR297275 <b>\$17,990*</b>	 <b>2015 Ford Explorer Sport</b> NFGC56234 <b>\$18,990*</b>
 <b>2017 Honda HR-V EX-L w/Navigation</b> HHM700037 <b>\$24,990*</b>	 <b>2017 Nissan Armada SV</b> NH9502748 <b>\$24,990*</b>	 <b>2019 Mazda CX-3 Touring</b> HK0448803 <b>\$24,990*</b>	 <b>2019 Ford Fusion Hybrid Titanium</b> HKR158176 <b>\$26,550*</b>	 <b>2017 Chevrolet Colorado Z71</b> YH1164766 <b>\$27,990*</b>	 <b>2018 Honda Odyssey EX-L</b> HJB058446 <b>\$27,990*</b>	 <b>2020 Nissan Rogue S</b> NLC802238 <b>\$27,990*</b>
 <b>2019 INFINITI Q50 3.0t LUXE</b> NKM553207 <b>\$33,990*</b>	 <b>2019 Ram 1500 Classic SLT</b> FKS567408 <b>\$33,990*</b>	 <b>2020 Jeep Grand Cherokee Limited</b> FLC198178 <b>\$34,990*</b>	 <b>2021 Kia Sorento S</b> FMG019801 <b>\$34,990*</b>	 <b>2021 Honda Passport Sport</b> HMB008242 <b>\$36,990*</b>	 <b>2022 Honda Civic Si</b> FNH473366 <b>\$36,990*</b>	 <b>2022 Jeep Grand Cherokee WK Laredo E</b> YNC142037 <b>\$38,990*</b>
 <b>2020 Ford F-150 XLT</b> FLKE18061 <b>\$47,990*</b>	 <b>2017 Ram 2500 Laramie Longhorn</b> FHG679711 <b>\$51,990*</b>	 <b>2020 Lincoln Aviator Reserve</b> FLGL04258 <b>\$54,990*</b>	 <b>2019 Ford F-250SD XLT</b> FKED78959 <b>\$57,990*</b>	 <b>2022 Toyota Tundra Limited</b> P84178 <b>\$61,550*</b>	 <b>2018 Ford F-350SD Lariat</b> P84202 <b>\$62,990*</b>	 <b>2021 Ford F-350SD Lariat</b> FMEE15128 <b>\$64,990*</b>

# 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

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



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

**Elena**

# 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 \_\_\_\_\_  
Phone number \_\_\_\_\_  
Residence: \_\_\_\_\_

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



**Deb**

ITALIAN FAVORITES  
STEAKS & CHOPS  
SEAFOOD  
THIN CRUST PIZZA

ON & OFF PREMISES  
CATERING AVAILABLE  
ON PREMISES PARTIES  
FOR ALL OCCASIONS

OPEN 6 DAYS (CLOSED MONDAY)  
FOR LUNCH & DINNER

696 E. BAY AVE BARNEGAT | 609 994-2353 | EASTBAYITALIANGRILLE.COM

**OPEN THANKSGIVING DAY**  
RESERVE YOUR SPOT EARLY!  
CALL FOR MORE DETAILS

**PLAN YOUR HOLIDAY PARTIES & CATERING NOW!**

**2 LARGE PIES (TOPPINGS EXTRA)**  
(TUESDAY - THURSDAY ONLY) TAKE OUT ONLY  
**\$21.99**

One coupon per visit. Not Valid on Holidays. Coupons may not be combined with any other offer. With coupon only. Expires 12/15/22 Shore Savings.