

# The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities

December 2022 • Number 104

## COLLABORATION, COATS & CARE

### Our Lady of Guadalupe receives 600 children's coats.



Our Lady of Guadalupe staff, parish volunteers and organizers gather prior to the Operation Warm coat distribution event.



**Pictured from left to right:** Kathy Durante, Executive Director of Ocean First Foundation; Dave Wintrode, President of Causeway Cars/Causeway CAREs/The Wintrode Family Foundation; Bobbi Jo Crea, Ocean County Commissioner; Senator Robert Singer; Father Guilherme Andrino, Pastor of Our Lady of Guadalupe; Wayne Boylan, President of the Saint Vincent de Paul Society Food Pantry at OLG Parish, and Joe Stroffolino, Director of Advertising and Marketing Causeway Cars/Causeway CAREs and Fulfill Board Treasurer.

**MANAHAWKIN, NJ** – December is finally here, and, according to long-range forecasts, this winter is expected to be a cold one. But families in need from one local parish will stay a little warmer thanks to the joint efforts of local nonprofit organizations.

Our Lady of Guadalupe Parish in Lakewood recently received 600 coats through Operation Warm. The donations were made possible through Causeway CAREs/The Wintrode Family Foundation, OceanFirst Foundation and The Citta Foundation.

David Wintrode, President of the Causeway Family of Dealerships/ Causeway CAREs, saw the need for a coat distribution after donating a cargo van to the parish through the CauseWheels Vehicle Donation Program on October 3rd. “In the process of donating the van to Our Lady of Guadalupe, I learned that the parish has over 3,600 children attending on a weekly basis and a coat distribution would be welcomed,” he said.

In just a few short weeks, through the collaboration and support of area nonprofits, Causeway CAREs was able to secure 600 coats for distribution to Our Lady of Guadalupe Parish. “We saw the coat distribution as an opportunity to also distribute fresh produce boxes,” said Joe Stroffolino, Director of Advertising and Marketing for Causeway Cars/ Causeway CAREs, as well as Fulfill’s

Board Treasurer. “I called Fulfill and they quickly made the arrangements and had the boxes delivered in time for the event!”

“I am very grateful for the generosity of Causeway CAREs, OceanFirst Foundation and Fulfill, as well as the support of Senator Robert Singer and his office,” said Divine Word Missionary Father Guilherme Andrino, the Pastor of Our Lady of Guadalupe. “Now our families can stay warm throughout the winter season.”

Katherine Durante, Executive Director, OceanFirst Foundation, says that nonprofits must unite their resources together in order to create a greater impact in the community. “Partnering with Causeway CAREs and Operation Warm allows us to extend our impact even further into the community,” she said. “It’s been a pleasure collaborating with the team at Operation Warm, Dave and Joe at Causeway, providing children with warm winter coats and nutritious meal boxes from Fulfill for their families this holiday season. We know this joint venture was successful in providing warmth, hope and confidence to the children and young adults at Our Lady of Guadalupe.”

“The key is always collaboration,” Wintrode added. “That’s the whole purpose of Causeway CAREs – to give back to our nonprofit partners.”

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**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](http://www.olglakewood.org)**

**About OceanFirst Foundation**  
OceanFirst Foundation empowers organizations to think bigger, solve more problems, and make life better in the neighborhoods served by OceanFirst Bank. OceanFirst Foundation’s priorities include Health & Wellness, Housing, Improving the Quality of Life, and Youth Development and Education. Since 1996, OceanFirst Foundation has awarded more than 9,000 grants totaling more than \$45 million to nonprofits and schools within our footprint. **Learn more at [oceanfirstfdn.org](http://oceanfirstfdn.org)**

**About Fulfill**  
Fulfill’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 nutritious food to maintain an active and healthy life. **To learn more, visit [fulfillnj.org](http://fulfillnj.org)**

**About Causeway CAREs**  
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)**

## WHAT'S INSIDE

OCC Foundation Launches Legacy Campaign..... PAGE 2  
Southern Regional Sports Beat..... PAGE 3  
Ocean County Library News and Events..... PAGE 4  
How to Qualify for the Section 179 Tax Deduction..... PAGE 5  
Fighting Children’s Cancer Foundation..... PAGE 6  
Many Ways to Help Northern Ocean Habitat For Humanity..... PAGE 7  
5 Types of Allergies that Become Common With Age..... PAGE 8  
8 Ways to Find Your Car in a Parking Lot..... PAGE 9  
Barnegat High School Sports Beat..... PAGE 10  
Student Athlete Celebrated by Council..... PAGE 11  
Dine On Us Expands Role on Naval Base..... PAGE 12  
A Need We Feed Provided Thanksgiving Meals..... PAGE 13  
Career Opportunities at Causeway..... PAGE 14  
Eat, Sleep, Color - Repeat!..... PAGE 15  
Coloring Contests - Win a Prize!..... PAGE 16

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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).



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# OCC Foundation launches Legacy Campaign

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

**TOMS RIVER, NJ** – Ocean County College Foundation is celebrating 60 years of academic growth and excellence by unveiling its Legacy Campaign. 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.



“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.”

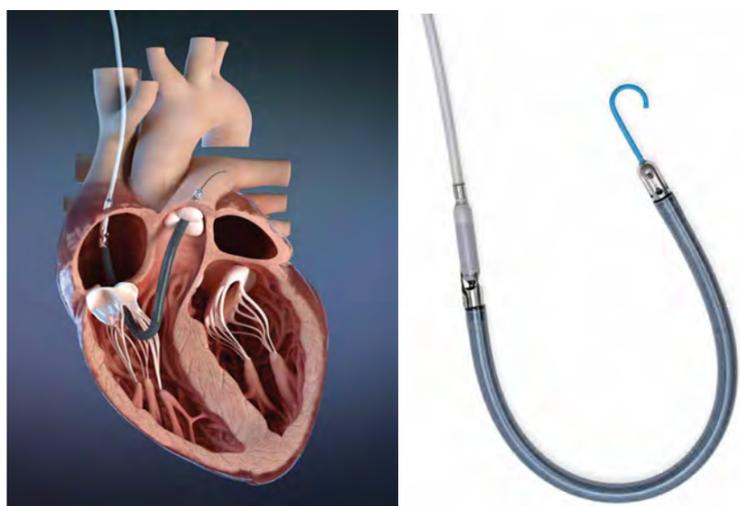
To learn more about the Legacy Campaign, please contact **Kenneth J. Malagiere** at [kmalagiere@ocean.edu](mailto:kmalagiere@ocean.edu).

## Hackensack University Medical Center Cardiac Surgeons Become First in World to Implant FDA-Approved Impella RP Flex Heart Pump in Human Patient

**HACKENSACK, NJ** – Hackensack Meridian Hackensack University Medical Center cardiac surgeons Mark Anderson, M.D., chairman of the Department of Cardiac Surgery, and Yuriy Dudyi, M.D., became the first surgeons in the world to implant the recently FDA-approved Impella RP® Flex with SmartAssist® in a human patient, November 8, 2022. This first-in-human heart pump implantation was performed to treat right heart failure during a minimally invasive valve replacement procedure. The patient, a 71 year old woman, is doing well and was released from the hospital soon after.

Impella RP Flex received FDA pre-market approval as being safe and effective to treat acute right heart failure for up to 14 days. It is implanted via the internal jugular vein, which enables patient mobility, and has dual-sensor technology that helps optimize pump management. Impella RP Flex is placed in the heart using a catheter inserted through a small incision in the patient’s neck and pumps blood from the superior vena cava to the pulmonary artery.

Impella RP Flex is used to treat right heart failure or decompensation following left ventricular assist device implantation, myocardial infarction, heart transplant, or open-heart surgery.



The Impella RP Flex is implanted using a minimally invasive catheter-based approach to treat right heart failure

“Impella RP Flex is a next-generation heart pump technology that can provide temporary right ventricular support for patients who experience right heart failure, allowing the heart to rest and recover,” said Dr. Anderson, who was involved in the initial research for Abiomed’s first right support device, Impella RP, for patients with right ventricular failure requiring short-term hemodynamic support.

“This technology is game-changing, because it provides cardiac surgeons with a new, minimally invasive alternative to surgically implanted right heart support devices that require opening the chest during an invasive sternotomy.”

“Our early adoption of Impella RP Flex demonstrates that our cardiovascular team is at the forefront of using the latest technology to provide minimally invasive cardiovascular care, which improves patient access, outcomes and experience,” said Robert C. Garrett, FACHE, chief executive officer of Hackensack Meridian Health.

“When patients come to Hackensack University Medical Center for cardiovascular care, they have access to some of the world’s most innovative technology,” said Mark Sparta, FACHE, president and chief hospital executive, Hackensack University Medical Center. “Placed in the hands of our expert surgeons, technology such as Impella RP Flex is used to deliver life-saving care — often without the need for an open surgical procedure.”

For information about services, visit [www.hackensackmeridianhealth.org/services/cardiovascular/](http://www.hackensackmeridianhealth.org/services/cardiovascular/). To schedule a CT Calcium Scoring scan, which provides early detection of heart attack risk, or for a free physician referral, call 844-HMH-WELL.

## Fulfill, the Food Bank of Monmouth and Ocean Counties, Announces New Board Officers and a New Member of its Board of Trustees

Neptune, NJ – Fulfill, a leader in alleviating hunger and building food security in Monmouth and Ocean Counties, announced a new slate of executive officers for its Board of Trustees and welcomed a new board member.

“We are happy to welcome our new officers and a new trustee to our board,” said Triada Stampas, president and CEO. “We are fortunate to have a dedicated and passionate board of trustees who give of themselves, working tirelessly to provide access for area residents to enough nutritious food to help them maintain active and healthy lives.”

Returning to her role as board chair is Lauren Holman. Holman is a partner at Holman Frenia Allison, where she serves as practice leader of the not-for-profit audit and attestation division. Holman has a wealth of experience working with school boards and fire districts especially in the areas of auditing, internal controls and forensic accounting. Holman serves as treasurer for Big Brothers Big Sisters of Ocean County, is a board member of The Girl Scouts of the Jersey Shore and enjoys spending time with her family at the beach.

Aaron Levine has been named board vice chair. Levine is the CEO and founder of The LG Insurance Agency, a boutique, full-service insurance agency located in Long Branch. The agency provides local and regional expertise for personal, business, and various specialty insurance needs. Levine serves as the secretary of Professional Insurance Agents of New Jersey, is a former member and past president of Greater Long Branch Chamber of Commerce and is the proud dad of two daughters.

Assuming the position of treasurer is Joseph Stroffolino, III. Stroffolino is the director of advertising and marketing for the Causeway Family of Dealerships and Causeway CAREs. In addition to Fulfill, Stroffolino serves on the boards of Family Promise of Southern Ocean County and Ocean Partnership for Children. Stroffolino recently received the Silver Gull Award for Community Service for his work with Causeway CAREs, has been married for 36 years and has three children and one grandchild.

Janelle Griffith is board secretary and a senior vice president and North American logistics leader with Marsh McLennan, the world’s largest risk advisory company and insurance brokerage firm. Griffith brings over fifteen years of experience in the insurance industry with an extensive background in supply chain risk management, claims, and brokerage. Griffith and her two sons live in Monmouth County.

Joining as new board member is Charles Woolston. Woolston is the founder of Woolston Consulting Group, LLC, a regional certified public accounting and consulting firm in Shrewsbury. With over 40 years in the accounting profession, Woolston has a broad range of knowledge and experience with individuals, corporations, partnerships and businesses of varying sizes, structures and industries. Woolston has served on the board of the Count Basie Theatre as well as other professional organizations. Woolston is a longtime resident of Monmouth County and has two children and three grandchildren.

## Season Greetings from Family Promise of Southern Ocean County

This time of year, the Spirit of Christmas fills the hearts of our families and the wonderful volunteers in the community. Our tradition is to make Christmas magical for children experiencing homelessness in Ocean County.

Think how difficult it must be for them at Christmastime. Not only are they homeless, but they also hear other children talk about their family decorating the house, what they are getting for Christmas and where they are going to celebrate.

I will never forget a little girl whose family resided in our shelter program a few years ago. She asked me: “Will Santa find me?”

She was so worried that she and her family would be forgotten at Christmas because they didn’t have a home.

Everyday is a challenge for a family experiencing homelessness. The holiday season amps up the pressure. On top of everyday worries of the next meal, the nest bed and the next few dollars, parents deal with the worries of providing Christmas gifts and happy memories for their children while trying to wear a brave face throughout it all.

Living in homelessness is even harder on the children. They struggle to keep their lives private while they try hard to fit in at school and focus on their schoolwork. They may not fully understand their situation but they can feel it.



Our tradition is to help make Christmas special for the children and their parents participating in Family Promise programs. You make that possible. Because of you, they are not forgotten!

Thanks to you, Santa will find children and their families this year!

Thanks to all of you who donate, volunteer, sponsor and support Family Promise of Southern Ocean County all year long. Without you, we wouldn’t be able to help local families navigating such difficult circumstances.

A warm, heartfelt thanks to everyone for helping to make this Christmas special for our families and helping throughout the year.

We wish you and your family a very Merry Christmas!

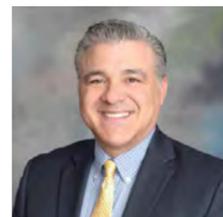
Elizabeth Golla,  
Executive Director  
Family Promise of Southern Ocean County



Lauren Holman



Aaron Levine



Joseph Stroffolino



Janelle Griffith



Charles Woolston

# SOUTHERN REGIONAL SPORTS BEAT

## Congratulations to Southern Regional Senior Athletes on their commitments to continue their education and athletic careers.



**Deirdre Jones**  
Limestone University Women's Lacrosse. She is pictured with her family, Head Coach Lori Johnson, Coach Sean Sweeney and Coach Melissa Scalone.

**Fabian Gonzalez**  
Stanford University Men's Track and Field. He is pictured with his family, Head Coach Scott Baker and Coach Dylan Larson.

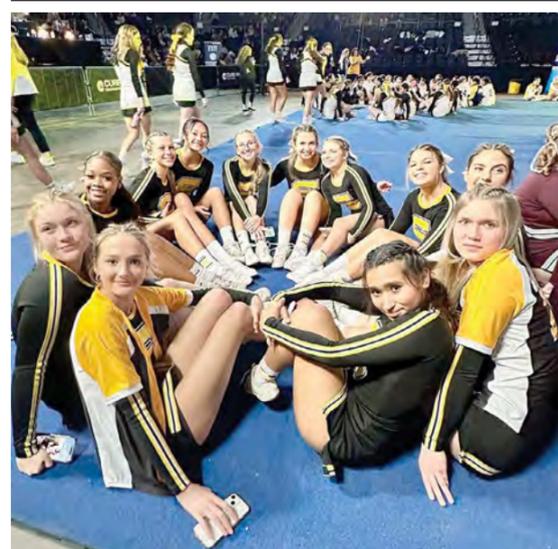
**Gianna Simon**  
High Point University Women's Soccer. She is pictured with her family, Interim Head Coach Eric Geddes, Coach Nicole Iorio and Interim Coach Melissa Scalone.



**Joey DeYoung**  
Hofstra University Men's Lacrosse. He is pictured with his family, Head Coach John Pampalone, Coach Mike Jinks and Coach Nick Jinks.

**Teagan Adams**  
Limestone University Field Hockey. She is pictured with her family and Head Coach Jenna Lombardo-Adams.

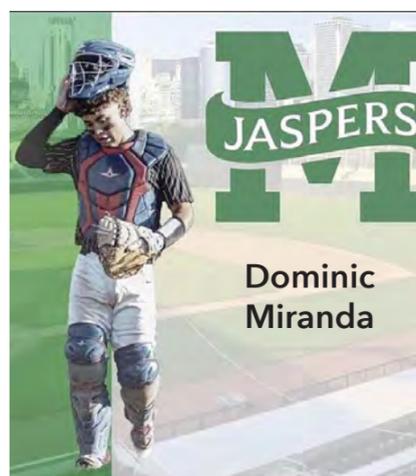
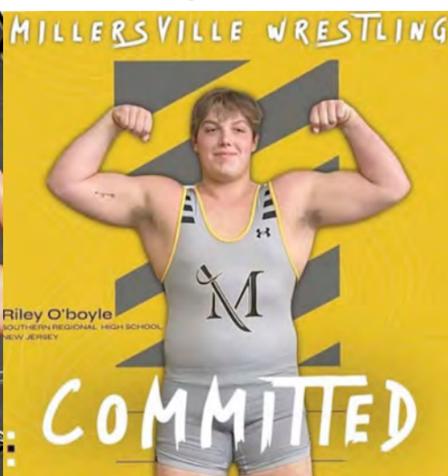
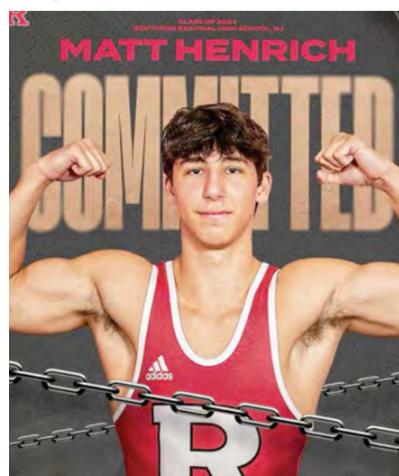
**Amanda Floystad**  
Eastern Kentucky University Beach Volleyball. She is pictured with her family.



**Cheerleading**  
Congratulations Southern Regional Cheerleading on receiving their Nationals bid at the Northeast Regionals in Trenton, NJ on Saturday, November 19, 2022. Congratulations cheerleaders and coaches.

**Cross Country**  
Congratulations Southern Boys Cross Country team on placing 7th at the NJSIAA Meet of Champions at Holmdel Park on Saturday, November 12, 2022. Senior, Fabian Rames individually placed 17th overall. Congratulations on a great season to our runners and coaches.

**Field Hockey**  
Congratulations Southern Regional Field Hockey Alum Maitland Demand and Liberty University Field Hockey on winning the 2022 Big East Championship. Congratulations to Maitland and the Flames.



**Wrestling**  
Congratulations to Southern Wrestlers Matt Henrich and Riley O'Boyle on their college commitments to continue their education and wrestling careers at Rutgers University and Millersville University respectively. Best of Luck this season.

**Baseball**  
Congratulations Southern Regional Baseball players Brady Lesiak and Dominic Miranda on their college commitments to continue their education and baseball careers. Brady has committed to Binghamton University and Dominic has committed to Manhattan University. Continued Success!

**Congratulations Southern Regional Baseball players on their commitments to continue their education and baseball careers:**

Mike Nasti pictured with his family and Head Coach Truitt will attend Hood College.

Steve Miller pictured with his family and Head Coach Truitt will attend Rutgers-Newark University

Brandon Brown pictured with his family, Mr. Tom Bucci, Head Coach Ed Truitt and Ms. Barbara Martin.

Best of Luck!



**Volleyball**  
Nice to honor Southern Regional Girls Volleyball player Jordyn Hamlin on eclipsing the 500 kill mark of her career before the NJSIAA SJ Group IV Sectional Game vs Williamstown on Tuesday, 11/8/22. The Braves won the match 2-0. Excellent season by the Rams! Southern finishes 2022 season with a 31-1 record. Thank you players, coaches, parents, alumni and fans.

See More Sports on page 4



# OCEAN COUNTY LIBRARY

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

## TAKE JAMIE NOVAK'S DECLUTTER CHALLENGE IN OCEAN COUNTY LIBRARY VIRTUAL PROGRAM

JACKSON – Is a neat, streamlined living space on your New Year resolution list? Try Jamie Novak's "January Jumpstart 10-Day Declutter Challenge" in a virtual program presented by the Ocean County Library Jackson Branch, 3 PM Wednesday, January 18.

The famed organization expert will bring fun to ten tiny tidying tasks that she'll share, guiding participants step-by-step through the first one, and helping to convert households "from chaos to calm."

Jamie's witty, practical de-cluttering handbooks, *Keep This, Toss That*; *1000 Best Quick and Easy Organizing Secrets*; *Stop Throwing Money*

Away; and *The Get Organized Answer Book* are available as eBooks through hoopla™ in the Ocean County Library catalog.

Jamie Novak's website houses "10-Minute Podcasts," a daily blog, printable tips, and an extensive list of charities and resources for donating, appraising, selling, and sharing items.

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free program, sponsored by Jackson Friends of the Library. Each registrant will receive a link to the program by email.



Photo courtesy of Jamie Novak

## SOUTHERN REGIONAL SPORTS BEAT



Pretty Solid day for Southern Regional on Saturday, 11/5/22. Boys XC places 3rd at the NJSIAA State Group IV Meet. Girls XC finishes in Top 10 at the NJSIAA State Group IV Meet. Gymnastics participates in the NJSIAA SJ SECTIONAL MEET held at Southern Regional. Congratulations Head Coach Paige Peragine on running an excellent Meet. Congratulations Southern Regional Marching Band on winning the Tournament of Bands Region VII Group II Open Division Championship. Congratulations to all students, coaches, advisors and parents. Well done by all. Thank you Administration and BOE for your support.

## EXPLORE VOLUNTEERING POSSIBILITIES AT TUCKERTON LIBRARY ASSOCIATION MEET & GREET

TUCKERTON – Start 2023 with a resolution to make a difference in your community, as a member of the Tuckerton Library Association. Trustees invite you to become acquainted with them in the Ocean County Library Tuckerton Branch, 7 PM Monday, January 16.

Formed in 1875, the Tuckerton Library Association guides the Branch's growth and defines the characteristics that have ensured its place as a vital community resource of education, enrichment, and entertainment. The Association owns and maintains the building and grounds of the Tuckerton Branch, which marked its 50th year in the Ocean County Library System in 2022. The Association is composed of local people who volunteer their time and talents in support of the oldest continually operating Library in Ocean County. New and sustaining members are always needed, for its preservation and enhancement.

The Board of Trustees consists of Karren Amon, Renee Gioiello, Stephanie Guerin, Lynne Haley, Nancy Hunziker, Sue Marshall, Joanne McAndrew, Elaine McClure, Wendy McKeel-Chandler, Pamela Mickens-Guerin, and Jeanne Sutton.

Please feel free to register at the Tuckerton Branch, 380 Bay Avenue. Walk-ins are welcome. For more information, call (609) 296-1470.

## Make It a December To Remember SALES EVENT

 2019 Ford Escape SE NKUA89625 <b>\$21,900*</b>	 2019 Ford EcoSport SE FKC270454 <b>\$22,990*</b>	 2019 Ford Escape SE FKUA73763 <b>\$22,990*</b>	 2019 Ford Escape Titanium FKUA85592 <b>\$25,550*</b>	 2020 Ford Escape SEL FLUA65532 <b>\$25,990*</b>
 2018 Ford Explorer XLT FJGA22897 <b>\$26,900*</b>	 2019 Ford Escape Titanium FKUB43204 <b>\$27,990*</b>	 2019 Ford Explorer XLT YKGA82624 <b>\$31,990*</b>	 2019 Ford Explorer XLT FKGA82569 <b>\$34,990*</b>	 2021 Ford Bronco Sport Outer Banks HMRA59252 <b>\$35,990*</b>
 2020 Ford Edge Titanium FLBA02431 <b>\$35,990*</b>	 2020 Ford Explorer XLT FLGA22174 <b>\$36,990*</b>	 2018 Ford Mustang GT Premium FJ5182406 <b>\$37,990*</b>	 2020 Ford Explorer XLT FLGA75535 <b>\$37,990*</b>	 2021 Ford Explorer XLT FMGA10802 <b>\$38,990*</b>
 2019 Ford Explorer Sport FKGB51122 <b>\$38,990*</b>	 2018 Ford F-150 XLT P84043 <b>\$38,990*</b>	 2018 Ford Explorer Sport FJGC61252 <b>\$38,990*</b>	 2020 Ford Explorer XLT FLGB00172 <b>\$39,550*</b>	 2020 Ford F-150 XLT FLKE53957 <b>\$42,990*</b>
 2020 Ford Explorer Platinum FLGA57344 <b>\$43,990*</b>	 2019 Ford F-150 XLT FKFA72751 <b>\$44,990*</b>	 2022 Ford Mustang Mach-E Select FNMA14185 <b>\$48,550*</b>	 2020 Ford Expedition XLT NLEA92912 <b>\$57,550*</b>	 2020 Ford Expedition Limited FLEA78532 <b>\$61,990*</b>



Ocean County Library Tuckerton Branch

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<b>MASON DUMP</b>  <b>\$108,990</b> 2022 FORD F-650 XL REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, w/Boss plow & saller, Stk. No. F20537	<b>OPEN UTILITY</b>  <b>\$65,990</b> 2022 FORD F-250 XL REG. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, liftgate, Stk. No. F20725	<b>4X4</b>  <b>Call For Details</b> 2022 FORD F-250 XL OPEN UTILITY 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, V-plow, Stk. No. F20900
<b>12' BOX TRUCK</b>  <b>\$51,990</b> 2023 FORD E-350 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, NAP VIN PDD06065	<b>DUMP BODY</b>  <b>\$103,990</b> 2023 FORD F-750 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30002	<b>DUMP BODY</b>  <b>\$87,490</b> 2022 FORD F-650 SUPERCAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20601
<b>OPEN UTILITY</b>  <b>\$61,590</b> 2022 FORD F-250 XL EXT. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, CD, Stk. No. F21057	<b>LANDSCAPE BODY</b>  <b>\$84,590</b> 2022 FORD F-650 EXT. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20527	<b>AWD</b>  <b>\$67,990</b> 2022 FORD TRANSIT 350 HI ROOF 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, ladder racks, Stk. No. F20908
<b>HI-ROOF</b>  <b>Call For Details</b> 2022 FORD TRANSIT 350 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, CD, bins & racks, Stk. No. F20847	<b>LANDSCAPE BODY</b>  <b>\$96,990</b> 2022 FORD F-750 SUPER CAB XL Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20609	<b>ELECTRIC</b>  <b>Call For Details</b> 2022 FORD TRANSIT 350 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F20905

## DO YOU HAVE A GROWING BUSINESS IN MANAHAWKIN? YOU COULD QUALIFY FOR THE SECTION 179 TAX DEDUCTION.

### What is the Section 179 Tax Break?

The Section 179 Tax Code was created by the IRS to help small-sized and medium-sized businesses to grow and expand— but any sized business can now benefit from this needed tax break. Businesses that qualify could save up to \$1,000,000 on commercial vehicles and other qualifying equipment! Waretown businesses could save a large amount of money on new, used, or pre-certified used vehicles with the Section 179 Tax Deduction.

Have you bought new vehicles for your business within the past year? Be sure that the titles for all of these vehicles have been registered in your business' name. They must also be placed in service by December 31, 2022. How do you know if your vehicles qualify? Let's see below.

### Which Vehicles Qualify for the Section 179 Tax Break?

Here are the qualifications needed for this tax deduction:

- Vehicles with at least a 9-passenger seating capacity
- Vehicles featuring a fully-enclosed driver's compartment/cargo area without seating behind the driver's seat or a body section extending 30 inches past the windshield— like Ford Transit Vans

Buying a passenger Ford truck or SUV instead of a commercial vehicle doesn't disqualify you. If these vehicles are used for business purposes at least 50% of the time, they do qualify. But if these vehicles aren't used for business purposes, their depreciation limits will be reduced by a certain amount. The full Section 179 expense deduction with Bonus Depreciation maximum is \$11,160 for cars and \$11,560 for trucks and vans. There are a few exceptions:

- Ambulances and hearses
- Taxis and other transportation vehicles
- Some vehicles that have been customized for business purposes specifically
- Heavy, non-SUV vehicles that have a cargo area with a minimum length of 6 feet

At Causeway Ford Manahawkin, we always offer new vehicle specials on our quality Ford vehicles in case the vehicle you're looking for doesn't qualify for the Section 179 tax break.

### Qualifying Ford Vehicles

Here's a list of just some of the most common qualifying Ford vehicles:

- F-150 (6.5-foot or 8-foot bed)
- F-250/F-350 Super Duty®
- Ford Transit Vans
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# THE FIGHTING CHILDREN'S CANCER FOUNDATION IS EXPANDING ITS IMPACT

When a child is diagnosed with cancer, the whole family suffers and their lives are forever changed. Parents often need to leave their employment to care for their sick child in the hospital and they are forced to find ways to keep food on the table, care for other children in the home, and manage a multitude of family and illness-related stressors.



these families. The financial assistance they provide helps offset the costs of rent/mortgage, utilities, groceries, transportation and other essential expenses, including funeral and burial costs.

The Fighting Children's Cancer Foundation is proudly celebrating its 25th Anniversary this year. To date, the Foundation has assisted more than 2,000 New Jersey families with over \$2.5 million in direct support. The Foundation remains committed to supporting these families in their efforts to improve their child's quality of life through its Relief Fund, a Holiday Giving program and events which raise awareness and funds for children fighting pediatric cancer.



Greg Porcino, Dr. Steven Halpern (recently retired as director of Pediatric Oncology/Hematology at Morristown Medical Center and honoree at our recent Gala), Robert Medley (executive director).



Charlotte and her family was assisted by FCCF

midst of the challenges they are currently facing. But also plan on joining their South Jersey Events: Jersey Shore Comedy Night (April 1, 2023 at the Mainland Holiday Inn, Manahawkin) and the Jersey Shore Golf Classic (September 21, 2023 at the Eagle Ridge Golf Club, Lakewood).

There are many children in New Jersey being treated for cancer, help provide them and their families with some financial relief so the parents can focus on the health and well-being of their child!



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\*See Causeway Nissan for details.

FCCF has long had a partnership with Hackensack Meridian Health, assisting families being treated and served at Hackensack University Medical Center. But with the expansion of cancer care at Jersey Shore Medical Center (also part of Hackensack Meridian Health) they have been assisting families being treated in South Jersey as well. And now, in 2023, FCCF is expanding its partnership with Hackensack to officially include Jersey Shore Medical Center. FCCF will assist South Jersey families through their Relief Fund, Holiday Giving program and by providing gift cards for ride sharing services.

FCCF has always assisted children being treated with cancer throughout New Jersey. In addition to Jersey Shore Medical Center, we have assisted South Jersey children and families being treated at the Children's Hospital of Philadelphia and Nemours Children's Hospital, Delaware.

To join the Fighting Children's Cancer Foundation in their work visit their website [fccf.info](http://fccf.info), you may also email [exdir@fccf.info](mailto:exdir@fccf.info) or call 908-429-2121 for further information. Consider contributing to their Holiday Giving Program- the goal is to provide 100 NJ families with \$500 each so they may celebrate the holidays in the

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## Furry Friends Who Need Fur-Ever Homes!

Hi everyone. It's me, King. I am still waiting at the shelter for a forever home. My friends here at the shelter say I am a special boy and deserve a special home. I have an easy going and relaxed personality. I am totally potty trained, I know many commands and I am neutered! I'm really friendly with all people but I would like to live in a home as an only pet. I walk really well on a leash and enjoy my walks. To meet me call the shelter at 609-978-0127 and ask for King.



**King**

This beautiful tri-color girl is Pepper. She is 10 years old, front declawed and longing for a home of her own where she can bask in a sunbeam and relax in her very own bed. Pepper would prefer to be your only kitty so she can get all the attention and love she deserves. She has all her necessary shots, is microchipped and ready to leave shelter life behind ASAP! Please call the Southern Ocean County Animal Shelter at 609-978-0127 if you would like to meet Pepper.



**Pepper**

### Special Notice!

There are many wonderful dogs and cats at the So. Ocean Animal Shelter in Manahawkin & Jackson that have been waiting for their forever homes. If you have been thinking about adopting, now is the time. Due to the influx of animals from the Brick hoarding situation, we need to get as many of the dogs and cats that have been patiently waiting for homes adopted so there is room for the animals that have been brought to the shelters from the hoarding situation. Those dogs and cats are not up for adoption yet as they are still being assessed and due to a pending court case.

Please call the Southern Ocean County Animal Shelter to make an appointment!

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)

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# Focus ON Barnegat

## SO MANY WAYS YOU CAN HELP NORTHERN OCEAN HABITAT FOR HUMANITY

By Vin Ebenau, wobm

It's important to give, to provide hope, to serve rather than being served.

It is better to give than to receive, more rewarding to help others than to receive praise.

These are among the lessons that we're reminded of this time every year but lessons that ring true all year long.

As you ponder on the lessons and stories that come over the next few days and weeks, and, even make resolutions

for the new year, take some time to ponder ways that your skills and time could help so many in the Ocean County community.

Northern Ocean Habitat For Humanity continues to help so many individuals and families and there's something rewarding they do every day to put smiles on people's faces.

Recently, they moved a modular home set up in Normandy Beach and it took a drive to Manchester Township where now a single mother of two girls can now reside.

"It was a first for Northern Ocean Habitat. We received a call a little over a year ago from a family that lived in Normandy Beach and they wanted to donate their modular home, they were no longer using it and it was in great shape," NOHFH Executive Director Kristine Novakowski said on 'Shore Time with Vin and Dave' on 94.3 The Point and 105.7 The Hawk. "It was something that we had never done before, so, we did our homework and figured out that it would save us quite a bit of money by moving it and not have to rebuild, especially with the cost of materials and everything."

So, the modular home project took the next steps forward to its eventual new home.

"Last week, we ended up moving it piece by piece into two pieces and it was something spectacular to watch. The person who donated it -- he actually had another home next door, so as they lifted the modular up, it went over his current home," Novakowski said. "The piece of property that this home went to was also donated by a family, so, these were both private donations coming from the community, and, if we didn't have this donated lot, we wouldn't have had a place to put this home."

Now, a family in Ocean County has somewhere to call home.

"The home is larger than what we typically build and therefore, we were able to put a single mother in there with two daughters -- they're twins -- and they have quadriplegic spastic cerebral palsy," Novakowski said. "They're in strollers, they'll be in wheelchairs, so, this home had the larger doorways and the accommodations for their needs as they grow older."

Thanks to donations from members of the community, this project has a new beginning for this family in Ocean County.

Your skill sets, your time, volunteering, dedication, and sharing can help make someone's day, month, year, and so much more by giving of yourself to help Northern Ocean Habitat for Humanity.

"I like to say that we're (NOHFH) really the conduit, we bring people that want to do good and want to help the community and we match them with families that come to us looking for help," Novakowski said. "We couldn't do this on our own, we really rely on the community to come together as well as our volunteers too."



Photo Courtesy: Northern Ocean Habitat For Humanity/Motion City Media

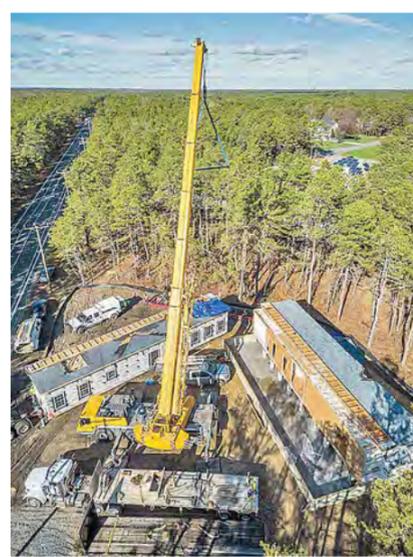


Photo Courtesy: Northern Ocean Habitat For Humanity/Motion City Media



Berkeley Township Municipal Building. (Vin Ebenau, Townsquare Media NJ)

This was home number 22 that NOHFH has put up and homes number 23 and 24 are coming next year over in Berkeley Township.

"The need for housing is just incredible, we get calls everyday from people looking for help and there's really no where out there to turn. I would love to be able to build a community of town homes so that way we would have more housing to offer, it's just finding the land that you could build something like that on is really difficult in this environment right now," Novakowski said.

There are so many ways to help, sign up for help, donate, contribute, get involved with NOHFH at anytime, by visiting their website at [northernoceanhabitat.org](http://northernoceanhabitat.org)

wobm.com

### OCEAN COUNTY LIBRARY

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

### SIX BRANCHES, SIX CHANCES TO SEE DAKOTA & ELLE AT OCEAN COUNTY LIBRARY

TOMS RIVER – The Ocean County Library is pleased to announce a concert series by Ocean County classical vocalists Dakota & Elle. The tenor-soprano duo will perform in six branches, through early February.

- Toms River Branch – 101 Washington Street, (732) 349-6200. "Best of Broadway with Dakota & Elle," 6:30 PM Monday, January 9.

- Point Boro Branch – 834 Beaver Dam Road, Point Pleasant, (732) 295-1555. "Best of Dakota & Elle," 2 PM Wednesday, January 11.

- Brick Branch – 301 Chambers Bridge Road, (732) 477-4513. "Golden Oldies: Songs from the 50s, 60s & 70s," 2 PM Saturday, January 21.

- Little Egg Harbor Branch – 290 Mathistown Road, (609) 294-1197. "Fall in Love with Dakota & Elle," 6:30 PM Thursday, February 2.

- Berkeley Branch – 30 Station Road, Bayville, (732) 269-2144. "Fall in Love with Dakota & Elle," 6:30 PM Tuesday, February 7.

"Warm and Bright: Dakota & Elle Sing Holiday Hits" is a celebration of the season with classic songs including "Winter Wonderland," "Hallelujah," and "Let It Snow."

"Best of Broadway with Dakota & Elle" serves memorable tunes from plays that define great musical theater through the years.

"Best of Dakota & Elle" offers favorites from Broadway, classics, standards, and love songs.

"Golden Oldies: Songs of the 50s, 60s & 70s" presents hits from three distinctive decades, delivered in the pair's inimitable style.

"Fall in Love with Dakota & Elle" is a romantic evening of love songs in celebration of Valentine's Day.

The classical, contemporary, and sacred music specialists serve as directing partners and board members of the Bellarine Theatre Company, Manahawkin, and Harbor Stage Theatre Company, Lacey. Their debut album, "Always", can be found on several Spotify platforms and their website.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to reserve a spot for this free program series. For more information, call (732) 349-6200.

### 'VIBRANT EMPATH ART' BY AMANDA SANTOMENNA ON DISPLAY AT TOMS RIVER BRANCH

TOMS RIVER – The Ocean County Library Toms River Branch is pleased to present Shore-based artist Amanda Santomena's exhibit, "Vibrant Empath Art," in the McConnell Gallery throughout the month of December.

Visitors will view Amanda's poured acrylic creations on various sizes of canvas. The display represents a new direction for Amanda, who maintains an active Instagram following.

"My art used to be very much in the lines and cautious," she said. "Eventually, I decided I wanted to let the paint just fall off the canvas and that it was OK to be messy. I wound up fully embracing that."

Amanda added, "I see art everywhere, especially with space, so a lot of my paintings are inspired by space."

The exhibit is free and open to the public during normal Branch operating hours. No registration is required. The Branch is at 101 Washington Street. For more information, call (732) 349-6200.



Dakota & Elle  
Photo by Alicia Dishon Photography



Courtesy of Amanda Santomena

### CAREGIVER VOLUNTEERS OF CENTRAL JERSEY



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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

## 5 TYPES OF ALLERGIES THAT BECOME MORE COMMON WITH AGE

Reactions to foods, medications, pollen and insects can develop later in life

By Barbara Sadick, AARP

Fifty million Americans suffer from allergies, and the number is increasing. They're the sixth most common chronic illness in the United States. While most allergic reactions develop in childhood or young adulthood, an estimated 5 to 10 percent of Americans over the age of 65 are either living with chronic allergic reactions or experiencing allergic reactions for the first time. As the population ages — by 2030, 20 percent of Americans will be over 65 — the number of older Americans with allergies should continue to increase.

An allergic reaction occurs when your immune system mistakenly identifies a typically harmless substance or allergen as an intruder. Those substances include dust mites, pollen, mold, pet dander, insect stings, medicines or foods that don't cause a reaction in most other people. Your immune system responds to these allergens by trying to fight them off like a germ or virus, but with most allergic reactions, it's responding to a false alarm.

Because allergy symptoms are so common, your first stop for diagnosis should be your primary care physician. If your symptoms are chronic or intolerable, make an appointment with an allergist, a medical specialist in the diagnosis, treatment and identification of what's triggering your allergies. Skin and blood tests are the most common tests used for diagnosis.

**Symptoms:** Sneezing; runny or stuffed nose; coughing; post-nasal drip; itchy eyes, nose and throat; red and watery eyes; dark circles under the eyes

**Treatment:** The most effective treatment is a nasal steroid or anti-inflammatory medicine that you spray into your nose and that can be bought over the counter. You can also control your environment by staying indoors more when pollen counts are high outside and by using air purifiers and air conditioners. If you spend a lot of time outdoors, you should wash your hands and face often to get rid of pollen that may have collected there.

“Antihistamines or drugs used to treat symptoms of allergies can sometimes cause cognitive issues. When possible, rely on topical medications or second-generation antihistamines such as Claritin, Allegra or Zyrtec,” says Jennifer Namazy, M.D., an allergist and immunologist at the Scripps Clinic in La Jolla, California.

### 2. Insect allergies

Approximately 2 million Americans suffer from insect allergies. Allergic reactions occur when the immune system overreacts to the venom from an insect sting, and they're most often caused by yellow jackets, honeybees, paper wasps, hornets or fire ants. People don't usually develop insect allergies as they age, but it can happen.

**Symptoms:** Pain, redness and swelling at the site of the sting can be part of a normal reaction. A serious allergic reaction occurs when the immune system gets involved and

Patients with a history of anaphylactic reactions to insect stings should carry an epinephrine auto-injector device to use, if needed, to treat reactions.

“If you haven't had this kind of reaction and don't carry an epinephrine auto-injector, you need to be evaluated immediately,” says John James, M.D., an allergist and spokesperson for the Asthma and Allergy Foundation of America. “And consultation with a board-certified allergy specialist is highly recommended.”

### 3. Skin allergies

A skin allergy (allergic contact dermatitis) occurs when the skin comes into direct contact with an allergen such as poison ivy, poison oak or poison sumac. Similar reactions can be caused by other substances, such as the nickel in jewelry or the chemicals in lotions and skin products. Namazy says it can sometimes be challenging to determine exactly what's causing the allergic reaction. Patch testing, a diagnostic method that does not include blood or skin-prick testing, can often help determine which specific substances are causing the inflammation.

**Symptoms:** Itching, redness and swelling

**Treatment:** With most skin allergies, the more you scratch, the worse the condition becomes. You should use moisturizers and topical ointments and steroids that reduce inflammation. Antihistamines can be helpful to reduce itching. If you have a rash that's persistent or painful, spreads quickly over most of your body, causes a fever or is oozing yellow or green fluid, see a doctor.

### 4. Food allergies

As with insect allergies, reactions to certain foods can occur quickly and suddenly, and if not treated immediately, can be life-threatening. When you're allergic to a food, your immune system overreacts to a particular protein found in that food. Often it takes only a small amount of food to trigger the reaction, which usually occurs within a few minutes to two hours of the time you ate the food. The foods most often responsible for allergic reactions include cow's milk, eggs, fish, peanuts, shellfish, soy, tree nuts and wheat.

**Symptoms:** Food allergies can cause mild to serious reactions. They include hives; red and itchy skin; itchy or stuffy nose; sneezing and itchy and tearing eyes; vomiting; stomach cramps; diarrhea; and swelling. Symptoms of anaphylaxis include wheezing; tightening in the chest; trouble breathing; tingling in the hands; vomiting; stomach cramps; diarrhea; and swelling in the feet, lips and scalp.

**Treatment:** If you know you have severe allergic reactions to food, you should carry an epinephrine auto-injector with you at all times, in case of an anaphylactic reaction. If you have a reaction for the first time, see a specialist who can determine which foods you are allergic to, so you can avoid them. When you shop, read food labels to make sure you don't eat anything that contains the food triggers to which you've reacted. To prevent adverse reactions, always ask about ingredients when you eat in a restaurant, or eat foods prepared by family or friends.

Because food allergies can be life-threatening, you need to always be prepared by wearing a medical alert bracelet or necklace and carrying an auto-injectable device containing epinephrine.

### 5. Drug allergies

Because older people take three times as many medications as younger people, according to Namazy, they tend to have more frequent allergic reactions. Chances of developing an allergy to a medication are higher when you take it frequently or when a medication

is rubbed onto the skin or given by injection rather than taken by mouth.

The most common allergy-causing drugs include antiseizure drugs; insulin; substances containing iodine (X-ray contrast dyes); antibiotics like penicillin; nonsteroidal anti-inflammatory drugs like ibuprofen; anticonvulsants; and chemotherapy drugs.

“Allergic reactions to medications are sometimes difficult to identify, as they tend

## LOST IN A PARKING LOT? 8 WAYS TO FIND YOUR CAR

Get help in several ways from your smartphone, your key fob and your own body

By Marc Saltzman, AARP

We've all had that sinking feeling, looking around a crowded garage and not remembering where you parked.

Don't beat yourself up. You've been running around all day and have a million things on your mind. Perhaps you were distracted while locking your car, talking on the phone and walking to a building's front door without taking note of where to return across a vast parking lot.

Take a deep breath. Here are some ways, tech and not, to climb back behind the wheel of your very own vehicle. You can start on a few of these solutions before you need them.

### 1. Make your car unique

White, black, gray and silver together make up nearly 4 of every 5 cars on the road this year, according to iSeeCars, an auto research company based in Woburn, Massachusetts. If yours is one of them, you need to find a way to make it stand out, similar to the principle of decorating your black suitcase so you can spot it quickly in an airport's baggage claim area.

Not many vehicles have tall antennas any longer, but you can tie a large colorful ribbon around it if yours does. If not, stick a big magnet on the rear bumper; affix a see-through graphic to the rear window; or clip bunny ears, decorative flags or reindeer antlers to your side windows that will stick up when the windows are rolled up.

Some seasonal kits come complete with a fabric tail flowing out your back hatch to better showcase your vehicle whose rear end will likely be what you see first. You'll want any option to be visible from far away.

Or for your next car, consider a more visible color. Fewer than 0.1 percent in the United States are yellow, such as BMW's X3 or X4 M Series Sports Activity vehicles in São Paulo yellow; Chevrolet's Blazer, Colorado, Spark or Trailblazer in nitro yellow; Jeep's Gladiator and Wrangler models in high velocity yellow; Porsche's 911 models in racing yellow; Subaru's Crosstrek in plasma yellow pearl; and Toyota's GR Supra in nitro yellow.

### 2. Park near an identifying landmark

A good way to remember where you parked is to leave your vehicle near an easily identifiable landmark, such as a specific sign, building or anything else that can be seen from far away. If you go someplace regularly, try to park in a similar location each time and note that.

Airports, shopping malls and theme park lots often have letters or numbers on a sign, perhaps mounted to a lamppost, so you can

remember whether you're in Lot G or Row 4. In Toronto, one huge underground garage has signs with animal silhouettes to help you recall the “rabbit” section.

**Symptoms:** Vomiting and hair loss with cancer chemotherapy drugs; upset stomach from aspirin or diarrhea from antibiotics; skin rashes (especially hives); itching; respiratory problems; and facial swelling. As with insect and food allergies, anaphylactic shock symptoms can occur.

**Treatment:** If you have an allergic reaction to a medication, consult your doctor, but unless symptoms are life-threatening, don't stop taking a medication without talking to a health professional. A doctor can determine whether you should temporarily or permanently cease taking your medication and should be able to offer an alternative. If you are allergic to a specific medication, that information should become part of your permanent medical record and all your doctors should be informed.

aarp.com



stock.adobe.com

### 6. Go row by row

Walk up and down the rows of cars, starting at one row and methodically going through each one until you find yours. This is better than walking aimlessly in circles, which will only frustrate you further.

Some people look for their license plate number instead of the vehicle itself. You can pair this tactic with having your car emit a sound by also pressing the key fob, so you'll know you're in the general area.

### 7. Seek assistance

While you probably prefer to avoid asking for help, know that you aren't the first person in this predicament. So go back and find an airport agent, office receptionist, security guard or theme park worker who can lend a hand.

Some parking lots and garages have emergency call stations that link directly to the security office. Don't panic and explain what's going on. You might discover that guards have a golf cart or other security vehicle to help, so you won't have to keep walking.

### 8. Use a parking app

Several dozen free and moderately priced apps can mark your vehicle's location and then give you directions back to it later. But your smartphone already has built-in maps — Maps on your Apple iPhone and Google Maps for Androids — if you know where to look.

Apple's Maps app. If you connect your iPhone to your vehicle via wireless Bluetooth or use Apple CarPlay, you don't need to do anything when you exit the vehicle. The app automatically drops a parked car marker on its map when you exit the vehicle.

This feature should be enabled by default. But if it's not, ensure that location services are enabled, Settings | Privacy | Location Service. Then while you're in your car, connected via Bluetooth or CarPlay, open your iPhone's Settings, scroll down and tap on Maps. Under the Your Car heading, tap Show Parked Location so the toggle switch is green.

aarp.com

## IS IT A COLD, FLU OR ALLERGY?

### How to tell the difference.

Allergies, colds and flus can all make you feel miserable. They all affect your respiratory system, making it difficult to breathe. People who suffer from airborne allergies often think they have a cold, cityallergy.com/ and when symptoms are more severe, they may think they have the flu. Colds and flus are both viruses, but an allergic reaction is caused by your immune system responding to a trigger.

“Usually, a cold will start with a sore throat followed by a few days of sneezing and a runny nose,” says Gary J. Stadtmayer, M.D., an allergist and clinical immunologist in New York City. “The flu is more serious than a cold, with symptoms including fever, chills and coughing. Allergies do not cause fever.”

### Airborne allergies

- Symptoms last as long as allergens are present
- Stuffy and runny nose
- Itchy, watery eyes
- Treat with antihistamines, decongestants, nasal steroids

“As we age, our immune systems get weaker, putting older Americans at higher risk for disease, including allergic reactions,” says Tiffany Owens, M.D., an allergist at the Ohio State University Wexner Medical Center.

Here's how to recognize and treat five types of allergies that can develop as we age.

### 1. Hay fever (allergic rhinitis)

During spring, summer and fall, trees, weeds and grasses release pollen into the air. That pollen can get into your nose and throat and trigger an allergic reaction commonly known as hay fever. Nearly 20 million American adults and more than 5 million children suffer from hay fever.



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### Flu

- Symptoms last for from one to two weeks
- Fever
- Aches, pains
- Exhaustion, weakness
- Chest discomfort and cough
- Treat with fluids, rest, over-the-counter medicine and prescription antiviral drugs

### Cold

- Symptoms can last for up to two weeks
- Stuffy and runny nose
- Sore throat and cough
- Treat with antihistamines, decongestants, nasal steroids

overreacts to the venom. When this happens, you could experience some of the following symptoms: swelling of the face, throat or tongue; difficulty breathing; coughing; shortness of breath; dizziness; stomach cramps; nausea and diarrhea; and itchiness and hives on your body. Anaphylaxis, a severe and potentially life-threatening reaction, usually occurs within 5 to 30 minutes of being stung or bitten.

**Treatment:** If you have a serious adverse reaction, call 911 immediately so emergency medical services can assess the situation and, if needed, administer epinephrine (also known as adrenaline), a medication that effectively manages anaphylaxis by relaxing the muscles in the airways and tightening the blood vessels.

# BARNEGAT HIGH SCHOOL SPORTS BEAT



## Congratulations to Senior Athletes on their commitments to continue their education and athletic careers.



**Lacrosse**  
Savia Singh will be attending Delaware State in the fall and will play lacrosse in the spring.



**Lacrosse**  
Calli Dunn will be attending the University of Rhode Island in the fall and she will play lacrosse in the spring.



**Band**  
Barnegat High School won the Tournament of the Bands and earned the 2022 State Championship Title!



**REGISTER READY**  
NJ'S SPECIAL NEEDS REGISTRY FOR DISASTERS

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Register Ready is a free, confidential, voluntary database designed to help emergency responders locate and safely evacuate people who could find it difficult to help themselves in a disaster.

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**HOW CAN I REGISTER?**

- ✓ Log onto [www.registerready.nj.gov](http://www.registerready.nj.gov)
- ✓ Dial 2-1-1, toll free
- ✓ Call the Ocean County Office of Emergency Management: (732) 341-3451
- ✓ Mail a completed paper form to: Ocean County Office of Emergency Management, Robert J. Miller Airpark P.O. Box 2191, Toms River, NJ 08754

# STOP PORCH PIRATES!

## THIS IS HOW TO KEEP YOUR PACKAGES SAFE IN NEW JERSEY

By Shannon Holly, wobm

Cyber Monday has become almost as popular as Black Friday. Don't you love that we can stay in the comfort of our own homes (preferably with a glass of red wine) and shop for all the best deals?

Apparently, New Jersey really brought the online shopping numbers this week. More online shopping means more unattended packages being delivered to our doorsteps which is low-hanging fruit for porch pirates.

Doorstep theft has risen exponentially over the last few holiday seasons, as well as other scams, and experts are weighing in on how to prevent it.

### We'll Leave The Lights On For Ya

Experts are saying you reduce the likelihood of theft by at least 25% by simply leaving your lights on. Not only are the outside lights shining on the criminal, but it is also a signal that you could very well be home.



stock.adobe.com

### Put A Ring On It

Yep, it is time to commit to a Ring doorbell. Authorities say that this invention has been one of the biggest deterrents in doorstep crime. Smile, you're on camera!

This next tip is gold...

### Get It On Lock

Lots of retailers including Amazon offer lockers where your purchases can be stored. I know you are probably thinking that a locker would only mean another errand to you but let me play devil's advocate for a minute. It would be way more time-consuming to track a lost package via customer service than it would be to pick it up at your own locker. It's worth looking into, that's all I'm saying.

### Don't Do The Crime If You Can't Do The Time

So what is the punishment if you get caught being a porch pirate? Up to five years in jail. That may or may not be worth it to ya when you find out that my package has Old Spice soap on a rope.

wobm.com

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3	\$29,939	\$2,495
4	\$36,075	\$3,007
5	\$42,211	\$3,518
for each additional household member add	\$6,136	\$512

- **For seniors:** Interested in finding out if there's a distribution site near you? Go to [fulfillnj.org/seniorstaples](http://fulfillnj.org/seniorstaples) or call 732-918-2600.
- **For senior residences and senior-serving organizations:** Interested in bringing this program to the seniors you serve? Email [Robin Gardiner at rgardiner@fulfillnj.org](mailto:Robin.Gardiner@fulfillnj.org) or call 732-643-5864.

Senior Staples is a USDA program also known as the Commodity Supplemental Food Program (CSFP). This institution is an equal opportunity provider. Esta institución es un proveedor de igualdad de oportunidades.

**RECIPES**

## POTATO PANCAKES

These traditional potato pancakes are wonderful comfort food. Serve with applesauce and sour cream for a light dinner, or with roast chicken for a hearty winter meal.

ALLRECIPES.COM

**Ingredients:**

4 large potatoes	Ground black pepper to taste
1 yellow onion	2 tablespoons all-purpose flour, or more as needed
1 egg, beaten	1 cup vegetable oil for frying, or as needed
1 teaspoon salt	

**Directions:**

- Step 1:** Finely grate potatoes and onion into a large bowl. Drain off any excess liquid.
- Step 2:** Mix in egg, salt, and pepper. Add enough flour to make the mixture thick, about 2 to 4 tablespoons all together.
- Step 3:** Preheat the oven to low, about 200 degrees F (95 degrees C).
- Step 4:** Heat a 1/4 inch oil in the bottom of a heavy skillet over medium-high heat. Drop two or three 1/4-cup mounds of batter into hot oil, and flatten with back of a spatula to make 1/2-inch-thick pancakes. Fry, turning pancakes once, until golden brown.
- Step 5:** Transfer pancakes to a plate lined with a paper towel to drain. Keep warm in the oven until serving. Repeat until all potato mixture is used.



# 'TIS THE SEASON TO BE JOLLY!

By Ed Bankel, Honda Service Technician

It all started when my father was a child. With a total of five siblings, my grandparents did the best they could to give them the best Christmas. They focused more on presents than decorations. Later on in life, that became the drive for my father to decorate for Christmas more and more. Not only to decorate, but to build his own Christmas decorations. Now father and son, we took Christmas decorating to the next level. Every year we start decorating inside and out on November 1st. Staying up late and waking up early to complete everything. Everyone's favorite decoration is the flying Santa above the house. You read that right, Santa Claus and his reindeer flying in a 30 foot radius above the house is the cherry on top of our Christmas decorations. Home built, it's truly the best decoration that we have. This has been a Bankel Family tradition for years. I plan to keep the traditions of decorating going for years to come. Christmas is truly the best time of year. I welcome all to see the house.



Merry Christmas from the Bankel family.

# STUDENT ATHLETE CELEBRATED BY STAFFORD COUNCIL

Abigail Krill, a Stafford resident, took second place in the Major League Baseball Junior Home Run Derby.



By Veronica Flesher, Patch Staff

STAFFORD, NJ — A star student athlete from Stafford was honored by the Township Council for her recent achievements.

Abigail Krill took second place in the 14-and-under Major League Baseball Junior Home Run Derby this past summer. Krill, a former Junior Miss Stafford as well, hit 12 home runs during the competition at Dodger Stadium this July. Just the week before the derby, Krill played in the USSA Great Lakes National Tournament with the NJ Gators softball team.

Mayor Greg Myhre said that Stafford believes in the importance of instilling strong values of hard work, teamwork and sportsmanship in all of their young athletes. "We commend Miss Krill for her representation of Stafford Township with these values at the forefront," Myhre said.

Krill continues to make the community proud, he said. "We have no doubt that this is only the start to Miss Krill's bright and successful future," Myhre said.

patch.com

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## Make It a *December To Remember* SALES EVENT

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 <b>2020 Honda CR-V EX-L</b> HLH401336 <b>\$31,990*</b>	 <b>2021 Honda Odyssey LX</b> HMB009258 <b>\$35,550*</b>	 <b>2019 Honda Passport Touring</b> FKB005627 <b>\$35,990*</b>	 <b>2021 Honda Pilot Special Edition</b> HMB060102 <b>\$37,990*</b>	 <b>2020 Honda Pilot Touring 7 Passenger</b> HLB039381 <b>\$39,550*</b>

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# DINE ON US CONTINUES TO EXPAND ROLE ON EARLE NAVAL WEAPONS BASE



On Friday, November 18th, 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 Joe Leone gift card valued at \$100.00 for each family to use for their family Christmas dinner.

During all the festivities, Commanding Officer, Edward Callahan, approached Dine on Us

founder, Cliff Baker, and said "Stop, take a listen? Do you hear all the laughter and excitement? We haven't heard that in the last few years. It means their moral hasn't been this high since then. It is happening because of you and your amazing team from Dine on Us. We cannot express enough our gratitude for what you continue to do for my troops!" Those words brought such joy and emotion to Cliff who said he is so proud to be able to provide such a wonderful night out for our troops.

With the success of this first adventure, Dine on Us was asked to attend the Celebration of Lights opening ceremony on Thursday, Dec 1st. Dine on Us created a hot chocolate and dessert table for all the families to enjoy. There was such a large turnout that Dine on Us secretary, Terrie Baker, was so nervous the 5 gallons of hot chocolate and cookies were not going to be enough. It was such a close call, after the last drink was served, there was one cup left to spare.

Dine on Us and Chef Andy are now preparing for their next mission.



LT Chaplain, Joseph Pinzl, Dine on Us, Cliff Baker, Rick Papsin, Terrie, Baker, Dine on Us volunteer, Izola Fix, and center, Commanding Officer, Edward Callahan.

150 Marines for their Family Day on Saturday, December 17th.

What a feel-good mission. It is so rewarding as we continue to support of our active military more and more, stated Dine on Us Secretary, Terrie Baker

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!



# VFW 9503 BAYVILLE AUXILIARY ANNOUNCES SCHOLARSHIP AND ART CONTESTS FOR STUDENTS

The VFW 9503 Bayville Auxiliary is proud to announce their upcoming opportunities for all school age children (high school, elementary school, and middle school) and students pursuing a college degree or a career direction at a vocational/technical school.

The Continuing Education Scholarship is open to any Auxiliary member who is attending college, vocational school, technical or trade school. The applicant must be a VFW Auxiliary member for at least 1 year, be the son and/or daughter or a spouse of an eligible member and be at least 18 years old. The award is given yearly to each of the four conferences in the state in the amount of \$1,000 each. You must write an essay of no more than 300 words describing your commitment to your goals and how this scholarship will help you attain these goals. This contest must be submitted to the VFW 9503 Bayville Auxiliary no

later than February 15, 2023.

Please contact Nancy Seibert at 732-232-5410 or Daniella Lund at 848-448-4977 for more information and application forms.

The Young American Creative Patriotic Art Contest is available to grades 9-12, public, private, and parochial schools, and is due to VFW 9503 Bayville Auxiliary no later than March 31, 2023. It is now available in a two dimension and three-dimensional contests of which you can enter both contests. The art should be an original portrayal expressing patriotism,



and a typed explanation of the art being no more than 250 words. Please contact Nancy Seibert at 732-232-5410 or Daniella Lund at 848-448-4977 for more information and application forms.

The Illustrating America contest is an art contest. It is available to grades K-8, public, private, and parochial schools with judging categories for grades K-2, 3-5, 6-8. All art is judged on patriotic theme and technique. All entries must be submitted to VFW 9503 Bayville Auxiliary no later than March 31, 2023. The top prize is \$15,000 in the two-dimensional contest and \$2,500 for 1st place in the three-dimensional contest. Please contact Regina Tarnowski at 848-221-9112 for more information and application forms.

Make It a *December To Remember* SALES EVENT

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 <b>2015 Lincoln MKC Select</b> FFUJ14944 <b>\$19,990*</b>	 <b>2019 Ford Taurus Limited</b> NKG111187 <b>\$21,550*</b>	 <b>2020 Nissan Rogue SV</b> NLW117371 <b>\$21,990*</b>	 <b>2019 Honda Civic LX</b> FKH597041 <b>\$22,990*</b>	 <b>2020 Kia Sportage LX</b> HL7763799 <b>\$22,990*</b>	 <b>2020 Hyundai Santa Fe SEL 2.4</b> HLH164354 <b>\$23,990*</b>	 <b>2017 Nissan Armada SV</b> NH9502748 <b>\$24,990*</b>
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# A NEED WE FEED PROVIDES 300 THANKSGIVING MEALS

Thanksgiving Day was a great day for A Need We Feed. We were very excited to be able to follow the process that ANWF was established on in 2012. We must thank Jimmy and Mike with Ryan's Catering for working out the arrangements for us to use the hall at the American Legion Post 129 in Toms River.

We provided over 300 Thanksgiving meals to those in need in our community. Ryan's Catering prepared turkey, stuffing, mashed potatoes, gravy, vegetables, and cranberry sauce. T&M Associates donated mini pies; Gold Medal donated dinner rolls. Our larger families received a large pie thanks to Jimmy Capone of Capone's. It is heart-warming how generous our community is. Every person had a full Thanksgiving meal, including an individual bottle of cranberry juice.

Our board of directors and volunteers filled to-go containers with food using an assembly line. We had other volunteers packing the meal containers, cranberry sauce, pies, rolls, and juice in bags for the delivery drivers to pick up and take to individual homes.

They say it takes a village, and that saying is so true. Words cannot express how grateful we are to everyone who gave time from their celebrations to make this happen. With the support of everyone mentioned, we fed so many!



# CREATE A SEASONAL CENTERPIECE FROM YOUR BACKYARD



By Danielle Natale, Causeway Honda Sales

Wow! I can't believe it's December. December is absolutely our most favorite time of year. My daughter and I don't exactly love the cold, but we do love the festive decorations! Each week in December I make a centerpiece arrangement for my table that literally costs nothing more than a few blocks of floral wet foam bricks. You can find these at your local craft store in most places. I've never been someone who cares about perfect, this is not about making a perfect arrangement.

To make this centerpiece I went in my yard and grabbed whatever is evergreen. I used 3 to 4 pieces for the container I chose, which was plenty. I placed the foam in my container and let it soak. I want to be clear that nothing has to be done perfectly. I was a floral designer for 11 years and I enjoy it so much more as a hobby because I follow my own rules.

You take one variety of green at a time and start on the top. As you start to fill your container you will know if you need more. There are no rules here. This is about having fun, allowing yourself to make mistakes and filling the house with seasonal beauty that is practically free.

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4WD, Automatic, 2.7L V6 24V PDI DOHC Twin Turbo, Backup Camera, Fog Lights & More!



Stock #: F21036

## NEW 2022 FORD MUSTANG GT

Causeway Customs Lowering Kit, AWE Exhaust, TSW Wheels, Nitto Tires, & More!



Stock #: FJS276279

## 2018 RAM 1500 SPORT

4WD, 8-Speed Automatic, 5.7L V8 16V MPFI OHV, Backup Camera, Interior Accents, & More!

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 2020 Hyundai Venue SEL P84236 <b>\$20,550*</b>	 2020 Hyundai Elantra SE KMLU951841 <b>\$20,990*</b>	 2020 Hyundai Kona SEL Plus P84247 <b>\$23,550*</b>	 2020 Hyundai Tucson Value YLU269417 <b>\$24,550*</b>	
 2020 Hyundai Sonata SEL P84213 <b>\$24,550*</b>	 2020 Hyundai Tucson SEL YLU107465 <b>\$24,750*</b>	 2019 Hyundai Ioniq EV Electric P84151 <b>\$26,990*</b>	 2019 Hyundai Kona Limited YKU375236 <b>\$26,990*</b>	 2020 Hyundai Tucson Value YLU161428 <b>\$26,990*</b>
 2020 Hyundai Sonata SEL Plus YLU041146 <b>\$26,990*</b>	 2020 Hyundai Tucson Sport YLU082219 <b>\$27,550*</b>	 2019 Hyundai Tucson Sport YKU990541 <b>\$27,990*</b>	 2020 Hyundai Tucson Sport YLU088229 <b>\$28,550*</b>	 2020 Hyundai Sonata SEL Plus YLU038706 <b>\$28,990*</b>
 2021 Hyundai Tucson SEL YMU367526 <b>\$29,990*</b>	 2020 Hyundai Santa Fe SEL 2.0 YLU194798 <b>\$31,990*</b>	 2020 Hyundai Palisade SEL FLU053824 <b>\$36,990*</b>	 2021 Hyundai Palisade SEL FMU330940 <b>\$41,990*</b>	 2021 Hyundai Palisade SEL YMU230155 <b>\$44,990*</b>

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HYUNDAI

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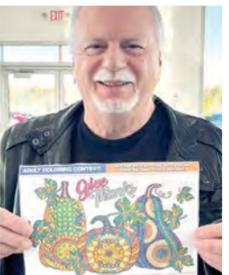
MON - FRI: 9AM - 7PM • SAT: 9AM - 6PM • SUN: CLOSED

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

# EAT, SLEEP, COLOR – REPEAT!

By Kaitlyn Strohmeier

They say time flies when you're having fun, and it sure has. It's crazy to think that our first-ever Causeway Gazette coloring contest was published in edition number two, back in August of 2013! The kids coloring contest is open to kids of all ages. The winner of the kids coloring contest wins a \$50 Target gift card! The President of the Causeway Family of Dealerships, Dave Wintrode, enjoyed viewing the kid's entries so much that he wanted to extend the age range. That's when our adult coloring contest was born. Now, adults 18+ can enter our contest! The winner of this contest receives a \$50 gift certificate to East Bay Italian Grille in Barnegat.

					
January 2022 Kid's Winner: <b>CLOE</b>	January 2022 Adult's Winner: <b>LISA</b>	February 2022 Kid's Winner: <b>LUKE</b>	February 2022 Adult's Winner: <b>MADDY</b>	March 2022 Kid's Winner: <b>ABBY</b>	March 2022 Adult's Winner: <b>MARIA</b>
					
April 2022 Kid's Winner: <b>VICTORIA &amp; JULIANA</b>	April 2022 Adult's Winner: <b>BARBARA</b>	May 2022 Kid's Winner: <b>ARIA</b>	May 2022 Adult's Winner: <b>JOE</b>	June 2022 Kid's Winner: <b>EMILY</b>	June 2022 Adult's Winner: <b>MARY</b>
					
July 2022 Kid's Winner: <b>NOLAN</b>	July 2022 Adult's Winner: <b>ALYSSA</b>	August 2022 Kid's Winner: <b>EMERSON</b>	August 2022 Adult's Winner: <b>BARBARA</b>	September 2022 Kid's Winner: <b>ARIELLE</b>	September 2022 Adult's Winner: <b>NANCY</b>
					
October 2022 Kid's Winner: <b>ELENA</b>	October 2022 Adult's Winner: <b>DEB</b>	November 2022 Kid's Winner: <b>JASON</b>	November 2022 Adult's Winner: <b>JOE</b>		

Each month we get well over 60 entries! Our employees have fun judging each month, from analyzing how well contestants stay in the lines, use of color scheme, creativity and taking age into consideration for the children entries.

The Causeway Gazette Coloring Contest has grown in popularity over the past few years and there is no sign of slowing down. Be sure to enter. Like they say, you have to be in it to win it! Above is a look back at our 2022 contest winners.

**Struggling with finances this holiday season?**

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



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



 732-414-6745
  info@uwfinancialsuccess.org
  uwfinancialsuccess.org
  @UWFSC



**Save the Date**  
**CASINO NIGHT**

Saturday, April 22, 2023  
Toms River Elks, 600 Washington Street

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**Make It a December To Remember SALES EVENT**

			
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<b>2019 Lincoln MKZ Reserve</b> NKR632292 <b>\$33,990*</b>	<b>2019 Lincoln Nautilus Reserve</b> FKBL56744 <b>\$40,990*</b>	<b>2020 Lincoln Aviator Reserve</b> FLGL04258 <b>\$54,990*</b>	<b>2020 Lincoln Aviator Reserve</b> FLGL11648 <b>\$58,990*</b>



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\*See Causeway Lincoln for details.

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# 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!**

**JASON**

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!**



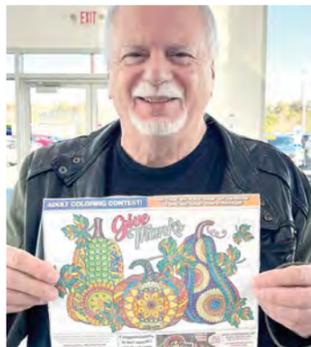
Must be 18 years or older. Simply color the above picture, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.

**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**

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



**JOE**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 Phone number \_\_\_\_\_  
 Residence: \_\_\_\_\_

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