

The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities

January 2023 • Number 105

A YEAR OF GRATITUDE, HOPE & COLLABORATION Here's a look back at some of our favorite moments from 2022.



2022 kicks off with new vision for Causeway CAREs

Causeway CAREs unveiled its new vision in February as it seeks to help its neighbors and positively impact the community. [Learn more at CausewayCAREs.com.](http://CausewayCAREs.com)



Hackensack Meridian Southern Ocean Medical Center receives \$250K donation

In March, Causeway CAREs donated \$250,000 to Southern Ocean Medical Center and will be used toward the hospital's surgical expansion. Southern Ocean Medical Center has been caring for the community for nearly 50 years.



Nonprofits unite at 3rd Annual Summer in Winter Carnival

Smiling faces, boardwalk treats and games for all. This was the inspiring result of the local community coming together to support 31 nonprofit organizations at the 3rd Annual Summer in Winter Carnival, hosted by The Causeway Family of Dealerships and Causeway CAREs.



Causeway donates its 22nd vehicle in May

The donation was made to The HOPE Center in Toms River and was funded in part through a grant from Fulfill. The HOPE Center is a 501(c)(3) non-profit organization that serves as a place to address the basic needs of an increasing number of people in crisis.



Hunger won't win in Ocean and Monmouth Counties

Fulfill, in collaboration with Causeway CAREs, hosted a vehicle raffle that raised \$71,500 at the 2nd Annual Drive Out Hunger Golf Outing. Carmela Malgeri, an Ocean Township resident, won the coveted 2022 Bronco Sport valued at \$33,000.



Joe Stroffolino and Causeway Family of Dealerships receives 2022 MODC Community Service Award

The 57th Annual Silver Gull Awards Dinner was held on May 5 at Eagle Oaks at Eagle Oaks Golf & Country Club in Farmingdale. Senator Bob Singer, Committee Chair of the MODC presented Stroffolino with the esteemed Community Service Award for his commitment to Ocean County and the State of New Jersey.



Northern Ocean Habitat for Humanity receives new set of wheels in June

Causeway CAREs' donates its 23rd vehicle to Northern Ocean Habitat for Humanity through its CauseWheels Vehicle Donation Program. The donation was funded in part through a grant from the Grunin Foundation. Founded in 1999, Northern

Ocean Habitat for Humanity revitalizes neighborhoods, builds affordable and sustainable homes, and empowers families through successful homeownership.

OCC Foundation unveils Legacy Campaign

Ocean County College Foundation unveiled its Legacy Campaign to celebrate 60 years of academic growth and excellence. [To learn more about the Legacy Campaign or to make a donation, please contact Kenneth J. Malagiere at kmalagiere@ocean.edu.](mailto:kmalagiere@ocean.edu)



The Wintrode Family Foundation is honored in July

Former President Calvin Coolidge once said, "No person was ever honored for what he received. Honor has been the award for what he gave." A shining example of this is The Wintrode Family Foundation, an honoree at the 2022 Ocean County College Foundation Scholarship Celebration. The Wintrode Family Foundation was celebrated for establishing the Roberta W. Wintrode Memorial Fund, along with its many generous contributions to the community.

We celebrated our 100th issue in August

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

The idea was simple - create a newspaper that Causeway could brand and customize with a mix of informative, localized content and advertising. David C. Wintrode immediately supported the idea. The presses began to roll, and the masthead read "The Causeway Gazette". The rest is history!

Julie Bellezza joins OceanFirst Foundation

OceanFirst Foundation welcomed Julie Bellezza to its team as Volunteer and Community Engagement Coordinator. Bellezza is charged with organizing all aspects of volunteering, including promoting opportunities to all of OceanFirst's 900+ employees and other local businesses.



September spotlights arts and music

The Community Arts and Music Programs (CAMP) is one of the many programs at the Jay and Linda Grunin Center for the Arts that has helped transform arts engagement in Ocean County. CAMP was started in 2017 after David C. Wintrode had an idea to create a series of performances for the community that would focus on things that are really fun, but also educational. "Many children never have the opportunity to see live shows," said Wintrode. "These programs would give school-aged children and individuals with special needs the opportunity to engage with the arts." [To learn more about the CAMP series or to reserve your group for a future event, please email Jaclyn Wood at jwood@ocean.edu.](mailto:jwood@ocean.edu)

Causeway donates its 24th vehicle donation

Our Lady of Guadalupe Parish received a cargo van through the CauseWheels Vehicle Donation. 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.



November delivers a 1, 2 Punch to fight hunger and homelessness

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 the 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.

Grace Calvary Church receives \$9,500 grant

Located just one block from the beach in Ship Bottom, Grace Calvary Church was in desperate need for a vehicle to assist its Ocean County congregation. Causeway CAREs saw the need and met it with a \$9,500 grant to assist the church in its vehicle purchase.



A December to remember for one local parish

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

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The Causeway Gazette

For information or to advertise in The Causeway Gazette please call 609.713.6706 or visit www.CausewayGazette.com email: CausewayGazette@gmail.com

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To learn more about Causeway CAREs, please visit CausewayCAREs.com or email 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.

Driving change in our community.

CausewayCAREs.com

HAPPY NEW YEAR!



We hope everyone had a wonderful holiday. Thanks to your generous support, dozens of Ocean County families in need were also able to enjoy this Christmas season, including more than a hundred children from local school districts.

As we move into 2023, we at Family Promise of Southern Ocean County (FPSOC) are renewing our commitment and enhancing our efforts to help local families facing or experiencing homelessness.

Later this month our staff will be working with other nonprofit organizations and government agencies in NJCounts, the annual Point-in-Time Count of sheltered and unsheltered families, youth, veterans and individuals experiencing homelessness throughout New Jersey. This outreach not only allows participants access to food, clothing, needed services and resources but provides us with valuable information on how to better help.

In the new year we are also focused on increasing our prevention programs to help keep local families from becoming homeless in the first place. The loss of a job, an unforeseen life event, a surprise spike in rent or a medical emergency can be devastating economically to a family and put their place to live at risk. We work to fill these gaps and keep families in their homes making a stronger community.

We are also planning our events for the year, including Designer Bag Bingo in spring, the 3rd Annual Family Promise SOC Golf Classic in October and free movies on the beach through the summer on Long Beach Island.

Everything we are working on for 2023, from collecting donations for local families in need to planning and staffing our fundraising events offer excellent volunteer opportunities.

You can make a difference in the lives of local children and their families by working with us to help make ours a strong Jersey Shore community.

If you would like to volunteer with Family Promise SOC or receive updates, please send an email to fpsocstaff@gmail.com or call 609-994-3317.

Thank you all again for all you did throughout 2022 to help local families in need! We look forward to your amazing support in the new year as we work to help families facing with homelessness across Ocean County.

Sincerely,

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



WHITING BUSINESS ASSOCIATION SUPPORTS DINE ON US WITH THEIR ANNUAL DONATION

Every year the WBA selects three local organizations to be the recipients of a \$5,000.00 donation. This year, Dine on Us was one of the fortunate to be chosen by Joel Wolf, President of the WBA. Joel and Cliff Baker have a long-standing relationship that started on the basketball court over 25 years ago and continues today on the pickleball court. The two use this chemistry and teamwork to work together for those in need. Joel has been by Cliff's side to assist since the first inception of creating a hot Thanksgiving meal for the military and first responders helping us restore the shore after Hurricane Sandy. He has continued to support the present mission of creating dining and entertainment opportunities for our NJ active military. Many of our active military are living in distress due to economic hardships created by a lack of on base housing, affordable off base housing, and the absence of daycare available on the bases. This situation often inhibits the non-active spouse from remaining employed; therefore, losing their second income to stay at home.



The timing of the donation was spot on as Dine on Us had two additional December requests. One from the Atlantic City Coast Guard. The active service members were surprised by their Commanding Officer, LT Kloo, and Dine on Us board member, Rick Papsin, with a \$50.00 Visa gift card and two donated meal cards from Manahawkin Chick-fil-A.

The second event provided a catered meal from The Whiskey Lounge in Brielle for 150 active Marines and their families for their Family Fun Day on the Naval Weapons Earle Base. The meal was a huge hit and treat for these families who rarely can experience a restaurant quality meal on their own.



When asked "Why we do this?" by the Commanding Officers of each location, the responses from Dine on Us team members, Rick Papsin, Mackenzie and Terrie Baker are always the same – it feels good to take care of the active military. We love to support those who keep us safe every day. The appreciation from the military is fulfilling and rewarding.

They also stated that they can't wait to do more in 2023. Dine on Us would like to remind everyone that their first fundraiser of the year will be on Sunday, February 5th, for their 3rd Annual Casino Night at Aqua Blu in Toms River.

DINE ON US
Supporting our Active Military

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

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

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CONTACT US

- Enroll in SNAP Assistance
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L to R - Renee Rithianos, Program Director of HoM; Kristin Santorelli, Founder/Executive Director of HoM, ELKS Teri Payton and Sharon McGovern

ELKS GRANT GIVEN TO HEARTS OF MERCY

Manahawkin Elks 2340 recently presented a \$2,000, Elks National Foundation Spotlight Grant to a 501(c)(3) in Manahawkin.

The Elks chose Hearts of Mercy (HoM) since this organization provides mentoring, tutoring and social programs for underserved children in our community.

HoM is equipped to serve the learning and social needs of children who have fallen behind in the basics due to the pandemic and remote learning.



Let's grow together.

Causeway Family of Dealerships has been serving the community since 1969. We have built our reputation on providing the residents of Manahawkin, Barnegat, Ocean Township and surrounding areas with exceptional customer service and unrivaled experience in the automotive industry.

Join us!

You can count on us for all your vehicle purchase and service repair needs, can we count on you? **Join our purpose-driven, team-driven culture that encourages you to reach your full potential.**



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- Paid holidays
- Paid training and paid training expenses

Immediate openings available in our Sales, Collision and Service Departments!



4TH ANNUAL CAUSEWAY CARES SUMMER IN WINTER CARNIVAL

SAVE THE DATE!

BEAT THE WINTER BLUES

February 19th, 2023
12:00 PM - 4:00 PM

The Mainland Kitchen & Pub
151 NJ-72, Manahawkin, NJ 08050

Special Guests:
Caricatures by Akbar, Magic AI,
Freckles the Clown, TapSnap Photos,
and DJ Meatball!

REGISTER:
bit.ly/CausewayCaresCarnival

SOUTHERN REGIONAL SPORTS BEAT



Track & Field

Congratulations Southern Regional Boys XC runner Drew Bowker on his commitment to continue his education and running careers at Monmouth University. Drew will continue running for the Hawks' Cross Country & Track and Field programs. Best of Luck!

Photo Credit: David Biggy - Sandpaper



Track & Field

Congratulations Southern Regional Boys XC runner Fabian Rames on his commitment to continue his education and running careers at Boston College. Best of Luck!



Cross Country

The Shore Track Coaches Association honored the 2022 Cross Country All Stars in Asbury Park, NJ. Drew Bowker and Fabian Rames were named All Shore Conference while Jack DeHart and Santonio D'Amelio were named All Ocean County Continued Success!



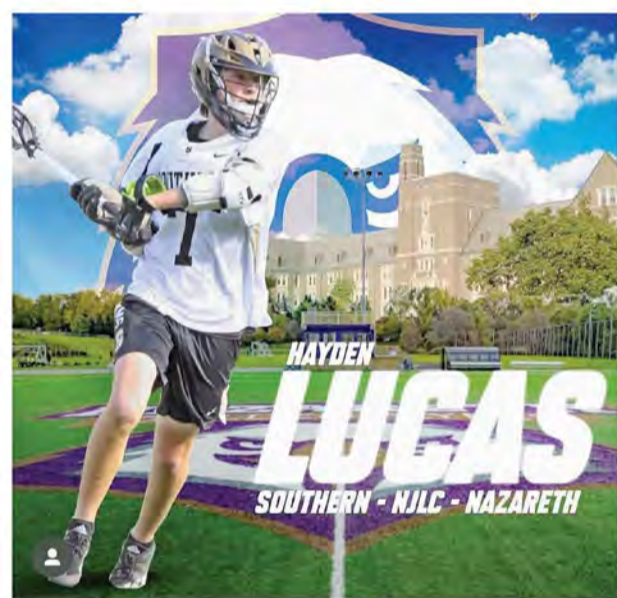
Wrestling

Congratulations Southern Regional Girls Wrestling on a solid day at the Bloomfield Tournament, Sunday, December 18, 2022. Jayla Hahn wins 2nd tournament, two days in a row. A successful weekend. Continued success to all wrestlers!



Wrestling

Congratulations Southern Regional Girls Wrestling Jayla Hahn on being named "Outstanding Wrestler" at the Queen of the East Tournament at Jackson Liberty High School on Saturday, December 17, 2022. Jayla is pictured with Jackson Liberty AD Greg McClain and Liberty Principal Geoff Brignola. Continued Success! *Photo Credit: NJ.COM*



Lacrosse

Congratulations Southern Regional Boys Lacrosse Hayden Lucas on his commitment to continue his education and Lacrosse careers at Nazareth College. Continued Success!



Lacrosse

Congratulations Southern Regional Girls Cross Country runner Mia Mastrogiovanni on being named to the All Ocean County team for the 2022 season. Mia was honored by the Shore Track Coaches Association in Asbury Park, NJ. Continued Success!



Wrestling

Congratulations Southern Regional Girls Wrestling having a successful day on Friday, December 30, 2022 at the East Brunswick Lady Bears Wrestling Tournament. Wrestlers Jayla Hahn placed 1st, Ella Yanuzzelli 4th and Sam Henrich 5th on the day in their respective weight classes. Special Congratulations on Jayla Hahn being named Outstanding Wrestler. Continued Success!



Cross Country

Congratulations Southern Regional Girls Cross Country and Track runner Mia Mastrogiovanni on her commitment to continue her education and running careers at Sacred Heart University. Best of Luck!



Cross Country

Congratulations Southern Regional Girls Cross Country runner Mia Mastrogiovanni on being named to the All Ocean County team for the 2022 season. Mia was honored by the Shore Track Coaches Association in Asbury Park, NJ. Continued Success!



Football

Congratulations Southern Regional Football Dom Crisalli on being named to the National Football Foundation-College Hall of Fame: South Jersey Chapter Scholar Athlete nominee for the 2022-2023 school year. Dom is a Multi-Sport Athlete at Southern participating on our Track and Field teams. Dom has a GPA of 104.8 and ranks 12th in the Class of 2023. Thank you for all you do for Southern.



Football

Congratulations Southern Regional Football #MultiSport Athlete Andy Falletta on his commitment to continue his education and football playing careers at University of Pennsylvania. Andy will compete on the "Sprint" Football team for the Quakers. Best of Luck!



Cheerleaders

At halftime of the Southern Boys Basketball Game on Thursday, 12/22/22, it was nice to honor our Southern Regional Competition Team on qualifying for the UCA National Competition in Orlando, Florida - February 2023. Congratulations Cheerleaders, Head Coach Jamie Armstrong and Coach Maureen Cascio. Best of Luck and Thank you for all that you do for Southern.

See More Sports on page 4

SOUTHERN REGIONAL SPORTS BEAT



Multi-Sport

Over the Winter Holiday break, two Southern Regional High School Student Athletes were named Press of Atlantic City 2022 Athletes of the Year in their respective sports. Jordyn Hamlin was named Girls Volleyball Player of the Year for the 2022 season. Fabian Ramales was named Boys Cross Country Runner of the Year for the 2022 season. Congratulations to both Athletes, and the Girls Volleyball- Boys Cross Country programs.

Football

Congratulations Southern Football athletes Andy Falletta 1st Team Defense Sr., Max DiPietro 1st Team Offense Sr., Armando Sanchez 1st Team Offense Jr., Xander Murray 2nd Team Defense Sr., on being named to the Shore Conference "Colonial" Division All Star Team for the 2022 season.

Volleyball

Congratulations Southern Regional Girls Volleyball players being named to All State Teams: Jordyn Hamlin - 1st Team All State of NJ, Molly Regulski - 2nd Team All State of NJ, 1st Team All NJ Group IV, Anna Malandro - 3rd Team All NJ Group IV, Continued Success!



Wrestling

Congratulations Southern Regional Wrestling Conor Collins on winning his 100th career match, Thursday, December 29, 2022 at Day 1 of Powerade Tournament in Pittsburgh, Pennsylvania. Conor is pictured with his father TJ, Head Coach Dan Roy and Coach Dan Hall. Continued Success!

Wrestling

Congratulations Southern Wrestling place winners at the 2022 Powerade Tournament in Pittsburgh, Pennsylvania. Anthony Mason 8th, Conor Collins 6th, Matt Henrich 5th, Riley O'Boyle 8th. The Powerade Tournament featured 67 teams across the nation. Continued Success!

Coaches

Congratulations Ms. Sue Spaschak on being named the 2022 "Score at the Shore" Tournament John Kaszuba Memorial Service Award Winner. The presentation took place before the final game of the tournament. Presenting the Award were 4 Head Coaches from the Tournaments' Championship Teams throughout the years: Roy Heck - Pemberton - 2013, Eric Fierro - Southern Regional- 2014, Mike Thompson- St. Joe Metuchen 2017, Matt Wolf - Lenape 2019 and 2021. Thank you Sue Spaschak for all you do for Southern.

Happy Used Year

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 2019 Ford Escape Titanium FKUB43204 \$27,990*	 2019 Ford Explorer XLT YKGA82624 \$31,990*	 2020 Ford Explorer Limited FLGB00177 \$35,990*	 2020 Ford Edge Titanium FLBA02431 \$35,990*	 2020 Ford Explorer XLT FLGA75535 \$37,550*
 2021 Ford Explorer XLT FMGA10802 \$37,990*	 2019 Ford Explorer Sport FKGB51122 \$38,990*	 2018 Ford F-150 XLT P84043 \$38,990*	 2018 Ford Explorer Sport FJGC61252 \$38,990*	 2020 Ford Explorer XLT FLGB00172 \$39,550*
 2021 Ford Edge ST P84221 \$40,990*	 2020 Ford F-150 XLT FLKE53957 \$42,990*	 2021 Ford F-150 XL FMKE31373 \$43,990*	 2020 Ford Explorer Platinum FLGA57344 \$43,990*	 2020 Ford F-150 XLT FLFB96966 \$44,990*
 2021 Ford F-150 XLT HMKD39582 \$46,990*	 2022 Ford Mustang Mach-E Select FNMA14185 \$48,550*	 2021 Ford Mustang Mach-E Premium FMMA41206 \$54,550*	 2020 Ford Expedition XLT NLEA92912 \$57,550*	 2020 Ford Expedition Limited FLEA78532 \$61,990*

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55 GIRLS FROM MONMOUTH AND OCEAN COUNTIES RECEIVE THE SILVER AWARD

FARMINGDALE, NJ – (November 29, 2022) The Girl Scout Silver Award is the highest honor for Girl Scouts in sixth through eighth grade. This year's recipients addressed topics including mental health, diversity, environmental conservation, community service and more.

Girl Scouts of the Jersey Shore presented the Silver Award to 55 incredible young women, Wednesday, November 30, at its Program Activity Center in Farmingdale. To earn the award, Girl Scouts must fulfill several requirements, including taking on a community project that makes a lasting impact.

In the process, girls develop organization and leadership skills that benefit their community. This year's Silver Award recipients devoted over 2,750 hours toward making their communities a better place.

"The Girl Scout Silver Award, the highest achievement a Cadette Girl Scout can earn, demonstrates a girls' leadership in her community through the design and completion of a Take Action Project," said Heather Coburn, CEO, Girl Scouts of the Jersey Shore. "Silver Award Girl Scouts prove that they are courageous leaders and visionary change makers that leave a sustainable legacy in their communities, throughout Monmouth and Ocean County, and beyond."



Thin Mint Sponsor
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girl scouts of the jersey shore
top cookie

A GIRL SCOUT COOKIE COMPETITION
Dessert Tastings • Local Chefs • Celebrity Judges

March 8
6pm - 9pm

Asbury Lanes
209 4th Ave
Asbury Park, NJ

Purchase tickets at
gsfun.org/TopCookie

A NEED WE FEED RECEIVES NJEDA SUSTAIN AND SERVE GRANT

A Need We Feed has been fortunate to have been chosen as a grantee through the (New Jersey Economic Development Authority) NJEDA-Sustain and Serve grant program. This grant was created to support small business restaurants hit hard by the pandemic, benefiting non-profits that could provide meals to those in need.



There have been three phases of this grant; during Phase 1, we purchased 19,500 meals from state-approved restaurants; during Phase 2, we purchased 26,000 meals. We are currently in Phase 3 of this grant which will enable us to purchase an additional 31,400 meals for those in need. This grant has been invaluable to our community; when we reach the end of Phase 3, we will have provided almost 77,000 meals for those who suffer from food insecurity. All the meals under Phase 3 have been designated to the organizations listed below.

We have been able to help several churches that feed the hungry, such as Ocean Community Church, True Vine Ministries Community Center, and Community Reformed Church. The Salvation Army, The American Legion Post 129, VetWork, and Navy Lakehurst; all these meals went to veterans. We have also been able to provide meals to Just Believe for the homeless,



especially during the cold weather. The Toms River Senior Center seniors have also been provided meals for their homebound seniors, and A Need We Feed's weekly meal program.

It is such a humbling experience for us to be able to feed so many! We are genuinely grateful to the NJEDA Sustain and Serve program; we know lots of hard work goes into making this happen.

ENJOY FLOWER SHOW WITH STAFFORD RECREATION BUS TRIP

Stafford Recreation is bringing back its bus trips with one of its most popular - a trip to the Philadelphia Flower Show.

By Veronica Flesher, Patch Staff

STAFFORD, NJ — Stafford Recreation is bringing back its popular bus trips, and starting off with a classic.

Join Stafford Recreation for a trip to the 2023 Philadelphia Flower Show on March 8. It's also a special return for the show as it is held inside the Philadelphia Convention Center for the first time in three years.

The bus departs Bay Avenue Community Center at 11 a.m. and returns at 8 p.m. Tickets cost \$99 per person, which includes entry to the show, deluxe motor coach transportation and driver gratuity.



stock.adobe.com

Limited seats are available. To register, stop by the Bay Avenue Community Center (775 E. Bay Ave., Manahawkin) or call 609-597-1000 ext. 8573.

patch.com



GIVE BACK TO YOUR COMMUNITY - VOLUNTEER!

United Way of Monmouth and Ocean Counties makes it easy to lend your time and talent to make an impact on your community.

Our Volunteer Portal connects volunteers to opportunities available with United Way and many local nonprofits.

Individuals, groups and corporate volunteers are welcome - there are always a variety of projects to suit your interests!

To volunteer with United Way and browse opportunities throughout Ocean and Monmouth counties, visit uwmoc.org/volunteer



Save the Date

CASINO NIGHT

Saturday, April 22, 2023
Toms River Hqs. 600 Washington Street

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LINCOLN Happy Used Year PRE-OWNED EVENT

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2020 Lincoln Corsair Reserve FLUL12228 \$36,990*	2019 Lincoln Continental Select FK5607136 \$39,990*	2019 Lincoln Nautilus Reserve FKBL56744 \$43,990*	2020 Lincoln Aviator Reserve FLGL21443 \$51,990*	2020 Lincoln Aviator Reserve FLGL04258 \$52,990*

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*See Causeway Lincoln for details.

F-150 LIGHTNING WINS 2023 NORTH AMERICAN TRUCK OF THE YEAR; THIRD CONSECUTIVE NACTOY TRUCK OF THE YEAR WIN FOR FORD

DEARBORN, Mich., Jan. 11, 2023 – The Ford F-150 Lightning is charging into the new year as the North American Truck of the Year™. This is the latest award in the electric truck's trophy case and marks the third straight NACTOY Truck of the Year award for Ford. It's also the fifth NACTOY award for Ford in the past three years.

"Earning North America's Truck of the Year is huge for the team that has been working so hard to build and deliver as many Lightnings as possible, as quickly as possible," said Jim Farley, Ford president and CEO. "We're moving fast to further ramp production to a 150,000 run rate this fall and pushing to improve every aspect of this truck. We've started delivering Lightnings

from the factory with a fantastic new user interface update to improve the driver experience that we'll also roll out to all of our Lightning owners over-the-air."

The F-150 Lightning is the best-selling electric truck in the U.S. since its launch in May 2022, with sales totaling 15,617, helping Ford to become the No. 2 EV automaker in the U.S. in 2022.

"When America's best-selling vehicle goes electric you know the transition has momentum," said Karl Brauer, NACTOY juror and freelance journalist for Forbes. "Ford's effort to create an all-electric F-150 is remarkable because it combines the standard truck's dimensions, which means it retains massive aftermarket support, with substantial upgrades to areas like storage and mobile power support. It's really the best of all worlds, giving the F-150 Lightning a wide range of applications for both traditional and new-to-the-segment truck customers."

To win the North American Truck of the Year, vehicles must be new or substantially changed for the year. The jury of 50 professional automotive journalists from across North America choose a winner based on innovation, design, safety, performance, technology, user experience, driver satisfaction and value.

North American Truck of the Year is the latest award in the F-150 Lightning trophy case. Others include, Motor Trend Truck of the Year, The Car Connection Best Car to Buy, Edmunds Top Rated, Detroit Free Press



media.ford.com

Truck of the Year, Green Car Reports Best Car to Buy, TIME Top 200 Invention of 2022, 2023 Kelley Blue Book Best Buy Award, 2022 Altair Enlighten Award, Sobre Ruedas 2022 Awards, Wards 10 Best & Engines & Propulsion Systems, Internet Brands Best Car to Buy, Victory & Reseda Vehicle of the Year, TopGear.com 2022 American Car of the Year, Autoblog Technology of the Year 2022, Motor1 Star Awards, CarBuzz Save the Planet award and multiple Sabre awards.

WAY TO GO CHARLIE!



Congratulations to **Charlie Coopey** for earning the Asbury Park Press "Best of the Best" 2022 Car Salesperson Award! Charlie was the top vote out of all of Ocean County! Interested in working with Ocean County's best? Come see Charlie, who's based out of our Nissan Showroom and can help you with all of the Causeway brands!



1.9%
Financing available on
2023 Nissan Rogue*



19 Available!

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www.causewaynissan.com
*See Causeway Nissan for details.

HYUNDAI IONIQ 5 WINS THE CAR CONNECTION BEST ELECTRIC CAR TO BUY 2023 AWARD

"The 2023 Hyundai Ioniq 5 is a cutting-edge electric car with a clever sense of style and excellent performance," said The Car Connection editorial director Martin Padgett. "It's striking, swift, spacious, and incredibly efficient."

"We're honored the Hyundai IONIQ 5 won The Car Connection Best Electric Car to Buy 2023 Award," said Ricky Lao, director, product planning, Hyundai Motor North America. "Earning coveted awards like this one reinforces our commitment to deliver segment-leading vehicles that appeal to a diverse group of consumers."

About The Car Connection

The Car Connection (www.thecarconnection.com) is the easiest place to research and shop for cars online. The site



hyundainews.com

makes car research easy with its unique "TCC Rating," a clear numeric rating value based on a 10-point scale that reflects the overall opinion of our automotive experts on any vehicle.

The Car Connection is part of the Internet Brands Automotive Group (www.internetbrandsauto.com), one of the largest collections of automotive properties on the Internet, including pioneering car-buying website CarsDirect.com and a collection of more than 130 auto enthusiast websites. Collectively, the Internet Brands Automotive Group reaches more than 35 million unique visitors each month.

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Focus ON Barnegat

NEW BARNEGAT SCHOOL BOARD MEMBERS SWORN IN

The Board of Education also voted for its 2023 president and vice president at their reorganization meeting.

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — The Barnegat Township Board of Education welcomed five new members and chose a new president and vice president at the board's recent reorganization meeting.

Sean O'Brien, the most recent board president, Scott Sarno, a former board president and Carol Geene took three-year seats, while Colleen Angus and Lauren Washburn filled unexpired terms.

O'Brien and Sarno ran on opposing tickets during the election season, and this opposition was quickly reflected during the first meeting of 2023.

When it came time to choose a board president, both O'Brien and Sarno received nominations.

O'Brien won, with votes by Angus, Bruno Iamonte, Bonnie Levy, Regina Tarnowski and himself.

Sarno received yes votes from himself and Washburn.

Geene voted no on both, and Sandra Churney voted no for O'Brien and abstained for Sarno.



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Levy was selected as vice president, getting the majority of votes over Washburn, the other nominee.

"I look forward to another year as president, to continue pushing our schools forward, increasing the success of our students and our town," O'Brien said.

"I want everyone to know your school board will continue to ensure students are prepared for responsible citizenship and success in life," he said. "We will not step back. We will always move forward."

You can watch the full meeting on YouTube via this link: <https://www.youtube.com/watch?v=24opOpezCnw>

patch.com



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BARNEGAT MOURNS LOSS OF LONGTIME OFFICER, FIRE CHIEF

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — The community is mourning the loss of a longtime Barnegat police officer and firefighter.

Sgt. Craig Lindstrom began with the Barnegat Police Department on July 5, 1994, and retired on Oct. 1, 2019, the department shared on Facebook. Lindstrom was also a life member and former chief of the Barnegat Volunteer Fire Company Station 11.

He died at 53 on Jan. 3, 2023, according to his obituary. "Our thoughts and prayers are with his family and friends," Barnegat police said.

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

MEMORY CAFÉS AT THE OCEAN COUNTY LIBRARY: EASY CHATTING IN A CASUAL SETTING

People experiencing mild memory issues and their care partners can enjoy relaxed conversation and camaraderie during Early Stage Memory Cafés at the Ocean County Library Manchester & Lacey Branches, monthly. Program is at 10am on the first Thursday of each month at the Manchester Branch, and 10:30 AM on the second Saturday of each month at the Lacey Branch.

alzheimer's association®



Greater New Jersey Chapter

Early Stage Memory Cafés are designed for individuals in early cognitive decline, or diagnosed with early-stage memory loss, and their care partners.

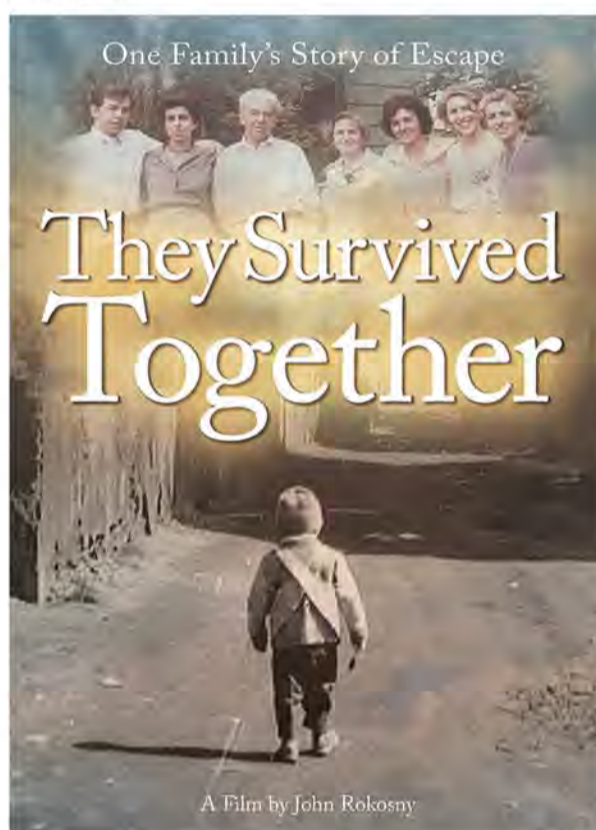
Join a Memory Café to connect with peers experiencing similar changes in a casual atmosphere that promotes social engagement and support.

Memory Cafés are presented by the Alzheimer's Association Greater New Jersey Chapter, in partnership with the Ocean County Library.

The Manchester Branch is located at 21 Colonial Drive. The Lacey Branch is located at 10 East Lacey Road. Walk-ins are welcome, and registration is preferred. To register, call the Alzheimer's Association Greater New Jersey Chapter, (800) 272-3900.

VIEW "THEY SURVIVED TOGETHER" AND MEET ITS CREATORS AT OCEAN COUNTY LIBRARY TOMS RIVER BRANCH

TOMS RIVER – In honor of International Holocaust Remembrance Day, the Ocean County Library Toms River Branch will present the gripping documentary, "They Survived Together", 6:30 PM Wednesday, January 25.



A Film by John Rokosny

After the screening, director John Rokosny and producer Andriette Redmann will engage viewers in a question-and-answer session.

The film chronicles the experiences of the Neiger family, which endured unimaginable hardships while trying to escape occupied Kraków and remain intact. The Neigers are believed to be one of the only families to escape and survive as a family.

John Rokosny and Andriette Redmann, both of Point Pleasant, received a New York Emmy for Best Historical Documentary in 2022. It is airing nationally on PBS. It is being marketed as a DVD, and can also be rented or bought as a download through Amazon Prime.

John has produced 100 episodes of Hallmark's "Quiet Triumphs" television series, "The Last Poets" for BRAVO, and "7th Inning Stretch" for ESPN.

Together, they have produced fundraising films for charities, including Paul Simon's Children's Health Fund and Ronald McDonald House. They produced the soundtrack for They Survived Together, composed by Grammy winner Frank London of the Klezmatics.

International Holocaust Remembrance Day will be observed Friday, January 27.

Please register at www.theoceancountylibrary.org/events to attend this free program, sponsored by Friends of the Ocean County Library – Toms River. The Branch is at 101 Washington Street. For more information, call (732) 349-6200.



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for each additional household member add	\$6,136	\$512

All incomes are Gross Income before any deductions.

• **For seniors:** Interested in finding out if there's a distribution site near you? Go to 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 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.

SENIOR CORNER

THE #1 EXERCISE TO DO AS YOU GET OLDER

If you only have time for one exercise, fitness experts say, do this one

By Michelle Crouch, AARP

As you age, you naturally lose muscle mass, so it's important to strength train to stay strong. Ideally, you should work all of the major muscle groups in your upper and lower body at least twice a week.

But if you have time for only one exercise, you'll get the most bang for your buck by doing a set of squats, experts say.

"The squat is the most important exercise for seniors," says Eric Daw, a personal trainer dedicated to older adults and founder of Omni-Fit in Toronto, Canada. "When you have to go to the washroom, that's a squat. When you get in the car, that's a squat. Every time you sit down or stand up, that's a squat. If you don't do them well, it affects the way you live."

Squats strengthen all of the muscle groups in your legs, including your calves, quadriceps, hamstrings and glutes, as well as muscles in your lower back and core. Those muscles provide the foundation for most activities of daily living, such as getting off the toilet, climbing a set of stairs and simply standing up from a chair.

Squats can also help protect your joints, improve your balance and prevent falls, says Denise Austin, health and fitness expert and creator of DeniseAustin.com.

"Squats are one of the best overall exercises," she says. "They strengthen the major muscles of the lower body we need to keep strong and also protect two joints we need help with on a regular basis — our knees and our hips."

Research shows a link between strong leg muscles and longevity. One study that followed healthy adults 70 and older for more than six years found that those who had greater quadriceps strength had a lower risk of early death. Another study revealed that your ability to sit on the floor and then get up without using your hands or knees could predict mortality.

Here's how to get started with squats:

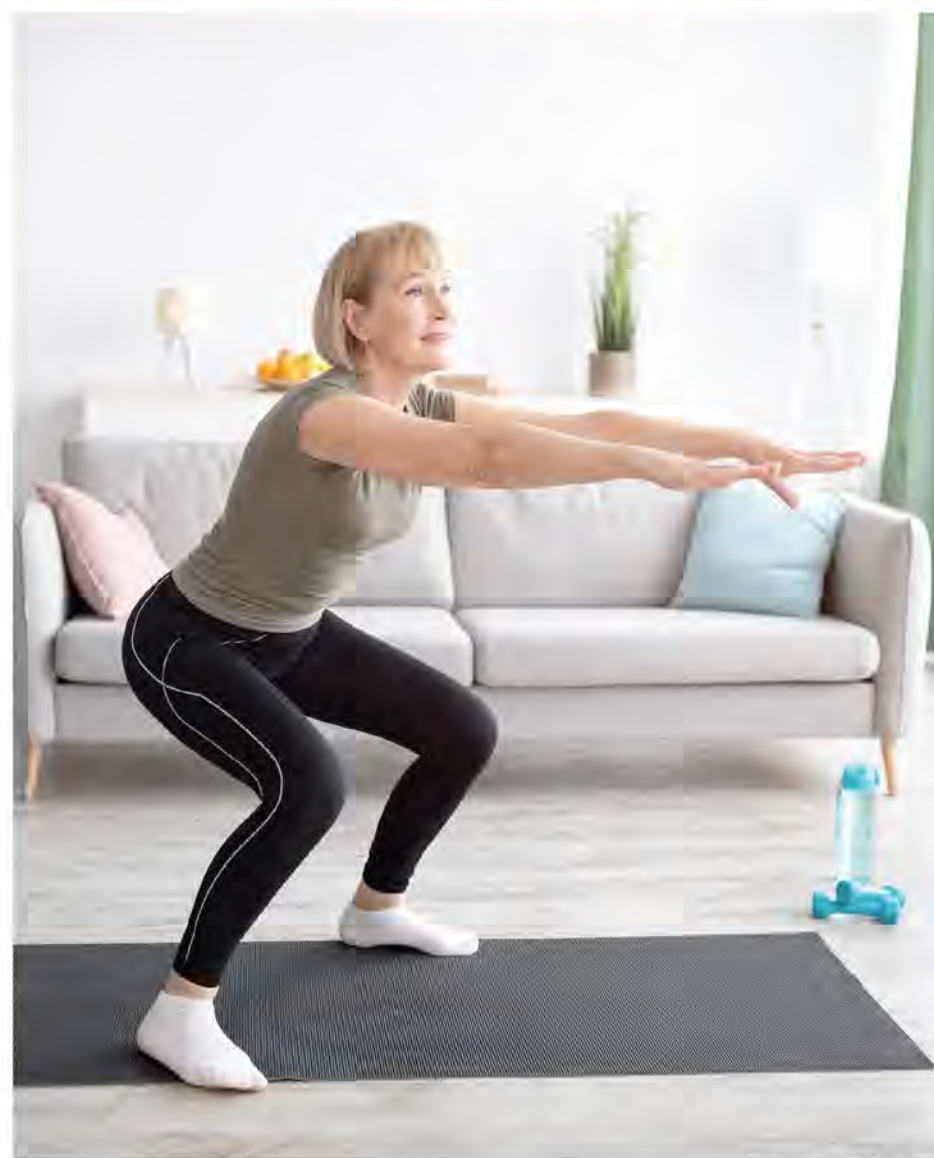
1. Get in position

If you're new to squats, choose a spot where you can hold on to the kitchen counter, a table or another steady surface. Holding on for stability makes it easier to focus on your form without worrying about your balance, Austin says.

Set your feet about shoulder-width apart or a little wider. (If you have hip issues, it's OK to have your legs a little farther apart.) Toes should face slightly outward.

2. Lower into a squat

Keeping your back straight, chest up and heels planted, push your hips back like you are sitting in a chair.



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Try to keep your weight evenly distributed on both feet as you do the exercise, with your weight mostly on your heels, not your toes, says Lori Michiel, founder of Lori Michiel Fitness, which specializes in senior fitness in the home.

Make sure your knees do not extend forward over your toes, because that can hurt your knees.

If you have knee or hip issues, you don't need to do a deep bend. The coming-up part of the exercise is what really builds strength, Austin says.

3. Repeat

Aim for two sets of eight to 10, at a tempo of two seconds down, two seconds up. Inhale on the way down and exhale on the way up. As your body tires at the end of the set, make sure you're not hunching over or letting your knees cave in. For the best results, do the exercise two or three times a week.

4. Get your arms in play

As you start to build strength, you can try doing your squats without holding on to anything. For balance, let your arms rise parallel in front of you on the downward part of the squat, then drop them to your sides when you stand up, Austin suggests.

Another option is to cross your arms across your chest. That can help keep you upright if you tend to hunch over, Daw says.

5. For a greater challenge, add resistance

Once you can do two sets of 15 without feeling any muscle soreness afterward, you're ready to add some weight.

The easiest way is to hold a pair of dumbbells, Daw says. "That's how you build strength faster," he says. Start with low weights and build up.

aarp.com

SUPERFOODS FOR AGING SKIN

Get your glow back with these nutrient dense, antioxidant rich foods

By Amy Synnott,

Virginia Woolf may have been ahead of her time when she famously quipped, "One cannot think well, love well or sleep well if one has not dined well." But there's one thing she forgot: Without the right food, your skin may not age well either.

As a person gets older, skin begins to lose its ability to fight off unstable oxygen molecules known as free radicals, and a lifelong accumulation of damage begins to show up on our face in the form of wrinkles, loss of elasticity and a dull uneven skin texture, according to New York City-based dermatologist Dendy Engelman. While much of this intrinsic aging is inevitable, extrinsic factors like sun exposure and diet play a huge role in how fast — and aggressively — this process plays out.

"Certain foods cause a rapid rise in blood sugar, which triggers a cascade of inflammation," says dermatologist and certified nutritionist Nicholas Perricone, who popularized the now widely accepted theory that inflammation is one of the driving forces of the aging process. In his Meriden, Connecticut-based practice, Perricone puts all his patients on a low sugar, anti-inflammatory diet, which is rich in essential fatty acids and free radical-scavenging antioxidants. "Our skin is a perfect barometer for what is going on inside us," he says. "Within just a few days of changing their diet, I can see a marked aesthetic difference in dark circles, fine lines and skin radiance."

Here are 7 powerhouse superfoods to add to your grocery list if you want to eat your way to younger skin.

Superfood No. 1: Wild salmon

High in protein and loaded with skin-plumping essential fatty acids and the powerful antioxidant astaxanthin, this fatty fish is one of Perricone's favorite anti-inflammatory foods. In addition to helping neutralize free radicals, those volatile molecules that accelerate inflammation (and thus

the aging process), salmon is a good source of readily absorbable protein. Protein is broken down into amino acids, which provide the building blocks for all cellular repair.

"I've had so many female patients come into my office and say, 'Why am I not aging as well as my partner?' says Perricone. "After speaking with literally hundreds of patients, it became clear to me that many of these women were consuming about half as much protein as their male partners." Experts say you should aim for 2-3 servings per week (3-4 oz. per serving). And make sure to always choose wild salmon; farmed salmon is often contaminated with PCBs, a "probable carcinogen" according to the EPA.



Superfood No. 2: Blueberries and other low-sugar berries

Blueberries and many other berries contain wrinkle-fighting antioxidants known as anthocyanins, flavonoids that researchers believe may help suppress the growth of tumor cells and regulate blood sugar (preventing glycation, a process that makes collagen and elastic fibers in skin become stiff and lose its firm supple nature). Blueberries also contain vitamin C, which helps boost radiance and aids in collagen synthesis. In addition, researchers believe the phytochemicals in blueberries may positively affect our gut microbiome, which plays a key role in maintaining the health of our skin (not to mention our brains and virtually every other system in our body).

Superfood No. 3: Beans and legumes

A great source of animal-free protein and essential micronutrients, just one-half cup of beans is equal to 1 ounce



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of animal protein. Beans also provide our bodies with valuable prebiotics, insoluble fiber that helps support gastrointestinal microflora, key gatekeepers of skin health. If the balance of good versus bad bacteria in your belly gets out of whack, it can lead to wrinkles, acne, sun spots and rosacea, says Santa Monica, California-based dermatologist Ava Shamban.

Avoid canned beans, which are high in sodium and can make skin look puffy. If you are short on time and need to use canned beans, make sure to drain and thoroughly rinse them before cooking. "This can cut the amount of sodium by around 40 percent," says New York City-based physician and certified nutritionist Jeffrey Morrison.

Superfood No. 4: Full fat plain Greek yogurt

High in protein (as much as 17 grams per cup versus 9 in regular yogurt) and teaming with gut-friendly bacteria, full fat Greek yogurt helps keep blood sugar steady — and your microbiome in balance. Of course, not all yogurt contains live cultures (some bacteria gets killed off during processing), so always check the label before you buy it. Also, avoid sweetened versions as they can trigger spikes in blood sugar (and accompanying inflammation).

Shamban recommends sweetening yogurt with cinnamon, which adds "a ton of antioxidants" and virtually no calories. If you don't like plain yogurt, probiotics can also be found in kefir (again, avoid sugar) and fermented foods like kimchi, sauerkraut, tempeh, miso and kombucha.



Superfood No. 5: Tomatoes

Lycopene, the carotenoid that gives tomatoes their bright red color, may help ward off UV-induced damage like sun spots and wrinkles, according to Shamban. And yes, tomato sauce counts. Our bodies actually absorb lycopene more easily from cooked tomatoes than

fresh ones, says Perricone. Keep in mind: Though all processed tomato products contain high levels of lycopene, many also contain a lot of sodium (tomato juice) and/or sugar (ketchup), so read labels carefully.

Superfood No. 6: Dark green leafy vegetables

Spinach, kale, arugula, bok choy, swiss chard: Nutrient dense and low in calories (one cup of spinach contains just seven calories) dark green leafy vegetables are loaded with detoxifying fiber and anti-inflammatory phytonutrients. In addition to helping to protect skin from UV damage, antioxidant lutein and zeaxanthin help keep eyes bright and clear (while preventing age-related problems like macular degeneration and cataracts).

According to a 2019 study in Food Chemistry, eating uncooked chopped spinach provides higher amounts of lutein than cooked methods. The best way to release lutein from the leaves is to slice it into strips in a salad or chop it up in a blender (try mixing it up in a blender with fresh lemon juice, celery, one-half green apple and ginger).



Superfood No. 7: Nuts and seeds

Experts say you'll get the most bang for your nutritional buck with walnuts and almonds. Both contain high levels of vitamin E, which helps keep skin supple and hydrated and may offer some protection from UV rays. Walnuts and flax seeds also boast skin softening alpha linoleic acid, an omega-3 fatty acid. Recent studies link dietary α -Linolenic acid (ALA) with reduced systemic inflammation, which helps protect your heart, brain — and yes — your skin, too. Nuts are a good source of potassium, which may help reduce facial bloat caused by excess sodium.

Amy Synnott is an award-winning writer and former Executive Editor of Elle. Her work has appeared in The New York Times, Harper's Bazaar, InStyle, The New York Post and Women's Health, among other publications.

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The seniors who receive transportation must meet the income guidelines (200% or below Poverty Guidelines). The 2022 CSBG Poverty Guidelines are as follows: For a household of 1: \$25,760; for a household of 2: \$34,840 and so on as the household increases.

For more program information please call (732) 244-5333 Ext. 1116

HONDA MARKS 40 YEARS OF U.S. AUTO PRODUCTION WITH ALL-NEW 2023 HONDA ACCORD

Honda associates at the Marysville Auto Plant (MAP) in Ohio today celebrated the start of mass production of the all-new 2023 Honda Accord and Accord hybrid, America's best-selling car over the last five decades. The Accord has been built in Marysville since the plant opened 40 years ago in 1982, making Honda the first international automaker to successfully establish auto production in America.

"This is a proud moment for all Honda associates as we celebrate not only an all-new Honda Accord, but the storied history of the Marysville Auto Plant where Honda began auto production in the U.S. with this same nameplate 40 years ago," said Jun Jayaraman, plant lead at MAP. "Accord's decades-long sales success speaks to the leadership and pioneering spirit of Honda associates in Marysville who have consistently delivered high quality products for our customers over the last four decades."

The all-new 2023 Honda Accord will re-energize the midsize sedan segment with an elegant and sophisticated design, and an available advanced hybrid-electric system that provides both a sporty, exhilarating driving experience and outstanding fuel efficiency. Accord hybrid models are positioned at the top of the 11th-generation Accord line-up and will represent about 50% of sales.

The 11th generation will be available in six trim levels, starting with the turbocharged LX and EX and topped by the hybrid-powered Sport, EX-L, Sport-L and Touring. With 247 lb.-ft of torque from Honda's new 4th-generation two-motor hybrid system, the 2023 Accord hybrids are the most powerful ever.

Manufacturing the 2023 Honda Accord

The Marysville Auto Plant (MAP) has been producing the Honda Accord for 40 years as part of the company's commitment to build products close to its customers. Since MAP began production on Nov. 1, 1982, the facility has built more than 12.5 million Accords. With each new generation of Accord, Honda associates implement new manufacturing technologies and processes to build innovative and high-quality products for customers, with improved manufacturing ergonomics for Honda associates.

The Accord new model team developed innovative manufacturing processes to enhance vehicle quality for customers and create efficiencies for associates building the all-new model.



The all-new 2023 Honda Accord comes off of the assembly line at the Marysville Auto Plant. hondanews.com

- MAP associates developed a new hood hinge design that improves both quality and associate production efficiency when installing the hood. The change required reducing material from the hinge to achieve proper clearance while maintaining the appropriate rigidity. With this innovation, associates install the hood without needing to lift it to install hinge bolts.

- A first for Honda globally, MAP associates incorporated a new two-layer carpet design into the 2023 Accord. Previously, the carpet was installed as two pieces in separate process steps. The new one-piece, two-layer carpet covers the entire cabin floor, creating a quieter and more comfortable cabin while increasing production efficiency.

- In another Honda first, the team improved manufacturing efficiency by using a new in-vehicle Electronic Power Steering (EPS) calibration flashing system to ensure proper EPS sensor functionality.

- As part of a multi-year effort, MAP associates improved the quality and efficiency of the front-end module installation, including use of both a new installation arm and "super bracket" datum structure. Associates in the Weld department installed this new bracket to control fit and finish, placing the datum point in just the right location to set both the hood fixture and fender location. Attaching the bracket in weld

eliminates variation to achieve higher accuracy. As a result, fit and finish was improved making the front end of Accord not only easier to assemble but also ensuring higher quality.

- Associates achieved a major efficiency by bringing sub-assembly of the 3-piece front subframe in-house for the first time. A sub-assembly cell was established off the main assembly line to improve parts flow, requiring both new equipment and fixtures.

- A new system for rear wheel arch hemming marks the first implementation at MAP of a new global Honda design standard. The new process creates styling enhancements around the rear wheel opening. This required investment in automation and creation of a new area in the Weld department.

- MAP associates led a major design change to the rear combination lighting (taillight) mounting locations to create a one-piece design and a new installation process that eliminated the need to weld several parts together, while helping achieve an appealing new lighting design.

- To reduce waste, MAP associates developed a new process to make stamped parts in-house from material that was previously recycled, increasing stamping efficiency and reducing material use and press time while also achieving higher whitebody accuracy.

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Pictured left to right: Broden Connolly; Kailey Miller; Dr. John Wnek; Alison Carroll; Jim Mastrokalos, Veolia; Grace Leavitt; Angelo Amato

Veolia recently awarded the Marine Academy of Technology and Environmental Science (MATES), led by Dr. John Wnek, in Stafford with a \$20,000 contribution to fund retrieval of derelict crab pots in the Barnegat Bay that are abandoned, lost during storms, accidentally cut by passing boats or break for other reasons. Veolia's environmental donation will not only help to clean the Bay but also constrain the number of marine organisms that become caught or entangled in the commercial and recreational traps such as marine crabs, turtles and fish.

Between 2015 and 2019, MATES, under the coordination of The Conserve Wildlife Foundation of New Jersey with partners including Stockton University and the local fishing community recovered over 2,100 derelict crab pots. However, due to the pandemic, recovery of the crab pots ceased for the last few years, and with this funding, MATES will be able to restart the program. The derelict crab pots collected will be responsibly disposed through a recycling program.

Veolia's funding will also support the manufacture and local distribution of bycatch reduction devices (BRDs) that are used in the funnels of commercial-style crab pots to reduce the capture of non-targeted species such as finfish and diamondback terrapins.

A subsidiary of Veolia group, Veolia North America (VNA) offers a full spectrum of water, waste and energy management services, including water and wastewater treatment, commercial and hazardous waste collection and disposal, energy consulting and resource recovery. VNA helps commercial, industrial, healthcare, higher education and municipality customers throughout North America. Headquartered in Boston, Massachusetts, VNA has over 10,000 employees working at more than 400 locations across the continent.

Accepting the Veolia donation, presented by Jim Mastrokalos, Sr. Director Operations is Dr. John Wnek, Director of MATES and Alison Carroll, Principal of MATES along with MATES students who will be working on the project.

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 2019 Hyundai Kona Limited YKU375236 \$26,990*	 2020 Hyundai Sonata SEL Plus YLU041146 \$26,990*	 2020 Hyundai Tucson Sport YLU082219 \$27,550*	 2020 Hyundai Sonata SEL Plus YLU038706 \$27,990*	 2019 Hyundai Tucson Sport YKU990541 \$27,990*
 2021 Hyundai Tucson SEL YMU367526 \$29,990*	 2020 Hyundai Santa Fe SEL 2.0 YLU194798 \$31,990*	 2020 Hyundai Palisade SEL FLU053824 \$36,990*	 2021 Hyundai Palisade SEL FMU330940 \$41,990*	 2021 Hyundai Palisade SEL YMU230155 \$44,990*

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Furry Friends
Who Need Fur-Ever Homes!

Looking for the perfect addition to your family? Come meet Louie at the So. Ocean Co. Animal Shelter. He is a 9 year old boy who is waiting for his forever family. He is a smart boy who knows some commands like sit and paw and he is completely housebroken. He has lived with other dogs and children in his former home so he would not mind sharing a new home with another dog but recommend a home with children 12 or older. You may not guess by his size but he is a lap dog. He has won the hearts of all of the shelter volunteers but it's not like having a real home of his own. If you would like to meet this wonderful boy, please call the shelter in Manahawkin. Call 609-978-0127 to make an appointment.



Louie

King's Christmas wish did not come true but he is still hopeful that the New Year will bring him the new home and new family that will give him the love he deserves. He may not be a young pup at 10 years old but with age comes wisdom. He is a sweet, gentle loving boy who loves sunbathing, belly rubs and going on walks. He knows basic commands and is potty trained. He would like to be the only pet in the home. If you have room in your home and your heart for this sweet boy please call the shelter in Manahawkin. Call 609-978-0127 to meet him.



King

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

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OCEAN COUNTY LIBRARY

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

NEW YEAR, NEW DISCOVERIES AWAIT AT THE OCEAN COUNTY LIBRARY

TOMS RIVER – The year 2023 gleams with promise for patrons of the Ocean County Library, where new programs, innovations, and plans mean new ways of “Connecting People...Building Community...Transforming Lives.” Among the highlights:

- **Launchpads** – Pre-loaded and independent of the Internet, Launchpads by Playaway™ provide brain-

stimulating games for all ages. Patrons in good standing can borrow them for up to 28 days at a time.

- **Sensory Spaces** – Special, quiet spots to de-stress are now available in the Toms River and Jackson branches. One of these unique spaces will also be featured in the upcoming new Stafford Branch.

- **Autism Resources Fair** – Save the date! OCL’s first

live, in-person Autism Resources Fair since 2019 will take place Saturday, April 15 in the Toms River Branch. Meet with support and service groups, take part in workshops, and enjoy live entertainment.

- **Prom Dress Giveaway** – All branches will accept donated items Tuesday, January 3 through Thursday, February 16 to help teen prom dreams come true. Giveaways will follow at the Toms River, Brick, and Little Egg Harbor branches.

- **Memory Cafés** – Individuals with mild memory issues and their care partners can gather monthly for chat and friendship on the first Thursday of each month at the Manchester Branch, the second Saturday of each month at the Lacey Branch, and starting Monday, February 6 at the Toms River Branch. The programs are offered in partnership with Alzheimer’s Association Greater New Jersey Chapter.

- **OCL Centennial** – Planning is under way for special events throughout 2025, when the Ocean County Library System will mark 100 years. Patrons and visitors will be welcome to share their own stories, reminiscences and memorabilia.

OCEAN COUNTY LIBRARY TO HONOR BLACK HISTORY MONTH, PRESIDENTS’ DAY WITH AMERICAN HISTORICAL THEATRE

TOMS RIVER – In honor of Black History Month and Presidents’ Day, the American Historical Theatre will re-create three notable Americans, whose lives spanned three centuries, at the Ocean County Library. Appearances will take place at three branches:

- **Toms River Branch**, 101 Washington Street, (732) 349-6200 - “James Forten: Philadelphia Businessman, Abolitionist, and ‘A Man of Color,’” portrayed by Keith Henley, 2 PM Saturday, February 4.



Keith Henley



Bob Gleason



Dr. Daisy Century

Gettysburg Address for national healing, freedom and equality.

- **Jackson Branch**, 2 Jackson Drive, (732) 928-4400 - “Madam CJ Walker: America’s First Female Self-Made Millionaire,” portrayed by Dr. Daisy Century, 6:30 PM Tuesday, February 28.

Madame C.J. Walker grew a modest hair-loss remedy business into a multi-million-dollar enterprise. She empowered other African-American women by sharing her knowledge of commerce. She was an ardent advocate of civil rights and equality, and a core member of NAACP. She contributed finances to Black institutions of higher learning.

Dr. Daisy Century, teacher and actor, uses science and creativity to discover how historical characters would respond in different situations. She is a published author, under the pseudonym Emily Nelson, and also an accomplished singer.

American Historical Theatre is a non-profit corporation whose actor-historians give first-person performances throughout the country, including the White House, the National Archives, and multiple Presidential libraries.

Please register at www.theoceancountylibrary.org/events to attend any one of these three free programs. For more information, call (732) 349-6200.

HEAR INSPIRING TALES OF HOLOCAUST CHILDREN AT UPPER SHORES BRANCH

LAVALLETTE – In honor of Holocaust Remembrance Day 2023, the Ocean County Library invites you to explore the many roles taken on by children in the harrowing ordeal. Zoey Guarino, M.A., will present “Childhood Under Nazism: Art, Memory and Resistance” at the Upper Shores Branch, 2 PM Wednesday, January 25.



Zoey Guarino, M.A.

Survivor testimonies, and evidence left behind, offer clear examples of persistence and hope among young victims of the tragic era. The presentation is a commemoration of these children, and of the adults who strove to protect them.

An Ocean County resident, Zoey Guarino earned a Master’s Degree with a focus on Holocaust and Genocide Studies. Before becoming Assistant Director of Kean University’s Restorative Justice Education Grant, she taught at Stockton University. Holocaust Remembrance Day will take place Friday, January 27.

Please register at www.theoceancountylibrary.org/events to attend this free program. The Branch is at 112 Jersey City Avenue, Lavallette. For more information, call (732) 793-3996.

Happy Used Year PRE-OWNED EVENT

 2013 Hyundai Santa Fe Sport HDG114246 \$13,990*	 2019 Hyundai Veloster Turbo YKU011719 \$14,990*	 2017 Ford Escape SE FHUE83446 \$15,550*	 2015 Lincoln MKC Select FFUJ33601 \$15,990*	 2017 Kia Sportage LX NH7081548 \$15,990*	 2013 Honda Odyssey Touring Elite NDB020189 \$16,990*	 2014 Jeep Grand Cherokee Limited HEC233410 \$16,990*
 2015 Lincoln MKC Select FFUJ14944 \$19,990*	 2020 Nissan Rogue SV NLW117371 \$21,990*	 2017 Hyundai Tucson Limited YHU387951 \$22,550*	 2019 Honda Civic LX FKH597041 \$22,990*	 2020 Kia Sportage LX HL7763799 \$22,990*	 2017 Nissan Armada SV NH9502748 \$22,990*	 2020 Hyundai Santa Fe SEL 2.4 HLH164354 \$23,990*
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**“BREAD: IS IT PART OF YOUR FUTURE?”
FIND OUT AT LONG BEACH ISLAND BRANCH**

SURF CITY – The trendy neo-artisan wave in America has turned bread into a superstar food. Yet, there are questions to ponder about healthful eating. Slice into the facts about bread at Ocean County Library Long Beach Island Branch, 3 PM Tuesday, January 24.

In “Bread: Is It Part of Your Future?,” technical baker Rafael Morillo of Surf City’s MKT Eatery will offer an enlightening look into ingredients, clear away some mysteries, and discuss considerations such as gluten in the creation and consumption of healthy bread.

You’ll also have the opportunity to taste fresh samples during the two-hour presentation, while Rafael dispenses wisdom that he’s gained in more than 40 years of experience.

Please register at www.theoceancountylibrary.org/events for this free program, sponsored by the Long Beach Island Branch. The Branch is located at 217 South Central Avenue, Surf City. For more information, call (609) 494-2480.



Rafael Morillo with Lucero Vilchez, host of Le Sartén por el Mango (YouTube)

OCEAN COUNTY LIBRARY TO MARK BLACK HISTORY MONTH WITH SANKOFA STORIES BY SHIRLEY JOHNSON

TOMS RIVER – As part of its Black History Month celebration, the Ocean County Library is pleased to present Sankofa Stories by master African-American and multicultural storyteller Shirley Johnson, Saturday, February 4, at two branches:

• Point Pleasant Borough Branch – 11:30 AM, 834 Beaver Dam Road, (732) 295-1555. Sponsored by Friends of the Point Pleasant Borough Branch.

• Barnegat Branch – 2 PM, 112 Burr Street, (609) 698-3331.

Accompanied by instrumentalist Hollis Donaldson, Shirley Johnson will weave creative, energized, and spellbinding folk tales for everyone age 3 and up, highlighting well-known and obscure African-American inventors and trail blazers. The interactive Sankofa Stories emphasize the value of the past to learn for the future. Group participation brings the time-honored tales to vivid life.

Shirley Johnson has become conversant with different cultures and folklore in travels to West Africa, Europe, Asia, Canada, Mexico, the Caribbean, and many spots in the US. In 2020, she visited South Africa to entertain preschoolers in Soweto and at a women’s shelter in Cape Town. Membership in organizations including Steeped in Stories, National Storytelling Network (NSN), National Association of Black Storytellers (NABS), New Jersey Storytelling Guild, and NJ Storynet has nurtured her love of story and led her to libraries, festivals, book fairs, and schools.

Among her most recent engagements are the East Orange Kwanzaa Festival, the Montclair performance of Christmas in King Arthur’s Court, and Tellebration at the Princeton Public Library.

Please register at www.theoceancountylibrary.org/events to attend either of these free programs. For more information, call the Point Pleasant Borough or Barnegat branches, or the Toms River Branch, (732) 349-6200.



Shirley Johnson
Photo by Stephan Hudson
Photography

WE WELCOME A NEW FAMILY MEMBER!

By Danielle Natale -
Causeway Honda Sales
Consultant

Finally, 2023! I find that once we hit January there aren’t many more months left until we can enjoy the beginning of spring. I know we still have to get through this month and the next 2 but every day it gets lighter longer and closer to warmer weather. January has been pretty mild for the most part. My daughter and I have been enjoying the nice days whenever we can by going out and exploring our South Jersey hiking trails and parks.



We just recently added a new addition to our family! Her name is Macie, and she is our beautiful new Dalmation puppy. She has become a fast friend to our old man dog, Gus. Macie has been the push my daughter and I needed in order to get out for a few long winter walks and hikes.

For the past few weeks, we had some really nice weather! We decided to go to a few of our local favorite spots! We went to a new spot which is a few exits up from our home, Jakes Branch County Park. This park has everything for everyone. There are dog paths, hiking trails, bike trails, a very large playground and nestled in the woods are obstacle course like play equipment for kids of all ages. It’s a great place to meet up with friends and all enjoy a day out in nature together.

I really never realized how many great places there are to explore and so close to home. A few of our other favorite spots include, Batsto, Wells Mills, Cloverdale Farm County Park, Wharton State Forest and Edwin B Forsythe National Wildlife Refuge. These places are all local and are ones we have actively gone to more than once; however, I’m certain there are many more that we have yet to visit.

For my new year’s resolution, I would like to disconnect from my phone on my days off and find some new places for my daughter and I to hike! Please I would love to hear any suggestions my readers and customers have on where your favorite place is to hike. I am at Causeway Honda so please come find me in the sales department.

Happy New Year Everyone!

Thank You!

We’d like to send out a special thank you to everyone who had donated toys and spread the word last month!

All toys that were donated went to local families in need via Stafford Township PBA and Stafford Recreation.

Pictured at right: Santa’s helpers - Jennifer Maier and Kaitlyn Strohmeier.



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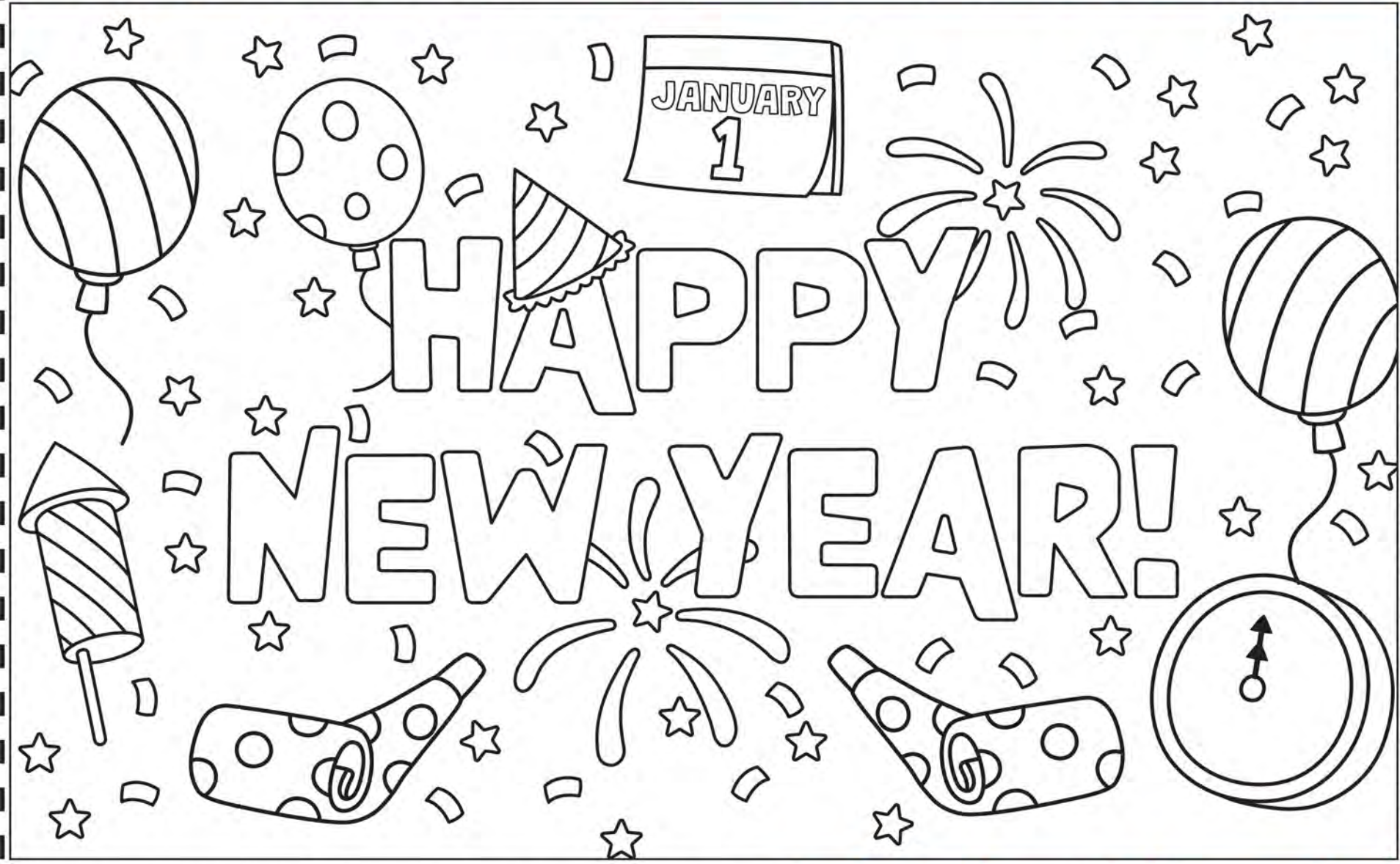
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 2021 Ford Bronco Big Bend FMLA69460 \$54,990*	 2021 Dodge Challenger R/T Seat Pack Widebody HMH567275 \$56,990*	 2022 Ford F-150 XLT FNKD79338 \$58,990*	 2022 Ford F-150 Lariat FNKD80243 \$59,990*	 2022 Toyota Tundra Limited P84178 \$59,990*	 2021 Ford F-350SD Lariat FMEC84096 \$74,990*	 2022 Ford F-150 Lightning Lariat FNWG15425 \$81,990*

KIDS CORNER



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

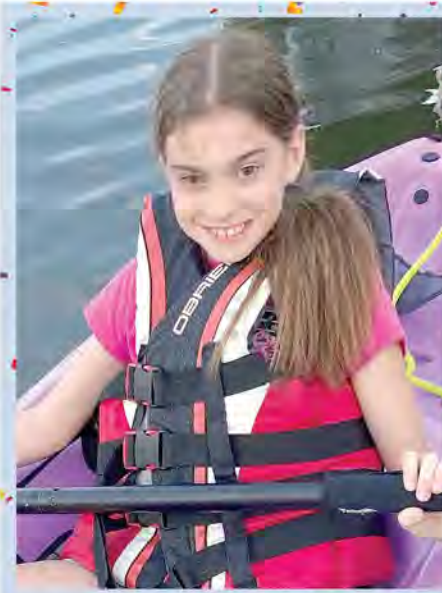


Simply have your child color the page, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.

Entry Deadline: February 7th

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!

Victoria

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: February 7th

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!



Nilda

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