

# The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities

April 2023 • Number 107


## SPRING INTO GIVING

### as Ocean County nonprofits host community events!

**Nonprofit partners host spring fundraising and friendraising events.**

MANAHAWKIN, NJ – Spring is a time for renewal and refreshment. Birds are chirping and flowers are blooming. The community is buzzing with activity, including our nonprofit partners. From Bingo to Golf to Gift Auctions, there is something for everyone this spring in Ocean County.

**FRIDAY, APRIL 21**

 On Friday, April 21st, **Northern Ocean Habitat for Humanity**, in collaboration with Donovan Catholic High School, will host a night of fellowship, food and fun with a BINGO night. The event will take place at 6:00pm at the Brick PAL, 60 Drum Point Rd in Brick. Tickets cost \$25 and include 2 bingo cards, light refreshments and 5 raffle tickets. **To purchase tickets or learn more, please visit: nohfh.com**

**SATURDAY, APRIL 22**

 Join **A Need We Feed** for a night of gaming, buffet dinner, entertainment and gift auction fun at their 4th Annual Casino Night on Saturday, April 22 at 6:00pm at the Toms River Elks Lodge, 600 Washington Street, Toms River. **Tickets cost \$75 per person and include \$100 in gambling chips, 5 gift auction tickets and an open bar from 6:00-8:00pm.**

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**TUESDAY, APRIL 25**

 All are invited to attend **Ocean Partnership for Children's Spring Fundraising Event**. The event will take place on Tuesday, April 25th from 5:30-7pm at Garden State Distillery in Toms River. Enjoy relaxed conversation, cocktails and networking to learn more about OPC's mission. Registration is required. **To learn more about Ocean Partnership for Children and this event, please visit: oceanpartnership.org**

**SATURDAY, APRIL 29**

 **CONTACT of Ocean & Monmouth Counties** will present their 36th Annual Spring Luncheon and Mega Gift Auction on Saturday, April 29th from 11:00am-3:00pm at Spring Lake Manor, 415 Highway 71, Spring Lake. The event will feature a huge selection of quality gift baskets, gift certificates and door prizes in a new expanded gift auction room. A donation of \$60 includes a 3-course luncheon plus auction tickets (valued at \$5.00). **For ticket information, please visit: contactoceanmonmouth.org**

**SUNDAY, APRIL 30**

 On April 30th, the Jersey Shore BlueClaws will welcome **Family Promise of the Jersey Shore** to ShoreTown Ballpark. This celebration of community and fundraising event is perfect for the whole family. Watch the BlueClaws take on the Brooklyn Cyclones while supporting an important cause. A portion of each ticket purchased will benefit Family Promise of the Jersey Shore. **For ticket information, please visit: familypromisejerseyshore.org**

**MONDAY, MAY 8**

 Play FORE a good cause this spring with a variety of golf outing opportunities. **St. Francis Community Center** will host their first golf outing on Monday, May 8th at LBI National Golf Course. **For registration or sponsorship information, please visit: stfranciscenterlbi.org**


**THURSDAY, MAY 11**

 Join **Fulfill** as they honor Hunger Heroes and the Jersey Shore music scene for their generous spirit and support in the fight against hunger at **SHORE TO ROCK**. This concert event will take place May 11 at the Count Basie Center for the Arts in Red Bank. **For sponsorship opportunities or to purchase tickets, please visit: fulfillnj.org/shoretorock**

**SATURDAY, MAY 13**

 Step Up for the Arc on Saturday, May 13th, from 10:00am-1:00pm at the Jersey Shore BlueClaws Shoretown Ballpark for **The Arc, Ocean County Chapter's 21st Annual Walk and Family Fun Run Day!** The day will include a 1-mile walk and community celebration featuring music, games, entertainment and refreshments. **To register or make a donation, please visit: runsignup.com/Race/NJ/Lakewood/StepUpforTheArc**

**WEDNESDAY, MAY 17**

 Let the good times roll! Join **Coastal Volunteers in Medicine** for their 2nd Annual Bunco Luncheon on Wednesday, May 17th from 11:30am-3:30pm at Dolce Liberta Italian Restaurant, 100 McKinley Ave, Manahawkin. Enjoy a delicious lunch followed by a fun game (or two) of Bunco facilitated by their community partner, the Zonta Club of Southern Ocean County. **Tickets cost \$50 and can be purchased by visiting: coastalvim.org/fundraisers**

**MONDAY, MAY 22**

 **The HOPE Center** will host their 2nd Annual Golf Classic on May 22nd at the Pebble Creek Golf Club in Colts Neck. **For registration or sponsorship information, please visit: houseofhopeocean.org**

*Causeway CAREs and the Wintrode Family Foundation have supported a variety of community partners through the years. Please consider volunteering, participating in an event or learning more about the missions and stories behind the organizations that make Ocean County a better place to live, work and thrive! For a full list of community partners, please visit: [causewaycares.com/community-partners](http://causewaycares.com/community-partners)*

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



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

**WHAT'S INSIDE**

- Causeway CAREs Stories of Impact..... PAGE 2
- HOPE Sheds Light on Recovery Services ..... PAGE 3
- Southern Regional Sports Beat ..... PAGE 4
- Denise Wegeman Honored at Girl Scouts Gala ..... PAGE 5
- A Need We Feed Hosts 4th Annual Casino Night..... PAGE 6
- Barneगत First Aid Squad Receives Pet Oxygen Masks..... PAGE 7
- Is That Morning Coffee Good or Bad for Your Eyes?..... PAGE 8
- 7 Tips to Avoid Dehydration While Traveling ..... PAGE 9
- Barneगत Sports Beat ..... PAGE 10
- Furry Friends Who Need a Fur-ever Home ..... PAGE 11
- Hyundai IONIQ 6 Named World Car of the Year ..... PAGE 12
- Causeway Collision Center is Certified Gold Class ..... PAGE 13
- Ocean County Library News and Events ..... PAGE 14
- Spicy's and Dine On Us Provide Troops Night Out..... PAGE 15
- Coloring Contests - Win a Prize!..... PAGE 16

**The Causeway Gazette**

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# Stories of Impact



## Ocean County College Nursing Program

Throughout the year, Causeway CAREs gives back to local organizations in various ways. This is Ocean County College Nursing Program's story of impact.

In Spring 2022, there was a major upgrade to the Simulation Center within the H. Hovnanian Health Sciences Building. The Causeway Gazette was proud to share this news with the community in the April 2022 edition of the Causeway Gazette. The upgrade provides faculty with the ability to utilize up-to-date simulation scenarios, assess student's skills with multi-camera angles, and facilitate debriefing of simulation experiences from mobile devices. The key to continuing use of simulation experiences is periodic upgrades to the equipment. "During the Spring 2023, we will add three new manikins to the Simulation Center. This upgrade will allow our Simulation Center and Skills Labs to maintain functionality at an optimal level, in order that the Ocean County College School of Nursing can continue to provide well prepared nurses to serve our community," stated Dean Teresa (Tracy) Walsh, Ph.D., MSN, RN. The Simulation Center is also utilized to support nursing and medical residency programs for our clinical affiliates.

Simulation experiences enhance patient safety as faculty assess each student's competency to practice, and students evaluate their own performance, identifying areas for growth. However, simulation is an additional tool to prepare students to practice in healthcare. The majority of hours spent preparing future nurses occurs within clinical facilities providing direct patient care. "Our clinical affiliates continue to speak highly of our graduates, seeking them to join their teams following completion of our program," stated Walsh.

The School of Nursing continues to hold Career Days during the fall and spring semesters to provide students with the opportunity to meet prospective employers and educational partners. Over twenty-five representatives from agencies within the area attend these events. Students are provided with information on applying for positions within various healthcare agencies following completion of the program. Information is also available to students who are currently attending the nursing program regarding application for nursing assistant positions while they continue their studies.

Ocean County College licensure examination scores remain above the national scores. Licensure is required to practice as a nurse following completion of the program. This success is attributed to a structured mentoring program that has been instituted by the Nursing Faculty. The program matches each student with a faculty member to assist them to prepare for the licensure examination. Based on an assessment of their knowledge and skills, feedback is provided to individual students by the faculty mentor regarding study methods and study materials. There is also a consistent review of their progress as they prepare for the licensure examination. This one-on-one mentoring experience provides graduates with encouragement as they prepare for this major examination and transition to their new role as Registered Professional Nurse.

Ocean County College School of Nursing and Health Sciences continues to be one of the largest programs in the area to prepare nurses to enter the profession. There were 109 graduates in 2022 and most recently 58 students completed the Nursing Program in January 2023. Another class will graduate in May 2023. Following completion of the program, Ocean County nursing graduates are well prepared to enter nursing practice and provide healthcare to the community.



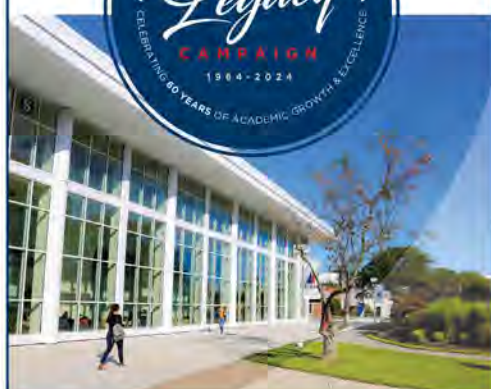
### OCC Program Spotlight

As a member of the Ocean County College Foundation Board, David C. Wintrade and The Wintrade Family Foundation is passionate about higher education and ensuring continued individual and professional success in today's world. OCC has been serving the community by providing residents with a quality, affordable education and enriching cultural opportunities since 1964. In this issue of The Causeway Gazette, we would like to highlight the OCC School of Nursing and Health Sciences.



The Nursing Skills Lab at OCC's H. Hovnanian Health Sciences Building. Photo credit: Michael Leon

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Ocean County College Foundation  
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Causeway CAREs is proud to collaborate and support organizations like Ocean County College as they continue to make a profound impact on the Ocean County community. Learn more about the organizations supported by Causeway CAREs by visiting: [CausewayCAREs.com](http://CausewayCAREs.com).

## Family Promise of the Jersey Shore thanks you

Thank you to everyone who helped make the inaugural Stafford Township/Family Promise of the Jersey Shore Bunny Hop 5K Fun Run & Walk an amazing success!

Special thanks to Stafford Mayor Gregory Myhre for inviting us to be a part of the Mayors Wellness Campaign. And thank you to all the township staff—the EMS, Police and the DPW—for making the event happen smoothly and safely.

Thank you to all our sponsors and those who donated goods for the fun run/walk, making it a successful fundraiser benefiting Family Promise of the Jersey Shore in our mission of helping local families facing homelessness.

A big Thank You to all the runners and walkers of all ages who braved the wind and the chill early on a Sunday morning. And, as always, thank you to our amazing volunteers and staff!

Please join us for our next fun day out for a great cause when the Jersey Shore BlueClaws welcome Family Promise of the Jersey Shore to ShoreTown Ballpark on Sunday afternoon, April 30th. Come on out and watch the BlueClaws take on the Brooklyn Cyclones!

A portion of the ticket proceeds will go back to Family Promise of the Jersey Shore! For tickets call 609-994-3317 or email [fpsocestaff@gmail.com](mailto:fpsocestaff@gmail.com) or buy tickets online at <https://fevogn.com/event/FamilyPromise/offer>.

Thursday, April 20th is Family Promise Giving Day, a 24-hour campaign to raise awareness and funds to support families experiencing homelessness or at-risk of losing their housing.

Family Promise focuses on preventing families from becoming homeless in the first place. Family Promise of the Jersey Shore has provided prevention services for 500+ families within the last year. Calls for assistance have increased 100% month over month.

Family Promise of the Jersey Shore operates solely from donations and grants. Funds raised through Giving Day will be used directly for our prevention families.

Please join us on national Family Promise Giving Day with a one-time donation to help our families have a home. Donations are welcome at [www.fpgives.org/organizations/family-promise-of-southern-ocean-county](http://www.fpgives.org/organizations/family-promise-of-southern-ocean-county).

Or better yet, ask 10 of your friends to join you in donating \$20, and raise \$200 together to assist a local family stay in their home! By sharing this campaign with others, your generosity will truly make a difference in children's lives in our hometowns.

This is how we work together at Family Promise of the Jersey Shore. This is how we change lives.

Thank you.

Jim Lowney  
Development & Communications Manager  
Family Promise of the Jersey Shore  
[jim@familypromisesoc.org](mailto:jim@familypromisesoc.org)



# FULLILL WILL HOST "SHORE TO ROCK" HUNGER BENEFIT CONCERT AT COUNT BASIE CENTER FOR THE ARTS ON MAY 11

Honorees include Jeff Kazee of Southside Johnny & the Asbury Jukes, Brian Kirk of Brian Kirk & The Jirks and Tom Cunningham, host of Springsteen on Sunday

Fulfill, a leader in alleviating hunger and building food security in Monmouth and Ocean Counties, will host a benefit concert at the Count Basie Center for the Arts on Thursday, May 11, at 7:30 p.m. The event will honor two local musicians, Jeff Kazee of Southside Johnny & the Asbury Jukes and Brian Kirk of Brian Kirk & The Jirks, as well as radio personality Tom Cunningham, host of Springsteen on Sunday on 107.1 The Boss.

Tom Cunningham, the host of 'Springsteen On Sunday' on 107.1 The Boss (WWZY-FM) is in his 20th year of playing the music of Bruce Springsteen & The E Street Band and other Jersey Shore music scene stalwarts on Sunday mornings from 9 to 11. Tom holds an annual all-request show that benefits Fulfill. In its 17th year, Tom takes song requests for a minimum donation of \$25 on the Sunday before Thanksgiving. His loyal listeners always grab the spots quickly with all funds benefiting Fulfill.

Jeff Kazee, a keyboardist and vocalist, probably best known for his longtime role as bandleader for Southside Johnny & the Asbury Jukes, is also a highly in-demand, side musician and arranger for touring and recording. During the pandemic, Kazee created a "Live from the Living Room" series where he performed live on Facebook, ultimately raising over \$26,000 for Fulfill.



Jeff Kazee



Brian Kirk



Tom Cunningham

Part musician, part singer, part comedian, Brian Kirk is the lead singer of Brian Kirk & The Jirks, a popular Jersey Shore band for over 20 years. He is a self-taught musician who used to play in basement parties with a tip cup in front of him. Brian has come a long way since those days and is amazed that he gets to make a living playing music and celebrating some of the most joyous occasions of people's lives. Brian and the band have played at Fulfill's Culinary Classic for many years. Recently, Kirk chose Fulfill as the beneficiary for his 70th Birthday Tribute to The Boss at the Count Basie Center for the Arts and raised over \$23,000.

Performing on May 11th will be:

- Southside Johnny
- Adam Weiner of Low Cut Connie
- Jill Hennessy (singer/actress from Crossing Jordan and Law & Order)
- Early Elton (featuring Jeff Kazee, Rich Pagano and John Conte)
- Brian Kirk of Brian Kirk & The Jirks
- The House Band featuring Shawn Pelton, the Asbury Jukes Horns and G.E. Smith (former SNL band leader and side man to Roger Waters, Hall & Oates, Bob Dylan, Mick Jagger, David Bowie and more)

"We are excited and incredibly fortunate to have the opportunity to showcase these three pillars of the music community and to thank them for their support of our mission to help provide food, services, and hope to the people of Monmouth and Ocean Counties," said

Triada Stampas, President and CEO, Fulfill. "We hope the community will turn out in large numbers to take part in what we know will be an incredible night filled with music and entertainment."

Fulfill is thrilled to offer an inclusive experience to members of the Jersey Shore music community and fan

base. Tickets will be sold at various price points. There will be a pre-show reception for event sponsors to honor Cunningham, Kazee, and Kirk for their dedication to alleviating hunger in Monmouth and Ocean Counties.

Tickets are on sale now via the Count Basie website <https://thebasie.org/events/shore-to-rock-hunger-a-concert-benefiting-fulfills-rockstar-heroes/>.

Sponsorship packages (including VIP tickets) and journal ads are available by contacting Kate Irving ([kirving@fulfill.org](mailto:kirving@fulfill.org)) or visiting our sponsor page for more information <https://shoretorock.givesmart.com>.

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## SHEDDING LIGHT ON RECOVERY SERVICES IN SOUTHERN OCEAN COUNTY

**HOPE Sheds Light expands programs and services to Manahawkin, Tuckerton, Little Egg Harbor and beyond.**

**Toms River, NJ** – HOPE Sheds Light, Inc. (HSL), a family focused non-profit organization offering education, resources, support and HOPE to everyone and anyone affected by substance use disorder, has expanded its services to Southern Ocean County. Designated as Ocean County's Community Peer Recovery Center by the New Jersey Division of Mental Health and Addiction Services (NJDMHAS), HSL is offering programming for all ages.

You can find HSL's Mobile HOPE Resource Van at the local Walmart in Manahawkin, Tuckerton and Little Egg Harbor on Community Resource days. Members of the HSL team are present to offer education, resources and support to anyone affected by substance use disorder.

Bi-weekly Finding HOPE family support groups are held in Tuckerton at the Presbyterian Church, 210 E. Main Street. This peer-led support group meeting is open to all individuals and families impacted by substance use disorder. The discussion is facilitated by individuals and family members who have shared lived experiences and a strong recovery base. The group provides opportunities for connection and to draw strength and HOPE from each other. Finding HOPE in Tuckerton meets on the 2nd and 4th Wednesday every month.

Later this Spring, HSL plans to open a satellite office location in Little Egg Harbor. The nonprofit is in discussion with community stakeholders, law enforcement and township officials to find a space that is most beneficial for the community served. Be on the lookout for more information regarding this new office space and upcoming events from HOPE Sheds Light.

## FINDING HOPE

NEW OCEAN COUNTY  
ALL RECOVERY  
FAMILY SUPPORT MEETING

This peer-led support group meeting is open to all individuals and families impacted by substance use disorder.

First Presbyterian Church  
210 E. Main St. Tuckerton, N.J. 08087

2nd and 4th Wednesday  
Of Every Month

6:30 PM - 7:30 PM

Starting Wednesday, February 8th

Please Contact - [Nancy@HOPEShedsLight.org](mailto:Nancy@HOPEShedsLight.org)  
For More Information!

HOPEShedsLight.org  
732.244.0783 | [rise@HOPEShedsLight.org](mailto:rise@HOPEShedsLight.org)  
2510 Apache Road, Manasquan, NJ 08736 | 253 Chestnut Street, Toms River, NJ 08753



**HOPE Sheds Light, Inc.** (HSL) is an IRS 501(c)(3) nonprofit organization (Tax ID: 46-3910504) that is supported by friends and families directly affected by addiction and found recovery through continuous love, support and understanding. The mission of HSL is to raise awareness and educate individuals, families and the community about the impact of addiction by having the courage to share personal experiences and offer strength, wisdom, hope and resources that lead to positive community change and long-term recovery. **To learn more, please visit <https://hopeshedslight.org/>.**

# SOUTHERN REGIONAL SPORTS BEAT



**Wrestling**  
 Congratulations Southern Wrestler Matt Henrich on being named the 2022-2023 Press of Atlantic City Wrestler of the Year. Also, Dan Roy was named Head Coach of the Year plus Southern was named Team of the Year. Photo Credit: NJ.COM- Press of Atlantic City

**Multi-Sport**

Congratulations Southern Regional Multi-Sport Athlete Sarah Boyd on her commitment to continue her academic and soccer careers at Stockton University. Sarah is pictured with her family, Coach Eric Geddes and Head Coach Kaitlyn Hartkopf. Continued Success!

**Soccer**

Congratulations Southern Regional Boys Soccer player Nate Bott, on being selected as the NJSIAA Scholar Athlete Award Winner for the 2022-2023 school year. Well deserved, Nate, who is currently ranked 1 out of 460 academically in the senior class.

**Football**

Congratulations Southern Football Alum... Andy Falletta, Xander Murray and Max DiPietro. They are selected to play in the Annual All Shore Gridiron Classic this summer of 2023. Best of Luck!



**Track**

Congratulations to the 2022-2023 Southern Regional Indoor Boys Track team on the following post season honors from both the Shore Track Coaches Association and the New Jersey State Track Coaches Association:

- Cole Cramer - Sprinter of the Year
- Fabian Ramales - Distance Runner of the Year
- Fabian Gonzalez - Thrower of the Year
- Scott Baker - Shore Conference Coach of the Year.



**Basketball Reunion of New Jersey Hoops**  
 Congratulations Southern Boys Basketball Jim Ruhnke on being honored by The Basketball Reunion of New Jersey Hoops and inducted into the High Hall of Honorees at the Prudential Center. Thank you for all you have done for Southern. Photo and Graphics provided by: The Basketball Reunion of New Jersey Hoops.

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Denise Wegeman

## GIRL SCOUTS OF THE JERSEY SHORE GALA HONORED MENTAL HEALTH AND MENTAL WELLNESS ADVOCATE DENISE WEGEMAN

Girl Scouts of the Jersey Shore celebrated inspiring community leaders at its Women of Distinction & Community Partners Gala on Wednesday, April 19, from 6 to 10 p.m., at Eagle Oaks Golf and Country Club in Farmingdale.

Denise Wegeman received recognition as a "Woman of Distinction". This award celebrates extraordinary women who exemplify the Girl Scout Promise as

business, community, and philanthropic leaders. Honorees display courage, confidence, and character to make the world a better place and are role models for Girl Scouts and all women.

A lifelong resident of the Jersey Shore, Denise grew up in a family where helping others was second nature. After a successful career on Wall Street working as an Investment Broker, Denise felt called to pursue a career in counseling work with children and teens. She attended Monmouth University and received her Masters degree in Social Work. Denise opened a counseling practice in Wall Township. She quickly became involved in working with the Manasquan community, offering help in addressing the second largest suicide contagion in the United States that the area was experiencing.

Denise served as a consultant at Manasquan High School and provided support to help the school and community recover. She served as one of the founding members of the Monmouth County Suicide Task Force and was instrumental in lobbying the County to fund services to address suicide programming which continues today. In her work with the suicide task force, Denise served as a liaison with NJ Transit and spearheaded a campaign to address suicide.

Denise has had the opportunity to share her expertise and has presented at numerous conferences and panel discussions locally as well as internationally. She has been featured on local radio shows and has appeared on CBS Channel 2 News as well as on NJ Classroom Closeup and Jersey Matters in addition to numerous newspaper publications.

In 2011, Denise was awarded the Humanitarian of the Year by the Mental Health Association of Monmouth County. She was featured in NJ Monthly magazine as "10 Who are making a Difference." Denise was also received recognition for Outstanding Community Service and was awarded the Osprey Award from the Jersey Shore Chamber of Commerce. Denise has served on the Board of the Society for the Prevention of Teen Suicide and the Mental Health Association of Monmouth County.

She currently serves on the SRF Suicide Task Force for Monmouth University.

For the past 8 years, Denise has worked in partnership with Girl Scouts of the Jersey Shore and camp counselors at Camp Sacajawea and Camp Amity Acres to help provide education and support to staff in understanding child development. This initiative became extremely important during COVID in addressing the numerous obstacles that campers were presenting and helped staff provide support to their campers.

Denise is currently working in conjunction with the Girl Scouts of the Jersey Shore in addressing the ever-increasing mental health crisis and needs of Girl Scouts. A Mental Health/Mental Wellness campaign is being rolled out to educate staff, Girl Scout leaders, camp counselors and parents about mental health. The goal is to provide information and to empower Girl Scouts to learn ways to increase their knowledge base of mental health and mental wellbeing and to acquire coping strategies to help them. Girl Scouts will be encouraged to learn and share ideas of addressing this important topic and earn a patch.

The goal is to empower the next generation to learn how to take care of themselves as well as others as we continue to recover from the pandemic and the ever-increasing mental health crisis that our children/teens are experiencing. "Girl Scouts of the Jersey Shore is proud to recognize outstanding role models in our community for their strength of character, dedicated community service, emphasis on life-long learning, along with their dedication to fostering self-confidence and leadership skills in others," said Heather Coburn, Chief Executive Officer of Girl Scouts of the Jersey Shore. "Honoring Denise Wegeman spotlights the importance of community leaders who are dedicated to uplifting young women in all areas and especially in the areas of mental health and wellness."

# Annual Jersey Shore Fairlane Mini-meet



**SAT**  
MAY 6, 2023  
9 AM TO 3 PM

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## APRIL IS NATIONAL VOLUNTEER MONTH!

CELEBRATE BY GIVING BACK TO YOUR COMMUNITY

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](http://uwmoc.org/volunteer)



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Toms River Elks, 600 Washington St., Toms River



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## A NEED WE FEED HOSTS 4TH ANNUAL CASINO NIGHT

On Saturday, April 22nd, A Need We Feed will hold its 4th Annual Casino Night at the Toms River Elks, 600 Washington Street. 6:00 – 11:00 pm.

Each \$75 ticket includes \$100 in gaming chips and five tickets for the gift auction. There will be an open bar from 6:00 – 8:00 pm, buffet



dinner, dessert, coffee, DJ, Mystery Box, Wine Pull game, and 50/50!

We guarantee a fun night, so why not grab your tickets now and help us raise money to provide meals for veterans, seniors, families, and people experiencing homelessness in our community?

Tickets will be available at the door. Use the QR Code at far left to purchase your tickets or go to [www.aneedwefeed.org](http://www.aneedwefeed.org). If you have any questions, please call Patti at 609-316-7572.

## TUCKERTON HISTORICAL SOCIETY'S SCHEDULE OF PRESENTATIONS FOR 2023

DATE	TOPIC	SPEAKER	VENUE	TIME
May 13 (Saturday)	Local Decoy Carver "Discussion and Demonstration of the Art of Decoy Carving"	Mark Ford	GSM	2-4 PM
June 10 (Saturday)	Pig Roast / BBQ Fundraiser		DCM	3-7 PM
July 8 (Saturday)	"Learn About The Women of Tuckerton"	Lesley Schierenbeck	GSM	2-4 PM
Aug 12 (Saturday)	"Bill Cranmer - Craftsman, Scholar and Decoy Carver"	Art Liese	GSM	2-4 PM
Sept 9 (Saturday)	Ye Olde Tuckerton Flea Market		TSP	8 AM-PM
Oct 14 (Saturday)	"Early Quaker Settlers of Egg Harbor"	Sean Kinney	QMH	2-4 PM
Nov 11 (Saturday)	"History of Tuckerton Creek"	Bobby Keeney, Jr.	GSM	2-4 PM
Dec (Date TBA)	Ye Olde Tuckerton Christmas Party Clam chowder, cider and cookies served		QMH	2-4 PM

GSM = Giffordtown Schoolhouse Museum, 35 Leitz Blvd., West Tuckerton, Little Egg Harbor  
DCM = Dockside Café & Marina, 338 S. Green St., Tuckerton  
TSP = Tip Seaman County Park, 120 Lakeside Dr., Tuckerton  
QMH = Quaker Meeting House, 21 E. Main St., Tuckerton





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# Focus ON Barnegat

## BARNEGAT FIRST AID SQUAD RECEIVES PET OXYGEN MASK DONATION

Dogs, Cats to Breathe Easier in Barnegat

Barnegat First Aid Squad 11 has received a donation of three pet oxygen mask kits, one for each of their three ambulances, from Paws at Home, of Barnegat, NJ. Sean Mc Grath, owner of Paws at Home pet-sitting, visited the Squad 11 building on March 31 to deliver the masks to the EMS team at their monthly Membership Meeting. "We wanted to be able to directly give back to the community and the people that work to make our lives, and our pets lives, safer every day," said Mc Grath. "Countless pets' lives have been saved by these masks. We're glad to be able to provide this equipment to the Barnegat First Aid Squad."

The kits were purchased from Wag'N O2 Fur Life, an organization which aims to place kits in every Fire and Emergency Services department in the United States. Each kit features three mask sizes with tubing to provide supplemental oxygen during respiratory compromise. The masks are shaped to seal tightly around animals' muzzles, enabling EMS to deliver life-saving oxygen and protecting the first responder from an injured animal that may bite out of fear. The kits were placed on each of the ambulance rigs that same evening. The hope is that they will never need to be used, but if they are needed, the EMS will have the right tools at their disposal.



### OCEAN COUNTY LIBRARY

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

#### TIME-TRAVEL THROUGH POPULAR MUSIC WITH PHIL BRUSCHI

TOMS RIVER – Tin Pan Alley, stage and screen soundtracks, teen idols, pop icons – Phil Bruschi's performances will stir warm memories of timeless American popular songs and singers during the month of May at eight Ocean County Library branches.



Phil Bruschi

- "The Unforgettable Nat 'King' Cole" – 2 PM Monday, May 1, Point Pleasant Boro Branch, 834 Beaver Dam Road, (732) 295-1555. Recall the legendary singer's warm baritone and rise to stardom through tunes such as Mona Lisa, Nature Boy, and more.

- "As Time Goes By: A Tribute to the Best Movie Songs" – 2 PM Wednesday, May 3, Upper Shores Branch, 112 Jersey City Avenue, Lavallette, (732) 793-3996. Hear songs chosen as among the best by the American Film Institute, including Moon River, The Way We Were, and Over the Rainbow, and enjoy music trivia.

- Friends Adventure: "The Bobby Darin Story" – 2 PM Friday, May 5, Stafford Branch, 129 North Main Street, Manahawkin, (609) 597-3381. Discover Darin's dynamic range of pop, rock, folk, and country, and learn how he conquered recordings, films, television, and nightclubs. Sponsored by the Friends of the Stafford Library.

- "Up Tempo: Big Band Standards" – 2 PM Saturday, May 6, Long Beach Island Branch, 217 South Central Avenue, Surf City, (609) 494-2480. Revel in songs that thrilled everyone from bobbysoxers to teenyboppers, made famous by such as Frank Sinatra, Michael Bubl , Harry Connick, Jr., and many others.

- "Neil Diamond: Singer, Songwriter" – 2 PM Tuesday, May 9, Barnegat Branch, 112 Burr Street, (609) 698-3331. Explore more than 45 years in the life and art of the Brooklyn Baritone, performer and author songs that have sold over 125 million copies worldwide, and whose concerts have drawn millions of fans.

- "Melodies of Bobby Vinton & Engelbert Humperdinck" – 2 PM Saturday, May 13, Toms River Branch, 101 Washington Street, (732) 349-6200. Experience the successes and struggles of two of popular music's most polished, romantic singers, and hear their triumphs including Blue Velvet, Mister Lonely, Release Me, The Last Waltz, and more.

- "I Wanna Be Around: The Talented Tony Bennett" – 2 PM Tuesday, May 16, Plumsted Branch, 119 Evergreen Road, New Egypt, (609) 758-7888. Marvel at the rags-to-riches story and songs of the most indomitable talent in music, and follow his career arc from its heights in the '50s through its resurgence in the MTV generation.

- "The Day the Music Died" – 2 PM Wednesday, May 17, Point Pleasant Beach Branch, 710 McLean Avenue, (732) 892-4575. Relive the glory years of artists taken from us too soon, including Buddy Holly, Richie Valens, the Big Bopper, Jim Croce, Harry Chapin, John Lennon, and Rick Nelson.

Known for decades as a multi-talented singing drummer in jazz and rock, Phil moved from behind the kit to center stage with a unique style of tunes and tales known as "Edu-tain-Ment." He has taught at the University of North Carolina and remains involved in continuing education. Fans old and new stay current with Phil through his website, YouTube catalog, and Facebook. Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend any of these free programs. For more information, visit any participating Library branch, or call (732) 349-6200.

#### PERINATAL LOSS DISCUSSION TO BE LIVE AND ONLINE AT LACEY BRANCH

LACEY TOWNSHIP – The Ocean County Library will offer a special presentation in observance of Maternal Mental Health Awareness Month. "When the Bough Breaks: Loss During and After Pregnancy" will take place, live and online, at 2 PM Wednesday, May 24 in the OCL Lacey Branch.



Kathy Donaldson, Program Manager, CJFHC  
Photo courtesy Central Jersey Family Health Consortium

Kathy Donaldson, Program Manager of the Pregnancy and Parenting Wellness Program at the Central Jersey Family Health Consortium (CJFHC), will discuss various types of perinatal loss and its effects on parents and grandparents, as well as ways to provide support and solace to bereaved parents.

The Central Jersey Family Health Consortium (CJFHC) maintains offices in Brick Township, North Brunswick, and Morristown.

CJFHC staffers research and recommend programs pertaining to early intervention, bereavement care, community-based COVID-19 defense strategies, health care for families, expectant mothers, teens, and children, parenting wellness, and more.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend this free program in person, or to receive a link to view the Zoom presentation wherever you need to be. For more information, visit the Lacey Branch, 10 East Lacey Road, Forked River, or call (609) 693-8566.

**SEE MORE LIBRARY NEWS, PAGE 10**

#### SMOOTHIE BOWL SCHOOLING FOR SENIORS AT OCEAN COUNTY LIBRARY

TOMS RIVER – Savvy seniors aged 55 and up, with an eye for nutrition, can learn the art of creating tasty, healthful, affordable smoothie bowls during the month of May at three Ocean County Library branches.



Amy Paradise

- Long Beach Island Branch – 217 South Central Avenue, Surf City, (609) 494-2480. Wednesday, May 3, 3:30 PM.

- Tuckerton Branch – 380 Bay Avenue, (609) 296-1470. Tuesday, May 9, 2:30 PM.

- Stafford Branch – 129 North Main Street, Manahawkin, (609) 597-3381. Tuesday, May 16, 11 AM.



Honey Blueberry Bowl, topped with cacao chips, oats & blueberries

Amy Paradise, a local mom, former educator, and two-time cancer survivor, will provide culinary guidance and will whip up samples. Bring your appetite, do some taste-testing and take home recipes of budget-friendly ingredients, easy prep and quick clean-up. Some ingredients might contain potential allergens. Amy serves on the advisory board of Kick Cancer Overboard, the Jersey Shore-based 501 (c)(3) nonprofit organization that furnishes sea cruises for people who have been affected by cancer. Music lovers know her as a singer alongside spouse Dale, with whom she owns the Twin Boys Enterprises, LLC entertainment firm.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for this free program, sponsored by the Ocean County Library Senior Services Department. There is a limit of 15 registrants for the program at each branch.

#### YOU'RE INVITED! DAY-LONG 30TH ANNIVERSARY PARTY AT BARNEGAT BRANCH



talewise  
Talewise Dry Ice Show  
Photo and Illustration  
Courtesy of Talewise

BARNEGAT TOWNSHIP – The Ocean County Library Barnegat Branch extends an open invitation to join in its 30th Anniversary Celebration, with exciting programs, entertainment, and refreshments on Saturday, April 29.

The fun begins with the "Talewise Dry Ice Show" at 10 AM. The super-frosty substance is the core of an hour-long learning adventure and an interactive story called "Dragons & The Ice Sorceress." The audience will decide how the story unfolds, and audience volunteers will help to conduct the experiments.

New Jersey-based Talewise was founded by Andrew Piccirillo in 2004 as a novel, engaging way to introduce science concepts. The organization now features shows, workshops and displays for children and teens in 34 cities throughout the United States. Light refreshments will be available in the Meeting Room starting at 11 AM.



Frog Jam Band: Marie & Frank, Lead Vocals; Joe, Bass & Vocals; Phil & Roger, Guitars & Vocals; Marty, Drums & Vocals Photo Courtesy of the Frog Jam Band

Then, get ready to romp to hits of the '60s and '70s with Jersey Shore favorites the Frog Jam Band at 2 PM. The Frog Jam Band consists of music pros who have played, together and separately, for decades. "Our members are all friends, retired from our 'real' jobs, and all share in the fun of playing the music we grew up with," said drummer and manager Marty Szumera. "We're all independent, self-employed musicians and singers. The '45s' we all played at home, or the transistor radios we listened to, brought to each and every one of us the best music of our lives."

The Talewise Dry Ice Show is tailored to children age 3 to 11 and their families. Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend this free program. No registration is required to attend the day-long event. For more information, visit the OCL Barnegat Branch, 12 Burr Street, or call (609) 698-3331.

# SENIOR CORNER

## IS THAT MORNING CUP OF COFFEE GOOD OR BAD FOR YOUR EYES?

The latest research on how caffeine affects five different eye conditions

By Michelle Crouch, AARP

Over the past few years, the headlines about caffeine and eye health have been confusing, to say the least: “Too much caffeine may raise the risk of blinding eye diseases,” one headline blared. Meanwhile, another headline asked: “Can coffee protect our eyesight?”

It’s no wonder average people are confused.

“We get this question [about caffeine] over and over again,” says Mina Massaro-Giordano, MD, professor of clinical ophthalmology at Penn Medicine.

Some 90 percent of Americans consume caffeine each day, whether from soda, tea, energy

drinks or coffee. In fact, coffee consumption is at a 20-year high, with two out of three Americans grabbing a daily cup of joe, according to the National Coffee Association. At the same time, the number of Americans with major eye diseases is increasing, in large part because the population is aging.

Whether you already suffer from an eye condition or you simply want to prevent one, it’s important to know how your java habit impacts your eye health — and what you can do to lower your risk.

The good news is, although the research is mixed, moderate amounts of caffeine do not appear to increase the risk of eye disease for most people, Massaro-Giordano says.

However, your actual risk depends on a variety of factors including how much caffeine you drink, if you already suffer from an eye problem or if you are predisposed to one.

In general, Massaro-Giordano and other experts say their advice on caffeine is the same as it is for other aspects of your health: everything in moderation.

For healthy adults, the Food and Drug Administration recommends no more than 400 milligrams of caffeine a day — that’s about four cups of coffee.

Read on for more specifics about the research on how caffeine affects different eye conditions:



orlio / stock.adobe.com

### 1. Dry eye: Caffeine may help

If you’ve developed dry eye — a common condition characterized by itchy and irritated eyes — you may worry that your daily pick-me-up could make things worse. After all, caffeine is believed to be a mild diuretic, meaning it forces more water from your body.

However, a 2022 study of 85,000 participants published in the journal *Cornea* found that caffeine consumption does not increase the risk of dry eye or make it worse.

In fact, the latest research reveals caffeine may actually improve the condition by stimulating the gland that produces tears, says Christopher Starr, an ophthalmologist at Weill Cornell Medicine in New York City.

Two placebo-controlled studies have shown that participants who were given caffeine produced more tears than those who were given only water or another placebo.

### 2. Glaucoma: Caffeine may increase risk — if you are genetically predisposed

Although caffeine is known to temporarily increase eye pressure, the latest studies indicate that most people who consume caffeine are not at an increased risk of glaucoma, a blinding disease caused by too much pressure in the eye.

However, a 2021 study published in the journal *Ophthalmology* revealed that caffeine does increase the risk for those who have a family history of glaucoma or a genetic predisposition to the disease, said coauthor Anthony Khawaja, a glaucoma researcher at the University College London Institute of Ophthalmology in London and an ophthalmic surgeon at Moorfields Private Eye Hospital.

For those patients, the risk increases as much as three-fold if they consume caffeine, the study shows.

“If you’ve got a high genetic risk, it might be that limiting your caffeine consumption can help protect you,” Khawaja said. “And that’s really interesting, because we’re moving into a world where more and more now, we are finding out our genetic code.”

If you have a family history and want to know if you are at increased risk of glaucoma, you can ask your doctor about genetic testing.

### 3. Eyelid twitch: Caffeine makes it worse

Most people have had occasional moments when their eyelids flutter or twitch involuntarily. Sometimes, the condition — called myokymia — can last for hours or days.

Too much caffeine is a common cause of myokymia, Starr says, especially if you’re also tired or under a lot of stress. How much is too much? Use the FDA recommended maximum of 400 milligrams a day as a general guide. But for this condition, fatigue and stress both play a role, so the amount may vary by person.

The good news is that the condition usually goes away on its own if you lower your caffeine consumption and reduce stress. If not, medications and Botox injections can help.

The good news is that the condition usually goes away on its own if you lower your caffeine consumption and reduce stress. If not, medications and Botox injections can help.

### 4. Cataracts: Caffeine may help

Your daily cup o’ joe may not only wipe away your grogginess in the morning; a growing body of evidence indicates it may also help prevent cataracts.

A large study published in *Clinical Ophthalmology* in 2016 found that those who drank more coffee were significantly less likely to develop cataract blindness compared to those who drank less.

Researchers believe caffeine helps counter the effects of UV light on your eyes. “It helps with oxidative stress, and that’s what causes cataracts,” Massaro-Giordano says.

### 5. Retinal disease: Caffeine/coffee may help slow progression

The strong antioxidants in coffee may also help prevent or slow the retinal damage caused by aging and certain diseases, research shows.

One study, published in 2022 in *Frontiers in Pharmacology*, found that caffeine could potentially suppress the inflammatory response that causes retinal damage from age-related macular degeneration and diabetic retinopathy.

In another study, Korean researchers found that those who drank more than two cups of coffee a day had lower odds of diabetic retinopathy and vision-threatening diabetic retinopathy.

Those same anti-inflammatory properties are believed to be why coffee has been shown to reduce the risk of other diseases including Parkinson’s, diabetes and Alzheimer’s disease.

aarp.com

## 7 TIPS TO AVOID DEHYDRATION WHILE TRAVELING

Electrolytes, rest and plenty of liquids can stave off dizziness, fatigue and high heart rate

By Laura Powell, AARP

It was an extremely hot summer day in Beijing. I had arrived in China from the United States the day before and had already scaled the Great Wall. This day was reserved for more outdoor sightseeing. We spent a long morning under the sun at the Summer Palace. The afternoon was reserved for concrete-clad Tiananmen Square and the expansive Forbidden City. At midday, it was a scorching 95 degrees, not counting the heat emanating from the pavement.

I hadn’t been hydrating much since arriving because it’s not safe to drink tap water in Beijing. It was no surprise that once inside the Forbidden City, I started feeling thirsty. Water bottles were not allowed into the fortress, and there were no beverages for sale.

About 20 minutes later, my heart started palpating. I went pale, and my mouth dried up. I went woozy and sidled over to collapse in the shade. I knew, from previous experiences with dehydration, that this was bad. I told the tour guide I needed to get to a hospital.

At the hospital, I was diagnosed with severe dehydration and heat

because of underlying health conditions or the diuretic effects of medications they may be taking, says Kenneth Koncilja, M.D., a geriatrician at Cleveland Clinic in Ohio. Even so, no one, regardless of age, is immune. Dehydration can set in anywhere, anytime (for example, skiers may be affected due to high altitudes and heavy activity). However, according to Paul Takahashi, M.D., an internist and geriatrician at Mayo Clinic, a lack of liquid combined with summer temperatures create the perfect conditions not only for dehydration but for heat exhaustion or heatstroke as well.

According to Koncilja, the following are among the signs of dehydration:

- Dizziness
- Headache
- Fatigue
- Muscle cramps
- High heart rate
- Low blood pressure
- Confusion

If any of these symptoms strike, the medical experts say to immediately stop activity and drink fluids with electrolytes. Takahashi says a hospital visit, complete with IV and blood tests, may be necessary.

The good news is that dehydration while traveling can be easy to prevent by beginning the hydration process before a trip and continuing proper liquid intake throughout.



Andy Dean / stock.adobe.com

exhaustion. Nearly four hours after I started feeling symptoms, I was put on an IV and ordered to stay the night. The next morning, an English-speaking doctor told me that my level of dehydration had been in the danger zone, that I was on the cusp of heatstroke and that not only was I depleted of water but also electrolytes, minerals essential for the body to function.

All the ingredients for a case of dehydration were there. Long plane flight, check. Intense exercise upon arrival, check. Brutal heat and bad air quality, check. Not enough water, checkmate.

Dehydration is a common enough scourge, even in daily life. Travel exacerbates its likelihood.

Older adults tend to be at a higher risk of being dehydrated, either



Anatoly Karlyuk / stock.adobe.com

levels for cells, muscles and organs to work properly. Too much water without electrolytes, as my attending doctor in China alerted me, can dilute mineral levels in your body. Therefore, it’s important to alternate water with fluids filled with salt and other electrolytes. Gatorade, coconut water and pickle juice can all do the trick. As those may not be available when on the road, pack electrolyte powder that dissolves in water.

### 3. Plane sense

Dehydration often sets in before landing, thanks to the dehydrating effects of air travel. Airplane cabins have very low humidity levels. To counteract the dryness, the general rule of thumb is to drink 8 ounces of water per hour (alternating with electrolyte-filled fluids). Koncilja further advises travelers to avoid diuretics such as coffee and alcohol in-flight.

### 4. Rest upon arrival

Take it easy within the first 24 hours of landing. Don’t plan for strenuous activity the first day or two after a long trip.

### 5. Eat your water

When nibbling, go for foods with high liquid content. Cohen recommends eating plenty of fruits and vegetables. She suggests packing chia seeds as well. These little nibs can absorb up to 30 times their weight in water, which helps fluid regulation.

### 6. Eat your electrolytes

Koncilja recommends snacking on foods containing electrolytes such as potassium, magnesium and calcium. Bananas, avocados, dried apricots, spinach and plain yogurt are all good bets.

### 7. Replenish

Carry water and electrolytes at all times. Bring a reusable water bottle, and pack electrolyte tablets or oral rehydration products.

Koncilja suggests visiting a doctor before a long trip to evaluate conditions that may compound dehydration. Consider purchasing travel insurance, which will cover you in case dehydration leaves you high and dry.

aarp.com

**Join Us!**

**OCEAN COUNTY SENIOR SERVICES**

YOU are invited to attend the Ocean County Office of Senior Services Public Hearing on the Needs of Older Adults!

When: April 24, 2023  
Where: @The Barn, Inspire- NJ 1330 Rt. 70, Manchester, NJ 08759  
Time: 10:00AM-12:00PM

We want to hear from older adults, caregivers, senior advocacy groups, service providers, and the general public!

Those desiring to share comments at the hearing can call the Office of Senior Services at 732-929-2091. Verbal testimony will be limited to 5 minutes. To submit written comments to be read at the public hearing, please call 732-929-2091 or email [crosetto@co.ocean.nj.us](mailto:crosetto@co.ocean.nj.us). The final date for written comments to be received by the Office of Senior Services is April 21, 2023. Members of the public can also submit written testimony in person at the public hearing.

**Food Assistance Available to Adults 60 and Over**

<b>NJSNAP</b> food assistance	You can get \$95 or more every month in benefits to help you purchase food	Apply online at <a href="http://MyNJHelps.gov">MyNJHelps.gov</a> . You can have a friend or family member (authorized representative) submit an application on your behalf either online or in person. Visit <a href="http://njsnap.gov">njsnap.gov</a> to find contact information for your county.
<b>Senior Farmer's Market Nutrition Program</b>	You can get \$30 to use at a participating farmers market to purchase fresh fruits and vegetables	Apply for any of these 3 programs, by contacting your County Office on Aging <a href="http://www.state.nj.us/humanservices/does/home/saaa.html">www.state.nj.us/humanservices/does/home/saaa.html</a> or calling the Aging and Disability Resource Connection (ADRC) at (877) 222-3737
<b>Congregate Nutrition Services</b>	You can get free lunch in a senior or community center	
<b>Home-Delivered Nutrition Services</b>	You can get meals delivered to your home, if needed	
<b>Commodity Supplemental Food Program</b>	You can get a monthly Food Package with nutritious foods	Apply for this program by contacting the CSFP Office at (609) 292-9560 or visit <a href="http://www.nj.gov/health/hrs/wic/senior/nutrition/commodity-supplements/foodbanks.shtml">www.nj.gov/health/hrs/wic/senior/nutrition/commodity-supplements/foodbanks.shtml</a>

\*Program eligibility and rules apply

For additional information on food resources, including food pantries: Call 2-1-1 or text your zip code to 898-211

State of New Jersey: Phil Murphy, Governor | Sheila Oliver, Lt. Governor | Department of Human Services: Sarah Adelman, Commissioner

**Know a Senior Who Needs Food?**

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**Fulfill's SENIOR STAPLES Program May Help!**  
Seniors 60 years of age and over who meet income requirements receive a monthly food box of items like these:

Household Size	MAXIMUM	
	Annual Income	Monthly Income
1	\$17,667	\$1,473
2	\$23,803	\$1,984
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@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.

All incomes are Gross Income before any deductions.



## BARNEGAT SPORTS BEAT

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

### BARNEGAT HIGH SCHOOL SPORTS BEAT



#### Football

Seth Freiwald Signs Letter of Intent to play football at Stevenson University.



#### Soccer

Barnegat Boys Soccer signs Letter of Intent to continue his academic and soccer career at Georgian Court University this fall.



#### Football

Jo-Jo Bivins signs Letter of Intent to play football at Lackawanna College.

# SMALL TAX INCREASE IN \$33.1M BARNEGAT BUDGET FOR 2023

Spending increases and inflation factored into the budget, but taxes remain low, according to township officials.

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — There will be a small increase in taxes in the 2023 Barnegat Township municipal budget, which was adopted at a recent Township Committee meeting.

The \$33,139,000 budget has an increase in municipal purpose tax of one penny, Township CFO Tom Lombarski said. This is the sixth year in a row that Barnegat has done so, he said.

“It was a concerted effort on everybody to be able to put this budget together

and maintain just a one cent increase,” he said.

The small increase means that the average homeowner will pay an extra \$27 in taxes each year, according to the budget.

Cost increases like the 22 percent health insurance increase, inflation and more made putting the budget together a challenge, Lombarski said, but he said it was his pleasure to put it together.

“I’m just very happy with this budget,” Lombarski said.



natthapol / stock.adobe.com

# TOP 10 TIPS FOR EXCELLENT SUMMER GRILLING

These tips will get you back to grilling (or get you started) in no time.

Summer is in full swing, and that means most of us are firing up that backyard grill. If you are shying away from grilling, or just want a refresher course on the basics of grilling, then keep reading. Here are my top 10 tips for excellent summer grilling.

**1: Start with a clean grill.** Don't let last night's salmon skin impart a fishy-char flavor to tonight's chicken breasts. Use a sturdy metal brush to clean the grates in between uses. (This is easiest when the grill is hot.)

**2: Don't move the food around.** In general, the fewer times you flip something, the better (once is ideal for most meats). If the meat is stuck to the grill, let it cook more — it will unstick itself when it's ready for flipping.

**3: Don't squeeze or flatten meats.** Yes, I know that burst of sizzling flame that comes from squishing a burger with spatula is tempting. But you know what is creating that flame burst? Fat. And you know what fat is? Juicy flavor. Don't squish meat, because you will squeeze out the taste and moisture.

**4: Keep a spray bottle handy for flare-ups.** Flames are not your food's friends — they will char it



Vasily / stock.adobe.com

unpleasantly. Keep a spray bottle filled with water handy; this will allow you to dampen flare-ups without interfering with heat.

**5: Buy a meat thermometer.** Unless you are a very experienced cook, it is hard to tell meat's temperature merely by touching it. (Although if you are interested, here's how to do it: Touch the meat. If it's soft like the flesh between your index finger and thumb, it's rare. If it's soft like your cheek, it's medium-rare, and if it's firm like your forehead it's well-done.) More accurate for most of us: A quick check of temp from a thermometer. Your confidence in grilling will skyrocket with this one \$10 purchase.

**6: Avoid putting cold foods straight on the grill.** Letting meat come to temperature on the counter for 30 minutes before grilling will help it cook more evenly. (If you are looking for a rare sear, however — like if

you're grilling tuna, for example — then chilled is the way the go!)

**7: Undercook foods, just slightly.** Carryover cooking is a real thing — food continues to cook after it leaves the grill. You can expect food temperature to go up about five degrees after leaving the grill, so plan accordingly.

**8: Rest all meat!** Allow the meat to sit undisturbed (and unsliced!) for five to 15 minutes after cooking, as this will allow the juices to redistribute. The bigger the piece of meat, the longer the rest time. Resting meat is an important key to juicy results.

**9: Don't over-char to cook through meat with bones.** No one wants to eat meat covered in thick, black char. If you have thicker meats with bones, such as chicken thighs or legs, cook them on high heat to get a nice crust, and then move to lower, indirect heat on the grill. This will allow the meat to cook through more slowly without overcooking the outside. Or, consider par-cooking the chicken in an oven for 15 to 20 minutes before grilling. Also great to precook: ribs!

**10: Keep it simple when serving a crowd.** Managing numerous cook times for different proteins and veggies can easily become stressful, and it can result in errors and overcooking. Keep the protein options down as much as possible, and offer variety in some interesting side dishes, sauces or condiments.

foodnetwork.com



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**The funds that are raised here, stay here.**



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- PANCAKE MIX & SYRUP
- PEANUT BUTTER & JELLY
- CANNED FRUITS (IN JUICE OR LIGHT SYRUP)
- FRUIT JUICE (100% JUICE)
- SOUPS (LOW SODIUM)
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# Furry Friends

Who Need Fur-Ever Homes!



Thomas

**Thomas**



Toby

**Toby**

Thomas and Toby are 5 year old Brown Tabby brothers who's owner sadly passed away recently. There was no one in the family who could take them so Thomas and Toby were surrendered to the shelter. These two boys have been together their whole life. Since the shelter in Manahawkin is undergoing renovations, there is not much room in the temporary shelter so we placed them in one of our loving foster homes until we can find them a new home. The boys are very bonded to each other so they must go to a new home together. Toby loves to play with toys and is very vocal. Thomas is a bit shy but a huge love bug. They both have great temperaments. When they were surrendered to the shelter it was determined that Thomas had a severe eye infection so his eye had to be removed. He has healed nicely and it has not compromised him at all. He gets around fine and uses his litter box faithfully. No other vet care is required. He is also FIV positive but do not be afraid of FIV. He can live just as long as any other cat with an indoor home. If you have any questions regarding FIV, please call Val at 609-661-3817. They are both neutered, up to date with vaccinations, tested negative for FeLV and microchipped. Toby is FIV negative. If you have room in your home and your heart for these two boys an application can be filled out on line at Fosocas.org and their foster Mom will be happy to arrange a meet and greet in her home in Barnegat.

Mia Rose needs a hero. Not all heroes wear a cape. They are people just like you and I. Mia Rose is a super sweet 6 year old female mix breed pup who is waiting at the So. Ocean Co. Animal Shelter for a special person to make her part of their family. Her original family surrendered her to the shelter when they fell on hard times and could no longer take care of her. She is diabetic and needs a new home with owners who are willing to be able to give her insulin injections every 12 hours or so. She has no issue getting these injections and it can be taught to anyone. Her new owners will receive \$600 worth of gift cards to purchase insulin and 1,000 needles which will last for more than a year. She is sweet and gentle and walks nicely on a leash. We know if you meet her you will fall in love with her. It is urgent to get Mia Rose out of the shelter and into a new home so her insulin can be regulated. If you would like to meet Mia Rose, please call the So. Ocean Co. Animal Shelter 732-341-9700. The shelter in Manahawkin is closed at the moment for renovations but they are currently in a temporary building at 20 Collinswood Road in Barnegat where you can meet all of the wonderful animals up for adoption.



**Mia Rose**

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

**609-978-0127**

or go to **www.fosocas.org**

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

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

**SATURDAY AND SUNDAY**  
May 6<sup>th</sup> and 7<sup>th</sup>  
8am to 3pm

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**TOWN WIDE YARD SALE**

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United Way of Monmouth and Ocean Counties

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 2020 Honda Civic EX-L HLU416180 <b>\$25,990*</b>	 2020 Honda HR-V EX HLM704859 <b>\$25,990*</b>	 2021 Honda HR-V EX HMM735826 <b>\$26,990*</b>	 2020 Honda Civic EX HLE220657 <b>\$26,990*</b>	 2020 Honda Accord Sport HLA151373 <b>\$27,990*</b>
 2019 Honda Accord EX-L HKA018461 <b>\$29,550*</b>	 2021 Honda CR-V Hybrid EX HME032840 <b>\$29,550*</b>	 2020 Honda CR-V EX YLH631549 <b>\$29,990*</b>	 2020 Honda HR-V Touring HLM721227 <b>\$29,990*</b>	 2019 Honda CR-V EX-L FKE052497 <b>\$30,990*</b>
 2021 Honda CR-V EX YMH668788 <b>\$30,990*</b>	 2019 Honda Accord EX-L 2.0T HKA001448 <b>\$30,990*</b>	 2021 Honda Odyssey LX FMB002054 <b>\$31,990*</b>	 2021 Honda CR-V Special Edition HML023832 <b>\$31,990*</b>	 2020 Honda CR-V EX-L HLH401336 <b>\$31,990*</b>

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# HYUNDAI IONIQ 6 SWEEPS WORLD CAR OF THE YEAR, WORLD ELECTRIC VEHICLE AND WORLD CAR DESIGN OF THE YEAR

Hyundai Motor Company's acclaimed IONIQ 6 Electrified Streamliner has won the prestigious World Car of the Year, World Electric Vehicle and World Car Design of the Year, lauded by an international jury for its unique aerodynamic design and outstanding all-electric range. World Car Awards revealed the results at a ceremony held at the New York International Auto Show (NYIAS). A jury of 100 automotive journalists from 32 countries chose IONIQ 6 from the top three finalists, all launched in 2022. This is Hyundai's second straight triple honors at the World

Car Awards. Last year, the jury named IONIQ 5 the winner in the same categories. "We are thrilled to receive this prestigious honor two years in a row, which recognizes the tremendous talents and unrelenting efforts of everyone at Hyundai Motor Company to bring EVs like IONIQ 6 to market," said Jaehoon Chang, President and CEO of Hyundai Motor Company. "This honor reinforces our commitment to be a global leader in vehicle electrification and will serve to embolden our efforts as a smart mobility solutions provider." "We always want to connect with customers on an emotional level and

with the design of the IONIQ 6 we have created truly one of a kind. The daring streamliner styling combines strong emotional appeal with aerodynamic efficiency to give exceptional range," said SangYup Lee, Executive Vice President and Head of Hyundai Global Design Center. IONIQ 6 is the second model in Hyundai's dedicated all-electric lineup brand, IONIQ. It takes full advantage of a bespoke Electric-Global Modular Platform (E-GMP) architecture to offer 800-V, ultra-fast charging capabilities for a 10 to 80 percent charge in just 18 minutes and a spacious interior.



2023 Hyundai IONIQ 6 / hyundai.com

With an ultra-low drag coefficient of just 0.21, IONIQ 6 is one of the most aerodynamic and energy efficient EVs on the market. The Electrified Streamliner's WLTP rated range on a single charge is 614 km. The standard 2WD model with 18-inch tires achieves WLTP-rated energy consumption of 13.9 kWh/100 km.

IONIQ 6's many features include Vehicle-to-Load (V2L) technology, driver assistance systems and advanced connectivity with over-the-air (OTA) software updates that offer the ultimate in-car experience. The spacious and ergonomic interior takes full advantage of the elongated 2,950 mm wheelbase to provide an

array of empowering features, such as Dual Color Ambient Lighting, Speed Sync Lighting, EV Performance Tune-up and Electric Active Sound Design (e-ASD), to enhance the electric mobility experience.

This year, the World Car Awards jury also named SangYup Lee as the 2023 World Car Person of the Year for his vital contribution to the most stunning and innovative concept and production cars unveiled in 2022, including Hyundai IONIQ 6, the All-new KONA and the N Vision 74 rolling lab.

In addition, IONIQ 6 has won prestigious awards during the past few months as it's been named 'Saloon of the Year' at the 2023 GQ Car Awards and 'New Car of the Year' hosted by Le Guide de l'auto. Plus, it achieved a five-star safety rating and 'Best in Class' selection in the 'Large Family Car' category from Euro NCAP.

The IONIQ brand's winning this year will help to energize Hyundai Motor's efforts to accelerate its electrification strategy and become the world's leading EV maker. Hyundai Motor plans to introduce 17 new BEV models by 2030, including Genesis luxury brand models, and aims to boost annual global BEV sales to 1.87 million units by 2030.

hyundai.com

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<p><b>MASON DUMP</b></p> <p><b>\$65,990</b></p> <p>2022 FORD F-350 XL REG. CAB              8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21261</p>	<p><b>12' RACK BODY</b></p> <p><b>\$72,590</b></p> <p>2022 FORD F-450 REG. CAB DRW              Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21271</p>	<p><b>HIGH ROOF RACKS &amp; BINS</b></p> <p><b>\$64,990</b></p> <p>2022 FORD TRANSIT 350              6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30185</p>

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<p><b>OPEN UTILITY</b></p> <p><b>Call For Details</b></p> <p>2022 FORD F-350 CREW CAB 4X4              8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21225</p>	<p><b>4X4</b></p> <p><b>\$64,990</b></p> <p>2022 FORD F-250 CREW CAB              8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, V-plow, Stk. No. F21121</p>	<p><b>RACK BODY</b></p> <p><b>\$64,690</b></p> <p>2022 FORD F-450 XL REG. CAB              8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21287</p>
<p><b>6' UTILITY BODY</b></p> <p><b>\$88,990</b></p> <p>2022 FORD F-250 CREW CAB LARIAT              Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, CD, 4x4, Stk. No. F21194</p>	<p><b>MASON DUMP</b></p> <p><b>\$70,590</b></p> <p>2022 FORD F-350 EXT. CAB              8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21276</p>	<p><b>4X4 PLOW</b></p> <p><b>\$64,590</b></p> <p>2022 FORD F-250 EXT. CAB XLT              8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, CD, Alloy whls., Stk. No. F21112</p>
<p><b>RACKS &amp; BINS</b></p> <p><b>\$64,990</b></p> <p>2023 FORD TRANSIT 350 HI-TOP              6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks</p>	<p><b>UTILITY BODY</b></p> <p><b>\$72,590</b></p> <p>2022 FORD F-250 REG. CAB              8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 4x4, plow, Stk. No. F20858</p>	<p><b>DUALY DIESEL</b></p> <p><b>OPEN UTILITY \$81,290</b></p> <p>2022 FORD F-350 XL CREW CAB              Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21172</p>

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# OCEAN COUNTY LIBRARY

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

## MATERNAL MENTAL HEALTH PROGRAM TO BE LIVE AND ONLINE AT LACEY BRANCH

LACEY TOWNSHIP – The Ocean County Library will offer a special presentation in observance of Maternal Mental Health Awareness Month. “Perinatal Mood and Anxiety Disorders: More Than Postpartum Depression” will take place, live and online, at 2:30 PM Monday, May 22 in the OCL Lacey Branch.



Karen Stern, PMAD Health Educator, CJFHC  
Photo courtesy Central Jersey Family Health Consortium

Karen Stern, Perinatal Mood and Anxiety Disorders (PMAD) Health Educator for the Central Jersey Family Health Consortium, will discuss symptoms of, and supportive resources for, postpartum depression and related issues that occur during pregnancy and the postpartum period.

The Central Jersey Family Health Consortium (CJFHC) maintains offices in Brick Township, North Brunswick, and Morristown.

CJFHC staffers research and recommend programs pertaining to early intervention, bereavement care, community-based COVID-19 defense strategies, health care for families, expectant mothers, teens, and children, parenting wellness, and more.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend this free program in person, or to receive a link to view the Zoom presentation wherever you need to be. For more information, visit the Lacey Branch, 10 East Lacey Road, Forked River, or call (609) 693-8566.

## OCEAN COUNTY LIBRARY KICKS OFF MENTAL HEALTH AWARENESS MONTH WITH PROVIDER FAIR

TOMS RIVER – The Ocean County Library, in partnership with the Mental Health Awareness Committee of Ocean County and the National Alliance on Mental Illness (NAMI), will host a mental health provider fair at the Toms River Branch from 4:30 PM to 8:30 PM on Wednesday, May 3.

Representatives from Ocean County agencies that support children and adults affected by mental illnesses and/or substance abuse will be available to discuss resources and services. The “Celebrating Wellness” awards ceremony will take place at 5:30 PM.

The awards ceremony will include a proclamation presentation from the Ocean County Board of Commissioners. The Ocean County Mental Health

## CELEBRATE ASIAN AMERICAN-PACIFIC ISLANDER HERITAGE MONTH WITH POLYNESIAN LUAU SHOW AT OCEAN COUNTY LIBRARY

TOMS RIVER – May is Asian American and Pacific Islander Heritage Month. As part of its activities and programs throughout the month, the Ocean County Library will present an authentic Polynesian Luau show at three branches:

- Brick Branch, 301 Chambers Bridge Road, (732) 477-4513, 6:30 PM Monday, May 8

- Little Egg Harbor Branch, 290 Mathistown Road., (609) 294-119, 6:30 PM Tuesday, May 16



Photos Courtesy of Paradise Island Entertainment

• Toms River Branch, 101 Washington Street, (732) 349-6200, 6:30 PM Wednesday, May 24

This event for all ages by Paradise Island Entertainment will feature costumes and choreography from the large Pacific island group, live hula dancers and musicians, and authentic Tahitian drummers.

Attendees will also enjoy interactive Polynesian cultural activities, including brief lessons in the Hawaiian language, Hula and Tahitian dance, and New Zealand Poi Ball spinning.

Paradise Island Entertainment is a South Jersey-based professional purveyor of Polynesian culture, traditions, and music, serving New Jersey, New York, Pennsylvania, and Delaware for more than 40 years.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for this free program. For more information, visit or call any participating branch, or call (732) 349-6200.

## DISCUSS AUTISM, CHILDHOOD DEVELOPMENT AND LITERACY AT STAFFORD BRANCH, OCEAN COUNTY LIBRARY

LITTLE EGG HARBOR – The Ocean County Library Stafford Branch is pleased to present a discussion, “Autism, Early Childhood Development, and Early Literacy,” 6:30 PM Wednesday, May 10.

Members of the Center for Autism Research (CAR), Children’s Hospital of Philadelphia, will be joined by postdoctoral fellow Clare Polega and research psychologist Maya Mosner. Participants will become informed about the facility, possible signs of autism or developmental delays, and early childhood development. A question-and-answer period will follow the presentation.

The Center for Autism Research coordinates study of autism spectrum disorder (ASD) and supports individuals with ASD and their families, aiming to develop effective treatments by identifying underlying causes.

A Center of Emphasis since 2008, CAR has generated valuable discoveries in genetics and brain imaging, and continues to develop social skills-oriented autism interventions. The presentation is part of OCL’s Milestones in Neurodiversity & Literacy to Grow program, providing literacy-based services for the neurodiverse community, from birth to age five, through a Library Services and Technology Act 2022 (LSTA) grant administered by the New Jersey State Library, an affiliate of Thomas Edison State University.

LSTA 22 funds are awarded to library projects that address literacy needs including, but not limited to, early literacy, family literacy, adult literacy, digital literacy, and financial and English language learning activities. Awarded projects are designed to provide training or other literacy-focused support or activities for adults and/or children.

Funding for LSTA 22 grants is made possible by the Institute of Museum and Library Services, with the purpose of addressing literacy needs and supporting literacy projects across the state.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend this free program. For more information, visit the Stafford Branch, 129 North Main Street, Manahawkin, or call (609) 597-3381.

Awareness Committee will honor community members who have worked to end the stigma often associated with mental health conditions.

In addition, fifth grade students will be honored for their artwork from the “What a Difference a Friend Makes” contest and several Ocean County teens and young adults will be recognized for their work from the “Creative Expressions” contest.

Light refreshments will be provided.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend this free program. For more details, visit the OCL Toms River Branch, 101 Washington Street, or call (732) 349-6200.

# Home Run SAVINGS

 2014 Nissan Versa 1.6 SV P84448 <b>\$9,990*</b>	 2013 Hyundai Sonata GLS FDH807966 <b>\$11,990*</b>	 2013 Hyundai Santa Fe Sport HDG114246 <b>\$11,990*</b>	 2013 Ford Edge SEL FDBA67105 <b>\$12,990*</b>	 2018 Chevrolet Cruze LS HK7100990 <b>\$14,990*</b>	 2015 Nissan Altima 3.5 SL NFC181539 <b>\$14,990*</b>	 2015 Hyundai Sonata Sport HFH124090 <b>\$14,990*</b>
 2012 Audi A5 2.0T Premium quattro NCN006123 <b>\$21,990*</b>	 2020 Nissan Sentra SR NLY219025 <b>\$21,990*</b>	 2017 Nissan Armada SV NH9502748 <b>\$21,990*</b>	 2018 Ram ProMaster City Tradesman SLT YJ6K02711 <b>\$22,990*</b>	 2022 Hyundai Santa Fe SE YNH372866 <b>\$23,990*</b>	 2018 Ford Edge SEL FJBC18779 <b>\$23,990*</b>	 2019 Mazda CX-3 Touring HK0448803 <b>\$23,990*</b>
 2020 Nissan Pathfinder S HLC636451 <b>\$29,990*</b>	 2022 Honda Accord YNA003802 <b>\$30,550*</b>	 2021 Honda Accord Sport HMA019586 <b>\$30,550*</b>	 2021 Kia Sorento S FMG019801 <b>\$31,550*</b>	 2018 Kia Sedona SX NJ6423651 <b>\$31,990*</b>	 2020 Jeep Grand Cherokee Limited YLC218268 <b>\$34,990*</b>	 2021 Ford Bronco Sport Outer Banks FMRA46100 <b>\$34,990*</b>
 2017 Lincoln Navigator Select FHEL02985 <b>\$39,990*</b>	 2020 Ford F-150 XLT FLFB60534 <b>\$40,990*</b>	 2020 Honda Ridgeline RTL-E HLB007295 <b>\$40,990*</b>	 2016 Ford F-250SD Lariat FGE873517 <b>\$41,990*</b>	 2020 Ford F-350SD XL FLED43961 <b>\$42,990*</b>	 2020 Jeep Wrangler Unlimited Sport S YLLW144895 <b>\$43,990*</b>	 2021 GMC Sierra 1500 Elevation FMG48740 <b>\$45,990*</b>

# SPICY'S AND DINE ON US TEAM UP TO PROVIDE A NIGHT ON THE BOARDWALK FOR THE TROOPS

Artie Perez, Dine on Us board member and lifelong supporter, came up with a plan for the NJ active military. Artie knew many of the NJ active military stationed here come from out of state and that they aren't aware the boardwalk exists. Many of our active military are struggling financially and are not able to enjoy a night out on their own. Artie created A Night Out on the Boardwalk. Artie opened Spicy's Cantina on the Seaside Boardwalk for the active military on a Friday night in March. Spicy's created an all you can eat taco, nachos and fajita station, they asked their favorite entertainer, DJ Charley Bucket to create a night of fun and dancing. During the night, Artie was taking in all the excitement but couldn't believe the biggest, most unexpected, hit of the night. It was all you can play arcade that was donated by Wayne Cimorelli of Spicy's Cantina and the Coin Castle Arcade. Most of the troops had never experienced a NJ boardwalk and arcade and they couldn't believe all of the games available to play. They had a blast on the classics like skeeball, air hockey, and the crane game.



Even on a cold night in March, most of the military took the opportunity to check out the ocean. They couldn't believe the scenery.

To make sure the troops were able to make the trip, Dine on Us partnered with Shore Luxury Limo and sponsored Shore Limo's trolley which transported the Naval Weapons Station Earle to Spicy's and back home again safely.

These moments that we are able to create for our NJ active military will leave an everlasting memory in the minds of our troops and their families. They all have said they have never experienced treatment and gratitude like this anywhere they have been stationed. To feel this loved and respected has brought morale back up to a level the base commander Ed Callaghan said he has not experienced in years. He said this is exactly what our troops need to balance family life and pleasure with the missions that lie ahead of them.

Creating wonderful events like this is what keeps Artie Perez and the rest of the Dine on Us team motivated to continue the mission.



## IT'S THAT TIME OF YEAR, CREATE A SPACE FOR GARDENING!

By Danielle Natale - Causeway Honda Sales Consultant

Spring has sprung! Time to start having some fun! This is my time of year, where I put myself in gear, with better health habits and inspiring outdoor spaces. This all starts with growing my own produce.

Over the years I have upgraded my ability to grow indoor and outdoor produce. This year is a game changer for my daughter and me. We recently built a fair-sized greenhouse. This has been a long-time dream of mine. I have limited space however I carefully plan out before making any changes in my yard. I am very blessed in life to have such a great family and so many wonderful friends who help me with many of my projects.

This time my cousin and her husband helped Autumn and I build our dream greenhouse! They had experience building one like this before and I was thankful because it would have taken me days to do it on my own. They work so well as a team, that it went up in one day!

In order to fit the greenhouse in the area I used for all my raised beds, I needed to move a few things around first. Now thankfully because I planned ahead, I was able to fit everything back in that same space.

The smallest of yards can be done tastefully if planned out properly, and you really can fit everything you find functional and aesthetically pleasing. I challenge all of you to create a space in your yard that awakens your soul. I would love to see what inspires you all. Please consider emailing me at [Dnatalecausewaycars@gmail.com](mailto:Dnatalecausewaycars@gmail.com)

**405 Route 72 East  
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\*Pricing is plus tax, tags, doc fees, bank fee. See dealer for complete details.

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 <b>2018 Nissan Murano SV</b> YJN112327 <b>\$24,990*</b>	 <b>2016 Ford F-150 XL</b> FGFB11767 <b>\$24,990*</b>	 <b>2020 Nissan Rogue Sport SV</b> YLW381387 <b>\$24,990*</b>	 <b>2021 Honda HR-V Sport</b> HMM720073 <b>\$26,990*</b>	 <b>2017 Lincoln MKX Select</b> FHBL40385 <b>\$26,990*</b>	 <b>2018 Nissan Titan S</b> NJS536839 <b>\$29,990*</b>	 <b>2019 Ford Edge ST</b> FKBB52027 <b>\$29,990*</b>
 <b>2021 Chrysler Pacifica Hybrid Touring L</b> FMR525102 <b>\$36,990*</b>	 <b>2021 Honda Passport</b> HMB008242 <b>\$36,990*</b>	 <b>2021 Honda Odyssey EX-L</b> HMB036006 <b>\$37,990*</b>	 <b>2019 Audi Q7 45 Premium Plus quattro</b> HKD014890 <b>\$38,990*</b>	 <b>2019 Ford F-150 XLT</b> FKFD48275 <b>\$38,990*</b>	 <b>2020 Cadillac CT5 Premium Luxury</b> FL0143688 <b>\$38,990*</b>	 <b>2020 Ford F-150 XLT</b> YLCF70441 <b>\$38,990*</b>
 <b>2020 Ford F-150 XLT</b> FLKE18061 <b>\$47,990*</b>	 <b>2020 Ford Ranger XLT</b> FLLA25235 <b>\$48,990*</b>	 <b>2021 Ford Bronco Big Bend</b> FMLA69460 <b>\$54,990*</b>	 <b>2022 Ford F-150 XLT</b> FNKD79338 <b>\$58,990*</b>	 <b>2022 Chevrolet Silverado 1500 LTZ</b> FNZ5411228 <b>\$60,990*</b>	 <b>2021 Ford Bronco Wildtrak</b> FMLA62186 <b>\$62,990*</b>	 <b>2021 Ford F-150 Lariat</b> FMKE97094 <b>\$67,990*</b>

# KIDS COLORING CONTEST!

You Could Win a \$50 Target® Gift Card!



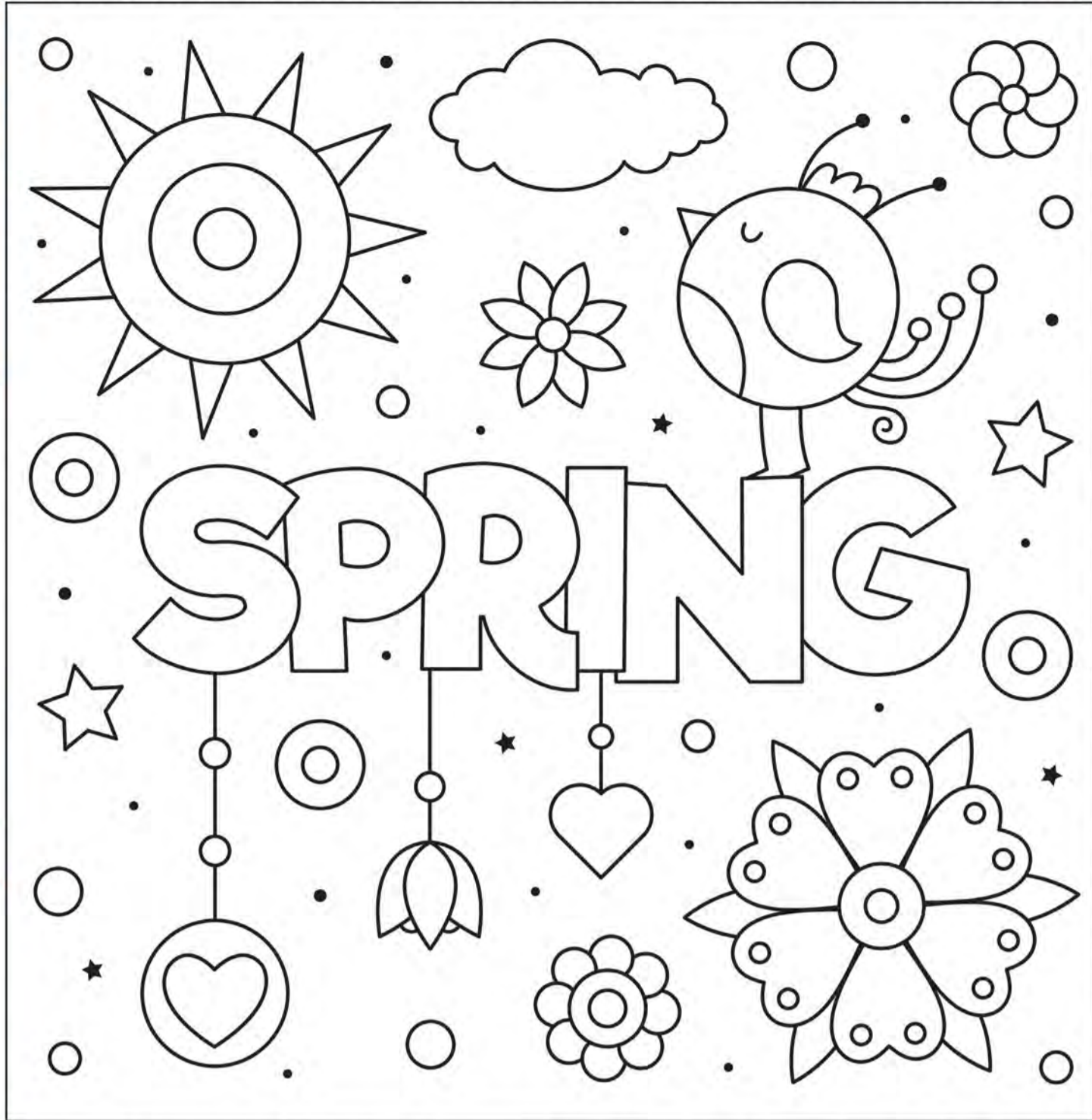
Simply have your child color the page, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.

**Entry Deadline: May 7th**

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



**Nicole**



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

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!

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

**Christopher**

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: May 7th**

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

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

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

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