

# The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities May 2023 • Number 108

## THE CAUSEWAY FAMILY OF DEALERSHIPS CELEBRATES 25 YEARS OF SUPPORTING COLLEGE-BOUND STUDENTS

### Causeway Family of Dealerships gives back to local high school students.

**MANAHAWKIN, NJ** – In 1998, Scholarship Chairperson and long-time Causeway employee, Skip Martin, approached Dave Wintrode, President of the Causeway Family of Dealerships and Causeway CAREs, about his interest in starting a scholarship program for graduating Southern Regional High School students. Having graduated from Southern Regional High School in 1968 and his son graduating from the same high school in 1998, Skip had a passion for the school and the graduating students. Mr. Wintrode, a former English teacher, was very much in favor of helping young graduates continue their education and enthusiastically agreed. Thus, the Causeway Scholarship Program was born.

The program started with five scholarships each year and has since grown to 25-30 scholarship awards to graduating students from Southern Regional High School, Barnegat High School, and Pinelands High School. The program provides financial assistance to students of Causeway employees, Causeway customers and those in need of financial assistance to help them pursue their academic dreams and achieve their goals.



The 2022 Scholarship recipients from Southern Regional High School.

All three schools have special ways in which they honor the recipients. Skip Martin works to make it special for all. Each scholarship winner receives a certificate of achievement and letter in addition to their check. The letter states, "You will soon be entering a new phase of your life. College can be difficult and challenging, but remember, you have people back home rooting for you, so do your best and good luck!" Skip adds, "P.S. Your parents told me to tell you to study hard."

The Causeway Family of Dealerships has always been committed to supporting the local community, and the scholarship program is just one way they give back. Causeway Family of Dealerships and Causeway CAREs believes that investing in young people's education is an investment in the community's future. By helping students achieve their academic goals, the program helps build a stronger, more vibrant community.

"In 25 years of attending the scholarship celebrations, I have been overwhelmed by the support our community gives these young adults," comments Skip. "A special thank you to Dave Wintrode for his generous support."



Kristie Prescott, Southern Regional High School Scholarship Coordinator and Skip Martin, Causeway Ford and Lincoln Sales Consultant

Over the past 25 years, the Causeway Scholarship Program has helped many students in the community. The program has made a significant difference in the lives of many students, helping them to afford college and pursue their passions.

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### About Causeway CAREs

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

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



The Wintrode Family Foundation



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

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# Stories of Impact

## The HOPE Center

Throughout the year, Causeway CAREs gives back to local organizations in various ways. This is The HOPE Center's story of impact.

In May 2022, The HOPE Center received a vehicle through the CauseWheels Vehicle Donation Program which was funded in part through a grant from Fulfill. "The gift from Causeway and Fulfill has since been used to help transport 117,814 lbs. of food in 2023 so far," said Amy VanBezooijen, Executive Director of the HOPE Center. This food has been distributed through the food pantry in Toms River.

Currently, The HOPE Center utilizes the van to complete trips to and from Fulfill, picking up food each trip. The HOPE Center is now able to serve approximately 9,407 men, women and children this year through the generous donation of the vehicle as compared to 4,702 in 2021 and 5,812 in 2022. In addition to trips to and from Fulfill, the van has been utilized in distributing baskets for all occasions including Thanksgiving Basket distribution.

**"We are grateful for the support and generosity of Causeway CAREs/The Wintrode Family Foundation and Fulfill."**

- Amy VanBezooijen, Executive Director of the HOPE Center



### The HOPE Center

Within a place of hope and faith, The HOPE Center's mission is to serve individuals and families in crisis with dignity and compassion, providing for their basic human needs and striving to empower each person to achieve his or her greatest level of self-sufficiency.



The HOPE Center van has been busy distributing food and supplies to the Ocean County community.

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).**

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## Better Weather Sets the Stage for Further Family Promise Outings

Thankfully, April showers are gone and finer weather is now blooming along the Jersey Shore.

The torrential rains at the end of last month washed out our day with the Jersey Shore BlueClaws, so we are now looking forward to enjoying a great baseball game together at the ShoreTown Ballpark on a fine summer afternoon.

The Jersey Shore BlueClaws will welcome Family Promise of the Jersey Shore and its volunteers, staff and supporters on the afternoon of Sunday, July 9 for the 1:05 pm game against the Hudson Valley Renegades.

Enjoy some great BlueClaws baseball while supporting an important cause! For each ticket purchased, a portion of the proceeds will go back to Family Promise of the Jersey Shore!

For tickets call 609-994-3317 or email [fpsocstaff@gmail.com](mailto:fpsocstaff@gmail.com). Tickets are available online at <https://fevogm.com/event/Familypromise/offer>.

Thank you to everyone who supported Family Promise Giving Day on April 20! Thank you for your generous donations that help fund the services we provide local families experiencing homelessness.



Thanks to everyone who came out for our annual Designer Bag Bingo night at St. Mary's Parish Hall in Manahawkin! It was a great night of fun in support of local families facing hard times.

Thank you to all the local businesses who sponsored the event and all who donated a wonderful selection of gift baskets for the raffle. Thanks to all our volunteers and staff who made it happen. And thanks to all the players who came out and made a good time a successful fundraiser.

Welcome and thank you to all our new volunteers! We truly appreciate you and your selfless efforts to help others. If you would like to join the ranks of our amazing volunteer team, please email Cheryl at [Cheryl@familypromisesoc.org](mailto:Cheryl@familypromisesoc.org).

As always, heartfelt thanks to all for supporting Family Promise of the Jersey Shore as we work to help local families have a home.

Please follow us on Facebook and Instagram for news, events and opportunities to help our neighbors.

All the best,

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



# SOUTHERN REGIONAL SPORTS BEAT



## Multi-Sport

Congratulations Southern Regional HS Senior Multi-Sport Athletes Pat Gaffney & Leah Morrin, on being named the 2022-2023 Shore Conference Sportsmanship winners for the Rams! Thank you for all you have done for Southern.



## Soccer

Congratulations Southern Regional Boys Soccer players Matty Leonard and Nate Bott, on both making their college commitments to continue their education and soccer careers at the next level. Matty will attend Western New England University, and Nate will attend Union College. Both players were surrounded by their families, Coach Andy Kmosko, Head Coach Rob Munoz and Coach Nick Scalone. Best of Luck!



## Track

Congratulations Southern Regional Alumna Gabriella Conforti (Class of 2019) - King College Women's Track on placing 3rd in the Triple Jump at the MAC Championships on Saturday, May 6, 2023. Continued Success! Photo supplied by the Kings College Athletic Instagram Account.



## Lacrosse

Congratulations Southern Regional Alumna Kacey Kubarewicz currently with Belmont Abbey Women's Lacrosse on making the 2023 Conference Carolinas All Tournament team. Continued Success.



## Lacrosse

Congratulations Southern Regional Girls Lacrosse player Delaney Falk on recording her 100th career point in the Rams' victory over Lacey Twp 17-7 on Tuesday, April 18, 2023.

## Lacrosse

Congratulations Southern Regional Girls Lacrosse player Kaya Nascimento on her commitment to continue her education and Lacrosse careers at Montclair State University. Kaya is pictured with her family, Head Coach Lori Johnson, and Coach Sean Sweeney. Best of Luck!



## Lacrosse

Congratulations Southern Regional Boys Lacrosse senior Joey DeYoung, on scoring his 100th career goal in the Rams' 16-0 win over Brick Twp on Friday, April 14, 2023. Joey is pictured with Coach Mike Jinks and Head Coach John Pampalone. The Rams improve to a 4-1 record on the season and 3-0 in "A" South. Continued Success!



## Track & Field

Congratulations Southern Regional Boys Track & Field thrower Fabian Gonzalez who at the Woodbury Relays on Saturday, April 22, 2023, came out on top in the shot put with a personal-record and the nation's No. 2 distance of 65 feet, 9 inches. The senior also won the discus with a 181-2. His efforts earned him the Most Valuable Field Performer Award. Continued Success this season.



## Lacrosse

Congratulations Southern Regional Girls Lacrosse Alum current Ramapo Women's Lacrosse player Colleen Mason on being named the New Jersey Athletic Conference Offensive Player of the Week. This is the 2nd time Colleen has won the award during the 2023 season. Continued Success. Picture provided by Ramapo Athletics.



## Lacrosse

Congratulations Southern Regional Boys Lacrosse player Hayden Lucas on his commitment to continue his education and Lacrosse careers at Nazareth College in New York. He is pictured with his family, Coach Mike Jinks, Head Coach John Pampalone and Coach Nick Jinks. Best of Luck!

## Lacrosse

Congratulations Southern Regional Boys Lacrosse player Hayden Lucas on registering his 100th career point on Friday, May 5, 2023 vs Manalapan.



## Volleyball

Congratulations Southern Regional Boys Freshmen Volleyball on winning the Monroe Tournament on Saturday, April 15, 2023. Great job players and Coach Frederickson. Best of Luck the rest of the season.

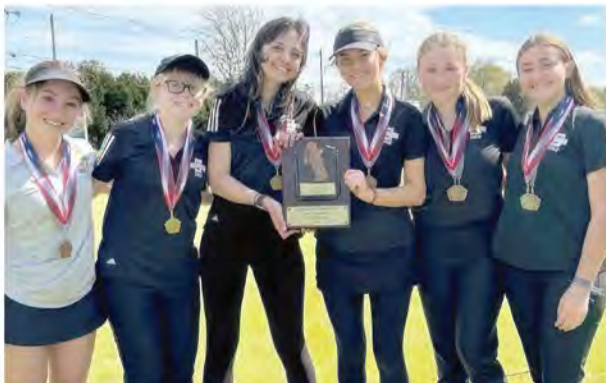


## Lacrosse

Congratulations Southern Regional Boys Lacrosse Alum Ryan Sininsky on scoring the winning goal for NJIT Men's Lacrosse over UMass Lowell on Saturday, April 29, 2023. Continued Success! Picture provided by NJIT Men's Lacrosse Instagram handle

## Golf

Congratulations Southern Regional Girls Golf on winning the 2023 Ocean County Tournament Championship on Monday, April 17th at Bey Lea Golf Course in Toms River, NJ. Congrats golfers and Head Coach Jeff Reilly. Continued Success this season.



## Lacrosse

Congratulations Southern Regional Girls Lacrosse on defeating Pinelands Regional on #SeniorNight, Tuesday, May 9, 2023. Thank you, Seniors, for all you have done for Southern.



## Track

Congratulations Southern Boys Track and Field on winning the 2023 Ocean County Relays Championship on Friday, May 5, 2023. Thank you, Seniors, for all you have done for Southern.



## Volleyball

Congratulations Southern Regional Boys Freshman Volleyball team on winning the St. Joe Metuchen Tournament on Saturday, May 6, 2023. The Rams went undefeated throughout the tournament. The Freshmen team is coached by Southern Alum Mr. Ryan Frederickson. Great job Rams!



# DINE ON US ATTENDS THE CHANGE OF COMMAND AND RETIREMENT CEREMONY ON NAVAL STATION

It was with great honor, pride, and respect that Dine on Us was able to wish a "Fair winds and following seas" as a VIP invite to Captain Ed Callahan's change of command and retirement ceremony on the Naval Weapons Station Earle, Colts Neck, NJ. Ed Callahan, who proudly served our country for 40 years, was shown the same honor in return as over 150 VIPs attended

his ceremony including NJ senators, congress, and the local mayors. Tribute was given to the captain's 40 years of service by Rear Admiral Christopher "Scotty" Gray, Commander, Navy Region Mid-Atlantic. He highlighted how Ed Callahan started his career as the lowest ranking enlisted, E1, and worked his way up the chain of command as a Limited Duty Officer to Officer, O6.

Ending his career as the Commanding Officer of Naval Weapons Station Earle, an accomplishment never completed by a Limited Duty Officer before. Rear Admiral Brian L. Davies, Commander, Submarine Group 2, then spoke on how he and Ed first met while serving together on Ed's one of eleven submarine strategic deterrent patrols. Rear Admiral Davies



knew Ed was to be nominated to lead as the Commanding Officer for Naval Weapons Station Earle.

When it was time for the Commanding Officer to give his farewell speech, he stated he could not have been successful without the support of his officers, his enlisted staff, and the community relationships that have been developed including Dine on Us.

The ceremony concluded with the Master Chief Petty Officer, Joe

Eppolito, reading of the history of Old Glory and the Master Chief Petty Officer, Carlos Slade, reciting a very powerful rendition of The Watch. CMDCM exclaimed that for 40 years this sailor stood the watch as we slept, ate, studied, and spent time with our families. He then said Shipmate, the watch stands relieved. Relieved by those You have trained, guided, and led. Shipmate, you stand relieved. We now have the watch!

"Boatswain, Standby to pipe the side. Shipmate's going ashore!"

The captain walked off the stage for the last night and walked ashore as a civilian.

Immediately after the ceremony, the captain held his retirement ceremony in the Officer's Hall. Waiting for him and all his guests was a meal created by Chef Mike's ABG to show the ultimate tribute to Ed's 40 years of service. There was also a custom cake created by Alfredo of La Scala Bakery. He decorated in Navy Colors and added, "Fair Winds and Following Seas" Thank you for 40 years of service.

An incredible send-off to someone who deserved no less!



## SGT. JOHN A. LYONS RUN TO REMEMBER

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# HEARTS OF MERCY HOSTED ANNUAL VOLUNTEER CELEBRATION EVENT

Hearts of Mercy, a charitable nonprofit organization providing free tutoring, mentoring, arts, summer camp and other enrichment activities to economically under-resourced children and families in Barnegat, Manahawkin and vicinity, was excited to close National Volunteer Month with a bang. Their annual volunteer celebration event took place on April 27, 2023.



**HEARTS OF MERCY**

Many volunteers attended, enjoying friends, food and festivities in honor of their generous contribution of time, skills, talent and heart to benefit the most vulnerable children and families in the community. Hearts of Mercy is a volunteer-powered organization. Roughly 30 volunteers support the organization's programs and supporting operations over the course of each year.

Founder and executive director, Kristin Santorelli, along with the Hearts of Mercy board of directors, were pleased to host the exciting evening, with games to get new and old volunteers acquainted with one another. Certificates of appreciation were presented to volunteers. Said Kristini, "Our volunteers share their time, hands, minds, and hearts. Our children show incredible improvements in their school grades, communication and social skills, self-confidence, and their motivation towards a bright future. Our one-on-one and group activities let our children develop real relationships with caring volunteers who become a supportive, dependable presence in their lives."

One of Kristin's longest partners in community service, Naomi Estrada, shared with the other volunteers stories of the early work they did together beginning in 2009, which Kristin eventually organized and founded as Hearts of Mercy. Naomi reminisced about how Kristin, simply a Barnegat resident, noticed homeless families living in a nearby motel, and immediately took action. Naomi went on to describe how she and Kristin joined forces to respond to the needs of these families, and other needful members of the community. Kristin joined in to add to Naomi's stories, recalling to the group of volunteers, a midnight call from a mother in need of diapers to which she and Naomi promptly responded, delivering the needed diapers to the family. Naomi has continued serving needful community members, working with Kristin, and volunteering with Hearts of Mercy for nearly 15 years.

One of Hearts of Mercy's newer volunteers, Jaden Siriski, shared with his fellow volunteers about how he came to volunteer for Hearts of Mercy a year ago. He was tasked to fulfill a school assignment calling for students to conduct an

interview with a local nonprofit organization. Jaden shared with the other volunteers how he had no expectation other than to come to Hearts of Mercy's office, conduct the interview, and move on. Instead, he said, he immediately became captivated by Kristin's uniquely magnetic, open personality and her passion for the work of Hearts of Mercy. Jaden has volunteered with Hearts of Mercy since, working with the children and assisting with other activities of the organization. Jaden announced to his fellow volunteers that he will be moving to Florida to pursue studies that will prepare him to advance his career goals as a filmmaker, but told everyone one of the hardest things about moving away is leaving Hearts of Mercy.

Hearts of Mercy's volunteer children's services positions include tutors, mentors, camp leaders and program leaders. These volunteers administer the organization's core programs. Volunteers also facilitate other activities throughout the year, including sports, arts and crafts, music, dance, theater, horticulture, reading buddies, community outings and learning experiences, family events, and many others.

Hearts of Mercy's body of volunteers also includes administrative workers who perform the functions that keep services to children and families running. General and administrative volunteers handle operations including fundraising and development, outreach, communications, public relations, bookkeeping, website and social media management, administrative, and program support. The organization's governing board of directors also contributes their time and expertise to advance the mission of Hearts of Mercy.

Hearts of Mercy's mission is to break the poverty cycle through learning and enrichment programs that motivate at-risk children to create a better tomorrow. From its grassroots beginnings in 2009, Hearts of Mercy was awarded its federal 501(c)(3) nonprofit status in 2015 and is a registered New Jersey charity.

Today, Hearts of Mercy serves over 20 under-resourced children a year. Ready for growth, Hearts of Mercy is working hard to expand its outreach and impact in the community. The organization looks forward to serving growing numbers of children and families in 2023 and beyond.



Hearts of Mercy's website, Facebook and Instagram pages can be found by entering "Hearts of Mercy Manahawkin" into your favorite Internet search engine (such as Google or Bing). Program applications are available on their website. Volunteer opportunities are posted on VolunteerMatch and other sources. Inquiries about volunteering, along with any other questions, may be directed by email to [info@hearts-of-mercy.org](mailto:info@hearts-of-mercy.org), or by phone to (609) 339-2341. Hearts of Mercy welcomes your calls and emails!

## 'NEVER A DULL MOMENT IN HER CLASS': MANAHAWKIN TEACHER WINS AWARD

*Veronica Flesher, Patch Staff.*

MANAHAWKIN, NJ — Every so often, a student is lucky enough to have a teacher who cares so deeply and makes every day equally as fun as it is educational. For fifth graders at Lighthouse Christian Academy in Manahawkin, that teacher is Tammy McComb.

McComb, currently completing her eighth year at the school and 16th year teaching overall, is a winner of the Doherty-owned Applebee's Above & "Bee"Yond Teacher Essay Contest, thanks to essay submitted by one of her students, Beckett Ellis.

It's clear why McComb won the award and why Ellis felt the need to nominate her. McComb's passion for teaching was palpable even through a phone interview.

"I love just being with the kids," McComb told Patch. "I love the content. I love knowledge. I get very excited about the things that I teach."

When McComb first read Ellis's essay he submitted to the Manahawkin Doherty-owned Applebee's, titled "The Best Teacher Ever," she said she was overwhelmed with pride.

In the essay, Ellis outlines three reasons why he believes his teacher is worthy of the award. His reasons are her kindness, how she makes class exciting and how hard she works. He said that there is "never a dull moment" in McComb's classroom.

"Let me ask you this," the essay begins, "How many 5th grade teachers do you know that will dress up as George Washington and throw an ice cream party for his birthday? Probably none, but my teacher, Miss McComb, does."

"That was the first year I did that!" McComb said with a laugh. She decided last minute that since her lesson on the American Revolution coincided with Washington's birthday, a celebration was necessary. And no, girls weren't allowed to dress up as Martha Washington - everyone had to be the first president.

"You would be amazed at how clever they are," she said, adding that she told the students not to bother their parents and just use what they found at home to create their costumes. "It was awesome. I loved that."

She got emotional talking about how the end of the school year was rapidly approaching. "We hand out character awards at the end of the year. Every year when I wrote those, I get misty-eyed - actually, I just cry. I'll be honest," McComb said.

The award comes with a \$500 check and an end-of-the-year party for the class. She hopes to use the money to add more books to the class's library and more comfortable seating to their reading nook.

"Reading is something that's really, really important to me that the kids get into," McComb said. "That's what's going to keep them as lifelong learners."

Doherty-owned Applebees locations are offered free desserts to teachers during Teacher Appreciation Week.



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# A NEED WE FEED'S 4TH ANNUAL CASINO NIGHT WAS AMAZING!

On Saturday, April 22, 2023, over 150 people headed to the Toms River Elks on Washington Street to support the efforts of this Ocean County-based nonprofit to raise money for their weekly meal program.



Everyone enjoyed a night of gaming, a two-hour open bar, a gift auction, a wine pull and a mystery box game, a buffet dinner, coffee, and dessert. This is their largest fundraiser of the year, and it certainly looked like it from the crowd that came out!

Special thanks to the sponsors, and attendees, the A Need We Feed Board of Directors, the Casino Night Committee, and Taylor Spence of T. Spence Photography, for giving their time and talent to make this event successful.

Personal Wealth Strategies and Pungello C.P.A. were the Event Sponsors. All County Exteriors was the King of Diamonds Sponsor, and Wells Fargo was the Queen of Hearts Sponsor. A&F Technical Resources, Causeway Family of Dealerships, and T.D. Bank were Jack of Clubs' Sponsors.

Beacon Building Products, I.C.G. Next, OceanFirst Foundation, Ryan's Catering & Deli, and T.D. Bank were Gaming Table Sponsors; Brandywine and P.B.A. Local 347 Mantoloking & Bay Head were Cocktail Table Sponsors.

A Need We Feed's next fundraiser will be June 24th at Icarus Brewing in Lakewood. Full details will be available soon at [www.aneedwefeed.org](http://www.aneedwefeed.org) under events.



## SOUTHERN OCEAN ANIMAL SHELTER REOPENS IN MANAHAWKIN



By Veronica Flesher, Patch Staff

MANAHAWKIN, NJ — For the first time since February, you'll be able to meet your new furry best friend at the Southern Ocean County Animal Facility in Manahawkin.

The adoptables have been patiently waiting at the Barnegat location for renovations and repairs to be complete in Manahawkin.

But these are all complete and the shelter officially reopened to the public on May 3.

Not only is it back open, there are new cats and dogs available so if you're looking to add to your family you're certain to find a match.

You can now visit them daily, from 1 p.m. to 4 p.m. Call 609-978-0127 for more information.

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# Focus ON Barnegat

## VENUE AT LIGHTHOUSE EARTH DAY CELEBRATION

Venue at Lighthouse Earth Day Celebration was held on Saturday April 22nd

Venue at Lighthouse is a relatively new 55 and over community in Barnegat. The event sponsored by Venue Garden Hobby club was designed to encourage residents to Respect and take Pride in and Ownership of our community.

The club is run by Sue Priolo who did a wonderful job of organizing the event. We had raffles, installed birdhouses on the property and raised our new community flag. Earth Day was a great success and we did our share to make this earth a better place.



## SOLAR CARPORTS ACTIVATED AT ALL BARNEGAT SCHOOLS

The clean energy produced over the next 15 years is equivalent to taking about 6,500 gas-powered cars off the road, according to EPA data.

By Veronica Flesher, Patch Staff

All six Barnegat schools now have solar canopy carports installed and activated by Greenskies Clean Focus, the energy company announced in a release.

"We're excited to see these solar carports operating and beginning to save our School District money while creating a more sustainable future," said Steve Brennan, business administrator for Barnegat Township Schools. "These projects showcase our ongoing commitment to our students and community by prioritizing renewable energy and long-term cost savings. "In total, more than 4,756 solar photovoltaic (PV) panels were installed at:

- Barnegat High School (323.1 kW)
- Russel O. Brackman Middle School (711.9 kW)
- Robert L. Horbelt Intermediate School (336.6 kW)
- Joseph T. Donahue School (336.6 kW)

- Cecil S. Collins School (234.9 kW)
- Lillian M. Dunfee School (197.1 kW)

The 2.14 megawatt portfolio of solar canopies is expected to generate more than 2,748 megawatt-hours (MWh) of clean energy, offsetting more than 1,948 metric tons of carbon dioxide (CO<sub>2</sub>), Greenskies Clean Focus said. Over the next fifteen years, that's the equivalent of taking about 6,500 gas-powered cars off the road or preserving 34,800 acres of forest, according to data from the U.S. Environmental Protection Agency.

In addition to the environmental benefits and electricity cost savings, the structures provide shade and protection from the weather.

"Greenskies is proud to help the Barnegat Township School District achieve its renewable energy goals," said Stanley Chin, President and CEO of Greenskies Clean Focus. "When schools reduce energy costs with solar, the students stand to benefit the most."

The project was furnished with no upfront cost to Barnegat, according to Greenskies Clean Focus, which will purchase the power generated by the arrays from Greenskies at a low, fixed rate for the next fifteen years. Greenskies will also provide ongoing management and maintenance.

patch.com



The solar carports, seen here on Pirate's Day at Russell O. Brackman Middle School, provide shelter alongside their environmental benefits. (Veronica Flesher/Patch)

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

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](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 Gardner at rgardner@fulfillnj.org](mailto:Robin.Gardner@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.

## AFFORDABLE CONDOS FOR SALE IN LACEY TOWNSHIP

Please submit a preliminary application at [www.AffordableHomesNewJersey.com](http://www.AffordableHomesNewJersey.com) and join the Lacey Ownership Waiting list by **June 14, 2023** to be included in the random lottery number drawing to determine priority order. If you do not have an email address, call 609-664-2769 ext. 5.

- Preserve at Barnegat Bay is located at 1301 Cyprus Court, Forked River in Lacey Township, Ocean County.
- HOA fees are \$268.40 per month.
- Unit amenities include: central AC, dishwasher, and washer & dryer.
- One off-street parking space per home with additional overflow parking in the community.
- Although any income eligible households may apply, residents and workers of Mercer, Monmouth, and Ocean counties will be selected before residents of other counties or states.

Sixteen BRAND NEW affordable condos will be available. The first two condos will be ready in the Summer 2023.

1 Bedroom Condos	2 Bedroom Condos	3 Bedroom Condos
One Low \$90,012	One Very Low \$52,944	One Very Low \$67,771
One Moderate \$135,022	Four Low \$116,488	One Low \$141,200
	One Moderate \$157,792	One Moderate \$188,929
	Three Moderate \$164,147	One Moderate \$196,272
	One Moderate \$170,501	

Maximum Gross Income by Household Size			
Household Size	Very Low	Low	Moderate
1	\$25,749	\$42,915	\$68,665
2	\$29,428	\$49,046	\$78,474
3	\$33,106	\$55,177	\$88,283
4	\$36,785	\$61,308	\$98,092
5	\$39,727	\$66,212	\$105,940
6	\$42,670	\$71,117	\$113,787





# SENIOR CORNER

## 9 RECOMMENDATIONS TO KEEP YOUR KIDNEYS HEALTHY

How to protect this vital organ and recognize the signs of disease

By Barbara Sadick, AARP

Kidney disease is the fastest growing noncommunicable disease in the United States, according to the American Kidney Fund. Kidney disease affects 37 million Americans, or 15 percent of all adults. It's often called the "silent epidemic," because signs and symptoms are usually nonexistent until the kidneys are already damaged. Once kidneys fail, people need lifelong dialysis or a kidney transplant. With good management and new treatments, kidney disease can be prevented and managed. Here are nine ways to keep your kidneys healthy and slow down progression of the disease.

### 1. Know what puts you at risk for kidney disease

Diabetes, or high levels of blood sugar in the body, is the number one risk factor for kidney disease. High blood pressure is also strongly associated with kidney disease. Other risks include heart disease, obesity, family history, past kidney damage and aging. African Americans, Hispanics and Native Americans are at higher risk than white people. As we age, our kidneys lose some of their function.

Physical warning signs for kidney disease are very rare. Most kidney disease is detected through blood work. However, if you have persistent foam or blood in your urine, this may indicate a kidney disorder. People passing kidney stones may experience sharp pain that comes in waves or spreads to the groin area. The National Kidney Foundation says stones increase your risk of kidney disease.

Michelle Josephson, M.D., a nephrologist and professor of medicine and surgery at the University of Chicago School of Medicine, says you should be sure to discuss the effect medications you take may have on your kidneys. Certain immunologic drugs, nonsteroidal anti-inflammatories, some antibiotics and other medications can increase your risk for kidney disease.

### 2. Talk to your doctor about prevention and treatment

If you have diabetes, prediabetes, high blood pressure, family members with kidney disease or other risk factors, ask your doctor to check your kidney function using simple blood and urine tests. Because kidney disease is usually silent, tests are the only way to know if you have damage. The results will tell you how well your kidneys are working.

More specifically, a blood test will tell you how well your kidneys filter blood by measuring creatinine — a protein produced by muscles that is usually filtered and excreted in urine. When kidneys aren't working properly, the level of creatinine builds up in the bloodstream. A urine test can detect whether protein is present that can pass into the urine when kidneys are damaged.

Your primary care physician or provider should work with you to monitor and control your blood sugar, blood pressure and weight and to help you make healthy lifestyle changes. Depending upon the seriousness of damage, you may be referred to or choose to see a nephrologist, or kidney specialist.

### 3. Control your blood sugar

The number one cause of kidney failure is diabetes, which can cause damage to the cells and blood vessels in your kidneys.

Kidney disease is a common complication from diabetes. Susan Quaggin, M.D., chief of nephrology and hypertension at Northwestern University's Feinberg School of Medicine, says diabetes accounts for almost half of all newly diagnosed kidney failure each year.

An A1C test measures your average blood sugar levels over the past three months. It's important to know if you're at risk for prediabetes or type 2 diabetes, as well as how well you're managing diabetes.

### 4. Control your blood pressure

High blood pressure or hypertension is commonly associated with kidney disease. According to the National Institute of Diabetes and Digestive and Kidney Diseases, approximately one in two American adults has high blood pressure.

Blood pressure measures the force of blood pushing against your blood vessel walls as your heart pumps. If your blood pressure is consistently high, you should have your kidney function checked.



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High blood pressure is a very common problem. By staying active, avoiding too much salt and taking medications as prescribed, you can help lower your blood pressure. Josephson says it's important to get your blood pressure checked regularly.

### 5. Make healthy food choices to protect your kidneys

Eating a healthy diet is important to your general well-being, but if you have kidney disease or are at risk for it, you should pay special attention. You may even want to consult with a dietitian who has experience in kidney health to learn how to avoid foods that affect the ability of your kidneys to filter blood and remove waste from your body.

Your diet should be low in salt. Salt can cause high blood pressure, especially if you have diseased narrowing of blood vessels. So, avoid adding salt to your food and eat fresh foods rather than preserved products that contain large amounts of salt and sugar. Skip fatty meats, and shop for items labeled "reduced sodium" or "low sodium."

Reduce the sugar in your diet. There's a direct link between too much sugar and diabetes, which can cause kidney disease. Drink water instead of colas and sweetened fruit juices. Keep in mind many condiments have elevated sugar and sodium content and should be minimized.

Finally, be mindful of how much protein you eat. Too much can damage your kidneys by making them work too hard. The amount of protein that's healthy to eat depends on your body size and activity level, so work with your doctor.

### 6. If you have kidney disease, limit these foods

The mineral potassium has many roles, including to help the body maintain normal levels of fluid inside the cells, to influence blood pressure and to control muscle contraction. However, for people with damaged kidneys, too much potassium can overburden the kidneys and cause damage to the heart. Stay away from dried fruits, baked potatoes, lentils, bananas and milk. Again, work with your doctor.

People with kidney disease also need to limit phosphorus. Together with calcium, it's needed to build strong bones and to keep you healthy, but too much can be difficult for damaged kidneys to dispose of. Phosphorus is often used as a food additive or preservative and can be found in bottled drinks and foods that are processed, prepackaged and canned. It's not required to be listed on food labels, but you may see words beginning with phos that indicate hidden phosphorus. You should speak with your doctor or dietitian about how much is too much.

Cindy Pynadath, a transplant nephrologist at Montefiore Health System in New York, says that if you have advanced kidney disease, you should closely follow the recommendations of your nephrologist and a dietitian. "Generally, avoid foods rich in sugar, potassium and phosphorus and maintain a heart healthy diet. Depending upon your stage of disease, your protein and fluid intake may also need to be limited," she says.

### 7. Get enough exercise to help control blood sugar and blood pressure

Like good eating habits, physical exercise is important for your overall health and can keep your kidneys healthy or prevent further damage. Continuous physical movement such as walking, swimming and bicycling

improves blood pressure and blood sugar levels, lowers cholesterol and helps maintain a healthy weight. Low-level strengthening exercises with weights will also improve your overall health.

Speak with your doctor before starting on an exercise plan, but your goal should generally be to exercise at least five days a week for 30 minutes.

### 8. Stop smoking

Smoking is damaging to your overall health. According to a 2010 study published in BMC Public Health, smoking increases your risk for kidney disease.

If you already have kidney problems, smoking will make them worse. It damages your blood vessels, slows blood flow to your kidneys and other organs and causes kidney irritation. It can interfere with medication used to lower blood pressure.

### 9. Get enough good sleep

Sleep is important to overall health and well-being. It gives you more energy, makes you more focused, improves your blood pressure and controls your appetite.

New research has linked sleep deprivation and disorders to higher rates of diabetes, cardiovascular disease and kidney malfunction. People who sleep less usually have faster kidney function decline.

Researchers are finding that kidney function is regulated by the sleep-wake cycle, which can help coordinate the kidneys' workload.

aarp.com

## ALPHA-GAL: WHAT YOU NEED TO KNOW ABOUT THE RED MEAT ALLERGY CAUSED BY TICKS

A bite from the little bugs could take beef and pork off the menu

By Rachel Nania, AARP

When temperatures warm and foliage blooms, doctors and public health experts urge people to take proper tick precautions before heading outdoors. A bite from one of the little bugs could result in a disease, like Lyme or Babesiosis. It could also lead to a strange but serious food allergy that, for meat-eaters, could sideline summer barbecue plans.

Alpha-gal syndrome is an allergy to red meat that can be triggered weeks after a bite from the lone star tick and possibly other varieties. And like tick-borne diseases, which are on the rise in the U.S., so are cases of alpha-gal.

"We're continuing to identify new patients every week in allergy clinics across the Southeast and East who've had essentially brand-new reactions," says Scott Commins, M.D., an associate professor of medicine at the University of North Carolina and a leading expert on alpha-gal syndrome. "And that has been a big change over the past, say, 10 years."

More than 34,000 people in the U.S. have tested positive for alpha-gal syndrome, according to research published by Commins and his colleagues in 2021.

### What is alpha-gal?

Alpha-gal is a sugar molecule — many mammals have it, including cows and pigs, and Commins says researchers have come to understand that some ticks do too. But it's not found in people, so when a person gets a bite from a tick that has alpha-gal in its saliva, the body creates an immune response to the molecule, and some people create a strong allergic response.

"So then when we eat a hamburger, hotdog, etc., we have an allergic reaction to the meat, and it's specifically to that alpha-gal that's in pigs and cows," Commins says. This is the case even if a person has been able to eat red meat their whole lives without issue.



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### Recognizing the symptoms of alpha-gal

Unlike other food allergies, symptoms of alpha-gal syndrome don't come on right away. "If you have a peanut allergy and you go out to a restaurant and you get an accidental exposure, you know you're in trouble before you leave the restaurant," says Jeffrey Wilson, M.D., an allergist and immunologist and assistant professor of medicine at the University of Virginia.

With alpha-gal, however, it could be hours — three to six, or more — before hives or a rash develop, or you start to feel lightheaded and short of breath. Other common warning signs include indigestion, nausea, vomiting, diarrhea and severe stomach pain.

This delay can make it difficult for people to make the connection between what they ate and their symptoms, Commins says. To complicate matters even more, some people experience only gastrointestinal (GI) symptoms, which is easy to blame on food poisoning or a stomach bug.

The American Gastroenterological Association recently updated its guidance for physicians to consider alpha-gal syndrome in patients with "unexplained GI symptoms of abdominal pain, diarrhea, nausea and vomiting" — especially if they live in an area where ticks and the allergy are prevalent (the Southeast, mid-Atlantic, Midwest and East Central regions). The group also notes that a history of waking up at night with GI distress may also signal the syndrome.

Another possible warning sign is redness or irritation that is slow to heal in the spot where the tick latched on. "Some folks would say it even felt like a knot under the skin," Commins says.

If you notice these symptoms after eating mammalian meat (beef, pork, lamb, venison,

etc.), talk to your primary care provider or an allergist. A blood test, alongside an exam and patient history, is often used to diagnose the allergy; your doctor may also order an allergy skin test.

One thing to note: If you're getting a routine allergy test but don't have symptoms of alpha-gal syndrome, know that some people produce antibodies for molecule, but don't have a full-blown allergy. "So, a positive test does not automatically mean you have a red-meat allergy," Wilson says.

There is no treatment for alpha-gal syndrome, though experts say it's possible the allergy fades over time, especially if you're able to dodge additional tick bites. Those with the allergy — which can range from minor to severe — have to avoid red meat and often other products containing alpha-gal, like meat broth or stock and gelatin made from beef or pork. Some people are unable to eat dairy.

### Ticks on the move

Pinning down a reason for the rise in alpha-gal syndrome is tricky, experts say. Food allergies, in general, are increasing, Wilson notes. There's also more recognition and awareness around alpha-gal.

And because tickborne diseases are increasing overall, Commins says "it kind of makes an argument that people are just coming in contact [with ticks] and being bitten more frequently."

Interestingly, the tick population fluctuates on a yearly basis, says entomologist Michael Raupp. But one thing that has grown is their reach. With warmer temperatures, ticks have been expanding further north.

"This is a phenomenon that's going on with lots and lots of different kinds of insects and arthropods, including ticks," says Raupp, professor emeritus at the University of Maryland. "And because the tick is now moving into these areas, you're going to have cases of the red meat allergy and [other tickborne diseases] in these areas where they haven't been before."

aarp.com

## SURF THE WEB? IT MAY BE GOOD FOR YOUR BRAIN

New study finds lower risk of developing dementia among regular internet users

By Peter Urban, AARP

Whether it's to email a friend or shop online, older adults who routinely use the internet may be reaping brain health benefits, new research suggests.

A study published in the Journal of the American Geriatrics Society found that regular internet usage by adults ages 50 to 65 was associated with approximately half the risk of developing dementia compared with those who did not go online.

"Online engagement may help to develop and maintain cognitive reserve, which can in turn compensate for brain aging and reduce the risk of dementia," corresponding author Virginia W. Chang, M.D., an associate professor of social and behavioral sciences at New York University's School of Global Public Health, said in a news release.

Keeping the mind active is one of six pillars for brain health established by AARP's Global Council on Brain Health.

### The study details

Earlier research pointed to a potential brain health benefit for older adults who use the internet, but it did not focus much on long-term cognitive benefits. Chang and her colleagues designed their study to look deeper.



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Using data collected as part of the University of Michigan Health and Retirement Study (HRS), they focused on 18,154 adults ages 50 to 65 who did not have dementia when the study period began. Each had been asked if they regularly used the internet for sending and receiving email or for any other purpose. Roughly two-thirds of participants used the internet, and a third did not. They were followed for an average of nearly eight years.

Follow-up surveys conducted by telephone or in person every two years included the same question. About 20 percent of participants showed changes in internet usage over the course of the study period. Participants were tested for dementia and scored based on a common cognitive assessment. The overall rate of incident dementia during the study period was 4.68 percent.

A small subset of the group was asked in 2013 to say how much time they spent in the

previous week on the internet. They were given six options, ranging from zero to eight or more hours. The study found that adults with two hours or less of usage appeared to experience the lowest risk of developing dementia. Adults with no usage had a notably higher estimated risk of dementia. Similarly, adults who were online eight or more hours were at higher risk of developing dementia. The results should be taken with a grain of salt since the sample size was small.

The researchers said they found the risk between regular and nonregular users did not vary by educational attainment, race-ethnicity, sex or generation.

### The takeaway

Chang and her colleagues noted that they analyzed whether adults changed their internet habits over the course of the study. They found that those who picked up the internet after the study began were linked with a reduced dementia risk.

The study's authors say the findings suggest that "changes in internet usage in late adulthood may modulate subsequent cognitive health." They noted that more research is needed to "clarify how long a person needs to be a regular user during late adulthood to experience the cognitive benefits [of] online engagement."

They also said more research is needed to determine whether "excessive online engagement may have adverse cognitive effects on older adults" as their preliminary findings suggest.

aarp.com



# BARNEGAT SPORTS BEAT



**Lacrosse**  
 Congratulations to the Barnegat boys lacrosse team being named Week 1 Team of the Week by WindMill!

**Golf**  
 Congratulations Mason Krey on Finishing 2nd Overall at Ocean County Boys Golf Tournament!

**Golf**  
 Congratulations Yasmeen Muhammad for placing first in the Ocean County Girls Golf Tournament!



## OCEAN COUNTY LIBRARY

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### DISCOVER 'AMAZING NEW JERSEY' PEOPLE AND PLACES AT THE UPPER SHORES BRANCH

LAVALLETTE – New Jersey has contributed to America’s history and economy for more than 350 years. It offers recreation and education from the Shore to the Skylands. Join historian Rick Geffken for “Amazing New Jersey: People and Places of the Garden State,” 7 PM Wednesday, June 7, at the Ocean County Library Upper Shores Branch.

The New Jersey colony dates from the middle of the 17th century when Dutch and English settlers bought land from the native Lenapes. This talk features historical events, famous and infamous people - entertainers, politicians, and entrepreneurs – and evocative, iconic New Jersey images.

Geffken, a frequent contributor to periodicals, newspapers, and newsletters, has appeared in the Family Historian television series

and has addressed annual New Jersey History and Historic Preservation conferences. His compelling Stories of Slavery in New Jersey, Hidden History of Monmouth County, and Lost Amusement Parks of the North Jersey Shore are available at the Ocean County Library. He has lectured extensively about New Jersey’s iconic Morris family and about submarine pioneers Simon Lake and John Holland.

The Monmouth University instructor, former U.S. Army officer and Vietnam veteran is involved in the New Jersey Slavery Records Index project under the auspices of Rutgers University and is attached to the New Jersey Social Justice Reconciliation Committee.

He is a trustee for the Board of the Asbury Park Museum, Shrewsbury Historical Society, Friends of Cedar View and Jersey Coast Heritage



Museum at Sandlass House, a member of the Monmouth County Historical Association, and a board member of South Jersey’s non-profit Trueheart Productions educational motion picture firm.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for this free program, made possible by a generous donation in memory of Martin C. Unfried, Jr. of Lavallette. For more information, visit the OCL Upper Shores Branch, 112 Jersey City Avenue, Lavallette, or call (732) 793-3996.

# DEER SPOTTED STROLLING ON LONG BEACH ISLAND

By Veronica Flesher, Patch Staff

LONG BEACH ISLAND, NJ — Oh deer. Everyone loves a day spent on the island, and apparently, that

includes animals. Several people have reported on social media that they’ve seen some deer walking around LBI.

On Tuesday, Yaatree Bazaar shared that there

were deer walking down the road in Loveladies.

Then on Wednesday, Harvey Cedars police shared a photo of two deer enjoying an all-you-can-eat buffet - that is, eating someone’s garden.

How did they get here? Maybe they walked over on the bridge, but as it turns out, deer are actually strong swimmers. It’s possible that they decided a dip was just what they needed and swam across the bay. And while it’s definitely uncommon to see a deer in the



eqroy / stock.adobe.com

beach, it’s happened before. One buck spent a relaxing day at Ortleigh Beach back in 2017. Long Beach Township police said

that Stafford Township Animal Control is aware of the rogue deer and that they have been in touch with NJ Fish and Wildlife. And no matter

if you think deer are an annoying pest or a sweet sign of nature returning, be sure to use caution while you’re driving. [patch.com](http://patch.com)

**The Recharge**  
 You are invited!

Caregiver Volunteers of Central Jersey in partnership with the Ocean County Library now offers a Support Group for Caregivers and Enrichment and Socialization for loved ones.

Where: Ocean County Library- Toms River Branch  
 101 Washington Street Toms River

When: 4th Tuesday of the Month  
 Both groups meet from 11 am to 12:30 pm

Sessions are hosted by:  
 Elaine M. Hughes, LCSW and  
 Julia Fraser, MPA, CALA, CDP

More information or to reserve your spot:  
 Call Julia at 732-505-2273



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 Households will be matched with affordable units through a lottery system  
 If selected through the lottery process, a full application and documentation will be required for submission and certification



ONE BEDROOM UNITS \$140,000  
 TWO BEDROOM UNITS \$170,000

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**is collecting food donations**  
 Monday-Friday 9am-3:30pm

**Most Needed Items:**

- CANNED TUNA, CHICKEN & SALMON
- CANNED VEGGIES (LOW SODIUM)
- COOKING OILS
- SHELF-STABLE MILK
- PANCAKE MIX & SYRUP
- PEANUT BUTTER & JELLY
- CANNED FRUITS (IN JUICE OR LIGHT SYRUP)
- FRUIT JUICE (100% JUICE)
- SOUPS (LOW SODIUM)
- READY-TO-EAT CANNED MEALS
- HOT CEREALS
- COLD CEREALS









HUNGER WON'T WIN HERE

**FOOD DROP LOCATION**  
 1959 Route 9 • Toms River, NJ 08755



# TAKE ADVANTAGE OF PLANTING SEASON TO SPRUCE UP YOUR CURB APPEAL

By Danielle Natale - Causeway Honda Sales Consultant

It is finally planting season! I can't help but redo a few of my landscapes. After looking at the front landscaping from 8 years, I decided it was time for an upgrade!

I was hoping for a beautiful, lush row of boxwoods when I planted the front 8 years ago, but they never took off.

I have always loved how Hydrangeas look in front of historical homes and that is exactly what I chose! I really am a fan

of local garden centers but this time it didn't fit my budget. For me, what did fit in the budget was my local Walmart.

If you go back a few times a week you can catch all the new deliveries and even a few discounted items. I bought a few

evergreen shrubs in 2 gallon pots for 7 dollars, 3 gallon hydrangea for 16 dollars and a giant arborvitae in a 5 gallon pot marked down to 15 dollars from 59.

All of the plants I bought were healthy, watered and easy on my pocket. It doesn't always happen where I get lucky and find what I need, however this time I just hit it right.

I can't wait to see it in a few years once everything is mature! One final touch, don't forget the lighting so at night all your hard work is on showcase.

Curb appeal isn't just an upgrade for your house, but also for the neighborhood. The pride I feel when I pull into my driveway is so satisfying for my soul.

Next project is a paver basketball court in the driveway (DIY)!!!

Have a great month everyone!



## Furry Friends

Who Need Fur-Ever Homes!

Dexter is an active 4 year old who LOVES his toys, the squeakier the better. He is an excellent fetch player, yes, he actually brings the ball back to you. Dexter is dog friendly but he prefers pupper friends who are smaller than himself. Dexter has been working with his volunteer trainer and doing remarkably well. His trainer reports that Dexter is a dog that is very intelligent and thrives on "having a job". Dexter is neutered, up to date on all his shots and microchipped.



**Dexter**

Bret is a social, playful, curious and outgoing boy. He is a medium sized pup weighing only 46 lbs. and he is approximately 1 1/2 years old. He loves to play, especially with stuffy toys. Bret is an excellent walking partner as he walks well on his leash. Bret is a young active boy who would benefit from continued work with his basic commands. He is dog and cat friendly and would make a great addition to almost any family.



**Bret**

If you would like to meet Dexter or Bret, they are currently at the So. Ocean Co. Animal Shelter, 360 Haywood Road, Manahawkin (609-978-0127). The shelter is full of many wonderful dogs to adopt so if you were thinking of adding a canine friend to your family, now is the time.

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.

## MEMORIAL DAY SAVINGS SALUTE

2023 Honda Ridgeline Available **2.9% APR for 60 Months\***



HONDA CERTIFIED PRE-OWNED

 2018 Honda Civic Sport HJU505020 <b>\$23,990*</b>	 2020 Honda Civic LX HLH566627 <b>\$23,990*</b>	 2021 Honda HR-V LX NMM707866 <b>\$24,990*</b>	 2021 Honda Civic LX HMH503325 <b>\$24,990*</b>	 2020 Honda Civic Sport HLH533625 <b>\$24,990*</b>
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 2021 Honda Civic Sport NMM404032 <b>\$26,990*</b>	 2020 Honda HR-V EX HLM736385 <b>\$26,990*</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>
 2021 Honda HR-V EX-L HMM730150 <b>\$28,990*</b>	 2019 Honda Accord EX-L HKA018461 <b>\$29,550*</b>	 2021 Honda CR-V Hybrid EX HME032840 <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>	 2022 Honda Accord EX-L HNA013378 <b>\$32,990*</b>

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HONDA

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

## 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  
For More Information!

HOPEShedsLight.org

732.244.0783 | #HOPEShedsLight.org  
200 Apache Road, Manahawkin, NJ 08050 | 555 Chestnut Street, Toms River, NJ 08723

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Southern Regional Wrestling  
**GOLF OUTING**  
4th Annual  
*Kyle Casaletto Memorial*

**Ocean Acres Country Club**  
925 Buccaneer Ln, Manahawkin, NJ 08050  
**Friday, June 2, 2023**  
Registration: 11am • Tee Off: 12pm sharp

**A BBQ dinner**  
will be held at the  
**Order of the Moose Lodge**  
Rt 72 in Manahawkin at their outside pavilion  
*Part of the proceeds will be donated to the National Alliance on Mental Illness.*

**\$600 for a foursome or \$150 per golfer**  
which includes a boxed lunch and BBQ dinner.  
Attend dinner only for \$30.

For more information and to register, contact:  
**Ron Casaletto**  
**609-290-2081**  
Ronatg@aol.com



# SUMMER CONCERTS AT LAKE MANAHAWKIN RETURN IN JULY

Veronica Flesher,  
Patch Staff

MANAHAWKIN, NJ — There's nothing more relaxing than lounging outside with friends and family listening to some good tunes. Soon enough, you'll be doing just that when Stafford's summer concert series returns in July.

The first concert is set for July 10 and shows are held every Monday at 7 p.m. at the Manahawkin Lake Park Pavilion, Stafford Recreation announced.

The recreation department is once again teaming up with the Stafford Township Historical Society for the concerts. So as always, there is

no cost to attend, but donations to the Historical Society are kindly requested by Stafford Recreation.

Donations help the Historical Society continue their mission of the restoration and preservation of the Old Stone Store, Cavalry Cottage, Railroad Station and Cultural Center (a Revolutionary War era church, according to Stafford Recreation.)

Here's the concert lineup:

**July 10**  
**Fleetwood Macked**

Performing Fleetwood Mac's hits from the 70's, 80's, 90's and today, every performance transports audiences to another time and place. Complete with costume changes, dialogue and video backdrops, it is a show not to be missed!

**July 17**  
**Lovelight Band**

Recreating the timeless sound of the Grateful Dead and capturing the beauty

and spirituality of their live performances.

**July 24**  
**Frankie Goes To Dollywood**

Frankie Goes to Dollywood puts the "CBG" back in CBGB. Through their covers of classic legends like Talking Heads, Duran Duran, Wham!, Phil Collins, Michael Jackson, Whitney Houston and Depeche Mode, this band is anything but typical. Synthesizers may be banjos and sexy saxes kazoos, but the heart, energy, and hooks of these iconic artists remain intact as Frankie Goes to Dollywood retell their stories in the americana tradition.

Join Frankie Goes to Dollywood for a totally rad barnburner of a hootenanny filled with the iconic music and pop culture references that inspired and shaped a generation of latch key kids with little parental supervision. Their love of the 80s is infectious in their live shows and audiences of all ages can expect a repertoire of music as varied in genres as MTV's top 20 in 1983. So put on your church shoes, your best nighttime sunglasses, bust out the Aqua Net, and party with the best dang 80s Americana band this side of '89!

**July 31**  
**Jimmy & Gene Duo**

This two-man electric/acoustic guitar band covers a diverse collection of music that spans many genres from the 80's to today's pop hits.

**Aug. 7**

Formerly known as Funk Shway, Naughty Pines is a rebranded band with new members and a new sound! Still a 6 piece band with a driving bass and horn section and a beat that will keep you dancing all night long. This new configuration has revitalized the group and brought back their love of playing to a live crowd. Song genres span from the 70's to today. Always inspired by different eras and music styles, Naughty Pines has a diverse sound that all people can relate to!

**Aug. 14**  
**Asbury Fever**

Since 2002, Asbury Fever has been rockin' bars, outdoor concerts, casinos, private parties, and corporate events in the NJ Tri-State area with the legendary sounds of Bruce Springsteen & The E Street Band, Southside Johnny & the Asbury Jukes and many other great classic rock acts! Comprised of NJ's top musicians, Asbury Fever recaptures the music that made NJ with their electrifying live performance!!

**Aug. 21**  
**Carnaby Street**

Featuring the music of the 60's British Invasion.

**Aug. 28**  
**Joey D Rockin' Oldies**

These Old Guys really Rock. Playing great party and dance tunes from the 50's, 60's and 70's!!!! Come on out and see why they are rated "New Jersey's Favorite Doo Wop and Dance Band!"

SUNDAY, OCTOBER 1ST • 12-4PM  
6TH ANNUAL  
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AT THE BEACH  
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The 41st Annual  
**STRAWBERRY FESTIVAL**  
Saturday, June 3rd  
11am - 3pm



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Manahawkin, N.J.

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2023 Hyundai Santa Fe and Tucson  
**2.9% APR for 60 Months**  
on select trims\*

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 2020 Hyundai Ioniq Hybrid Blue YLU234758 <b>\$19,990*</b>	 2020 Hyundai Elantra SE FLH615288 <b>\$20,990*</b>	 2021 Hyundai Kona SE YMU744897 <b>\$21,990*</b>	 2021 Hyundai Tucson Value YMU395684 <b>\$25,990*</b>	 2021 Hyundai Tucson SEL YMU364576 <b>\$26,990*</b>
 2019 Hyundai Ioniq EV Electric P84151 <b>\$26,990*</b>	 2019 Hyundai Kona Limited YKU375236 <b>\$26,990*</b>	 2020 Hyundai Tucson Sport YLU082219 <b>\$27,550*</b>	 2019 Hyundai Tucson Sport YKU990541 <b>\$27,990*</b>	 2021 Hyundai Tucson Limited YMU376622 <b>\$28,990*</b>
 2021 Hyundai Tucson SEL YMU367526 <b>\$28,990*</b>	 2020 Hyundai Santa Fe Limited 2.4 YLH301972 <b>\$30,990*</b>	 2020 Hyundai Palisade SEL FLU119403 <b>\$35,990*</b>	 2021 Hyundai Palisade Limited HMU194077 <b>\$42,990*</b>	 2021 Hyundai Palisade SEL YMU230155 <b>\$44,990*</b>

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

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- Enroll in SNAP Assistance
- Obtain Affordable Health Care
- Apply for Utility Assistance



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 Tuesday 8 AM - 4:30 PM  
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 Thursday 8 AM - 4:30 PM  
 Friday 8 AM - 4:30 PM  
 Saturday & Sunday - CLOSED  
 \*Holiday hours may differ



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 6th Annual Causeway CAREs 5K!



**CAUSEWAY CAREs**

Running for a cause.

Sunday, October 8, 2023 • 8:45am  
 Southern Regional High School

[www.raceforum.com/causeway](http://www.raceforum.com/causeway)



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**4X4 w/PLOW**  
  
**\$91,990**  
 2022 FORD F-600 REG. CAB DRW  
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**9' MASON DUMP**  
  
**\$86,590**  
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 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21055

**4X4**  
  
**\$69,990**  
 2022 FORD F-250 XL OPEN UTILITY  
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**\$62,990**  
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**\$55,650**  
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 2023 FORD F-650 XL 24' BOX  
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**Call For Details**  
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**RACK BODY**  
  
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**\$64,990**  
 2023 FORD TRANSIT 350 HI-TOP  
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**UTILITY BODY**  
  
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 609.756.5899  
<http://www.themaximilianfoundation.org/>  
[www.facebook.com/themaximilianfoundation](http://www.facebook.com/themaximilianfoundation)

**Max's Self-Esteem Craft Market,** an extension of The Maximilian Foundation, a nonprofit organization with a mission of **Prevention.**  
 Our Market is comprised of crafts made with love by local crafters to fund programs for our children in local schools to help **Prevent** self-destructive behaviors. Our crafters donate a portion of all sales to support our mission of **Prevention.**

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*"Dreams Built, Your Way"*  
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**Chris Varner**  
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**EXT 1204**

**NEW 2023 FORD F-150 XLT**  
  
**Stock #: F30074**

**4WD 10-Speed Automatic 3.5L V6 EcoBoost, Causeway Customs Package: 3 1/2" lift kit, 22" "4PLAY" rims with Nitto Terra Grappler tires plus window tint!**

**NEW 2023 FORD BRONCO SPORT BIG BEND®**  
  
**Stock #: F30082**

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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](http://www.theoceancountylibrary.org/events)

## CELEBRATE HALFWAY TO HOLIDAYS AT LACEY BRANCH

LACEY TOWNSHIP – Why wait until the chilly winter to celebrate the end-of-year holidays, when the weather is party-perfect right now? Join the “Snow Cones and Holiday Tunes Jamboree,” 2 PM Saturday, July 15 at the Ocean County Library Lacey Branch.

Bring the family and enjoy scrumptious, refreshing snow cone treats as we celebrate the halfway point to the upcoming holiday season. Jam along with BJ and the Band as they rock your favorite holiday songs. The free concert event is open to all ages.

BJ and the Band is one of the Jersey Shore’s most in-demand groups, specializing in Motown, rhythm ‘n blues, and oldies. The band has a lively Facebook presence, with photos and videos of concert appearances and lots of fan interaction.

Led by the soulful vocals of BJ Adams, the group tours the United States and Europe, and in clubs throughout the



“BJ and the Band” Photo Courtesy BJ Adams

New York City metropolitan area. They have appeared with Dionne Warwick, Queen Latifah, Miles Davis, Herbie Hancock, Kool & The Gang, and many others.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend this free program, sponsored by the Friends of the Lacey Library. For more information, visit the OCL Lacey Branch, 10 East Lacey Road, Forked River, or call (609) 693-8566.

## LEARN ‘HIDDEN DANGERS’ OF SPECIAL NEEDS INDIVIDUALS: POAC PROGRAM AT LITTLE EGG HARBOR BRANCH

LITTLE EGG HARBOR - Families, guardians, parents, and professionals who interact with children and adults with autism, developmental challenges, and special needs can discover effective safety steps at the Ocean County Library Little Egg Harbor Branch, 5 PM Tuesday, June 13.



Brick Township-based POAC’s “Hidden Dangers” program will offer potentially-lifesaving information for a wide range of special needs and independence levels, including:

- Wandering – how to address it, and use of high-tech tracking devices
- Home and classroom modifications
- Emergency and disaster preparedness and fire safety practices
- Personal safety regarding sexuality, the Internet, and bullying
- Behavioral interventions such as social stories, visual cues, activity schedules
- School and transportation matters
- Ongoing support and assistance resources

“Hidden Dangers” is supported in full by funds provided by the Institute of Museum and Library Services, administered by the New Jersey State Library (NJSL) under Award Number LS-252474-OLS-22.

The New Jersey State Library, an affiliate of Thomas Edison State University (TESU), connects people with information and resources through its service to libraries, government, TESU students and staff, and New Jersey residents.

NJSL provides support for public, school, academic, and special libraries, including key areas of continuing need such as literacy, business outreach, workforce development, disaster preparedness and technology. For more information, visit [www.njstatelib.org](http://www.njstatelib.org).

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend this free program. The Little Egg Harbor Branch is located at 290 Mathistown Road. For more details, call (609) 294-1197.

## TEENS, LEARN TO ‘SEED BOMB’ YOUR GARDEN AT TOMS RIVER BRANCH

TOMS RIVER – Homemade seed bombs are the quick, easy way to turn a garden into a riot of colorful flowers that attract pollinators and decorate the yard. Teens can learn how to make them at the Ocean County Library Toms River Branch, 3 PM Tuesday, May 23.

The program in the Green Room will teach the steps for creating a cluster of seeds that can live up a plant pot, flowerbed, or an entire garden. The flowers draw the attention of butterflies, bees, and other creatures that transfer pollen and sustain many crops.

Members of the Garden Club of Toms River will show young adults, aged 13 to 18, how to make their own seed bombs to take home and toss in the garden, then wait for rain and watch the transformation.

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



## CONGRATULATIONS ROBERT PAPCIAK OF CAUSEWAY FORD!

Our very own salesperson, Robert Papciak, of Causeway Ford recently took home a first place medal in open middleweight bodybuilding.

Rob is a father, fiancé and salesperson here at Causeway. He puts in over 40 plus hours a week and still finds time to to train, eat the proper foods, and spend time with his family.

Winning open bodybuilding qualifies him to compete at a national level where he could potentially turn pro! Good luck Robert! If you are looking to make improvements to your lifestyle or vehicle, give him a call 732-527-6766 or email [robpapciak@gmail.com](mailto:robpapciak@gmail.com).

# MEMORIAL DAY SAVINGS SALUTE



2014 Kia Soul Plus  
FE7046297  
**\$13,990\***



2019 Nissan Altima 2.5 S  
NKC134155  
**\$15,990\***



2013 Honda Odyssey EX-L  
HDB005789  
**\$16,990\***



2016 Honda Fit LX  
HGX018925  
**\$16,990\***



2014 Honda Accord EX-L  
FEA167739  
**\$16,990\***



2018 Kia Optima LX  
NJG269711  
**\$16,990\***



2016 Hyundai Tucson Limited  
YGU046657  
**\$17,550\***



2020 Ford EcoSport SE  
FLC314833  
**\$18,990\***



2013 Lincoln MKZ Base  
P84468  
**\$19,990\***



2017 Hyundai Sonata Hybrid SE  
HHA057600  
**\$19,990\***



2014 Honda CR-V EX  
NEL017372  
**\$19,990\***



2018 Mitsubishi Outlander SEL  
HJZ019479  
**\$19,990\***



2021 Honda HR-V Sport  
HMM703259  
**\$20,990\***



2017 Nissan Armada SV  
NH9502748  
**\$21,990\***



2020 Subaru Forester Premium  
YLH561308  
**\$27,990\***



2020 Ford Explorer XLT  
FLGB89212  
**\$28,990\***



2018 Lincoln MKX Reserve  
FJBL38115  
**\$29,990\***



2018 Ford F-150 XLT  
FJFE54782  
**\$29,990\***



2018 Nissan Titan S  
NJJ536839  
**\$29,990\***



2019 Ford Edge ST  
FKB52027  
**\$29,990\***



2020 Honda CR-V EX  
FLH625210  
**\$30,990\***



2016 Ford F-250SD Lariat  
FGE873517  
**\$41,990\***



2022 Toyota Tacoma SR V6  
FNT076593  
**\$42,550\***



2019 Ford F-150 XLT  
FKFD24796  
**\$42,990\***



2020 Ford F-350SD XL  
FLED43961  
**\$42,990\***



2021 Ram 1500 Big Horn / Lone Star  
HMN701912  
**\$43,990\***



2020 Ford Ranger XLT  
FLLA25235  
**\$44,990\***



2020 Jeep Wrangler Unlimited Sport S  
YLW144895  
**\$45,990\***



# GIRL SCOUTS OF THE JERSEY SHORE ADDRESSES GIRLS' MENTAL HEALTH AND MENTAL WELLNESS

As girls of all ages face increased mental wellness challenges parents can rely on Girl Scouts for crucial support.

This Mental Health Awareness Month, Girl Scouts of the Jersey Shore announces new and enhanced mental wellness resources, programming, training, and camp partnerships to support girls and the adults who interact with them.

Adolescent girls in our community are facing mental health struggles including depression, anxiety, suicidal ideation, and much more. According to the Center for Disease Control, 60% of teen girls had depressive symptoms in the past year and one in three girls reported seriously considering suicide in the past year. These statistics are mirrored in what Girl Scouts of the Jersey Shore is seeing every day. Girl Scouts of the Jersey Shore is urgently responding to this crisis with a multi-tiered plan to support the girls we serve. With these resources and programs, thousands more girls could potentially receive much-needed support in an environment of safety, inclusion, and sisterhood, encouraging a happier and healthier experience.

- A Mental Health/Mental Wellness campaign, in partnership with Denise Wegeman, MSW, LCSW, is being rolled out to educate staff, Girl Scout leaders, camp counselors and parents about mental health.

- Girl Scouts will be encouraged to learn and share ideas of addressing mental health and mental wellbeing and earn a patch.

- Volunteers, camp staff, and staff across the council will receive Youth Mental Health First Aid Certification. This will arm adult volunteers, troop leaders, and staff with the tools to address common youth mental health and substance use challenges.

- Partnerships with Mental Health professionals provides access to resources and experts, building capacity to support the mental wellbeing of young people, volunteers, and families.

- Patch program which reaches girls from kindergarten all the way through 12th grade with activities that boost resilience, lift mood, and share emotions. A patch is earned upon completion.

- Sponsored by a generous grant from Monmouth Park Charity Foundation, Girl Scouts of the Jersey Shore will partner with Society for the Prevention of Teen Suicide and its signature program, Lead U, to bring programming to Camp Sacajawea during the summer of 2023. During the final week of camp, Girl Scouts

of the Jersey Shore will welcome Lead U to host programming for the entire camp designed to provide resiliency, leadership, and mental health support programming. Through an experiential-based curriculum, supplemented by typical camp activities, girls aged 4-16 will be exposed to programming designed to empower them.

Heather Coburn, CEO, Girl Scouts of the Jersey Shore, states, "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 girls are experiencing. Providing opportunities to destigmatize mental health and finding ways for all girls to have access to mental health resources will benefit countless girls today and into the future."

For more information and to access valuable resources to support girls' mental well-being visit [www.gsfun.org/mentalwellness](http://www.gsfun.org/mentalwellness).



Photo Courtesy of Causeway's BJMC

## SENTIMENTAL CRUISERS CAR SHOW AWARD

Congratulations to the Causeway Ford Gold Sponsor's Choice, Dan Smith's 1936 Ford Pickup!

**Big fun.**  
**New friends.**



You and your grown-up are invited to make new friends! Check out these fun programs for PreK girls entering Kindergarten next year.



Join in on the fun!  
[gsfun.org/DaisyLaunch](http://gsfun.org/DaisyLaunch)  
For girls, Pre K4 - First Grade



Visit [gsfun.org/DaisyLaunch](http://gsfun.org/DaisyLaunch) to learn more!

girl scouts of the jersey shore

### Family Campfire

Join us for a Girl Scout tradition of campfire and s'mores! Girls will go on a brief scavenger hunt with their families, participate in a campfire singalong, roast a marshmallow, and make a swap craft to remember the fun!

June 7, 2023 | 6pm - 7:30pm | Camp Amity Acres  
June 29, 2023 | 6pm - 7:30pm | Camp Sacajawea  
\$5 per Girl

### Bridging to Daisies

Join us for a special bridging ceremony to Daisy Scouts! Daisies is the first level of Girl Scouting for girls who will be entering Kindergarten in September. All girls will receive a certificate to commemorate the event.

August 16, 2023 | 6pm - 7pm | Ocean Service Center  
August 17, 2023 | 6pm - 7pm | Program Activity Center  
\$5 per Girl

**Be a Girl Scout.**



405 Route 72 East  
Manahawkin, NJ 08050  
[www.CausewayCars.com](http://www.CausewayCars.com)  
**888-768-7861**

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

2018 Ford Escape SE FJUA46975 <b>\$17,990*</b>	2013 Lincoln MKX Base FDBL24482 <b>\$17,990*</b>	2016 Kia Sorento SXL YGG027177 <b>\$17,990*</b>	2017 Jeep Compass High Altitude NHD111115 <b>\$17,990*</b>	2017 Hyundai Tucson SE HHU501998 <b>\$17,990*</b>	2018 Buick Encore Preferred HJB679006 <b>\$17,990*</b>	2014 Honda CR-V LX HEH688350 <b>\$18,990*</b>
2018 Ram ProMaster City Tradesman SLT YJ6K02711 <b>\$22,990*</b>	2020 Nissan Rogue SV YLW121220 <b>\$23,990*</b>	2020 Ford Fusion SEL FLR206721 <b>\$24,990*</b>	2021 Honda Insight Touring HME009408 <b>\$24,990*</b>	2020 Nissan Rogue Sport SV YLV381387 <b>\$24,990*</b>	2017 Lincoln MKX Select YHBL25114 <b>\$26,990*</b>	2017 Lincoln MKX Select FHBL40385 <b>\$26,990*</b>
2020 Honda CR-V EX-L HLH607606 <b>\$30,990*</b>	2023 Nissan Frontier S NPN619072 <b>\$35,990*</b>	2021 Chrysler Pacifica Hybrid Touring L FMR525102 <b>\$36,990*</b>	2021 Honda Odyssey EX-L HMB036006 <b>\$37,990*</b>	2018 Mercedes-Benz C-Class C 300 4MATIC® FJF681817 <b>\$38,990*</b>	2017 Lincoln Navigator Select FHBL02985 <b>\$39,990*</b>	2020 Honda Ridgeline RTL-E HLB007295 <b>\$40,990*</b>
2020 Ford F-150 XLT FLKE18061 <b>\$47,990*</b>	2020 Ford F-150 Platinum P84452 <b>\$48,990*</b>	2020 Ford F-150 XLT FLFB12426 <b>\$49,990*</b>	2021 Ram 1500 Laramie FMN790421 <b>\$52,990*</b>	2022 Ford F-150 XLT FNKD79338 <b>\$58,990*</b>	2021 Ford Bronco Wildtrak FMLA62186 <b>\$62,990*</b>	2022 Ford F-150 Lightning Lariat FNWG15425 <b>\$74,990*</b>



# KIDS COLORING CONTEST!

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



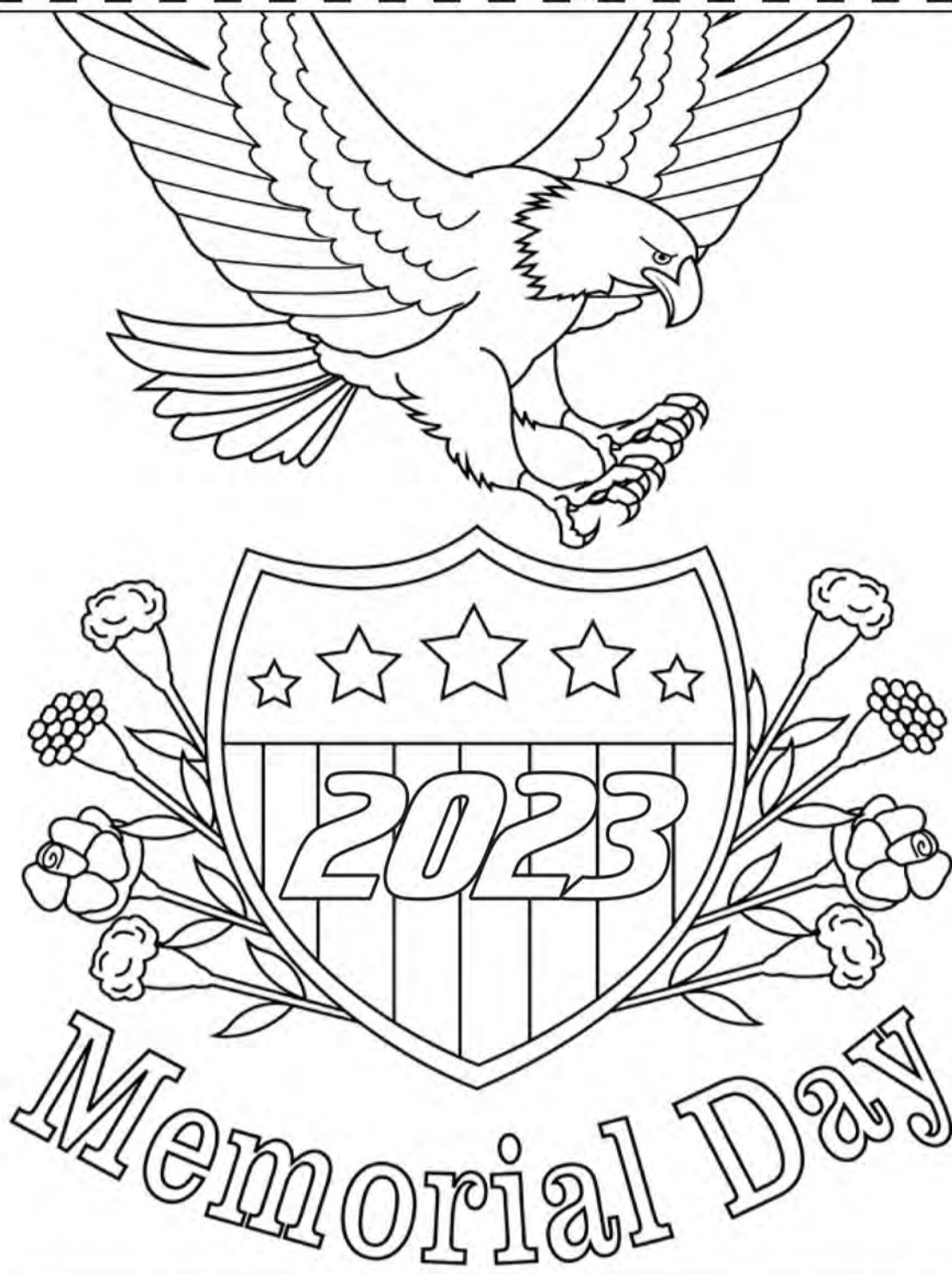
Simply have your child color the page, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.

**Entry Deadline: June 7th**

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



**Giana**



**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!**

**Gina Lee**

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: June 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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ITALIAN FAVORITES  
 STEAKS & CHOPS  
 SEAFOOD  
 THIN CRUST PIZZA

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

OPEN 6 DAYS (CLOSED MONDAY)  
 FOR LUNCH & DINNER

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

One coupon per visit. Not Valid on Holidays. Coupons may not be combined with any other offer. With coupon only. Expires 6/15/23 Shore Savings

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**LUNCH SPECIAL**  
 Buy One Lunch Item Get One **50% OFF**

Lunch menu item equal or lesser value Tuesday through Sunday 11-3 pm. DINE IN ONLY. One coupon per visit. Not Valid on Holidays. Coupons may not be combined with any other offer. With coupon only. Expires 6/15/23 Shore Savings

**DINNER FOR TWO \$39.99**  
(FROM OUR NEW ALL INCLUSIVE DINNER FOR TWO MENU) SUNDAY TO THURSDAY 2-8PM. Dine in Only. Excludes Holidays.

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