

# The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities July 2023 • Number 110

## MEALS ON WHEELS OF OCEAN COUNTY continues to provide vital support to seniors amid growing demand.

### The charitable organization offers vital nutrition, comfort and assistance to nearly 4,000 Ocean County seniors.



**STAFFORD TOWNSHIP, NJ** – Meals on Wheels of Ocean County, funded in part by a generous grant from the Ocean County Board of Commissioners, remains committed to its mission of ensuring seniors lead happy, healthy and meaningful lives. Through an introspective lens, the charitable organization also recognizes its longstanding partnership with Causeway CAREs.

“With over 40 years of experience, the organization has become one of New Jersey’s largest and most efficient providers of senior support services,” said James Sigurdson, Executive Director of Meals on Wheels of Ocean County. “This is due in part to our strategic alliance and support from Causeway CAREs and Causeway Family of Dealerships.”

Meals on Wheels was a previous recipient of Causeway’s generous 50th Anniversary grant. The grant enabled Causeway to acquire a dozen delivery vehicles at reduced values. These vehicles were then donated to local non-profit organizations to continue serving the community needs of Ocean County.

“The bond between Meals on Wheels and Causeway is rooted in a shared commitment to the well-being of the community,” said David Wintrode, President of Causeway Family of Dealerships/ Causeway CAREs. “The dedicated service department at

Causeway continues to demonstrate unwavering commitment to keeping the Meals on Wheels delivery fleet in optimal condition, ready and able to deliver essential meals to those in need.”

“Causeway’s support has significantly expanded Meals on Wheels’ delivery fleet, ensuring that seniors receive their much-needed meals and socialization,” said Sigurdson. “Their contribution has played a crucial role in expanding our capacity to serve the community.”

Through its various programs, including Meals on Wheels, Community Cafe, and Outreach Services, Meals on Wheels continues to offer vital nutrition, comfort, and assistance to nearly 4,000 Ocean County seniors.

Emphasizing the importance of home as a place of comfort and cherished memories, Meals on Wheels recognizes the significance of seniors’ personal environments.

“From family photographs to treasured keepsakes, these elements provide context and emotional significance to their lives, which cannot be replaced by hospital or assisted living facilities,” said Heather DeJong, Community Relations Specialist for Meals on Wheels of Ocean County. “With a passionate belief in keeping seniors in their homes, Meals on Wheels ensures they receive the necessary support to thrive.”

By the numbers, Meals on Wheels delivers over 240,000 meals per year to more than 1,600 Ocean County seniors. The dedicated drivers of Meals on Wheels travel the equivalent of around the globe 11 times annually to ensure timely meal deliveries. The cost of preparing and delivering each hot, nutritious Home Delivered Meal has risen from \$10 to \$15 per meal to procure, prepare and deliver. This reflects an overall increase of 40.5 percent since the global pandemic.

“Despite these challenges, Meals on Wheels has not missed a single day of meal delivery, demonstrating its unwavering commitment to seniors in need,” said DeJong.

Addressing the growing demand for its services, Meals on Wheels has consolidated its operations

into the Stafford location. Efforts are underway to establish and relaunch the Community Cafe to further support seniors in a social setting. However, supply chain issues persist, and the organization remains dedicated to overcoming these obstacles to continue its mission.

The PUTT (Pick Up The Tab) program is a critical lifeline toward health and independence for the aging community in Ocean County. With 39% of Ocean County seniors unable to afford the nominal \$2 per meal donation, gifts made toward this program go directly to Pick Up The Tab for these seniors (meals are delivered regardless of donation). A \$10 gift covers one week of meals for an Ocean County senior. For as little as \$520, meals will be covered for a full year for one individual. Please consider making a donation to the PUTT program!



**Scan here to donate!**

Meals on Wheels is deeply grateful for the support it has received from various foundations and organizations. The Hirair and Anna Hovnanian Family Foundation, the Grunin Foundation, and Causeway CAREs (among many others) have provided funds to ensure the availability of shelf-stable meals. The United Way has also played a vital role in supplying hygienic items for seniors, further addressing their needs beyond meals.

“Our mission has not changed, and our focus on serving our clientele remains steadfast,” said Sigurdson. “What has changed is the growing number of seniors in Ocean County. “Looking ahead, the organization anticipates the demand to either remain constant or increase due to the aging population in the county.”

With limited resources and as a charitable organization, Meals on Wheels relies on the generosity of its supporters. Addressing social, economic and nutritional needs, the organization continues to foster and maintain strong relationships within the community. By uniting individuals who share a passion for serving people, Meals on Wheels is poised for success in its mission.

For more information about Meals on Wheels and its services, please contact 609-978-6868, email [info@csimow.org](mailto:info@csimow.org) or scan the QR code.



In March of 2019, Meals on Wheels of Ocean County was a recipient of Causeway’s Anniversary Grant program. This was just the start of a very successful partnership. (Left to right): Jennifer Maier - Lease Retention Manager, Joe Stroffolino - Director of Advertising and Marketing, James Sigurdson - Executive Director of Meals of Wheels of Ocean County, Virginia Haines - Ocean County Commissioner, and Dave Wintrode - President of the Causeway Family of Dealerships.

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**The Causeway Gazette**

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**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).**

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

Driving change in our community. [CausewayCAREs.com](http://CausewayCAREs.com)



# The 2023 Atlantic City Truck Meet Roars to Success

**Atlantic City, NJ** – The Atlantic City Truck Meet, a highly anticipated event for truck enthusiasts, recently took place at Bader Field in Atlantic City on June 10 and 11. Founded and organized by Mark Wickline, John Klebaur and Causeway’s own Chris Varner, the event proved to be an overwhelming success, attracting a massive crowd and showcasing an impressive array of vehicles.

With a staggering 3,200 registered vehicles, the Atlantic City Truck Meet offered an impressive display of automotive power and craftsmanship. Enthusiasts and curious spectators alike marveled at the diverse selection of trucks on show, ranging from classic pickups to modern beasts. The event drew a staggering 18,900 spectators, creating an electrifying atmosphere and an unparalleled celebration of truck culture.

One of the event’s main highlights was the burnout pit, which attracted an enthusiastic crowd from the moment it opened until close. Attendees witnessed trucks displaying their raw power and tire-shredding capabilities, thrilling the audience with adrenaline-pumping performances.

Another highlight of the event was the Dyno, where truck owners could put their vehicles to the test. Over 75 trucks stepped up to the challenge, showcasing their horsepower prowess. The highest recorded horsepower was an astounding 1,789, leaving spectators in awe of the immense power these machines possess.



Photo credit: Deep South Media

In addition to the awe-inspiring truck showcase, the event boasted over 140 vendors, adding a touch of excitement to the gathering. Attendees had the opportunity to explore an extensive array of truck-related products and accessories, providing a unique shopping experience for truck aficionados. The excitement continued with activities and attractions, including monster truck rides that thrilled attendees of all ages, a food truck festival and numerous giveaways.

Given the resounding success of the Atlantic City Truck Meet, organizers are already gearing up for next year’s event, which promises to be even more remarkable. Truck enthusiasts and fans of automotive culture should mark their calendars for June 8 and 9, 2024, as the event plans to deliver an unforgettable experience once again.



**SAVE THE DATE! June 8 & 9, 2024**

## FAMILY PROMISE OF THE JERSEY SHORE OFFERS NEW WAYS TO GIVE TO HELP LOCAL FAMILIES HAVE A HOME

Homelessness doesn’t take summer vacation.

If anything, some of the major causes of homelessness—inflation, the continuing housing crisis, soaring

rents—are working overtime this summer.

In June, 319 people reached out to us for help! This is the largest number of people contacting us for help in a

single month in the history of Family Promise of the Jersey Shore.

Thanks to the generosity of our supporters, we were here to offer assistance to all 319 of our neighbors in their time of need as they navigate difficult, life-altering experiences.

But as the demand grows, we need your support now more than ever.

This month, Family Promise of the Jersey Shore launched our New Ways to Give initiative to support us in our mission of helping local families facing homelessness.

Our new platform offers a variety of ways to give, including weekly and monthly donations. Five dollars a week or \$20 a month, costing less than a daily coffee routine, would make a massive difference in the lives of many local children and their families.

You can donate by phone by texting “give” to 833-975-2970.

Online, you can give your gift of support by visiting [pushpay.com/g/familypromisejerseyshore](https://pushpay.com/g/familypromisejerseyshore).

We also have a new donation QR code that will be featured on Family Promise of the Jersey Shore materials.

Your donation will directly support our prevention programs, emergency shelter system and financial education support services that help guide housing insecure families toward having a home.

Family Promise of the Jersey Shore also always welcomes new volunteers. If you are interested in sharing your time and experience to help families in need, please contact Community Engagement

Coordinator Cheryl Polo at [Cheryl@familypromisejerseyshore.org](mailto:Cheryl@familypromisejerseyshore.org).

If you are a golfer, or would like to promote your business for a great cause by becoming a sponsor, the 3rd Annual Golf Classic on Thursday, October 5, 2023 at Blue Heron Pines Golf Club.

Join us for a day of golf and fun in support of Family Promise of the Jersey Shore and its mission to help alleviate family homelessness locally

Scan Below for Golf Classic Registration & Sponsorship Information



Sponsorship opportunities may be found at the same QR link above.

Thank you again for all your past and future support that makes it possible for Family Promise of the Jersey to help local children and their families have a home.

Please feel free to contact me at [jim@familypromisejerseyshore.org](mailto:jim@familypromisejerseyshore.org) with any questions.

Wishing you a fun and safe summer!

Jim Lowney  
Development & Communications Manager  
Family Promise of the Jersey Shore

IT'S TIME TO  
**CELEBRATE**  
*and give back!*

Join us for a  
BIRTHDAY BENEFIT HONORING  
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**08.01.23**

A lifelong resident of New Jersey and raised in Toms River, Ken tirelessly utilizes his time and talent to enrich our community. As a small business owner in Ocean and Monmouth Counties, board member and volunteer, he celebrates causes that enhance our hometown and support those in need.

*We hope you will consider joining us on Tuesday, August 1st, in honor of Ken's 40th Birthday, for an evening of plentiful cocktails, music, and a light comic roast, graciously hosted by Jonathan Z. Petro, as together we raise over \$40,000 for the students of Ocean County College.*

PROCEEDS TO BENEFIT: OCEAN COUNTY COLLEGE FOUNDATION

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Announces

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- Scan QR Code
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# SOUTHERN REGIONAL SPORTS BEAT

## ALREADY A LIFETIME OF WRESTLING

Conor Collins grew up around the sport of wrestling his whole life. He had family members who wrestled and Conor is a lifelong member of Stafford Wrestling Club and the Triumph Wrestling Club. Conor spent a good portion of time traveling and competing on the National Wrestling stage. Some notable competitions he attended were the National High School Coach's Association wrestling Tournament(s) in Virginia Beach, VA, Northeast Regions in East Stroudsburg, PA, Team New Jersey Schoolboy Nationals in Indianapolis, IN, multiple visits to SUPER 32 Nationals in Greensboro, NC, and in Myrtle Beach, SC, Journeyman Nationals in Albany, NY, Team New Jersey Junior Nationals in Tulsa, OK and the National Powerade Tournament in Pittsburgh, PA.

Early on things did not come easy to Conor. He had to work very hard to be good. In his early years he did more losing than winning. From that losing, he developed a "hard work" attitude that is now part of his personality today.

Conor has worked hard to be balanced in life. For as much time as he puts into training, he equally commits time to service within his community. He volunteers in support of the Travis Manion Foundation "If Not Me... Then Who". His duties include performing community service activities in support of Veterans', assisting wounded Veterans', and he acts as the Regional Race Coordinator for the Annual 9/11 Heroes Run for the Travis Manion Foundation. This run is coordinated Nation-wide and supports Veteran's and their families. Conor has volunteered for medical case studies that are conducted by Children's Hospital of Philadelphia, PA. Our family participates in the "Relay for Life" program annually, with our team called "Strong & Brave". He volunteers at the St. Mary's Parish Community Center. Conor is also a graduate of the American Legion Jersey Boy's State (ALJBS) and now is an Ambassador within the program.

Academically, Conor has worked very hard to stay ranked within the top 20 in his High School graduating class while still maintaining a rigorous academic workload. He is graduating this June 2023 with National Honors recognition and Foreign Language National Honors recognition.

These accomplishments that I have just explained did not come without great sacrifice. Conor received a gift on life. Conor was diagnosed shortly after his third birthday with cancer. He had a Wilms tumor in his right kidney that was inoperable due to a misdiagnosis. Conor began a journey at Children's Hospital of Philadelphia that involved receiving chemotherapy, surgery and radiation treatments. I share this with you, because I would like to bring to light the importance of "Community". The success that Conor had with defeating his cancer can be directly attributed to the support and assistance he received from the surrounding community, his family and the medical professionals.

Conor was assisted and supported by many people within the Stafford and surrounding community in



Congratulations, Southern Wrestling Conor Collins on his commitment to continue his education and wrestling careers at the United States Military Academy in West Point, NY. Conor is surrounded by his family, Head Coach Dan Roy and Coach Nick Herring. Thank you, Conor, for your service to our country. Best of Luck.

numerous ways. His High School coaches Dan Roy, Dan Hall, Luke Lanno, Brian Broderick, Nick Herring and Terrance Clendenin challenged him every day to be a better person and athlete. The High School Administration and his Guidance counselor, Jeff Reilly, provided Conor valuable guidance to academic opportunities and placement. On a yearly basis, he was academically challenged by Katie MacPhee. The Stafford Police Department has supported the Annual 9/11 Heroes Run. Officers like Joe Stanziaone, Anthony Vincent, Gerardo George, Racanelli, Brian Brown, Jimmy Knoeller and Matt Barnett provided critical leadership and influence along his journey. The Stafford Wrestling community in one way or another provided Conor with the necessary tools he needed to succeed. This would not be possible without the leadership of Bob Smith and Zach Wilhelm.

Now, Conor is graduating Southern Regional High School this June. Conor has received an appointment to the United States Military Academy at West Point, NY. One of the reasons that he chose the USMA was because he feels it is important that he should serve and give back out to others that are in need of assistance. Conor believes that the USMA is the best place to be challenged as a person.

I would like to thank the Causeway Gazette and the Causeway Dealership for allowing me and my family the opportunity to share with you and the community the story of my brother. Most importantly we would like to thank the Community here in Stafford for their direct and indirect support for my brother.

Respectfully,  
Casey G. Collins

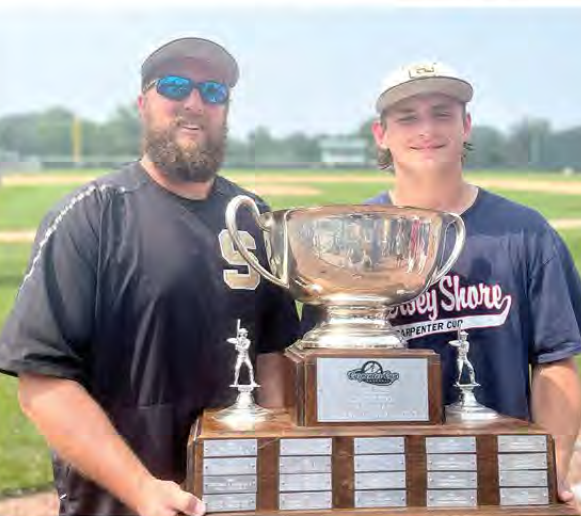


**Wrestling**  
Congratulations to the following Southern Wrestlers on their commitments to continue their education and Wrestling Careers: Cole Velardi - Keiser University - Florida; Nick Bennet- Millersville University - PA; Jayla Hahn - East Stroudsburg University - PA; Anthony Evangelista - Keiser University - Florida. Best of Luck!



**Track**  
Congratulations Southern Regional Boys Track Alum Fabian Gonzalez (Class of 2023) on placing 1st in the Discus with a throw of 193'5 at the New Balance National Championship Meet in Philadelphia, PA. The New Balance National Championship Meet took place on Friday, 6/17/23 and Sunday 6/19/23. Fabian also placed 3rd in the Shot Put with a throw of 63'6 1/4. Congratulations Fabian Gonzalez on winning the National Championship.

What a day on Thursday, June 30, 2023 for Southern Regional High School Track and Field Athlete Alum Fabian Gonzalez on being named the New Jersey Gatorade Track and Field Athlete of the Year plus being named NJ.com New Jersey State Field Athlete of the Year. Best of luck at Stanford University. Photo Credit: NJ.com and David Biggy The Sandpaper



**Baseball**  
Congratulations, Jersey Shore on winning the 2023 Philadelphia Phillies Carpenter Cup featuring Southern Regional Baseball Brady Lesiak and Head Coach Ed Truitt. Jersey Shore won the Championship on Thursday, June 29th.



# SAVE THE DATE!

## 6th Annual Causeway CARes 5K!



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# A NEED WE FEED RECEIVES DONATION FROM STOP & SHOP SUPERMARKET

On Friday, June 30, 2023, A Need We Feed had the privilege of being presented with a generous \$5,000 donation from Stop & Shop Supermarket during their grand reopening celebration in Toms River, NJ!



This incredible contribution will support our mission to provide freshly packaged, nutritious meals to Veterans, seniors, children, and families in need throughout Ocean County and beyond.

It was a true celebration of community and partnership, as representatives from Stop and Shop joined our dedicated board members, staff, and volunteers in a memorable check presentation.

We are immensely grateful to Stop and Shop for their commitment to positively impacting the lives of those facing food insecurity. Their generosity enables us to continue our weekly food deliveries and move toward the goal of expanding our reach to serve even more

individuals and families in need. Together, we are making a difference and nourishing our community.

Thank you, Stop and Shop, for being an invaluable partner in our mission to combat hunger and create a stronger, more resilient community. Your support changes lives and brings hope to those who need it most.

Check out the picture to catch a glimpse of the memorable moment when the donation was presented and the wonderful group of representatives from Stop and Shop, alongside our passionate board members, staff, and volunteers.

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## TRY TAKING A BREAK FROM ROUTINE SOMETIMES FOR INSPIRATION

By Danielle Natale - Causeway Honda Sales Consultant

Last week my friend and I went to South Street Philly! It was a typical Friday off for me. I had planned on cleaning up around the house as usual. Luckily, my friend Jess is constantly thinking up ways for us to have an adventurous day off.

It was such an inspiring visit! It felt great to get out of my local routine. South Street Philly has culture, art and overall good vibes! I'm sure we all have someone that pushes us to enjoy something or someplace we wouldn't experience on our own. The fact that she drove us there was a big relief for me and I actually enjoyed it more because I wasn't stressed about driving.

My friend Jess goes often and was the perfect tour guide! I left feeling so ready to take on my soon to be fall project, which is to turn my detached garage into an art studio.

Hands down my favorite part of that area is the mosaic art museum! I hope you all take a few day trips and



force yourself to relax away from the daily routine we each fall into. This day was exactly what I needed and I had to be pushed to realize that. I can't wait to start renovating the garage into my dream art studio now! I am absolutely inspired again!

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# PATRIOTIC CITIZEN AWARD GIVEN TO CAUSEWAY

The Causeway Family of Dealerships was awarded the "Patriotic Citizen Award" by the VFW Post 10092 - Barnegat. The VFW awarded the Causeway Family of Dealerships because of their unsolicited, inspirational patriotic service to the community through the daily display of our national flag.

## Who is the VFW?

Barnegat VFW Post 10092 serves the Barnegat and Manahawkin communities in various ways. Members of the post are directly involved in the following programs: Communities That Care (CTC) of Barnegat, Ocean County Juvenile Services Mentoring Program, Barnegat Volunteer Fire Company, Challenge Day 2023 Barnegat Twp HS (sponsored by the Ocean County Prosecutor's Office), JROTC of Southern Regional HS and Barnegat Twp HS, St. Mary's Church as ushers, Elks Club, U.S. Dept of Justice Youth Programs and Initiatives, Barnegat Twp HS Rho Kappa National Social Studies Honor Society, Ma Deuce Deuce (MA22) Veterans Org., CERT (Community Emergency Response Team) and NJ MRC (Medical Reserve Corps) to name a few.

Post 10092 conducts its own food, clothing, and school supply drives to support local families and students who may be in short supply. The post also contributes to both local high school Junior ROTC programs, via a scholarship, to a graduating senior from the Junior ROTC program. Finally, the post participates annually in the VFW National Essay Contests, in both schools districts, Patriot's Pen for 6-8th grades and Voice of Democracy for 9-12th graders. Know our fund raising is strictly via our Poppy donation drives, as we have no rental hall or a bar to raise funds. Thank you all who give financial donations, as your generosity goes a long way in our communities.

Post 10092 is always looking for new members who live in the community or have just moved into our area. Our mix of backgrounds include veterans of WWII, Korean War, Vietnam, Lebanon, Gulf War, Somalia, Afghanistan and

Iraq. We have members who served in the Army, Navy, Air Force, Marines and Coast Guard. We meet every Wednesday from 0830 - 1100 for coffee and doughnuts (from the Waretown Bakery... yummy). We hold ten monthly meetings and our next meeting is 14 Sept, dinner at 1700, meeting at 1800 and out before

1900. If you are a member then come on out and visit with us.

In attendance today is Post Commander Lenny Hemmerle, Senior Vice Commander Bob Roshak, Junior Vice Commander Joe Allen, Surgeon John Dugan, and Post Chaplain Mike McManus.



## Causeway CAREs non-profits benefit from Women's Club casino night



The Causeway Family of Dealerships recently sponsored a gaming table at Greenbriar Oceanaire Women's Club Fundraising Casino Night on June 26th.

A portion of the proceeds which will be donated to Causeway CAREs non-profits.

Pictured is Willie Ruffalo, Member of the Greenbriar Oceanaire Women's Club.

## EMPLOYEE SPOTLIGHT

**Jerry Langton**  
Sales Consultant  
Jerry Langton is back! You can find Jerry at our Causeway Honda showroom.  
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2020 Lincoln Aviator Reserve FLGL21443 <b>\$51,990*</b>	2020 Lincoln Aviator Reserve Premium P84542 <b>\$54,990*</b>	2020 Lincoln Aviator Reserve P84537 <b>\$54,990*</b>	2018 Lincoln Navigator Reserve FJEL15315 <b>\$55,990*</b>	2023 Lincoln Aviator Reserve FPGL16090 <b>\$71,990*</b>

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Please send your resume to:  
[Joe.Stroffolino@CausewayCars.com](mailto:Joe.Stroffolino@CausewayCars.com)

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# VETERANS TREATED TO FISHING TRIP BY ELKS LODGE

The Manahawkin Elks Lodge #2340 held their annual Veterans Fishing Trip on Tue, Jun 13, aboard the Miss Barnegat Light, sailing from Viking Village in Barnegat Light. This event was made possible through the Elks National Foundation Beacon Grant and the Lodge's charity fund. Our guests were from Vineland Veterans Memorial Home, Veterans Haven South, Joint Base McGuire-Dix-Lakehurst, MA22 Operation Hook-It and Wild Jaeger Veteran Adventures. Lunch was provided on board while our 54 guests enjoyed the beautiful day on the water. Many of the veterans enjoyed the Fun Fishing Tournament and saw entries of Skate, Junkfish, Fluke, Flounder, Dogfish and others. All guests returned to the Lodge for hospitality and friendship.



At dock: (above) Left front is Wayne Walker and right front John McCallum. Others are Craig, Bob, Charlie and Chip On board: (below) Al and Charlie. Roommates at VVMH. Charlie is the 100+ young veteran and Al not far behind.



# DINE ON US DINNER & DANCING BRINGS ACTIVE MILITARY AND CIVILIAN FAMILIES TOGETHER!

Dine on Us hosted their 2nd annual dinner & dancing event at Martell's Beach Bar on a beautiful night in June. Eighty active military families were in attendance as well as over 100 civilian families. "This was the perfect opportunity to bring both our families together under one event", said Dine on Us founders, Cliff and Terrie Baker. It was wonderful to see our NJ active military enjoying themselves with an endless lobster, shrimp, clams, and prime rib dinner and commingling with everyone on the dance floor.



Dine on us understands that our NJ active military are living in economic hardships, and they are not able to enjoy a night out on their own. Therefore, they

fundraise to provide them with dining and entertainment opportunities like Dinner and Dancing on the Beach.

Dine on us was very appreciative of a generous donation made by Tito's Vodka. The donation was used to purchase the 80 active military tickets to the event. The civilians were able to show their pride and appreciation to the military by personally thanking those in attendance for their service.

Cliff and Terrie said it was such a "win/win" event and can't wait to host their next event; the Annual Chef Tasting at the Beach, Sunday, Oct 1st, from noon to 4pm. If you would like to purchase tickets, please visit our website, [www.dineonus.org](http://www.dineonus.org).

## The 10th ANNUAL HOWELL TOWNSHIP/ FARMINGDALE 5K Run & Race Walk

In Memory of William Bruno, Jake Bukowiec, John Bukowiec Jr., Jared Crippen, Kevin Glass, Brian McDonough, Bubba O'Reilly, Walter Reitsma, Bill Whittaker & all CONTACT Volunteers lost but never forgotten!



Benefiting **CONTACT** of Ocean & Monmouth Counties 24/7 Crisis Intervention & Suicide Prevention Hotline

In Person: **Wednesday, August 23, 2023 - 6:00PM**  
Location: **HOWELL HIGH SCHOOL**  
405 Squankum-Yellowbrook Rd., Farmingdale, NJ 07727  
PROFESSIONAL RACE RESULTS BY CompuScore

Events this year include the 5K Run & Race Walk beginning at 6:00pm. COURSE will be the roads of Howell & Farmingdale - All ages welcome. 5K Run & Race Walk Awards to top Male & Female overall plus Age Group Awards for 5K Run. Special Pricing for Ages 19 & under until race time. All others, register by 8/22/23 for discounted rate. Registration online only [www.contactoceanmonmouth.org/events](http://www.contactoceanmonmouth.org/events) Additional Race info, call **732-240-6104** or email [contact@contactoceanmonmouth.org](mailto:contact@contactoceanmonmouth.org) RACE SPONSORSHIP OPPORTUNITIES AVAILABLE

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### Help End Summer Hunger with Twice the Impact!

When school ends, hunger increases for kids. We're seeing a 70% increase in the need for food for kids, families, seniors, and others in our community. Please help! When you give now, every dollar can be doubled to help provide 2X the food to children and families across Monmouth and Ocean Counties. Please give today.

**fulfill** HUNGER WON'T WIN HERE  
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### Home Town Travel

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[hometowntravelinc.com](http://hometowntravelinc.com)  
Nancy Schott

Great travel agents have survived and are your best source of information and reservations. Call Nancy or Tara. We have been in business locally for over 40 years. Some of our current groups:

**IRISH CHRISTMAS MARKETS**  
(Nov 28-Dec 3) United Newark-Dublin, hotels, sightseeing, shopping, most meals with professional guide. \$2,199. pp double

**EGYPT** (Oct 11-19, 2023) Fly from JFK, visit the Pyramids, Sphinx w/camel ride, cruise the Nile 4 nights, balloon flight, most meals. Rate: \$4,935. pp double

**10th ANNUAL ICELAND WEEKEND**  
(Feb 7-12, 2024) Experience the land of Fire and Ice, Fly from Newark on Icelandair, hotel, sightseeing, breakfasts. \$1,998.



# Focus ON Barnegat

## RARE BEAKED WHALE SIGHTING OFF CAPE MAY COMES WITH WARNING

By Eddie Davis, wobm.com

Cape May Whale Watch and Research Center has posted photos of a rare Sowerby's Beaked Whale that was spotted on June 19 about 80 miles off the coast of Cape May.

The Research Center posted the photos to tell the story of seeing this rare ocean find and to give a dire warning.

Because of what's happening presently in South Jersey, you might assume it's related to windmills or wind farms from Denmark. It's not.

Take a closer look at the other image in the photo at right. That is a Mylar balloon.

*"It was upsetting to see this remarkable species 80 miles offshore in 7500ft of water so close to something that could be prevented...a Graduation balloon. This is why we take the time to collect floating Mylar balloons from our waterways with our #CleanOceanInitiative!"*



Cape May Whale Watch and Research Center NOAA  
The rare and elusive Sowerby's Beaked Whale...surfacing near a Mylar balloon. Population estimates for this species of beaked whale are poorly understood because of their rarity. It was upsetting to see this remarkable species 80 miles offshore in 7500ft of water so close to something that could be prevented...a Graduation balloon. This is why we take the time to collect floating Mylar balloons from our waterways with our #CleanOceanInitiative!  
Do not release balloons into the sky.  
Keep balloons well weighted to prevent accidental release.  
Avoid balloons all together! Choose a more Eco-friendly party decoration instead!  
Spread the word!  
www.capemaywhalewatch.com  
Research intern Dan on our 6/19/23 24hr pelagic



25 comments 50 shares

Cape May Whale Watch and Research Center used their Facebook post to ask that we stop using Mylar balloons and balloons in general, opting instead for some other party decoration.

They also suggest spreading the word, which we have now done.

Here's some more info about the fascinating Sowerby's Beaked Whale. Population estimates for this species of beaked whale are poorly understood because of their rarity.

According to the National Oceanic and Atmospheric Administration (NOAA), the Sowerby's Beaked Whale "have a small-to-medium-sized body with a very long, slender beak relative to other beaked whales, as well as a bulge on the forehead area. The beak often emerges at a steep angle when surfacing. They have a small, wide-based, slightly hooked dorsal fin located about two-thirds down their back".

They usually prefer the northern Atlantic Ocean because of its colder waters, but they are occasionally seen as far south and the mid-Atlantic, like off the coast of Cape May, NJ. wobm.com.



### 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)

#### ADULTS AND KIDS CAN BUILD THEIR OWN TEDDY BEARS AT LONG BEACH ISLAND BRANCH

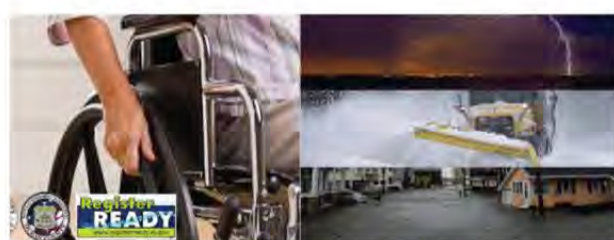
**SURF CITY** – Hey kids, how about a new teddy bear, handmade by you? Adults, we know that you like plush toys, too. There will be workshops for each at the Ocean County Library Long Beach Island Branch, 11 AM for children, 2 PM for adults, Saturday, July 29.

Debbie Pease of Premier Picnics & Parties will help you to build your new soft best friend, special gift, or new member of your plush toy collection.

All materials will be provided for the workshops, sponsored by the OCL Long Beach Island Branch and Friends of the Island Library.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) to attend one of these free programs. Children should register for the morning program only. Adults should register for the afternoon program only. Space is limited. Each person attending, regardless of session, should be registered individually.

For more information, visit the OCL Long Beach Island Branch, 217 South Central Avenue, Surf City, or call (609) 494-2480.



#### REGISTER READY

NJ'S SPECIAL NEEDS REGISTRY FOR DISASTERS

*"The First Step in Emergency Preparedness for Individuals with Disabilities"*

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

You (or someone on your behalf) are encouraged to register if you have a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult for you to safely shelter in place or evacuate in a disaster.

#### HOW CAN I REGISTER?

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

#### COLLECTIBLES CONNOISSEURS, TALK TOYS WITH YIMBO AT LACEY BRANCH

**LACEY TOWNSHIP** – Superhero and action figure fans, photography buffs and keepsake collectors can learn about an emerging art form that's also a ready-to-enjoy hobby. The Ocean County Library Lacey Branch will present "Toy Talk with Yimbo," 11 AM and 1 PM Saturday, August 12.

The Ocean County dad, gamer and reviewer will discuss toy photography, describe techniques, explain startup essentials, and give you a chance to take your own photos. Bring your favorite toys, or use Yimbo's 6'-7' scale Marvel Legends and McFarlanes action figures and dioramas.

Collectibles devotees can find Yimbo Reviews Everything's live stream on YouTube each Sunday evening. He can also be found on Facebook, Instagram, TikTok, and multiple podcast platforms including Apple Podcasts.



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

#### DISCOVER SPECIAL CHALLENGE VOCATION OPTIONS AT LACEY BRANCH



**LACEY TOWNSHIP** – Teens and adults with special challenges can enhance their pursuits of productive, satisfying livelihoods with help from the New Jersey Institute for Disabilities (NJID). Learn about "Vocational Paths for Teens and Adults with Special Challenges" at the Ocean County Library Lacey Branch, 3 PM Monday, October 9.

In this program for teens and adults with special challenges and their caregivers, NJID's Venus Majeski will highlight ready resources to help individuals find career paths that suit their needs and interests.

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

#### ENJOY CERAMIC CRAFTING AT LONG BEACH ISLAND BRANCH

**SURF CITY** – Have fun making ceramic pieces at the Ocean County Library Long Beach Island Branch, 10 AM and 1 PM Friday, July 28.

Each workshop will occupy two hours. In order to accommodate as many attendees as possible, please register for one workshop only at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events).

Staffers from Just Kil'n Time, Waretown, will supply all materials and conduct the sessions. Once you've painted and decorated your items, they will be fired and glossed at Just Kil'n Time. The pieces will be returned to the Branch at a later date for pickup.

Space is limited, so please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for only one of the two free sessions, sponsored by Friends of the Island Library.

For more information, visit the OCL Long Beach Island Branch, 217 South Central Avenue, Surf City, or call (609) 494-2480.





# SENIOR CORNER

## 6 REASONS TO BEWARE OF THE BEACH

From heat stroke to jellyfish to sunburn, keep these dangers on your radar for your next summer beach day

By Lauren Bedosky, AARP

Summer's in full swing. For many of us, that means spending the day at the beach.

But the beach isn't all fun and relaxation. We may fear lurking sharks when we dive into ocean waters, but shark attacks are extremely rare. Other health problems are much more common — from heat stroke to jellyfish to sunburn. It's smart to go in prepared, so you can focus on having a good time.

Here are six dangers to know about before your next beach day.

### 1. Heat illness

Heat illness is a spectrum of conditions that occur when the body can no longer cool itself down. "This can be seen in high heat conditions, often made worse when there is high humidity or during vigorous exercise," says Lea Walters, M.D., chair of emergency medicine at the Loma Linda University School of Medicine in California.

Heat cramps — painful muscle spasms in the legs and abdomen — are often the first hint that you've lost too much fluid, salt or both, notes the National Weather Service.

Next is heat exhaustion. As you continue losing water and salt, you may notice symptoms like headache, nausea, dizziness and irritability. It's vital to move to a cooler area and sip cool water. Otherwise you may develop heat stroke.

Heat stroke is the most serious heat-related illness. According to the Centers for Disease Control and Prevention (CDC), the body temperature can climb to 106 degrees Fahrenheit within 10 to 15 minutes. This can cause confusion, slurred speech, seizures, a strong and rapid pulse, and loss of consciousness.

Heat stroke is a severe medical emergency, and delaying treatment can be fatal.

Anyone can get heat stroke, but older adults, people with high blood

pressure and those taking water pills (diuretics) have an increased risk.

To keep heat illness from wrecking your beach day, stay hydrated and take regular breaks from the heat, suggests Michael D. Levine, M.D., an emergency medicine and medical toxicology physician with UCLA Health in Los Angeles.

### 2. Sunburn

Sunburn is an inflammatory reaction to ultraviolet (UV) radiation damage. Symptoms like skin redness and tenderness typically start about four hours after sun exposure, with pain peaking after 48 hours.

But the damage lingers long after the sunburn fades. "In addition to the discomfort they cause, sunburns significantly increase our risk of skin cancer," says Lauren Eckert Ploch, M.D., a dermatologist in Augusta, Georgia.

In fact, sunburn is the leading cause of many types of skin cancer, including melanoma, the deadliest form of skin cancer. And it only takes five or more sunburns to double your risk of melanoma, according to the Skin Cancer Foundation.

"The best way to avoid a sunburn is to regularly apply a broad-spectrum sunscreen while at the beach," Eckert Ploch says. Look for a sunscreen that's water-resistant, with an SPF of 30 or higher. Be sure to slather it on every two hours, or after swimming or sweating.

"I also recommend using sun-protective clothing and a hat, plus staying under a shade during peak sun exposure times," Eckert Ploch says. Your risk of sunburn increases when the sun is strongest — between 10 a.m. and 2 p.m., notes the American Academy of Dermatology.

### 3. Red tide

A red tide is a common term for a harmful algal bloom (HAB) that turns the water red. It's found along every U.S. coast, but it's most common in the Gulf Coast.

Algae are plant-like organisms that live in saltwater and freshwater. Most algal blooms are beneficial, providing a major source of energy for the ocean's creatures. But when algae grow out of control, they can have harmful effects on people, fish, marine mammals and birds, according to the Oceanic and Atmospheric Administration's (NOAA) National Ocean Service.

Red tides, so-named because the bloom turns the water red, are caused by an algae called *Karenia brevis*. This algae produces a potent toxin called brevetoxin, which kills fish and makes shellfish dangerous to eat.

According to NOAA, the toxin can also make the surrounding air difficult to breathe. "This is especially true for people who suffer from asthma, but it may cause severe problems in anyone with respiratory disease," Walters says.

Inhaling red tide toxins can cause symptoms even in otherwise healthy people. Symptoms usually include coughing, sneezing and teary eyes, according to the Florida Department of Health.

"Most beaches will put up warning signs that say 'Don't go in the ocean,

red tide,' things like that," Levine says. "If you see a red tide warning, that should be a big clue not to go into the ocean."

### 4. Jellyfish

Jellyfish are transparent sea creatures that are made up of 95 percent water. They're fascinating to watch move around in the ocean, but get too close and you'll likely get stung.

Jellyfish sting with their tentacles. When a jellyfish senses danger, its tentacles shoot out mini needle-like stinging cells. Once these cells penetrate your skin, venom is released. Cue intense pain.

Thankfully, most jellyfish species are more of a nuisance than a medical emergency. "If you're standing in the surf and you get stung by a jellyfish, it's going to hurt, but it's not going to be dangerous," Levine says.

Still, it's best to be cautious. Some jellyfish stings can cause serious symptoms such as shock, chest pain, breathing difficulty and changes in pulse. While rare, certain jellyfish stings can be fatal. Some species of box jellyfish, including the Indo-Pacific box jellyfish, are especially dangerous. This lethal jellyfish is



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primarily found in coastal waters off northern Australia and throughout the Indian and Pacific oceans.

If you do get stung, start by plucking off any remaining tentacles with tweezers. Then, soak the affected skin in hot, but not scalding, water. Aim for 110 to 113 degrees Fahrenheit. Keep the skin immersed until the pain eases, typically within 20 to 45 minutes. Apply 0.5 to 1 percent hydrocortisone cream or ointment to the sting twice a day to treat itching and discomfort.

### 5. Melioidosis

Melioidosis is a potentially fatal disease caused by *Burkholderia pseudomallei*, a bacteria found in contaminated soil and water. You can get the disease by inhaling or ingesting contaminated soil or water or by absorbing it through a cut in your skin, Walters says.

It can take two to four weeks to notice symptoms, and the symptoms vary according to the infection type, Walters says.

## 5 WARNING SIGNS YOU MAY HAVE A NUTRITION DEFICIENCY

Plus, how to prevent and treat low levels of vitamins, minerals

By Aaron Kasraie, AARP

Are you getting enough essential vitamins and minerals?

Research shows it's a common concern among older adults in the U.S. — the majority of people 55 and older say they use dietary supplements — and for good reason. When our bodies lack essential vitamins and minerals, physical symptoms such as fatigue and muscle aches can ensue. Nutrient deficiencies have also been linked to chronic diseases, like diabetes and osteoporosis.

Different deficiencies can cause different symptoms. To shed light on some of the warning signs, we spoke with Sameera Talegawkar, an associate professor of exercise and nutrition sciences at George Washington University in Washington, D.C.

### How to detect a deficiency

Keep in mind, the only way to know if you have a nutrient deficiency is by scheduling a doctor's visit, which may include blood tests to assess your vitamin and mineral levels.

Know that diagnosing deficiencies in older age can present greater complexities due to the presence of chronic diseases and the use

of medications. Your doctor must carefully consider these factors and their potential impact on nutrient absorption. "Each nutrient has a physiological function in the body. So, if you have a deficiency, there's going to be a consequence," said Talegawkar. "It is important for a physician to take a look at what medications and what health conditions are present before you can diagnose. Some medications might have side effects, which could therefore cause a nutrient deficiency."

Be sure to speak to a health care provider if you experience any of the following symptoms.

### 1. Fatigue, bone pain, muscle weakness

Feeling tired? Experiencing bone pain? Having muscle weakness? It could be a sign that you're lacking vitamin D.

This vitamin is important for bone health along with the health of your nervous, musculoskeletal and immune systems.

Older adults are at higher risk for being D deficient. So are people with darker skin and those who live in areas with limited sunlight.

Other symptoms of low vitamin D levels include muscle spasms, cramps, tingling sensations, voice box spasms and changes in personality.

Where to find vitamin D: You can find vitamin D in foods like fatty fish (salmon, mackerel), fish liver oils, fortified dairy products, orange juice, soy milk, breakfast cereals, eggs from hens fed vitamin D and mushrooms exposed to sunlight or UV light.

### 2. Tiredness, weakness, pale skin

If you're feeling tired or weak and notice that your skin is pale, it could be a sign of low vitamin B12 levels, a necessary element for nerve and blood health. Other signs that you need more B12 can be weight loss, reduced appetite, numbness and tingling in extremities, confusion and poor memory.

Since our bodies can't produce B12 naturally, we need to get it from certain foods and drinks. However, the aging process makes it more difficult to absorb vitamin B12 from food. And if you're using stomach acid blockers, it can make the absorption process even harder.

Where to find B12: To get enough vitamin B12, you can turn to animal products like red meat, poultry, shellfish, dairy and eggs. But if you follow a vegetarian or vegan lifestyle, it's important to consider supplements or fortified foods to make sure you're getting the right amount, said Talegawkar.

### 3. High blood pressure, kidney stones

If you're dealing with high blood pressure or kidney stones, or are experiencing less obvious symptoms like bone turnover and urinary calcium excretion (which includes symptoms such as lower abdominal pain, blood in urine, frequent urination, pain while urinating, and cloudy or foul-smelling urine), it might be a sign of a potassium deficiency.

Potassium is an electrolyte that plays a vital role in keeping our

muscles, nerves and heart functioning properly. It is also necessary for healthy digestion and maintaining strong bones. Having extremely low levels of potassium, also known as hypokalemia, can be a serious issue and can even result in paralysis. Milder cases of hypokalemia can cause fatigue, muscle weakness and constipation.

Older adults should be aware that a potassium deficiency can be caused by using diuretic medications or excessive use of laxatives, among other medications, said Talegawkar.

Where to find potassium: Fruits and vegetables are excellent sources of potassium, followed by nuts, seeds and dairy products.

### 4. Shortness of breath, fatigue, cold hands and feet

Feeling tired, having a fast heartbeat, experiencing heart palpitations, struggling to concentrate and having trouble regulating body temperature are all signs of anemia, meaning there is not enough iron in the blood. Other symptoms may include pale skin, a sore or swollen tongue, and nails that are shaped like spoons.

When your body doesn't have enough iron to produce hemoglobin, a substance found in red blood cells that transports oxygen throughout your body, it can leave you feeling extremely tired and weak.

While an iron deficiency is most prevalent in young children, women under 50 and pregnant women, older adults can have low iron levels if they aren't eating enough foods that contain iron.

Where to find iron: Try to incorporate animal-based foods like meat, poultry and seafood or plant-based foods such as leafy greens, whole grains, legumes, nuts and seeds.

### 5. Muscle cramps, dry skin, brittle nails

Muscle cramps, dry skin and brittle nails can be signs of low level of calcium. Ignoring this issue can lead

An infected cut may become swollen and painful, and turn into an open sore. If the infection spreads to the blood, symptoms can include fever, headache, joint and abdominal pain, and dizziness. Meanwhile, a lung infection from inhaling the bacteria may cause cough, chest pain, fever, headache and loss of appetite.

If the infection isn't treated, it can spread throughout the body, causing fever, weight loss, stomach or chest pain, muscle or joint pain, headache or seizures. It can even infect the nervous system or brain. Eventually, this may lead to death.

Melioidosis is typically a disease of tropical climates and is often seen in Southeast Asia and northern Australia. However, *B. pseudomallei* was recently found in soil and water samples taken from the Gulf Coast of Mississippi in the United States. The CDC issued an alert in July 2022, asking people to be on the lookout for signs and symptoms of melioidosis.

The CDC also recommends taking precautions if you're traveling to areas where *B. pseudomallei* is common. Precautions include avoiding contact with soil or muddy water and covering open wounds with waterproof bandages.

While anyone can get melioidosis, certain health conditions can increase

your risk. These include diabetes, liver disease, kidney disease, cancer, chronic lung disease and thalassemia (a genetic blood disorder). Take special care if you have any of these health conditions and are traveling to an area with *B. pseudomallei*.

### 6. Drowning

There are an estimated 4,000 fatal drownings in the United States every year, and drowning is a leading cause of death for children ages 1 to 4, per the CDC.

Drownings can happen in any body of water, but oceans are especially risky. "The ground under the water is often uneven and can cause trips and falls, or submersion in unexpectedly deep water," Walters notes. And it's easy to get surprised by a wave and be swept out to sea.

Knowing how to swim is vital for lowering your odds of drowning. However, even strong swimmers can get tired from treading water. "Swimming in the ocean takes a lot of energy and strength, and some people drown from fatigue," Levine says.

Wearing a life vest, swimming with a buddy and choosing swimming sites with lifeguards can help you stay safe in the water.

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to neurological problems, and severe cases may cause seizures, abnormal heart rhythms and congestive heart failure. That's because calcium in your blood plays a crucial role in nerve function, muscle movement, blood clotting and heart health.

Low calcium may lead to a condition called hypocalcemia. This typically happens when there are abnormal levels of parathyroid hormone (PTH) or insufficient vitamin D. If you don't get enough calcium in your diet, your body can even start to take calcium from your bones, which can weaken them and lead to osteoporosis.

Where to find calcium: To increase your calcium intake, include foods like dairy products, calcium-fortified orange juice, leafy greens, black beans, almonds, sesame seeds and chia seeds in your diet.

### Preventing and correcting nutrition deficiencies in older adults

Eating a healthy diet packed with essential nutrients is the best way to prevent and treat nutrition deficiencies. The Dietary Guidelines for Americans recommends to:

Personalize your food choices: Tailor your meals to your preferences, cultural traditions and budget.

Prioritize nutrient-rich foods: Select a variety of foods from different groups that give you the nutrients you need

while staying within your calorie limit.

Limit unhealthy foods: Cut back on foods and drinks high in added sugars, saturated fat, sodium and alcohol.

While a healthy diet is important, some older adults may need supplements to meet their nutrient requirements. Before taking any supplements, it's crucial to talk to a doctor or registered dietitian who can evaluate your medical history, current prescriptions and possible medication interactions. Common supplements for older adults include calcium, vitamin D and vitamin B12, said Talegawkar.

In severe cases, older adults with nutrition deficiencies may require nonfood-based treatments with the help of a doctor or registered dietitian. They may involve therapeutic nutrition products, supplements, injections or infusions of micronutrients, or tube or intravenous feeding.

It's never too late to prioritize your nutritional well-being. Taking a proactive approach to your diet and seeking proper medical guidance to ensure you're getting the nutrients you need can help you minimize your risk of nutrition deficiencies and maintain your health and vitality as you age, said Talegawkar.

aarp.com




## Free Virtual Classes for Older Adults

The New Jersey Division of Aging Services has partnered with GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make new friends, learn new things and have fun.



### Live Classes Taught by Older Adults Across Multiple Categories

Aging in Place	Music
Communication	Photography
Cooking	Social Hours
Creativity	Social Media
Financial Planning	Technology
Health and Wellness	Travel
Fitness	Business




## 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





# WHY YOU NEED TO ABSOLUTELY FOLLOW THESE LIFE ALTERING BIKE SAFETY MEASURES IN NEW JERSEY

By Vin Ebenau, WOBM,

Whether it's doing tricks or stunts on a bike, riding without a helmet, or riding a bike while texting with no hands on the grips, many youngsters are taking inherent risks out there.

It's scary to think about, let alone continue to see so many kids, teenagers, and even adults not following the most basic bike safety measures here in New Jersey.

The rising concern is leading to a call for action.

One of the key safety measures many may not be taking is wearing a bike helmet.

Paul Mickiewicz, program director for New Jersey Bike & Walk Coalition, feels there are a few reasons kids and teens don't wear helmets including that it's not 'cool'.

"Essentially, there's a lot of people - especially kids - they don't want to follow the rules, they don't want to do what they're told, it's uncomfortable to wear a helmet so they don't wear a helmet and it is concerning," Mickiewicz tells Townsquare Media News.

When it comes to doing wheelies or other tricks on your bike, Harvey Cedars Police Chief Robert Burnaford explains that it's best to do those at a safe location and not on the road.

"If you're one that thinks that you can do these different tricks and what not, there's a time and a place for everything," Burnaford said recently on Shore Time with Vin and Dave

on 94.3 The Point. "Perhaps, if your community has a skate park or some venue where you can perform those acts, then that's great, that's probably where you can do that."

Mickiewicz explains that a lot of kids don't have the bike skills and experience riding to be able to handle various stunts.

"Those that do are risky, they take a lot of chances just like skateboarding - it's a good idea to wear a helmet, because, if you're going to hit your head, you're going to be much more protected," Mickiewicz said.

Chief Burnaford explains that it's not just bike riders who need to be aware of their surroundings and what they're doing but vehicles as well.

"It's kind of a two-way street where, yes, the driver of the vehicle has to be alert but also same thing goes with the pedestrian and the bicyclist," Burnaford said. "You just have to know your surroundings, know where you should be acting and performing stunts and riding in different ways or just ride in an exercise format."

Are there kids and teenagers, even adults not wearing a helmet while riding their bike in your neighborhood or town?

Some of the reasons many have for not doing so relate to optics, comfort level, or ego.

"It might be uncomfortable, it might mess up their hair - particularly for women, that's a big thing - maybe it doesn't look cool because the other



Ryan / stock.adobe.com

cool kids aren't wearing a helmet," Mickiewicz said.

He explains though that whether it's on a bike or a skateboard, there are a good number of responsible youngsters who do wear a helmet when they're doing tricks or stunts, "because they know they're taking risks."

While motor vehicles and drivers need to be aware and mindful of people riding their bikes this summer, the riders themselves play the most critical role in staying safe.

Mickiewicz explains that riders being smart and behaving appropriately are the biggest concerns right now.

"When we're talking about the safety of riders, we can hurt ourselves by going down," Mickiewicz said. "In fact, most bicycle crashes are cyclists going down on their own - it's their

own fault, they hit a slippery patch, they're going too fast around the corner, whatever it is, most crashes are solo crashes going down on their own."

He adds that those types of incidents outnumber ones involving motor vehicles.

"There's a very small percentage that are actually crashes with motor vehicles - those are the crashes where people could die and those are the ones that we're most concerned about," Mickiewicz said.

There are police departments across the Jersey Shore including Harvey Cedars and Toms River who are driving up to kids with helmets on this summer and giving them a gift certificate for a free ice cream treat to reward them for making the safe decision to wear a helmet.

wobm.com

## NEW CAR NEWS

### HYUNDAI IONIQ 6 CROWNED CAR AND DRIVER'S 2023 EV OF THE YEAR

FOUNTAIN VALLEY, Calif., June 28, 2023 – The 2023 Hyundai IONIQ 6 earned Car and Driver's EV of the Year Award, adding another coveted honor to its trophy case. This marks the second year in a row that Hyundai has won Car and Driver's EV of the Year award with the IONIQ 5 winning in 2022.

The publication put 14 top-rated EVs through rigorous testing over a three-week period. IONIQ 6 took the No. 1 spot.

"The IONIQ 6 lineup has available power and range that puts Tesla on notice," said Tony Quiroga, editor-in-chief, Car and Driver. "An 800-volt architecture reduces DC-charging times, but best of all, the Ioniq 6 is a car that we love to drive."

The EV award uses the same criteria as Car and Driver's 10Best Awards. The winner must exceed the expectations of the Car and Driver editorial and testing teams in four key areas:

- Value
- Mission Fulfillment
- Technology Advancement
- Fun to Drive

"Securing two consecutive Car and Driver EV of the Year awards is a tremendous accomplishment," said José Muñoz, president and CEO, Hyundai Motor North America. "This prestigious award acknowledges the remarkable efforts required to develop groundbreaking EVs like the IONIQ 6 that deliver industry-leading aerodynamics, charging



hyundainews.com

speed, innovative features and driving range. This recognition further bolsters our pursuit of global electrification leadership and provider of smart mobility solutions."

Other contenders in the competition include Audi Q4 E-tron, BMW i7, Cadillac Lyric AWD, GMC Hummer EV SUV,

Genesis Electrified GV70, Kia EV6 GT, Kia Niro EV, Lexus RZ450e, Lucid Air Pure, Mercedes-Benz EQE350, Nissan Ariya e-4orce, Toyota bZ4X AWD, and VinFast VF8. Car and Driver employed instrumented testing, subjective evaluation, and side-by-side comparison in both practicality and entertainment value.



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- **For senior residences and senior-serving organizations:** Interested in bringing this program to the seniors you serve? Email Robin Gardiner at [rgardiner@fulfillnj.org](mailto:rgardiner@fulfillnj.org) or call 732-643-5864.

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

All incomes are Gross Income before any deductions.





## HEARTS OF MERCY ANNOUNCES SUMMER CAMP

If you are looking for something fun and engaging for your child to do this summer, check out our summer camp! Planned for August 7-11th from 10-3, camp includes outdoor sports, arts and crafts, science, technology, music and drama, lunch, games and guest speakers.

Camp also includes our annual Day at the Bay in Brant Beach at the Bayview park on August 8th which is open to all our families free of charge. Last year children did a fun forensic activity, learned first aid and met a Fire Chief, did a pond study and a 3 scene drama skit. New activities are planned for



### HEARTS OF MERCY

this year. Ages 10 & up. Learn more at the link below. Programs are free for those who qualify.

For more information call 609-339-2341 or go to:

<https://hearts-of-mercy.org/programs/summer-camp-2023/>

## FORMER CAUSEWAY SCHOLARSHIP RECIPIENT WINS ACTING AWARD

Following graduation, Amanda Muldowney rushed home to catch the livestream of Paper Mill Playhouse's Rising Star Awards. She was nominated for her role Annie Reilly in 42nd Street.

Amanda received the award, and her acceptance speech was read by Broadway performer, Jordan Barrow. Modeled after Broadway's Tony Awards, the Paper Mill Playhouse Rising Star Awards rewards exceptional accomplishments in the production of New Jersey high school musicals. Famous actors and actresses, such as Rob McClure, Laura Benanti, Shanice Williams, and even Anne Hathaway were nominated and/or won Paper Mill Rising Star Awards when they were in high school.



On Wednesday, Amanda visited Paper Mill Playhouse to pickup her Tiffany & Co award and take some photos. We are so very proud of her! Amanda is also a 2023 scholarship recipient from Causeway Ford!

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## LBI OFFSHORE WIND FARM NEEDS MORE ENVIRONMENTAL STUDY, OPPONENTS SAY

By Veronica Flesher, Patch Staff

LONG BEACH ISLAND, NJ — A local conservation group is asking the Bureau of Ocean Management (BOEM) to rewrite their draft Environmental Impact Statement (EIS) for a proposed wind project off the coast of Long Beach Island.

Save LBI, an opponent of the proposed Atlantic Shores South Project led by Beach Haven resident Bob Stern (a former engineer for the U.S. Department of Energy), called for a redraft of the project's EIS in a news release shared the same day that BOEM approved Ocean Wind 1, another offshore wind farm in Ocean City.

During the comment period for the EIS, which ended July 3, Save LBI submitted 208 pages of comment.

"Those comments cited 23 subject areas where potentially significant impacts were not disclosed or casually dismissed without evidence, and 7 other subjects where impacts were not fully disclosed—the legal standard for an EIS," Save LBI said.

This includes the impact of turbine noise on the North Atlantic right whale, the risk to vessel navigation and "the synergistic impact of the most visible

modern wind complex in the world, the effect of rotating blades, audible noise from turbine operation, reduced breeze and wave and higher temperature and humidity, on the shore experience and upon the persons and businesses that rely on that experience for their economic well-being," Save LBI said.

Save LBI also cited a "lack of a cumulative impact assessment of all the projects in the NJ and NY Bight areas" and no true alternatives offered for the public to weigh in on, "such as the turbine area, number, power, or gear type."

"Compounding all this was a 2,000-page EIS often referencing a 4,000-page Construction and Operations Plan, and selectively citing 1,220 technical references, making it impossible to fully read, evaluate actual impact, and prepare comments in the limited time period allowed," Save LBI said.

Save LBI is asking the federal agency to "go back to the drawing board" and add in what they asked under the new EIS page limit of 150 from the Debt Reduction Act.

"This is not what the National Environmental Policy Act is about," Save LBI said.

patch.com

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<p><b>FLATBED UTILITY</b></p> <p><b>\$53,990</b></p> <p>2023 FORD F-350 REG. CAB                  8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F2126</p>	<p><b>2024 FORD E-450 16' BOX TRUCK w/Liftgate</b></p> <p><b>\$69,490</b></p> <p>2024 FORD E-450 16' BOX TRUCK                  w/Liftgate</p>	<p><b>RACK BODY</b></p> <p><b>\$65,690</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>ENCLOSED UTILITY</b></p> <p><b>\$97,490</b></p> <p>2023 FORD F-350 XL REG. CAB                  Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. P84513</p>	<p><b>4X4 w/PLOW</b></p> <p><b>\$58,590</b></p> <p>2022 FORD F-250 EXT. CAB                  V8, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, CD, Alloy whls., Stk. No. F21173</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>ALUMINUM DUMP</b></p> <p><b>\$91,990</b></p> <p>2023 FORD F-550 CREW CAB                  8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30027</p>	<p><b>REG. CAB 4X4</b></p> <p><b>\$57,990</b></p> <p>2020 FORD F-450 MASON DUMP                  8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. FLEE52701, 9900 miles</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)

### LEARN GARDEN BULB PREP FOR SPRING 2024 AT STAFFORD BRANCH

STAFFORD TOWNSHIP – Autumn is ideal to plan, purchase, and plant the bulbs that will blossom in your garden next spring. Take timely tips from Rutgers Master Gardener of Ocean County Deborah McCabe at 10:30 AM Monday, August 14, in the Ocean County Library Stafford Branch.



Deborah will explain design, layout, and bulb choices, will offer recommendations for planting, growing, and maintenance, and will demonstrate container bulb planting.

A five-year member of the Master Gardeners of Ocean County, Deborah chairs the Master Gardeners Stafford Library Outreach and also volunteers at the township's Mill Creek Community Garden. She traces her interest in gardening to her father, who planted, planted, planted – initially as a farmer, and later as a grounds caretaker.

Rutgers Master Gardeners are trained volunteers who present horticulture programs developed by the Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension.

Bring your garden questions and plant or insect samples to Master Gardeners for diagnosis and recommendations in the OCL Stafford Branch, 10 AM to 12 PM on the second and fourth Monday of each month, through September.

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

## OCEANAIRE WOMEN'S GOLF ASSOCIATION'S 10TH ANNUAL PROVIDENCE HOUSE GOLF TOURNAMENT

Victims of Domestic Violence in Ocean and Burlington Counties Benefited

By Bonnie Morris, Chair

On Monday, June 12 2023, the Greenbriar Oceanaire Women's Golf Association (OWGA) sponsored its 10th Anniversary of our Providence House golf tournament benefiting victims of domestic violence in the Ocean County area. Providence House not only provides a safe house and services for those who must flee immediate abuse, but it sponsors a recovery program, counseling for adults and children at its Community Outreach Center and beyond. During the holidays, food and clothing are also donated by generous donors in order to provide gifts and support.



In the past ten years, the OWGA has raised well over \$150,000 for Providence House. We became partners with this wonderful organization when we were invited to visit the safe house and learned about their programs. Our entire community rallies every year through our street campaign, generous donations, and assistance from our Men's Club. This is a community operation, and we look forward to continuing our support and love for this amazing organization.

The Causeway Family of Dealerships was proud to be a sponsor of this great event.

For information about Providence House Domestic Violence Services, Call (732) 244-8529 in Ocean County and (609) 871-7551 in Burlington County.

### GEAR UP FOR FALL GARDENING AT STAFFORD BRANCH

STAFFORD TOWNSHIP – As summer winds down, learn how to prepare your garden for its cold-weather hiatus during a Friends' Adventure, "Fall Gardening with Hands Garden Center," at the Ocean County Library Stafford Branch, 10 AM Thursday, September 7.

Bring your questions to the experts from Hands Garden Center, Little Egg Harbor's local landscape supply and garden center for more than 30 years. They'll discuss all the essentials for fall planting, pruning, and winterizing your garden.

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



Prospective new members are always welcome to join Friends of the Stafford Library. To learn about volunteering opportunities, fill in our online membership form or drop in at Friends' meeting. See upcoming meeting dates at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events).

# SUMMER Savings

 <b>2012 Chevrolet Cruze 1LT</b> NC7212616 <b>\$9,990*</b>	 <b>2010 MINI Cooper Base</b> HAT265324 <b>\$9,990*</b>	 <b>2010 Mazda CX-7 i Sport</b> FA0342229 <b>\$9,990*</b>	 <b>2017 Ford Escape SE</b> FJUC17424 <b>\$13,990*</b>	 <b>2016 Kia Forte LX</b> YG5470279 <b>\$13,990*</b>	 <b>2014 Kia Soul Plus</b> FE7046297 <b>\$13,990*</b>	 <b>2017 Hyundai Sonata Base</b> YHH548185 <b>\$14,990*</b>
 <b>2017 Volkswagen Tiguan Wolfsburg 4Motion</b> HHW502786 <b>\$16,990*</b>	 <b>2014 Hyundai Santa Fe Sport 2.4L</b> NEG231292 <b>\$16,990*</b>	 <b>2008 Ford E-150 Commercial</b> FLH301972 <b>\$16,990*</b>	 <b>2018 Kia Optima LX</b> NJG269711 <b>\$16,990*</b>	 <b>2019 Hyundai Tucson SE</b> HKU915055 <b>\$17,990*</b>	 <b>2019 Hyundai Sonata SEL</b> YKH809035 <b>\$17,990*</b>	 <b>2016 Honda Civic LX</b> YGH529096 <b>\$17,990*</b>
 <b>2020 Ford EcoSport SE</b> FLC314833 <b>\$18,990*</b>	 <b>2019 Nissan Altima 2.5 Platinum</b> FKC134192 <b>\$19,990*</b>	 <b>2016 Chrysler 300 Limited</b> HGH243939 <b>\$19,990*</b>	 <b>2017 Hyundai Sonata Hybrid SE</b> HHA057600 <b>\$19,990*</b>	 <b>2014 Honda CR-V EX</b> NEL017372 <b>\$19,990*</b>	 <b>2020 Nissan Rogue S</b> NLP500448 <b>\$20,990*</b>	 <b>2020 Nissan Sentra SV</b> NLY254554 <b>\$20,990*</b>
 <b>2016 Acura RDX Base AWD</b> HGL007684 <b>\$24,990*</b>	 <b>2011 Jaguar XJ Base</b> FBLV14431 <b>\$24,990*</b>	 <b>2020 Nissan Rogue Sport SV</b> YLV381387 <b>\$24,990*</b>	 <b>2016 Ford F-150 XLT</b> NGFB80394 <b>\$26,990*</b>	 <b>2021 Honda HR-V Sport</b> YMM740372 <b>\$26,990*</b>	 <b>2017 Lincoln MKX Select</b> FHBL40385 <b>\$26,990*</b>	 <b>2022 Honda Civic Sport</b> HNF600584 <b>\$28,990*</b>
 <b>2022 Nissan Frontier SV</b> FNN665398 <b>\$36,990*</b>	 <b>2017 Lincoln Navigator Select</b> FHFL02985 <b>\$39,990*</b>	 <b>2018 Mercedes-Benz C-Class C 300 4MATIC®</b> FJF681817 <b>\$38,990*</b>	 <b>2017 Ford F-150 XLT</b> NHFB03533 <b>\$39,990*</b>	 <b>2020 Honda Ridgeline RTL-E</b> HLB007295 <b>\$40,990*</b>	 <b>2019 Ram 2500 Tradesman</b> NKG590354 <b>\$42,990*</b>	 <b>2019 Ford F-150 XLT</b> FKFD24796 <b>\$42,990*</b>



# 24 GIRL SCOUTS FROM LOCAL COUNTIES EARN HIGHEST AWARD IN GIRL SCOUTING

Girl Scouts of the Jersey Shore is proud to announce 24 Girl Scouts from the council have earned the highest and most prestigious award in Girl Scouting: The Girl Scout Gold Award.

At a ceremony on June 21st, Girl Scouts and their families gathered to receive the Gold Award pin and certificate and present the projects that challenged them to gain leadership skills and confidence while creating a positive community impact. This event, sponsored by Jersey Shore Blueclaws, was held at Spring Lake Shore Club.

Since 1916, more than one million Girl Scouts have made meaningful, sustainable change in their communities and around the world through completing a Gold Award project. Girls in grades 9-12 are eligible and must spend a minimum of 80 hours (completed over one or two years) working on a project, completing seven steps. Gold Award Girl Scouts identify the root cause of a problem, plan and implement innovative solutions that address that problem, and lead a team of people who support their success.

According to Teri O'Connor, Board Chair of GSJS, this year's Gold Award Girl Scouts invested more than 2,000 hours and tackled prominent issues faced by their communities by establishing designated mental health spaces for students on high school campuses, creating STEAM education opportunities for young women, creating accessibility to Golf and Tennis in underserved communities; and fighting domestic violence.

Recipients of the Gold Award not only change the world for good and establish themselves as community leaders, but awardees can also take advantage of unique scholarship opportunities, are entitled to enlist at a higher pay grade when they join the military, distinguish themselves among the competition in the college admissions process, and when entering the workforce.

An energetic keynote speech was delivered by Arianna Lynch, a Girl Scouts of the Jersey Shore alumnae and a lifetime member from Long Branch. "Each of you has something special to bring into this world, different skills and abilities, many achieved through Girl Scouting. You did not just earn your Gold Award, you mastered time management, learned to balance your academic studies and social life, and you will be a stronger candidate for nearly everything you apply for," said Arianna. High School Senior and 2022 Gold Award Girl Scout, Reagan V. was the evenings EMCEE. "Girl Scouting has allowed me to gain confidence and develop a strong voice to be a positive role model for others. Our Girl Scout sisterhood is what unites us and what has made Girl Scouts such an enduring part of society for more than a century."

In recognition of their achievement, each Gold Award Girl Scout received a variety of recognitions, including a letter from the White House, certificates from the Girl Scouts of the Jersey Shore and Girl Scouts of the USA, a letter from Governor Phil Murphy and Lieutenant Governor Sheila Oliver, certificates from United States Senator Bob Menendez and Senator Cory Booker, and recognitions and certificates



Pictured are 2023 Gold Award Girl Scouts and Gold Award EMCEE Reagan and Keynote Speaker Arianna Lynch, photo courtesy of Girl Scouts of the Jersey Shore.

from legislative district representatives, local Mayors, and the Monmouth and Ocean County Commissioners.

Girls also received proclamations from NASA, the National Park Service, Monmouth Regional Chamber of Commerce, Daughters of the American Revolution, Marine Corps, U.S. Air Force and Space Force, and The Military Order of the World Wars. The 2023 Gold Award Girl Scouts and their impactful projects are:

- Megan B., Marlboro, Wellness Gateways**
- Blake C., Hazlet, FLIPS (Future Leaders, Innovators, and Problem-Solvers)**
- Anna D., Brick, Brick Memorial Music Club**
- Isabelle D., Manasquan, Elementary School STEAM Workshop**
- Brinley D., Wall, Go Golf**
- Cailyn E., Howell, First Responders**
- Bridget F., Bayville, Found You!**
- Arianna G., Brick, Site Social 25**
- Simran G., Morganville, STEMinine: a guide of STEM for girls**
- Jaqueline Rose G., Rumson, Tennis Accessibility Project**
- Alexandra I., Wall, Go Government**
- Isabella M., Holmdel, Encouraging Historical Exploration in Youth**
- Grace M., Wall, Dance for Life**
- Fiona O., Spring Lake, Plaques for the Past**
- Vivianna O., Toms River, Better With Books**
- Reena S., Morganville, Vanishing Domestic Violence**
- Mira S., Holmdel, Social Media Awareness**
- Prema S., Marlboro, Cognizance of Culture**
- Ilana S., Freehold, Pillowcases for Pediatric Patients**
- Carlie S., Eatontown, Lunging for Literacy**
- Trinity S., Manalapan, Pollination Garden**
- Olivia U., Aberdeen, Sensory Engagement Playground for Preschool Three Year Old's at Saint Benedict Church and School**
- Hannah W., Jackson, Forestry for Future Generations**

At the conclusion of the ceremony, Heather Coburn recognized Lauren Hewski, a Girl Scout sister who was taken from this world too soon. A Girl Scout for most of her life, Lauren was a Regional Delegate for the Sandy Hook Region, a member of the CEO Girl Advisory Board, and a member of the Sandy Hook Virtual Events Committee. Her Gold Award Project, titled "New Americans", aimed to address the long, tedious, expensive, and stressful process of becoming a citizen of the United States. Lauren aimed to address challenges many immigrants face: long processing time, financial and personal contributions, lack of a direct-relative sponsor living in the United States, language barriers, and more. Her goal was to simplify the process by connecting immigrants seeking citizenship with current citizens that can provide assistance. Lauren's "New Americans" program will institute clubs in high schools across the country. Although Lauren was unable to see her project come to fruition, many Girl Scouts stepped up to complete Lauren's Gold Award.

To learn more about the Gold Award Girl Scouts, to join Girl Scouts of the Jersey Shore, to volunteer, or to donate to bring the power of the Girl Scout sisterhood to girls that are in desperate need of our programming and services, please visit [www.GSFun.org](http://www.GSFun.org) or call (800) 785-2090.

## Girl Scout Beach Buddies

Juniors • Journey: GET MOVING!  
*August 14 - 18*

For Girl Scouts and Non-Girl Scouts in 4th & 5th Grades. Come and join us for an exciting week long adventure on the beaches of Sandy Hook! From August 14-18 girls will explore the ocean and marine life to earn a Get Moving Journey & complete a Take Action Project benefitting our Sandy Hook Seashore. Register: [gsfun.org/beachbuddies](http://gsfun.org/beachbuddies)

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<b>2014 Honda Accord LX</b> HEA071570 <b>\$17,990*</b>	<b>2017 Nissan Rogue SV</b> HHP504657 <b>\$17,990*</b>	<b>2018 Ford Escape SE</b> FJUA46975 <b>\$17,990*</b>	<b>2013 Lincoln MKX Base</b> FDBL24482 <b>\$17,990*</b>	<b>2017 Jeep Compass High Altitude</b> NHD111115 <b>\$17,990*</b>	<b>2014 Honda Accord EX-L</b> HEA033141 <b>\$18,990*</b>	<b>2017 Hyundai Tucson SE</b> NHU539273 <b>\$18,990*</b>
<b>2017 Hyundai Santa Fe Sport 2.4 Base</b> NHH009883 <b>\$20,990*</b>	<b>2018 Hyundai Tucson Value</b> YJU701741 <b>\$20,990*</b>	<b>2021 Honda HR-V Sport</b> HMM703259 <b>\$20,990*</b>	<b>2016 Jeep Grand Cherokee Limited</b> HG492902 <b>\$22,990*</b>	<b>2019 MINI Cooper Signature</b> YK2D72509 <b>\$23,990*</b>	<b>2019 Honda HR-V Sport</b> NKG731225 <b>\$23,990*</b>	<b>2021 Honda Civic LX</b> HMH553959 <b>\$24,990*</b>
<b>2020 Ford Explorer XLT</b> FLG89212 <b>\$28,990*</b>	<b>2019 Ford Edge ST</b> FKB52027 <b>\$29,990*</b>	<b>2020 Honda CR-V EX</b> FLH625210 <b>\$30,990*</b>	<b>2022 Hyundai Kona N Line</b> YNU838933 <b>\$31,990*</b>	<b>2020 Honda Pilot EX-L</b> FLB046900 <b>\$33,990*</b>	<b>2019 Nissan Armada Platinum</b> YK9582327 <b>\$33,990*</b>	<b>2018 Ford Explorer Sport</b> FJCG61253 <b>\$34,990*</b>
<b>2021 Ram 1500 Big Horn / Lone Star</b> HMN701912 <b>\$43,990*</b>	<b>2021 Ram 1500 Laramie</b> FMN654866 <b>\$47,990*</b>	<b>2020 Ford F-150 Platinum</b> P84452 <b>\$48,990*</b>	<b>2022 Ford F-150 XLT</b> FNKD79338 <b>\$58,990*</b>	<b>2022 Ford Mustang Mach 1</b> P84455 <b>\$59,990*</b>	<b>2019 Ford F-250SD Lariat</b> FKED59366 <b>\$68,990*</b>	<b>2022 Ford F-350SD Lariat</b> FNED37422 <b>\$79,990*</b>



# KIDS COLORING CONTEST!

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



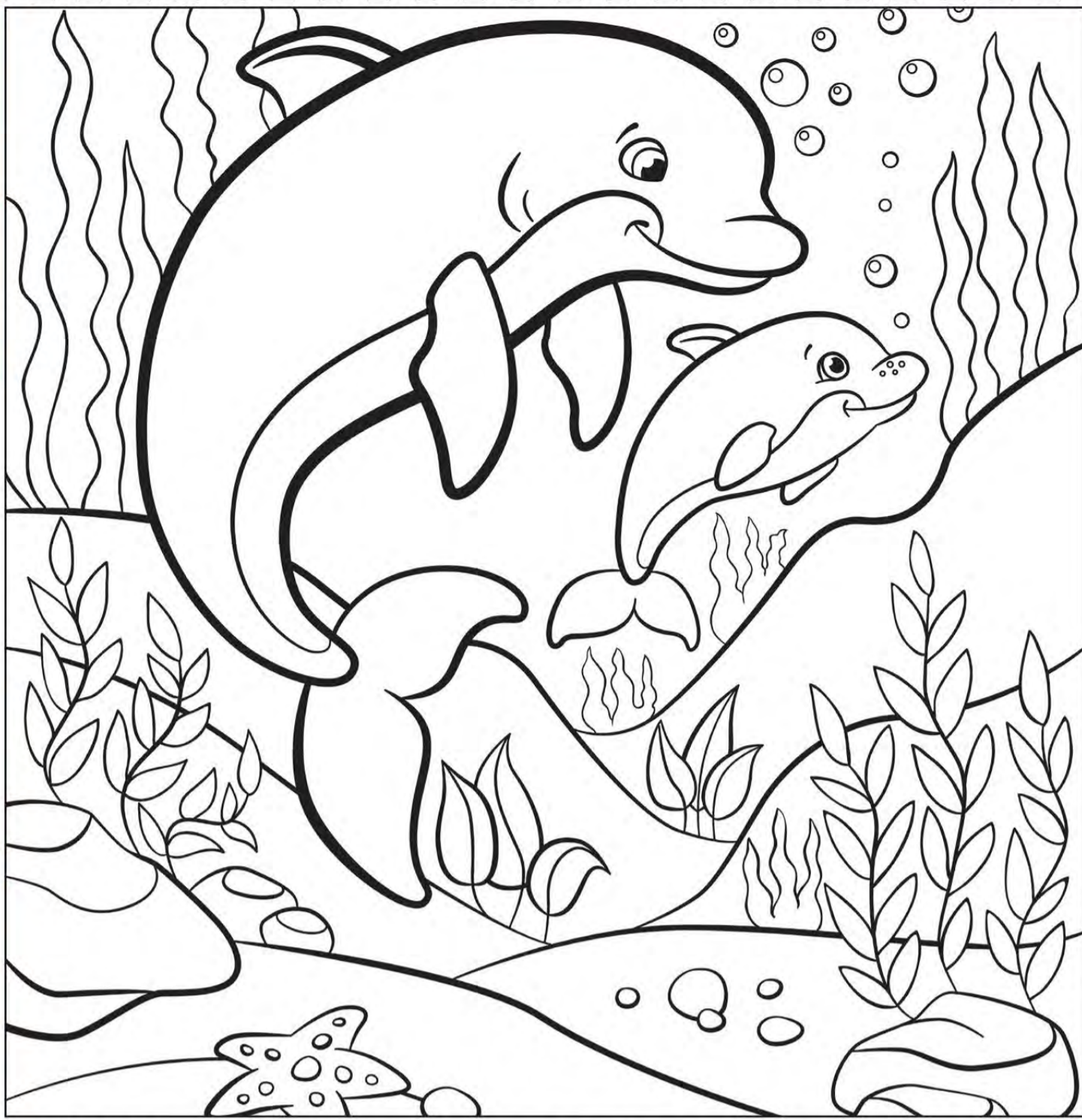
Simply have your child color the page, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.

**Entry Deadline: August 7th**

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

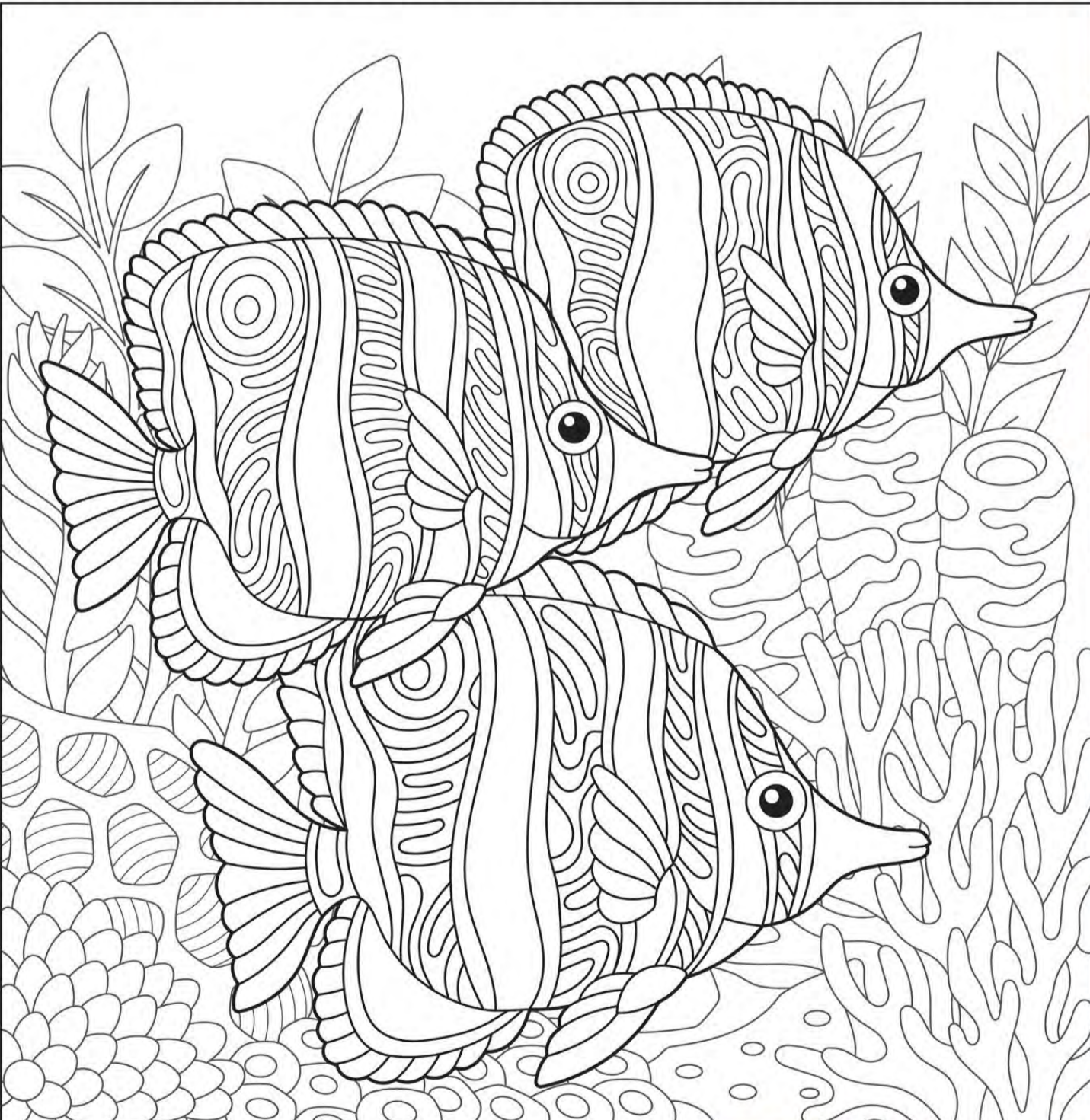


**Natalee**



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 Sweet Jenny's in Barnegat!

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

**Mandy**

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: August 7th**

You could win a \$50 Gift certificate to Sweet Jenny's!

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

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