

The Causeway Gazette

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Ocean Partnership for Children offers strategies to prepare children and teens for a new school year.

MANAHAWKIN, NJ – The prospect of heading back to school can elicit mixed emotions among students, no matter the age. While some may be eager and excited, others may feel anxious or nervous. Regardless of where your child falls on the spectrum, help them mentally prepare for their first day back.

There are many community resources available to you and your children to help navigate the transition from summer to school year, including Ocean Partnership for Children (OPC). OPC is Ocean County’s Care Management Organization (CMO). Its mission is to enhance the well-being of youth and their families through natural and community supports. Victoria Azzopardi, LCSW, Director of Clinical Operations at Ocean Partnership for Children offers guidance and resources for the whole family as they navigate the back-to-school season.



About Ocean Partnership for Children Inc.

Founded in 2005, Ocean Partnership for Children (OPC) is Ocean County's Care Management Organization (CMO). Its mission is to enhance the well-being of youth and their families through natural and community supports. OPC provides care coordination services for Ocean County youth up the age of 21 years who have mental health, substance use, intellectual and developmental challenges. OPC strives to keep children and adolescents at home, in school, and in the community by connecting them to resources that meet their unique needs and help them achieve their goals.

Ocean Partnership for Children is a non-profit organization available at no cost to all youth and families in Ocean County who meet the eligibility criteria of the New Jersey Children's System of care. To learn more, visit www.oceanpartnership.org or www.oceanresourcenet.org.

START EARLY

The transition from lazy summer days to structured school routines can be hard on both children and caregivers. A few weeks before school starts, begin to discuss a transition plan for re-establishing structure and familiarity into the household routine.

School routine at any age is important and the earlier you start, the better off you are. “I would encourage having your child or teen join in on writing out or drawing pictures of the steps in the routine and the allotted time. This routine should include expectations on homework, playtime, dinner times, electronic use and overall nightly prep. At least two to three weeks before school, start implementing the agreed upon structure,” stated Azzopardi.

STAY ORGANIZED

From school supply preparation to physical space for schoolwork, staying organized is key to back to school transitions. Prepare everything the night before so you can start their day organized.

Most schools have web portals that allow students to check their assigned teacher’s page for items they may need for the upcoming school year. If a caregiver does not have access to a computer in advance of the school year, they could visit their local library. If that is not possible, start off with the basic items needed, such as pencils, pens, folders, notebooks, erasers, binders, sticky notes, sharpies and highlighters.

Establish a place in the home where schoolwork can be completed and maintained. Once school starts, it’s important to keep backpack and work areas clean. “Weekly, do a clean sweep. If papers need to be kept, file them; otherwise, toss them,” Azzopardi recommends. Weekly, caregivers along with their child/teen can check the school’s web portal to ensure everything is up to date and if not, make plans for completion.

TALK WITH YOUR KIDS

Talk to your kids early about what it will be like heading back to school. Ask open ended questions, such as, “how are you feeling about school starting?”

“The key is supporting our kids when they are stressed or anxious about the upcoming school year. It is important to be fully present and actively listening without minimizing their feelings or trying to fix the situation,” noted Azzopardi. “Allow them the space to process their feelings without judgement.” Sometimes just knowing that someone understands what they’re experiencing is enough to help kids get through the fear, worry or anxiety of school starting.

WATCH FOR SYMPTOMS OF ANXIETY, AND THEN MANAGE

Anxiety is a universal feeling. When anxiety gets too big, kids may experience restlessness, excessive negative thoughts and worries, quickness to anger, bouts of unexplained crying, struggles concentrating, changes in eating and sleeping habits, somatic complaints and overly clingy behavior.

Caregivers know their child/teen best. “If you notice prolonged (couple of days up to two weeks) changes where the child/teen is showing signs that are unusual for them and discussion has not quelled their nerves, caregivers have many resources available at their fingertips for support,” stated Azzopardi. Caregivers can outreach directly to the school, their pediatrician, their insurance company to secure emotional/social support for their child/teen. They can also contact PerformCare at 877-652-7624, where the situation will be triaged and information and referral will be provided.

In-school support is available throughout the state of New Jersey, with many offering school counseling support as well as social supports such as Lunch Bunch. Azzopardi recommends, “caregivers, children and teens should seek out their guidance counselor to see what is available to them in their school system. If the child/teen’s emotional and social needs seem to require more support than what the school services can provide, the guidance counselor will be able to guide referrals.”

PREPARING FOR A NEW SCHOOL

Whether children/teens are returning to the same school or starting a new one, the start of a new school year can usually produce some angst, even among the most excited. However, most settle into an everyday routine in no time.

Driving the child/teen to the school, showing them the exterior of the school building ahead of the first day helps set expectation and ease anxiety. For the first couple of days up to a week, caregivers should consider adjusting their own schedule to be home when their child/teen returns from school, helping to make the change easier. Of course, not all caregivers have that option. In that case, Azzopardi recommends caregivers arrange evenings to give their child/teen attention, especially during the first few days back at school. “While you may spend time talking about school, it’s a good idea to play a boardgame, watch a movie or favorite TV show or just get the body moving outside to promote healthy connections.”

Victoria Azzopardi is a Licensed Clinical Social Worker and has served as OPC's Director of Clinical Operations since 2006. In her 20 years of working with children and their families, Victoria has demonstrated her strong advocacy for vulnerable and at-risk populations, while encouraging participation in a collaborative community to better serve families in Ocean County.

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The Wintrode Family Foundation

To learn more about
Causeway CAREs, please visit
CausewayCAREs.com or email
Joe.Strotfolino@CausewayCars.com.

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

Driving change in our community.

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Stories of Impact



The Community Arts and Music Programs at the Grunin Center for the Arts

Throughout the year, Causeway CAREs gives back to local organizations in various ways.

This is The Community Arts and Music Programs at the Grunin Center for the Arts' story of impact.

The CAMP (Community Arts and Music Programs) performances have returned to the Grunin Center for the Arts this summer, entertaining and educating students of all ages. "This year, we are excited to have three amazing performances at the Grunin Center for the Arts, thanks to the generous support of the Wintrode Family Foundation," said Jaclyn Wood, Assistant Director, Education & Community Engagement at the Grunin Center for the Arts. "We are proud to welcome back past favorite Tim Kubart and the Space Cadets, along with two new programs: Professor WOW's FUNbelievable Science Show and The Dinosaur Quest of Dr. T-Rex," continued Wood.

With 2,400 attendees anticipated for this summer's performances, the CAMP series has grown from an idea by Mr. David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs into a successful reality. His goal was to provide free theater programming for Ocean County young people attending camps during the summer. This year's attendees include YMCA groups, along with summer programs from Lavallette, Waretown and Little Egg Harbor, as well as adult groups from Prime Time Center and Community Options.

The Wintrode Family Foundation generously supports all costs related to the programming, including artist fees, tech costs, and transportation for Ocean County groups needing assistance to be able to attend. Since its inception in 2017, CAMP has provided over 20 performances to the youth of Ocean County.

"We are grateful for the support and generosity of The Wintrode Family Foundation," said Wood. Causeway CAREs and the Wintrode Family Foundation is proud to collaborate and support organizations like The Grunin Center for the Arts and the CAMP performances 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.

To learn more about the CAMP series or to reserve your group for a future event, please email Jaclyn Wood at jwood@ocean.edu.



The Grunin Center for the Arts welcomes young people all summer for CAMP performances on the campus of Ocean County College.



Grunin Center for the Arts

The Jay and Linda Grunin Center for the Arts offers year-round programming for individuals and families of all ages. Programming includes:

Grunin Presents: Word-class artists bring the stage to life in a celebration of music, dance, theatre and entertainment.

Family Series: Families can laugh, sing and explore the arts with programs designed to put smiles on the faces of children of all ages.

Blauvelt Speaker Series: The Blauvelt Speaker Series enables OCC's Foundation to bring world-renowned speakers to the campus for students, faculty and the community to enjoy.

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.

HAPPY NATIONAL BACK TO SCHOOL MONTH!

We know, we know, Labor Day isn't here yet. And we do hope you are enjoying all the season has to offer at the beautiful Jersey Shore. But another school year is just around the corner.

It is that time of year when Family Promise of the Jersey Shore runs its annual Back to School drive benefiting children in need of school supplies throughout the greater Ocean County area.

We are asking for donations of new school supplies for local children who are lacking the basic tools for learning as they return to the classroom. If you would like to donate items please contact Community Engagement Coordinator Cheryl Polo at Cheryl@familypromisejerseyshore.org.

With a summer memory still fresh, we would like to thank everyone who came out for Free Movie Mondays in Bayview Park on LBI. Thanks for supporting Family Promise of the Jersey Shore by buying popcorn and candy to munch on during the shows. And thanks to Long Beach Township

for hosting the movies that were truly fun family nights.

Looking to the early days of autumn, the 3rd Annual Family Promise Golf Classic is Thursday, October 5, 2023 at Blue Heron Pines Golf Club.

This is our main fundraiser for the year supporting our work helping local families experiencing homelessness or on the verge of losing their home. All proceeds from

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

Please join us for a great day of golf, dinner and prizes in support of Family Promise of the Jersey Shore and its mission to help alleviate family homelessness locally.

Sponsorship opportunities may be found at the same link or by contacting me at jim@familypromisejerseyshore.org.

Your donations to Family Promise of the Jersey Shore are always welcome and needed to support us in directly helping families in the great Ocean County area.

Text "give" to (833) 975-2970 or visit pushpay.com/g/familypromisejerseyshore to share your gift. Thank you!

For more information about us visit www.familypromisejerseyshore.org.

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

Sincerely,

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



Scan Below for Golf Classic Registration & Sponsorship Information



HEARTS OF MERCY POISED TO LAUNCH ITS 5TH YEAR OF TUTORING IN SEPTEMBER

With a focus on the hearts and minds of today's youth, Hearts of Mercy stands as an advocate for many lower-income children and families. The tutoring program at Hearts of Mercy provides homework help and skills advancement in all subject areas.

Another facet of the tutoring program is STEAM: Science, Technology, Engineering, Art and Mathematics. Also offered is a specialized Art Program with instructors from the Ocean County Artists Guild and Pine Shores Art Association.

Many of the volunteers at Hearts of Mercy are former teachers and honor students who simply want to help the children that need it most. "When a student comes in and proudly shows our tutors a report card or test results, there is no greater joy or satisfaction!" says Regina, a volunteer tutor at Hearts of Mercy.

The results speak for themselves. Whether it is an improvement in grades or increased self-esteem, the hundreds of students and their parents are thrilled with the change they see as a result of the work being done by Hearts of Mercy.

"She feels more confident and is on track with the rest of the class because she's definitely academically



stronger", says Barnegat parent Jacqueline. Another local parent named Linda shared "My Grandson could barely read and once he started tutoring, he was reading books to his Mom. This all happened in six weeks time!"

And of the Art Program, Mom T.H. says "By far, one of the best programs I have put my child in. They made her

feel welcomed and safe. Our daughter is a shy child, and we hoped the program would let her open up and learn more about her artistic skills. She has blossomed and we can't wait for our younger ones to join and also grow!"

Hearts of Mercy looks forward to welcoming your child with hearts of love and compassion. To enroll, please visit our website www.hearts-of-mercy.org and click on PROGRAMS, then fill out the Student Application form. Or call us at 609-339-2341.

WANT TO HELP?

As a growing community organization, Hearts of Mercy operates on a lean budget. Our faithful, mission-driven volunteers run all aspects of our organization. Like most of us, whether in our businesses or in our

households, we are challenged to maintain steady income to meet our monthly costs. Fundraising and donations are the only source of income we have to run our programs. Will you help to make a difference in the life of a child? To donate, please visit www.hearts-of-mercy.org and click on the DONATE NOW button.

ABOUT HEARTS OF MERCY:

Hearts of Mercy is a nonprofit organization that provides support, care and guidance in the lives of underserved children in Southern Ocean County. With our focus on the hearts and minds of today's youth, we establish close relationships with local elementary, middle and high schools in order to deepen our understanding of the needs of the children in our program. We provide tutoring, mentoring, art classes, summer camp and access to sports and enrichment throughout the academic year. With these opportunities, we expose our students to new people, places, and experiences that foster positive growth and development.

Media Contact:

Patti Magan
Hearts of Mercy
pmagan@hearts-of-mercy.org
www.hearts-of-mercy.org

SOUTHERN REGIONAL SPORTS BEAT



Soccer

Thank you to all Southern Ram Boys and Girls Soccer alumni players who participated in the Alumni Night on Friday, August 4, 2023.


of the Jersey Shore

Announces



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Team Causeway at Finnigan's bowl-a-thon for a charity bowling event!
This event raised money for Ocean Of Love for Children with Cancer. Left to right: Jack Thompson, Brandon Wallis, Ken Jeranek, Kevin Meade, Mike Portatadino, Julian Cimino, Wallace Moore, Cole Johansen and Antonio Brito.

THANK YOU

for joining us!



BIRTHDAY BENEFIT HONORING KENNETH J. MALAGIERE

Some 200 members of the community came together on Tuesday, August 1st, to celebrate a milestone Birthday of the Ocean County College Foundation's Executive Director, Kenneth J. Malagiere.

While the initial goal was to raise \$40,000 in tribute to his 40th Birthday (Forty for Forty), the passionate, and generous, group assembled both in person and in spirit, doubled their fundraising objective, raising over \$80,000 to benefit the students of Ocean County College.

It was truly an evening of love and celebration.

Thanks to the generous underwriting of the entire event by host, Jonathan Z. Petro, Esq., every dollar raised will directly benefit the mission of the Foundation.

Ocean County College Foundation is dedicated to making higher education and workforce certificates accessible to all Ocean County residents.

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SOUTHERN OCEAN MEDICAL CENTER CELEBRATES 1,000 ROBOTIC-ASSISTED SURGERIES



Pictured, from left, is Jason Nehmad, M.D., MBA, FACP, CPE, VP and chief medical officer; Courtney Shan, MBA, business manager, Perioperative Services; Michele Morrison, MPH, BSHA, R.N., president and chief hospital executive; Kristen Siebert, R.N., Robotics coordinator; MaryClair Delbury, R.N., MSN, CNOR, NE-BC; director, Perioperative Services and general surgeon Sergey Grachev, M.D., who completed the 1,000th case.

Manahawkin, NJ, July 26, 2023. Hackensack Meridian Southern Ocean Medical Center recently celebrated the completion of its 1,000th robotic-assisted surgery.

The medical center added the da Vinci Xi® Surgical System in June 2022, thanks to a pledge by the medical center’s four auxiliaries, and provides patients with general, bariatric, colorectal, urogynecology, thoracic and urology robotic procedures. “I’m proud that our surgical team provides this leading-edge surgical technology for our growing community,” said Morrison. “Our robotics program has experienced so much growth that we added another robotic surgical system in March, enabling us to offer this advanced surgical treatment to even more patients.” Southern Ocean is investing \$24.9 million to expand its surgical services even



Hackensack Meridian Health

further, including five new, state-of-the-art operating rooms combined with pre- and post- surgical areas, as well as the expansion of the Sterilized Processing Department (SPD).

On August 4, Hackensack Meridian Southern Ocean Medical Center Foundation will host a fundraiser at Bonnet Island Estate to support the surgical expansion. Tickets to the event can be purchased at GiveHMH.org/SOMCSocial. To make a gift directly in support of Southern Ocean’s surgical expansion, please visit givehnh.org/SouthernOcean.

3 EASY STEPS TO TAKE IF YOU’RE STUNG BY A JELLYFISH IN NEW JERSEY

By Buchler, WOBN

This past weekend, a few of my friends came up to the Jersey Shore for the first time ever for a few days.

While we were enjoying everything a gorgeous few days on the beach had to offer, we also had a pretty intense experience in the water that was a little concerning.

While cooling off in the water, we noticed we were slowly being surrounded by jellyfish.

Although fascinating to look at, the last thing any of us wanted was to get stung, needless to say, we were out of the water as fast as we could be.

Turns out, this summer has been a big one for jellyfish here at the Jersey Shore.

According to Patch, there are two main types of jellyfish that inhabit the waters in New Jersey; Sea Nettle and Bay Nettle. These nettles have increased in population over the past two decades and there are a few reasons for this.

An increase in dock pilings and bulkheads which experts say make great nesting grounds, as well as changes to the bay itself.

What To Do If You Get Stung

I’ve always thought, thanks to an episode of the show Friends, that if you or someone you knew got stung by a jellyfish, relieving yourself on the inflicted area would help with the sting That’s not really the case.

According to Patch, if you do get stung by a jellyfish there are some simple, not as weird steps you can take.

“Immediately after the sting, apply white vinegar. This stops any stinging cells that have not fired in the tentacles.

Rinse the sting area with the salt water you are in (bay or ocean) to gently wash away any tentacles. DO NOT USE BOTTLED WATER to do this, the OSMOTIC SHOCK WILL CAUSE THOSE STINGING CELLS TO FIRE AND CONTINUE TO STING.

Take a clean cloth/towel and wipe the area clean.~Patch”

I had no idea that bottled water has a negative impact on a jellyfish sting!

We’ve definitely seen an increase in Seaside, every time my wife and I sit by the bay and drink coffee we notice a ton of these nettles swimming around.

A NEED WE FEED ANNOUNCES LAST CALL FOR SUMMER BREWS & BITES

This fundraiser will feature a Beer and Donut Pairing. Why not indulge in a unique and irresistible craft beer experience and delectable donuts from Top That Donuts in Point Pleasant Beach, NJ?

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Summer Brews & Bites will be held Saturday, September 23rd from 11:00 am to 3:00 pm at Icarus Brewing, 1790 Swarthmore Ave., Lakewood, NJ 08701. Tickets are \$55 per person.

Live Entertainment will be by Johnny and the Brue Crew, Games, and a Gift Auction. Enjoy playing cornhole, giant Jenga and participating in the gift auction with your family and friends.

Your entrance ticket includes a \$5 food voucher for The Nip and Truck Food Truck, which will be on-site for the entire event, and a custom beer glass!



Additional beer and food will be available for purchase. Seating is limited, so don’t wait to get your tickets.

Purchase tickets at www.aneedwefeed.org.

You can also scan the QR code below.

Money raised from this event will provide meals for our community’s Veterans, seniors, families, and people experiencing homelessness.

A Need We Feed Inc. is a 501(c) 3 non-profit organization - Tax ID 82-3856159.



So Long Summer

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TEEN WRESTLING WORLD CHAMP RETURNS HOME TO BAYVILLE

When Paul Kenny heads to his freshman year of high school this fall, he's bringing with him a wrestling world championship title.

Veronica Flesher, Patch Staff

BERKELEY, NJ — He's a star athlete. He's a world champion wrestler after capturing the title in Turkey. And he hasn't even gone to high school yet.

Bayville native Paul Kenny won a U17 world championship this past weekend in Istanbul at the age of 15. As he heads into his freshman year at Christian Brothers Academy, Kenny takes his winning title and a slew of other history-making wins along with him.

"I love competing, it's my favorite thing to do," Kenny told USA Wrestling back in May.



He could've stuck with the U15 division and competed in the Pan American Games. But he decided to go for a world title.

"It feels great to be part of the winning team," Kenny told United World Wrestling.

The world champion's return to Bayville was celebrated with a parade of cars gathered to cheer him on.

Residents lined up in the pouring rain that night just to honor Bayville's latest hometown hero.

"We wish to congratulate Paul on a job well done! We are all extremely proud of him," Mayor Carmen Amato said. He was welcomed home with a special champions escort and he will be honored at the next Council meeting!

patch.com

WE CREATED NATURAL THEMED ARRANGEMENTS FOR BIRTHDAY PARTY

By Danielle Natale -

Causeway Honda Sales Consultant

This month, I hosted a small birthday party for my daughter at our home. Luckily, she and I both share a love for interior design and color theory. We work on all our home projects with the other one's input. This is how we made her small party one step above great!

To start, I have a large antique pottery collection that has grown over the course of 30 years. This all started with my mother's love of antiques and antique pottery. She and I would go to small shops and flea markets when I was just 12, and it was then I fell in love with the collection I have acquired today. For my daughter's party, she had picked the theme "Avatar"! This allowed us to use all natural colors like those found in nature and most of our yards.

Because of my floral design background, I love finishing off my decor by adding life around the house by bringing my outdoors in. I rarely see the need to purchase flowers and greens simply because I already have enough choices growing for free at my home.

For her party, I chose to use a color scheme that shows all the colors we see in the ocean. We add a few complimentary colors like lavender, white, and lime green. My mind pictured a body of water, surrounded by nature, and all I would see in the reflection. That's how I came to my color choices.

Now the fun part! My daughter and I went out back and started taking from our living landscape. We then gathered a few vases, pottery foam, flowers, and green. Together, we made an awesome table of interesting arrangements that any of you can do too!



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So Long Summer

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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!

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5:00PM Party on the Patio

6:00PM Dinner & Program

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DRIVERS BLEW THROUGH \$117M IN TOLLS IN NEW JERSEY IN 2022

By Heather DeLuca, WOBN

Published: July 29, 2023 Hey, toll cheats! The state of New Jersey saw you.

In fact, those drivers who blew through toll booths so many times last year cost the state \$117 million!

Officials say the practice of evading paying tolls has only gotten worse since the Covid-19 pandemic in 2020, apnews.com reports.

There were \$1.8 million in unpaid tolls on the Atlantic City Expressway in 2022. Over on the Garden State Parkway, drivers skipped out on \$9 million in tolls.

But the majority of the toll cheats came and went as they pleased on the New Jersey Turnpike, which lost \$47.2 million.

What does that mean for those of us who DO pay tolls? Well, toll cheats can be the cause of toll hikes! So, we ultimately get punished for doing the right thing, while other drivers just go on with their lives, even ignoring



violations they get sent in the mail after blowing a toll.

It also takes away from the state being able to improve roadway conditions.

Bottom line: Toll cheats are making New Jersey worse, not better.

WOBN.com



Nissan ARIYA



Nissan TITAN

NISSAN ARIYA AND TITAN LEAD THEIR SEGMENTS AS 'MOST APPEALING' MODELS IN J.D. POWER 2023 U.S. APEAL STUDY

NASHVILLE, Tenn. – Nissan's commitment to offering thrilling vehicles that delight owners has been recognized with awards for both Nissan ARIYA and TITAN in the J.D. Power 2023 U.S. Automotive Performance, Execution and Layout (APEAL) Study.

Nissan ARIYA tied for highest driver satisfaction in the compact SUV category – the all-electric model's first J.D. Power award win. Nissan TITAN was recognized for delivering the best driver experience among large light duty pickups.

The J.D. Power APEAL Study examines new vehicle owners' assessments of their experiences with their vehicle after 90 days of ownership, tracking ratings of more than 37 attributes across 10 categories including the vehicle's powertrain, infotainment system, driving comfort and more.

ARIYA is Nissan's first all-electric crossover and offers seamless and purposeful technology that elevates ARIYA's driving capabilities, with available ProPILOT

Assist 2.0 advanced driver assistance technology. An EPA-estimated driving range of up to 304 miles (Venture+ model) caters to a variety of drivers' needs, from daily commuting to road trips. Available e-4ORCE all-wheel drive uses twin electric motors to help enhance driver confidence and comfort on almost all road surfaces.

The Nissan TITAN checks the boxes for all the core values in any truck: power, capability, technology, bold style and innovation. Powered by Nissan's 5.6-liter Endurance® V8 gasoline engine, TITAN has best-in-class standard V8 horsepower, with 400 horsepower and 413 lb-ft of torque (premium fuel required). TITAN provides full-size truck capability with an available maximum towing capacity of 9,323 pounds and maximum payload capacity of 1,697 pounds when properly equipped.

For more information about our products, services and commitment to sustainable mobility, visit nissanusa.com.

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Focus ON Barnegat

DONATED LOTS WILL EXPAND COUNTY PRESERVED LAND IN BARNEGAT

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — About 87 acres of land in Barnegat will be permanently preserved through the Ocean County Natural Lands Trust Fund.

The lots were deed-restricted conservation lots already owned by Barnegat, but were donated to the county to expand existing open space and make it into a contiguous lot, Township Attorney Christopher Dasti explained at a recent Township Committee meeting.

The list of the specific lots spanned five pages, Dasti said.

These lots are located near

Nautilus Drive, Windjammer Drive and Mermaid Drive, according to the county. They are undersized lots, Dasti said.

The Ocean County Board of Commissioners accepted the donation at their August meeting.

The Natural Lands Trust Fund has preserved more than 25,000 acres of land in the county as open space. This keeps the lands in their natural state and allows for some passive recreation activities.

Recently, the county has preserved space in Manchester and in Berkeley.

patch.com.



The land will be preserved as open space permanently. (Veronica Flesher/Patch)



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

ARE YOU A PLAYER? JOIN FRIENDS' BOARD GAME MASHUP AT LACEY BRANCH

LACEY TOWNSHIP – What's your game? Whether you're an adult or senior who plays to win or plays for fun, there'll be a seat for you during the monthly "Board Game Mashups" at the Ocean County Library Lacey Branch.

- Monday, September 25 – 2:30 PM
- Monday, October 23 - 2:30 PM
- Monday, November 13 - 2:30 PM

Skills aren't necessary! All you need is a desire to spend an enjoyable afternoon of chat and fun with classic and modern board games, including Battleship, Clue, Connect Four, Jenga, The Game of Life, Monopoly, Scrabble, Sorry, and Trouble. It will also be a good time to learn more about the Friends, and their mission to support programs in the OCL Lacey Branch. New members are always welcome. Membership applications can be found on the OCL website.

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

SIT YOUR WAY TO HEALTH - CHAIR YOGA AT LACEY BRANCH



LACEY TOWNSHIP – Join us for relaxing afternoons that also support your health. Certified yoga instructor Linda Higley will lead chair yoga for adults and seniors through late autumn at the Ocean County Library Lacey Branch.

The one-hour sessions will take place once monthly, on the following dates:

- Wednesday, September 27 – 2:30 PM
- Wednesday, October 25 – 2:30 PM
- Wednesday, November 15 – 2:30 PM

The exercise method uses a chair for balanced or seated positions. Proponents cite its contributions to blood circulation, flexibility, sleep quality, and stress reduction. Chair yoga also is accessible for people with limited mobility.

Participants will be required to sign waivers before the start of each session. Waivers

will be available prior to the start of each program.

Please register at www.theoceancountylibrary.org/events for one or more sessions in the series. For more information, visit the OCL Lacey Branch, 10 East Lacey Road, Forked River, or call (609) 693-8566.



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- HOW CAN I REGISTER?**
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 - ✓ 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

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

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| Cooking | Social Hours |
| Creativity | Social Media |
| Financial Planning | Technology |
| Health and Wellness | Travel |
| Fitness | Business |



SENIOR ISOLATION PREVENTION PROGRAM



Through the OCEAN Inc. Senior Isolation Transportation Program, qualified Ocean County Seniors are able to get out and about to regular outings for social services, medical care, and shop at public places to help them become connected and be involved in the community.

The Seniors who receive transportation must meet the income guidelines (200% or below poverty Guidelines). The 2023 CSBG Guidelines are as follows:
For a Household of 1: \$29,160.
For a household of 2: \$39,440 and so on as household size increases.





SENIOR CORNER

8 TIPS FOR OLDER RUNNERS

By Jon Marcus, AARP

It was two days before the Brooklyn Half Marathon, and Leroy Cummins had begun the morning as usual at 5 a.m., running for two hours around the borough’s East Flatbush section, where the neighbors call him Marathon Man.

“Look at this guy: He’s got gray hair and he’s only 5-foot-5, and he’s out there getting his exercise on,” he says, laughing, as he imagines what they’re saying to themselves when they give him a wave or a shout of support.

Cummins, who is 72, ran his first marathon two years ago in an impressive 3:35. He would finish the Brooklyn Half in 1:47:02, or about 8 minutes a mile, to win his age group.

But he’s far from reckless. He keeps whole cases of coconut water on hand to stay hydrated. He carbo-loads on his wife’s Rasta pasta, tossed with Caribbean-style jerk chicken in a nod to their West Indian ancestry. He skips running two days a week in favor of strength and resistance training. And when he does run, it’s sometimes comparatively slowly, with intervals of speed. What’s more important after 50, he says, is to avoid injury and muscle fatigue.

Runners are rolling along later in life — and getting faster. That doesn’t mean everyone who wants to run after 50 needs to break a record. Younger runners may be motivated by having something to prove; older runners are already proving something just by being out there.

But they also need to be mindful of inevitable physical changes that require more attention to stretching, form, intensity, hydration and nutrition. Consulting a physician to make sure there aren’t medical risks is also a wise move. When planning to run a road or trail race, older runners need to start training earlier than they used to. That’s because they need more recovery days than younger runners do. And when something hurts, they need to give it time to rest.

Here are eight key training tips to keep you healthy and happy as you build up the miles.

1. Manage expectations

Among other things, aging brings a decline in V02 max levels — the amount of oxygen available during exercise, which can fall as much as 10 percent per decade — and in maximum heart rate. Runners lose about 1 percent of their speed per year after 40, and 2 to 3 percent after age 70, studies show. So older runners need to start their runs at a slower pace and build up to a faster one as they feel comfortable.



Leroy Cummings, who ran his first marathon two years ago, wins his age group in the 2022 Brooklyn Half Marathon. NEW YORK ROAD RUNNERS

“As we get older, we may not realize that we have certain limitations we’re not used to,” says Sachin Narain, an interventional pain physician at The Pain Center of Arizona and a former distance runner. “Don’t push those limits as you might have when you were 25 or 35.” Some people want to go from zero to 60 overnight, and immediately run a marathon, observes Ben Navarrete, a coach for the Striders free walking and fitness program for older adults, run by New York City Marathon parent New York Road Runners.

“I start off telling people that they need to first accept the fact that they are getting a little older,” says Navarrete, who is 74. “It doesn’t mean you can’t still run fast, but you may not be able to run as fast as you did a few years ago.”

That means spending more time building a base of endurance at a slower pace. “Half of your training should be base building,” Navarrete says.

2. Stretch more

Running coaches increasingly recommend dynamic rather than static stretching — that is, using active movement to warm up muscles and joints. They also acknowledge that it’s often the least appealing part of training. But stretching not only keeps things flexible; it helps reduce pain and inflammation. Focus on calves, quads, hamstrings and glutes.

At the very least, walk for 10 minutes or so before running, advises Jeffrey Newman, medical director of cardiothoracic surgery at Delray Medical Center in Florida, a retired triathlete who is 64. Stretch again at the end of a run to speed recovery.

3. Rest up

Rest and recovery become more important with age, reducing the risk of injury while improving performance.

Navarrete recommends running every other day. That way

“you’re allowing your body to recuperate” in between, he says. “All the muscles and the fibers that you tear while you’re exercising, you let them rejuvenate themselves. And you’re rebuilding your energy level.”

Recovery is one of the most important parts of training for runners over 50, says Amanda Brooks, a running coach and author of “Run to the Finish: The Everyday Runner’s Guide to Avoiding Injury, Ignoring the Clock and Loving the Run.” “This doesn’t mean they can’t do as much, but it often means taking more days between any kind of hard effort,” she says.

That can be hard for older runners. “Many refuse to accept this, and others think they need to tough it out,” says Chris Kaplanis, cofounder with his wife of the New Jersey endurance coaching organization RTA Triathlon. “This typically leads to injury and disappointment.”

But rest days don’t mean lying on the couch, according to Newman. It just means that “every day doesn’t have to be a high-intensity day. Maybe you just go out and jog easily or walk or get on a bike or swim. Those could all be considered rest days.”

4. Cross-train

Strength and resistance training become more important with age, when muscle mass and tone diminish. “The more muscle we have, the longer we can run,” says Julie Pollard, a gerontologist and exercise physiologist and cofounder of Ageless Fitness in Santa Barbara, California. Cross-train on those rest days. That can include low-impact activities such as cycling, swimming or yoga, which spare the joints from the beating they take when running.

5. Form improves function

All that cross-training helps maintain good form. Building your core can maintain stability and upright posture. And working on glute and hip strength can take some of the strain off hamstrings.

Good running form includes keeping your head and neck straight, moving your elbows at your side and striking midfoot, Pollard says. Shorter strides reduce the impact on your knees, hips and lower back. “Running should feel smooth, not harsh or pounding,” she says.

6. Mix things up

Older runners in particular tend to follow the same routes at the same times and the same pace, says Eric Orton, 57, the coach in the classic running book Born to Run. “That runner who’s been running for a long, long time often gets stuck in a rut,” says Orton. “Regardless of age, that’s a stagnant mindset.”

Instead, he says, runners should add variety. Throw in some 15-second sprints or short hill repeats. Runners who always go long should do a mile race or a track-and-field event; those who run short should go long. “The body has to do something new,” Orton says.

One thing many coaches recommend to add variety and strength: 10- or 15-second pickups, or bursts of speed, called fartleks (from the Swedish for “speed play”). “They’re fun, and it helps create lubrication” in joints, says Orton, author of “The Cool Impossible and Born to Run 2: The Ultimate Training Guide” and host of the YouTube series Born to Run Coach.

7. Listen to the pain

“Just run though the pain” may be the younger runner’s mantra, but it’s a particularly bad idea for runners over 50.

“Don’t fight against it,” Pollard says. Runners should take a few days off when they feel aches and pains, she says, until their symptoms fade. “If you’re running on that knee and not giving it rest, you’re fueling the fire,” she says. “You’re adding to that inflammation.”

There are two reasons runners feel like they don’t want to lace up, Navarrete says. One is laziness. “And the second reason is your body’s bothering you. I tell them, ‘Don’t listen to your laziness. Always listen to your body.’ Missing one day of running because you listened to your body may save you a month of running because you didn’t listen.”

8. Hydration and nutrition

Another thing that decreases with age is the sensation of thirst, so older runners need to remember to hydrate. Joint problems in particular can result from dehydration, which also reduces the oxygen supply to muscles and stresses the cardiovascular system.

A good target is to divide your weight by half and drink that many ounces per day in water, says Kaplanis, not including hydration during exercise.

Back in East Flatbush, Leroy Cummins dips into those cases of coconut water as he starts training for the New York City Marathon.

“I didn’t want to sit around with the retirees,” he says of his running fixation. He has no plans to slow down, gleefully recounting the story of a much younger runner who thanked him for pulling him along in a race.

“There’s no age limit” on running, Cummins says. “I expect to be doing this as long as God gives me the strength.”

State University-Imperial Valley who uses his room and new-found time to focus on his passion for writing screenplays.

“The pandemic prepped us for this life,” he says. “She knows that when I’m in the middle of writing, I’m in that world and don’t fully respond to anything else.”

But extra rooms are not the only option for personal space, says interior designer Asha M. Maxey of Asha Maia Design in Alexandria, Virginia. “You will want time for peace and quiet when the other does not, but you might have to be creative to find that space or re-make existing space,” she says.

For example:

Create separation zones. Make a getaway nook by putting a small writing desk or a comfortable chair under a window in the living room or a guest room. Another option is to have ancillary seating in the bedroom for reading, phone calls and such.

Utilize outdoor space. Create an outdoor living room by selecting comfortable patio furniture, grounding the space with a soft outdoor rug, and incorporating throw pillows and blankets. This is the perfect place to create separation in a home.

Have a multipurpose TV. Couples often disagree over the television, making the TV room less relaxing or even a source of conflict. A framed TV that doubles as a mirror or displays digital art can make a room more inviting or personal when the television is not in use.

Reassess lighting. Alter the mood and feel of a space by creating layers of lighting. Do this by supplementing overhead lighting with lamps or wall sconces and using bulbs that allow you to adjust brightness for work tasks or relaxing.

Use blankets for different temperature preferences. What couple hasn’t disagreed over thermostat settings? One remedy is to add throw blankets to sofas or chairs to provide comfort and color accents.

“Everything is about compromise,” adds Maxey. Interior design changes can “make it easier for couples to work together to improve how they use space and resolve differences.”



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6 TIPS FOR TRAVELING WITH FRIENDS OR COUPLES — AND WHY YOU SHOULD

By Cheryl Maguire, AARP

Vacations are meant to be an escape from your everyday stressors. Traveling with people outside your family may seem like an easy way to up the fun-factor. Since you get along with your friends when you’re at dinner, you might think they would be fun travel companions. But dinner is only for a few hours, not an entire week. These tips will help ensure that your vacation is an entertaining experience for everyone.

Get on the same vacation page

Everyone’s definition of a vacation may be different, so it’s important to discuss how each person defines a vacation. “What’s the goal of the trip?” asks Avigail Lev, a clinical psychologist in California.

You also can ask your travel buddies other questions, like:

Do you want to relax?
Do you want to sightsee?
Do you want to meet new people?
What does a vacation mean to you?

While you are talking about your vacation goals, you should discuss budget and possible destinations along with types of accommodations. “You need to think through the kind of trip you want to take and make sure that everybody’s comfortable with that,” says Irene S. Levine, a travel friendship expert and clinical psychologist in New York.

Figure out your travel personalities

People have different travel personalities that might not mesh well in close quarters. “If you have a person who’s spontaneous with a person who needs to have everything planned out, then that’s very hard to negotiate,” says Lev. If that’s the case, you might want to reconsider traveling together. If you still want to go on vacation together, have a conversation about these differences ahead of time and figure out how you can compromise.

Darley Newman, age 44, the host and executive producer of Travels With Darley, suggests having everyone in the group take a travel quiz before their trip. You can search online for “travel personality quizzes” that can help you figure out what your “travel traits” are and how you tend to interact with other people. After you and your travel companions all take the quiz, share your results. This will help generate discussions about possible issues so you can resolve them before your trip. A quiz can cover areas such as energy level, cultural exploration and structure (planning and organization preferences).

Confer about alcohol, drugs and gambling

If your friends normally don’t engage in drinking, drugs or gambling, you might wrongly assume that they won’t on vacation either. Sometimes people view a vacation as a time to let loose, which may involve partaking in heavy drinking, drug use or gambling.

“We’ve been around people where vacations were an excuse to drink,” says Tami Zak, 54, a marriage and family therapist in Tucson, Arizona. They also might expect you to party with them. It’s important to have a conversation about their plans during vacation related to alcohol, drug use and gambling before you travel.

Appoint a group leader

Usually there is someone in the group who considers themselves a planner. It’s helpful to have one person who

is the group leader. This go-to person is usually the one who communicates with the travel agent and the group about important issues. For example, Jacquie Whitt, 67, cofounder of Adios Adventure Travel in Virginia Beach, Virginia, says that she tells the group leader to ask every single person in the group to double-check their passport expiration.

Avoid being hangry

When you travel you might forget to eat or be so busy touring you don’t have time to eat, but it’s important to plan meal breaks into your vacation. “It sounds so basic, but it’s a huge thing when people get hangry,” says Newman. “Hangry” is when you become irritable or angry from not eating. “I’ve been on trips when people get hangry and then they get upset and it’s a downward spiral,” says Newman. If you become hangry, you won’t enjoy your vacation and you’ll bring the mood down for the rest of your travel companions. It’s also important to stay hydrated, so bring your water bottle.

Schedule daily check-ins

During your vacation it’s helpful to schedule a daily meeting with the group at breakfast or dinner. “Have a little bit of a moment for a check-in,” says Zak. During this time, you can make sure that everyone is feeling included and participating in the activities they want to do. You also could discuss plans for the following day or any possible changes.

Zak offers an example of how one person might feel tired and not be able to go on a planned tour. “Be open to things changing,” she says. Newman also stresses the importance of being flexible during check-ins and when traveling. “Travel is all about rolling with it and just being ready for situations that come up and things you didn’t expect,” she says.

Benefits to traveling with friends or couples

Besides fun, there are some benefits to traveling with those outside your immediate family.

Sharing the cost

If you are traveling with your family (kids and partner), typically you are paying for everyone in your family, which can be expensive. But if you are traveling with friends, you are paying for yourself and maybe your spouse. Renting a house with your friends might be less expensive than booking a hotel room.

Less responsibility

When you travel with your kids (even if they are grown) or if you travel with your parents, then you are going to feel some sense of responsibility for their safety and well-being. But when you travel with your friends, there isn’t that same caretaking role you have with your children or your parents. “You’re not trying to be an example,” says Zak. “When you’re with your peers, you’re all doing your own thing and can be fairly independent.”

Bonding

When you travel with friends who are around the same age, you all share similar lived experiences. “These are people that you have common interests with,” says Zak. Newman explains that traveling with friends also helps you learn about them in a new way. “You’re going to create awesome memories. And then it’s fun when you’re back at home [because] you can meet up with them and talk about it.”

HOW COUPLES CAN AVOID ANNOYING EACH OTHER IN RETIREMENT

By Robert Johnston, AARP

Before retirement, most couples focus on big planning issues, such as finances, where to live and how to spend their time.

It’s harder to anticipate the smaller irritations of retired life that can fester if left unresolved, like household noise, chore division, too much time together or not enough personal space.

Alex Kienle, a retired real estate agent in Delray Beach, Florida, doesn’t sugarcoat it: “The first year that we were both retired was brutal.”

Kienle, 54, retired in 2018. She enjoyed her alone time while her husband, Lee Yaffe, was at work and their two teenage children were at school. She could be loud on the phone, pursue hobbies uninterrupted and finish chores before the family came home.

Then came the coronavirus pandemic. School shuttered and her children began taking classes online. Then her husband retired in 2020. She soon felt crowded and even resentful about having to monitor her volume and pick up after others.

While she adjusted by taking over the guest room, the bigger challenge was seeing her husband struggle to fill his time: “He did not shift enough that first year.”

Yaffe, a retired investment consultant and self-professed workaholic, agrees. For a year Yaffe, 58, balked at joining his wife’s activities and didn’t get fully onboard with chores. “You get into retirement and don’t anticipate the many issues that come up and you realize, everything’s not what I thought it would be,” he says.

Those issues sound par for the course, says Marni Feuerman, a couples therapist and relationship expert in Boca Raton, Florida. “Couples must realize there will be an adjustment period if one or both partners are newly retired and cut each other some slack,” Feuerman says. “It takes time to adjust to each other’s new boundaries and limits.”

Couples may face more nuanced challenges when one partner retires first. “The person still working might feel resentful or jealous. These are normal feelings,” Feuerman says. “But if partners get out of sync, they

must strategize and discuss how to handle it or there will be lingering hard feelings.”

Common retirement conflicts

Feuerman says even the most loving couples can run into some of these conflict triggers:

Discrepancies between time together versus alone time:

Respect a new need for your partner to have time alone or to spend time with other people. “There’s no need to personalize this or feel insecure,” Feuerman says. “And if you need a bit of reassurance, just ask for it.”

Balancing activities with the need for novelty:

Aligning priorities, goals and activities can cause friction. For example, one partner’s physical limitations might clash with the other’s vision for travel or exercise.

Division of labor:

Partners should strive for equity in chores. Resentment is likely to build if one person feels like they are doing more than their fair share.

Navigating space:

Be prepared for new levels of stress that result from being in close quarters more often, especially in smaller living spaces.

Coping with boredom:

As partners work out new schedules, Feuerman urges them to avoid bad habits such as unhealthy eating or drinking and excessive screen time.

“Not dealing with these triggers early and in a healthy way can cause distress and disconnection between couples,”

Feuerman notes. “You can start a conversation in a soft, non-accusatory way, beginning with ‘we’ instead of ‘you.’ Reduce defensiveness as much as possible.”

Kienle and Yaffe eventually took this approach and

faced their challenges as a team. A big breakthrough

was sitting together regularly to plan their activities on a joint calendar. Yaffe balked at first, saying he “wanted freedom.” Kienle responded by saying he had the freedom



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to control his activities on the calendar. The calendar also appealed to their mutual need for structure.

As they planned around themes of health, contributing to community and creativity, Yaffe became more open-minded about trying new activities with his wife and on his own. They took classes in fabric art, glassblowing and guitar. “I tried a lot of things even though I thought I might not like them,” he says. “If you don’t love it, be honest and move on.”

Find your own space

Sandra and Bret Kofford spent most of the pandemic working from their home in Imperial County, California, one of the areas hardest hit by the pandemic. They learned that they really get along — but they also really need personal space and privacy.

When they retired to a single-level home in Tucson, Arizona, last year, they each got their own room: Sandra for reading and Bret for writing movie and television scripts.

After 31 years working as a teacher and education administrator, Sandra loves her reading room. “I have a lot of books I’ve never read because I didn’t have time,” she says. Bret, 64, is a retired lecturer at San Diego

REPELLING MOSQUITOES: WHAT SCIENCE SAYS DOES AND DOESN'T WORK

By Jodi Helmer, AARP

Nothing ruins an outdoor adventure faster than ravenous mosquitoes.

The biting insects are a big downer in the summer months — and things could get worse. Mosquito populations are increasing and expanding their range, according to 2019 research published in the journal *Nature Microbiology*, leaving more people vulnerable to bites that cause red bumps and itchy skin. Mosquitoes can transmit serious diseases around the world, including West Nile virus, Zika and malaria.

Though malaria is not often found in the United States, the Centers for Disease Control and Prevention (CDC) issued a health alert around mosquitoes and malaria. The CDC recently identified four cases of malaria in Florida and one in Texas in people who appear to have been exposed to the disease locally. Doctors and public health officials should be on the lookout for increased cases as people travel internationally over the summer and could bring cases back into the country, the CDC alert warned. Symptoms include fever, chills and headaches.

Here at home, getting the insects to buzz off can be a tall order, especially for those with higher levels of certain acids on their skin that make them more attractive to some mosquitoes.

In a 2022 study published in the journal *Cell*, researchers from Rockefeller University in New York City found that people who produced higher levels of carboxylic acid were “mosquito magnets,” says scientist Maria Elena De Obaldia, who worked on the report. It’s unclear what causes people to have more (or less) of these acids on their skin.

“It’s possible that some people who are less attractive to mosquitoes than others express natural repellents,” De Obaldia says. “If this turned out to be true, we could use this information to try to design repellents that would make all of us smell more like the people who are less attractive to mosquitoes.”

Until then, we asked the experts to weigh in on what works — and what doesn’t — when it comes to mosquito prevention.

What works to repel mosquitoes

1. Bathing with coconut-scented soap

In contrast to fruity or floral-scented soaps that can lead to a mosquito feeding frenzy, coconut repels the biting insects, researchers at Virginia Tech found.

“We like to scent our soaps with chemicals typically associated with the pleasant scent



New Africa / stock.adobe.com

of flowers and plants, but mosquitoes also use plant-emitted [scents] to find plants and obtain sugars from their nectar,” says researcher Clément Vinauger, an assistant professor in the biochemistry department at Virginia Tech, who was among a group that studied this issue.

Vinauger notes that coconut-scented products might even be more effective than mosquito repellents containing the active ingredient known as DEET.

2. Spraying the bottoms of walls

Did you know that by spraying just 12 percent of a room with insecticide you can kill 85 percent of mosquitos? A new study by researchers in Brazil found that significantly more mosquitoes (both male and female) frequently visited the bases of walls rather than the upper portions. That allows you to use less spray overall to kill more mosquitoes. Make sure to choose an insecticide that is generally safe for children and pets.

3. Wearing permethrin-treated clothing

Several brands and big box stores sell T-shirts, shorts, pants, socks, hats and other items that are treated with permethrin, a common synthetic insecticide designed to repel mosquitoes and other biting insects.

Permethrin-treated clothing was still effective after three months of wear, according to a study published in *Parasites & Vectors*, and a 2020 paper published in the *Journal of Medical Entomology* found that treated clothing is associated with 65 percent fewer tick bites. An earlier study from researchers in London found that wearing long-sleeved shirts and pants treated with the synthetic repellent reduced mosquito bites by 91 percent.

Katie Westby, a staff scientist in vector and disease ecology at Washington University in St. Louis, offers a word of caution. Permethrin “should never be applied to skin; you treat your clothes with it,”

she says. “It is harmful to pets, so it should be applied to clothing outdoors where animals will not come into contact with it.”

4. Switching up your wardrobe

Mosquitoes appear to use specific wavelengths on the visual spectrum to locate a target. Their preferred colors: red, orange, black and cyan (a greenish-blue), according to a study published by researchers at the University of Washington in the journal *Nature Communications*.

Opting for an outfit that is green, purple, blue or white — colors that mosquitoes avoid — could leave you with fewer bites during outdoor adventures.

5. Using insect repellent

Stick with the basics. Insect repellents that contain DEET are considered the gold standard when it comes to reducing bug bites and preventing mosquito-borne diseases. The chemical signature in the insecticide interferes with the mosquito’s scent receptors, causing the insect to get confused and keep moving, and DEET-based products provide longer-lasting protection than insect repellents with other active ingredients. Given the complex interaction of body odor, personal care products, diet and activity level that can make you more — or less — attractive to mosquitoes, Vinauger says, “I would still recommend using a conventional mosquito repellent.”

6. Lawn treatments

Pest companies offer treatments that blanket the lawn with insecticides to reduce mosquito populations. The treatments can work, though studies show that rainfall, the equipment used and application techniques can make them less effective — and the results might only be temporary.

Treatments “only kill mosquitoes that are in your yard at the time of spraying,” says Deborah Landau, director of ecological management for the Nature Conservancy. Lawn treatments can affect the ecosystem. Landau notes that the chemical sprays kill all insects, including bees, fireflies, butterfly larvae and other pollinators. “Birds often pick up insects killed by insecticides, and eat them or feed them to their young,” she adds.

When it comes to kids and pets, the research isn’t clear, according to Landau. It’s best to read manufacturers’ instructions, ask questions and proceed with caution.

3 things that don’t work

1. Citronella candles and plants

Citronella plants might look great in the garden, but they do little to deter biting bugs. Standing near the plants or having them in your garden doesn’t do much to keep mosquitoes at bay. In fact, if you plant enough citronella, it could have the opposite effect.

“Finding natural alternatives to chemicals for repelling mosquitoes is an attractive option,” Westby says. “[But] there is evidence that having dense and flowering vegetation will attract mosquitoes to your yard, as they like to rest in cool, humid habitat and take sugar meals from flowers.”

You can skip the citronella-scented candles, too. Despite their reputation, research published in the *Journal of Insect Science* found that citronella candles had “no effect” on reducing the number of mosquitoes.

2. Spreading coffee grounds

It’s common for coffee companies to offer used grounds to gardeners, and the nitrogen-rich remnants from a morning cup of coffee can improve soil structure, suppress common fungal diseases and provide nutrients for earthworms. But there is no solid research showing that it prevents mosquito bites. Older research found that coffee-treated water (in birdbaths, for example) might deter mosquitoes from laying eggs in those spots. You should always empty standing water in your yard to prevent mosquitoes from laying eggs there.

3. Using spatial repellents

Old-school mosquito coils and battery-operated devices that release insect repellents into the air are often used in enclosed or semi-enclosed spaces such as restaurant patios or screened porches. Although store shelves are stocked with spatial repellents of all kinds, their effectiveness is mixed. The latest research shows that mosquitoes took fewer full blood meals. The insects bit and moved on before getting full, which led them to bite more frequently and to spend more time in areas with spatial repellents — and no one wants to spend their summer with more mosquito bites.

Bug zappers don’t work well on mosquitoes or other biting flies, according to University of Delaware researchers. But beneficial bugs, including pollinators, are often killed by bug zappers. aarp.com

The Recharge

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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.

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2023 HONDA PILOT SUV EARNs IIHS TOP SAFETY PICK+ RATING

The all-new 2023 Honda Pilot SUV, designed, developed and built* exclusively in America, has earned the Insurance Institute for Highway Safety's (IIHS) highest accolade, the 2023 TOP SAFETY PICK+ (TSP+) rating. Contributing to its overall rating, the Pilot earned top ratings from IIHS in Crash Avoidance & Mitigation evaluations including daytime and nighttime vehicle-to-pedestrian avoidance and headlight performance. With this award, a combined seven Honda models have earned 2023 TSP ratings or better.

Based on Honda's long standing "Safety for Everyone" approach, which focuses on advancing safety for everyone sharing the road, all 2023 Pilot models are equipped with the Honda Sensing® suite of safety and driver-assistive technologies, which includes Collision Mitigation Braking System™ (CMBS™) with Pedestrian Detection, evaluated by the IIHS as a "front crash prevention" system; Forward Collision Warning; Road Departure Mitigation (RDM) incorporating Lane Departure Warning (LDW); Lane Keeping Assist System (LKAS); and Adaptive Cruise Control (ACC). Honda Sensing® is now standard on all new Honda models, found on more than 6 million Honda vehicles on U.S. roads today.

All Honda vehicles benefit from Honda's proprietary Advanced Compatibility Engineering™ (ACE™) body structure, designed to help protect occupants in a wide variety of frontal collisions, along with advanced supplemental restraint systems. For the 2023 Pilot, Honda engineers enhanced ACE™ with a new structure that is optimized and integrated into the front sub-frame and side-frame that improves Pilot's crash compatibility with smaller vehicles, and occupant protection in oblique frontal collisions. The new Pilot also added Honda's award-winning front passenger airbag that uses a three-chamber design that is particularly beneficial in angled frontal impacts in which lateral collision forces can cause an occupant's head to rotate severely or slide off the airbag, increasing the chance of serious injury.

The Honda Pilot was designed at the Honda Design Studio in California, developed by Honda engineers at Honda's North American Automotive Development Center in Ohio, and is produced exclusively by associates at the company's Alabama Auto Plant.



In addition to IIHS testing, every Honda model that has been fully evaluated in the NHTSA's 2023 model year NCAP testing has received a 5-Star Overall Vehicle Score.

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Honda Commitment to Safety

Based on its vision for a collision-free society, Honda is working to improve safety for everyone sharing the road, an approach Honda calls "Safety for Everyone." The company operates two of the world's most sophisticated crash-test facilities in Ohio and Japan, and is responsible for numerous pioneering efforts in the areas of crashworthiness, collision compatibility and pedestrian safety.

Advanced passive safety features include Honda's proprietary Advanced Compatibility Engineering™ (ACE™) body structure and next-generation passenger front airbag technology, which are designed to provide a high level of collision protection for occupants. Advanced active safety and driver-assistive systems found in Honda Sensing® and AcuraWatch™ technologies, now on more than 6 million vehicles on U.S. roads, are designed to reduce the frequency and severity of collisions while also serving as a technological and perceptual bridge to the more highly automated vehicles of the future.

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HYUNDAI IONIQ 5 NAMED BEST ALL-WHEEL DRIVE CAR BY NEW ENGLAND MOTOR PRESS ASSOCIATION

FOUNTAIN VALLEY, Calif., Aug. 1, 2023 – Hyundai's award-winning, all-electric IONIQ 5 has been named best all-wheel drive car by the New England Motor Press Association (NEMPA) in the organization's Winter Test evaluations. The award was announced at its recent Award ceremony event in Boston. The IONIQ 5 is the sixth Winter Award recipient for the Hyundai brand. Over 50 vehicles were evaluated at the drive program by NEMPA members.

"The IONIQ 5 offers EV customers a sense of comfort and convenience in all types of weather conditions," said Ricky Lao, director, product planning, Hyundai Motor North America. "We appreciate the recognition by NEMPA in helping educate consumers on the benefits of EV ownership even in wintery conditions."

NEMPA members evaluated numerous vehicles during the winter months to determine those which surpassed others in content, interior and exterior design and capability, in some of the toughest driving conditions and one of the most densely populated regions in America. Vehicles selected for the Winter Vehicle Awards offer a combination of winter-specific features and options plus the dynamic qualities that make for safe, enjoyable, and competent all-weather driving. The organizations' collective experience with winter driving and commitment to testing dozens of new vehicles each year, in extreme weather conditions are unmatched.



2023 Hyundai IONIQ 5

"The IONIQ 5 is a statement piece for Hyundai and a practical choice for New England drivers, who are increasingly buying this EV for its style, space, and all-wheel drive performance," said NEMPA President, Clifford Atiyeh. "The standard heat pump further improves range in the cold, which is an absolute necessity in New England."

About the New England Motor Press Association

The New England Motor Press Association is a united guild of working journalists in six states and a committed partner to every major automaker. NEMPA members, who live among the most densely populated and diverse markets in the country, deliver trusted content to millions of car shoppers in New England and nationally on the internet, radio, television, newspapers, and magazines. For more information, please visit www.nempe.org. hyundainews.com



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SOUTHERN GREEN BEANS

Ingredients:

- 6 slices bacon, chopped
- 3 tablespoons butter
- 1 red onion, chopped
- 2 pounds fresh green beans, trimmed and snapped
- 8 small new potatoes, diced
- 1 large clove garlic, minced
- ¼ cup chicken broth
- 1 ½ teaspoons white balsamic vinegar
- salt and pepper to taste

Directions:

Step 1: Cook chopped bacon in a skillet over medium heat, stirring occasionally, until evenly browned, 8 to 10 minutes. Drain bacon pieces on a paper towel-lined plate.

Step 2: Melt butter in a skillet with a lid over medium-low heat. Add onion; cook and stir until onion is translucent, about 5 minutes. Stir in cooked bacon, green beans, potatoes, garlic, and chicken broth. Bring to a boil, cover, and simmer over low heat until green beans are tender, about 10 minutes.

Step 3: Sprinkle with vinegar, salt, and pepper; serve.



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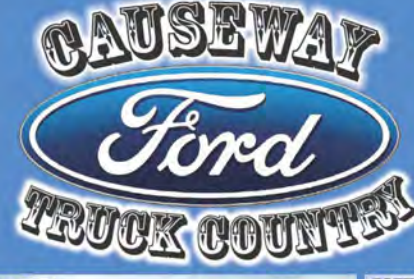
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Keep up with Library programs and events at: www.theoceancountylibrary.org/events

COFFEE CREATIVITY AT THE LIBRARY: 'BLENDING FUN WITH AMY, BARISTA EDITION'

TOMS RIVER – The worldwide popularity of coffee has yielded new flavor combinations and methods that offer a savory experience far beyond the old “cuppa joe.” Join connoisseur Amy Paradise for “Blending Fun with Amy, Barista Edition,” at three Ocean County Library branches.

- Long Beach Island Branch – 2 PM Wednesday, September 6; 217 South Central Avenue, Surf City, (609) 393-2480.
- Tuckerton Branch – 2 PM Thursday, September 7; 380 Bay Avenue, (609) 296-1470.
- Waretown Branch – 2 PM Tuesday, September 12; 112 Main Street, (609) 693-5133,

Amy Paradise, a local mom, former educator, and two-time cancer survivor, will demonstrate techniques for creating blended coffee drinks, and will introduce ideas for customizing your freshly-brewed mixtures at home.

She will spice up her presentation with samples of each blend, printed recipes to take home, and trivia and fun



Photos by Amy Paradise

facts. Some components might contain potential allergens.

Amy serves on the advisory board of Kick Cancer Overboard, the Jersey Shore-based 501 (c)(3) nonprofit organization that furnishes sea cruises for people who have been affected by cancer. Music lovers know her as a singer alongside spouse Dale, with whom she owns the Twin Boys Enterprises, LLC entertainment firm.

Please register at www.theoceancountylibrary.org/events for this free program. For more details, visit or phone any of the three participating branches, or call (732) 349-6200.

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.



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Please register at 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 at Friends’ meeting. See upcoming meeting dates at www.theoceancountylibrary.org/events.

INVESTIGATE THE SALEM TRIALS: “WHEN THERE WERE WITCHES” AT LACEY BRANCH

LACEY TOWNSHIP – What led to the inhumanity that engulfed a small town in colonial Massachusetts? The Ocean County Library Lacey is pleased to host archivist and historian Mickey DiCamillo’s riveting presentation “When There Were Witches: An Exploration of the Salem Witch Trials,” 7 PM Wednesday, October 11.



Photo Courtesy of Mickey DiCamillo

In January of 1692, five young girls were seized with a strange illness, causing Salem Villagers to believe they were “under an evil hand”. Events soon spiraled out of control, fed by local divisions and a splintered colonial government.

Mickey will unravel the mystery with archival documents from the period. Attendees will be invited to take part, with transcripts from the 1692 interrogations,

and will be welcome to engage in a question-and-answer session following the 60-minute program.

Moorestown-based Mickey DiCamillo, a trustee of his community’s historical society, has worked for The University of Pennsylvania, The Pennsylvania Historical Society, and the Smithsonian-affiliated Hagley Museum and Library in Delaware.

His written pieces have appeared in the Journal of Film and History and Encyclopedia of Greater Philadelphia. He has given numerous lectures on United States and New Jersey history.

Please register at 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.

So Long Summer SALES EVENT

 <p>2010 Mazda CX-7 i Sport FA0342229 \$9,990*</p>	 <p>2010 Mercury Milan Premier FAR633412 \$9,990*</p>	 <p>2010 MINI Cooper Base HATZ65324 \$9,990*</p>	 <p>2012 Buick Verano Base NC4152512 \$9,990*</p>	 <p>2015 Ford Fiesta Titanium HFM215855 \$9,990*</p>	 <p>2013 Ford Fusion SE P84552 \$10,990*</p>	 <p>2014 Kia Soul Plus FE7046297 \$13,990*</p>
 <p>2016 Honda Accord EX-L HGA014602 \$16,990*</p>	 <p>2013 Lincoln MKX Base FDBL24482 \$17,990*</p>	 <p>2014 Honda Accord LX HEA071570 \$17,990*</p>	 <p>2017 Nissan Rogue SV HHP504657 \$17,990*</p>	 <p>2018 Buick Encore Premium FJB529470 \$17,990*</p>	 <p>2018 Ford Escape SE FJUA46975 \$17,990*</p>	 <p>2015 Jeep Renegade Latitude FFPC41147 \$18,990*</p>
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 <p>2017 Lincoln Navigator Select FHFL02985 \$37,990*</p>	 <p>2018 Mercedes-Benz C-Class C 300 4MATIC FJF681817 \$38,990*</p>	 <p>2020 Jeep Wrangler Unlimited Sport S NLW258512 \$38,990*</p>	 <p>2020 Honda Ridgeline RTL-E HLB007295 \$41,990*</p>	 <p>2021 Ram 1500 Big Horn/Lone Star FMN676338 \$41,990*</p>	 <p>2018 Jeep Wrangler Unlimited Rubicon FJW152170 \$42,990*</p>	 <p>2019 Ford F-150 XLT FKFD24796 \$42,990*</p>

GIRL SCOUTS OF THE JERSEY SHORE ANNOUNCE PHENOMENAL WOMEN UNDER 40 RECIPIENTS

FARMINGDALE, NJ – (July 25, 2023) – Ten emerging leaders from Monmouth and Ocean counties will be recognized by Girl Scouts of the Jersey Shore at the Phenomenal Women Under 40 event on Wednesday, September 20th, from 6 to 9 p.m., at the Program Activity Center in Farmingdale.

The annual event recognizes exceptional women who have gone above and beyond in all that they do, including their amazing accomplishments and commitment to business growth, professional excellence, and community service. All proceeds support programs that provide leadership experiences to more than 12,000 Girl Scout members across Monmouth and Ocean counties and ensure that girls in need can access year-round Girl Scout programs.

“This year’s honorees are role models in our community and are being recognized for their leadership in the workplace, volunteerism, along with their dedication to fostering self-confidence and leadership skills in others,” said Heather Coburn, Chief Executive Officer of Girl Scouts of the Jersey Shore.

The honorees were selected from a public nomination process and represent a variety of businesses and nonprofits in Monmouth and Ocean counties. The 2023 Girl Scouts of the Jersey Shore Phenomenal Women Under 40 Honorees are:



Julie Bellezza
Volunteer and Community Engagement Coordinator; OceanFirst Foundation



Shanel R. Ingram
Co-Head of School/ Lead Teacher; Sea Lavender Montessori



Kescy M. Mathurin, LPC, ACS
True North Clinical Services; Counseling the Courageous Heart, LLC



Ceilie Reynolds
Student; Monmouth University



Patricia McCully
Vice President of Operations; Quaker Special Risk, a Jencap Company



Kate Roselli, CFP®
Vice President Financial Planning; Newport Capital Group



Alexis Parcels, MD
Parcels Plastic Surgery; SUNNIE Skincare



Jenna Rosenfeld
Employment & Industry Development Coordinator; OCVTS



Tara Scott
Director of Guest Services & Admissions; Director of Marketing & Business Development; The Webster Apartments



Amy Zambrano
Wellness Coach, Long Branch Public Schools, Founder of “Amy’s Yogabilities LLC”

Full biographies for all honorees can be found at www.gsFun.org/Phenom.

Co-chairs for the reception are Brynn Mosello, 2022 Phenom; Kelly Servodio, 2018 Phenom; and Ebone’ Lawrence Smith, 2021 Phenom. The evening will include hors d’oeuvres, food stations, wine and beer, silent auction, and raffle, plus introductions of honorees by Girl Scouts. The event will begin at 6 pm. Tickets are \$100 and may be purchased along with sponsorships at gsfun.org/phenom. For more information about opportunities to support the event, including auction donations, contact Valerie Ryan at vryan@gsfun.org or call (800) 785-2090.

Girl Scouts of the Jersey Shore

Phenomenal Women Under 40

Women Defining the Future

September 20, 2023

MEET THE 2023 Honorees

gsFun.org/phenom

FIGHT CHILDHOOD CANCER ALONG WITH MANAHAWKIN APPLEBEE’S

By Veronica Flesher, Patch Staff

MANAHAWKIN, NJ — As of Aug. 7, Applebee’s is holding its annual fundraiser for Alex’s Lemonade Stand Foundation (ALSF), a nonprofit organization dedicated to funding pediatric cancer research and family support programs vital in the fight against pediatric cancer.

For nearly two decades, Applebee’s restaurants throughout the United States rally the Neighborhood once a year to support local pediatric cancer heroes and fundraise to crush – or end – childhood cancer.

Guests at Doherty-owned Applebee’s restaurants, which includes the Manahawkin location, have four ways to help out. Through fundraising efforts to date, Applebee’s restaurants throughout the country have collectively raised more than \$14.5 million for ALSF since the partnership began in 2005, the restaurant said in a news release.

From now through Sept. 17, guests can purchase a \$1 or \$5 Paper Lemon Tag and Applebee’s will donate 100 percent of the proceeds to Alex’s Lemonade Stand. You can also order online and add the ALSF item to your cart to donate, or buy a featured \$5 Summer Sip Mucho Cocktail and \$0.25 will be donated back to ALSF.

And on National Lemonade Day, Aug. 20, a portion of every lemonade or Fruit Flavored Lemonade purchased will be donated to ALSF.

“We’re proud to partner with Alex’s Lemonade Stand Foundation and to have raised \$14.5 million over the past 19 years for pediatric cancer research and family services,” said Tony Moralejo, Applebee’s President. “At Applebee’s, we’re dedicated to both Eatin’ Good – and Doin’ Good - in the Neighborhood, and we can’t wait to raise more than ever this year to crush childhood cancer with the help of our guests and franchisees!”

Alex’s Lemonade Stand Foundation was established in 2005 to continue the mission of four-year-old Alexandra “Alex” Scott. While fighting her own battle against cancer, Alex set up a lemonade stand in her front yard to raise money for “doctors to find a cure” for all pediatric cancers. Since her first stand, the Foundation has grown into one of the leading funders of pediatric cancer in the country, raising more than \$250 million and funding over 1,000 research projects.

“Applebee’s is truly one of ALSF’s most dedicated partners, raising money every year since 2005,” said Liz Scott, Alex’s mom and Co-Executive Director of Alex’s Lemonade Stand Foundation. “While the fight against childhood cancer continues, so does the support of Applebee’s restaurants and customers across the country. We are so grateful for their continued partnership to help find cures and support families during their child’s treatment and beyond.”

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

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<p>2016 Honda Civic EX NGH571402 \$18,990*</p>	<p>2017 Hyundai Tucson SE NHU539273 \$18,990*</p>	<p>2019 Hyundai Tucson SE HKU915055 \$18,990*</p>	<p>2020 Ford EcoSport SE FLC314833 \$18,990*</p>	<p>2014 Honda CR-V EX NEL017372 \$19,990*</p>	<p>2015 Ford Taurus SEL P84568 \$19,990*</p>	<p>2016 Chrysler 300 Limited HGH243939 \$19,990*</p>
<p>2021 Honda HR-V Sport HMM703259 \$20,990*</p>	<p>2016 Ford Explorer XLT HGA73993 \$22,990*</p>	<p>2019 Honda HR-V Sport NKG731225 \$23,990*</p>	<p>2019 MINI Cooper Signature YK2D72509 \$23,990*</p>	<p>2011 Jaguar XJ Base FBLV14431 \$24,990*</p>	<p>2016 Acura RDX Base AWD HGL007684 \$24,990*</p>	<p>2021 Honda Civic LX HMH553959 \$24,990*</p>
<p>2020 Honda CR-V EX FLH625210 \$30,990*</p>	<p>2019 Ram 1500 Classic Express YKS522347 \$31,990*</p>	<p>2022 Hyundai Kona N Line YNU838933 \$31,990*</p>	<p>2019 Nissan Armada Platinum YK9582327 \$33,990*</p>	<p>2018 Ford Explorer Sport FJGC61253 \$34,990*</p>	<p>2018 Ram 1500 Big Horn FJS261538 \$34,990*</p>	<p>2022 Nissan Frontier SV FNN665398 \$36,990*</p>
<p>2021 Kia Telluride SX FMG116339 \$43,990*</p>	<p>2021 Ram 1500 Big Horn / Lone Star HMN701912 \$43,990*</p>	<p>2021 Ram 1500 Laramie FMN654866 \$47,990*</p>	<p>2020 Ford F-150 Platinum P84452 \$48,990*</p>	<p>2022 Ford F-150 XLT FNKD79338 \$58,990*</p>	<p>2019 Ford F-250SD Lariat FKED59366 \$68,990*</p>	<p>2022 Ford F-350SD Lariat FNE37422 \$79,990*</p>

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: September 7th

Congratulations to Last Month's Kid's Winner!



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

Sara



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

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Age _____

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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 Winner!



Terry

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: September 7th

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

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