

The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities

September 2023 • Number 112

THE 6TH ANNUAL CAUSEWAY 5K IS COMING TO MANAHAWKIN

Sunday, October 8, 2022
8:45am
 Southern Regional High School



SCAN ME



CAUSEWAY 5K
 FAMILY OF DEALERSHIPS
 CAUSEWAY CAREs
Running for a cause.

The event, presented by **Causeway Family of Dealerships** and **Causeway CAREs**, will be held at Southern Regional High School on October 8th.

TOMS RIVER, NJ – It’s almost time to lace up those sneakers and support a great cause! The 6th Annual Causeway 5K will be held on Sunday, October 8th at Southern Regional High School, 90 Cedar Bridge Road in Manahawkin. The event, presented by Causeway Family of Dealerships and Causeway CAREs, starts at 8:45am (walkers) and 9am (5K run) and all proceeds will benefit Family Promise of the Jersey Shore and Project Home Repair, a coalition of nonprofit organizations which include Northern Ocean Habitat for Humanity, Southern Ocean Habitat for Humanity, Homes for All and Starve Poverty.

There will be no paper copies on race day. Participants will receive a confirmation email with a bib number to bring to the event.

“Since its inception in 2018, The Causeway 5K has raised over \$140,000 to help improve the quality of life for Ocean County residents,” said David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs. “We are proud to support organizations who collaborate in an effort to make a greater impact in our community, in turn making our community a better and safer place to live.”

The flat fast course is chip timed. The day will feature overall and age group awards, as well as door prizes. T-shirts are guaranteed to the first 250 registrants.

Last year, the 5th Annual Causeway 5K raised \$60,000 and saw an increase in runners/walkers and sponsors from the prior year.

For 5K race donation opportunities, please contact Kaitlyn Strohmeier at 609-597-8083, ext. 1122 or email Kaitlyn.Strohmeier@CausewayCars.com.

The cost to walk or run is \$40 through September 30th, and \$45 after September 30th and on race day. Students (18 years old and under) can receive \$10 off by using the promo code: STUDENT. All registrations must be completed online at www.raceforum.com/CAUSEWAY.



Pictured: The Causeway team ready to hit the pavement at the 5th Annual 5K.

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Editor: Joe Stroffolino
 Assistant Editor: Kaitlyn Strohmeier
 Publisher: Jayme Hill-Gardner

Creative/Comp: Kelith Stewart,
 Theresa Maye, Design 446

Marketing: Bryan Whelan

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

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



The Wintrode Family Foundation



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

PROJECT HOME REPAIR LAUNCHES FIRST PROJECTS TO ADDRESS CRITICAL HOME REPAIRS IN OCEAN COUNTY

Project Home Repair is a collective effort that brings together several not-for-profit organizations and community-based groups to address the increasing need for critical home repairs among the senior, veteran, and vulnerable populations.

MANAHAWKIN, NJ – Project Home Repair, a collaborative effort initiated by Causeway CAREs, is proud to announce the launch of its first projects aimed at addressing the increasing need for critical home repairs among the senior, veteran, and vulnerable populations in Ocean County.

Recognizing the pressing demand for home repairs that surpasses the capacity of any single organization, Project Home Repair brings together several not-for-profit organizations and community-based groups, each contributing their expertise to the cause.

Northern Ocean Habitat for Humanity is undertaking a crucial project involving roof and gutter repairs, along with subfloor renovations for a residence located in Manchester Township. The investment for this project amounts to \$14,942.88.

Northern Habitat is also partnering with Project Home Repair to provide a roof replacement for a home in Lakewood. The estimated investment for this project is \$13,047.

Starve Poverty International is dedicated to ensuring accessibility and safety, and they are taking on a ramp construction project for a property in Ocean Township, with an investment of \$10,000.00.

Homes for All is actively involved in three essential projects. They are overseeing roof replacement projects for residences in both Lacey Township and Manchester Township, with investments of \$10,484.00 and \$6,517.00, respectively. Additionally, they are conducting a roof repair project for a property in Toms River, which requires an investment of \$2,960.00.

Under the experienced leadership of the coalition, the team aims to enhance the health and safety of individuals residing in vulnerable homes. The recent launch of Project Home Repair's first projects marks a significant milestone in fulfilling its mission.

"We are committed to making a difference in the lives of vulnerable populations in our community," said Dave C. Wintrode, President of the Causeway Family of Dealerships and Causeway CAREs. "The launch of these first projects is just the beginning of our efforts to address critical home repairs and positively impact the lives of those in need within Ocean County."

Project Home Repair will continue to identify and undertake essential home repairs, ensuring that individuals and families can live safely and comfortably in their homes. The coalition's collective efforts and partnerships will play a pivotal role in fostering a stronger and more resilient community in Ocean County.



Pictured: The Northern Ocean Habitat for Humanity team works to replace windows at a home in Ocean County.

About Project Home Repair



Project Home Repair is a collaborative effort between Homes for All, Habitat for Humanity of Southern Ocean County, Northern Ocean Habitat for Humanity and Starve Poverty International. The coalition aims to enhance the quality of life for the aging, disabled, and vulnerable populations of Ocean County by providing critical home repair services. Through collaboration, compassion, and community involvement, Project Home Repair seeks to make a lasting impact on the community.

Founding Organizations



Homes for All

Homes for All, Inc. is fully dedicated to providing affordable housing and support services for low and moderate-income families in local communities. They strive to ensure that everyone has access to safe and affordable housing.



Habitat for Humanity of Southern Ocean County

Habitat for Humanity of Southern Ocean County works to develop communities with individuals in need by building and renovating houses. They believe that all people deserve a clean and decent place to live.



Northern Ocean Habitat for Humanity

Northern Ocean Habitat for Humanity puts God's love into action by bringing people together to build homes, communities and hope. They work to improve the living conditions of those in need in the local community.



Starve Poverty International

Starve Poverty International is a nonprofit organization dedicated to breaking the chains of poverty.



SOUTHERN REGIONAL SPORTS BEAT



Football

Thank you, Rowan University Football for the open training camp practice on Sunday, August 13, 2023 at Southern Regional High School. Best of luck Profs in 2023! Great day of football at the Jersey Shore. Special thank you to the Southern Regional BOE, administration, maintenance, custodial, technology departments, head athletic trainer Nick Scaramazza SFPA, and coaches.



Nick Roesch - 12th Grade Football & Boys Lacrosse



Avery Smith - 11th Grade Field Hockey, Indoor Track & Girls Lacrosse



SOUTHERN

Field Hockey
Congratulations Southern Regional Field Hockey Jessica Bruther on her commitment to continue her education and field hockey careers at The College of New Jersey. Continued Success.



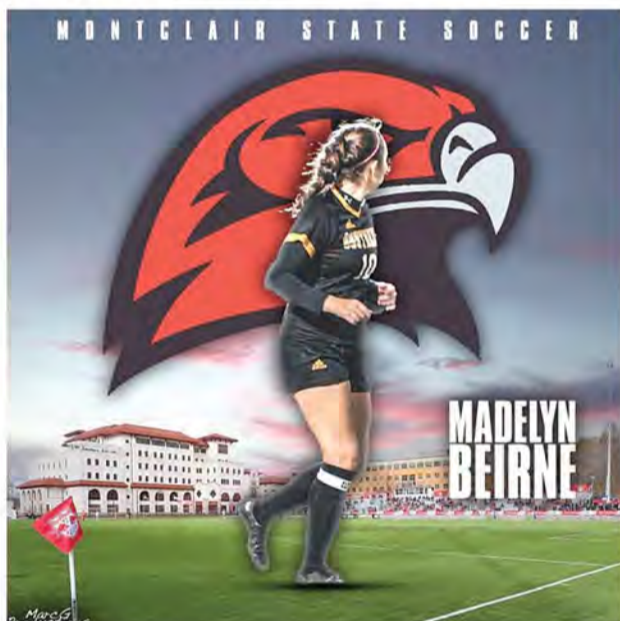
Multi-Sport

2023-2024 Southern Regional High School Athletics - Shore Conference Ambassadors - Multi-Sport Athletes. Thank you both for all that you do for Southern!



Football

Congratulations to both Armando Sanchez, Southern Regional Football and Joe Vezzosi, Central Regional Football on being named #EmmertBoydClassicGame MVP's. Both Southern and Central honor their traditional rivalry by honoring both schools' legendary coaches Ron Emmert and Joseph Boyd. The Rams won the contest played on September 1, 2023, by a score of 21-0. The MVP's are pictured with Central Regional AD, John Scran and Southern Regional Supervisor of Athletics, Chuck Donohue Jr. Best of luck to both teams the rest of the season.



Soccer

Congratulations Southern Regional Girls Soccer player Madelyn Beirne on her commitment to continue her education and soccer careers at Montclair State University.



Lacrosse

Congratulations Southern Regional Boys Lacrosse player Anthony Arch on his commitment to continue his education and Lacrosse careers at Chestnut Hill College in Philadelphia, Pennsylvania.



Football

Congratulations Southern Regional High School football player Alex Fowler (12th grade) on being nominated by the New York Giants #HeartOfAGiant Award for his "commitment" to the game of football. Alex is currently the only nominee from the State of New Jersey. Alex is a Multi-Sport athlete who also plays lacrosse for Southern. Continued Success! Please go to the web address below and vote for Southern's Alex Fowler. Thank you. www.usafootball.com/hoagvote/



Regional Athletic Department

It was great for the Southern Regional Athletic Department to honor Southern Summer Athletics' accomplishments in Head Baseball Coach Ed Trutt and senior pitcher Brady Lesiak, members of the Jersey Shore team that won the 2023 Philadelphia Phillies Carpenter Cup. Secondly, honoring Southern Head Wrestling Coach Dan Roy on being named the NWCA Section I Coach of the Year. Congratulations again. Thank you, Ms. Ardoin for the certificates. All parties were honored at the Varsity Football Game on Friday, September 1, 2023.



Lacrosse

Congratulations Southern Regional Boys Lacrosse player Konnor Forlai on his commitment to continue his education and lacrosse careers at Chestnut Hill College in Philadelphia, Pennsylvania.



Volleyball

Congratulations Southern Regional Girls Freshmen Volleyball, on winning the 2023 Monroe Tournament on Saturday, September 9, 2023. Undeclared in pool play. Rams defeated the Falcons 2-0 in the final by scores of 25-14 & 25-18. Congratulations players and Coach Myers.

United Way of Monmouth and Ocean Counties

2023 Warmest Wishes Coat Drive

United Way is collecting donations of **NEW** winter coats for local children in need!

Coats are needed in the following sizes:
Toddler sizes 3T - 4T
Children's sizes Extra Small - Extra Large

Cash donations are also welcome! Every \$30 = 1 new coat

Donations will be accepted through November 10, 2023

Scan the QR code or visit uwmc.org/WarmestWishes for more information

Family Promise
of the Jersey Shore's
3rd Annual
GOLF CLASSIC
BLUE HERON PINES GOLF CLUB
THURSDAY, OCT. 5, 2023

Scan Below for Golf Classic Registration & Sponsorship Information



HAPPY AUTUMN FROM FAMILY PROMISE!

We hope you are enjoying the cooler weather after that late summer heat wave.

We also hope you will come out in the crisp fall air 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.

Please join us on Thursday October 5th for our 3rd Annual Golf Classic at Blue Heron Pines Golf Club in Galloway!

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 support services that help housing insecure families toward having a home.

Golfers please register at www.events.golfstatus.com/event/family-promise-of-the-jersey-shore-s-3rd-annual-golf-classic/details/registration-details (Use QR code top left).

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

Save the Date! Our Gift Auction will be on Saturday, November 11th at St. Mary's Parish Center in Manahawkin. Details to follow soon!

If you would like to get help out with the Gift Auction or learn more about volunteer opportunities with Family Promise of the Jersey Shore please contact Community Engagement Coordinator Cheryl Polo at Cheryl@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 Ocean County area.

To donate 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.

Follow us on Facebook at www.facebook.com/FamilyPromiseJerseyShore and Instagram [@familypromisejerseyshore](https://www.instagram.com/familypromisejerseyshore).

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

Help us feed our community!

CAUSEWAY CAREs **fulfill** HUNGER WON'T WIN HERE

Driving change in our community.

Causeway Family of Dealerships is collecting non-perishable food items for **Fulfill!**

Each showroom has a box for collections.

Needed items include:

- Canned tuna, chicken & salmon
- Canned fruits
- Canned veggies
- Fruit juice
- Cooking oils
- Soups
- Shelf-stable milk
- Canned meals
- Pancake mix & syrup
- Hot cereal
- Peanut butter & jelly
- Cold cereal

CAUSEWAY CAREs Driving change in our community.

CausewayCAREs.com
375 Route 72 West, Manahawkin, NJ 08050

Dedicated to making higher education and workforce certificates accessible to all Ocean County residents.

SCHOLARSHIPS AVAILABLE ROLLING ADMISSIONS EARN A DEGREE WHILE YOU ARE STILL IN HIGH SCHOOL

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Ocean County College Foundation
College Drive, Toms River, NJ 08754
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Available \$1,000 Trade Assist on 2023 Ford Explorer!

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 2018 Ford Escape SE FJUA80197 \$19,990*	 2020 Ford Fusion SEL FLR207501 \$22,990*	 2020 Ford Escape SE FLUA90797 \$24,550*	 2020 Ford Escape SEL FLUA20667 \$27,990*	 2022 Ford Bronco Sport Base FNRD13218 \$30,990*	 2021 Ford Ranger Lariat HMLD97480 \$30,990*	 2020 Ford Explorer XLT YLGB03731 \$32,990*
 2018 Ford F-150 XLT FJFE54816 \$36,990*	 2020 Ford F-150 XLT FLFC27855 \$37,990*	 2018 Ford F-150 XLT FJFE72373 \$41,990*	 2021 Ford Mustang Mach-E Select FMMA62391 \$41,990*	 2020 Ford Explorer ST FLGA75549 \$44,990*	 2022 Ford F-150 XLT FNFA02075 \$46,990*	 2022 Ford Mustang Mach-E Select FNMA14185 \$47,990*
 2020 Ford F-150 Lariat FLFB96805 \$48,990*	 2022 Ford F-150 XLT FNKE52863 \$49,990*	 2019 Ford F-350SD XLT F1KEC2285 \$49,990*	 2020 Ford Expedition XLT NLEA92912 \$56,990*	 2021 Ford F-150 King Ranch FMFB90643 \$59,990*	 2020 Ford Expedition Limited FLEA78532 \$62,990*	 2022 Ford Expedition XLT FNEA13758 \$63,990*

SUNDAY, OCTOBER 1ST • 12-4PM

6TH ANNUAL

CHEF'S TASTING

AT THE BEACH

Sample the Shore

Endless Sampling of the Top Restaurants on the Jersey Shore!

Join us as we raise the funds needed for our NJ active military and their families living in distress due to economic hardships.

CASH BAR, LIVE ENTERTAINMENT, 50/50 RAFFLE & MORE!

Pre-Purchase \$60 pp | Tickets \$75 pp | www.dineonus.org



PRESENTED BY: **Tito's** **MARTELL'S TIKI BAR**
308 BOARDWALK, POINT PLEASANT BEACH, NJ



Happy Birthday!



Richard Hackett of Causeway turned 84 years young on August 29th!

Rich celebrated his birthday at one of his favorite spots, The Captain's Inn Tiki Bar. There, he had received this Proclamation from Peggy Sue Juliano - Committeewoman of Lacey Township.

Rich has been a Salesman at Causeway since 1974! You can find him at Causeway Ford & Lincoln every Thursday. Happy Birthday Rich!



CAUSEWAY CAREs
Driving change in our community.

Run, Support and Make an Impact

Raising Awareness and Funds for Ocean County since 1969.

Lace up your shoes and be a part of the **Causeway 2023 5K**, where every step brings us closer to a stronger community. Join us as we run together, support each other and create a lasting impact on the Ocean County community.

EVENT DETAILS:

Date: October 8th, 2023
Time: Registration Starts at 7:30 am
Location: Southern Regional High School
Address: 90 Cedar Bridge Road, Manahawkin, NJ 08050

Regular: \$40 (by September 30th)
Late Registration: \$45 (after September 30 and on race day)

Register now and leave your mark.
For sponsorship opportunities, call Joe Stroffolino at 609-713-6706.



375 Route 72 West, Manahawkin, NJ 08050 CausewayCAREs.com

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HOPE SHEDS LIGHT

FINDING HOPE

NEW OCEAN COUNTY ALL RECOVERY FAMILY SUPPORT MEETING

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

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

2nd and 4th Wednesday Of Every Month
6:30 PM - 7:30 PM

Starting Wednesday, February 8th

Please Contact - Nancy@HOPEShedsLight.org For More Information!

HOPEShedsLight.org
723-244-0783 | #FindHopeShedsLight

2910 Apache Road, Manahawkin, NJ 08050 • 1-253 Chestnut Street, Toms River, NJ 08753

\$1,750 BONUS CASH BACK* AND 1.9% APR FOR 36 MONTHS ON SELECT LINCOLN NAUTILUS MODELS* (UNTIL 10/2/23)

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COMMUNICATION BOARDS INSTALLED AT PARKS IN STAFFORD



Communication boards allow residents to communicate with each other regardless of their abilities. (Stafford Township)

Communication boards allow all children, both verbal and non-verbal, to communicate with one another.

By Veronica Flesher, Patch Staff

STAFFORD, NJ — Newly-installed communication boards are popping up around Stafford Township, affording all residents the ability to talk with one another.

The boards, purchased through the Community

Development Block Grant program and installed by the Department of Public Works, can be seen at “a number” of township parks and playgrounds, Stafford officials said.

“Communication boards are used to help non-verbal residents effectively communicate,” township officials said.

These boards use simple words and pictures so children can express wants and needs while playing.

Mayor Greg Myhre and the Township Council thanked DPW for installing the boards.

patch.com



allrecipes.com

PEANUT BUTTER BARS

Ingredients:

- 2 cups graham cracker crumbs
- 2 cups confectioners' sugar
- 1 cup butter or margarine, melted
- 1 cup peanut butter
- 1 ½ cups semisweet chocolate chips
- 4 tablespoons peanut butter

Directions:

Step 1: Mix together graham cracker crumbs, confectioners' sugar, butter or margarine, and 1 cup peanut butter in a medium bowl until well-blended. Press evenly into the bottom of an ungreased 9x13-inch pan.

Step 2: Place chocolate chips and 4 tablespoons peanut butter in a microwave-safe bowl. Microwave on high, stirring every 15 seconds, until smooth. Spread mixture over crust.

Step 3: Refrigerate for at least 1 hour before cutting into 12 squares.

STAFFORD TOWNSHIP VOLUNTEER FIRE COMPANY #1 LADIES AUXILIARY

CRAFT SHOW

SATURDAY SEPTEMBER 30, 2023
10:00 AM - 3:00 PM

133 STAFFORD AVENUE, MANAHAWKIN

THE LADIES WILL BE COOKING!

Discount Coupon

OPERATION HALLOWEEN 2023

Please present at Ticket Booth - Coupon valid per person or per family

FRI, OCT 20 & SAT, OCT 21

4:00 pm to 10:00 pm



Free Admission

to PUMPKIN STREET

Suitable for young children, Hay Maze, Face Painting, Halloween Activities, Food Vendors, Costume Characters, Live Music (7-10 pm)

\$5 off

\$20/person ticket for

- INFLATABLES (4-6 pm)
- PUMPKIN HAYRIDE (4-6 pm)
- PUMPKIN PAINTING (4-6 pm)
- HAUNTED WALK (7-10 pm)*
- TERROR IN THE PINES (7-10 pm)*

Ages 3 & younger are free. (*Not suitable for young children. Not handicap accessible)

AT CITTA BOY SCOUT CAMP
Brookville Road, Barnegat, NJ

Compliments of

FULFILL

Causeway Family of Dealership



Sponsored by your local Rotary Clubs and Jersey Shore Council Boy Scouts
For information, email: NJOperationHalloween@gmail.com

The Ocean County Hispanic Heritage Month Fair

Hosted By Bradley D. Billhimer, Ocean County Prosecutor

The Ocean County Prosecutor's Office

Jersey Shore BlueClaws

Lakewood Police Department



FREE!

- ♦ Admission
- ♦ Give-Aways
- ♦ Parking

SAVE THE DATE



Meet Buster!

Food, Beverages & Live Music!

SATURDAY

OCTOBER 7th, 2023

Location - ShoreTown Ballpark
Time - 10am to 2pm



Jersey Shore BlueClaws | 2 Stadium Way, Lakewood, New Jersey 08701
Tel: 732.901.7000 | Fax: 732.901.3967 | www.BlueClaws.com
For More Information contact Melissa Rose | Email: MRose@co.ocean.nj.us

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\$18,990*



2019 Nissan Sentra S
NKY432117

\$18,990*



2020 Nissan Sentra SR
NLY263141

\$21,990*



2020 Nissan Sentra S
NLY282715

\$21,990*



2020 Nissan Altima 2.5 SV
NLC286236

\$25,990*



2019 Nissan Rogue SV
NKC757128

\$26,990*



2021 Nissan Murano SV
NMC101562

\$27,990*



2020 Nissan Murano SL
NLN165682

\$31,990*

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Mon - Fri: 9:00AM - 7:00 PM
Sat: 9:00AM - 6:00PM
Sun: Closed



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

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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:

10th ANNUAL ICELAND WEEKEND
(Feb 7-12, 2024)

Experience the land of Fire and Ice. Fly from Newark on Icelandair, hotel, private sightseeing with spectacular waterfalls, geysers, Viking history and daily breakfasts. Nighttime adventure searching for the Northern Lights. \$1,998 per person double. A limited number of singles are available. A valid passport is required. Call for more information.

SAIL ON A TALL SHIP TO THE CARIBBEAN
(Dec 7-14, 2024)

Climb the mast to the crow's nest, relax in the bowsprit netting, listen to the steel drum band on deck. Life is casual and relaxed with top notch dining and less than 250 passengers. Complimentary water sports, yoga and wellness classes. Visit the ports where big ships can't - Bequia, beach stops in St. Lucia, Martinique, Grenadines, Tobago Cay and more. Rate for an outside cabin is \$2,399 per person and includes port taxes, pre-paid gratuities and a \$200 on board credit. Air and pre-night packages will be available soon.

"To travel is to live."
- Hans Christian Andersen

Focus ON Barnegat

VEOLIA DONATES \$10,000 TO COMMUNITY SERVICES, INC. TO HELP OCEAN COUNTY RESIDENTS

Toms River, NJ – Veolia North America, which serves 1.6 million customers with high-quality drinking water across New Jersey, donated \$10,000 to Community Services, Inc., an organization focused on helping high-risk and disabled residents with a diverse range of wellness and outreach services in Ocean County.

“This contribution will enrich the lives of residents in our communities,” said Jim Mastrokalos, Senior Director of Operations. “We are pleased to support Community Services and the highly respected and comprehensive services it has provided for over 50 years.”

Community Services, Inc., also recognized as Meals on Wheels, provides health, wellness, educational and outreach services in New Jersey, including helping residents apply for financial assistance for water bills.

“We are grateful to Veolia for its \$10,000 donation to our organization, which will



be extremely helpful to our clients’ health and economic interests,” Jim Sigurdson, Executive Director, Community Services, Inc. said. “Our mission goes beyond filling basic nutritional needs and will allow our team to expand access to clients with food services as well as with temporary, essential financial assistance application through Veolia’s non-profit program, Veolia Cares.”

Veolia Cares is financially supported by Veolia and administered by New Jersey SHARES, a non-profit organization that provides help to eligible individuals and households. Veolia granted almost \$26,000 last year to customers in New Jersey requiring temporary assistance with water bills. More information is available by visiting cares.veolia.org.



OCEAN COUNTY LIBRARY

CONNECTING PEOPLE • BUILDING COMMUNITIES • TRANSFORMING LIVES

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

RE-DISCOVER THE ‘BRILL BUILDING SOUND’ AT TUCKERTON BRANCH

TUCKERTON – A tidal wave of music that shaped American youth in the 1950s and ‘60s flowed from a skyscraper nestled in midtown Manhattan. Experience “The Brill Building Sound” with pop culture historian Jimmy Scalia at the Ocean County Library Tuckerton Branch. 7 PM Monday, November 6.



Photo Courtesy of Jimmy Scalia

In his newest program, Scalia, the official Bobby Darin Archivist, will showcase many of the talented musicians, singers and songwriters who filled the corridors of 1619 Broadway with driving rock and smooth ballads that spread musical magic around the world.

He’ll share stories of legendary performers including Bobby Darin, Carole King, Neil Sedaka,

the Drifters, the Monkees, and Tony Orlando & Dawn, and also of prolific songwriters such as Doc Pomus, Jerry Lieber, and Mike Stoller.

Please register at www.theoceancountylibrary.org/events to attend this free program. For more information, stop by the OCL Tuckerton Branch, 380 Bay Avenue, or call (609) 296-1470.

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.



Jenga, The Game of Life, Monopoly, Scrabble, Sorry, and Trouble. It will also be a good time to learn

- 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,

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.



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2	\$23,803	\$1,984
3	\$29,939	\$2,495
4	\$36,075	\$3,007
5	\$42,211	\$3,518
for each additional household member add	\$6,136	\$512

• **For seniors:** Interested in finding out if there’s a distribution site near you? Go to fulfillnj.org/seniorstaples or call 732-918-2600.

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

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

All incomes are Gross Income before any deductions.

SENIOR CORNER

7 WAYS EXERCISE CAN BOOST YOUR MENTAL HEALTH

Studies find exercise improves your mood, helps depression and eases anxiety

By Michael Schroeder, AARP

For all the focus on looking and feeling fit, it would be easy to miss how much of a boon exercise is for mental health.

Besides increasing muscle tone and endurance, cardio and strength training can, quite literally, change your mind. Research finds that regular physical activity can essentially make your brain more nimble, even enhancing the organ's ability to form neural connections so you're better able to handle everything coming at you.

Although there are many mysteries about the body-mind link, what's clear is that whether you're running, swimming or lifting weights, exercise can bolster your mental health in many dynamic ways. Here are seven:

1. Changing your brain

If you've ever felt like you were firing on all cylinders after a workout, you might be benefiting from the way workouts can change your brain.

By being active, you can support cellular growth in the brain and make more of those neural connections. Exercise enhances all of this neuroplasticity, explains Abigail Norouzinia, senior instructor and psychologist with the University of Colorado Anschutz Medical Campus in the Department of Psychiatry. And it improves brain function, as a 2020 review of research in animals and humans found.

That can make a person better equipped to respond to setbacks and adapt. This new growth in the brain is important to help us learn things, which is so important in therapy, Norouzinia says. "Because what we're doing in therapy is we're helping people learn to think ... [and] behave in new ways."

2. Boosting your mood

Exercise can also improve a person's mood in a hurry.

"There's immediate changes that occur in the brain," says Ben Singh, a research fellow in physical activity at the University of South Australia, Adelaide. Singh led a research review published in February 2023 in the



Robert Kneschke / stock.adobe.com

British Journal of Sports Medicine that found exercise was "highly beneficial" in reducing symptoms of depression, anxiety and distress. In part, that's because being physically active leads to an infusion of feel-good hormones in the brain. "It can increase endorphin release," Singh notes, and raise serotonin and dopamine levels as well.

3. Helping with emotion regulation

Of course, quickly emptying a bag of candy might boost your mood, too. That is, before the sugar crash. What makes exercise any different? What's to keep this mood enhancer from becoming a mood tease?

Neurological changes can make the positive effect exercise has on your brain more sustainable, research has found. People get additional benefit from the discipline of working out. The very act of pushing through a workout when you don't feel like it reinforces your ability to handle uncomfortable emotions without avoiding them.

"Exercise in and of itself can be helpful because it teaches people how to tolerate distress in a way that mimics higher levels of arousal that can feel similar to anxiety," Norouzinia says. She explains that this exposes a person to uncomfortable sensations in a way that's safe. In the mental health field, this practice of engaging feared sensations in a controlled way that's therapeutic is called interoceptive exposure, and it enhances a person's ability to tolerate uncomfortable

sensations that they've likely previously avoided.

This can be helpful for addressing depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder (PTSD), substance use disorders and personality disorders, Norouzinia says — or really any mental health challenge in which a person is trying to avoid feeling a particular emotion.

4. Strengthening the mind-body connection

Truly conceiving how exercise is mentally — not just physically — beneficial requires a radical shift from thinking of the mind and body as separate, experts say.

"Basically there isn't as much of a division between mental health and physical health as our culture and language can sometimes lead us to believe," says Marina Weiss, a clinical psychologist at the Center for Innovation in Mental Health, based at the City University of New York's Graduate School of Public Health and Health Policy.

The brain and body are connected in many ways, for example, through the vagus nerve. The mother of all cranial nerves comes down from the brain through the spinal column and carries signals from the brain all over the body, including to the heart, lungs and digestive system. It also carries feedback from all over the body back to the brain.

Stimulating the vagus nerve through exercise has been shown to strengthen the mind-body

connection and help with everything from treatment-resistant depression to PTSD.

5. Increasing heart rate variability

One measure of health is the range our heart rate can safely vary from resting to exertion.

Heart rate variability is also considered an indicator for that complex brain-body interaction — showing how strong that connection is. Exercise improves heart rate variability.

Increasing heart rate variability can help protect us against mental health issues such as depression, even when we're faced with other stressors, such as a cancer diagnosis, Weiss notes.

High-intensity interval training — bursts of intense exercise followed by intervals of slower, less-demanding work — in particular, can increase this range in heart rate. HIIT training can be helpful even for adults who haven't been getting near the recommended 150 minutes of exercise per week, as a study published in the Journal of Exercise Science & Fitness found.

Just make sure to check with a doctor before starting any new regimen and ease into it.

6. Improving body image

Given that body image concerns, such as dysmorphia, are often related to perception, there may be a tendency to dismiss people's hang-ups with their physical appearance as always being just that. But researchers in exercise science and mental health find that it's not simply an either/or proportion. Instead, treating underlying mental health disorders and

leaning into exercise in a healthy way can both be helpful to improve body image.

When people become more active, it tends to increase their confidence in their ability to achieve significant goals. Scientists call this exercise self-efficacy, and it's associated with improved body image, according to a recent research analysis evaluating the role of exercise in managing mental health disorders that was published in the Annual Review of Medicine.

Splitting the hair further, one study published in the International Journal of Environmental Research and Public Health scored exercisers based on whether they were committed to their routines versus being fixated on the idea that they had to exercise. The study also evaluated those who didn't exercise regularly. The researchers reported that "the Committed Exercisers (high on exercise frequency but low on exercise fixation) consistently showed significantly higher levels of self-esteem [and] body satisfaction."

So rather than fixating on the idea that you must exercise, try to exercise for the fun of it and do something you enjoy. You'll feel better about yourself and be more likely to continue with this healthy behavior.

7. Being social

The "epidemic of loneliness" outlined by the surgeon general, which disproportionately affects older adults, might seem separate from concerns about this same group not getting adequate exercise. But it's possible to attack both problems at once. Working out with a friend can help people feel more motivated, adventurous and consistent, according to the Centers for Disease Control and Prevention.

Some research has found working out with others is especially beneficial for older adults. One Japanese study found that older adults who exercised twice a week or more with others had a lower risk of developing cognitive impairment than those who worked out alone or not at all.

"Most people want to be part of something bigger than themselves, connected in some way," notes Patrick J. Smith, an associate professor of psychiatry at the University of North Carolina at Chapel Hill, who cowrote the research review published in the Annual Review of Medicine.

He recommends starting with an easier activity rather than trying to hit it out of the park on your first go. And if it seems daunting to just head out the door to start exercising on your own, don't. Join a group instead at your local gym, or invite a friend or family member to exercise with you, which can be an incentive to start and stick with a new regimen. Check out AARP's Staying Fit page for dozens of workouts, including cardio, strength, walking, balance and core.

You can always increase your commitment to eventually reach or exceed the recommendation of at least 150 minutes of physical activity each week. Try a brisk walk or more, and make sure to work toward including strength training and cardio. Smith and other experts stress that any physical activity is better than nothing — and having others to exercise with you can make all the difference.

"Build it into your routine," Smith suggests, "in some way that you find yourself looking forward to it." aarp.com

WHAT IS ACTUALLY GOOD FOR YOUR GUT?

Certain foods and supplements are marketed to help improve your gut microbiome. But what is that, exactly, and do they work?

By Kelsey Ogletree, AARP

Living inside your digestive tract is a "microbiome" of beneficial bacteria, fungi and viruses that are in constant interaction with us and also with each other, and play an important role in our health, says Ali Rezaie, M.D., medical director of the GI Motility Program at Cedars-Sinai in Los Angeles.

While there's no single mix that defines a healthy microbiome, in general, the more diverse it is, the more resilient it gets, Rezaie says. Consuming lots of vegetables, fruits, nuts, proteins, grains and carbohydrates helps maintain a balanced gut microbiome, but it can still get out of whack. That's why there are so many products today that claim to be the answer to your belly issues.

But which ones are worthwhile? Here's what we know:

Yogurt and kefir

Good, as long as you're not lactose intolerant. Look for kefirs and yogurts containing live, active cultures such as bifidobacteria and lactobacillus, which have been shown to boost gut health and lessen symptoms of irritable bowel syndrome (IBS).

What to look for: Avoid products with additives like emulsifiers (soy lecithin, carrageenan), which can decrease the diversity of healthy gut bacteria. Choose options with little to no added sugar, which can negate the beneficial effects.

Fiber supplements

Good. If you already get 22 grams of fiber daily (for women; 28 grams for men), there's



sdecoret / stock.adobe.com

no need for a supplement. But most of us struggle to get enough fiber through food, in which case supplements can help.

What to look for: It's better to get fiber from foods (vegetables, whole grains, fruits, nuts, legumes). Talk with your doctor before starting supplementation, and avoid supplements with artificial sweeteners, sugar or other additives.

Sauerkraut and kimchi

Excellent. Fermented foods, such as sauerkraut and kimchi, increase the diversity of your microbiome and decrease inflammatory proteins linked to conditions that include rheumatoid arthritis and type 2 diabetes.

What to look for: Shop for products that are labeled as lacto-fermented and unpasteurized, and kept in the refrigerator section. Examine the jar first: You should be able to see bubbles in the liquid, which is a sign the food is fermented.

Kombucha

Questionable. There's little research showing this sweet tea is good for your gut. And most kombucha comes with enough added sugar to negatively impact any gut-friendly probiotic benefits of the drink.

What to look for: Sugar is necessary for the fermentation process, but seek out the brand with the lowest amount, says Megan Hilbert, a registered dietitian nutritionist in Madison, Wisconsin, who specializes in gut health.

Probiotic supplements

Questionable. Probiotic supplements are not regulated by the Food and Drug Administration, meaning a product may not contain what's listed on the label, Rezaie says.

What to look for: Ask your doctor whether probiotics make sense for you, and for a recommendation for a reputable brand that's had its contents verified by a third party.

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.

732-244-5333 x 1116

oceaninc.org

40 Washington Street,
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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
Communication
Cooking
Creativity
Financial Planning
Health and Wellness
Fitness

Music
Photography
Social Hours
Social Media
Technology
Travel
Business



BARNEGAT SPORTS BEAT



Field Hockey

Bengals take home the win in an OT nail biter against TR East. Final 3-2 Reg. Goals: M. Jackson and M. Brennan, Reg. Assists: J. Greenblatt, A. Sojak. OT Game winner scored by senior defender Giana Germano with an assist from Alyson Sojak. LETS GO BENGALS!



Field Hockey

Barnegat Field Hockey Sr Leaders
The Core 4 - Alyson Sojak, Emalee Menegus, Giana Germano, and Madison Jackson



Tennis

The Bengals open the season 3-0 to start the 2023 season.



Soccer

Barnegat Girls Soccer start the season 2-1.



Volleyball

Barnegat Volleyball defeats Pinelands on opening day, 2-0, then wins the Moorestown Invitational Tournament the next day. Finally, they went on the road to defeat Rumson Fair Haven. The Bengals are off to a great start for the year!



allrecipes.com

HASH BROWN AND BACON OMELET CUPS

Ingredients:

- Cooking spray
- 3 cups frozen shredded hash brown potatoes, thawed
- 3 tablespoons butter, melted
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 cups shredded Mexican-style four-cheese blend
- 6 large eggs, lightly beaten
- 1/4 cup chopped red bell pepper
- 1/4 teaspoon crushed red pepper (optional)
- 6 slices bacon, crisp-cooked and chopped
- Chopped fresh chives, for garnish

Directions:

- Step 1:** Preheat the oven to 425 degrees F (220 degrees C). Grease 12 (2 1/2-inch) muffin cups with cooking spray.
- Step 2:** Wrap hash browns in a clean kitchen towel and squeeze to remove as much moisture as possible. Stir together hash browns, melted butter, salt, and black pepper in a large bowl. Press about 1/4 cup of the hash brown mixture into bottom and up the sides of each prepared muffin cup.
- Step 3:** Bake in the preheated oven until lightly browned, 18 to 20 minutes.
- Step 4:** Meanwhile, stir together cheese, eggs, bell pepper, and crushed red pepper (if using) in a bowl.
- Step 3:** Remove muffin tin from the oven. Reduce oven temperature to 400 degrees F (200 degrees C). Top hash browns with half of the bacon. Top with egg mixture and remaining bacon. Bake until a knife inserted into centers comes out clean, 13 to 15 minutes. Garnish with chives.



Cross Country

The Bengals Men's Cross Country team is prepared to take on the season.

RYDE4LIFE IN OCEAN COUNTY SENIOR ISOLATION 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 functions, exercise, visit friends, make linkages to social services, medical care, and shop at public places to help them become connected. They can get involved in their community - try a new (or old) hobby, join a club, enroll in a study or learn a new skill, and volunteer to help others to feel **connected to the community.**

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

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



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



A Need We Feed's Inaugural Golf Outing

Monday, October 23, 2023
10:30 am - 8:00 pm
12:00 pm Shotgun Start
Eagle Ridge Golf Club, Lakewood

Enjoy a day of Golf, BBQ Lunch, Cocktail Hour, and Award Dinner.

Funds raised will provide meals for our community's Veterans, seniors, families, and the homeless.

Full event details, golf registration, and sponsorship opportunities are available at www.aneedwefeed.org.

Event Sponsored by:




2023 HONDA ACCORD TOPS IIHS TESTING OF MIDSIZE CAR REAR-SEAT SAFETY



The all-new 2023 Honda Accord outperformed six other midsize sedans in the Insurance Institute for Highway Safety's (IIHS) updated front moderate overlap testing (GOOD overall rating), including being the only model to achieve GOOD ratings in all rear passenger injury measures. Earlier this year, Accord was also named an IIHS 2023 TOP SAFETY PICK+ award winner, one of seven Honda models to achieve TSP or better.

From IIHS same day press release:

"IIHS launched the updated moderate overlap front test last year after research showed that in newer vehicles, the risk of a fatal injury is now higher for belted occupants in the rear than for those in front. This is not because the

rear seat has become less safe. Rather, the front seat has become safer because of improved airbags and advanced seat belts that are rarely available in the back. Even with these developments, the back seat remains the safest place for young children, who can be injured by an inflating front airbag.

To encourage manufacturers to improve rear-seat protection, the updated test adds a dummy in the back seat behind the driver. The driver dummy is the size of an average adult man. The rear dummy is the size of a small woman or 12-year-old child. IIHS researchers also developed new metrics that focus on the injuries most frequently seen in backseat passengers.

For a vehicle to earn a good rating, there can't be an excessive risk of injury to the head, neck, chest or thigh, as recorded by the second-row dummy. The dummy should remain correctly positioned during the crash without submarining. The head should also remain a safe distance from the front seatback and the rest of the vehicle interior, and the shoulder belt should remain on the shoulder, where it is most effective. A pressure sensor on the rear dummy's torso is used to check the shoulder belt position during the crash.

As in the original test, the structure of the occupant compartment must maintain adequate survival space for the driver, and measurements taken from the driver dummy shouldn't show an excessive risk of injuries.

The Accord provided stellar protection in the back seat. Measurements taken from the rear

dummy showed no heightened risk of injuries, and the rear restraints did a good job controlling the dummy's motion."

Honda 2023 IIHS TSP and TSP+ Award Winners:

- 2023 Honda Accord (TSP+)
- 2023 Honda Civic Hatchback (TSP) except Type R performance variant
- 2023 Honda Civic Sedan (TSP)
- 2023 Honda CR-V (TSP+)
- 2023 Honda HR-V (TSP+)
- 2023 Honda Odyssey (TSP+)
- 2023 Honda Pilot (TSP+)

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.

hondanews.com

2023 HONDA RIDGELINE

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 2021 Honda HR-V LX NMM707866 \$24,990*	 2021 Honda HR-V Sport HMM712678 \$25,990*	 2020 Honda HR-V LX HLM723414 \$25,990*	 2020 Honda Accord LX HLA013062 \$26,990*	 2020 Honda HR-V EX HLM736385 \$26,990*
 2021 Honda Accord LX HMA041885 \$27,990*	 2020 Honda CR-V EX HLH693197 \$27,990*	 2020 Honda Accord Sport HLA151373 \$27,990*	 2021 Honda CR-V EX HME010696 \$28,990*	 2021 Honda CR-V Special Edition HME037168 \$28,990*
 2020 Honda Accord Sport 2.0T HLA003220 \$28,990*	 2021 Honda CR-V EX-L HMA013213 \$30,990*	 2019 Honda Accord EX-L 2.0T HKA001448 \$30,990*	 2020 Honda Pilot EX HLB066468 \$31,990*	 2021 Honda Passport EX-L HMB009995 \$31,990*
 2020 Honda CR-V Hybrid EX YLE024563 \$31,990*	 2020 Honda CR-V EX-L HLH401336 \$31,990*	 2021 Honda CR-V EX-L HMM651397 \$32,990*	 2021 Honda CR-V EX-L HMM603128 \$32,990*	 2022 Honda Passport EX-L P84619 \$33,990*



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HYUNDAI HIGHEST-RANKED MASS MARKET BRAND IN J.D. POWER 2023 U.S. TECH EXPERIENCE INDEX STUDY

FOUNTAIN VALLEY, Calif., Aug. 24, 2023 – Today, J.D. Power named Hyundai as its overall innovation leader for the mass market segment in the 2023 U.S. Tech Experience Index (TXI) StudySM. This marks the fourth consecutive year that Hyundai has secured the top position in the U.S. TXI Mass Market Innovation Index rankings.

The 2023 Palisade also received the emerging automation award for reverse automatic emergency braking technology, known as Hyundai as Rear Cross-Traffic Collision-Avoidance Assist (RCCA). In addition, the 2023 Sonata received the infotainment and connectivity award for phone-

based Digital Key technology. These awards underscore Hyundai's steadfast commitment to pioneering advancements that redefine the driving experience for consumers nationwide.

"At the core of our product development philosophy lies the principle of delivering innovative solutions tailored to fulfill our customers' exact needs," says Ricky Lao, director, product planning, Hyundai Motor North America. "We enhance customer peace of mind by offering cutting-edge advanced driver assistance systems and user-friendly convenience features, showcasing our dedication to prioritizing customer safety and overall satisfaction."



2023 Hyundai Palisade and Hyundai Digital Key, hyundainews.com

The U.S. TXI provides a single measure that includes both penetration levels of advanced technologies (Market Depth) and consumers assessment of the quality of execution of these advanced technologies across a brand (Excellence in Execution). Both measures are of equal weight – consumers want new technology, but they want it to work well. The TXI Study measures how effectively each automotive brand brings technologies to market, measured on a 1,000-point scale, and analyzes 40 technologies, which are divided into four categories: convenience; emerging automation; energy and sustainability; and infotainment and connectivity.

Rear Cross-Traffic Collision-Avoidance Assist (Reverse Automatic Emergency Braking)

Rear Cross-Traffic Collision-Avoidance Assist is a standard safety feature on 2023 Palisade. It can help avoid collisions with rearward objects detected. After the warning, if the risk

of the collision remains, it can assist with emergency braking. Hyundai SmartSense encompasses an array of technologies and features precisely designed to elevate driver safety, convenience, and the overall driving experience.

Hyundai Digital Key

Hyundai Digital Key is an optional feature on 2023 Sonatas, which enables drivers to start the engine of the car using a smartphone app and Near-Field Communication (NFC) instead of a physical key.

The 2023 TXI Advanced Technology award for Palisade and Sonata further demonstrates Hyundai's position as an industry pioneer. This recognition not only acknowledges the Palisade and Sonata's remarkable achievements, but also reinforces Hyundai's dedication to elevating the automotive industry through innovation.

hyundainews.com



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2023 HYUNDAI TUCSON AND HYUNDAI SANTA FE

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- Qualifies buyers by understanding buyer's requirements and interests; matching requirements and interests to various models; building rapport.
- Demonstrates automobiles by explaining characteristics, capabilities, and features; taking drives; explaining warranties and services.
- Customizes a customer's new automobile to their needs, (setting up hands free phones, connecting iPods, setting the customer's favorite radio stations, etc)
- Closes sales by overcoming objections; asking for sales; negotiating price; completing sales or purchase contracts; explaining provisions; explaining and offering warranties, services, and financing; collects payment; delivers automobile.
- Updates job knowledge by participating in educational opportunities; reading professional publications.
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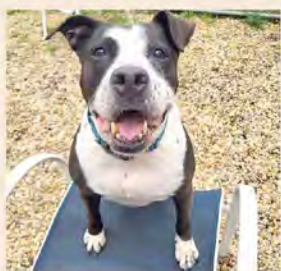
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Keep up with Library programs and events at: www.theoceancountylibrary.org/events

ENJOY 'AN AFTERNOON OF MUSIC WITH DR. DAVID PODLES' AT THE OCEAN COUNTY LIBRARY

TOMS RIVER – The Ocean County Library is pleased to welcome acclaimed international violinist Dr. David Podles, who will perform “An Afternoon of Music” during the month of October at four OCL branches.

• Manchester Branch – 21 Colonial Drive, (732) 657-7600. “Shades of Autumn,” 2 PM Monday, October 2. Feel the emotions of the changing of seasons through musical medleys of some of the world’s greatest composers.

• Lakewood Branch – 301 Lexington Avenue, (732) 363-1435. “The Music of Spain: Enchantment and Revelry,” 2 PM Saturday, October 7. In honor of Hispanic Heritage Month, join Dr. Podles on a lively, sumptuous tour of the music of Spain, including Classical selections, Flamenco, and Spanish folk songs.

• Toms River Branch – 101 Washington Street, (732) 349-6200. “Musical Fiesta of Latin Countries,” 2 PM Saturday, October 14. In celebration of Hispanic Heritage Month, embark on a musical journey through the Latin world with the sounds of Mexico, Uruguay, Brazil, Cuba, and more.

• Waretown Branch – 112 Main Street, (609) 693-5133. “Classical Composers through the Epoch,”



Dr. David Podles, photo by Aleks Vakshin

2 PM Tuesday, October 17. Travel through time as Dr. Podles commemorates magnificent composers from centuries past.

Dr. Podles, laureate of three prestigious international competitions, has performed solo and in symphony, chamber, orchestra and ballet ensembles in Russia and the former Soviet Republics, and at Lincoln Center, Carnegie Hall and other New York venues.

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

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 to attend this free program. For more information, visit the OCL Lacey Branch, 10 East Lacey Road, or call (609) 693-8566.

OCEAN COUNTY LIBRARY TOMS RIVER BRANCH PRESENTS “JERSEY DEVIL PALOOZA”

TOMS RIVER – It’s notorious, it’s downright scary...and it’s all ours. Come celebrate Pinelands lore during our all-ages Jersey Devil Palooza at the Ocean County Library Toms River Branch, starting at 10:30 AM Friday, October 20.

Highlighting the family-friendly day of folklore and fun will be an exploration of the legend of the Jersey Devil by Frank Esposito, co-author of *The Secret History of the Jersey Devil: How Quakers, Hucksters and Benjamin Franklin Created a Monster*.

Also on the schedule of events is an “In The Pines Storytime” for the little ones, a special performance by the



Photo Courtesy of Dr. Frank J. Esposito

WREP troupe (“When Radio Entertained People”), Take & Make crafts, Maker Space crafting for adults, and much more. According to the Pinelands Alliance, tales of the Jersey Devil’s origins date back more than 250 years. It’s described as kangaroo-like, with the face of a horse on a head the shape of a dog’s, bat-like wings, horns and a tail. The demon is said to lurk in the forests and even in towns, and was the bane of farmers by laying waste to crops and animals.

Dr. Frank J. Esposito is a Distinguished Professor of History and Education and former Interim President of Kean University. He is the author of 11 books and over 100 journal and newspaper articles.

The Secret History of the Jersey Devil, was co-authored with Brian Regal and published by Johns Hopkins Press, and is available at the Ocean County Library.

Please register for this free program at www.theoceancountylibrary.org/events. For more information, stop by the OCL Toms River Branch, 101 Washington Street, or call (732) 349-6200.



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LOOKING AHEAD TO THE HOLIDAYS AND DECORATING EARLY FOR HALLOWEEN!

By Danielle Natale -
Causeway Honda Sales Consultant

I have made peace with the understanding that summer is definitely coming to an end now. September is all about the transition into cooler weather and for some of us, school for the kids.

Now that we are halfway through September, the next three months ahead are going to be all about Halloween, Thanksgiving and Christmas!

I know the stores start decorating early, which is sometimes annoying but this year I decided to embrace early decorating too. Each year the holidays come and go so quickly, and I don't get to enjoy them enough.

My daughter's favorite holiday is Halloween! It is one of mine too! Because it is her favorite holiday and I like to make her happy, I am having a small party in October for her and her friends!



This has prompted me to decorate early! Yes, by early I do mean that I have already started. When I decorate for a holiday, I go over the top! Life is too short; enjoy it while you have the chance.

We picked out a few cool Halloween silks, witch hats, floating candles, spiders, webs and yes, fake glow in the dark eyeballs LOL. With my background in floral design, centerpieces are how I begin all of my holiday decorating.

Then from there the ideas just spill out!

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Entry Deadline: October 7th

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

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