

The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin and surrounding communities October 2023 • Number 113

CAUSEWAY CARES 5K RAISES OVER 70K for Homelessness and Home Repair Needs in Ocean County



MANAHAWKIN, NJ – The 6th Annual Causeway 5K, presented by Causeway Family of Dealerships and Causeway CAREs, was held on October 8th at Southern Regional High School in Manahawkin. The event saw 200 attendees, 50 sponsors and raised \$35,100. David C. Wintrode, President of Causeway Family of Dealerships/Causeway CAREs graciously matched that amount, bringing the grand total to \$70,200 – making this Causeway’s most successful 5K to date. All event proceeds were donated to Family Promise of the Jersey Shore and Project Home Repair.

“We carefully selected Family Promise of the Jersey Shore and Project Home Repair as this year’s 5K beneficiaries because both organizations are on a mission to ensure everyone in Ocean County has a safe, healthy space to call home, which is something that Causeway cares deeply about,” said Wintrode.

Family Promise of the Jersey Shore has been a 5K beneficiary since 2022. The nonprofit’s mission is to partner with communities to guide homeless children and their families toward achieving sustainable independence. This year, Project Home Repair was also selected as a 5K beneficiary. Project Home Repair is a coalition of Ocean County-based nonprofit organizations dedicated to enhancing the quality of life for the aging, disabled and vulnerable populations of Ocean

“What I love about partnering these two organizations together is it really reflects a reality of the hidden housing need in our community.”

- Joe Stroffolino, Race Director/Director of Advertising and Marketing, Causeway Cars/Causeway CAREs

County by providing necessary home repair services through collaboration, compassion and community. Coalition members include: Northern Ocean Habitat for Humanity, Southern Ocean Habitat for Humanity, Starve Poverty International and Homes for All.

“What I love about partnering these two organizations together is it really reflects a reality of the hidden housing need in our community. People don’t experience housing issues in isolation,” said Joe Stroffolino, Race Director/Director of Advertising and Marketing, Causeway Cars/Causeway CAREs .

“This funding that Causeway CAREs generously provided to Family Promise of the Jersey Shore will help us to provide prevention services for families,” said Elizabeth Golla, Executive Director of Family Promise of Southern Ocean County.

Family Promise of Southern Ocean Counties steps in where applicable to help meet families in the midst of the trials they face in order to assist them with paying back rent, back mortgage and utilities. “We also help fix vehicles so that individuals can get to work and that will hopefully prevent them from being homeless in the first place,” Golla added.

In 2022, FPJS served over 386 families in Ocean County, NJ, a 125% increase from 2019. Through prevention, shelter, education and/or stabilization, FPJS served 1,400 unique individuals in 2022 alone.

Today, Family Promise of the Jersey Shore is in need for funding and partners to support local families by providing shelter. “We have a waiting list of families that are in desperate need of shelters,” Golla said.

“Project Home Repair will utilize the funding from Causeway CAREs to will help support projects such as roof and gutter repairs and ramp construction and repairs for accessibility and safety for the vulnerable populations in Ocean County,” stated Kristine Novakowski, Executive Director of Northern Ocean Habitat for Humanity, Project Home Repair coalition member organization. “The pressing needs for critical home repairs surpass the capacity of any single local organization. Through the coalition, we are able to deploy expertise to meet the home repair needs.”

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

To learn more or to donate to Family Promise of the Jersey Shore or Project Home Repair, please visit familypromiseofthejerseyshore.org and projecthomerepair.org.

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WHAT'S INSIDE

| | |
|---|---------|
| Family Promise Says Thank You..... | PAGE 2 |
| Southern Regional Sports Beat | PAGE 3 |
| Ocean County Library News and Events | PAGE 4 |
| Furry Friends to Take Home | PAGE 5 |
| Nissan Ariya e-4ORCE Wins Engine Award | PAGE 6 |
| Barneget Halloween Walkthrough Raises Funds for Veterans..... | PAGE 7 |
| 8 Ways to Get More Energy Fast | PAGE 8 |
| The 8 Worst Habits for Your Eyes | PAGE 9 |
| Barneget Sports Beat | PAGE 10 |
| Barneget WWII Veteran Visited | PAGE 11 |
| Check Out the Winners of the LBI Chowderfest..... | PAGE 12 |
| Pumpkin Spice Cookies Recipe | PAGE 13 |
| Head Start Program Supports Area Families | PAGE 14 |
| Holiday Display Benefits St. Jude's Hospital..... | PAGE 15 |
| Coloring Contests - Win a Prize!..... | PAGE 16 |



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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.

CausewayCAREs.com

FAMILY PROMISE THANKS YOU FOR YOUR SUPPORT

Thank you to everyone who came out for our 3rd Annual Family Promise of the Jersey Shore Golf Classic at the Blue Heron Pines Golf Club! It was a fantastic day!!!

To all our golfers, sponsors, donors, volunteers and staff, thank you for making the outing such a fun, enjoyable day and a wonderful success!

We are grateful we have amazing people to thank everyday for their support of Family Promise of the Jersey Shore. Your contributions are an essential part of our mission helping local families overcome homelessness.

Support comes to us in so many ways from so many corners of our community. Thank you to the selfless individuals who volunteer their time to work with our families or help on our fun fundraising events. Thank you to

all the local businesses who donate to and sponsor our events!

And thanks to all the civic and community organizations who are always there to champion our cause.

Two recent donations, one from the Greenbriar Oceanaire Women’s Club in Waretown and another from the Father Duffy Div. 2 Ocean County Ancient Order of Hibernians in Manahawkin, come to mind and are greatly appreciated.

Our next big fundraiser event is our 10th Annual Gift Auction on Saturday, November 11 at St. Mary’s Parish Center located at 100 Bishop Way in Manahawkin. Doors open at 4 p.m. with the first call beginning at 6 p.m. The entry fee is \$10 in advance and \$15 at the door and includes light refreshments and a chance in the door prize drawing. Raffle tickets will be



Family Promise of the Jersey Shore Development and Communications Manager Jim Lowney. Thank you Bob Goodwin and Michael Glenn of the Father Duffy Div. 2 Ocean County Ancient Order of Hibernians for their donation.



Family Promise of the Jersey Shore

Announces

New Ways to Give

- Text the word "give" to (833) 975-2970
- Scan QR Code
- Online giving link: pushpay.com/g/familypromisejerseyshore



available at the event for CASH only!

For more information about the Gift Auction or to purchase tickets, please contact our office at 609-994-3317 or cheryl@familypromisejerseyshore.org.

Last but not least, thank you to everyone for your monetary donations to Family Promise of the Jersey Shore. The need for Family Promise services is greater than ever and your donations directly help many local families escape homelessness.

We need your help and support now more than ever. This August we helped 455 local families who called us for help. Last August there were only 65 calls for assistance. Please give what you can to help our neighbors in crisis.

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 familypromisejerseyshore.org.

Follow us on Facebook at facebook.com/FamilyPromisejerseyshore and Instagram @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

OCEAN COUNTY SENIORS CAN NOW ACCESS ANOTHER METHOD OF TRANSPORTATION FOR MEDICAL APPOINTMENTS

By Ocean County NJ Press Release

OCEAN COUNTY seniors can access another method of transportation to get to medical appointments with assistance from the Healthy Hop Transportation Program.

“As we age many of our residents are no longer driving making it difficult to get a ride to appointments that are important to one’s health,” said the Director of the Ocean County Board of Commissioners Joseph H. Vicari, who serves as Chairman to the Ocean County Office of Senior Services. “We are fortunate to have this new program offered by Caregiver Volunteers of Central Jersey to make traveling to doctor appointments a little easier for our seniors.”

Caregiver Volunteers of Central Jersey, a nonprofit agency that is dedicated to providing free, supportive services to seniors received funding from the AARP Community Challenge Grant sponsored by Toyota Motor North America. This funding has helped create the Healthy Hop Transportation Program, which is designed to help seniors age 60 and older have access to reliable transportation for medical appointments by using Uber, Lyft and local taxi services.

Funding for the program is currently limited and services will be on a first-come, first-served basis. To register, call the office of Caregiver Volunteers of Central Jersey at 732-505-2273 to ensure all the necessary information is provided for a safe and efficient transport. Once registered, seniors can get one local ride per week.



“I commend Caregiver Volunteers of Central Jersey for their continued support of our residents and for working closely with the Ocean County Office of Senior Services to provide quality programs to our seniors,” Vicari said. “Ocean County is home to more than 200,000 seniors and many of our seniors are reaching 85-years-old and older.”

The eligibility requirements for the Healthy Hop Transportation program are:

- Residents must be 60 years or older and live in Ocean County
- Canes and walkers can be accommodated (no wheel chairs)
- No appointments that require anesthesia are allowed

- Must be able to get in and out of the car with gentle assistance

“This program is a great addition to the transportation services already established for seniors in Ocean County through our Ocean Ride program,” said Deputy Director of the Ocean County Board of Commissioners Gary Quinn, who serves as liaison to the Ocean Ride program. “The partnership between Ocean Ride, the Ocean County Office of Senior Services and Caregiver Volunteers of Central Jersey allows for everyone to work hand in hand to offer convenient transportation for our senior communities.”

Ocean Ride provides two major services for senior residents, “Reserve-a-Ride” that provides door to door, non-emergency medical transportation service, and 11 fixed bus routes throughout Ocean County designed to connect key residential areas with popular destinations such as local governmental facilities, healthcare, shopping, employment, social services and other transit connections.

For more information on Ocean Ride programs, residents can call 732-736-8989.

“Ocean County is a large county in area and public transportation is at times limited. As our senior population continues to grow, it is important to make sure that there are increased opportunities for them to access transportation,” Vicari said. “The Healthy Hop Transportation program provides important assistance to our seniors as does Ocean County’s Ocean Ride program.” tapinto.net/towns/stafford-slash-lbi

MAKING YOUR CARVED PUMPKINS LAST LONGER

By gomursury.com

Pumpkin carving is an annual tradition for many, but sometimes, it can be difficult to keep your carved pumpkins from molding and collapsing. Obviously you can avoid rotting pumpkins by opting to paint it or arrange it in some no-carve design, but if you want a classic flickering jack-o-lantern on the front steps, here is your guide!

Your pumpkin begins to oxidize and decompose as soon as you make the first cut, so time is of the essence. Make sure you have everything ready before you begin hacking away at your pumpkins.

You will need:

- Pumpkin carvers or carving knives (short, sharp knives work best)
- Spoon or pumpkin scoops
- Spray bottle
- Water
- Bleach or Dr. Bronner’s Peppermint Soap
- Vaseline or WD-40
- Bin or bucket (large enough to submerge your pumpkin)
- Reused plastic bag

Carve the top hole of your pumpkin, and remove all the seeds and pumpkin guts. Save the seeds for roasting, you wont regret it. Be meticulous and thorough with

removing all of the guts. Use a metal spoon or pumpkin scoop to scrape the inside down to the rind.

Do not carve the face or design yet. You need to sterilize and dry the inside and outside first. This step is important for the prevention of bacterial growth from the very beginning. Spray the inside and outside of the pumpkin with a bleach and water solution (1 teaspoon of bleach per quart of water), or a sudsy spray of Dr. Bronner’s Peppermint Soap. After spraying, allow the pumpkin to dry out completely before beginning to carve. After carving, the most important step to having the longest lasting jack-o-lantern is a long soak in a bleach/water bath. Using a large bucket or container, submerge your amazing work in a bleach/water solution of 1/3 cup bleach per gallon of water. Your pumpkins should soak for several hours, but no longer than 24.

After the pumpkins have air dried from their bath, it is important to coat the carved edges with a moist preservative. You can order a spray product off the internet called Pumpkin Fresh, which leads the industry in pumpkin preservation sprays. However, if you would rather use something you already have, coat the edges in petroleum jelly or WD-40 to keep them moist. Real candles have a traditional look to them, but in reality that open flame inside the pumpkin heats up the rind and softens the tissue which invites bacterial growth and early collapse. It is also important to remember

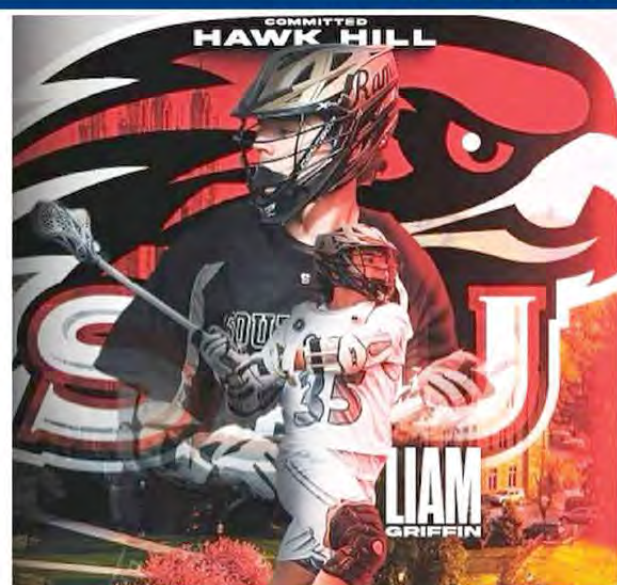


Sandra Cunningham / stock.adobe.com

that petroleum products like Vaseline and WD-40 can be flammable, so if you use it, only illuminate your pumpkins using glow sticks, battery powered lights, or LED flickering candles.

During the days, with the lighting removed, spray your pumpkin with the same bleach/water or peppermint soap solution you sprayed it with in the first step. This will keep your pumpkin from drying out, while making the new moisture inhospitable to mold and bacteria. You can also opt to submerge your pumpkins in a cold bath of this mixture as an alternative to spraying. Another trick to keeping pumpkins fresh and moist is to store them in plastic bags in your refrigerator when they are not on display. Not everyone has the fridge space for this, but if you do, you’ll find yourself with much longer lasting pumpkins.

SOUTHERN REGIONAL SPORTS BEAT



Lacrosse

Congratulations, Southern Regional Boys Lacrosse player Liam Griffin, on his commitment to continue his education and lacrosse careers at St. Joseph University in Philadelphia, PA. "The Hawk will never Die."



Volleyball

Congratulations Southern Regional JV Girls Volleyball, on winning the 2023 Brick Memorial Mustang JV Invitational on Saturday, September 23, 2023. The Rams went undefeated on the day. Heather Henderson was named Invitational MVP. The JV team is coached by Ms. Kelsey Gesicki-Truitt.

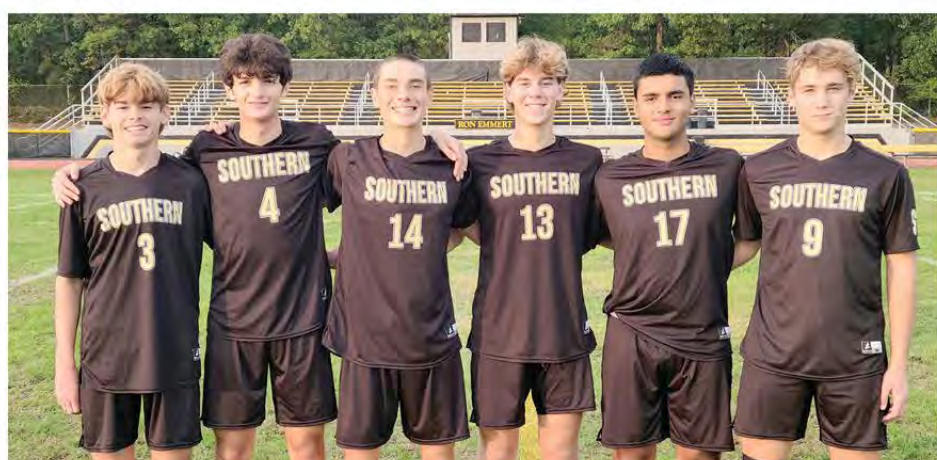


Field Hockey

Congratulations Southern Regional Field Hockey on defeating Donovan Catholic 6-1 on #SeniorNight Wednesday, October 4, 2023. Thank you Seniors, for all you have done for Southern.

Cross Country

Congratulations to both the Southern Regional Boys and Girls Cross Country teams on winning the Shore Conference "A" South Divisional Championships at Ocean County Park on Thursday, October 5, 2023. The Girls JV team also won the divisional championship. Congratulations, runners and coaches. Best of luck the rest of the season.



Soccer

Congratulations Southern Regional Boys Soccer, on defeating Asbury Park 4-1 on #SeniorNight - Saturday, September 30, 2023. Thank you, Seniors, for all you have done for Southern.



Football

Congratulations Southern Regional Football on defeating Middletown North 28-12 on Homecoming Night, Friday, September 22, 2023. Congratulations, DJ Halm, on being named the Larry Dunfee Memorial Award Homecoming Game MVP sponsored by the Stafford Twp Police Department. DJ was presented the award by the Dunfee Family. DJ is also pictured with 2016 Dunfee Award Winner Stafford Police Officer Matt Barnett. Also, congratulations goes out to Head Football Coach Chuck Donohue Sr on winning his 275th career win. Coach Donohue Sr is the only coach in New Jersey State history to take four different high school teams to NJSIAA State Sectional Finals with St. Joe Hammonton, Haddon Heights, Buena Regional and Southern Regional.



Volleyball

Congratulations, Southern Regional Girls Volleyball Freshman team, which went undefeated and beat TR East in the finals, 25-14, at the Brick Memorial tournament on Saturday, October 7, 2023. Gianna Manochio was named the tournament MVP. Best of luck the rest of the season.



Soccer

Congratulations Southern Girls Soccer player Kenna Bihlmier on her commitment to Keystone College in Pennsylvania to continue both her academic and athletic careers. Continued Success!



Tennis

Results from 2023 Ocean County Girls Tennis Tournament on Sunday, October 1, 2023: 2 singles; (Elise Bunce) placed 6th; 3 singles; (Lana Ross) placed 5th; 1st doubles; (Lauren Mancini & Michaela Callum) placed 4th; 2nd doubles; (Olivia Strunk & Rylee Guerrero - pictured) placed 2nd. Nice job, Rams! Best of luck the rest of the season.

Lacrosse

Congratulations Southern Girls Lacrosse player, Class of 2025, Delaney Falk on her commitment to the United States Naval Academy to continue her education and Lacrosse careers.



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Turkey Drive



A Need We Feed is collecting frozen turkeys.

We need your help to provide a Thanksgiving meal for Veterans, homebound seniors, families and those experiencing homelessness.

Frozen turkeys can be dropped off at,
Ryan's Boulevard Deli & Catering (8 am - 3 pm)
117 Boulevard
Seaside Heights, NJ 08751

Starts: Monday, October 10th
Ends: Monday, November 13th

Questions or to schedule a pick up call Amanda at 732-630-5987.



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

MEET OTHERS CREATOR JJ DOWDELL AT THE MANCHESTER BRANCH

MANCHESTER – Just in time for Halloween, local author JJ Dowdell will read from, discuss, and sign copies of “OTHERS: Part II - Metamorphosis”, book two of his thriller trilogy-in-progress, 7 PM Wednesday, October 25 at the Ocean County Library Manchester Branch.

“OTHERS: Part II – Metamorphosis” carries forward the story that originated in 2022’s “OTHERS: Part I – The Child”, released in eBook, paperback and hardcover by Amazon Publishing. There will be an opportunity to purchase both books at the event.



The series centers on a young girl who is tormented by demons that invade her dreams, intent on destroying her before she reaches her destiny. While her family and teachers struggle to grasp the situation, her only ally is a police officer. She finds truth in dreams, until the night that dreams and reality begin to merge and new terrors unfold.

A native of Binghamton, New York, raised in Brooklyn, Dowdell studied Journalism and Communication at Long Island University. The suspense master raised his three children in Manalapan and settled in Ocean County with his wife Helena.

Please register at www.theoceancountylibrary.org/events for this free program. For more information, stop by the OCL Manchester Branch, 21 Colonial Drive, or call (732) 657-7600.



Image courtesy of JJ Dowdell

STAFFORD BRANCH TO PRESENT NEILL HARTLEY IN LEGEND OF SLEEPY HOLLOW

STAFFORD TOWNSHIP – The Ocean County Library Stafford Branch is pleased to welcome renowned actor and storyteller Neill Hartley in a Friends’ Adventure, The Legend of Sleepy Hollow, 10 AM Thursday, October 26.

The interactive adaptation of Washington Irving’s timeless horror tale marks Hartley’s return to the OCL Stafford Branch through the American Historical Theater, following his remarkable solo turn as Sherlock Holmes.



Neill Hartley as Ichabod Crane
Photo Courtesy of American Historical Theater

He will keep you riveted in his portrayal of Ichabod Crane, interacting with students, leading the congregation in song, and dancing with his love, all before his fateful journey to meet the Headless Horseman.

The award-winning actor, director and educator portrayed the Secretary of the Treasury in the Netflix series House of Cards,

and has principal roles in The Sixth Sense and the PBS documentary First Freedom.

Hartley serves as Artistic Director for Acting Without Boundaries, a theater company for young adults with physical disabilities, and has directed for numerous college and professional theater ensembles.

Please register at www.theoceancountylibrary.org/events to attend this free program, sponsored by Friends of the Stafford Library. For more information, visit 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 a Friends’ meeting. See upcoming meeting dates at www.theoceancountylibrary.org/events.

TIPS FOR HEALTHFUL, ECONOMICAL HOLIDAY DINING AT LACEY BRANCH

LACEY TOWNSHIP – Does the thought of holiday meals cause stress for you? Are nutrition, food restrictions, or expenses a concern? Learn about “Healthy Eating on a Budget during the Holidays” at the Ocean County Library Lacey Branch, 2 PM Tuesday, October 24.

Registered Dietician Nutritionists Meg McCarthy-Klein and Matthew Holland of the Ocean County Health Department will discuss ways to enjoy satisfying, healthful holiday fare that’s kind to your wallet.

Among the topics for discussion are the creation of heart-healthy meals, fare that can accommodate diabetes patients, and tips for saving money when buying groceries.



Salsabila Ariadina/ stock.adobe.com

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



PRESENTS:

THE HARLEM WIZARDS VS TEAM SARIO



WHEN: Saturday, November 18th
WHERE: RWJ Barnabas Arena
1245 Old Freehold Rd, Toms River, NJ 08753

DOORS OPEN AT NOON:
12:00PM - Touch a Truck, Celebrity Meet and Greet with Photos & Signings Available and Vendor Games
2:00PM - The Arena Doors open.
2:15PM - Meet & Greet the Wizards
2:30PM - WizKids warm up
3:00PM - Tip Off

Proceeds will benefit Dine on Us, Field of Dreams, and the Sario Family.



EXCLUSIVE COVERAGE BY PRESS COMMUNICATIONS



Furry Friends Who Need Fur-Ever Homes!

Shadow is a sweet black Labrador mix with positivity and a personality brighter than the sun. She's about 6 years old and loves every human she meets. Shadow loves to venture out on nice walks, exploring new smells and sights and she is great on a leash. Shadow would do best in a home with children over the age of 12 and as the only pet. She is spayed, up to date with vaccinations, tested negative for heartworms and microchipped. If you would like to meet this beautiful girl, please visit the So. Ocean Co. Animal Shelter, 360 Haywood Road, Manahawkin. If you can't adopt you can still help the homeless pets of So. Ocean Co. by donating through our Website, Fosocas.org or sending a check made out to Fosocas, to our P.O. Box 1162, Manahawkin, N.J.



Shadow

Say hi to Zena! She is an irrepressibly happy dog who loves to use her great big smile to get what she wants. What does she want? Mostly it's a forever home where she can play with stuffy toys, receive lots of pets, and whatever that yummy thing is that you're eating, LOL. Zena hasn't met a person she does not like. She shamelessly kisses and hugs strangers if they let her. She is dog friendly and would not mind sharing a new home with another dog. To make Zena your girl, stop by the So. Ocean Co. Animal Shelter, 360 Haywood Road, Manahawkin. any day between 1 PM and 4 PM. For more information regarding Zena please call the shelter 609-978-0127. The Shelter is currently full to capacity. If you are able to adopt, now is the time.



Zena

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

609-978-0127

or go to **WWW.FOSOCAS.ORG**

Please call the Southern Ocean County Animal Shelter to make an appointment!
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| <p>2016 Hyundai Elantra Value Edition YGU561016 \$10,990*</p> | <p>2012 Hyundai Sonata Limited 2.0T HCH375992 \$10,990*</p> | <p>2014 Ford Fusion SE FER132829 \$11,990*</p> | <p>2012 Chevrolet Cruze 2LT YC7109783 \$11,990*</p> | <p>2014 Hyundai Sonata GLS P84625 \$11,990*</p> | <p>2018 Kia Rio S HJE046556 \$11,990*</p> |
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**NISSAN ARIYA E-4ORCE IS A 'WARDS 10 BEST ENGINES
& PROPULSION SYSTEMS' WINNER FOR 2023**

NASHVILLE, Tenn. – The Nissan Ariya's dual motor e-4ORCE all-wheel drive system is named to "Wards 10 Best Engines & Propulsion Systems" list for 2023.

Further cementing its position as an industry-leading electric vehicle, the newest accolade for Ariya comes in a year when Wards also recognized the model for having one of the 10 Best Interiors & UX.

Nissan's 2023 achievement marks the brand's 20th award since Wards started recognizing the highest levels of achievement in



automotive powertrain engineering in 1995. Ariya is the second Nissan EV powertrain to receive an award following the LEAF in 2011 – the first

time Wards recognized an electric motor.

"e-4ORCE provides great drivability for a family vehicle. It's not just about strong launch,

but also in higher-speed passing maneuvers where some BEVs can feel a little weak," said Drew Winter, WardsAuto contributing editor and Wards 10 Best Engines & Propulsion Systems judge. "This is a strong and technically competent family vehicle that offers consumers an impressive mix of power and range options."

"The Ariya is a revelation in Sport mode with a floored accelerator," said Christie Schweinsberg, Wards intelligence analyst and Wards 10 Best Engines & Propulsion Systems judge. "'Wow' is all I can say about the gravitational force exerted on my face and neck. It moves pretty darn fast in Standard and Eco modes too. The Ariya is so quiet and smooth, and acceleration so linear, that you can quickly exceed the speed limit if you're not careful."

Ariya models with e-4ORCE technology use dual electric motors to deliver power to all four wheels. The "e" in e-4ORCE stands for Nissan's 100% electric motor drive system. "4ORCE" (pronounced force) refers to the vehicle's physical power and energy, with "4" representing all-wheel control.

By specifically managing power output and braking performance for smoothness and stability, e-4ORCE enhances driver confidence by tracing the steered driving line over almost any road surface.

The Wards award winners are decided by a panel of journalists with extensive experience evaluating vehicle powertrains on factors including horsepower, torque, noise, efficiency, comparative specifications and applications of new technology. This year, the judges tested 32 all-new or vastly improved propulsion systems, putting them through the paces of daily life – commuting, road trips and running errands.

Nissan Ariya represents the best of Nissan design, technology, performance and sustainability. Its smooth, powerful acceleration and available ProPILOT Assist 2.02 advanced driver assistance technology elevate Ariya's driving capabilities and make it the perfect partner for daily freeway commutes and road trips alike.

usa.nissannews.com



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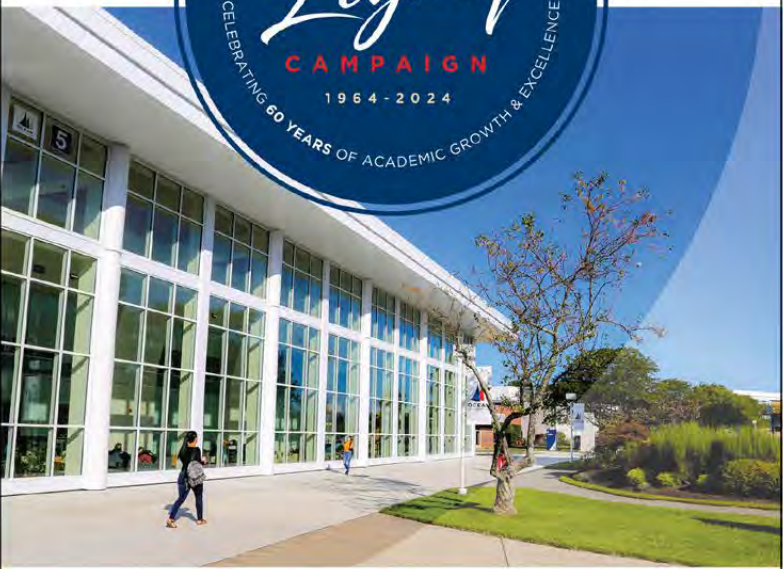
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Focus ON Barnegat

BARNEGAT HALLOWEEN WALKTHROUGH RAISES FUNDS FOR VETERANS

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — Each year, it seems like people get more and more over the top with their Halloween decorations. And a local family has created their own large-scale walkthrough in their front yard - and it raises money for a good cause as well.

Kevin Van Arsdale, a Barnegat resident, told Patch his family does a walkthrough each year with animatronics and occasional live actors.

"As a combat Veteran myself, I take this opportunity each year to raise money for a non-profit Veteran organization," Van Arsdale said.

This year's chosen charity is Lacey-based Vetnetwork. Last year, he said he raised about \$1,200 for

the Wounded Warrior Project.

The walkthrough is 100 percent free, but those feeling generous can donate cash on site or via apps like Cashapp or Venmo which can be found on a sign in the yard. All donations will be turned over.

If you want to check out the home for yourself, it's located at 5 Knox Ct. The walkthrough is seven days a week as of Oct. 1, weather permitting, from 7 p.m. to 10 p.m. As the days grow shorter, Van Arsdale said, the hours are extended.

If you are unsure if it will be open due to weather, Van Arsdale said you can message him on Facebook.

"We had an amazing year last year and hope we can exceed



Courtesy of Kevin Van Arsdale, patch.com

it," Van Arsdale said. "We look forward to seeing everyone this year!"

Barnegat Recreation is hosting a Halloween house decorating

contest again this year. The public will vote on their favorite houses from Oct. 24 to Oct. 31.

patch.com



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

OCEAN COUNTY LIBRARY TO PRESENT VIRTUAL PROGRAM, "MOVING BEYOND TRAUMA"

TOMS RIVER – The Ocean County Library is pleased to present a three-part virtual program dedicated to the well-being of caregivers. "Moving Beyond Trauma: A Narrative Writing Program" will be offered at 2 PM on successive Fridays, November 3, 10 and 17.

Melissa Smith-Wilkinson, MA, LMHC, founder of Caregiver Wellness Resources, will conduct the 90-minute in-depth journeys toward healing from trauma-related caregiving. The New Mexico-based organization specializes in serving family and professional caregivers of Alzheimer's and other dementias.

Each session will provide a psychoeducational and experiential approach to narrative therapy. Reflective writing and reframing will encourage



participants to move through difficult experiences and recognize their inner resiliency. The guided practices will offer a thought-provoking path to wholeness and healing.

Please register at www.theoceancountylibrary.org/events for this free program series. Registrants will receive links to the Zoom sessions by email. For more information, stop by the OCL Toms River Branch, 101 Washington Street, or call (732) 349-6200.

SPOOKY SLOW COOKER TURKEY LENTIL CHILI



allrecipes.com

Ingredients:

| | |
|--|---|
| 2 ½ pounds lean ground turkey | 1 (8 ounce) can chopped green chile peppers |
| 2 (14.5 ounce) cans Italian-style diced tomatoes | 3 cloves garlic, minced |
| 1 pound cooked lentils | 1 cup water |
| 1 (14.5 ounce) can pumpkin puree | ¼ cup brown sugar |
| 1 (14.5 ounce) can pinto beans, rinsed and drained | ¼ cup chili powder |
| 1 (12 ounce) package frozen pearl onions | 2 tablespoons pumpkin pie spice |
| | 1 tablespoon onion powder |
| | salt and ground black pepper to taste |

Directions:

Step 1: Cook turkey in a nonstick skillet over medium heat until browned, 5 to 8 minutes. Drain.

Step 2: Transfer turkey to a slow cooker. Add tomatoes, lentils, pumpkin puree, pinto beans, pearl onions, green chile peppers, and garlic. Stir in water, brown sugar, chili powder, pumpkin pie spice, onion powder, salt, and pepper.

Step 3: Cover and cook on Low until flavors combine, 6 to 10 hours.



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SENIOR CORNER

8 WAYS TO GET MORE ENERGY FAST

By Beth Howard, AARP

According to the Centers for Disease Control and Prevention, around 15 percent of women and 10 percent of men in the United States regularly feel tired or exhausted. But there’s often a simple solution.

“Your energy level during the day could be related to many things, including sleep, fitness and food,” says Deirdre Conroy, clinical professor of psychiatry and clinical director of the Behavioral Sleep Medicine Program at the University of Michigan.

If your doctor has ruled out anything serious for your energy slumps, such as a health condition or a medication side effect that could be making you tired, give these eight proven energy boosters a try:

1. Snack right

Instead of reaching for a candy bar or latte to fend off fatigue, try a balanced snack. “Food is energy for the body, and the right foods can give you steady, ‘time-released’ energy,” says Dawn Jackson Blatner, a nutritionist in Chicago and author of The Superfood Swap.

The best snack, Blatner says, is a combo: a piece of fruit or carrot sticks (or other produce) plus protein, such as a handful of nuts, Greek yogurt, string cheese, cottage cheese, hard-boiled egg or roasted edamame. The body uses fruits and vegetables for immediate energy, while the protein provides longer-lasting, steady energy to keep you invigorated until your next meal.

Can coffee be a good pick-me-up? Blatner recommends a cup of matcha green tea instead — it has a third of the caffeine, reducing the jitters.

2. Drink plenty of water

Dehydration is one surprising reason you may be lacking pep. It slows circulation and makes your heart work harder to pump oxygen to the brain and the rest of the body, causing sluggishness and a lack of focus.

The average woman should consume approximately 2.7 liters (11.4 cups) of water (that includes in beverages and food) every day to stay hydrated, according to the Institute of Medicine and National Academies of Sciences, Engineering and Medicine. Men should get about 3.7 liters (15.6 cups).

“For extra hydration, consider adding an electrolyte tab to your water since water with electrolytes can help hydrate cells faster than plain water alone,” says Blatner. Milk, juice, herbal teas, and decaffeinated coffee and tea can also help raise your water quotient.

3. Get moving

There’s clear evidence that exercise can make you more energetic — and you don’t have to go all out to get the benefit. University of Georgia researchers found that sedentary people who complained of fatigue were able to increase their energy levels by 20 percent and decrease their fatigue by 65 percent by engaging in regular, low-intensity exercise like aerobic workouts. Cycling and resistance training also do the trick. Check out our Staying Fit page for a series of 10-minute workouts.



Maria / stock.adobe.com

Study author Patrick J. O’Connor, a professor of kinesiology at Georgia, attributes the energy boost to “exercise-induced changes in activity in brain neurons and circuits that underlie feelings of energy and fatigue.” It’s likely that neurotransmitters like norepinephrine, dopamine and histamine are part of the process, he adds.

Need a quick power surge? A 15-minute walk can make a difference, whether you’re hoofing it on the trail or on a treadmill, according to research from Northern Kentucky University.

4. Take a power nap

If you feel yourself nodding off after lunch, go ahead and put your head down. A midday snooze can be an excellent pick-me-up, according to Conroy. “If you tend to sleep well at night, and you would like to get through a slump in the day, a short nap can be really restorative,” she says.

The key is to keep it brief, no more than 20 to 30 minutes. Sleeping an hour or longer during the day could have the opposite effect.

“You don’t want deep sleep during the day,” Conroy says. “Otherwise, you might feel worse when you wake up. Save the deep sleep for nighttime.” If you have sleep woes like insomnia, avoid napping altogether and pick a different way to increase your vim and vigor.

5. Bend a little

If you don’t have time to get out and exercise, try stretching to rev up, suggests Claire Morrow, a senior physical therapist at Hinge Health, a digital musculoskeletal clinic. “Any kind of movement in the middle of an afternoon slump is going to help your energy,” she says. “Stretching is one form.”

Dynamic stretching is especially good at getting the job done, Morrow says. Dynamic stretches are movement-based and take your joints through their full range of motion, improving circulation throughout your body. These stretches should get your blood — and energy — flowing.

Thoracic extension over chair

- Sit in a chair with your hips as far back as possible.

- Interlock your fingers and place them behind your neck with your elbows gently pressed toward each other.

- Supporting your neck and head with your hands, gently arch your back over the back of the chair as far as you can and hold for several seconds.

Wall angels

- Start standing, leaning your back and arms into the wall for support with your knees slightly bent, elbows bent and palms facing forward. (If your shoulders or chest are tight, your arms don’t have to touch the wall. Just keep them out to the sides.)

- Reach your arms up toward the sky, straightening the elbows if possible.

- Lower your arms back down.

6. Commune with nature

The sights and sounds of the natural world can help to restore your get-up-and-go, research shows. People got a second wind when they went outdoors to either rest or exercise in view of green space, trees and a lake. It’s even better if you can hear birdsongs, which studies show can lift your mood.

“Participants who spent time outside demonstrated increased energy, decreased tiredness, and increased positive mood compared to participants who spent time inside,” according to study author Kimberly H. Breitenbecher, a professor of psychological science at Northern Kentucky University.

7. Keep blood sugar steady

Erratic rises and drops in blood sugar can leave you feeling tired and drained. Unfortunately, “as people age, our bodies have more difficulty keeping blood sugar levels steady,” Blatner says. “You don’t have to follow any specific low-GI diet or know the glycemic index of any foods. Instead, just focus on eating less sugar and fewer refined grains — like white bread and rolls, flour tortillas, etc. — and more whole foods like fruits, vegetables, whole grains, beans, poultry, eggs, dairy, fish, and nuts and seeds.”

Eating regular, balanced meals also stabilizes blood sugar, Blatner says. That means filling half of your plate with fruits and veggies, a quarter with lean protein, and a quarter with whole grains and/or starchy veggies, along with some healthy fat (nuts, seeds, avocado and olive oil). And avoid skipping meals.

8. Get up at the same time each day

Establishing a regular sleep schedule is one of the most important ways to stave off lethargy later, Conroy says. Rising at the same time every day (even on weekends) is key to the process.

“Studies show that if you are starting your day at the same time each day, you are regulating your circadian rhythm, your body’s clock,” Conroy says. “You’re getting exposure to light when your eyes open. And that really helps to regulate all the systems in your body and your energy levels, increasing alertness.”

Don’t force yourself to go to bed at a specific time, she adds. As long as you’re waking up on time, a regular sleep routine should fall into place. So open the curtains and let the sun shine in!

THE 8 WORST HABITS FOR YOUR EYES



fizkes / stock.adobe.com

By Kimberly Goad, AARP

The importance of an annual eye exam cannot be overstated. Not only does it help you keep tabs on any changes in your vision, but it’s a must for detecting the big vision thieves: glaucoma, cataracts and age-related macular degeneration (AMD), all of which can cause irreparable harm before you’ve even noticed any vision loss, says Michelle Andreoli, M.D., an ophthalmologist at Northwestern Medicine and a spokesperson for the American Academy of Ophthalmology.

What might not be so obvious when it comes to the health of your eyes are the everyday habits that affect them. Here are eight of the worst habits for eyes — and what you can do to break each of them.

Bad habit 1: Smoking

Add this to the always-growing list of reasons to give up smoking for good: Cigarette smoke is more than just irritating to your eyes; research shows it also raises your risk of developing AMD, the eye disease that can blur your central vision. People over age 55 are already at risk for the condition, but a large review of studies published in Clinical Interventions in Aging shows that smokers are at a twofold to fourfold risk of AMD, as compared to never smokers.

Smoking reduces the effectiveness of antioxidants and may deplete these levels in the macula,” the small area at the center of the retina that’s necessary to see things in front of you, explains Ashley Brissette, M.D., an ophthalmologist and assistant professor of ophthalmology at Weill Cornell Medicine in New York City. “Cigarette smoke also reduces the amount of oxygen reaching the tiny blood vessels that supply the eye, leading to vision damage.” That’s true for those who smoke only occasionally or are regularly exposed to secondhand smoke, Brissette adds. The good news? The same review of studies shows that kicking the habit not only reduces the risk of AMD, but after 20 years, the risk of developing the condition is the same as it is for nonsmokers.

Bad habit 2: Staring at your smartphone

Your eyes pay a price directly and indirectly when you stare at that tiny screen — or, for that matter, your computer screen or TV — without giving them a break. According to the American Optometric Association, using any of your digital devices continuously for two hours is enough to bring about digital eye strain.

“The two biggest concerns with onscreen habits boil down to chronic dry eye symptoms and disruption of

natural sleep patterns,” Andreoli says. “We’re supposed to blink once every 4 seconds, and in front of the computer, we blink about once every 8 to 10 seconds. That [difference] may sound insignificant, but blinking is what keeps our eyes lubricated. [If] we aren’t lubricating our eyes sufficiently, we develop dry eye symptoms, and that leads to eye strain.” Then there’s the toll too much screen time takes on our sleep patterns. “The brightness of the screen and the activity tells our brain it’s daytime, so we have a tendency not to get appropriately tired,” Andreoli says.

Her recommendation: Practice the 20-20-20 rule. Throughout the day, take a 20-second screen break every 20 minutes to look at something 20 feet away. And while you’re in the habit-changing mode, turn off your phone and put the laptop away in the hours leading up to bedtime. If you like to play, say, Wordle or return emails late at night, be sure to dim the screen’s brightness. You can schedule this to happen automatically using the Night Shift setting on an iPhone or Notification Shade on an Android.

Bad habit 3: Not wearing sunglasses

In the same way that ultraviolet (UV) radiation from the sun can do a number on your skin, it can also wreak havoc with your vision. Specifically, UV rays can damage the eye’s surface tissues, the cornea and lens. And over time, that damage can lead to cataracts, AMD and cancers of the eye.

“You can also develop a sunburn on the eyes called photokeratitis, which can be extremely painful,” Brissette says. To help prevent all of the above, wear sunglasses — and not just during the summer but every day of the year, even when it’s cloudy. “Sunglasses protect the eyes in a few ways,” Brissette adds. “It’s hard to apply sunscreen close to the eyes, so sunglasses can act as a physical barrier, blocking UV rays from the eyelids and skin around the eyes. Also, the lenses of the sunglasses have UV protection.” To fully protect your eyes, check the tag or sticker to make sure the glasses provide 100 percent UV protection. “Some labels say, ‘UV absorption up to 400 nm,’ which is the same as 100 percent UV protection,” Brissette says.

Worth noting: Even if you wear contact lenses with UV-blocking technology, you should still wear sunglasses outdoors. According to the American Academy of Ophthalmology, these contacts protect only the part of the eye they cover, leaving the outside of the eye exposed to harmful radiation. Your eyes get the most protection when you wear sunglasses, especially wraparound styles.

Bad habit 4: Sleeping in your contact lenses

Sure, contacts have gotten more user-friendly, but that doesn’t mean you can simply put them in and forget about them. “The biggest issue is the risk of infection, which can cause permanent scarring of the cornea and loss of vision,” Brissette says. “Bacteria and other debris get trapped between the contact lens and the surface of the cornea, so leaving them in too long or past their expiration [puts you at] high risk for developing an infection.”

About 1 in 3 contact lens wearers plead guilty to sleeping or napping in their lenses, according to research in Morbidity and Mortality Weekly Report, published by the Centers for Disease Control and Prevention. In doing so, they’re upping the risk for contact lens–related eye infections by six- to eightfold.

“They’ve come a long way in the last few decades, but the safety profile of contacts is dependent on not sleeping in them, swimming in them or showering in them — ever,” Andreoli says. “I suggest daily lenses for most of my patients — put them in in the morning and throw them away at night — because the risk for infection with those types of lenses is very low. With some of the longer-wear lenses, patients have a knack for losing track of how long they’ve worn them. That can cause trouble over time.”

Bad habit 5: Rubbing your eyes

There’s no real harm in occasionally rubbing your eyes, but if you’re aggressive about it, you run the risk of damaging your cornea, the clear, dome-shaped front surface of your eye. “Some uncommon diseases of the cornea are associated with eye rubbing,” Andreoli says. Those include keratoconus, a condition that occurs when your cornea thins out and begins to bulge outward into a cone shape. As a result, your vision is blurry and distorted.

A study published recently in the Journal of Clinical Medicine found that the severity of dry eye disease was higher in patients who are chronic eye rubbers.

If you’re looking for quick relief from redness, irritation, dryness and grittiness in the eye, it’s OK to rub your eyes. “The occasional rub will milk some tears out of the tear gland, but try not to be overly aggressive or frequent,” Andreoli adds. Better yet, reach for some lubricating eye drops or place a hot washcloth over your eyes.

If you find that you’re habitually rubbing your eyes — and one way to get a handle on just how often you’re rubbing is to keep track for a week — try rubbing the outer edge of the eye socket instead of your eyes as a way to minimize the consequences. If that doesn’t work, then seeing a therapist may help.

Bad habit 6: Sleeping with your makeup on

Researchers have known for a while that wearing eye makeup increases your risk of inflammation and affects the quality of your tears. It also plays a role in the development and/or exacerbation of dry eye disease, according to research published in 2022 in the journal Cureus. That’s especially true if you make a habit of falling asleep with your makeup on.

Every once in a great while, it’s OK if you don’t take your makeup off before you fall asleep. Make a habit of it, however, and you raise your risk of eye infection, most notably in the form of a sty, a painful lump that grows from the base of your eyelash or under the eyelid. Also important: how you take off your eye makeup.

“Oil-based removers can exacerbate some dry eye symptoms because they deposit a ton of oil in the tears,” Andreoli says. “If patients are starting to notice this, abandon eye makeup remover and use very mild face soap instead.”

Bad habit 7: Heavy drinking

The surprise isn’t that drinking more than the recommended amount of alcohol — up to one drink per day for women and no more than two per day for men, according to the Centers for Disease Control and Prevention — is bad for your health. The surprise is how bad heavy drinking can be for your eyes. “Some of the most damaging effects on vision are from extremely high levels of alcohol or chronic alcohol abuse,” Brissette says. “Toxic blood alcohol levels can permanently damage the optic nerve and vision centers.”

In fact, a review of studies published in 2021 in the Journal of Ophthalmic & Vision Research found that chronic alcohol consumption raises the risk for cataracts, AMD, diabetic retinopathy and various types of optic neuropathy, among other conditions.

Social drinkers, take note: None of the above applies to you. But that doesn’t mean you’re totally in the clear. Even occasional alcohol use contributes to dry eye disease, Brissette says.

Bad habit 8: Skipping on nutrients

Somewhere along the way, carrots became the poster vegetable for good eye health. While it’s true that your eyes need vitamin A — it helps nourish the cornea and is critical for the retina to function — the vitamin A-rich carrot is far from the only eye-friendly veggie.

In the landmark Age-Related Eye Disease Study (AREDS) and the follow-up AREDS2, researchers tested whether taking nutritional supplements — specifically, lutein, zeaxanthin, vitamins C and E, copper and zinc — could prevent or slow the progression of AMD and cataracts. The researchers found that taking the vitamins had no effect on cataracts, but it did help AMD patients reduce their risk of progressing from intermediate to advanced AMD by about 25 percent. The formulation tested in the study is now commonly sold over the counter as the AREDS2 formula.

Brissette recommends taking the supplement if you’ve been diagnosed with AMD. Otherwise, she suggests following the Mediterranean diet for overall eye health. “That’s what we have the best evidence for in terms of being beneficial for eye health — specifically, foods rich in vitamins A, C and E, lutein, zeaxanthin and omegas,” she says. “It’s always better to get our nutrients from whole food sources rather than from supplements, if possible. If you’ve been diagnosed with macular degeneration, then taking a supplement, such as AREDS2, can help to slow progression and are additionally recommended.”

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.



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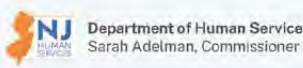
The New Jersey Division of Aging Services has partnered with GetSetUp to provide free virtual classes for older adults taught by peers - ask questions, make new friends, learn new things and have fun.



Live Classes Taught by Older Adults Across Multiple Categories

Aging in Place
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Register Ready is a free, confidential, voluntary database designed to help emergency responders locate and safely evacuate people who could find it difficult to help themselves in a disaster. You (or someone on your behalf) are encouraged to register if you have a physical, developmental, cognitive or behavioral impairment, language barrier, or transportation challenge that may make it difficult for you to safely shelter in place or evacuate in a disaster.



BARNEGAT SPORTS BEAT



Cheerleading
Barnegat Cheerleaders welcome our elementary students back to school!



Tennis
Barnegat Tennis off to a 6-2 start!



Dance
The Bengal Dance Teams.

SPIDER HALLOWEEN HOT DOGS

Ingredients:

- 1 (8 ounce) can refrigerated crescent rolls
- 8 hot dogs
- 2 tablespoons ketchup, or to taste

Directions:

Step 1: Preheat the oven to 375 degrees F (190 degrees C).

Step 2: Unroll crescent dough. Pinch or press the perforation between the triangles to get four rectangular pieces. Cut rectangles in half lengthwise, making eight narrow strips.

Step 3: Make a 2-inch slice through the center of one end of a hot dog. Cut two more 2-inch slices on either side of that slice, so the “legs” are about the same thickness. Repeat on other end. Cut “legs” into remaining hot dogs.

Step 4: Roll a crescent strip around center of each dog. Place spider dogs on an ungreased baking sheet.

Step 5: Bake in the preheated oven until golden brown, about 11 minutes. Dip a chopstick into some ketchup and dot “eyes” onto each spider. Serve with remaining ketchup.

allrecipes.com



Soccer
The future is bright for the Barnegat Girls Soccer team!



Soccer
Barnegat Girls Soccer starting to Heat up. Emma Fedorczyk pictured by David Biggy



Cross Country
Barnegat Varsity Girls Cross Country.



Cross Country
Girls Cross Country battles through the rain.



Tennis
The girls tennis team concluded the Ocean County Tennis Tournament by placing third, which is the highest team place finish in school history. Individually, Sophia Vall derruten first singles placed second while the second doubles pair, Ivy Lu and Hannah Manlulu placed third.

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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 uwmoc.org/WarmestWishes for more information



BARNEGAT WWII VETERAN GETS VISIT FROM POLICE

BARNEGAT, NJ — Barnegat police and a Boston police officer paid a visit to a local World War II Marine Corps veteran, as a way of furthering the police department's community policing initiative.

Det. Robert Armstrong, Det. Stephen Russoniello and Boston Police Officer Andrew Biggio recently visited Walter Augustyniak, a Barnegat resident and distinguished veteran.

Biggio, also a Marine, is the author of "The Rifle," which chronicles the wartime experiences of World War II veterans, narrated through an M1 Garand rifle.

"His journey has taken him across the nation, where he has had the privilege of engaging with these veterans, capturing their stories, and obtaining their signatures on the aforementioned rifle," Barnegat police said.

This past Sunday, Augustyniak became the 321st veteran to sign the rifle and share his tales from his military service.

"In attendance to pay tribute to this remarkable occasion were esteemed members of our agency, the VFW Post 10092, Marine Brian Johnston, and Mr. Augustyniak's cherished family," police said. "The gathering served as a heartfelt tribute as Mr. Augustyniak nears his 99th birthday."

"We extend our sincere gratitude to Mr. Augustyniak for his unwavering commitment and service," police said. "Semper Fi" Check out photos of Augustyniak above right.



STYLISH, SPORTY, SPACIOUS AND ALL-ELECTRIC: HONDA PROLOGUE SUV AVAILABLE EARLY NEXT YEAR WITH ANTICIPATED EPA RANGE RATING OF 300 MILES

With a name symbolizing the key role it plays in the company's electrification strategy, the all-electric 2024 Honda Prologue is a spacious, adventure-ready midsize SUV. With an anticipated EPA range rating of 300 miles, DC fast charging capability and a neo-rugged design, the Prologue is ready to take on adventures around town and outside the city limits. Prologue has the size and ground clearance that puts it squarely in the midsize SUV class with the fun-to-drive dynamics, styling and generous interior space that fit perfectly in the Honda lineup.

Pre-sale activities for Prologue will start later this year with first deliveries slated for early 2024. Honda's first all-electric SUV will be available nationwide with MSRP expected to start in the upper \$40,000s, before the application of any government incentives or tax credits. Customers interested in the new Prologue can find more information and sign up for updates here.

"The arrival of the all-new Honda Prologue is a pivotal moment for the brand as Honda begins the transition to our zero-emissions future," said Lance Woelfer, Assistant Vice President of Honda National Auto Sales, American Honda Motor Co., Inc. "Prologue is aptly



2024 Honda Prologue Elite

named as our first volume Honda EV, a stylish, sporty and spacious SUV that will take us toward our vision of 100% zero emissions vehicle sales by 2040."

Prologue is built on a state-of-the-art electric vehicle platform and multi-link front and rear suspensions optimized by Honda engineers to deliver a sporty driving experience with class-leading refinement. Honda will offer Prologue in both single-motor (front-wheel-drive) and dual-motor (all-wheel-drive) configurations with three trim levels – EX, Touring and Elite.

Class-leading standard features include the latest digital services technology and features with Google built-in, and wireless Apple CarPlay and Android Auto™ compatibility.

Targeting IIHS Top Safety Pick+ and NHTSA 5-star ratings, Prologue comes standard with the Honda Sensing® suite of safety and driver-assistive technologies, including Honda's first applications of Rear Cross Traffic Braking, Blind Zone Steering Assist and Rear Pedestrian Alert.

Key Prologue Features:

- Anticipated EPA range rating of 300 zero-emission miles
- Sporty, modern, spacious and comfortable interior
- Standard 11-inch digital instrument display
- Standard 11.3-inch HD touchscreen with Google built-in, wireless Apple CarPlay & Android Auto™ compatibility
- State-of-the-art electric vehicle platform
- Available all-wheel drive
- Available 21-inch wheels and tires
- Available self-sealing tires
- Available Sport driving mode
- Standard Honda Sensing® system, plus new Rear Cross Traffic Braking, Blind Zone Steering Assist and Rear Pedestrian Alert

Learn more about the Prologue at atomobiles.honda.com.

Honda Electrification Strategy

Toward its global goal to achieve carbon neutrality for all products and corporate activities by 2050, Honda will introduce 30 new EVs globally by 2030 with a global sales volume of 2 million units. In North America, Honda has laid out an aggressive timeline of EV introductions leading to 2030 and ultimately to 100% zero-emission automobile sales by 2040.

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Stock #: FMKE62275

2021 FORD F-150 LARIAT
4WD, 10-Speed Automatic, 5.0L V8, Apple Carplay, Backup Camera, Fog Lights, Navigation System, and More! Odometer is 17,757 miles below market average!



2022 FORD BRONCO BIG BEND
4WD, 10-Speed Automatic, 2.7L EcoBoost V6. Clean Vehicle History Report. One Owner Vehicle. LOW MILES! Odometer is 8,676 miles below market average!
Stock #: FNLB49153

2022 FORD BRONCO BIG BEND
4WD, 10-Speed Automatic, 2.7L EcoBoost V6. Clean Vehicle History Report. One Owner Vehicle. LOW MILES! Odometer is 8,676 miles below market average!

CHECK OUT THE WINNERS OF LBI CHOWDERFEST 2023

By Veronica Flesher,
Patch Staff

LONG BEACH ISLAND, NJ — Thousands descended on Beach Haven for the 34th Chowderfest.

This longstanding iconic event has served as a boon to local businesses, with an estimated 13,000 tasting chowder, enjoying live music and exploring the more than 60 vendors, artisans and food court restaurants, according to the Southern Ocean Chamber of Commerce.

The highlight of the event is, of course, finding out who has the best chowder.

This year, the best red soup was served by Wally's, and the best white soup served by Country Kettle.



(JJAVA/stock.adobe.com)

"This is a community event made possible by volunteers, restaurants, merchants and sponsors, thank you to everyone

who commits to make this the best day possible," said Southern Ocean County Chamber CEO Lori Pepenella.

Chowder lovers will be pleased to know that plans are already in motion for the 35th Chowderfest in 2024. [patch.com](#)

HYUNDAI'S 2023 IONIQ 6 AWARDED TOP SAFETY PICK+ RATING BY THE INSURANCE INSTITUTE FOR HIGHWAY SAFETY

FOUNTAIN VALLEY, Calif., Sept. 14, 2023 – Hyundai's award-winning 2023 IONIQ 6 electric vehicle has been awarded a TOP SAFETY PICK+ (TSP+) designation from the Insurance Institute for Highway Safety (IIHS). The IONIQ 6 was recognized for meeting the more-stringent IIHS crash-worthiness evaluations and front-crash prevention systems designed to protect pedestrians both during the day and at night. This latest accomplishment reinforces Hyundai's commitment to driver and pedestrian safety.

"At Hyundai, ensuring customer safety is foundational to our brand and at the center of what we do," said Brian Latouf, global chief safety officer, Hyundai Motor Company. "We believe in providing customers with a safe experience while on their journey. Through our extensive development in safety engineering and technology integration, we are able to meet the stringent TSP+ testing requirements recently instituted by IIHS. We are extremely proud that the 2023 IONIQ 6 has achieved such a significant safety accolade, for as doing so furthers Hyundai's pursuit of industry leadership in IIHS awards."

To qualify for TOP SAFETY PICK+ in 2023, a vehicle must earn good ratings in the driver-side small overlap front, passenger-side small overlap front, original



2023 IONIQ 6 Limited

moderate overlap front and updated side tests. "Acceptable" or "Good" headlights must be standard across all trims and a front-crash prevention system that earns "Advanced" or "Superior" ratings in both the daytime and nighttime vehicle-to-pedestrian evaluations must be available. For the lower-tier TOP SAFETY PICK award, an "Acceptable" rating in the updated side test is enough, and vehicles need to demonstrate "Advanced" or "Superior" performance only in the daytime pedestrian test.

"It's exciting to see the IONIQ 6, Hyundai's newest electric vehicle, obtain the highest level of safety," said David Harkey, president, IIHS. "Making sure safety continues to be a priority in alternatively powered vehicles is critical if we are going to achieve the vision of zero traffic fatalities."

[hyundai.news.com](#)

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– Hans Christian Andersen

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PUMPKIN SPICE COOKIES

This pumpkin spice cookie recipe is low in fat and tastes great.

Ingredients:

- 1 (15.25 ounce) package spice cake mix
- 1 (15 ounce) can solid pack pumpkin

Directions:

Step 1: Gather all ingredients.

Step 2: Preheat the oven to 350 degrees F (175 degrees C). Grease cookie sheets.

Step 3: Stir together cake mix and pumpkin in a large bowl until well blended.

Step 4: Drop by rounded spoonfuls onto the prepared cookie sheets.



Step 5: Bake in the preheated oven until centers are set, 18 to 20 minutes. Allow cookies to cool on the baking sheets for 5 minutes before transferring to a wire rack to cool completely.

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'KEEP LEARNING,' SAYS LITTLE EGG HARBOR CENTENARIAN

By Veronica Flesher, Patch Staff

LITTLE EGG HARBOR, NJ — National Centenarian's Day was Sept. 22, and one of Little Egg Harbor's finest has some advice to share for living a long life. This annual day is a great time to celebrate those who have lived for a century or more, and learn what they have to share with the younger generation. The Terraces at Seacrest Village celebrated the day by embracing one of their own, according to the community's executive director Kelly Reilly.

Agnes Goetz, who turns 100 in October, has experienced so much in her lifetime, from the Great Depression and world wars to the exploration of space and the digital revolution.

This is what Goetz had to say about the advice she would give to young people: "Keep learning, because life never stops teaching," Goetz said.



Agnes Goetz

"We were thrilled to celebrate our amazing centenarian," said Reilly. "Agnes has enjoyed a rich and fascinating life, and her stories and wisdom are an inspiration to us all. At the same time, she and her family take comfort in knowing she has access to age-in-place support and services as needed." *patch.com*.

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|  2018 Kia Sorento EX YJG354104 \$20,990* |  2018 Hyundai Tucson Value YJU701741 \$20,990* |  2017 Honda CR-V EX HHH682425 \$21,550* |  2019 Nissan Rogue SV NKC757128 \$21,990* |  2020 Nissan Sentra S NLY282715 \$21,990* |  2020 Honda Accord Sport HLA153700 \$22,990* |  2021 Honda HR-V LX HMM729129 \$22,990* |
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|  2022 Honda Civic Sport HNH566083 \$26,990* |  2017 Lincoln MKX Select FHBL40385 \$26,990* |  2019 Hyundai Kona Limited YKU375236 \$26,990* |  2020 Hyundai Tucson Sport YLU082219 \$26,990* |  2021 Honda Accord LX HMA041885 \$27,790* |  2019 Ford Edge ST FKBB52027 \$27,990* |  2020 Honda CR-V EX HLH693197 \$27,990* |
|  2022 Honda Civic Sport HNH600584 \$28,990* |  2020 Nissan Murano SL NLN168148 \$28,990* |  2020 Ford Explorer XLT FLGB89212 \$28,990* |  2021 Honda CR-V Special Edition HME037168 \$29,990* |  2011 Ford F-150 SVT Raptor FBDC99597 \$29,990* |  2019 Jeep Cherokee Overland YKD486813 \$29,990* |  2020 Honda CR-V EX FLH625210 \$30,990* |
|  2020 Honda CR-V EX-L HLH401336 \$31,990* |  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 Ford Explorer XLT YLBG03731 \$32,990* |  2021 Honda CR-V EX-L HMH603128 \$32,990* |  2019 Nissan Armada Platinum YK9582327 \$33,990* |
|  2017 Lincoln Navigator Select FHLE02985 \$35,990* |  2020 Ford F-150 XLT FLFC27855 \$37,990* |  2017 Mercedes-Benz C-Class C 300 4MATIC® FHF588446 \$38,990* |  2021 Ford Ranger Lariat HMLD97480 \$39,990* |  2021 Ford Explorer Limited FMGB66408 \$39,990* |  2021 Chevrolet Silverado 1500 LT LT1 FMZ190823 \$39,990* |  2019 Ford F-150 XLT FKFD24982 \$40,990* |
|  2021 Hyundai Palisade SEL YMU230155 \$44,990* |  2020 Ford Explorer ST FLGA75549 \$44,990* |  2022 Ford Mustang Mach-E Select FNMA14185 \$47,990* |  2020 Ford F-150 Lariat FLFB96805 \$48,990* |  2018 Lincoln Navigator Reserve FJEL15315 \$48,990* |  2020 Ford Expedition XLT NLEA92912 \$51,990* |  2022 Ford Bronco Big Bend FNLB49153 \$54,990* |

HOLIDAY FAMILY FUN WILL BENEFIT ST. JUDE’S CHILDREN HOSPITAL

By Edward Bankel of Causeway Honda

Christmas is a magical time of year. It’s the time to give and spread joy and to spend time with family and loved ones.

Every year we decorate our home, which many have enjoyed. However, come this year, we have a greater plan. You will be able to ride on a train and take pictures with Santa.

Yes, a miniature scale train ride. Also, you will be able to sit in a real restored sleigh, and take pictures with Santa. We will be doing this for two weekends only in December.

The entire house will be decorated and all of this is free. We will be accepting money donations. One hundred percent of the donations collected on both weekends

will go to St. Jude’s Children Hospital. Come on by for a train ride and take a picture with Santa. All are welcomed! The more the merrier.

What greater gift to give then to give to St. Jude’s Children Hospital. Let’s make this a success. Merry Christmas from the Bankel family.

Address:
610 Forecastle Ave
Beachwood, NJ

Dates:
12/9/23 - 12/10/23
12/16/23 - 12/17/23

Time:
5pm - 9pm,
both weekends.



SAVINGS



405 Route 72 East
Manahawkin, NJ 08050
CausewayCars.com
888-768-7861

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

| | | | | | | |
|--|--|---|---|---|---|---|
|  <p>2019 Kia Optima LX FKG300310 \$19,990*</p> |  <p>2020 Honda Civic LX HLH500893 \$19,990*</p> |  <p>2021 Nissan Sentra S NMY295380 \$19,990*</p> |  <p>2017 Hyundai Sonata Hybrid SE HHA057600 \$19,990*</p> |  <p>2017 Hyundai Santa Fe Sport 2.4 Base NHH009883 \$20,990*</p> |  <p>2020 Honda Civic LX HLH546945 \$20,990*</p> |  <p>2021 Honda HR-V Sport HMM703259 \$20,990*</p> |
|  <p>2019 Honda HR-V EX HKM715895 \$22,990*</p> |  <p>2021 Hyundai Tucson SE YMU347676 \$22,990*</p> |  <p>2019 Nissan Rogue Sport SL HKW622977 \$22,990*</p> |  <p>2020 Ford Fusion SEL FLR207501 \$22,990*</p> |  <p>2013 Ford F-150 FX4 FDFB05404 \$22,990*</p> |  <p>2019 Honda HR-V Sport NKG731225 \$23,990*</p> |  <p>2021 Hyundai Sonata SE YMH120475 \$23,990*</p> |
|  <p>2022 Honda Civic LX YNH522774 \$25,990*</p> |  <p>2021 Honda HR-V Sport HMM712678 \$25,990*</p> |  <p>2021 Hyundai Tucson Sport FMU326679 \$25,990*</p> |  <p>2019 Land Rover Discovery Sport SE FKH815906 \$25,990*</p> |  <p>2020 Honda HR-V EX HLM736385 \$26,990*</p> |  <p>2020 Honda Accord LX HLA013062 \$26,990*</p> |  <p>2019 Subaru Forester Touring HKH503758 \$26,990*</p> |
|  <p>2021 Nissan Murano SV NMC101562 \$27,990*</p> |  <p>2022 Honda Civic Sport NNH535463 \$27,990*</p> |  <p>2020 Hyundai Santa Fe Limited 2.4 YLH223527 \$27,990*</p> |  <p>2020 Honda Accord Sport HLA151373 \$27,990*</p> |  <p>2020 Nissan Pathfinder S NLC621640 \$27,990*</p> |  <p>2020 Ford Escape SEL FLUA20667 \$27,990*</p> |  <p>2022 Honda Accord Sport HNA025819 \$28,990*</p> |
|  <p>2021 Honda Accord Touring 2.0T HMA011612 \$30,990*</p> |  <p>2019 Honda Accord EX-L 2.0T HKA001448 \$30,990*</p> |  <p>2022 Ford Bronco Sport Base FNRD13218 \$30,990*</p> |  <p>2021 Ford Ranger XL FMLD53410 \$31,990*</p> |  <p>2019 Lincoln MKZ Reserve FXKR633594 \$31,990*</p> |  <p>2020 Nissan Murano SL NLN165682 \$31,990*</p> |  <p>2022 Hyundai Kona N Line YNU838933 \$31,990*</p> |
|  <p>2020 Honda Passport Touring HLB005894 \$33,990*</p> |  <p>2019 Lincoln Nautilus Reserve FKBL11755 \$33,990*</p> |  <p>2020 Jeep Grand Cherokee Trailhawk FLC117343 \$33,990*</p> |  <p>2018 Mercedes-Benz C-Class C 300 4MATIC® FJF681817 \$34,990*</p> |  <p>2018 Ram 1500 Big Horn FJG261538 \$34,990*</p> |  <p>2020 Ford F-150 XL FLKF14603 \$34,990*</p> |  <p>2023 Honda Civic Si P84588 \$35,990*</p> |
|  <p>2019 Ford F-150 XLT FKFD24796 \$41,550*</p> |  <p>2021 Ford Mustang Mach-E Select FMMAB2391 \$41,990*</p> |  <p>2020 Honda Ridgeline RTL-E HLB007295 \$41,990*</p> |  <p>2018 Ford F-150 XLT FJFE72373 \$41,990*</p> |  <p>2018 Jeep Wrangler Unlimited Rubicon FJW152170 \$42,990*</p> |  <p>2021 Ram 1500 Laramie FMN654866 \$43,990*</p> |  <p>2021 Kia Telluride SX FMG116339 \$43,990*</p> |
|  <p>2021 Ford F-150 King Ranch FMFB90643 \$59,990*</p> |  <p>2022 Ford Bronco Badlands FNLB82270 \$59,990*</p> |  <p>2022 Ford F-150 XLT YKNE03105 \$61,990*</p> |  <p>2022 Ford Expedition XLT FNEA13758 \$63,990*</p> |  <p>2021 Ford F-150 Lariat FMKE62275 \$63,990*</p> |  <p>2022 Ford F-250SD Lariat FNEE30480 \$64,990*</p> |  <p>2022 Ford F-350SD Lariat FNED37422 \$75,990*</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: November 7th

Congratulations to Last Month's Kid's Winner!



Willow



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

Child's First Name _____

Age _____

School _____

Parent's Name and Phone _____



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: November 7th

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

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

First Name _____

Last Name _____

Phone number _____

Residence: _____

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!



Elizabeth



East Bay Italian Grille

ITALIAN FAVORITES
STEAKS & CHOPS
SEAFOOD
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ON & OFF PREMISES
CATERING AVAILABLE
ON PREMISE PARTIES
FOR ALL OCCASIONS

OPEN TUESDAY - SUNDAY
CLOSED MONDAYS
FOR LUNCH & DINNER
OUTDOOR DINING AVAILABLE

2 LARGE PIES (TOPPINGS EXTRA) (MONDAY - THURSDAY ONLY) TAKE OUT ONLY \$22.99

One coupon per visit. Not Valid on Holidays. Coupons may not be combined with any other offer. With coupon only. Expires 11/15/23 Shore Savings

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