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Starting on Page 7

# The Causeway Gazette

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Proudly serving Manahawkin and surrounding communities

# Gazette

November 2023 • Number 114

## Candy COATeD Trunk or Treat Celebrates the Spirit of Community Collaboration



**Causeway CAREs joined OceanFirst Foundation and The Citta Foundation to co-host a Candy COATeD Trunk or Treat event.**

TOMS RIVER, NJ – In a heartwarming display of unity and generosity, Causeway CAREs partnered with fellow community foundations, the OceanFirst Foundation and The Citta Foundation to co-host a Candy COATeD Trunk or Treat event on October 26. Held at the Hooper Ave location of OceanFirst Bank in Toms River, this event was a sweet success and a shining example of the power of community collaboration.

On a picture-perfect October afternoon, 17 partner organizations came together to participate with creatively decorated trunks and distribute candy to the community. In addition to Causeway CAREs, participating organizations included Ocean County Vocational and Technical School, The HOPE Center, Interfaith Family Services, Ocean County Parks & Recreation Department, the Ocean County Prosecutor's Office, St. Francis Community Center, Ocean Partnership for Children, the Toms River Police and Fire Departments, O.C.E.A.N. Inc Community Action, Bridge of Books Foundation, and many more!

Trick or treaters had the opportunity to visit trunks decorated with superheroes, clowns and carnivals, haunted houses, pizza parties and more. The event was not just a gathering to celebrate Halloween, but a gathering of the community committed to helping others. Approximately 350 costumed attendees reveled in the festivities.

One of the central missions of this event was to provide warmth to those facing the upcoming winter season without adequate protection from the cold. The three foundations donated an estimated 350 winter coats through Operation Warm. In addition to the coats, 150 food boxes filled with nonperishable items were donated by Fulfill and distributed to those in need.

"Community is about coming together to support one another, and this event truly exemplified that spirit," said Dave Wintrode, President of the Causeway Family of Dealerships and Causeway CAREs. "We are grateful to our partner organizations for joining us in making this event a huge success."

Katherine Durante, Executive Director, OceanFirst Foundation, says that nonprofits must unite its resources together in order to create a greater impact in the community. "Partnering with Causeway CAREs, the Citta Foundation and Operation Warm allows us to extend our impact even further into the community," she said. "It's been a pleasure collaborating with the team at Operation Warm and the other local community foundation team members providing children with warm winter coats and nutritious meal boxes from Fulfill for their families as we move into the colder months ahead. We know this joint venture was successful in providing warmth, hope and confidence to the children and young adults in our community."

The "Candy COATeD Trunk or Treat" event showcased the power of collaboration between different organizations and the community they serve. It emphasized that together, Causeway CAREs and the other partner organizations can create meaningful change and provide vital support to their neighbors.

*OceanFirst Foundation empowers organizations to think bigger, solve more problems, and make life better in the neighborhoods served by OceanFirst Bank. OceanFirst Foundation's priorities include Health & Wellness, Housing, Improving the Quality of Life, and Youth Development and Education. Since 1996, OceanFirst Foundation has awarded more than 9,000 grants totaling more than \$45 million to nonprofits and schools within our footprint. Learn more at [oceanfirstfdn.org](http://oceanfirstfdn.org).*



Pictured: Representatives from OceanFirst Bank and Foundation, the Citta Foundation and Causeway CAREs join forces to bring the Candy COATeD Trunk or Treat to life.



*The*  
**Wintrode  
Family  
Foundation**



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

Driving change in our community.

[CausewayCAREs.com](http://CausewayCAREs.com)

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# HAPPY THANKSGIVING FROM FAMILY PROMISE

All of us at Family Promise of the Jersey Shore are thankful everyday for the generous support we receive from our community that enables us to help local families facing homelessness.

Most recently, we were thankful for the amazing donation of \$35,100 from the Causeway Family of Dealerships and Causeway CARes raised through their 6th Annual Causeways CARes 5k. Thank you!

We are also thankful for everyone who came out for our 10th Annual Gift Auction early this month and for making a fun evening such a successful event! Thank you!

We are thankful for all our sponsors, donors and for St. Mary's for hosting us at their Parish Center in Manahawkin. A special thanks to Family Promise of the Jersey Shore Community Engagement Coordinator, Cheryl Polo for spearheading the fundraiser. And we are so thankful for all of our tireless volunteers who made it all happen. Thank you!

We are thankful for everyone who supports and advocates for Family



Promise of the Jersey Shore throughout the year. We are truly grateful for every contribution, whether it be your time or a donation, that allows us to continue our mission

of assisting local families in need. Thank you!

We are thankful for your monetary gifts to Family Promise of the Jersey Shore. Sadly, the need for our services is greater now than ever before. Your donations directly help many local families escape homelessness. Thank you!

We are not running a toy or coat drive this holiday season but instead we ask you to consider giving the gift of a donation that will allow us to continue to help local families overcome homelessness.

Donations can be sent to Family Promise of the Jersey Shore at PO Box 83 West Creek, NJ 08092.

Or share your gift online by visiting [pushpay.com/g/familypromisejerseyshore](http://pushpay.com/g/familypromisejerseyshore).

To donate by cell phone text "give" to 833-975-2970. Thank you!



The Causeway Family of Dealerships President David Wintrode and team members from Causeway CARes present Family Promise of the Jersey Shore Executive Director Elizabeth Golla and Family Promise staff with a \$35,100 donation that was raised from the 6th Annual Causeway CARes 5K.

For more information about us visit [www.familypromisejerseyshore.org](http://www.familypromisejerseyshore.org).

Follow us on Facebook at [www.facebook.com/FamilyPromiseJerseyShore](https://www.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 have a home.

Happy Thanksgiving!

Sincerely,

Jim Lowney  
Development & Communications Manager

Family Promise of the Jersey Shore

## 25 YEARS LATER, INTERFAITH HEALTH STILL HELPS SENIORS

Interfaith Health and Support Services provides free help for seniors and their families in need from Forked River to Tuckerton.

By Veronica Flesher,  
Patch Staff

MANAHAWKIN, NJ — For the past 25 years, Interfaith Health and Support Services has been providing help to seniors in Southern Ocean County who can't get to doctor's appointments, are unable to grocery shop for themselves or are simply lonely and need to see or hear from a friendly face.

The Manahawkin-based

nonprofit helps those in need anywhere from just south of Lacey Road in Forked River down to Tuckerton, Director Amy Raimondi told Patch in a phone interview.

And "it's free for all people in need," Raimondi said. "It doesn't matter how much money you make."

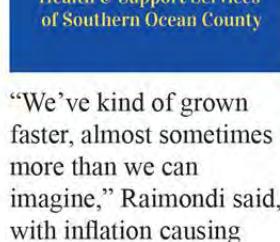
Interfaith, known as IHSS, started out as a group of parish nurses going out



A van driver for the nonprofit with two care receivers. Transportation is the nonprofit's most-used service. (Courtesy of Interfaith Health and Support Services)

organization, Raimondi said. Their biggest service is transportation to and from medical appointments - between their Manahawkin and Little Egg Harbor offices, they do about 50 rides a week, she said.

Their second-most used service is grocery shopping for homebound individuals. Some volunteers pick up online orders, but many will take a list and do the shopping for them, Raimondi said. And since many have great financial needs, there is a lot of food pantry picking up too.



"We've kind of grown faster, almost sometimes more than we can imagine," Raimondi said, with inflation causing prices to go up across the board. "The need for volunteers is so high right now."

The appointment transportation and grocery shopping are prioritized. But Raimondi wishes they could have volunteers who just come in to visit and play cards.

Another service of theirs focuses on caregivers. Specially trained volunteers visit the homes of people with Alzheimer's or dementia and offer respite to their caregivers.

In 2022, the nonprofit provided more than 10,200 hours of service.

Raimondi says that it is a blessing to be able to help not only those who use their services, but the volunteers as well.

"Volunteers come in and say, 'wow, I thought I was helping someone, but it was a blessing to me,'" Raimondi said.

"I started because I wanted to be of help to those in need but I also get so much back in return that I didn't expect," volunteer Lynn Rennar said in an IHSS news release. "I have met such wonderful and interesting people who are grateful for our services. I am so happy to be here."

"Neighbors helping neighbors is kind of our tagline," Raimondi said. "For me to be a catalyst to that is probably the best part."

IHSS is always seeking new volunteers. No experience is needed and IHSS will train you in their office. For more information, visit their website or call their office at 609-978-3839.

[patch.com](http://patch.com)

## Help us feed our community!



### Causeway Family of Dealerships

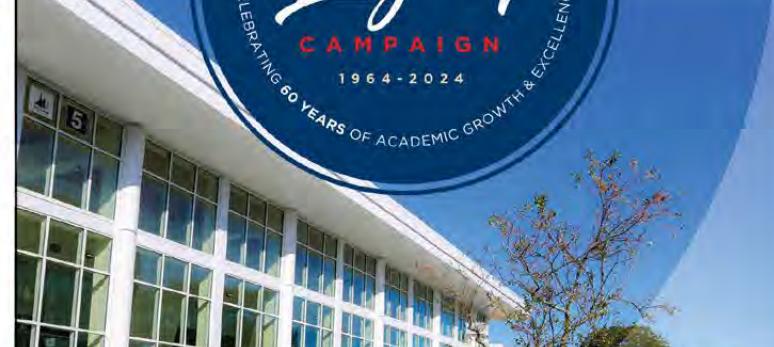
is collecting non-perishable food items for Fulfill!

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## SOUTHERN REGIONAL SPORTS BEAT



### Soccer

Congratulations, Southern Regional Girls Soccer Seniors. The Rams were defeated on #SeniorNight 1-0 by Manchester on Tuesday, October 10, 2023. Thank you, Seniors, for all you have done for Southern.



### Volleyball

Congratulations Southern Regional Girls Volleyball on defeating Brick Twp 2-0 on #SeniorNight, Monday, October 16, 2023. Thank you Seniors for all you have done for Southern.



### Volleyball

Congratulations Southern Regional Girls Volleyball on winning the 2023 Shore Conference Tournament on Monday October 23, 2023 at Georgian Court University in Lakewood, NJ. The Rams defeated Barnegat in the semifinals and Donovan Catholic in the finals both by a score of 2-0. Congratulations, players, coaches, parents, alumni, and fans.



### Volleyball

Great to have Southern Athletics honor senior Girls Volleyball players Molly Regulski's (1500 assists) and Jordyn Hamlin's (700 kills) milestones before the SCT Match. Continued success this season.

Rams defeated Rumson Fair Haven 2-0 on Thursday, October 19, 2023.



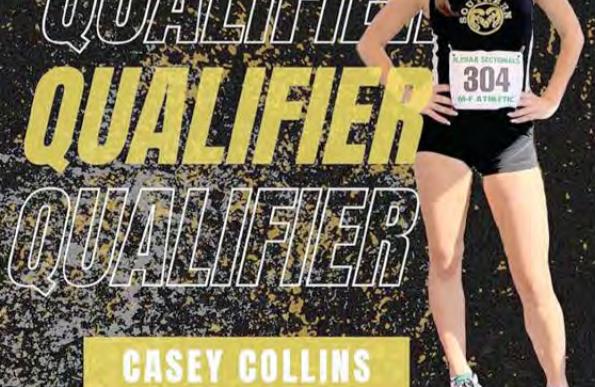
### Field Hockey

Congratulations Southern Field Hockey Goalie Emma Koreenthal, 10th grade, on her 100th career save accomplished in our #SCT game vs TR North on Saturday, October 21, 2023. Southern won the game 7-3 and advanced to the Shore Conference Tournament semifinals on Tuesday, October 24, 2023 at Shore Regional. Continued Success.



### Field Hockey

Congratulations Southern Regional Field Hockey Middle School team on going 12-0 on the season and winning the OCIAL Divisional Championship for the 3rd consecutive season. Congratulations Rams!



### Cross Country

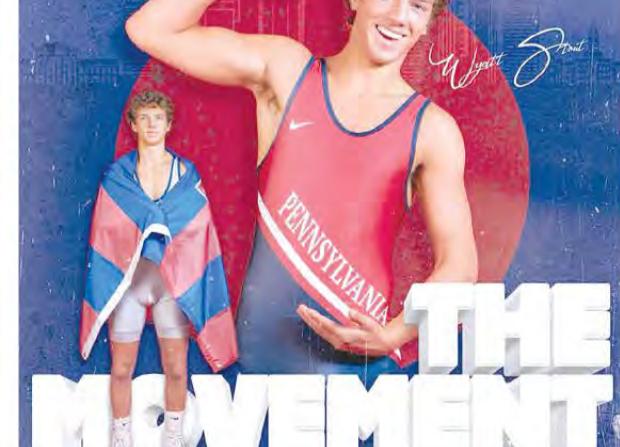
Congratulations Southern Regional Girls Cross Country Casey Collins on qualifying for the NJSIAA State Group IV cross country meet at Holmdel Park on Saturday, November 4, 2023. Casey placed 12th overall at the South Jersey Sectional Meet.

Photo Credit: @southerngirlstfxc IG



### Baseball

Congratulations Southern Regional Baseball Gabriel Tomei on his commitment to continue his academic and athletic careers at Gwynedd Mercy University in Pennsylvania. Best of Luck!



### Wrestling

Congratulations Wyatt Stout on his commitment to the University of Pennsylvania to continue his education and wrestling careers.

## SOUTHERN REGIONAL SPORTS BEAT



### Cross Country - Girls

Congratulations Southern Regional Girls Cross Country on winning the 2023 Ocean County Championship on Thursday, October 12, 2023. Rams placed 1st in Varsity and Freshmen. Also, placed 2nd in JV. Best of luck the rest of the season.



**Tennis**  
Congratulations Southern Girls Tennis on defeating Brick Twp 3-0 on #SeniorDay Monday, October 16, 2023. Thank you, Seniors & Coach Madsen for all you have done for Southern. Coach Madsen completed his 29th & final season for the Rams' tennis program.



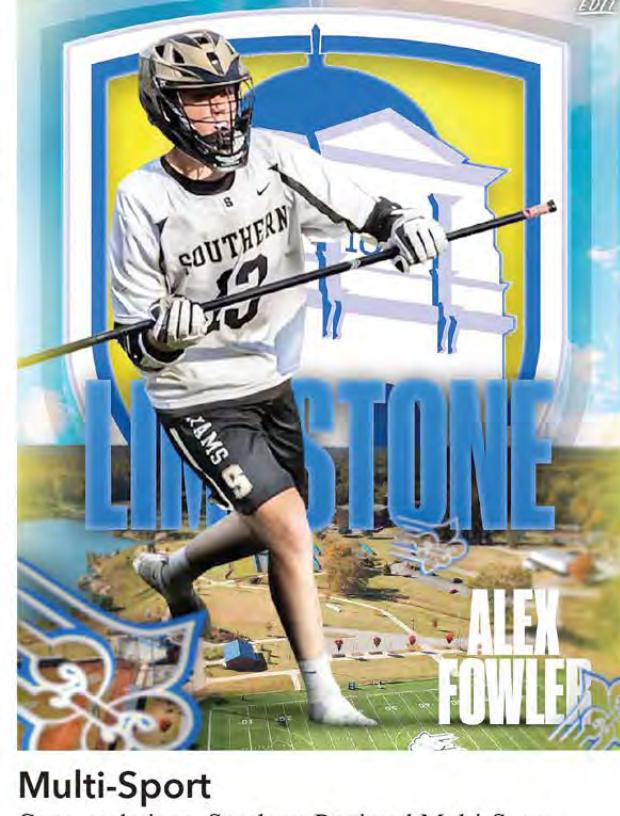
### Gymnastics

Congratulations Southern Regional Gymnastics on defeating TR North 100.475 - 79.975 on #SeniorDay October 12, 2023. Thank you senior Emaly Breur for all you have done for Southern.



### Cross Country - Boys

Congratulations Southern Regional Boys Cross Country on winning the 2023 Ocean County Championships - all 3 levels V, JV and Freshmen. Congrats runners and coaches. Best of luck the rest of the season.



### Multi-Sport

Congratulations, Southern Regional Multi-Sport Athlete Alex Fowler on his commitment to continue his academic and LaCrosse careers at Limestone University in South Carolina. Best of Luck.



### Southern Regional Middle School Cross Country

Congratulations to identical twin boys, Cooper and Owen Holloway! The twins are in the 8th grade and participate in cross country for SRMS. They both serve as captains for the team, and on October 19th, they competed at home against Tom's River North. Cooper and Owen crossed the finish line together. The twins tied for first place, setting a personal record for both with a time of 8:31. Southern secured a win against Tom's River North!



### Gymnastics

Congratulations Southern Regional Gymnastics Emaly Bruer on her commitment to Glenville State to continue her education and athletic careers. Emaly will compete in Acrobatics & Tumbling for the Pioneers. Best of Luck.

# BREAKING NEWS!

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# STAFFORD NAMES OFFICIAL TOWNSHIP RAPTOR: THE OSPREY

The osprey, an important part of Stafford's ecosystem, has made a great recovery since being threatened by hunters, habitat loss and DDT.

By Veronica Flesher, Patch Staff

STAFFORD, NJ — The resilience of the native osprey has earned it a special honor: being named the official raptor of Stafford Township.

The Stafford Township Council officially named this honor at a recent meeting, noting the osprey's importance to the local ecosystem.

"The presence of ospreys helps promote a diverse and healthy ecosystem," Mayor Greg Myhre read from the



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proclamation. Ospreys were threatened in the 19th and early 20th centuries primarily by hunters and collectors, Myhre said.

Their threats continued into the 1950s and 60s with the use of toxic insecticides such as DDT and other factors like habitat loss. But the osprey has since made a recovery and can now frequently seen in Stafford - something that wasn't always true.

Ben Wurst from Conserve Wildlife Foundation, who said he has worked with ospreys in New Jersey for almost 20 years, was present to accept the proclamation.

"I grew up in Manahawkin," Wurst said. "I don't recall seeing too many ospreys as a kid." That has since changed, he said.

"Today they're thriving, thankfully, because of the Clean Air Act, Clean Water Act and everything we've done to preserve open space for them to thrive and survive for future generations to enjoy," Wurst said.

patch.com



## WHEN DECORATING, IT HELPS TO PICK A MAIN FOCUS TO WORK AROUND

By Danielle Natale -  
Causeway Honda Sales Consultant

It's already November and we are still having what I would consider a "gossamer" or "goose summer" which means late Autumn warmth! This has been such a blessing and especially now that we have changed the clocks back. Not only have we been able to get out and enjoy last month's October festivals, but this weather has also allowed me to get some projects done again!

I swear I create more work for myself than I need to, but I just love changing things up in my home because it is my happy place. I probably have about 10 projects all happening at once in my head but about 5 halfway started.

The one that I think benefited my daughter and I the most is the bathroom. I mean girls spend a lot of time in there, so I want it to be a place of organization, fun design and cleanliness. I had picked out this bathroom friendly stick-on wallpaper. It isn't for everyone but when I saw this wallpaper, I knew exactly what I wanted to do.

I want every room in my home to be interesting and inspiring. I believe in mixing colors, patterns and multiple textures together to achieve what I call a museum like space. My decorating style is categorized as "Maximalism". Check it out on Pinterest!

If you are trying to reinvent a new space in your own home and you are not sure where to start, then I'd suggest first finding one main focus. Pick something that speaks to who you are and how you want to feel in that space. It could be something simple. For myself, it was the wallpaper and the colors in that wallpaper that became the main color palette for my renovation.

Do some fun research on Pinterest and see if you can find out what your personal style is. Perhaps you already have a style and you just need some fresh ideas! Just don't rush through the project because the end result will be so much more satisfying if you take the time and think of every thoughtful aspect.

Interior design should be a reflection of self and that of the people around you. Send me some before and after pictures! I'd love to see if I have inspired anyone to be bold in their own homes!

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— Hans Christian Andersen

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# Focus ON Barneget

## FREE AT-HOME ART PROGRAM OFFERED BY TUCKERTON SEAPORT

By Veronica Flesher, Patch Staff

TUCKERTON, NJ — Residents of Ocean and Atlantic County who are homebound can experience art for free thanks to the Tuckerton Seaport.

The Jersey Shore Folklife Center at Tuckerton Seaport recently announced its continued partnership with the New Jersey State Council on the Arts for another year of renewed Folk and Traditional Arts at Home Programming. This free program began in 2018 and is offered to homebound Ocean and Atlantic County residents.

Funding for this program was made possible in partnership with the New Jersey State Council for the Arts through a grant from the National Endowment for the Arts.

Facilitated by the Jersey Shore Folklife Center, homebound individuals can receive in-home performances, demonstrations, or instructional interactions with a folk artist of choice. These sessions are designed to deepen community engagement opportunities

for both artists and participants.

These workshops broaden cultural opportunities for artists and participants who cannot engage in community arts events.

### Diverse Folk Arts

**Programming:** Course offerings include fiber arts, basketry, folk singing, and wood carving. Participants can choose the medium that best suits their interests and goals.

### Tailored Instruction:

Experienced and passionate folk artists customize their teaching and lessons to each participant's unique needs and skill levels.

**Flexible Scheduling:** Artists can offer flexible scheduling options to accommodate availability.

**Safe & Inclusive:** Programming is accessible to individuals of all backgrounds and abilities.

**Materials & Resources:** Artists provide all



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materials needed for instruction, making it easy to get started.

To learn more about the Folk and Traditional Arts at Home program and how to enroll, contact Lesley Schierenbeck, Folklife Director of the Jersey Shore Folklife Center at the Tuckerton Seaport for more information at (609) 296-8868 ext. 453 or lesleys@tuckertonseaport.org.

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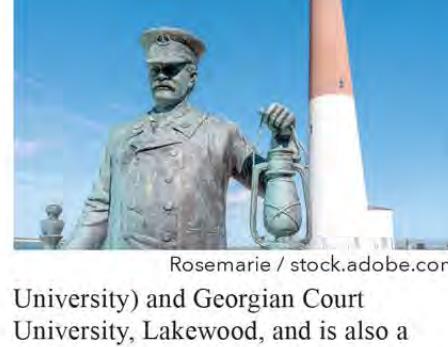
### VISIT BARNEGAT'S STORIED PAST: 'HOMESCHOOL HISTORY' AT BARNEGAT BRANCH

BARNEGAT — Youngsters aged 7 to 10 can learn about the origins of Barnegat Township during "Homeschool History: The History of Barnegat," 10 AM Friday, December 8 at the Ocean County Library Barnegat Branch.

Barnegat Historical Society member Jamey Stofko will shed light on the township's Lenape roots, the occupations that helped it grow, how children lived, the evolution of the downtown area, and of course, Barnegat Pete, the township's famous deer.

A township resident for nearly 40 years, Jamey has served in several leadership roles for the Barnegat Historical Society Museum. Her tours of downtown and the Museum have been learning experiences for homeschool groups, hiking clubs and Scout troops.

The former pediatric occupational therapist for the Manchester Township Public Schools holds degrees from Glassboro State College (now Rowan



Rosemarie / stock.adobe.com

University) and Georgian Court University, Lakewood, and is also a registered yoga instructor at Barnegat's Hanu Yoga and Holistic Arts Studio and at Georgian Court University.

Please register at <https://bit.ly/ooclHometownHistory> to attend this free program.

For more information, stop by the OCL Barnegat Branch, 112 Burr Street, call (609) 698-3331, or visit [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events).

### CELEBRATE HOLIDAYS WITH HORBET INTERMEDIATE SCHOOL CAROLERS AT BARNEGAT BRANCH

BARNEGAT — Catch the spirit of the season with young voices raised in song. The Ocean County Library Barnegat Branch is pleased to present a performance by the Robert L. Horbelt Intermediate School Carolers, 1 PM Friday, December 15. The program will feature

traditional and modern holiday favorites by fifth- and sixth-grade students in the chorus and bell choir, under the direction of Ms. Lauren Sawall, selected ensembles, and the school band directed by Mr. Anthony Orecchio.

Please register at <https://bit.ly/ooclBarnegatHorbeltCarolers> to attend this free program. For more information, stop by the OCL Barnegat Branch, 112 Burr Street, visit [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events), or call (609) 698-3331.



### ENJOY HOLIDAY LIGHT SHOW AT THE WARETOWN BRANCH

WARETOWN — Remember being dazzled by houses in your neighborhood aglow with imaginative, festive winter holiday lights? Revel in stunning displays from around the world without leaving your seat at the Ocean County Library Waretown Branch, 7 PM Monday, December 11.

Enjoy an hour of glittering light displays in a video that's also available for borrowing in OCL's Kanopy catalog. You'll see breathtaking, crystal-clear views of homes, porches, lawns and buildings bathed in a rainbow of colors and countless designs. To add to the enjoyment, help yourself to a sweet treat. Seating space is limited. Please register at <https://bit.ly/OclWaretownLights> for this free program. For more information, stop by the OCL Waretown Branch, 112 Main Street, or call (609) 693-5133.



### SENIORS CAN EXPERIENCE BENEFITS OF REIKI AT OCEAN COUNTY LIBRARY

TOMS RIVER — The Ocean County Library is pleased to present a program that will familiarize senior citizens with a Japanese healing practice known as Reiki and its ability to support relaxation and well-being. "Serenity Touch: A Reiki Program for Seniors" will be offered at three OCL branches:

- Plumsted Branch – 11 AM Saturday, December 2, 119 Evergreen Road, New Egypt, (609) 758-7888.
- Point Pleasant Borough Branch – 11 AM Saturday, December 9, 834 Beaver Dam Road, (732) 295-1555.
- Barnegat Branch – 11 AM Saturday, December 16, 112 Burr Street, (609) 698-3331.

Laura Giacobbe, a Certified Reiki Master Teacher in the tradition of Johre ("White Light") Reiki, will present an overview of the chakra system and the value of Reiki in a regimen to promote well-being, and will teach ways to sense or feel energy.

Reiki is a complement to traditional care or a personal relaxation technique.



Nikki Zalewski / stock.adobe.com

It does not replace qualified medical or traditional care. Reiki practitioners neither dispense medical advice nor prescribe treatments for physical, emotional, spiritual, mental or medical conditions.

Please register at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) for these free programs. For more information, drop by or contact any participating branch or phone (732) 349-6200.

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5	\$42,211	\$3,518
for each additional household member added	\$6,136	\$512

All incomes are Gross Income before any deductions.

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

• **For senior residences and senior-serving organizations:** Interested in bringing this program to the seniors you serve?

Email Robin Gardiner at [rgardiner@fulfillnj.org](mailto:rgardiner@fulfillnj.org) or call 732-643-5864.

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# SENIOR CORNER

## WHY FRIENDS ARE GOOD FOR YOUR HEALTH AND WELL-BEING

New research reinforces our need for people who can share our joys and sorrows

By Jon Marcus, AARP

When her father died, Margarite Avendano found herself "a little bit alone" after tending to him full time as his health declined.

As a caretaker, she says, "you kind of hide yourself. There's a stigma. You become more isolated."

So she decided to work on her own health — by making new friends. She joined an online companionship community and started going to the Y.

"I was so shy at first, but slowly I found people of similar ages and with similar interests," says Avendano, who describes herself as being in her 70s and lives in San Mateo, California. She made friends who get together to go hiking, dancing and to dinner and the movies.

### Friends help reduce stress and fatigue

Soon she noticed that she'd gotten "more alert and focused. I became healthier and more conscious of everything I did, because there was a reason to get up every morning and to get out and have fun and move."

Avendano is not imagining these positive effects. A new study of older adults finds that even momentary social interactions with friends reduce fatigue and stress. It follows a wealth of earlier research showing that friendships later in life forestall dementia, Alzheimer's and physical decline.

"There are a lot of sneaky things that happen when you're socializing that you don't even think about," says Bryan James, an epidemiologist at the Rush Alzheimer's Disease Center in Chicago and one of the most prolific investigators of this topic. "You're actually being physically active, going to a museum together, or just on a walk, and engaging with the world around you."

Conversations with friends can also exercise the brain in the same way as the puzzles doctors recommend that people use to stay sharp, James says.

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"It cognitively stimulates you. You have to remember people. You have to remember people's names. These things activate parts of your brain that aren't activated when you're sitting on your couch."

### An epidemic of loneliness

The latest findings about this come in the wake of a report by the U.S. Surgeon General warning of "an epidemic" of loneliness and isolation in the country. Even before COVID-19, Surgeon General Vivek Murthy said in May, half of American adults reported experiencing loneliness — a condition Murthy said is worse for their health than obesity, physical inactivity or smoking up to 15 cigarettes per day.

That's a particular concern for older people, says Alyssa Goldman, a sociologist at Boston College and coauthor of the latest study of how even short interactions with friends can help.

Among over-50s, 1 in 4 say they feel isolated at least some of the time, and 1 in 3 lack regular companionship, according to another pre-pandemic survey, by the University of Michigan Institute for Healthcare Policy and Innovation.

In a study funded by the National Institute on Aging, Goldman and Cornell sociologist Erin York Cornwell asked older adults to take brief surveys on their smartphones five times a day asking who they were with and how they felt. Those in the company of non-family-member friends and neighbors were significantly less likely to experience fatigue or stress.

### A shoulder to lean on

Goldman theorizes that the reasons are similar to those that James gives.

"It's also that maybe older adults — and this is speculation, since we don't have data on the conversation topics — if they're stressed about a problem, talking with a friend may provide a new perspective compared to what someone might hear

from family members."

Other large-scale, yearslong studies have found that frequent social activity reduces cognitive decline by an average of 70 percent, and reduces physical disability.

Conversely, loneliness has been associated with decreased cognitive function, an increased risk of dementia and a faster decline in motor skills. And negative social interactions, such as rejection or unsympathetic behavior, worsen cognitive decline.

Having friends is as simple an intervention as it is effective, James says.

Most other steps to preserve health in old age "are things you almost have to force people to do," he says. "We all know it's better to eat healthy, but we don't want to. It's a lot easier to sit on the couch rather than getting out to exercise."

### Introverts vs. extroverts

But being social, at least for extroverts, "is something you're just naturally drawn to. Something we enjoy doing is actually good for us."

As for introverts, "if you're an introverted person and like to be cut off from other people, maybe you're okay with that," James says. His own mother, for example, is very social, but his father likes to stay home and listen to audiobooks.

"I don't think he needs to interact with as many people as my mother or I do. There's an interaction between how much you enjoy being social and how much you get out of it, so introverted people may not benefit as much" from social interaction.

Dyane Protzmann Rogelstad considers herself an introvert. A professional musician and a music teacher who lives in northern Colorado, she has made connections with friends who share her interest in music, however. One has become a regular brunch companion; she meets another to have dinner and watch football.

### Clues to a healthy brain

Healthcare Open Enrollment is the only time during the year that an individual who is not eligible for Medicaid or Medicare may apply for health insurance. During this time, you can sign up for private health insurance plans through the NJ Marketplace, called Get Covered NJ. Contact us for more information and assistance.

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"That's an intellectual high for me because we always talk about interesting things," says Rogelstad, who is 58. "It's absolutely a lifeline."

Kim Arasato, 64, moved to California, where she didn't know anyone. She ended a long-term relationship and her coworkers in her job as a school counselor are mostly younger than she is.

But she managed to make friends, including Avendano, who occasionally meets up with her for hikes and conversation.

"I'm a pretty independent person, but I'm also an extremely social person," Arasato says. "I need people. I love friendships. It just really helps you feel good about what you're doing."

### Ways to make new friends

The large body of research showing that friendships late in life improve both physical and mental health begs the question: How can older adults make new friends? Younger people form connections much more easily — at school, at college, at work, on sports teams, through their kids' activities, says Andrew Dowling, founder and CEO of Stitch, one of several apps and websites that help older adults connect, and that Avendano, Rogelstad and Arasato all used to find new friends.

"But after those things stop, they can find themselves isolated," Dowling says.

Sociologist Goldman has seen local libraries start

groups for older adults to create new ties, and a campaign to install outdoor benches where older friends can sit and chat.

"There's a huge public health focus right now on what we can do in communities to help older people who are living independently find friendships," Goldman says.

She and others also urge starting younger to reinforce friendships so they last for life.

"The message here is to be as socially active for as much of your life as you possibly can," says epidemiologist James.

## 8 THINGS TO DO AFTER 50 TO HELP YOU LIVE LONGER

By Merle Myerson, M.D., AARP

### 3. Mind your mouth

Cavities aren't just for kids. Tooth decay and gum disease can happen at any age, and both have been linked in studies to risks for cardiovascular disease and respiratory disease (like pneumonia). Poor oral health has also been associated with Alzheimer's disease and dementia.

### 1. Keep your social calendar full

Are you spending too much time alone? Believe it or not, loneliness can have a big impact on our mental and physical health, and older adults are especially at risk because many lose touch with family and friends due to moves, physical limitations or deaths.

You know the drill: Brush twice a day (with a toothpaste that contains fluoride) and floss regularly. You should visit a dentist twice a year.

One big hurdle is that dental care is often minimally covered by insurance or not covered at all. If you're in need of low- or no-cost dental care, check to see if there is a government-sponsored clinic near you. Many dental schools also offer low-cost care.

### 4. Focus on your sleep

The term "sleep like a baby" rings true, but as you get older, getting a good night's rest can be harder. It could be the medications you're taking, or maybe you're in pain.

Poor sleep has been linked to a number of health issues, like type 2 diabetes, high blood pressure, heart disease and stroke — even early death.

If you're having trouble falling or staying asleep, talk to your doctor. It may be due to another condition that can be treated, such as stress or sleep apnea. However, more often than not, adopting some new habits is all that is needed.

**• Stay in touch with family and friends.** If you can't be there in person, stay connected with voice and video calls.

•

**Volunteer.** Research shows that volunteering has both physical and mental benefits for older adults. A 2020 study from researchers at Harvard's T.H. Chan School of Public Health found that older adults who volunteer for as little as two hours per week can significantly reduce their risks of premature death.

**• Learn something new.** Many public and private organizations offer low-cost classes (think woodworking, music lessons, dancing, etc.) for older adults. Not only is picking up a new hobby good for your social life, but research shows it can also be a boon for your brain.

**• Consider adopting a pet.** Studies suggest owning a pet can help older adults stay physically active and even help them retain thinking and memory skills. Just be sure to pick a pet that matches your lifestyle.

**2. Get your eyes and ears checked**

You're in the habit of going to your primary care provider for your annual checkup — but don't forget about your vision and hearing, which also need special attention as you get older.

**• Stick to a sleep schedule.** Go to bed and get up around the same time every day, including weekends.

**• Don't go to bed hungry** — or too full.

**• Watch your drinks.** Caffeine intake too late in the day can keep you up. Alcohol may help you doze off but can interfere with sleep during the night.

**• Keep your bedroom dark.** You may need good shades. And turn off digital devices before you hop into bed.

**• Find ways to help relax before bedtime.** Read a good book, take a warm bath or have some herbal tea (chamomile).

### 5. Keep your weight in check

It's common for adults to gain weight once they hit middle age — a shift in metabolism (how the body gets energy from food) is often to blame.

The problem is that the average weight gain is 1.1 to 2.2 pounds per year, which can add up quickly. And a study published in 2022 in JAMA Network Open found that being overweight in midlife is associated with dying several years younger than people at a normal weight.

**• Use up at least as many calories as you put in.** The CDC recommends that older adults get at least 150 minutes a week of moderate-intensity activity (brisk walking will do the trick). You can also find workouts on AARP's Staying Fit page that you can do at home.

# BARNEGAT SPORTS BEAT



Barnegat Girls Cross Country.



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Barnegat Marching Bengals at practice.



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Barnegat Middle School Dance team.



Barnegat field hockey player Alyson Sojak records her 200th career point.



Barnegat Volleyball Senior Night.



Barnegat Girls Head Varsity Lacrosse Coach and Physical Education Teacher, Lyndsey Torre, was just inducted into the Kean University Athletic Hall of Fame for her playing career at the University.



Barnegat Middle School Cross Country.



## THE BEST MASHED POTATOES

This best mashed potato recipe is often requested during Thanksgiving. It's totally tasty, and everyone will rave! For a variation, spread in a casserole dish and refrigerate overnight; the next day, sprinkle with extra Parmesan cheese and butter and reheat in the oven.

### Ingredients:

- 5 pounds Yukon Gold potatoes
- 2 cups Parmesan cheese
- 1 ½ cups cream cheese
- 1 cup chopped fresh chives
- ½ cup butter
- ½ medium head garlic, peeled and minced
- 1 pinch salt and pepper to taste

### Directions:

**Step 1:** Gather all ingredients.

**Step 2:** Peel and quarter potatoes; place in a large pot. Cover with salted water and bring to a boil. Cook until tender but still firm, about 15 minutes.

**Step 3:** Drain and return potatoes to the pot over low heat to dry for 1 to 2 minutes.

**Step 4:** Add Parmesan cheese, cream cheese, chives, butter, garlic, salt, and pepper.

**Step 5:** Use a potato masher to mash until smooth and serve.



allrecipes.com

# TOP 10 BLACK FRIDAY SHOPPING TIPS FOR 2023

By James K. Willcox and Samantha B. Gordon

consumerreports.org

Some of us wait all year for the Black Friday shopping season, our heads filled with the promise of scoring the very best price on a new TV, smart speaker, laptop or other high-tech gadget. And for good reason—this is when we tend to see some of the biggest discounts of the year on virtually everything.

In the past few years, the start of the holiday season has shifted earlier and earlier. This year, it kicked off at the beginning of October with a big sale at Target, followed by sitewide savings events at Amazon, Best Buy, and Walmart.

A holiday shopping trend report from Adobe predicts that the discounts being offered this year will reach record highs. And even though there are plenty of great sales now, the best prices will still come around Cyber Week. Black Friday is still the best time to get a new TV at a discount. Saturday is expected to bring the deepest discounts on laptops; toys and apparel will be at their best prices on Sunday; and Cyber Monday will be the ideal time to get electronics and appliances.

The final three tips in the list below apply specifically to TVs, always a hot-ticket item at this time of year.

**1. Start early.** Sales have already begun, which means you don't have to wait for Black Friday weekend to find discounts. Retailers are offering deals on items in virtually every category, and many have holiday refund and return policies that include partial refunds for items that go on sale for less later in the season. Target, for instance, offers price match adjustments for anything bought at its stores or online between Oct. 22 and Dec. 24. If you see that the price has dropped, contact customer service and they'll refund you the difference.

**2. Skip the in-store sales and shop online.** While many deals will be available in-person and online, you may have more luck and more options by shopping from your

phone or computer. In recent years, we've seen retailers offer more of the same promotions online as they do in stores. We've also seen more stores remaining closed on Thanksgiving, giving shoppers even more incentive to turn to their online counterparts to find deals during the holiday.

**3. Use websites and apps.** To judge how good the deals really are in crunch time, you need to track prices leading up to Black Friday. The same goes for Cyber Monday. But you don't have to go retailer by retailer to compare prices. The Consumer Reports website lists the current prices at various outlets for all the products in our ratings. You can also try Google Shopping, PriceGrabber, and Shopzilla. When you're in a store, smartphone apps such as BuyVia, Shopkick, ShopSavvy, and Shopular let you scan bar codes or QR codes to compare prices, get discounts, and score coupons. There are now dozens of websites that post leaked—and authorized—Black Friday ads. We regularly check BestBlackFriday.com, DealNews.com, TheBlackFriday.com, and GottaDeal.com. Sign up for deal alerts, which you can usually filter by product category.

**4. Use loyalty programs.** Store loyalty programs often grant members early access to coupons, sales, and promotions, then let them earn rewards on what they buy. So sign up for Black Friday shopping alerts.

**5. Get social.** The Facebook, Instagram, and X (formerly Twitter) feeds of your favorite retailers are a great way to find out about exclusive deals and promotions. Retailers will often reward customers who like or follow them with special alerts to Black Friday discounts and incentives. And of course texts and social media posts are an easy way to share Black Friday shopping intel with your friends, too.

**6. Create a budget—and stick to it.** Yes, this sounds simple. But Black Friday sales, especially the doorbuster specials available in limited quantities, are designed in part to get you into a store or shopping online so that the retailer can sell you stuff you weren't intending to buy. It's really easy to get caught up in the excitement and

overspend. Decide ahead of time how much you want to spend. Decide ahead of time how much you want to your Black Friday shopping spree to cost, and do your best to resist impulse buying, especially if you're not sure how good a deal is.

**7. Check all store policies in advance.** It's always good to know a store's price-match and return policies. Almost all the major retailers have some form of price-match policy, and they've been expanding them almost every year.

## Tips for TV Shoppers

**8. Wait until Black Friday to buy.** This year, as in years past, we're expecting to see the biggest discounts on televisions on Black Friday. The Adobe trend report is predicting discounts as high as 19 percent on average, which is up from just 11 percent last year. So it's shaping up to be a great year to upgrade your TV.

**9. Consider a "derivative" TV model.** Starting this month, you'll begin to see low-priced TVs made specifically for Black Friday. Some are available only through a single retailer. These sets are called "derivatives," because they're derived from mainstream models—they just have different model numbers and maybe scaled-back features, such as fewer HDMI inputs or a simpler remote control.

**10. Beware the cheapest set.** Super-low-priced doorbuster specials draw people in with visions of savings, but the sets—often from lesser-known brands—are not always worth the price.

"It is always worth reminding people that Black Friday products are often older technology or specifically engineered to sell at a special Black Friday price and may not be exactly what a consumer would choose," Stephen Baker, vice president for industry analysis at the market research firm NPD Group, told us.

Keep in mind that you'll be watching your new TV for a number of years. If you're not happy with the features or picture quality, you may regret not spending the extra \$50 to \$100 to get something better.

Those loss-leader TVs are usually at their rock-bottom price, too. A retailer may have more wiggle room on a step-up or flagship model, and you shouldn't hesitate to ask for a better price—regardless of the time of year.

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## BEST GREEN BEAN CASSEROLE

A green bean casserole makes the Thanksgiving holiday complete, and this version can be on the table in no time at all thanks to just four ingredients from your pantry or fridge: canned green beans, condensed mushroom soup, French-fried onions, and shredded Cheddar cheese.

### Ingredients:

Green beans: This easy green bean casserole starts with two drained cans of green beans.

Canned soup: A can of condensed cream of mushroom soup creates a creamy texture and adds savory flavor.

Cheese: This recipe calls for shredded Cheddar cheese. Use sharp, mild, or a blend of both.

French-fried onions: The green bean casserole gets its crunch from a French-fried onion topping.

Optional ingredients: Crumbled bacon, sautéed mushrooms or onions, garlic, Parmesan cheese, black pepper

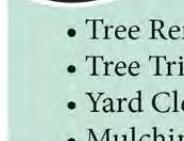
### Directions:

**Step 1:** Mix the beans and soup in a microwave-safe bowl and microwave until warm.

**Step 2:** Stir in half the cheese. Microwave until melted and well-blended.

**Step 3:** Transfer to a prepared baking dish. Top with fried onions and remaining cheese.

**Step 4:** Bake in the preheated oven until the cheese is melted and the onions are brown. In an oven preheated to 350 degrees F, this canned green bean casserole should be perfectly cooked in about 10 minutes. Of course, that doesn't include the 5-8 minutes the ingredients spend in the microwave!



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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.
- Enhances dealership reputation by accepting ownership for accomplishing new and different requests; exploring opportunities to add value to job accomplishments.
- Skills/Qualifications: Meeting Sales Goals, Motivation for Sales, Selling to Customer Needs, Financial Skills, Documentation Skills, Scheduling, Telephone Skills, Listening, Verbal Communication, Customer Focus, Job Knowledge.

The qualified candidate must have a valid driver's license and be at least 18 years of age.

Please Apply at:  
[www.causewayfordmanahawkin.com/careers/](http://www.causewayfordmanahawkin.com/careers/)

375 Route 72 West, Manahawkin, NJ 08050

We are an Equal Opportunity Employer.

CausewayCars.com

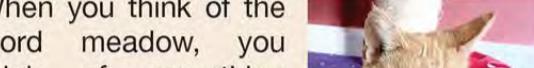
# Furry Friends

Who Need Fur-Ever Homes!

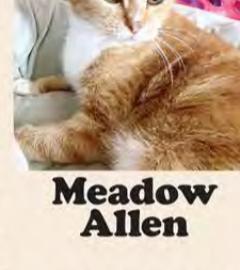
Finn is a 6 year old Yellow Lab Mix who was surrendered to the shelter when his owner passed away. He is a gentle boy who walks well on a leash, is housebroken, crate trained and knows how to sit, lay down, and give paw. He loves belly rubs, walks and playing fetch. He has never lived with children so we feel he would do best in a home with children 10 years old or older. He does need to be the only pet. If you would like to meet this handsome boy, stop by the Ocean County Animal Shelter located at 360 Haywood Road, Manahawkin, any day between 1 and 4pm. If you are unable to adopt but would still like to help the homeless pets in So. Ocean Co., donations can be made through our website, Fosocas.org or mailed to Fosocas, P.O. Box 1162, Manahawkin, N.J. 08050.



**Finn**



When you think of the word meadow, you think of something calm and serene. Thus we named this pretty little girl Meadow. She is a petite, laid back girl with a sweet, gentle nature and the cutest little white mitted paws. Meadow is only about



**Meadow  
Allen**

1 to 1 1/2 years old, just a kitten herself. She would love to find a new home with someone to give her lots of pets and attention. She loves laying in her comfy little bed, so a bed is a must in her new home. If you would like to meet sweet little Meadow, please fill out an application on line at Fosocas.org and her foster Mom will contact you for a meet and greet in her home in Manahawkin. Of course she is spayed, up to date with vaccinations, tested negative for FIV and FeLV and microchipped.

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

**609-978-0127**

or go to [www.fosocas.org](http://www.fosocas.org)

Please call the Southern Ocean County Animal Shelter to make an appointment!

Open daily 1:00pm - 4:00pm and until 6:30pm on Wednesdays.



*"Dreams Built, Your Way"*

Call the Customs Expert

Chris Varner

(609) 597-8083 EXT 1204



Stock #: FPLB10621

## 2023 FORD BRONCO OUTER BANKS

Chili Pepper Red, 4WD, 10-Speed Automatic, 2.3L 4-Cylinder Turbocharged DOHC, Causeway Customs Lift Package, and More!



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!

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15 years at our current location.



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[causewaycollisioncenter.com](http://causewaycollisioncenter.com)

**Ford** | COMMERCIAL VEHICLE CENTER

**609-597-8083**  
**ASK FOR JULIAN Ext. 1159**

<b>4X4</b>  <b>\$97,590</b> 2023 FORD F-550 CREW CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 12' Landscape Dump, Stk. No. F30021	<b>UTILITY BODY 4X4</b>  <b>\$71,490</b> 2022 FORD F-350 EXT. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21089	<b>2023 FORD F-650 XL 24' BOX</b>  <b>\$97,990</b> 2023 FORD F-650 XL 24' BOX 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, w/liftgate/E-trac, Stk. No. F30048
<b>LANDSCAPE 4X4</b>  <b>\$84,990</b> 2023 FORD F-350 CREW CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30829	<b>SUPERCAB 4X4</b>  <b>\$70,490</b> 2023 FORD F-350 MASON DUMP 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30597	<b>SUPERCAB 4X4</b>  <b>\$93,590</b> 2023 FORD F-450 MASON DUMP Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, aluminum body, Stk. No. F30594
<b>4X4</b>  <b>\$87,900</b> 2022 FORD F-600 LANDSCAPE DUMP Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 3000 miles, VIN FNDA150	<b>ENCLOSED UTILITY</b>  <b>\$95,990</b> 2023 FORD F-350 XL REG. CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. P84513	<b>4X4</b>  <b>\$73,490</b> 2023 FORD F-350 LANDSCAPE BODY 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30614
 <b>\$84,990</b> 2019 HINO 330 HOOKLIFT Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 92,500 miles, 33,000 lbs.	 <b>\$89,990</b> 2023 FORD F-550 CREW CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. P84487	 <b>\$101,590</b> 2023 FORD F-550 REG. CAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30401

**Ford** | COMMERCIAL VEHICLE CENTER

**1-800-TRUCK47**  
**ASK FOR SAM Ext. 1115**

<b>SWITCH 'N GO</b>  <b>\$139,990</b> 2022 FORD F-750 EXT. CAB Diesel, auto, ps, pb, air, elect. tarp, 14' container, Stk. No. FNDF08312, 500 miles	<b>OPEN UTILITY</b>  <b>\$64,990</b> 2023 FORD F-350 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21157	 <b>\$81,990</b> 2023 FORD TRANSIT 350 REFRIGERATOR VAN 8-cyl, auto, air, cruise, tilt, p-win, p-lcks, Stk. No. F30252
<b>ENCLOSED UTILITY</b>  <b>\$69,990</b> 2023 FORD F-250 EXT. CAB SRW 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30025	<b>SWITCH 'N GO 4X4</b>  <b>\$101,490</b> 2023 FORD F-550 CREW CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30411	<b>RACK BODY</b>  <b>\$55,650</b> 2022 FORD F-350 REG. CAB 4X2 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F21258
<b>HOOK LIFT</b>  <b>\$95,990</b> 2022 CHEVY 6500 REG. CAB Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 100 miles	<b>16' BOX TRUCK</b>  <b>\$54,490</b> 2023 FORD E-450 CUTAWAY 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30828	<b>4X4</b>  <b>\$82,490</b> 2023 FORD F-550 MASON DUMP Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, reg. cab, Stk. No. F30029
<b>MASON DUMP</b>  <b>\$87,590</b> 2023 FORD F-650 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30034	<b>MASON DUMP</b>  <b>\$56,990</b> 2017 FORD F-650 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. P8460331	<b>FLATBED W/LIFTGATE</b>  <b>\$66,990</b> 2023 FORD F-350 REG. CAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F30040

Stock #: FPLB10621

**2023 FORD BRONCO OUTER BANKS**

Chili Pepper Red, 4WD, 10-Speed Automatic, 2.3L 4-Cylinder Turbocharged DOHC, Causeway Customs Lift Package, and More!

**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!

**ALWAYS ONLINE AT:**  
**WWW.CAUSEWAYTRUCKCOUNTRY.COM**  
**All Credit Applications Accepted!!**

Price(s) include(s) all costs to be paid by a consumer except for licensing costs, registration fees and taxes.

All prices include Causeway & Ford rebates and Loyalty Discounts.

# ANNUAL HOLIDAY DISPLAY BENEFITS ST. JUDE'S CHILDREN HOSPITAL

By Edward Bankel of Causeway Honda

Christmas is a magical time of year, a time to give and spread joy. The fun truly begins on the first of November when every piece of Halloween comes down, and Christmas decorations go up. We fully complete the house, inside and out, around the second week of December. However, there have been times when we finished decorating on Christmas Eve. We spend four months out of the year just for Christmas—November and December to decorate, and January and February to remove and repair.

Throughout the entire year, we plan, build, and test our decorations

Whether it's spring or summer, we are always building something new for the Christmas display. However, this year, we have an even greater plan. You'll be able to ride on a miniature scale train, take pictures with Santa, and sit in a real restored sleigh. Remember to bring your own camera or smart device. We'll be offering this experience for two weekends only in December. The entire house will be decorated, and all of this is free. While we will be accepting money donations, 100% of the donations collected on both weekends will go to St. Jude's Children's Hospital.

Come on by for a train ride and a picture with Santa. All are welcome—the more, the merrier! What greater gift to give than to support St. Jude's Children's 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.



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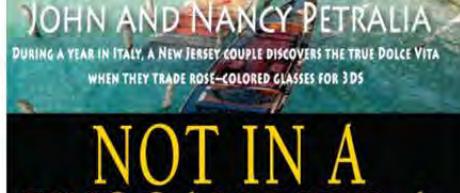
**'OUR ITALIAN JOURNEY': MEET LOCAL AUTHORS JOHN & NANCY PETRALIA AT THE LONG BEACH ISLAND BRANCH**

SURF CITY - The Italian Cultural Society of Long Beach Island will sponsor "Our Italian Journey", a presentation by authors John and Nancy Petralia, former island residents, at the Ocean County Library Long Beach Island Branch, 2 PM Tuesday, November 28.

They will discuss how Italian lessons at the Long Beach Island Foundation led to travel on three continents and the publication of three books: Not in a Tuscan Villa, Looking for Garibaldi, and Without Provenance: The Making of an "Authentic" Caravaggio.

Their books are love letters to Italy's history, art and culture. Join us for this tribute to the nation that has captured their hearts and inspired their creativity.

Please register at <https://bit.ly/ocllbiOurItalianJourney> to attend this free program. For more details,



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stop by the OCL Long Beach Island Branch, 217 South Central Avenue, Surf City, or call (609) 494-2480.

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Free CARFAX Vehicle History Report  
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Priced at or Under  
**\$16,990!**



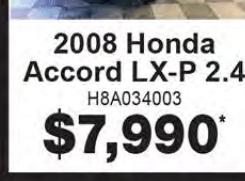
2013 Nissan Versa 1.6 SV  
NDL831644  
**\$6,990\***



2014 Ford Focus SE  
P84652  
**\$7,990\***



2012 Hyundai Accent GLS  
HCU250893  
**\$7,990\***



2008 Honda Accord LX-P 2.4  
H8A034003  
**\$7,990\***



2014 Nissan Altima 2.5 S  
YEC170508  
**\$7,990\***



2012 Nissan Rogue SV  
HCW708303  
**\$8,550\***



2016 Kia Forte EX  
HG5632269  
**\$9,990\***



2010 Toyota Venza Base  
HAU038563  
**\$10,990\***



2016 Hyundai Elantra Value Edition  
YGU561016  
**\$10,990\***



2014 Hyundai Sonata GLS  
P84625  
**\$10,990\***



2018 Hyundai Elantra Eco  
YJH331483  
**\$10,990\***



2015 Ford Escape Titanium  
FFUC44830  
**\$12,550\***



2014 Nissan Murano SL  
FEW505011  
**\$12,990\***



2016 Ford Escape Titanium  
FGUC17936  
**\$12,990\***



2015 Hyundai Sonata Limited  
YFH093840  
**\$13,990\***



2017 Chevrolet Equinox LT  
NH6100072  
**\$13,990\***



2007 Ford Mustang GT Premium  
H75234805  
**\$13,990\***



2013 Honda CR-V EX  
P84632  
**\$13,990\***



2017 Honda HR-V EX  
YHM727738  
**\$14,550\***



2017 Dodge Journey GT  
HHT502124  
**\$14,990\***



2016 Honda Civic EX  
YGE215359  
**\$14,990\***



2014 Honda CR-V EX-L  
HEH61042  
**\$14,990\***



2007 Ford Ranger XLT  
YPA06605  
**\$14,990\***



2018 Volkswagen Tiguan Limited 2.0T 4Motion  
YJK002378  
**\$15,550\***



2018 Ford Fusion Hybrid Titanium  
P84668  
**\$15,550\***



2013 Honda CR-V EX  
FDL079593  
**\$15,750\***



2016 Honda Accord EX-L  
HGA014602  
**\$15,990\***



2016 Hyundai Tucson SE  
YGU087804  
**\$15,990\***



2015 Lincoln MKC Reserve  
FFUJ18004  
**\$15,990\***



2018 Hyundai Tucson SEL Plus  
YJU814252  
**\$16,990\***



2017 Ford C-Max Energi Titanium  
FHL102139  
**\$16,990\***



2019 Jeep Cherokee Latitude Plus  
FKD374857  
**\$16,990\***



2013 Lincoln MKX Base  
FDBL24482  
**\$16,990\***



2017 Jeep Grand Cherokee Limited  
NHC958339  
**\$16,990\***

# BLACK FRIDAY

## SPECIAL SAVINGS

2015 Mercedes-Benz GLK 350 4MATIC® FFG441489	2017 Hyundai Tucson SE NHU539273	2017 Hyundai Azera Limited FHA579223	2014 Honda CR-V EX NEL017372	2021 Nissan Sentra S NMY295380	2015 Nissan Frontier SV FFN734727	2015 Toyota RAV4 Limited YFW240098
\$18,990*	\$18,990*	\$19,550*	\$19,990*	\$19,990*	\$20,990*	\$20,990*
2017 Hyundai Santa Fe Sport 2.4 Base NHH009883	2018 Hyundai Tucson Value YJU701741	2020 Honda Civic LX HLH546945	2021 Toyota Corolla SE NMJ066733	2020 Hyundai Tucson Sport YLU192437	2021 Hyundai Tucson SEL YMU370577	2011 Nissan 370Z Base FBM550655
\$20,990*	\$20,990*	\$20,990*	\$21,990*	\$22,550*	\$22,990*	\$23,990*
2019 Honda HR-V Sport NKG731225	2017 Ford Mustang V6 P84595	2019 Ford F-150 XLT FKKE55619	2020 Hyundai Tucson Sport YLU194952	2017 Lincoln MKX Select FHBL40385	2021 Honda HR-V Sport YMM740372	2022 Hyundai Kona SEL P84540
\$23,990*	\$24,990*	\$24,990*	\$24,990*	\$26,990*	\$26,990*	\$26,990*
2018 Ram 1500 Express NJS171894	2019 Ford Edge ST FKBB52027	2020 Ford Explorer XLT FLGB89212	2022 Honda Civic Sport HNH600584	2022 Honda Civic Sport NNH535463	2021 Honda CR-V Hybrid EX HME012995	2020 Honda CR-V EX FLH625210
\$27,750*	\$27,990*	\$27,990*	\$27,990*	\$27,990*	\$29,990*	\$30,990*
2019 GMC Sierra 1500 Limited Base HK1132906	2021 Ford Ranger XL FMLD53410	2022 Hyundai Kona N Line YNU838933	2023 Honda Civic Si P84588	2021 Honda Pilot EX-L NMB089522	2022 Honda Accord Hybrid EX-L HNA004988	2019 Nissan Armada Platinum YK9582327
\$31,990*	\$31,990*	\$31,990*	\$32,750*	\$32,990*	\$32,990*	\$33,990*
2020 Honda Passport Touring HLB005894	2020 Jeep Grand Cherokee Trailhawk FLC117343	2021 Honda Pilot EX-L HMB077347	2018 Mercedes-Benz C-Class C 300 4MATIC® FJF681817	2021 Lexus ES 350 YMU092120	2017 Lincoln Navigator Select FHEL02985	2017 Mercedes-Benz C-Class C 300 4MATIC® FHG588446
\$33,990*	\$33,990*	\$33,990*	\$34,990*	\$34,990*	\$35,990*	\$35,990*
2021 Jeep Grand Cherokee L Laredo HM8151440	2017 Cadillac Escalade Luxury FHR214959	2018 Dodge Charger R/T 392 Daytona Edition YJH290394	2021 Chevrolet Silverado 1500 LT LT1 FMZ190823	2021 Chevrolet Silverado 1500 RST FMZ125371	2021 Ram 1500 Big Horn/Lone Star YMN633132	2019 Ford F-150 XLT FKFD24982
\$36,990*	\$39,990*	\$39,990*	\$39,990*	\$39,990*	\$39,990*	\$40,990*
2019 Ford F-150 XLT FKFD24796	2020 Honda Ridgeline RTL-E HLB007295	2018 Jeep Wrangler Unlimited Rubicon FJW152170	2021 Kia Telluride SX FMG116339	2020 Ford F-150 XLT FLF15488	2021 Honda Civic Type R Touring HMU200477	2018 Ford F-150 Raptor P84638
\$41,550*	\$41,990*	\$42,990*	\$43,990*	\$44,990*	\$45,990*	\$56,990*
2023 Ford Bronco Outer Banks FPLB10621	2022 Ford Bronco Badlands FNLB82270	2022 Ford F-150 XLT YNKE03105	2021 Ford F-150 Lariat FMKE62275	2022 Ford F-250SD Lariat FNEE30480	2022 Ford F-150 King Ranch FNC28926	2022 Ford F-350SD Lariat FNED37422
\$57,990*	\$59,990*	\$61,990*	\$63,990*	\$64,990*	\$65,990*	\$75,990*



405 Route 72 East  
Manahawkin, NJ 08050  
**888-768-7861**

\*Pricing is plus tax, tags, doc fees, bank fee. Stock images are for illustration only.  
See dealer for complete details.

Find an Additional  
Selection of Cars Online:  
**CausewayCars.com**

# 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:  
December 7th**

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



**Bruno**



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: December 7th**

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

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  
Sweet Jenny's in  
Barnegat!



Congratulations  
to Last Month's

**Adult  
Winner!**



**Frank**

**Sweet Jenny's**  
Breakfast • Lunch • Dinner

OPEN THANKSGIVING DAY  
Reserve Your Spot Early!  
Call For More Details

NEW! OUTDOOR DINING AVAILABLE

NOW SERVING A LIMITED BREAKFAST MENU  
TUESDAY TO THURSDAY  
11AM TO 2PM

FAMILY RESTAURANT  
WE'RE THE OLDEST ICE CREAM PARLOR  
IN OCEAN COUNTY!  
COMFORT EATS & ICE CREAM

SERVING FULL BREAKFAST MENU  
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PRIME RIB NIGHT  
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INCLUDES SOUP OR SALAD,  
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TUESDAYS  
1/2 PRICE WINGS & BUY ONE GET ONE  
50% OFF ALL OUR FAMOUS BURGERS

WEDNESDAYS  
MEXICAN NIGHT!  
ENJOY OUR SELECTION OF MEXICAN SPECIALS

THURSDAYS  
PRIME RIB NIGHT  
FULL PRIME RIB DINNER \$21.99  
INCLUDES SOUP OR SALAD,  
POTATO AND VEGETABLE

WE CATER FOR ALL OCCASIONS

**10% OFF  
YOUR ENTIRE CHECK**

SUNDAY THROUGH THURSDAY - DINE IN ONLY

Excludes holidays. With coupon only. Cannot be combined with any other offer. Valid through 12/15/23 only. Shore Savings