

The Causeway Gazette

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Proudly serving Manahawkin and surrounding communities

April 2024 • Number 119

TRANSFORMING HOMES, CHANGING LIVES



Project Home Repair completes over \$58,000 worth of critical home repairs in Ocean County.

MANAHAWKIN, NJ – Project Home Repair, a partnership initiated by Causeway CAREs is proud to share the successful completion of the six projects by coalition member organizations including Northern Ocean Habitat for Humanity, Southern Ocean Habitat for Humanity, Homes for All and Starve Poverty. The completion of these projects signifies a remarkable achievement in the organization’s mission to address critical home repairs and uplift vulnerable populations in Ocean County. Total project costs equal over \$58,000 in critical home repairs completed to date.

The Project Home Repair coalition aims to enhance the quality of life for the aging, disabled, and vulnerable populations of Ocean County by providing critical home repair services. Through collaboration, compassion, and community involvement, Project Home Repair seeks to make a lasting impact on the community.

A Forked River homeowner had been battling a persistent roof leak for three years. As a single disabled individual working part-time as a teacher’s aide, she faced challenges maintaining her roof. The damage to her roof had reached a point where patching was no longer a viable solution. Overwhelmed by the extent of the damage and contemplating the possibility of selling her home, Rachel sought help from Homes for All, a member of the Project Home Repair coalition.

Through Home for All’s expertise and the support of the Project Home Repair coalition, her home was able to receive the critical repairs needed. With the successful completion of this project, she can now enjoy a safer and more secure living environment.

A Whiting resident reached out to Northern Ocean Habitat for Humanity, seeking assistance with a leaking roof. Recognizing the urgency and severity of the situation, Project Home Repair helped to fund the full replacement of Robin’s roof. In addition to the roof replacement, the Northern Ocean Habitat for Humanity team undertook a comprehensive approach to address multiple safety repair needs in her home. This included the rebuilding of front steps, repairing the flooring in the bathroom, and performing a tub-to-shower conversion.

In Waretown, a resident who had lived in her home for over 25 years became ill and needed a wheelchair and a ramp. Starve Poverty stepped in with the support of Project Home Repair to repair her front porch so a metal access ramp could be installed. Her niece extended her deep thanks, “My 94-year-old aunt will no longer be a prisoner in her own home. Now we can take her to church and go shopping whenever we want to. It also helped my husband enter and exit with

his walker more safely. Thank you from the bottom of our hearts.”

Southern Ocean Habitat for Humanity with the assistance of Project Home Repair was able to assist a Barnegat homeowner with a roof repair, totaling \$6,500. Under the experienced leadership of the coalition, the Project Home Repair team aims to enhance the health and safety of individuals residing in vulnerable homes.

“The success of these first projects is just the beginning of our efforts to address critical home repairs and positively impact the lives of those in need within Ocean County,” stated Dave C. Wintrode, President of the Causeway Family of Dealerships and Causeway CAREs. “With 10 additional projects approved and in the works, Project Home Repair has impacted and served 16 households in Ocean County since its inception in July of 2023.”

As Project Home Repair celebrates these initial successes, the focus remains on the broader mission of improving living conditions for vulnerable populations, The coalition looks ahead with optimism, eager to continue its positive impact on the Ocean County community.

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About Project Home Repair

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



About Homes for All

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



About Northern Ocean Habitat for Humanity

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



About Southern Ocean Habitat for Humanity

Habitat for Humanity of Southern Ocean County is dedicated to eliminating substandard housing locally and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions.



About Starve Poverty

The vision of Starve Poverty International is to “break the chains of poverty” by deploying people into specific communities to help meet humanitarian, educational, medical, social, and spiritual needs; targeting teams toward specific projects that benefit poverty-stricken individuals or groups in the United States or abroad.

WHAT'S INSIDE

Discover Ocean County College.....PAGE 2
 Southern Regional Sports Beat.....PAGE 3
 A Need We Feed to Hold 2nd Annual Brews & Bites.....PAGE 4
 Sharing Life, Love & a Kidney.....PAGE 5
 Vinny Festa: Honoring 34 years of Dedication.....PAGE 6
 Volunteer Firefighter Cassandra McDonnell Loves a Challenge.....PAGE 7
 Cool Car Accessories That Help in an Emergency.....PAGE 8
 8 Exercises to Lose Weight.....PAGE 9
 10 Steps Residents Should Take to Conquer Spring Allergies.....PAGE 10
 It's a Great Time to Start an Herbal Garden.....PAGE 11
 Ocean County Library News & Events.....PAGE 12
 Furry Friends to Take Home.....PAGE 13
 Congratulations to Our Lucky \$2,000 Winner.....PAGE 14
 Causeway, Where Customers Become Family.....PAGE 15
 Coloring Contests - Win a Prize!.....PAGE 16

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 Editor: Joe Strolloino
 Assistant Editor: Kaitlyn Strohmeyer
 Publisher: Jayme Hill-Gardner
 Creative/Comp: Theresa Maye, Design 446
 Marketing: Bryan Whelan
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The Wintrode Family Foundation



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

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Your Pathway to Success

DISCOVER THE DISTINCTIVE ADVANTAGES OF OCEAN COUNTY COLLEGE

Ocean County College (OCC) stands as a beacon of excellence, offering a multitude of unique strengths and opportunities to its diverse student body. Nestled in the heart of Ocean County, New Jersey, OCC is not just a college but a vibrant community dedicated to fostering academic achievement, personal growth, and career success. **Here's why OCC stands out:**

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Put theory into practice through OCC's experiential learning opportunities, which include internships, co-ops, service-learning projects, and research initiatives. These hands-on experiences allow students to apply their knowledge in real-world settings and gain valuable skills and insights.

SCHOLARSHIP FUNDING

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STUDENT LIFE GROUPS

Get involved and make lasting connections through OCC's diverse array of student life groups, clubs, and organizations. Whether it's joining a professional society, participating in community service projects, or exploring shared interests, there's something for everyone to engage in and enjoy.



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THANK YOU FOR SUPPORTING FAMILY PROMISE OF THE JERSEY SHORE

Thank you to everyone who came out for our annual Designer Bag Bingo night!

Wow, what a crowd! What a night!

Thank you for making our event both a success and a fun time while positively changing the lives of local families by supporting Family Promise of the Jersey Shore.

All proceeds go right back out into our local community to help our neighbors that need a helping hand. You are

helping families work their way out of challenging experiences to a better life. Thank you.

Thank you to Monsignor Ken and the entire St. Mary's community for hosting us and making us feel so welcome. Also, thank you to the wonderful staff at the parish office for the outstanding job of handling the ticket sales for this event. And thanks to all the crew at the parish center for your help.

A big "Thank You" goes to Causeway CAREs and the Causeway Family of Dealerships for being our event sponsor. Also, thank you Anthony Burti from Annie Mac Home Mortgage for being our concession stand sponsor.

Thanks to all the wonderful businesses who sponsored the designer bags and tables, and who donated baskets for this evening. The community support we receive is truly impressive.

As our Executive Director Elizabeth Golla says, "Everything at Family Promise of the Jersey Shore is a team effort." Thanks to our Board of Trustees and my dedicated colleagues who work endlessly at whatever is thrown at them. They do truly lead with their hearts.

Also, thank you so much to all our amazing volunteers who are essential to making what we do possible.

If you are interested in helping out at events like Designer Bag Bingo, we have many volunteer opportunities. If you would like to learn more, please contact Cheryl Polo at cheryl@familypromisesoc.org.

We would also like to thank everyone who donated on national Family Promise Giving Day on April 11. We truly appreciate your generous support.

Donations to help local families have a home may also be made at any time at www.pushpay.com/g/familypromisejerseyshore.

Your support gives families in need hope for the future.

Thank you,
Jim Lowney
Public Affairs Manager
Family Promise of the Jersey Shore
jim@familypromisejerseyshore.org

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SOUTHERN REGIONAL SPORTS BEAT



Thank you Stafford Twp School District for hosting multiple events during the month of March

Dr. Seuss "Read Across America" Day On Friday, March 1, 2024 at (Icean Acres and PLC). Southern Sportsmanship Day at McKinley School (3rd and 4th grades) and Intermediate School (5th and 6th grades) with Southern Athletics on Thursday, March 7, 2024 and Thursday, March 21, 2024. Thank you to both districts, BOE, Administration, Faculty/Staff and students. It was also special to host the Southern Regional "Class of 2030" as Waretown, LBI and Beach Haven Schools joined the 6th grade presentation on Thursday, March 21, 2024, as well. Great job by all parties involved.



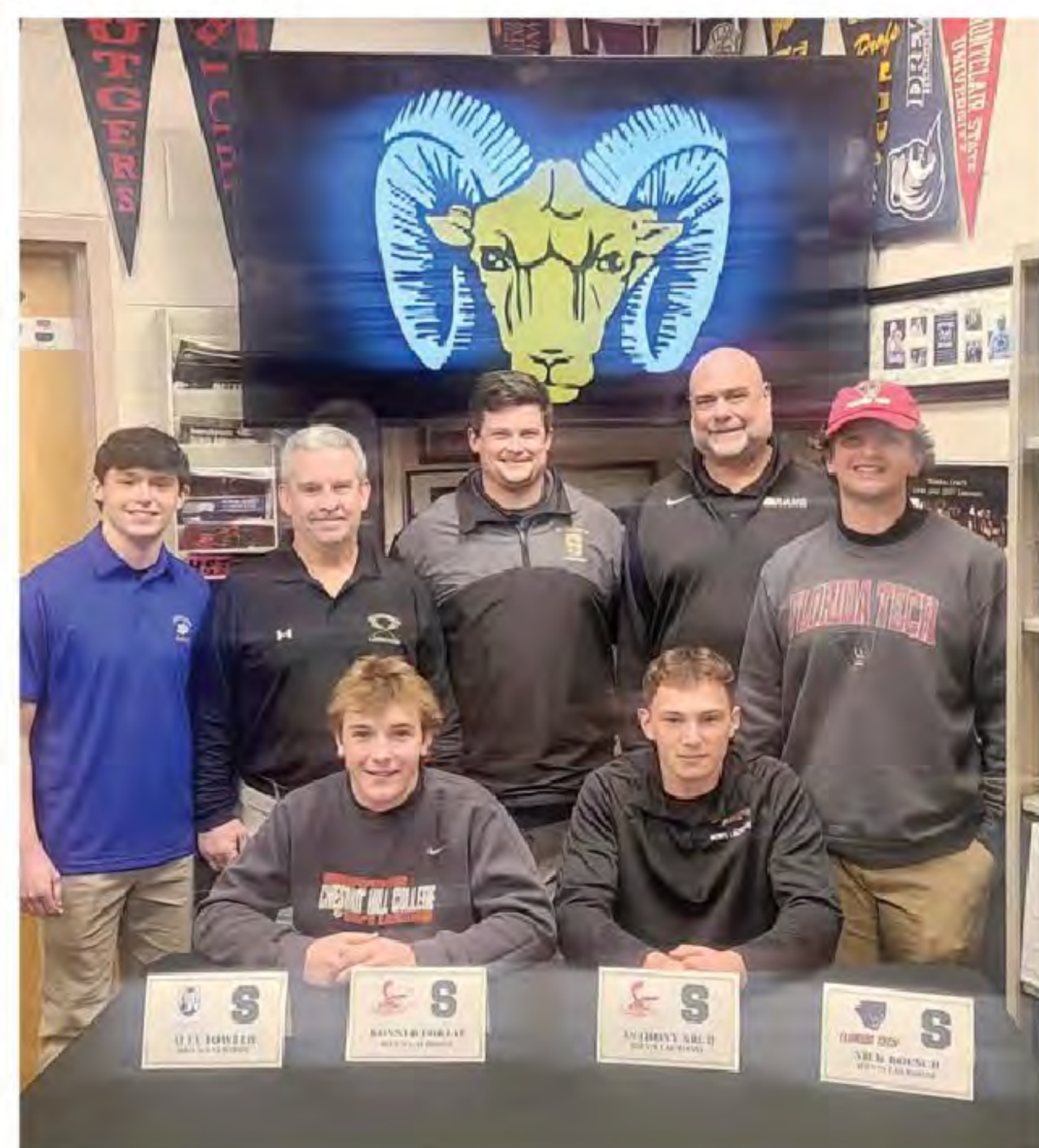
Field Hockey & Basketball

Congratulations Southern Regional Senior student athletes Emme Beck and Leo Crowley on being selected for the 2023-2024 Shore Conference Sportsmanship Award. Emme is a member of the Field Hockey and Girls Basketball teams, while Leo is a member of the Boys Basketball and Boys Golf teams. Both student athletes will be honored by the Shore Conference on Sunday, May 19, 2024, at the RWJ Barnabas Arena - TR North High School. Well deserved, and thank you both for all you have done for Southern



Tennis

Congratulations Southern Regional Boys Tennis player, senior, Rohil Gandhi, on being named Southern Regional Athletics NJSIAA Student Athlete Award Winner for the 2023-2024 school year. Well deserved recipient.



Lacrosse

Congratulations Southern Regional Boys Lacrosse players on their commitments to continue their academic and lacrosse careers at the next level:

Anthony Arch- Chestnut Hill College, Konner Forlai- Chestnut Hill College, Alex Fowler- Limestone University, Nick Roesch- Florida Tech University

They are pictured with Head Coach John Pampalone, Assistant Coach Mike Jinks and Assistant Coach Nick Jinks. Best of Luck.



Field Hockey

Congratulations Southern Regional Field Hockey player Emily Caporrino on her commitment to continue her education and Field Hockey careers at Drew University. Emily is pictured with her family and coaches Denise Newill and Jenna Lombardo-Adams.



Soccer

Congratulations Southern Regional Girls Soccer player Mackenzie Bott on her commitment to continue her education and soccer careers at McDaniel College. Mackenzie is pictured with her family and the Southern Regional Soccer Coaching Staff Kaitlyn Hartkopf, Nicole Iorio, Eric Geddes and Melissa Scalone.



Lacrosse

Congratulations Southern Regional Alum, present Kutztown University Women's Lacrosse player Summer Davis (Class of 2022) on being named the PSAC Conference Player of the Week for the week of April 1, 2024. Continued Success! Photo Credit: Kutztown University Athletics



NJSIAA Hall of Fame

Congratulations, former Southern Regional Athletic Director and NJSIAA Assistant Director Kim DeGraw Cole on her induction into the NJSIAA Hall of Fame "Class of 2024". Well deserved honor! Thank you for all you have done for Southern and High School Athletics in the Shore Conference and State of New Jersey. Photo provided by: NJSIAA.





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Tickets are available now at <https://aneedwefeed.org/brews-bites-fundraiser-2024/> or use the QR-Code above. There are a limited number of tickets available so don't wait!



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THE LEGACY OF REGINA DISCENZA'S 1999 FORD TAURUS

Regina Discenza's 1999 Ford Taurus holds a special place in her heart, with a history spanning over two decades. Purchased from Terry Collins at Causeway Ford on June 15th, 1999, when Regina was 38 and



pregnant with her second son, the Taurus became an integral part of her family's life. Both of Regina's children learned to drive in the Taurus, which was meticulously maintained at Causeway Ford over the years.

Despite its age and 204 thousand miles on the odometer, the Taurus still achieves its original miles-per-gallon rating, a testament to its reliability. While Regina eventually purchased

a 2011 Ford Fusion, the Taurus remains a cherished possession. As a member of the Sentimental Cruisers Car Club in Ocean County, Regina enjoys sharing stories of her beloved vehicle with fellow enthusiasts!

Check out the Ocean County Sentimental Car Club at: www.sentimentalcruisers.net - You may just see Regina and her Taurus at some of the upcoming shows!



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Donna Stroffolino

SHARING LIFE, LOVE & A KIDNEY

After more than 50 years together, Ellen and Dave Haug, would do almost anything for each other, including giving up one of their organs.

"Of course I was willing to donate one of my kidneys to my wife to improve her quality of life and ultimately save it," said Dave, who was luckily biologically compatible with Ellen.

But Ellen's case was a complicated one. Her kidney disease was the result of multiple health problems that claimed her bladder at birth making it difficult to find doctors willing to perform such a complex procedure.

"We found a hospital to do it and were all set but then we were told the transplant wouldn't happen because the doctors found that Dave had a small stone in one of his kidneys," said Ellen, who was deeply disappointed. "I knew that meant I would have to start dialysis while waiting and hoping for another kidney donation."

With more than 100,000 people currently on the national kidney waiting list and only about 17,000 people receiving one each year, the couple felt hopeless. "But



**Hackensack Meridian
Hackensack University
Medical Center**

then it was recommended that we go to Hackensack University Medical Center, just miles from our home, and speak with Dr. Michael Goldstein."

Hackensack University Medical Center's Kidney Transplant Program is among the fastest-growing and largest in the nation. Dr. Goldstein, the Director of Abdominal Organ Transplantation, says he and his team innovate to maximize utilization of donor organs to dramatically reduce waiting times for a lifesaving kidney transplant.

"Ellen's case was one of the most surgically complicated that I have encountered in my more than 20 year career in organ transplantation," explained Dr. Goldstein. She was born without a functioning urinary bladder mandating urologic surgeons to find an alternate reservoir for her urine production. She underwent numerous complicated operations finally resulting in the use of part of her colon as a neobladder, called



Dave and Ellen Haug

an Indiana pouch. After decades of use to drain the urine from her one remaining kidney, both the pouch and the left kidney were very unhealthy. "Designing and orchestrating a living donor transplant to function in her was a formidable challenge, the greatest of my career. After x-rays and CT scans to map out Ellen's complex anatomy, and many days and nights manifesting the procedure, I had the ideal solution and plan to help her," says Dr. Goldstein.

Dave, as a living donor, was also complex due to the presence of a kidney stone in his right kidney. Despite his advanced age, he was in great health to become a living donor for Ellen. "Dave was an expanded-criteria, live donor who despite having a kidney stone demonstrated a low propensity for stone recurrence," says Dr. David Serur, Medical Director of kidney transplantation. Despite the uncertainty of the outcome, Dave had zero hesitation. Dr. Serur explains, "our living donor program aims to minimize risk to the donor, while maximizing the opportunity to support the donor's wishes to achieve the emotional benefits of giving the gift of life."

In the Haug's case, the transplant team, including Dr. David Serur and surgeon, Dr. Samuel Sultan, who worked closely with Ellen's urologist, Dr. Gregory Livallo, wasn't going to let that kidney stone get in the way of true love. "We were safely able to remove the donor kidney and the stone and proceed with the transplant," said Dave's surgeon, Dr. Sultan. After Dave's right kidney was safely removed, Dr. Goldstein and colleagues were able to retrieve the kidney stone using a ureteroscope while the kidney was being preserved on ice.

Dr. Goldstein was then able to transplant the kidney into Ellen. After the heroic 8 hour procedure, Ellen was reunited with her husband in recovery. "It went so smoothly, we were up and walking within the first few hours."

"Prior to the surgery, we were running out of options," said Dave. "Now, it's like we have a new lease on life and we're able to breathe again." The couple, who have four adult children and have been looking forward to spending more time with them and their grandchildren, say they are so grateful to the entire Transplant Team for agreeing to take on her complicated case when no one else would. "They are a smart, compassionate group, from intake to post op, and we could not be more appreciative," said Ellen who shared that while she was still in the hospital recovering from the surgery, Dr. Goldstein would call Dave every evening on his way home from work, just to give him an update on her progress and say hi. "What an amazing experience and now, we feel great and we're so happy, this has made all the difference in our lives."

This Donate Life Month, Ellen and Dave hope their story serves as a symbol of hope to patients waiting for a life saving transplant and encourage everyone to consider living donation through the National Kidney Registry or registering to be a deceased organ, eye and tissue donor, because by doing so today, you will someday leave behind the gift of life.

"I'm so lucky to have Dave, we've shared an incredible life together and will continue to do so because of his gift to me, I hope others may find it in their hearts to do the same."

For an interview with doctor and patients, please contact: Mary McGeever, PR Manager, Hackensack University Medical Center: 551-795-1675.

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VINNY FESTA'S FAREWELL: HONORING 34 YEARS OF DEDICATION



Vinny Festa, a long-standing employee of the Causeway Family of Dealerships, says farewell to his 34-year career as he embarked on a well-deserved retirement. The occasion was celebrated by a retirement party on March 28th, honoring his dedication and contributions to the dealership. There, his fellow co-workers shared memories over the years. Some even commended Vinny for their own success.

Having joined the Causeway Family in 1990 as a sales consultant at Causeway Ford, Vinny's journey was nothing short of remarkable. Commuting from Monmouth County to Manahawkin for nine years, Vinny's commitment to his career was evident from the start. In 1999, he made the pivotal decision to relocate to the "609," embracing Manahawkin as his forever home. This was something Dave highly encouraged.

Vinny has grown with Causeway over the years, starting as a Sales Consultant at Causeway Ford. Transitioning through various roles, from hustling to prove himself among seasoned salesmen to becoming a Ford Sales Manager and eventually a Commercial Truck Manager. His co-workers describe him as a "Work Horse", in the best way.

Reflecting on his career, Vinny expressed gratitude for his time at Causeway, acknowledging Dave Wintrode's leadership with admiration. "Having worked for Wintrode, half of my life has been a gift and an honor. Dave runs the business with integrity and honesty, which you don't see in this business," Vinny remarked.

Beyond the professional milestones, Vinny values the positive impact he's had on countless lives. "Knowing I was a positive part of many people's lives is what's most important to me," he shared. While Vinny may not miss the daily grind, he acknowledges that it's the relationships he built over the years that he will truly cherish.

In retirement, Vinny looks forward to giving back to the community by volunteering with non-profit organizations.

As Vinny Festa says goodbye to his career, his legacy of integrity and dedication will forever remain within the Causeway Family. We extend our heartfelt gratitude to Vinny for his years at Causeway and wish him all the best in his well-deserved retirement!

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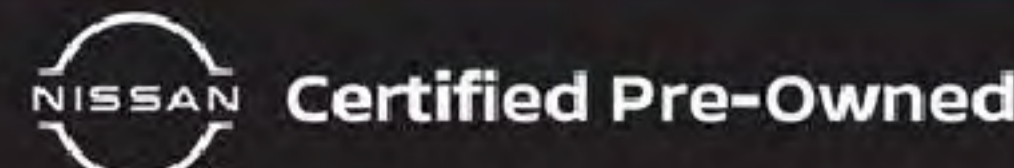
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Focus ON Barnegat

SHIP BOTTOM VOLUNTEER FIREFIGHTER: "WOMEN CAN DO HARD THINGS, TOO."

By K. P. Gates, Community Contributor, Patch

The smoky stairway was pitch black and the hose she lugged up was heavy, but Ship Bottom Volunteer Fire Company Firefighter Cassandra McDonnell pushed herself toward the fire.

"I knew I had it in me to just keep dragging that hose and get the job done," McDonnell said of that training day in the Ocean County Fire School's burn building. "As I put the fire out, I knew that I'm supposed to be doing this."

McDonnell, 25, loves challenging herself and lives to help others. In her three months as a Ship Bottom volunteer, she's realized the fire company offers plenty of opportunities for both.

"I love how it allows me to make a difference in my community, to participate in something that betters the community," she said. "I want to learn as much as I can about firefighting, to do more training with the other volunteers to learn as much as I can from them." The more experienced volunteers have welcomed her and other newer firefighters, McDonnell said. "They have so much knowledge, and they enjoy sharing it."

McDonnell grew up in Manahawkin. She, her brother and her sister – they're triplets – were raised by mom, Jane, a nurse, and dad, Frank, a retired career firefighter. As a kid, she spent time at the firehouse. Watching what her dad gave to and got from his career inspired her, she said.

After high school, she earned a bachelor's degree in psychology from Kean University. McDonnell is a paraprofessional at Bancroft, where she assists children who have disabilities, and also serves in the Army National Guard.

In May, she hopes to earn her water rescue certification, which will allow her to work alongside other Ship Bottom volunteers when someone needs help on the water. "That's the next task for me, the next chance to become better and grow," she said.

In addition to the opportunities to learn and serve her community, McDonnell loves the camaraderie of the Ship Bottom firehouse. "It's just like having a second family," she said. "You're part of something that's bigger than you, and that's really cool."

What the Ship Bottom Volunteer Fire Company family needs is more members, McDonnell and Ship Bottom Fire Chief Todd MacLennan agree. "We need men and women who live or spend summers on the island to join now," MacLennan said. "It doesn't matter if you're an experienced firefighter or if you've never set foot in a firehouse before. All you need is the interest in learning and the desire to serve your community. We'll show you all you need to know."

McDonnell suspects other local women are meant to fight fires. Some may have even thought about volunteering, but self-doubt has made them hesitate. "To them I say: you can do anything you put your mind



Ship Bottom Volunteer Firefighter Cassandra McDonnell loves challenging herself and giving back to her community as a firefighter

to," McDonnell said. "Women can do hard things, too, and signing up will be the best decision you have ever made."

Ship Bottom Volunteer Fire Company needs men and women who live or spend summer on the island to volunteer now! No experience is necessary. Training and gear are free. Help is needed in both emergency and administrative roles. Whatever your time and talents, they are needed at the firehouse! To sign up or learn more: shipbottomfirefighters.org. patch.com



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TAKE CONTROL OF DIABETES AT THE LACEY BRANCH

LACEY TOWNSHIP – Diabetes, an abnormally high blood sugar level, affects people of all ages and can lead to more serious health issues. Learn ways to manage the condition during our "Diabetes Education" program at the Ocean County Library Lacey Branch, 2 PM Tuesday, May 21.

In this one-hour program for adults and seniors, Registered Dietitian Nutritionists Meg McCarthy-Klein and Matthew Holland of the Ocean County



Ocean County Health Department

Health Department will present valuable information about the causes, symptoms, and long-term effects, and offer tips for effective diabetes management.

Please register at <https://tinyurl.com/OclLaceyDiabetes> for this free program. For more information, stop by the OCL Lacey Branch, 10 East Lacey Road, Forked River, visit www.theoceancountylibrary.org/events, or call (609) 693-8566.

BRICK BRANCH TO PRESENT 'THE HINDENBURG EXPERIENCE'



Bill Schmidt. Photo Courtesy Navy Lakehurst Historical Society

BRICK TOWNSHIP – When airships ruled the skies, the Hindenburg reigned supreme – until it crashed in a stunning fireball in Lakehurst, NJ, 87 years ago. Navy Lakehurst Historical Society member Bill Schmidt will describe its final flight in "The Hindenburg Experience" at the Ocean County Library Brick Branch, 2:30 PM Wednesday, May 15.

Measuring nearly 804 feet in length, the Hindenburg was the largest aircraft ever to fly, carrying hundreds of passengers and traveling thousands of miles. What triggered the disaster of May 6, 1937? What was the cost in human lives? How did it alter the future of global air travel? Bill Schmidt will dig into the details.

The Navy Lakehurst Historical Society maintains a museum of artifacts



salvaged from the dirigible and a reconstruction of its bridge on the grounds of Joint Base McGuire-Dix-Lakehurst, within view of the spot of the devastation which is marked by a plaque.

Please register at <http://tinyurl.com/OclBrickHindenburg> to attend this free program. For more information, stop by the OCL Brick Branch, 301 Chambers Bridge Road, call (732) 477-4513, or visit www.theoceancountylibrary.org/events.

'HOLD ON I'M COMING' FOUNDER MARK HAUG TO SPEAK AT BERKELEY BRANCH

BERKELEY TOWNSHIP – Superstorm Sandy's destruction of lives and property will be long remembered. For Mark Haug, it led to an ongoing mission to help people in distress. Join the founder of Hold On I'm Coming for "Stories of Disaster Relief from Superstorm Sandy to Today," 6 PM Tuesday, May 7 at the Ocean County Library Berkeley Branch.

In the days following the storm as Mark cleared the debris of his ravaged house, neighbors who offered him food, drink and companionship left an indelible impression. The teacher, coach and lifeguard resolved to help others in need.

Since then, Mark has traveled to natural disaster sites in New Jersey and as far away as Kentucky and Florida to dispense free food, drinks and supplies and to bring a helping hand and a willing ear to traumatized victims amid the wreckage.

HOIC runs entirely on sponsorships, donations and volunteers and accepts



Hold On I'm Coming Volunteers at 2021 Bremen, KY Tornado Site. Photo Courtesy of Mark Haug

help through its website and GoFundMe. Following his discussion, Mark will engage attendees in a question-and-answer session.

Please register at <http://tinyurl.com/OclBerkeleyHaug> for this free program. For more information, stop by the OCL Berkeley Branch, 30 Station Road, Bayville, call (732) 269-2144, or visit www.theoceancountylibrary.org/events.



Aging & Disability Resource Connection (ADRC)

ADRC professional staff assists seniors, adults with disabilities, and caregivers in finding benefits and services they need. ADRC's goal is to improve the experience of consumers and their families when seeking access to information, supports and services.

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SEED TO SUPPER

A beginner's guide to low-cost vegetable gardening
LEARN TO GROW YOUR OWN PRODUCE:

A FREE program open to adults who want to learn to garden on a budget. Includes a 6-week workshop series to learn gardening basics.

Participants that finish the course will also get to take the skills they've learned in the workshops, and put them to practice. You will get to grow, tend to, and take home all the vegetables that you produce throughout the entire season.

Location: Fulfill's Sustainable Garden 3300 Route 66, Neptune
When: Saturdays from 9am-12pm April 6th- May 18th



TO SIGN UP OR FOR MORE INFO

Email Jess : jsinkhorn@fulfillnj.org

Website : <https://fulfillnj.org/garden/>

BARNEGAT SPORTS BEAT

10 STEPS NJ RESIDENTS SHOULD TAKE TO CONQUER SPRING ALLERGIES EARLY

By Jahna Michal, WOBN

If you're anything like me, you might already be feeling that little tickle in the back of your throat. Is your nose starting to get stuffy, too? You know you're not sick because you feel absolutely fine in every other way. You know what's coming.

Say it with me: spring allergies.

We've had some pretty chilly days during the early spring weeks, but it'll soon be getting warmer and warmer. Before you know it, allergy season will be here in full force. If you don't get a handle on your sniffles before it's too late, you'll be wrecked for the beginning of summer. Don't do that to yourself!

When is spring allergy season?

Sources report that the peak of pollen season will be in late May. Combatting spring allergies early can help alleviate symptoms and improve your overall quality of life during that time. Here are some suggestions for you to try:

How to defeat allergies before they start

1.) Start medication early: If you know you suffer from spring allergies, it's a good idea to start taking allergy medication before symptoms begin. Nasal sprays like Flonase can also be helpful for nasal symptoms.

2.) Monitor pollen counts: Check daily pollen forecasts, which are often available through weather



auremar / stock.adobe.com

websites or apps. When pollen counts are high, try to stay indoors as much as possible.

3.) Keep windows closed: While it's tempting to let in fresh air during spring, keeping windows and doors closed can help prevent pollen from entering your home.

4.) Use air conditioning: Running an air conditioner in your home and car can help filter out pollen. Make sure to change the filters regularly!

5.) Keep indoor air clean: Use a high-efficiency particulate air (HEPA) filter in your home to trap

airborne allergens. Regularly vacuum and dust, too!

6.) Shower after being outdoors: Pollen can stick to your hair and skin, so showering and changing clothes after spending time outside can help remove allergens and prevent them from spreading throughout your home.

7.) Wear a mask when doing outdoor activities: If you have to spend time outdoors during high pollen times, wearing a mask can help filter out pollen and reduce your exposure.

8.) Limit outdoor activities: If pollen counts are particularly high, try to limit your time outdoors.

9.) Consider allergy shots: If over-the-counter medications aren't effective in controlling your symptoms, talk to your doctor about immunotherapy. These injections can help desensitize your immune system to allergens over time, eventually leading to long-term relief from symptoms.

10.) Consult with an allergist: If you're struggling to manage your spring allergies, consider seeing an allergist who can help identify your specific triggers and develop a personalized treatment plan.

By taking these proactive measures, you can reduce your exposure to allergens and minimize the severity of your spring allergy symptoms.

wobm.com

HONDA HONORED WITH SIX 2024 KELLEY BLUE BOOK CONSUMER CHOICE AWARDS, INCLUDING 'BEST OVERALL BRAND', 'BEST VALUE BRAND' AND 'BEST OVERALL EV/HYBRID BRAND'

Honda was honored with six Kelley Blue Book 2024 Consumer Choice Awards, including America's "Best Overall Brand", "Best Value Brand" and "Best Overall EV/Hybrid Brand", at the New York International Auto Show. In a show of design and engineering excellence, Honda was also named America's "Most Trusted Brand", "Best In-Vehicle Experience Brand" and "Best Performance Brand".

Honda has won an incredible 32 Kelley Blue Book Consumer Choice Awards (formerly the Brand Image Awards)—more than any other brand—including eight coveted "Best Overall Brand" honors in the past 11 years and the last 10 "Best Value Brand" titles.

Kelley Blue Book's prestigious

Consumer Choice Awards recognize automakers with the most desirable key brand attributes that excite and attract car buyers. The 2024 Consumer Choice Awards are based on consumer automotive perception data from Kelley Blue Book's Brand Watch study.

Kelley Blue Book's Brand Watch is an online brand and model perception tracking study, which taps into more than 12,000 in-market new-vehicle shoppers annually on KBB.com. The highly comprehensive study offers insight into how shoppers perceive important factors driving their purchase decisions and captures brand/mode familiarity and loyalty among new-car shoppers.

hondanews.com



2024 Honda Pilot TrailSport

NISSAN KEEPS TOP SPOT FOR SECOND YEAR IN J.D. POWER 2024 U.S. CUSTOMER SERVICE INDEX (CSI) STUDY

NASHVILLE, Tenn. — For the second consecutive year, Nissan has been named No. 1 in satisfaction among truck brands in dealership service in the J.D. Power 2024 U.S. Customer Service Index (CSI) Study. Scoring 873 out of a possible 1,000 points, Nissan ranked highest among truck brands, beating the segment average by 30 points.

Now in its 44th year, the J.D. Power 2024 U.S. Customer Service Index (CSI) Study measures satisfaction with service at franchised dealer or aftermarket service facilities for maintenance or repair work among owners and lessees of one- to three-year-old vehicles. The study is based on responses from nearly 65,000 owners and lessees of model-year 2021-2023 vehicles. Scores are based on combined measures of five factors: service quality, service advisor, vehicle pick-up, service facility and service initiation.

Nissan's truck lineup consists of two thrilling models: Frontier and TITAN. The Nissan Frontier is the "right-sized" pickup with distinct design, impressive capability and thoughtful convenience features. Equally at home in the city or for adventure in the great outdoors, Frontier packs the capability of 310

horsepower from its standard 3.8-liter direct injection V6 engine and the ability to tow up to 6,640 pounds.

For 2024, Frontier's appeal was further enhanced with the introduction of the fun, nostalgia-inspired Hardbody Edition, which artfully revives styling cues that made the original Nissan Hardbody truck of the 1980s an instant icon.

Find more information on the 2024 Nissan Frontier including specifications, fuel economy, pricing, photos and video, in the full press kit.

The Nissan TITAN delivers full-size strength that truck buyers demand, along with bold Nissan style and advanced technology. Its 5.6-liter V8 offers 400 horsepower – best-in-class among standard V8 powertrains (premium fuel required). TITAN's impressive capabilities include an available maximum towing capacity of 9,290 pounds when properly equipped.

For the 2024 model year, the new SV Bronze Edition package makes a splash with visual enhancements including bronze 20-inch wheels, a gloss black front grille surround and more.

usa.nissannews.com



2024 Nissan Frontier

CARROT CAKE MUFFINS

Ingredients:

1 cup milk
2 eggs
2 tablespoons applesauce, or more as needed
1 ½ teaspoons vanilla extract
2 cups all-purpose flour
2/3 cup white sugar
1 tablespoon baking powder
1 ½ teaspoons ground cinnamon
1/2 teaspoon salt
1 cup shredded carrots
6 tablespoons unsalted butter, melted and cooled

Directions:

Step 1: Gather all ingredients.

Step 2: Preheat the oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper muffin liners.

Step 3: Beat milk, eggs, applesauce, and vanilla extract together in a bowl. Whisk flour, sugar, baking powder, cinnamon, and salt together in another bowl. Stir carrots into flour mixture; fold in milk mixture and butter until batter is just combined. Spoon batter into prepared muffin cups.

Step 4: Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 18 to 20 minutes. Cool in the pan for 5 minutes before removing to a wire rack to cool completely.



allrecipes.com

ALMOND CHICKEN SALAD

Ingredients:

4 green onions, thinly sliced
1 large carrot, shredded
1 red bell pepper, cut into 1/2 inch pieces
½ pound sugar snap peas, halved
2 cups chopped, cooked chicken breast meat
½ cup fresh cilantro leaves
½ cup blanched slivered almonds, toasted
2 tablespoons white sugar
2 tablespoons distilled white vinegar
1 ½ tablespoons sesame oil
1 tablespoon teriyaki sauce
1 tablespoon ground dry mustard

Directions:

Step 1: In a large bowl, mix together the onions, carrot, red pepper, peas, chicken, cilantro and almonds. Set aside.

Step 2: In a small bowl, whisk together the sugar, vinegar, sesame oil, teriyaki sauce and dry mustard until smooth. Pour over salad mixture and toss until coated. Serve in pita pockets or on a bed of lettuce.



allrecipes.com

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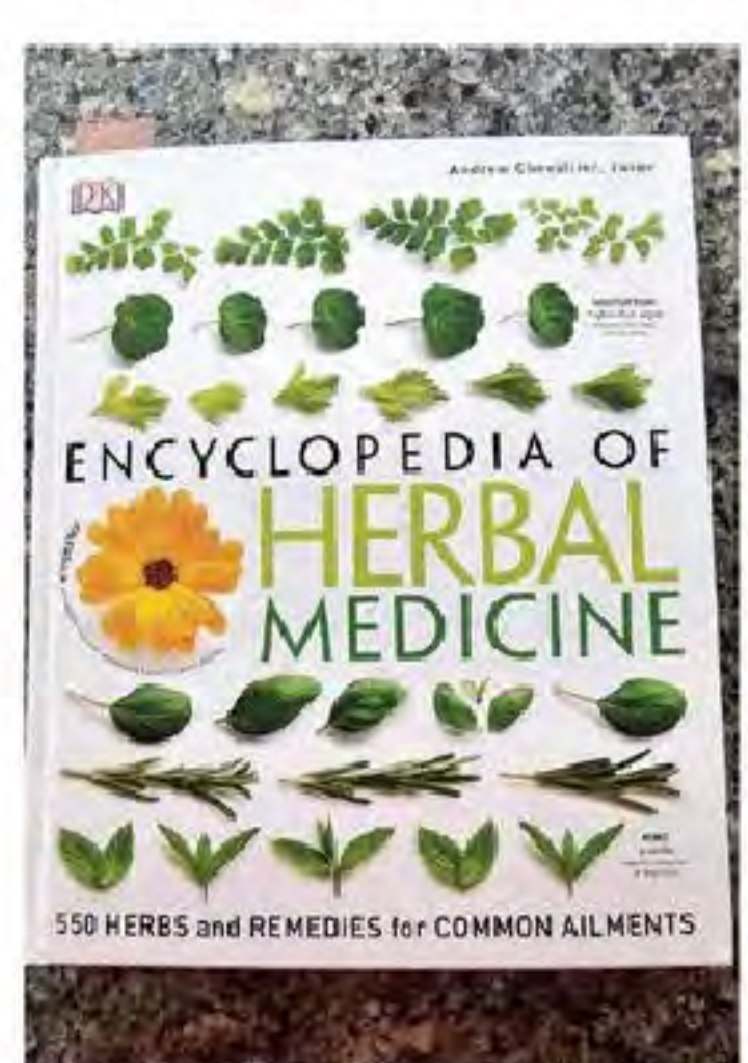
RW Barnabas HEALTH Community Medical Center

IT'S A GREAT TIME TO START AN HERBAL GARDEN!

By Danielle Natale - Causeway Honda Sales Consultant

Spring is here! I patiently wait throughout fall and winter for this time of year. I purchased an herbalist book a few years back, so I could use some of the natural recipes. Inside the pages it shares information about perennials, annuals and herbs that are natural remedies for healing and relieving our bodies ailments.

The one on Dandelions is the recipe I want to try the most! I do see my doctor every year, however; I do like to dabble, by making homemade creams, ointments and teas from



Parts Used
Leaves are juiced, eaten raw in salads, or dried for use in herbal preparations.

Key Preparations & Their Uses

Dried leaves
Root is harvested after 2 years and is dried or roasted.

Fresh root
Leaves contain high levels of potassium.

Dried root

Key Preparations & Their Uses

Mangold paste
Borage flowers

Tonic salad made with dandelion leaves. Eat regularly for its cleansing benefits.

Decoction of root (p. 291). For acute take 1/2 cup (75 ml) 3 times a day.

Infusion of leaves (p. 291). For swollen ankles, take 2 cups (500 ml) daily.

Juice made from leaves. For fluid retention, take 1 tss 3 times a day.

Tincture of root (to make, p. 292). For eczema, take 1/2 tsp diluted with 1/2 cup (100 ml) water 3 times a day.

Tablets have a diuretic effect. Take for fluid retention.

Dandelion (root) that has gall

skin problems, such as eczema, and from the pancreas and supporting

the plants I grow in my home garden. I plan on starting everything by the end of April to mid May! Just keep in mind some of the things we love to plant are poisonous to our

animals. Please read up on anything new you plan to introduce to your yard to protect your pets. I highly recommend this book for anyone looking for an interesting read. Happy Gardening!

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May 18th, 2024
11am - 3pm

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All proceeds from this event will go towards the Mission of Project Lakeview in serving families and children of Fallen First Responders.

Admission is free or \$30 Jeep entry includes: event shirt, entry into voting, and free raffle tickets.

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- 50/50
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 2020 Honda Accord LX HLA013062 \$26,990*	 2020 Honda Accord Sport HLA151373 \$27,550*	 2021 Honda Accord LX HMA041885 \$27,790*	 2022 Honda Accord Sport HXNA105475 \$27,990*
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SAIL ON A TALL SHIP TO THE CARIBBEAN (Dec 7-14, 2024)
Climb the mast to the crow's nest, relax in the bowsprit netting, and listen to the steel drum band on deck. Life is casual and relaxed with top notch dining and less than 250 passengers. Complimentary water sports, yoga and wellness classes. Visit the ports where big ships can't - Bequia, beach stops in St. Lucia, Martinique, Grenadines, Tobago Cay and more. Rate for an outside cabin is \$2,399 per person and includes port taxes, pre-paid gratuities and a \$200 on board credit. Air and pre-night packages will be available soon.

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- Hans Christian Andersen



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MEET 'THE MOON: OUR NEAREST NEIGHBOR' AT THE OCEAN COUNTY LIBRARY STAFFORD BRANCH

STAFFORD TOWNSHIP – The Moon has a role in ocean tides, eclipses, and the imagination. But it's much more. Join Jim Webster, President of the Astronomical Society of the Toms River Area (ASTRA) for "Beginner Astronomy-The Moon: Our Nearest Neighbor" at the Ocean County

Library Stafford Branch, 2:30 PM Monday, April 29. Jim will explore the desolate-looking orb's intricate relationship with Earth and introduce citizen science projects that can heighten understanding of our planet and our galaxy.

Jim's passion for space science led to his awareness of light pollution's effects on humans, animals and the environment. He became a Dark Sky Advocate and also a SciStarter



Jim Webster, President Astronomical Society of the Toms River Area. Photo Courtesy of Jim Webster

Ambassador, encouraging involvement in simple projects to observe astral patterns, measure climate change, document plant species and track pollinators.

ASTRA is open to astronomy and space science enthusiasts of all ages, interests, and experience levels. Members meet at the Novins Planetarium on the Ocean County College campus in Toms River and offer vivid views of the universe to sky watchers through their telescopes at Star Parties throughout the county.

Please register at <https://tinyurl.com/OclStaffordMoon> for this free program. For more information, stop by the OCL Stafford Branch, 129 North Main Street, Manahawkin, call (609) 597-3381, or visit www.theoceancountylibrary.org/events.

Fulfill is turning 40!
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Winners will divide half the amount received as follows:

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WELCOME THE BIRDS OF SPRING AT THE LACEY BRANCH



Brian E Kushner / stock.adobe.com



tomreichner / stock.adobe.com

LACEY TOWNSHIP – Warming temperatures in Ocean County mean the annual return of our globetrotting feathered friends from faraway places. Join us for a look at "The Birds of Spring" at the Ocean County Library Lacey Branch, 2 PM Wednesday, May 8.

In this one-hour program for adults and seniors, Ocean County Parks & Recreation Department Chief Park Naturalist German Georgieff will discuss song birds, game birds and waterfowl that settle at the Jersey Shore in spring and their migratory patterns.

In his more than 30 years of service to Ocean County, German Georgieff has assumed numerous roles related to the Barnegat Bay estuary, Pinelands ecology, and traditions that spring from them. He coordinates the annual Old Time Barnegat Bay Decoy and Gunning Show in Tuckerton, at Tip Seaman Park and Tuckerton Seaport.

Please register at <https://tinyurl.com/OclLaceyBirds> for this free program. For more information, stop by the OCL Lacey Branch, 10 East Lacey Road, Forked River, visit www.theoceancountylibrary.org/events or call (609) 693-8566.

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VETERANS "LISTEN UP"

American legion Post 511 of Manahawkin needs new members, in order to continue programs to help veterans and their families in need and other programs that benefit our community.

511 meet the second Monday of each month, at 94 Stafford Ave. at 1PM.

Requirement for membership is to serve at least one day in the armed forces with an honorable discharge.

511 will waive the membership fee of \$35 for the first year. Let's go veterans, we need your help.

Contact:
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louisepos@comcast.net

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Manahawkin, NJ 08050

HYUNDAI
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www.CausewayHyundai.com

MON - FRI: 9AM - 7PM • SAT: 9AM - 6PM • SUN: CLOSED
*Pricing is plus tax, tags, doc fees, bank fee. See dealer for complete details.

LUCKY \$2,000 WINNER USES MONEY FOR A SWEET NEW RIDE!

Desiree is all smiles as she stands alongside her husband, the lucky winners of our \$2,000 mailer giveaway!

With excitement in the air, Desiree wasted no time in putting her winnings to good use. She decided to invest in a brand new 2024 Hyundai Elantra N Line.

Congratulations, Desiree, on your big win and your beautiful new ride! We wish you many miles of safe driving ahead!



Get Your Dream Ride Today!

Call the Customs Expert:

Chris Varner (609) 597-8083 EXT 1204



1.9% FOR 72 MONTHS!

Stock #: F30630

NEW 2023 FORD F-150 XLT

4WD, 10-Speed Automatic, 3.5L V6 EcoBoost, Custom Wheels, Tires and Lifted too!! OFF-ROAD READY!! Hot Pepper Red Metallic Tinted Clearcoat.



1.9% FOR 72 MONTHS!

Stock #: F30181

NEW 2023 FORD F-150 XL

4WD, 10-Speed Automatic, 2.7L V6 EcoBoost, Custom Wheels, Tires and Lifted too!! OFF-ROAD READY!! Carbonized Gray Metallic.



1.9% FOR 72 MONTHS!

Stock #: F30488

NEW 2023 FORD F-150 XL

4WD, 10-Speed Automatic, 5.0L V8, Custom Wheels, Tires and Lifted too!! OFF-ROAD READY!! Interior Accents, Oxford White



Stock #: F21097

NEW 2022 FORD SUPER DUTY F-250 XLT

4WD, 6-Speed Automatic, 6.2L V8 EFI SOHC 16V Flex Fuel, Custom Wheels, Tires and Lifted too!! OFF-ROAD READY!! Agate Black Metallic.



Stock #: F30596

NEW 2023 FORD SUPER DUTY F-250 CREW

Crew Cab, 4WD, 10-Speed Automatic, 6.8L V8, Tow Package, Interior Accents, Oxford White.

*With approved credit, see dealer for complete details.



Stock #: F30819

NEW 2023 FORD SUPER DUTY F-250 LARIAT

4WD, 10-Speed Automatic, 7.3L V8 PFI OHV 16V Federal 430hp, Tow Package, Fog Lights, Carbonized Gray Metallic.

WE HAVE **VALUE LINE** USED CARS!

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 2012 Nissan Rogue SL NCW356804 \$9,990*	 2012 Nissan Rogue SV HCW708303 \$9,990*	 2017 Chevrolet Cruze LS FH7186153 \$10,990*	 2012 Hyundai Elantra Limited HCH143859 \$10,990*	 2013 Nissan Sentra S NDL745083 \$10,990*	 2017 Kia Sportage LX HH7179468 \$11,990*	
 2013 Hyundai Santa Fe Sport YDG099153 \$11,990*	 2013 Hyundai Santa Fe Sport 2.0T NDG110679 \$13,990*	 2017 Chevrolet Equinox LT NH6100072 \$13,990*	 Scan For CarSmart Certified	 2014 Honda CR-V EX-L HEH601042 \$14,550*	 2016 Hyundai Tucson Sport HGU075450 \$14,990*	 2017 Ford Escape Titanium FHUA73329 \$14,990*
 2016 Hyundai Tucson SE YGU087804 \$14,990*	 2016 Honda Civic LX YGE066414 \$14,990*	 2016 Honda Accord EX-L HGA014602 \$15,550*	 2015 MINI Cooper Countryman Base YFWR43149 \$15,990*	 2017 Ford C-Max Energi Titanium FHU102139 \$15,990*	 2016 Honda Accord LX HGA192526 \$15,990*	 2016 Honda CR-V EX HGH625182 \$15,990*
 2019 Ford EcoSport SE FK0307528 \$15,990*	 2015 Mercedes-Benz GLK 350 4MATIC® FFG441489 \$14,990*	 2013 Lincoln MKX Base FDBL24482 \$16,990*	 2018 Jeep Compass Latitude YJT200556 \$16,990*	 2018 Hyundai Kona SEL NJU069796 \$16,990*	 2014 Toyota RAV4 Limited HEV194724 \$16,990*	 2018 Jeep Renegade Latitude FJPJ10824 \$16,990*

CAUSEWAY: WHERE CUSTOMERS BECOME FAMILY

Ron, a long-standing customer of Causeway, has not only chosen our dealership for his own needs but has also recommended us to his family, friends, and relatives. He's become a familiar face at our Hyundai store, often bringing treats from his favorite spot in West Jersey.



During a recent visit, Ron surprised us with doughnuts, sparking a spontaneous contest among our employees—who could eat the most doughnuts. The contest was taken on by two of our Sales Consultants at Hyundai: Mike Cioffi and John Catalano, who is now a Finance Manager. The doughnuts were Boston Crème and Oreo filled, and they were huge! To the surprise of many, John Catalano reigned victorious with the most doughnuts, five! Mike wasn't far behind with four.



This gesture has now become a future tradition at Causeway, one we look forward to continuing and sharing with our sister stores! Ron's generosity embodies the connections we value with each customer. We're grateful for his support and excited for more memorable moments ahead.



UNITED FOR IMPACT 2024 ANNUAL TEE-OFF

Driving Change for Our Community

Monday, May 13, 2024



Metedeconk National Golf Club
Jackson, NJ

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GRAND SLAM SAVINGS!

ADDITIONAL SELECTION ONLINE AT: CAUSEWAYCARS.COM

 2014 Honda CR-V EX NEL017372 \$17,990*	 2016 Honda Accord EX-L HGA124618 \$17,990*	 2020 Honda Civic Sport HLH303713 \$18,880*	 2015 Honda Accord EX-L NFA050558 \$18,990*	 2016 Honda CR-V EX-L HGL19345 \$18,990*	 2019 Chevrolet Equinox LT HKS650096 \$18,990*	 2017 Hyundai Santa Fe Sport 2.4 Base NHH009883 \$20,990*
 2020 Chrysler Pacifica Touring L HLR110340 \$20,990*	 2021 Kia Sportage LX FM7692896 \$20,990*	 2021 Toyota Corolla SE NMJ066733 \$21,990*	 2021 Jeep Compass Latitude HMT558377 \$22,990*	 2019 Honda HR-V Sport NKG731225 \$23,990*	 2021 Jeep Renegade Trailhawk HMPM55501 \$23,990*	 2020 Hyundai Tucson Sport YLU194952 \$24,990*
 2016 Ford Flex Limited w/EcoBoost YGBA15272 \$27,990*	 2020 BMW 2 Series 228i Gran Coupe xDrive FL7F82333 \$27,990*	 2020 Honda CR-V EX FLH625210 \$27,990*	 Scan For Preowned	 2020 Honda Odyssey EX-L FLB045227 \$27,990*	 2017 Jeep Wrangler Unlimited Sahara HHL709415 \$28,990*	 2017 Jeep Wrangler Unlimited Sahara NHL642362 \$28,990*
 2018 Jeep Wrangler JK Unlimited Sahara FJL882987 \$29,990*	 2018 Ford Mustang GT YJ5128192 \$30,990*	 2019 Nissan Armada Platinum YK9582327 \$33,550*	 2020 Honda Passport Touring HLB005894 \$33,990*	 2020 Jeep Grand Cherokee Trailhawk FLC117343 \$33,990*	 2017 Mercedes-Benz C-Class C 300 4MATIC® FHF588446 \$35,990*	 2019 Ram 1500 Laramie NKN841851 \$35,990*
 2020 Lexus RX 350L YL2023583 \$35,990*	 2021 Ram 1500 Big Horn/Lone Star FMN633309 \$37,550*	 2021 Ford F-150 XL FMKE31232 \$37,990*	 2019 Honda Civic Type R Touring HKU203243 \$38,990*	 2021 Ram 1500 Big Horn/Lone Star YMN633132 \$38,990*	 2021 Toyota Tacoma TRD Off-Road V6 HMM117043 \$38,990*	 2023 Jeep Wrangler Sport FPW69225 \$38,990*
 2018 Ford F-150 Lariat FJFB47642 \$39,990*	 2020 Lincoln Aviator Reserve FLGL19138 \$39,990*	 2021 Kia Telluride SX FMG116339 \$41,990*	 2018 Jeep Wrangler Unlimited Rubicon FJW152170 \$42,990*	 2021 Jeep Wrangler Unlimited Rubicon FMW701280 \$46,550*	 2021 Chevrolet Silverado 2500HD LT YMF311194 \$54,990*	 2022 Ford F-150 XLT YNKE03105 \$55,990*



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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: May 7th

Congratulations to Last Month's

Kid's Winner!

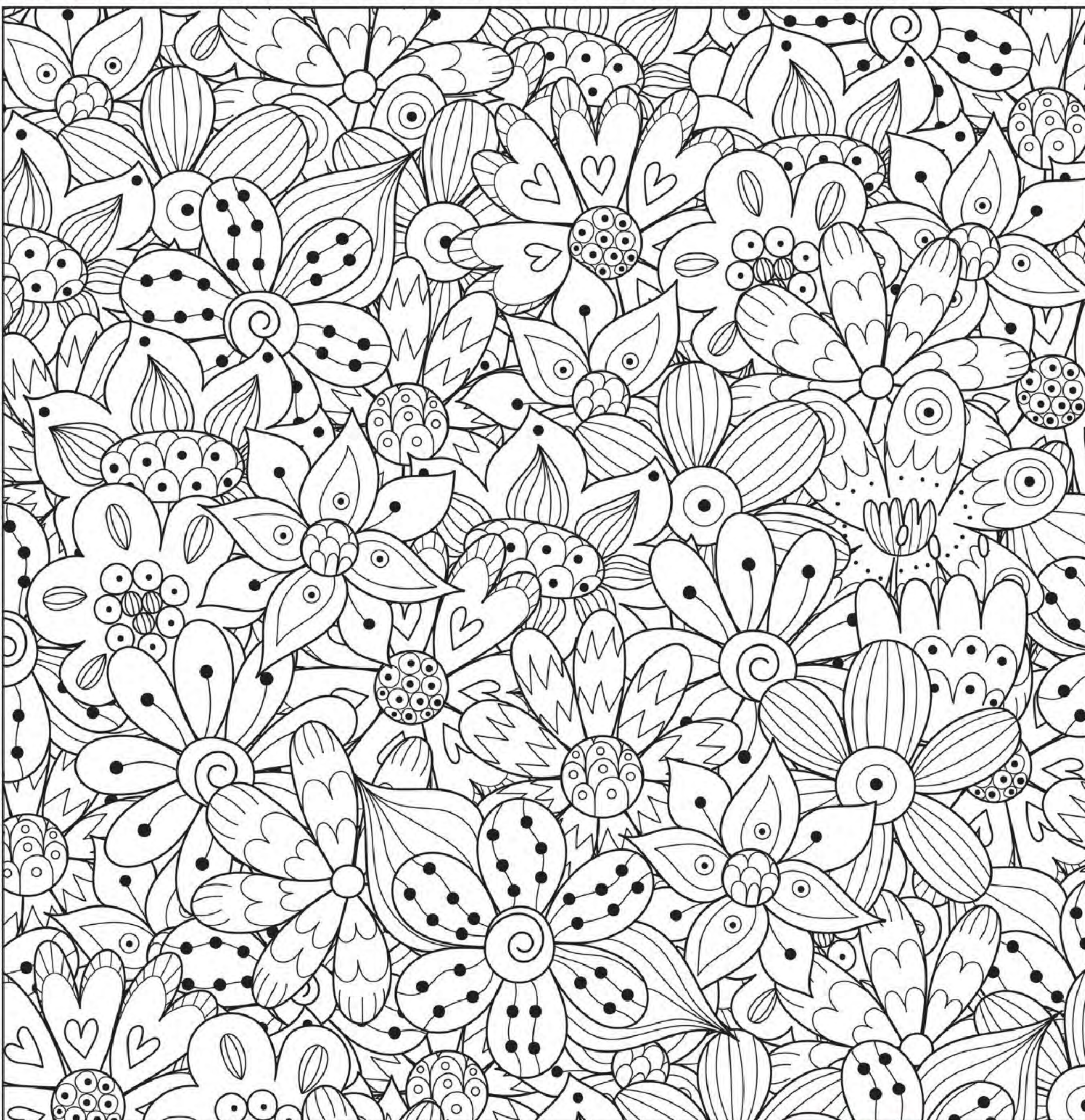


Lindsey



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

Child's First Name _____
 Age _____
 School _____
 Parent's Name and Phone _____



ADULT COLORING CONTEST!

You Could Win a \$50 Dollar Gift Certificate to Sweet Jenny's in Barnegat!



Congratulations to Last Month's

Adult Winner!



Karen

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: May 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: _____



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



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\$20 MINIMUM
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 Excludes holidays. With coupon only. Cannot be combined with any other offer. Valid through 5/15/24 only. Shore Savings.