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The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin, Barnegat, and surrounding communities June 2025 • Number 133

MORE THAN MEALS

Meals on Wheels of Ocean County (MOWOC) is More Than Meals! We deliver 1,000 hot meals and provide social contact and vital wellness checks every day to help homebound seniors live independently and safely where they are most comfortable - at home. MOWOC has been serving the community for over 50 years, showing resilience and perseverance during significant challenges. When Superstorm Sandy disabled our kitchens, we partnered with a local restaurant to ensure hot meals were provided, missing only two days of delivery. During Covid-19, we were a steadfast presence and partner organizations used us to deliver essential items to the homebound. Every day MOWOC proves that we are More Than a Meal, especially in times of crisis.

The demand for Meals on Wheels services to help seniors age safely at home is greater than it has ever been. Just ten years ago, Meals on Wheels of Ocean County received 20-30 referrals a month, now we receive 20-30 referrals a week. With over 200,000 seniors living in Ocean County the need for Meals on Wheels

continues to grow, and we would be remiss if we did not tell you that funding to sustain our program is an issue that looms large over the organization. Meals on Wheels of Ocean County is a non-profit organization, not a government entity, and as such we rely on government subsidies (which are potentially in jeopardy) and private grants and donations from our participants, their loved ones, and the community to help us feed and keep our seniors safe. MOWOC addresses senior nutrition and safety, reducing costs that would otherwise fall to the senior, their families, or governments.

Meals on Wheels of Ocean County can serve a senior for an entire year for roughly the same cost as one day in the hospital or 8 in a nursing home.

We are asking YOU, the community, to make an investment in helping Meals on Wheels of Ocean County. The impact YOU can have on Ocean County older adults is indispensable.

Today, Meals on Wheels of Ocean County not only provides home delivered meals but also hosts the Stafford Community Café (onsite meals and activities) and Social Support Services to the seniors of Ocean County who are 60 and older. We also provide nutrition education and counseling to promote and enhance our participant's wellbeing. Our drivers become a familiar friendly face to our older residents, they not only deliver the meal and a smile but the important daily safety and wellness check that our seniors and their loved ones depend on.

Meals on Wheels of Ocean County works with many amazing service organizations to help our older adults age in place. Some of our Community Impact Partners are St. Francis Community Center, Northern Ocean Habitat for Humanity (Project Home Repair), Catholic Charities, Interfaith, and Ocean Ride just to name a few. All these organizations work to help seniors remain independent at home by addressing either food security, transportation, mental health, accessibility, and socialization needs. The vision of Meals on Wheels of Ocean County is an Ocean County where all seniors live fully nourished lives, both mentally and physically, and we cannot accomplish this alone. Together we are More Than Meals.

Meals on Wheels of Ocean County is a frontline protector of senior health and safety providing daily social contact and wellness checks for our homebound seniors. Since June of 2024, MOWOC has called EMS or the police more than 30 times when our participants did not answer their door. In many instances, the seniors were found incapacitated on the floor and could not get up to answer the door.

This past April, one of our participants, Rose, did not answer her door or phone when our driver arrived to deliver her meal. A maintenance worker who was working outside told our driver that Rose was not home. Our driver noticed a grocery delivery sitting by the front door and thought that something just wasn't right. Following protocols,

How can you help?

- Donate! Scan the QR code to help MOWOC be More Than Meals.
- Volunteer to Deliver Meals MOWOC is partnered with St. Francis Community Center to deliver daily meals. Email volunteer@csimow.org for details and to sign up.
- Volunteer to help in our Kitchen - Every day we cook and pack 1,000 meals. Email volunteer@csimow.org to sign up.
- Become a Board or Advisory Council Member - We are looking for individuals who want to share their time and talents as a member of our Board of Directors or various Advisory Councils. Please call 848-288-9903 if you are interested.
- Invite us to speak to your community or organization to spread the word about how we are More Than Meals. Call 848-288-9903 to schedule a day and time.



SCAN ME



Above; Dance Party at the Community Cafe. At left, Bernice and Jenny who rely on Meals on Wheels.



we called Rose's emergency contact to see if they could tell us where she might be. Our attempts to locate her whereabouts were unsuccessful so the Meals on Wheels office called the local police department to conduct a wellness check. When the police arrived, they found Rose on the floor suffering from a medical episode. Rose was transported to the hospital where she was able to receive medical treatment. If it were not for our daily safety and wellness check, we do not know if or when Rose would have received help.

Meals on Wheels of Ocean County often asks our participants for feedback on our services and their well-being. Here are some numbers that prove Meals on Wheels of Ocean County is More Than Meals and that we make a difference every day in our seniors' lives.

- 98% feel more confident living independently due to Meals on Wheels of Ocean County
- 83% would not have a daily hot meal if not for Meals on Wheels of Ocean County
- 98% eat a more balanced diet because of Meals on Wheels of Ocean County
- 95% feel less lonely because they receive daily meals

We are More Than Meals.

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The Causeway Gazette

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

Editor: Joe Stroffolino
Assistant Editor: Kaitlyn Strohmeier
Publisher: Jayme Hill-Gardner
Creative/Comp: Theresa Maye
Marketing: Brianna Kennedy

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



The Wintrode Family Foundation



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

HELP FAMILY PROMISE OF THE JERSEY SHORE CHANGE HOW HOMELESSNESS LOOKS IN OCEAN COUNTY

Since joining Family Promise of the Jersey Shore a few years ago I have had a similar conversation with well-meaning folks many times.

“I saw these homeless people the other day,” it begins.

The location is usually some public area such as outside a store, in a park or by a library.

“How do you know they are homeless,” I ask. “Did they tell you?”

“No, I didn’t talk to them,” they say.

“Then how do you know they are homeless?”

“Well, they looked homeless.”

Maybe the people they saw were experiencing homelessness but the truth is homelessness doesn’t have a look.

Homelessness has many human faces. Many of them you may not notice as homeless as they cross your path daily.

You may not notice them blowing through their savings by staying in a motel as they serve you coffee or help you at checkout at your favorite store.



You may not see them sleeping in their cars in the parking lots of box stores at midnight only to wake in the morning to go to work at a doctor’s office or a school.

You can’t see them couch surfing, bouncing between friends and family night after night while attending college full time and holding down a job.

Chances are you won’t notice the 70 or 80 people who call us every day needing help to stay in their homes after one of life’s setbacks.

You wouldn’t notice the families in our family shelter program as they go about their day of work and school.

We rarely share or post pictures of the individuals and families we help. Beyond professionalism and confidentiality, we treat every single person who reaches out to us with respect and dignity, and honor their privacy.

Recently a mom in our program said she wanted to share a little of her story and how Family Promise of the Jersey Shore was helping her family. We agreed on a picture.

The photograph is a silhouette of a mother sharing a happy moment with her child in the kitchen in our day center.

Homelessness can also look like this as we work to help families and individuals secure a place to call home.

The number of our neighbors facing homelessness continues to grow, outpacing resources and funding for services to assist those in need.

Please support Family Promise of the Jersey Shore with your donation that will change the look of homelessness in Ocean County.

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.

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

For more information about our mission visit www.familypromisejerseyshore.org.

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

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WITH AN AMAZING TEAM, HEARTS OF MERCY HELPS LOCAL YOUTH

Hearts of Mercy is a small, yet very powerful Non-Profit Organization, 100% led by volunteers who are dedicated to help better the lives of our local youth throughout Southern Ocean County.

Hearts of Mercy started when Kristin Santorelli, the founder, born and raised in New Mexico, arrived in New Jersey. Kristin shared “When I moved to New Jersey, I quickly noticed something I couldn’t ignore – underserved and at-risk youth struggling

without the resources or support they deserve. These were smart, resilient children held back by circumstances beyond their control. I knew I had to act, and that’s why I founded Hearts of Mercy, committed to changing the odds for our children.”

With an amazing team, Hearts of Mercy now reaches youth from all levels of income with ongoing events and programs throughout the year. Kristin has been doing this since 2010, incorporating Hearts of Mercy as a 501(c)(3) in 2015. Services provided are guided by trained volunteers, Certified Teachers and Honor Students, as well as Industry and Business Professionals.

What started as after school one-on-one tutoring has grown into what can only be described as life “Mentoring”, preparing our youth for a successful life, Since its launch, Hearts of Mercy has worked directly with hundreds of children providing tutoring and mentoring, art classes, music lessons, annual summer sports agility camps, traditional summer camps, local field trips, as

HEARTS OF MERCY

Love in Action

well as sponsorships in extracurricular activities. Check out our website and facebook to see upcoming Summer Activities and Camps, so much in the Horizon!

A few words from our Hearts of Mercy Family:

Parent:
“The staff has embraced my grandson with the sincerest willingness to help a child in need that goes beyond that of ‘just a tutoring program’, they offer so much more. Hearts of Mercy is invaluable in our community and to the children and families they serve.”

Volunteer:
"Best day I have had in a while. It's so good to feel like I have a purpose. The kids' enthusiasm is contagious. We are all put on this earth to make a difference!"

We Need Your Support to Keep Empowering Our Youth

This is the power of community. Sponsors like you make it possible to expand our reach, expand our programs, and give every child served the tools to thrive.

Your gift—no matter the size—directly supports the future of these young hearts. If you’ve ever believed in the power of planting seeds in good soil, this is your moment to give.

Upcoming event, hope to see you there!

Friday, August 1st, Queen City Marina, on LBI is hosting our Annual Summer Bash. Come and be entertained by The Pickles, enjoy delicious food, and take in a beautiful sunset on the bay. A perfect evening of music, good company, and coastal charm!

Please visit www.hearts-of-mercy.org to donate, purchase tickets and learn more.

Your sponsorship doesn’t just change lives, it transforms futures.

Join Hearts of Mercy. Invest in children’s potential.

Be part of something that matters.

UPCOMING EVENTS

PRESENTED BY OCEAN COUNTY COLLEGE FOUNDATION

NEW JERSEY SYMPHONY AT OCC

Join us on the beautiful Gateway Lawn and enjoy the sounds of your New Jersey Symphony under the stars! This free program features a medley of timeless classics, Broadway themes and patriotic favorites the whole family will love.

Saturday, June 24, 2025 at 8:00pm

ANNUAL SCHOLARSHIP CELEBRATION

Please join us to celebrate 60 years of service to our community! Your support directly impacts the students of Ocean County College though scholarships and grants as they pursue their dream of a college education.

Friday, June 27, 2025 at 6:00pm

ANNUAL OCC VIKING 5K AND FUN RUN

Lace up your running shoes in support of Ocean County College! This event is an annual tradition aimed at supporting the Foundation's mission of enhancing access to higher education for Ocean County residents through scholarships and awards.

Sunday, September 7, 2025 at 7:30am

2025 SUP THE RIVER

Make a splash for Ocean County College! Join OCC and the Kiwanis Club of Greater Toms River at the Toms River Yacht Club. Awards to the top three finishers in each category and gender, and a kid-friendly short course to wrap up the races! This competition is open to all levels.

Saturday, September 13, 2025 at 8:00am

Learn More: OCCFoundation.org

Ocean County College Foundation
College Drive, Toms River, NJ 08754
occfoundation.org | 732.255.0492

Mayors Wellness Campaign

RUN THE RAILROAD

5K & 1 MILE FUN RUN/WALK

SATURDAY, JUNE 28, 2025

Early registration: \$30
Race Day registration: \$40

- Fast course!
- T-shirts for first 100 registered!
- Age group awards!

Check-in: 7:30 am
1 Mile Walk: 8:30 am
5K Run: 9:00 am

Scan to register

Calvary Baptist Church
850 Railroad Avenue
Little Egg Harbor, NJ 08087

For more information & volunteer and sponsorship opportunities please call 609-968-1888 or email debbie@familypromisejerseyshore.org.

A NEED WE FEED'S 3RD ANNUAL BREWS AND BITES FUNDRAISER BRINGS COMMUNITY TOGETHER FOR A CAUSE

A Need We Feed hosted its 3rd Annual Brews and Bites fundraiser on Saturday, May 31st — and it was a tremendous success! Community members came together for a fun-filled afternoon featuring mouthwatering burgers generously donated by Burger 25, craft brews courtesy of Icarus Brewing, live music by Johnny Brue, an exciting gift auction, and more.

The event wouldn't have been possible without the generous support of its sponsors: Wells Fargo, RMS Title and Appraisal, Tri-County Agency of Brick, All County Exteriors, Obsidian Wealth Advisors, AnnieMac Home Mortgage, Cigars & More, and



Ola Elevate. Special thanks also go to the many local businesses that contributed to the gift auction, as well as to the dedicated A Need We Feed volunteers who helped ensure the event ran smoothly from start to finish.

Proceeds from the fundraiser support A Need We Feed's Weekly Meal Delivery Program, which provides warm, nutritious meals to veterans, seniors, families, and individuals experiencing food insecurity in our community.

To learn more about A Need We Feed's mission, upcoming events, or how to get involved through volunteering or sponsorship, visit www.aneedwefeed.org.



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Interfaith
Health & Support Services of Southern Ocean County
WWW.INTERFAITHSOC.ORG

VOLUNTEERS NEEDED

Volunteers are needed to help provide friendly support to our Seniors - a few hours per month, your choice of schedule. Our Volunteers are truly "Neighbors helping Neighbors", serving others with love, respect, hope and compassion.

Interfaith Health & Support Services is a non-profit, volunteer based organization partnering with community faith based communities and local businesses to provide free services & support to Seniors living at home independently in Southern Ocean County. Service area includes Forked River south to Tuckerton, and all of LBI.

SERVICES INCLUDE:

- Transportation to medical appointments
- Grocery shopping or food pantry delivery
- Transportation to Community Programs
- Respite & support for the caregiver of a loved one with Dementia or Alzheimer's
- Friendly visits & Reassurance phone calls

If you are interested in volunteering, or receiving services please contact us at: 609-978-3839



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



NJ GAY MEN’S CHORUS TO PERFORM PRIDE MONTH CONCERT AT THE OCEAN COUNTY LIBRARY TOMS RIVER BRANCH

TOMS RIVER – The Ocean County Library is pleased to celebrate Pride Month with a special concert by the New Jersey Gay Men’s Chorus in the Toms River Branch, 2 PM Saturday, June 28.

The acclaimed group will reach into its repertoire for a scintillating selection of well-known pop songs, classic favorites and new tunes.



The New Jersey Gay Men’s Chorus is an inclusive, volunteer 501 (c) (3) nonprofit organization representing communities in New Jersey and the surrounding region. Its mission is to “inspire pride, empowerment, equality, and acceptance to all through extraordinary music and actions.”

NJGMC connects with fans and followers through YouTube, Facebook, Instagram and X.

This program is generously sponsored by the Friends of the Ocean County Library – Toms River. The volunteer Friends support the Library through programs, fundraising and advocacy. New members are always welcome. Application forms are available at all Library branches and reading centers and on the OCL website.

Please register at <https://tinyurl.com/TRNJGMC> to attend this free program. For more information, please visit or call the OCL Toms River Branch, 101 Washington Street, (732) 349-6200. See the full schedule of Library programs in the online Calendar of Events.



KNIT & CHAT WITH THE WARETOWN WOOLIES AT THE WARETOWN BRANCH

WARETOWN – Would you like some convivial company while you work on your latest yarn project? Are you looking for patterns you have not tried? Would you like to learn from experienced knitters and make new friends? Grab your sticks and skeins and join the Waretown Woolies Knitting Group in the Ocean County Library Waretown Branch, every month in 2025.

The group gathers on select days from 1 PM until 3 PM. In addition, they conduct special one-on-one instruction from 3 PM until 4 PM. To register for instruction, please call the Branch, (609) 693-5133. The Waretown Woolies’ meeting schedule is:

- | | |
|------------------------|-----------------------|
| • Friday, July 18 | • Friday, October 31 |
| • Monday, August 25 | • Monday, November 17 |
| • Monday, September 29 | • Friday, December 19 |

It is open to all ages and experience levels. We will supply the yarn and needles, or bring your own. Relax and enjoy friendly chitchat while you create your newest knit, crochet or fiber-related piece, and find fresh ideas by swapping patterns.

Registration is not required to sit in with the Waretown Woolies. Anyone wishing to take part in individual lessons should visit or call the OCL Waretown Branch, 112 Main Street, (609) 693-5133. See the group’s schedule at <https://tinyurl.com/OclWWoolies>. See the full schedule of Library programs in the online Calendar of Events. OCL turns 100 this year and you’re why we’re celebrating! See details on Facebook, Instagram, X, YouTube, Spotify, Pinterest and <https://theoceancountylibrary.org>.

PAINTING PROGRAMS FOR KIDS COMING TO BRANCHES

TOMS RIVER – See how much fun painting on canvas can be when you dip your brush into paints that glow when the lights are low!

If you’re a youngster between age 5 and 12, you’re invited to our Glow Paint Party Classes with Lil Monsters Art in six branches of the Ocean County Library:

Monday, June 30

• Toms River Branch – 10:30 AM, 101 Washington Street, (732) 349-6200

• Point Pleasant Borough Branch – 2:30 PM, 834 Beaver Dam Road, (732) 295-1555

• Tuckerton Branch – 6 PM, 380 Bay Avenue, (609) 296-1470

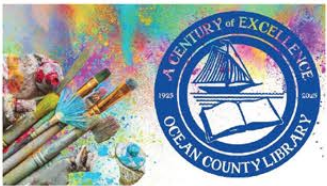
Wednesday, July 16

• Lacey Branch – 10:30 AM, 10 East Lacey Road, Forked River, (609) 693-8566

• Jackson Branch – 2:30 PM, 2 Jackson Drive, (732) 928-4400

• Brick Branch – 6 PM, 301 Chambers Bridge Road, (732) 477-4513

“Dress for a mess” and “glow with the flow” at this blacklight party with Lil Monsters Art. Artist and teacher Jamie Jarka will lead the fun as you fill your canvas with vivid color and create a design from your imagination. All the materials will be provided. Please register at tinyurl.com/OCLMonstersPaint to attend this free program at the participating branch of your choice. For more information, visit or call any participating branch or call (732) 349-6200. See the full schedule of Library programs in the online Calendar of Events.





We have the best kept secret in Manahawkin! A premier Craft Shop with local vendors selling unique gifts! They donate a portion of their proceeds to The Maximilian Foundation to help us raise funds to put Preventive programs in our local schools.







The Maximilian Foundation supports programs that Prevent self-destructive behaviors created by adolescent insecurities; strengthening the education of our young people by nourishing character, building confidence, and growing the life skills need to sustain better choices.

We want to be the  sign before the accident!

712 East Bay Ave Suite 6, Manahawkin, NJ 08050
themaximilianfoundation.org



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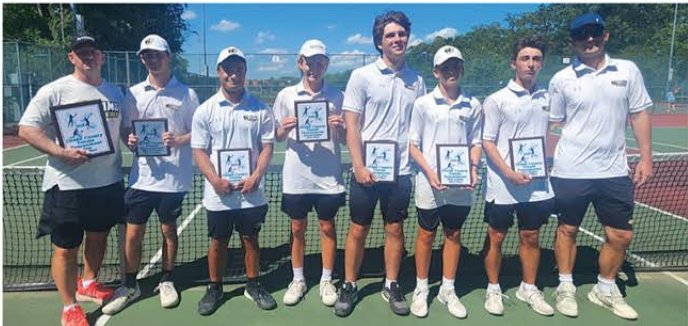


SOUTHERN REGIONAL SPORTS BEAT



Shore Conference Divisional Title Holders

The Southern Athletics concluded the Spring Sports regular season on Tuesday, May 20, 2025. Congratulations to our teams on winning a Shore Conference Divisional Titles this season: Girls Track and Field, Boys Volleyball, Boys Tennis, Boys Golf, Girls Golf, and Softball. Congratulations, student athletes and coaches. Continued Success.



Tennis

Congratulations, Southern Regional Boys Tennis, on winning the 2025 Ocean County Championship. Congratulations, players and coaches. #3Peat #609.

Multi-Sport

Congratulations, Southern Regional Multi-Sport Athlete Laina Foster, on being honored by the NJSIAA as a Scholar Athlete Award recipient. Laina is a member of the Field Hockey and Girls Golf teams at Southern. Laina was honored by the NJSIAA on Sunday, May 18, 2025, at the Pines Manor in Edison, NJ. Best of luck at Johns Hopkins University.



Softball

Congratulations, Southern Softball Seniors Madison Groschel-Klein, on her 122nd career hit - NEW SCHOOL RECORD and Emily Evans on her 200th career strikeout, both milestones picked up in the Rams' 7-2 victory over Mainland on Thursday, May 15, 2025. Continued Success.



Lacrosse

Congratulations, Southern Regional Girls Lacrosse on defeating Seneca 13-3 on #SeniorNight, Monday, May 12, 2025. Thank you, Seniors, for all you have done for Southern. Best of luck the rest of the season.



Lacrosse

Congratulations, Southern Regional Boys Lacrosse Joey Kessler, on his 100th career goal scored on Saturday, May 10, 2025, vs. Cedar Creek.

Volleyball

Congratulations, Southern Regional Boys Volleyball, on defeating Marlboro 2-1 on Thursday, May 22, 2025. With the victory, Southern captured the Shore Conference Tournament title. Continued Success!



Lacrosse

Congratulations, Southern Boys Lacrosse, Joey Kessler, on his commitment to continue his education and lacrosse careers at DeSales University.



Lacrosse

Congratulations, Southern Boys Lacrosse, Anthony Oddo, on his commitment to continue his education and lacrosse careers at Shenandoah University.



Lacrosse

Congratulations, Southern Boys Lacrosse Collin Markoski, on his commitment to continue his education and lacrosse careers at Illinois Institute of Technology. Collin is surrounded by his family. Best of luck.

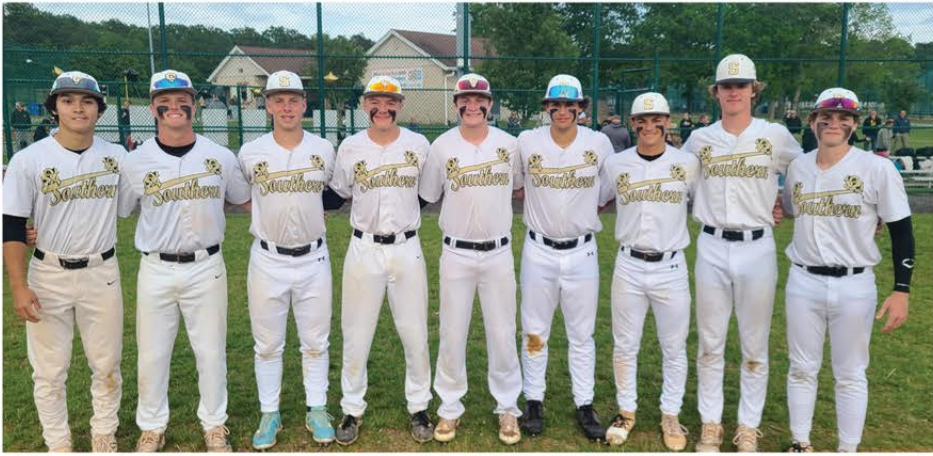


Lacrosse

On Monday, May 12, 2025 Southern Lacrosse players eclipsed milestones in their respective sports. Boys Lacrosse - Collin Markoski won his 700th career faceoff, Kyle Sininsky scored his 100th career goal. Girl Lacrosse- Goalie Adyson Griffin recorded her 400th career save. Special congratulations, that the boys team defeated Holy Spirit 19-1 and the girls defeated Seneca 13-3. Best of luck, the rest of the season



SOUTHERN



Baseball

Congratulations, Southern Regional Baseball on defeating Pinelands 10-0, May 28, 2025 on #SeniorNight - Doc Cramer Classic. Thank you, Seniors, for all you have done for Southern.



Surfing

Congratulations, Southern Surf Team, on a great showing at the Northeast Regional Championships on Saturday, May 31, 2025. JV Division - Southern Surf Team 3rd Place; Longboard final Logan Reiser 2nd place; Women's Final Giulia Milan 3rd place; Varsity Southern 4th place; Longboard Final; Aodhan Beetel 4th place; Men's Shortboard; Noah DeSimone 3rd place



Track & Field

Congratulations, Southern Girls Track & Field 4x100 and 4x400 teams on qualifying for the NJSIAA Track & Field Meet of Champions. Congratulations to both relay teams and coaches. Best of luck at the MOC meet. Photo Credit: Southern Girls Track IG handle.

FULFILL CAPACITY GRANTS USED TO SUPPORT LOCAL PANTRIES

Monmouth Worship Center Food Pantry receives freezer to increase capacity amongst growing demand

Neptune, NJ – “This is so wonderful. You have no idea.”

That’s how a grateful member of the community recently responded to volunteers at the Monmouth Worship Center Food Pantry in Marlboro. They made the comment after picking up nutritious meal items, including frozen food, thanks in part to a grant from Fulfill, the Food Bank of Monmouth and Ocean Counties.

Monmouth Worship Center Food Pantry is among over 300 Fulfill partners in Monmouth and Ocean counties, 28 of which have been awarded grants from Fulfill thus far in Fiscal Year 2025 (July 2024-June 2025). The Worship Center used the funds to purchase a chest freezer that increased its capacity to store frozen food by approximately 30%.

Fulfill has awarded more than \$66,000 in 37 capacity grants since July 2024.

“Most of us have no idea about how much work goes into the work pantries and soup kitchens do behind the scenes,” said The Rev. Rosemarie Broderick, Executive Director, Center for Community Renewal and Clergy-in-Charge at Saint Mark’s Episcopal Church in Keansburg. Broderick is also chair of the APAC (Agency Partner Advisory Committee) committee, which determines which capacity grants can be awards, as well as member of Fulfill’s Board of Trustees. “To store and distribute fresh, nutritious



Monmouth Worship Center Food Pantry volunteer Lisa Luisi stands with the pantry’s new chest freezer, which was made possible through a grant from Fulfill. The freezer allows the organization to store more fresh proteins, and increases its capacity to store frozen food overall by about 30%.

food they need functioning freezers, refrigerators, water dispensers and more. They might need anything from utensils to tables, ceiling fans to wheelchairs, and shelves to shopping carts to provide their core services to those in need.”

The capacity grants allow Fulfill’s network of pantry partners to request funds from the Food Bank to improve their facilities to serve neighbors in need. Freezers and refrigerators are the most commonly requested item Fulfill’s team has addressed. Fulfill offers these grants as a part of its mission to ensure a strong network of partners where those experiencing hunger can access healthy, nutritious foods.

“We can now keep a richer variety of meats, vegetables and fruits fresher and longer for those in need,” said Carmelita Froome, Worship Center volunteer. “We can better streamline distribution and meal planning. Another benefit is that we can offer these nutritious, protein- and nutrient-rich foods to all of our patrons, rather than only to those who are first to arrive on distribution days.”

The freezer helps Froome and other volunteers provide sustenance to far more individuals now than the center’s smaller, older freezer, which had recently broken. Froome and fellow volunteers are already thinking ahead to the Thanksgiving holiday, when the new freezer will allow them to store more turkeys and staples for holiday tables.

“Our Capacity Grant Program is one of many innovative ways we address hunger in our community,” said The Rev. Broderick. “We proudly fuel inventive ways to help the increasing number of our neighbors who are food insecure. We are grateful for the donations from individuals and organizations that make these efforts possible.”

Fulfill encourages organizations seeking assistance through its Capacity Grant Program to contact the Network Engagement Team (NET) at 732-918-2600 or email net@fulfillnj.org. To make a donation to support Fulfill and it’s programs, visit <https://fulfillnj.org/>.



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BARNEGAT SCHOOL DISTRICT AWARDED FOR MUSIC EDUCATION - AGAIN

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — For the sixth year in a row, the Barnegat Township School District was honored with the 2025 Best Communities for Education Award by the National Association of Music Merchants Foundation (NAMM).

The annual Best Communities for Music Education award, now in its 26th year, is a testament to BTSD’s dedication, creativity and collaboration among the teachers, staff, administrators, students, their families and school community to ensure the arts remain a vibrant part of the education program, the district said in a news release.

“We have such incredible music education teachers in the BTSD,” said Maggie Reilley, the district’s Supervisor of English Language Arts, Social Studies and Visual/Performing Arts. “Our music educators go



BHS Jazz Band Mirage performing during the 2024-2025 school year. (Barnegat Township School District)

above and beyond to help our students continue to grow their abilities throughout each district music course and program in fun, unique and engaging ways to maximize their experiences. Our support and collaboration with

the community, board of education, our teachers, and administration create an environment where our students can thrive throughout their music journeys.” This year, BTSD highlighted the music, vocal and instrumental arts through many events and programs including the BHS Recording Arts program, Recording Arts Voice of BHS Contest, combined Jazz Band Concerts, collaborative art shows and concerts, cross-curricular collaborations with the English Language Arts department, each school’s vocal and instrumental concerts, and music-education based field trips. The district also celebrates the many local and state competitions students participate in, such as the Ocean County and State Teen Arts Festival, and Trills and Thrills – where the district earned Superior for all vocal and instrumental groups participating this school year.

BTSD, too, hosted Tournament of Bands (TOB) New Jersey State Marching Band Championships for the third consecutive year, as well as a local Tournament Indoor Association (TIA) Indoor Color Guard & Percussion Competition for the fourth year in a row. At both events, more than 25 marching bands and color guard units participated.

In addition, the district’s fourth annual One Barnegat Music and Arts Festival will take place at 5 p.m. on Wednesday, June 4 at Barnegat High School, 180 Bengal Blvd. The festival features the artwork of students in all grade levels. During the event, the chorus, choir, all bands and all drama groups will perform to showcase their talents.

“We believe that music and the arts are more than electives or extracurricular activities; they are essential to provide our students with a well-rounded education,” said Reilley. “Students are learning technical proficiency and musical literacy in all general music, vocal and instrumental courses to enrich student lives emotionally, socially, intellectually and create a love of music. In addition to this knowledge, students are learning collaboration, teamwork, creativity, expression to build emotional intelligence and confidence, the value of working hard and resilience as they continue to learn and grow.”

The NAMM Foundation is a nonprofit organization supported in part by the National Association of Music Merchants and its approximately 10,400 members around the world. The foundation advances active participation in music making across the lifespan by supporting scientific research, philanthropic giving and public service programs.

For more information about The NAMM Foundation, please visit www.nammfoundation.org. For more information on the arts programs at BTSD, go to www.barnegatschools.com.

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Old World Sicily and Malta with Collette Vacations (November 5-16, 2025) Discover how ancient traditions blend into modern society as you travel along timeless Italian Maltese ad Sicilian towns. This 11-night small group departure (under 24 passengers) includes: transfers to the airport from Home Town Travel, r/t airfare, hotel accommodation, professional guide, daily meals and entrance fees. The rate is based on double occupancy at \$5399.00. An information night will be held in October. Please call for more information

Iconic Christmas Markets aboard AMA Reina (November 25, 2025 Nuremburg to Budapest) Limited availability. Travel back through centuries you walk along cobblestone streets through grand cities and historic towns. Visit one of the oldest Christmas Markets in Germany, Regensburg Artisan Christmas markets, and one of Bavaria's most beautiful and romantic cities, Vienna. Rates start at \$3699.00 per person. Airfare and pre/post stays are available.

Twelve Night Vietnam and Thailand cruise aboard the Celebrity Solstice (March 13-26, 2026) This bucket list trip starts in Hong Kong and ends in Singapore and visits Hanoi (Halong Bay), Ho Chi Minh, Bangkok and Ko Samui Thailand. Rates include balcony cabins, beverage package, gratuities, and WI-FI. Save over \$1500.00 per cabin with our special rates. Airfare and pre-and-post packages available.

Cultural Treasures of Japan with Collette Vacations (May 10 -23, 2026). Welcome to Japan, "Land of the Rising Sun." Explore ancient and modern Japanese culture firsthand. This amazing 14-day tour includes: transportation from Home Town Travel to Newark airport, r/t airfare, hotel accommodation, professional guide, daily meals and entrance fees. Please call for more information and rates.

In the works for the fall of 2026: Netherlands, Belgium and France and January 2027 a cruise to an Antarctica.

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

SENIOR CORNER

EXERCISE IS CRUCIAL FOR MANAGING PARKINSON'S DISEASE

By Sonya Collins, AARP

“Exercise is one of the most powerful ways to change someone’s course with Parkinson’s,” says Jori Fleisher, M.D., a movement disorder specialist and associate professor of neurological sciences at Rush University in Chicago. “Even if you are a never-exerciser, that’s OK. Start today.”

A growing body of research finds that regular physical activity — the kind that gets the body moving and the heart pumping — can significantly reduce the severity of PD symptoms and how fast they progress. Research highlights the benefits of:

- High-intensity interval training, or HIIT
- Dance
- Exercise that involves learning a new skill

Exercise is good medicine

Exercise is therapeutic for people with Parkinson’s disease. That was the conclusion of a 2024 analysis in the Journal of Neurology, Neurosurgery and Psychiatry, which reviewed research articles published over the past several years that explored the benefits of exercise for people with PD.

While there’s far more published research on the effects of vigorous

physical activity in mice bred to have PD symptoms, the existing evidence on the benefits of exercise in people with the disease is very promising.

“Exercise has multiple clinical benefits in Parkinson’s disease,” says exercise physiologist Martin Langeskov-Christensen, associate professor in the department of clinical medicine at Aarhus University in Denmark and an author of the 2024 analysis. “It actually addresses both motor and non-motor symptoms.” Motor symptoms are related to movement, like walking and keeping your balance. Non-motor symptoms can include depression, anxiety, sleep troubles and cognitive problems.

In one study included in his team’s analysis, researchers followed 237 people with early PD for an average of five years. Those who maintained regular levels of physical activity over that time saw a slower decline in their ability to perform activities of daily life.

Keeping your body moving might improve or stabilize motor symptoms like walking and balance problems. You’ve probably also heard — or even experienced firsthand — how exercise can improve problems unrelated to movement, including

low mood, fatigue, sleep troubles and constipation.

“People will complain of abdominal pain from slowed gastric motility, and the first thing we say is, ‘Exercise,’” says Rebecca Gilbert, M.D., chief mission officer, American Parkinson’s Disease Association. After a meal, “take a walk around the block, get everything moving,” she recommends.

Intense exercise may enhance brain circuitry

There’s some evidence that increased exercise in people who have Parkinson’s may interfere with the underlying disease processes that cause these symptoms.

Though the research is still in the early stages, there are some positive signs that exercise affects neuroplasticity. Simply put, neuroplasticity is the brain’s ability to change and adapt in response to learning, experiences or injury. That means that even in the face of a disease that is killing cells in the brain, the brain can still change in response to the positive effects of exercise.

Parkinson’s disease involves a loss of the brain cells that produce dopamine, a chemical messenger that is critical to movement and mood, among other functions. “There are a few studies, using PET scans of the brain, that show that after six months of aerobic exercise, dopamine levels increase in the brain,” Langeskov-Christensen says.

One small study, published in npj Parkinson’s Disease in 2024, found that high-intensity exercise might slow the neurodegeneration that PD causes. In the study, 10 people with mild and early PD participated in the Beat Parkinson’s Today exercise program, which involved high-intensity workouts, including cardio and strength training at least three times a week for six months. Participants wore heart monitors to ensure their hearts

were beating at around 80 percent of the max capacity for their age. Signs that you’re pushing yourself hard enough include sweating, heavy breathing and an inability to say more than a few words without taking another breath.

Brain MRI and PET scans taken before the program began and six months later showed signs in 9 out of the 10 participants that the dopamine-producing brain cells probably became healthier.

“We knew that exercise was good for symptoms, but this study shows that it’s actually neuroprotective,” says study coauthor Sule Tinaz, M.D., associate professor of neurology at Yale School of Medicine. Tinaz and her colleagues hope to replicate the results of this study in a larger randomized controlled clinical trial.

What kind of exercise works best?

By now you may have put on your sneakers and are ready to get started. So what kind of exercise helps people with PD?

Much of the research on this topic is on aerobic exercise. Also known as “cardio,” it’s the kind of exercise that gets your body moving and your heart pumping, like dancing, jogging, swimming, tennis, cycling, brisk walking and stair climbing. The emphasis here is on getting your heart rate and breathing up above your general resting state. “You want to make sure people are pushed,” Gilbert says. Taking a brief stroll around the block without raising your heart rate is probably not as good as really getting a workout in, she adds. The Parkinson’s Foundation’s exercise guidelines call for at least 90 minutes of cardio as part of 150 minutes of moderate to vigorous exercise each week. The Foundation recommends that everyone with PD see a physical therapist specializing in PD for a full functional evaluation and recommends exercise during “on” periods, when taking medication.

According to the Parkinson’s



JackF / stock.adobe.com

Foundation, your weekly 150 minutes of moderate to vigorous exercise should include:

- **Aerobic activity:** 3 days/week, at least 30 minutes per session of continuous or intermittent movement at moderate or high intensity
- **Strength or resistance training:** 2-3 nonconsecutive days/week for at least 30 minutes per session
- **Balance, agility and multitasking:** At least 2-3 days/week — every day, if possible — of exercises that rely on these skills
- **Stretching:** At least 2-3 days/week; every day, if possible.

Start where you are...with a push

How to raise your heart rate, and how much, depends on your current fitness level and abilities, your medical history, your medications and other individual health factors. If you’re not a regular exerciser yet, it might not take much to get your heart rate up, or you may take medications that mean you shouldn’t increase your heart rate past a certain point. But if you’ve been working out regularly for a while, you may need more intense physical activity to get your heart pumping harder.

In the study that tracked 237 people with early Parkinson’s for five years, people benefited from exercise regardless of their fitness level or physical abilities at the start of the study.

This shows it’s never too late to start exercising to get long-term benefits — no matter your fitness level or your disease stage. Start with whatever is a challenge for you and work your way up to 150 minutes of exercise activity per week, Gilbert says.

“Exercise is one of the best things we can do for ourselves, especially when living with Parkinson’s. Knowing that, many people ask not just ‘what’s the best exercise?’ but also ‘how much should I exercise?’ That’s a balance each person has to find for themselves. Exercise should feel hard. It should challenge you and make you sore and somewhat fatigued. But not so sore that you are injured or so exhausted that you can’t do your normal activities,” neurology and lifestyle medicine physician and movement disorder specialist, Rachel Dolhun, M.D., principal medical advisor at The Michael J. Fox Foundation wrote on LinkedIn in May in response to a recent report on the possibility of overexercise with Parkinson’s.

Choose exercises that challenge your brain

What was that about dance and learning new skills? You may get more benefits from exercise that challenges your brain to think and learn while you move your body, Gilbert says, like dance.

“Learning something new, learning how to move in a new

way, can change the biology of the brain,” she says. Animal studies, she says, have shown that a moderate-intensity but mentally challenging exercise may improve blood flow to the brain more than a high-intensity but familiar exercise would.

So, given the choice between the same daily brisk walk and your first-ever tango class, choose tango.

Dancing, in fact, may not only raise your heart rate and teach you something new, but it may also benefit your mood. For some people with PD, depression takes a greater toll on quality of life than movement problems do.

In a study published in 2024 in the Journal of Medical Internet Research, 23 people with PD took weekly dance classes at Canada’s National Ballet School for eight months. Building on previous research that showed dance classes helped with movement, mood and functions of daily living, this study found that after the dance classes, participants reported fewer symptoms of

depression, and MRIs showed fewer biological signs of depression.

Besides the exercise and learning components, dance classes also give you a chance to socialize, which can help reduce symptoms of depression.

Boxing has gotten support from Parkinson’s research studies as well. Several small studies have shown that boxing can improve motor and non-motor symptoms of the disease. Researchers suggest it’s the aerobic and strength training, along with balance and footwork and stretching that’s beneficial. Group boxing classes, like dance classes, also come with camaraderie built in.

Whether it’s tango, pickleball or ping-pong, pick something you’ll enjoy so that you stick with it. “When you have Parkinson’s disease,” Langeskov-Christensen says, “it becomes more difficult to motivate yourself. You should really do ... what motivates you.”

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Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at www.nia.nih.gov/falls-prevention.

NIH National Institute on Aging

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The loss of a loved one is one of life's most stressful events. It affects your whole self—mind, body and spirit. While every loss is unique, having the support of others who have experienced a loss and understand can be comforting.

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LACEY TOWNSHIP – That dull back pain or posture problem might not be a temporary matter. They might be signs of osteoporosis. If you're an adult or senior with concerns about bone health, learn about osteoporosis at the Ocean County Library Lacey Branch, 2 PM Tuesday, July 15.

This enlightening Ocean County Health Department presentation will explain the ways that the body's bone repair slows with age and describe symptoms such as back pain, drooping stance, and even loss of height. Then you will discover how nourishment, exercise, and medical consultations that can help to lessen your risk.

Please register at <https://tinyurl.com/OclOchdBones> to attend this free program. For more information, visit or call the OCL Lacey Branch, 10 East Lacey Road, Forked River, (609) 693-8566. See the full schedule of Library programs in the online Calendar of Events.

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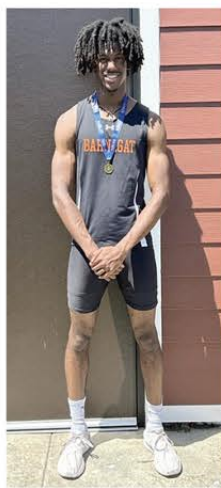
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Barnegat Boys Tennis



Boys Track

Congratulations to Kyle Greenleaf Barengat of Boys Track on your SJG2 400 meter champion win!

Girls Track

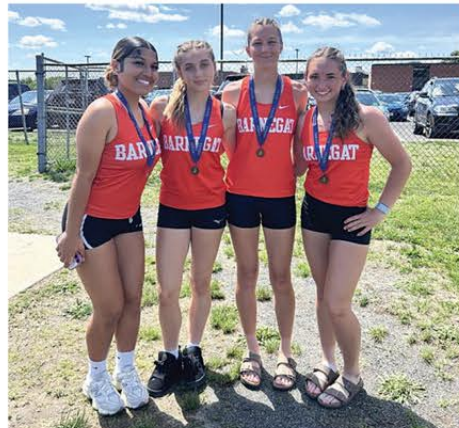
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Girls Track



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Esports

Senior Sebastian Sares signs with Syracuse University! Sebastian's entire tuition will be covered by an academic/esports scholarship, and will be playing with the Syracuse esports team this upcoming year! Congratulations!



AWARD-WINNING BARNEGAT 5TH GRADER SEES FINANCE CLASS PAY OFF IN DIVIDENDS

Fifth grader Nolan Nguyen created a (fake) investment portfolio in class. It paid off in the form of a national award.

BARNEGAT, NJ — Skip the financial advisor next time you have questions about stocks - this Barnegat elementary schooler has you covered.

Nolan Nguyen, a fifth grade student at Robert L. Horbelt Elementary School, created a long-term investment plan that won him first prize in New Jersey and third place nationally in the SIFMA Foundation's Fall 2024 InvestWrite competition, the organization announced in a news release.

His essay was chosen from thousands of entries and displayed a clear understanding of diversification, long-term investing and risk, according to the SIFMA Foundation (read his essay at the end of this article). Nguyen and his teacher, Roy Huff, were honored at a ceremony on May 29.

InvestWrite is the capstone to the SIFMA Foundation's Stock Market Game, a curriculum-based simulation in which students manage a hypothetical \$100,000 portfolio of stocks, bonds, mutual funds and cash. The program has reached more than 23 million students since 1977.

“We’re thrilled to celebrate Nolan for this outstanding achievement,” said Melanie Mortimer, President of the SIFMA Foundation. “This is a powerful example of how financial education helps young people take control of their futures. By understanding long-term investing, students like Nolan are building not just portfolios, but real financial confidence, know-how and independence.”

Each year, InvestWrite challenges students to apply what they've learned in the Stock Market Game to a real-world investing scenario. Thousands of financial professionals across the country volunteer to judge the essays, selecting winners who demonstrate depth of knowledge, critical thinking, and a practical vision for financial independence.

In the Fall essay writing competition, 4th–12th grade students were asked to reflect on their Stock Market Game portfolios and consider the following questions: “Was your portfolio diversified? If so, how? If not, how could you make it more diversified for long-term financial success?” Students were challenged to explain their investment strategy and recommend a future approach to saving or investing that reflects their understanding of a sound, diversified financial plan.

the 11 sectors based on size is as follows: Information Technology, Healthcare, Financials, Consumer Discretionary, Communication Services, Industrials, Consumer Staples, Energy, Utilities, Real Estate, and Materials. (That was a mouthful!) My teacher used the phrase “Don’t put all your eggs in one basket.” A portfolio is a collection of really anything and everything, but in this instance, we are referring to a collection of stocks, bonds, (basically an IOU, but with interest), and mutual funds.

then after that I will explain how my portfolio is diversified.

- Apple - 10 shares
- Baron Partners Fund R - 6 Shares (Mutual Fund) - 10 shares
- Carvana (Short, 10 shares)
- Constellation Energy Corporation - 10 shares
- Duolingo - 15 shares
- Microsoft (short - 10)
- Netflix - 10 shares
- Nvidia - 20 shares
- PepsiCo - 10 shares
- Reddit - 2 shares
- Spotify - 30 shares
- Target - 20 shares
- Tesla - 40 shares

I shall now explain how my portfolio is diversified. For example, while Constellation Energy is in the energy sector, Spotify is in the communication services sector, and Baron Partners Fund R6 Shares alone has stocks in Consumer Discretionary, Industrials, Financials, Real Estate, Information Technology, and Healthcare sectors. You are probably thinking, “Will this kid ever stop shooting off his yap-per?”...and the answer is no. This is just the beginning. I will point out how my portfolio is, sadly, not diversified. For example, Duolingo and Nvidia are both in the Information Technology sector, Netflix and PepsiCo in Consumer Discretionary, (along with Reddit) and...that’s really it. Lastly, to analyze the performance of my portfolio. This is pretty short. My portfolio is actually really volatile, (Bumpy, up-down, you get the idea.) but if you look at the bigger picture, it basically just goes up over the past two months I’ve been playing the Stock Market Game.

Overall, my experience with the Stock Market Game was super exciting, educational, and really just interesting, and the great thing is that I can use these skills later on. I hope that you learned a lot (Although this really wasn't meant to be educational to any readers) throughout this essay, and I just hope you enjoyed it. Nothing else I really have to say, except... well... The process is just so simple once you break it down!!! (*Sigh* and to think I spent six hours working on this essay every weekend...)

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Weastlight / stock.adobe.com

Here's Nguyen's winning essay, courtesy of the SIFMA Foundation:

Have you ever heard of the word's diversification, stocks, mutual funds, bonds, index funds, shorting?... I could really go on with this all day, but you're probably wondering where I learned all these words. In my Gifted and Talented class, my fellow peers and I played the Stock Market Game.

Now you're probably thinking, "You've only confused me more! What is the Stock Market Game?" So, for all you poor souls who don't know, a stock is a share of a company. So now, you're probably thinking "I see! The Stock Market Game is where you buy stocks!" But still wrong. The Stock Market Game is where you buy stocks using pretend money, so you don't go bankrupt. ("Game," anyone?)

First, let me explain some other words. Diversification is when you spread your investments in a variety of companies in different sectors. You can also invest in things like gold and silver. From my reading of *The Motley Fool*, the order of

(a mutual fund is basically a whole lot of stocks grouped together) basically anything and everything financial. A short sale (shorting for short (pun not intended, promise) is betting on a stock to go down.

Going off the previous paragraph, let's talk about diversifying your portfolio. You can probably figure this one out at first glance, but if you don't know, it's basically like my teacher said, "Not putting all your eggs into one basket." The concept is simply investing in stocks from different sectors to add to your portfolio. (That's simple now that you look at it, right?) Although you are probably thinking "Why would I want to do this?" The answer is, really simple. For example, if you invest in both healthcare and technology stocks, and technology stocks go down, you, at the least, will just not lose as much money, (it's also really based on how good your stocks are) because your healthcare stocks are still doing alright. (That's simple now that you look at it, right?)

Now, let's talk about diversifying my portfolio. Below are my stocks, and

HONDA CIVIC HYBRID NAMED “BEST NEW CAR FOR TEENS” BY U.S. NEWS & WORLD REPORT

The 2025 Honda Civic hybrid has been named a “Best New Car for Teens” by U.S. News & World Report in the publication's 2025 new car rankings. The Civic hybrid earned top honors in the \$30,000 to \$35,000 class.

This marks the third time the Honda Civic has been honored with a “Best New Car for Teens” award, an accolade with a primary focus on safety.

The 11th-generation Civic is a safety leader in the compact class thanks to advanced active and passive safety technology that comes standard on every Civic. The 2025 Honda Civic Hatchback has earned a 2025 TOP SAFETY PICK+ (TSP+) rating from the Insurance Institute for Highway Safety (IIHS). The refreshed 2025 Honda Civic Sedan earned the IIHS 2025 TOP SAFETY PICK (TSP) rating. Both ratings include the Honda Civic hybrid models, which are positioned at the top of the 11th generation Civic lineup and represent nearly 35% of sales.

To be named a Best New Car for Teens, a vehicle must have the best combination of predicted reliability ratings, crash test scores, available advanced driver-assistance features, and top critics' recommendations in its price category.

As an additional benefit to teen drivers, the 2025 Civic Hybrid with 9-inch touchscreen is compatible with the Honda Driver Coaching app, which is designed to help new drivers, particularly teens, improve their driving skills and promote safe driving practices. By connecting the app to the vehicle through Apple CarPlay, it provides real-time analysis of driving inputs such as acceleration, braking, and steering. After each driving session, users receive a driving score and personalized coaching tips to enhance their driving behavior. The app also includes a detailed map of the route taken and a summary of driving performance, making it a valuable tool for driver education.

Safety for Everyone

Based on the longstanding Honda "Safety for Everyone" approach, which focuses on advancing safety for everyone sharing the road, all 2025 Civic



2025 Honda Civic Sedan Sport Touring Hybrid

models are equipped with the Honda Sensing® suite of safety and driver-assistive technologies. This includes enhanced safety performance for 2025, with increased system visibility for motorcycles and bicycles for the Collision Mitigation Braking System™ (CMBS™) with Pedestrian Detection, and smoother, more natural feeling to the functions of both Adaptive Cruise Control (ACC) and Lane Keeping Assist System (LKAS).

The standard Honda Sensing® suite of safety and driver-assistive technologies on Civic also includes Forward Collision Warning, and Road Departure Mitigation (RDM) incorporating Lane Departure Warning (LDW). All Sport models are also equipped with blind spot information with Rear Cross Traffic Alert. Honda Sensing® is now standard on all new Honda models, found on over 9 million Honda brand vehicles on U.S. roads today.

All Honda vehicles benefit from the proprietary Honda Advanced Compatibility Engineering™ (ACE™) body structure, designed to help protect occupants in a wide variety of frontal collisions, along with advanced supplemental restraint systems. When the Civic was last fully redesigned for the 2022 model year, Honda engineers enhanced ACE™ with a new structure that is optimized and integrated into the front sub-frame and side-frame that improves Civic crash compatibility with smaller vehicles, and occupant protection in oblique frontal collisions.

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SOBER LIVING 'LARRY'S HOME' FOR VETERANS HITS MILESTONE IN SOUTHERN OCEAN

A donation of \$17,500 from the Westlake Veterans Group will fund a kitchen at Larry's Home, currently under construction.

By Veronica Flesher, Patch Staff

LITTLE EGG HARBOR, NJ — A sober living residence for veterans currently under construction in Southern Ocean hit a milestone recently thanks to a donation that will fund construction of a kitchen.

Just Believe Inc., Northern Ocean

Habitat for Humanity and the Westlake Veterans Group announced the kitchen news during a special gathering at the Westlake clubhouse in Jackson.

Larry's Home, named in honor of U.S. Army Veteran Larry Robertiello — who served two tours in Iraq — will provide a safe, structured environment for up to six veterans and a house manager. Residents will benefit from up to 12 months of supportive housing, including case management and reintegration resources.

"This home is more than a building," said Paul Hulse, CEO of Just Believe, Inc. "It's a promise to our Veterans that they are seen, supported, and valued."

A \$17,500 donation from the Westlake community will fully fund the new kitchen, a vital component of the home. Northern Ocean Habitat for Humanity will lead the installation, providing quality cabinetry and appliances to create a functional and welcoming space.

"This project exemplifies the power of partnerships," said Kristine Novakowski, CEO of Northern Ocean



Members of the Elite Builders Group, Kristine Novakowski (CEO of Northern Ocean Habitat), Greg Muszynski (Construction Project Director of Northern Ocean habitat for Humanity), Paul Hulse (CEO of Just Believe Inc.), and representatives from Westlake. (Courtesy of Just Believe, Inc.)

Habitat for Humanity. "By working together, we're not only building homes, but restoring hope."

The participating organizations said the collaboration was a testament to the shared commitment of local organizations and residents to support those who have served our country. The project has also drawn participation from the Elite Builders Group and key members of the Westlake Veterans Group, underscoring a strong and united community effort.

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*Figures valid October 2024 - September 2025

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YOU CAN GET CREATIVE EVEN WITH THE SMALL SPACES YOU HAVE

By Danielle Natale - Causeway Honda Sales Consultant

A few months ago, we were entertaining the idea of moving. We wanted to stay in the same town but just upgrade to more space. The fact is, I love my old Victorian, and I can't part with it. So, it made me think about how I can utilize the spaces I do have.

For example, my kitchen has a nook that has no purpose other than to collect items that already have other homes. I have always envisioned this space to serve as a breakfast area, so that's exactly what I turned it into.

I went in my attic, and I found a beautiful porcelain top table I had been saving. I didn't have the heart to get rid of it. Good thing! I also have an old church pew and a few antique bird pictures that I love.

I pulled from the colors in the table and found a stick and peel wallpaper on Amazon. It definitely brings the whole color story together! The walls are just sheer rock, so to make it more of a separate space from the kitchen, I added board and batten to the walls and painted that to match the rest of the room. I did this project in a day, which pretty much proves that I can turn all the spaces in my home into something usable and beautiful.

I didn't need another house, I just needed to problem solve what I already have by De-cluttering and Re-imagining my space. I'm thinking the porch is next!



SEVEN-LAYER TACO DIP

- Ingredients:**
- 1 (16 ounce) can refried beans
 - 1 (1 ounce) package taco seasoning mix
 - 1 (16 ounce) container sour cream
 - 1 (8 ounce) package cream cheese, softened
 - 1 (16 ounce) jar salsa
 - 1 large tomato, chopped
 - 1 medium green bell pepper, chopped
 - 1 bunch chopped green onions
 - 1 small head iceberg lettuce, shredded
 - 2 cups shredded Cheddar cheese
 - 1 (6 ounce) can sliced black olives, drained
- Directions:**
- Step 1:** Gather all ingredients.
- Step 2:** Blend refried beans and taco seasoning in a medium bowl; spread mixture onto a large serving platter.
- Step 3:** Mix sour cream and cream cheese in a medium bowl; spread over refried beans.
- Step 4:** Top with salsa. Layer tomato, bell pepper, green onions, and lettuce over top.
- Step 5:** Sprinkle over Cheddar cheese and garnish with black olives.



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P88166-L
\$22,987*



2024 Hyundai
Kona SEL
NRU072635
\$23,208*



2022 Honda
Accord LX
NNA041965
\$23,263*



2022 Honda
Civic Touring
HHN306964
\$23,318*



2022 Nissan
Rogue S
NNC718347
\$23,398*



2023 Nissan
Rogue SV
NPC846183
\$23,697*



2021 Mercedes-Benz
GLC 300 4MATIC®
NMF919537
\$23,820*



2022 Hyundai
Tucson SEL
YNH128559
\$23,960*



Scan For
Preowned



2022 Nissan
Murano S
FNC120281
\$23,987*



2022 Nissan
Rogue Sport SV
NNW479109
\$23,988*



2019 Honda
CR-V EX-L
HKH666961
\$23,999*



2023 Honda
Civic LX
HPE012624
\$24,156*



2022 Honda
Accord LX
HNA077545
\$24,363*



2022 Ford Bronco
Sport Outer Banks
YNRD04039
\$24,747*



2022 Hyundai
Tucson SEL
YNH122637
\$24,794*



2020 Honda
Odyssey Touring
HLB013902
\$24,916*



2023 Honda
HR-V Sport
FPM715525
\$25,005*



2023 Chevrolet
Equinox Premier
YPL175753
\$25,290*



2017 Ford
Transit-250 Base
FHK824635
\$25,400*



2023 Hyundai
Tucson SEL
YPH240031
\$25,609*



2023 Honda
HR-V LX
NPM706222
\$25,769*



2023 Honda
Civic EX
HPH317613
\$25,810*



2023 Honda
Civic Sport
HPH503383
\$26,091*



2022 Honda Accord
Sport Special Edition
HNA057150
\$26,385*



2020 Ford
Ranger Lariat
FLLA23261
\$26,731*



2022 Hyundai
Palisade SE
YNU449294
\$26,813*



2022 Honda
CR-V EX-L
HNA010013
\$26,949*



2022 Hyundai
Santa Fe SEL
YNH479841
\$26,987*



2023 Jeep Grand
Cherokee Laredo
FPC532005
\$27,380*



2024 Honda
HR-V EX-L
NRM711742
\$27,564*



2022 Ford Escape
Titanium Hybrid
FNUA26169
\$27,668*



2024 Honda
HR-V EX-L
HRM716788
\$28,252*



2020 Ford
F-150 XLT
FLFA24414
\$28,274*



2022 Lincoln
Nautilus Standard
FNBL00715
\$28,678*



2021 Ford Bronco
Sport Big Bend
FMRB41040
\$28,987*



2022 GMC Canyon
Elevation Standard
FN1105604
\$29,058*



2020 Honda
CR-V EX-L
HLL037496
\$29,184*



2024 Honda
HR-V EX-L
HRM766388
\$29,401*



2024 Nissan
Rogue SV
HRW432421
\$29,427*



2022 Honda
Pilot Sport
HNB049570
\$29,932*



2021 Lexus
UX 250h Base
HM2051547
\$29,975*



2021 Mercedes-Benz
CLA 250 4MATIC®
FMN167487
\$29,990*



2022 Ford
Explorer XLT
NNGA80396
\$30,318*



2022 Lincoln
Nautilus Standard
FNBL05019
\$31,384*



2023 Honda
Ridgeline RTL
P88162
\$31,748*



2020 Honda
Odyssey Elite
YLB048369
\$34,477*

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

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: July 7th

Congratulations!

to Last Month's Kid Winner!



Jocelyn



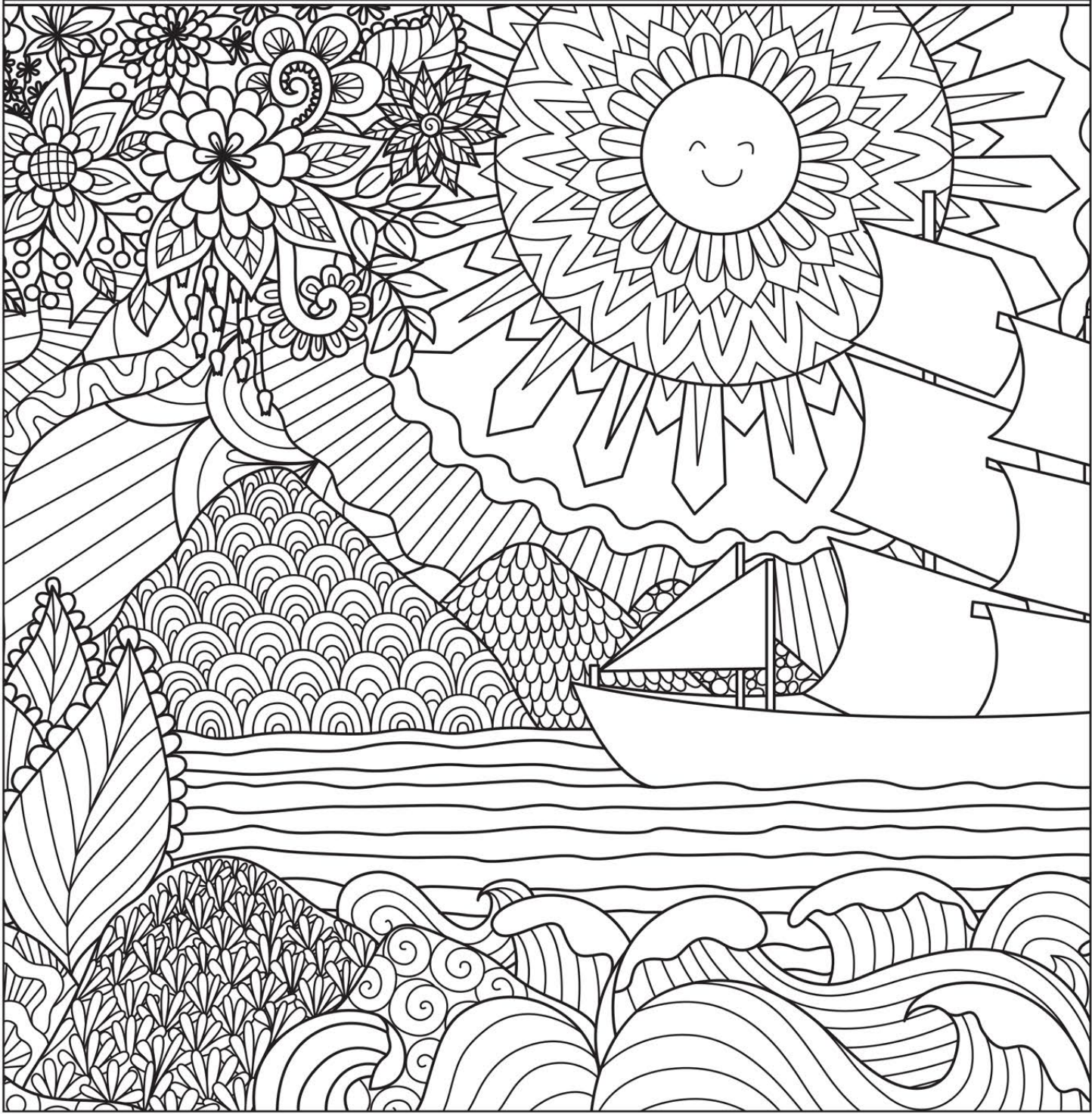
Mail to: Causeway Coloring Contest • PO Box 547, Manahawkin, NJ 08050

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: July 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!



Joseph



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OPEN MONDAYS
STARTING MEMORIAL DAY

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

SERVING
FULL BREAKFAST MENU
FRIDAY, SATURDAY
& SUNDAY
STARTING AT 8AM

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



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\$15.99 ALL INCLUSIVE MEAL
INCLUDES SOUP OR SALAD, ENTREE & DESSERT
CALL FOR MORE INFORMATION
AVAILABLE DAILY 2 PM TO 5 PM

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SUNDAY THROUGH THURSDAY-DINE IN ONLY
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