



# SCOUTING AMERICA RECEIVES GENEROUS “CAUSEWHEELS” VEHICLE DONATION



Pictured from left: Dave Wintrode - General Manager of Causeway Family of Dealerships, Joe Stroffolino - Director of Advertising and Marketing for Causeway Cars/Causeway CAREs, Corey Gellis - General Sales Manager of Causeway Cars, Chris Varner - Used Vehicle Merchandising Manager of Causeway Cars, John Brilla - Senior Development Director of Jersey Shore Council, David Wintrode - President of Causeway Family of Dealerships/Causeway CAREs, Jim Gillick CEO of Jersey Shore Council, and Frank Bopp Camp Director of Jersey Shore Council.

The donation was made possible through the Causeway Family of Dealership and Causeway CAREs.

Causeway CAREs is proud to donate a vehicle to Scouting America - Jersey Shore Council, helping their team expand community outreach and programs for local youth. This vehicle comes with a meaningful history: it was previously part of the Meals on Wheels of Ocean County fleet, delivering meals to seniors across our community. When these delivery vehicles are retired, Meals on Wheels donates them to Causeway CAREs. They are reconditioned

ensuring each vehicle is mechanically ready for the road again, extending their impact serving the community in new and meaningful ways. This marks the 20th Donation by Meals on Wheels!

Scouting America is celebrating a generous gift which will enable them to expand their reach and strengthen programs across the Jersey Shore. With Causeway Ford’s donation of a truck, Scouts will now have greater capacity to transport camping and activity gear, deliver supplies to local units, and ensure youth have access to the full range of outdoor adventures and leadership opportunities the organization provides.

The new vehicle will also serve as a key resource in outreach efforts, helping remove barriers to participation and connecting more families with the Scouting experience.

“We are greatly appreciative of Causeway Ford’s donation of this truck to the camp,” said Wayne Tonnesen, Ranger at the Joseph A. Citta Scout Reservation. “Joe was very helpful throughout the entire process. We plan to build a flatbed on the back of the truck to transport gear to and from camp—something that is vital to our camping operations.”

“The Joseph A. Citta Scout Reservation is a big part of my grandfather’s legacy. I’m thrilled that Causeway CAREs is donating a truck to support the camp, which continues to provide such a positive experience for young people,” said Kristin Farfalla, President of The Citta Foundation.

The Citta Scout Reservation, named in honor of Joseph Citta, continues to serve as a cornerstone for Scouting in the region. Providing opportunities for growth, leadership, and community for generations of youth.

Each year, Scouting America engages thousands of young men and women in programs that foster character development, leadership, outdoor education, and service to others. From camping

Scan to Learn More or Join Scouting America

and community projects to skill-building activities, Scouts gain confidence, responsibility, and a lifelong commitment to making a difference.

One upcoming opportunity for families to experience the spirit of Scouting is **Operation Halloween**, a community celebration hosted by the Rotary Clubs of Southern Ocean County in partnership with Scouting America’s Jersey Shore Council. The event will take place from 4 p.m. to 10 p.m. on Friday, October 24, and Saturday, October 25, at the Joseph A. Citta Scout Reservation in Brookville, NJ.

Operation Halloween features Pumpkin Street, complete with a free hay maze, games, face painting, costumed characters, and pumpkin painting. Visitors will also enjoy food vendors, organizational displays, and other festive seasonal activities.

Scouting America welcomes all boys and girls ages five and up, offering families a chance to join an adventure that combines fun with personal growth. Families interested in learning more or joining Scouting can visit [www.beAScout.org](http://www.beAScout.org) or using the QR code.

With the support of Causeway Ford, Scouting America is poised to continue growing, serving more families, and carrying forward its mission: preparing young people to make ethical and moral choices throughout their lives.

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The

Causeway

Gazette

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To learn more about Causeway CAREs, please visit [CausewayCAREs.com](http://CausewayCAREs.com) or email [Joe.Stroffolino@CausewayCars.com](mailto: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](http://CausewayCAREs.com).



**SAVE THE DATE!**



**CAUSEWAY 5K**  
FAMILY OF DEALERSHIPS

**CAUSEWAY CAREs**

**Sunday**  
**Oct 12, 2025**

**Southern Regional High School**  
90 Cedar Bridge Road,  
Manahawkin, NJ 08050

Scan below to participate



 **Register**

# FAMILY PROMISE OF THE JERSEY SHORE HOSTING ITS 12TH ANNUAL GIFT AUCTION NOVEMBER 8TH

The kids are back in school and thanks to your generosity many children in need now have the tools to learn.

Everyone who donated to our Back-to-School drive, and our wonderful volunteers who helped sort out the collections, made a difference in the lives of local kids.

Every positive action matters as we work to help families and individuals facing homelessness in Ocean County, especially as the crisis grows worse.

In the first half of this year we helped over 6,000 people, more than all the families and individuals we assisted all of last year. We receive between 80-100 phone calls a day from folks looking for help. Things are not getting better out there.

The situation is becoming dire as more of our neighbors are experiencing homelessness or are at risk of becoming homeless. It is also more costly to provide assistance to those in need.

We greatly need your support, your positive actions and your contribution to our mission of helping those in our community facing homelessness.

No positive action is too small. Donating \$5 a month, buying a young student a backpack or attending one of our fundraisers all make a difference.

Please join us for our next event and enjoy a fun night out while supporting our important cause.

Our 12th Annual Gift Auction is Saturday, November 8th at St. Mary's Parish Center located at 100 Bishop Way in Manahawkin, NJ. Tickets are \$20 in advance and \$25 at the door.

All proceeds from the night go directly to Family



A scene from the Family Promise Gift Auction last year.



Promise of the Jersey Shore's mission of helping local families and individuals navigate homelessness.

For tickets or more information please contact Debbie at 609-968-1888 or by email at [debbie@familypromisejerseyshore.org](mailto:debbie@familypromisejerseyshore.org).

Tickets are also available at St. Mary's Parish Office located at 747 West Bay Avenue in Barnegat, NJ 08005, Monday-Thursday from 9-5, Friday 9-3 and Saturday 10-4.

We are also seeking sponsors, volunteers and donations of gifts for the event.

Monetary donations may be sent online by texting "give" to 833-975-2970 or visit [pushpay.com/g/familypromisejerseyshore](https://pushpay.com/g/familypromisejerseyshore) to share your gift.


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


Thank you again for all your past and future support that makes it possible for Family Promise of the Jersey Shore to help local children, their families and others in need overcome homelessness.

Sincerely,  
Jim Lowney

Public Affairs Manager  
Family Promise of the Jersey Shore  
[jim@familypromisejerseyshore.org](mailto:jim@familypromisejerseyshore.org)  
[www.familypromisejerseyshore.org](https://www.familypromisejerseyshore.org)

**UPCOMING EVENTS**


PRESENTED BY  **OCEAN COUNTY COLLEGE FOUNDATION**



**A CONVERSATION WITH ADMIRAL JAMES G. STAVRIDIS, USN (RET.)**

A Florida native, Jim Stavridis attended the US Naval Academy at Annapolis, and spent 37 years in the Navy, rising to the rank of 4-star Admiral. Following his military career, he served for five years as the 12th Dean of The Fletcher School of Law and Diplomacy at Tufts University.


**Wednesday, October 8, 2025 at 6:00pm**



**THE 24TH ANNUAL GOLF CLASSIC**

Tee off for a good cause at Pine Barrens Golf Club. This annual event assists the Foundation in its mission to make higher education more accessible to Ocean County residents through scholarships and awards.

**Tuesday, October 14, 2025 at 9:30am**




**A CONVERSATION WITH BASIL CAMU**

Basil Camu is co-founder of Leaf & Limb, a tree care company in Raleigh, NC, and Project Pando, a non-profit that aims to connect people to trees. He is a Treecologist, ISA Board Certified Master Arborist, Duke graduate, Wizard of Things, and author of the book *From Wasteland to Wonder - Easy Ways We Can Help Heal Earth in the Sub/Urban Landscape*.

**Tuesday, October 28, 2025 at 11:00am**

Learn More: **OCCFoundation.org**



**OCEAN COUNTY COLLEGE FOUNDATION**

Ocean County College Foundation  
College Drive, Toms River, NJ 08754  
[occfoundation.org](https://occfoundation.org) | 732.255.0492

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of the Jersey Shore



**12th Annual Gift Auction**

**Saturday, November 8th**

Doors open at 4 p.m. First call begins at 6 p.m.

**Entry is \$20 in advance and \$25 at the door**

Refreshments Available for Purchase

**St. Mary's Parish Center**  
**100 Bishop Way**  
**Manahawkin, NJ 08050**

**Raffle tickets will be available at the event for CASH only!**

For tickets call 609-968-1888 or [debbie@familypromisejerseyshore.org](mailto:debbie@familypromisejerseyshore.org).



Tickets also available at St. Mary's Parish Office  
747 West Bay Avenue, Barnegat, NJ 08005  
Mon-Thu 9-5 Fri-9-3 Sat 10-4

[www.familypromisejerseyshore.org](https://www.familypromisejerseyshore.org)



# OCEAN PARTNERSHIP FOR CHILDREN CELEBRATES 20TH ANNIVERSARY AND EXPANDS SUPPORT INTO LOCAL SCHOOLS

As part of this milestone year, OPC is expanding its reach into local schools through the DREAMS Initiative.

By: Ocean Partnership for Children  
BRICK, N.J. - Aug. 21, 2025 - PRLog Ocean Partnership for Children (OPC) is proud to celebrate 20 years of providing care management services to youth and families in

Ocean County. As part of this milestone year, OPC is expanding its reach into local schools through the DREAMS Initiative, funded by the New Jersey Department of Children and Families (DCF)’s Children’s System of Care (CSOC).

Beginning this fall, OPC’s certified Nurtured Heart Approach® (NHA) Trainers will provide coaching, mentoring, and training to students, faculty, and staff at Silver Bay Elementary, West Dover Elementary, Plumsted’s PreK program, and Central Regional High School.

The program will be overseen by Danielle Galgon, OPC Training Coordinator and Advanced Certified NHA Trainer, who emphasized the importance of the initiative: “The goal is to help identify gaps for students and develop strong relationships with the schools to foster sustainable strategies within their environments,” Galgon said. “Some of these strategies may include NHA-focused counseling groups, calming areas, and reset stations for both students and staff.”

The Nurtured Heart Approach®, which focuses on building positive connections through intense emotions and reinforcing inner wealth and strength, is a powerful tool to help schools cultivate supportive and empowering environments for children



and educators alike. Liz Menges, Chief Operating Officer of OPC, added: “We’re honored to have been selected to participate in this initiative. Working closely with the schools in Ocean County will help to foster stronger relationships and support systems for our youth.” For two decades, OPC has been a cornerstone in Ocean County, providing strengths-based, family-driven care management services to more than 10,000 youth and their

families. The launch of the DREAMS Initiative reflects OPC’s ongoing commitment to addressing the evolving needs of youth, families, and the community by providing innovative and evidence-based services. For more information on Ocean Partnership for Children, visit [www.oceanpartnership.org](http://www.oceanpartnership.org). To learn more about the Nurtured Heart Approach®, visit [www.nurturedheartinstitute.com](http://www.nurturedheartinstitute.com).

*Please join Ocean Partnership for Children in recognition of October as Domestic Violence Awareness Month at our*

## 6th Annual Domestic Violence Candlelight Vigil

To honor the resilience and strength of all those impacted and in memory of those who have lost their lives due to domestic violence.

**October 9, 2025 at 5:30 PM**  
36 Washington St. Toms River, NJ

Resources for survivors and those impacted to be available starting at 5:30 PM, with vigil program and guest speakers to begin at 6:00 PM.

In support of Providence House, we kindly invite attendees to bring one of the following items to donate:

- Paper products
- Toilet paper
- Laundry Pods
- After-shower spray
- Women’s pajamas
- Trash bags
- Plastic utensils
- Diapers
- Keurig coffee pods
- Individually packaged snacks
- Water/juice boxes
- Boxes of pasta
- New full-size bath towels
- New full-size blankets & twin sheets
- Cell phone chargers
- Cleaning products



*“There are two ways of spreading light: to be the candle or the mirror that reflects it.” - Edith Wharton*

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## Interfaith

Health & Support Services of Southern Ocean County  
[WWW.INTERFAITHSOC.ORG](http://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 & Reassuring phone calls

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





# OCEAN COUNTY LIBRARY

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Keep up with Library programs and events at: [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events)



## DECADES OF DANCE FOR ADULTS WITH SPECIAL CHALLENGES: CELEBRATING 100 YEARS OF THE OCEAN COUNTY LIBRARY

TOMS RIVER – Adults with developmental disabilities and their caregivers are invited to the Toms River Branch to celebrate the Ocean County Library’s 100th Anniversary through dance at 11 a.m. Tuesday, Sep. 30.

DJ DanceMaur will guide participants as they dance through the decades and rock out with crafts, trivia, and decade-themed fun.

Space will be provided for those who wish to bring their own bagged lunches. Light snacks and refreshments will also be provided on a first-come, first-served basis. Please be aware of potential food allergens.

This program is part of our system-wide 100th Anniversary Celebration sponsored by the Ocean County Library Foundation, a 501(c)(3) organization now in its 24th year of enhancing services and opportunities to all Library users. Members raise



funds and seek grants to support non-traditional Library programs and services.

Participants must sign a waiver in order to participate.

Registration is required for this free program. To register, visit [tinyurl.com/DecadesDanceTR](http://tinyurl.com/DecadesDanceTR), visit the branch at 101 Washington Street, or call 732-349-6200.

## HEAR STORIES OF LATINOS AND LATINAS WHO HAVE SHAPED THE UNITED STATES WITH SMITHSONIAN EDUCATORS IN VIRTUAL TALK

TOMS RIVER – Join us in a virtual conversation with Smithsonian professionals as they talk about the book *Nuestra América* and highlight inspiring stories of Latinos throughout US history at 2 p.m. Thursday, Oct. 2.

Smithsonian professionals Adrián Aldaba and Emily Key will discuss the incredible contributions of these Latinos to the cultural, social, and political character of the United States. The stories in “*Nuestra América: 30 Inspiring Latinas/Latinos Who Have Shaped the United States*” cover each figure’s cultural background and childhood, and their contributions to American history.

Featuring beautifully illustrated portraits by Gloria Felix, this is a book that children and adults will page through and learn from again and again. A must have for every school and home library to help students understand the American story.

Adrián Aldaba is the national programs manager for the Smithsonian’s National Museum of the American Latino. Emily Key is the assistant director of Learning



and Public Engagement at the Smithsonian’s National Museum of the American Latino.

Nuestra América is available for free for Ocean County Library cardholders through our catalog. Visit [tinyurl.com/NuestraOCL](http://tinyurl.com/NuestraOCL) to request a copy.

Registration is required for this free program. To register, visit [tinyurl.com/NuestraAmericaOCL](http://tinyurl.com/NuestraAmericaOCL), or visit or call your local Ocean County Library branch.

## LEARN ABOUT EMPLOYMENT SERVICES FOR DISABLED INDIVIDUALS AT OCEAN COUNTY COLLEGE

TOMS RIVER – The Ocean County Library is proud to present “Employment: an Overview of Services Provided by the NJ DVRS” at 11 a.m. Tuesday, Oct. 7 at Ocean County College in the Larson Student Center during the college’s Disability Job and Employment Resource Fair.

This workshop will provide an overview of the employment assistance services that the New Jersey Division of Vocational Rehabilitation Services (NJ DVRS) offers disabled individuals. Learn how vocational rehabilitation counselors can assist you with preparing for and obtaining employment. It will be presented by Kathleen Space, Manager, NJ DVRS.

This event is sponsored by the Ocean County Library, Ocean County College, Ocean County Department of Human Services, and Waters & Sims Supported Employment Services.



To register, visit [tinyurl.com/EmploymentNJDVRS](http://tinyurl.com/EmploymentNJDVRS), or call 732-349-6200.

This program is part of the “Navigating Life with Intellectual and Developmental Disability: Teen and Adult Services Series.” Other upcoming programs in this series include:

- “Let’s Talk Friendships and Dating!” 6:30 p.m. Tuesday, Oct. 21 at the Ocean County Library Toms River Branch, 101 Washington Street
- “Community College for Students with Disabilities” 6:30 p.m. Thursday, Nov. 13 at the Ocean County Library Toms River Branch, 101 Washington Street

In addition to these programs, the Ocean County Library will be hosting its Autism Resources Fair: Spotlight on Teen and Adult Services from 10 a.m. to 2 p.m. Saturday, Nov. 8 at the Lacey Branch, 10 East Lacey Road, 609-693-8566. Visitors will have the opportunity to meet representatives of support coordination agencies, day programs, and other organizations. Registration is not required to attend.

## HEAR HOW VERDI REVOLUTIONIZED OPERA AT THE OCEAN COUNTY LIBRARY LONG BEACH ISLAND BRANCH

SURF CITY – In one amazing two-year burst of inspiration, Giuseppe Verdi composed three of the world’s most beloved operas that set a new path for the art form and secured his place in the opera pantheon. Maestro Robert Butts will discuss “Verdi’s Trilogy: Il Trovatore, Rigoletto and La Traviata,” 2 p.m. Wednesday, October 8 at the Ocean County Library Long Beach Island Branch.

Maestro Butts will discuss the importance of these masterpieces to Verdi’s career and to the international opera world. The discussion of these pivotal works is a worthy introduction to the worldwide 2026 celebrations of Verdi’s life and career.



Debating between 1851 and 1853, Verdi’s works quickly became audience favorites for their individual feelings, settings, characterizations, and aesthetics. To this day, their popularity remains as strong as it was 170 years ago.

Il Trovatore is rooted in the bel canto traditions popularized by Bellini and Donizetti. Rigoletto captures the romantic fervor of the 19th century. La Traviata is an early example of the growing trend towards realism. Maestro Butts has conducted Il Trovatore in Constanta, Romania and he conducted Rigoletto and La Traviata here in New Jersey, in concert and staged productions.

Please register at [tinyurl.com/VerdiLBI](http://tinyurl.com/VerdiLBI) to attend this free program sponsored by the Italian Cultural Society of LBI.

For more information, visit the OCL Long Beach Island Branch, 217 South Central Avenue, Surf City, or call (609) 494-2480.

## OUT OF SIGHT ALPACAS COMING TO THE LAKEWOOD BRANCH OF THE OCEAN COUNTY LIBRARY

LAKEWOOD – The Lakewood Branch of the Ocean County Library is excited to host a program by Out of Sight Alpacas at 2 p.m. Friday, Oct. 3.

Out of Sight Alpacas will bring live animals to teach all about alpacas and other animals one could see at their farm. In addition to alpacas, they also raise pigs, emus, rabbits, and turkeys. This engaging program is sure to captivate the entire family.

Registration is required for this free program. To register, visit [tinyurl.com/AlpacasLAK](http://tinyurl.com/AlpacasLAK), visit the branch at 301 Lexington Road, or call 732-363-1465. Registration opens September 15.



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# SOUTHERN REGIONAL SPORTS BEAT



## Southern Regional Rams Wrestling Booster Club

**Wrestling Season Lift Off**  
**Friday, November 21, 2025**  
**7 pm- 10 pm**

**Come meet the Coaches, Board, and the rest of the Southern Rams wrestling family!**

Entry includes pizza and wings and of course a great time!  
(This is an adults only event. Drink specials)

**Ticket Price: \$25 each adult**

**Place: Calloway's Caddy Club**  
**597 Main St. West Creek**

**ALUMNI AND FANS WELCOME!**

For more information and where to buy tickets, contact  
Southern Wrestling Booster Club President  
**TJ Collins: 609-802-1899**

## The Power of the Girl Scout Experience



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**girl scouts**  
of the jersey shore

### Football

Congratulations Southern Regional Football on defeating Highland 40-8 at the 2025 "Battle at the Beach" hosted by the West Jersey Football Coaches Association. The game was played on Saturday, August 30th at Rowan University. Great job players and coaches.



### Football

2025 Shore Conference Football Media Day on Tuesday, August 12th, at Brick Memorial High School. Southern Regional Football, represented by players Joey Spina and Ty Eck'art.



### Soccer

Congratulations and nice job Southern Girls Soccer at Stockton Summer Preseason Invitational, on Saturday, August 16, 2025. Rams went 2-2 on the day. Best of luck this season, players and coaches. Congratulations, Southern Regional Boys Soccer, on winning the Stockton Summer Preseason Invitational on Sunday, August 17, 2025. Best of luck this season. Well done, players and coaches. This makes the 2nd year in a row Southern won the Invitational.



## Boozy BINGO

Every ticket helps feed our community! Funds raised support weekly meal deliveries to seniors, Veterans, children, families, and individuals facing homelessness.



**\$40 Donation Includes:**  
**1 Bingo Board**  
**1 Cocktail**



**Thursday, November 6th**

Garden State Distillery  
13 Washington St., Toms River  
**6.00-9.00 PM**  
Doors open @ 5:30

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Valued at \$46,270

2025 Honda Civic Sport  
Valued at \$27,855

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**AT THE ANNUAL SPAGHETTI DINNER,**  
**ST. FRANCIS CENTER GYMNASIUM.**

THESE VEHICLES WERE PURCHASED AT:



The bearer is entitled to win all five vehicles. Each book may carry more than one name. Joint ownership is possible at the discretion of the bearer. The winner need not be present. No substitution of prize or cash in lieu of the prize. The winner is responsible for taxes. Proceeds benefit St. Francis of Assisi Parish.



6 LOCALS JOIN STAFFORD TOWNSHIP POLICE DEPARTMENT

By Veronica Flesher,  
Patch Staff

MANAHAWKIN, NJ  
— Six Ocean County residents were recently sworn in as Class II Special Law Enforcement Officers in the Stafford Township Police Department.



Six Ocean County residents were recently sworn in as Class II Special Law Enforcement Officers in the Stafford Township Police Department. (Stafford Township Police Department)

“We congratulate these six officers on taking their oaths of service and look forward to the positive impact they will make in our community,” the police department said, encouraging residents to welcome them to the township.

Two of the men have completed the New Jersey PTC Class II certification and will now begin the department’s extensive 12-week Field Training Program.

**Officer Nicholas Sura** – A Bayville native, Nicholas grew up playing football and wrestling. He graduated from Kean University with a degree in Business Management, where he served as team captain and middle linebacker of the football team, graduating with a 3.72 GPA. He is currently pursuing his MBA, is a graduate of Ocean County Police Academy Class #122, and in his free time enjoys golfing and spending time with friends and family.

**Officer Ryan Dugan** – From Barnegat, Ryan grew up playing lacrosse and graduated from Ocean County Police Academy Class #120, where he earned the Physical Fitness Award. He has completed 60 college credits at Stockton University, where he is pursuing a degree in Criminal Justice with a 3.8 GPA. In his free time, he enjoys spending time with his friends and family.

The remaining four are attending the Ocean County Police Academy.

**Recruit John Hart** – From Tuckerton, John played soccer while earning his Associate’s Degree at Ocean County College and is completing his Bachelor’s in Business Administration. He enjoys golfing, fishing, and time with friends and family.

**Recruit Christopher Cormann** – A Lacey Township native, Christopher grew up playing football and lacrosse. He earned a Bachelor’s Degree in Education from Kean University, graduating with a 3.8 GPA. His hobbies include fishing, boating, and spending time with his family.

**Recruit Daniel Moran** – From Barnegat, Daniel graduated from Stockton University with a degree in Criminal Justice and a 3.5 GPA. He served in the U.S. Army as a Civil Affairs Specialist and went on to become an Army Ranger, earning two Army Achievement Medals during his service. He enjoys spending time outdoors with his family and friends.

**Recruit Kevin Moran** – From Barnegat, Kevin is a U.S. Navy veteran who served six years as a Rescue Swimmer/Crew Chief. He deployed twice and earned the Navy and Marine Corps Achievement Medals for his role in the Airborne Mine Countermeasurements Program. He is also a certified EMT, and in his free time enjoys playing guitar and spending quality time with his family.

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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



# VENDOR SPOTLIGHT: SEASHORE FRUIT & PRODUCE COMPANY

## Delivering Custom Food Solutions and Exceptional Customer Service

Getting fresh, nutritious food to Fulfill’s 300 pantry partners across Monmouth and Ocean counties is a big task, one that takes a strong network of trusted partners who share a commitment to care. For neighbors facing food insecurity, access to fruit, vegetables, and dairy products isn’t just important, it’s life-changing.

That’s why Fulfill is grateful to partner with dedicated vendors like Seashore Fruit & Produce Company, who help bring the vibrant colors, crisp textures, and essential nourishment of fresh food to local pantries, shelters, and soup kitchens every day.

The Seashore team provides eyes-open, hands-on, purposeful-listening customer service. Together, Seashore and Fulfill address food insecurity by:

Listening to what clients need and expanding food choices to match their preferences

Sharing fresh, high-quality produce that they feel good about eating

Learning what’s working well in other areas and bringing the best ideas to the community

Planning ahead to make sure needs are met in advance

Being thoughtful about how funds are spent, so more resources go directly to feeding people

Reducing waste so that every piece of good food reaches someone who needs it

The need to partner with reliable produce vendors like Seashore is evident by the need Fulfill sees.

“Last year, fresh produce made up over 19% of Fulfill’s distributions, and there was still high demand,” says Stephen Burciar, food sourcing specialist, Fulfill. “Everyone deserves access to fresh, healthy food, but recent cuts to federal programs means we have to source more produce through purchases and donations to make up for the shortfall.”

Seashore’s experienced industry experts understand the complexities involved in meeting those needs. That’s in part because of the fruit and produce company’s long history: Founded in Atlantic City in 1908 and now based in Vineland, Seashore is a leader in the produce delivery industry. It’s vast network of national, regional and local growers has helped Seashore expand



L-R: Joe Rossi, Fulfill Logistics Coordinator; Stephen Johnson of Seashore Produce; Stephen Burciar, Fulfill Food Sourcing Specialist

their reach to seven states. They now offer dairy, dried foods, non-food items, such as disposables including paper towels and napkins, and much more as well.

Stephen Wolk, director of sales at Seashore, says working in different sectors by serving schools, senior living facilities, casino hotels and other settings helped the company grow its expertise. He says the company’s more than 117-year commitment to partnering with the communities they serve has helped them make strategic decisions to better meet their customers’ needs.

While Fulfill has been utilizing Seashore as a produce vendor since 2022, the Seashore team has become more than a supplier – they have become a partner in support. Seashore employees often volunteer their time to pack food for Fulfill, donate food and other products beyond what Fulfill purchases, and sponsor and attend Fulfill events.



Wolk says a visit to Fulfill’s People’s Pantry in Toms River was a gripping, vivid example of why it was important for Seashore to support Fulfill.

“Lines of people who needed food were wrapped around the building,” recalls Wolk. “The People’s Pantry team told us this was a regular occurrence. Even though we knew there was a need, seeing and hearing about the increasing numbers of individuals visiting the pantry demonstrated for our team how dire the situation is. We were so impressed with how quickly and efficiently Fulfill distributed food, focusing on the dignity of every client.”

Understanding this need has helped transform the relationship between Fulfill and Seashore from that of a customer and vendor to something greater.

“Seashore helps us address complex logistical and budgeting issues, from planning to plating, storing to shipping and more,” says Burciar. “They’re creative and innovative; agile and available. They’re especially talented in brainstorming about – and bringing to fruition – what’s possible. That’s important as individuals and families facing hunger are in impossibly difficult situations.”

“The biggest thing for us is taking care of people in need,” adds Wolk of the partnership. “We love working with Fulfill, and we want to do even more in the years to come.”

Know a Senior Who Needs Food?



### Fulfill's SENIOR STAPLES Program May Help!

Seniors 60 years of age and over who meet income requirements receive a monthly food box of items like these:



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	Annual Income	Monthly Income
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2	\$25,636	\$2,137
3	\$32,318	\$2,694
4	\$39,000	\$3,250
5	\$45,682	\$3,807
for each additional household member add	\$6,682	\$557

All incomes are Gross Income before any deductions.

- For seniors: Interested in finding out if there's a distribution site near you? Go to [fulfillnj.org/seniorstaples](https://fulfillnj.org/seniorstaples) or call 732-918-2600.
  - For senior residences and senior-serving organizations: Interested in bringing this program to the seniors you serve? Call Lynette Hargrove at 732-918-2600.
- Senior Staples is a USDA program also known as the Commodity Supplemental Food Program (CSFP). This institution is an equal opportunity provider. Esta institución es un proveedor de igualdad de oportunidades.

## SLOW COOKER BOURSIN CHICKEN AND PASTA

### Ingredients:

- 1 1/2 pounds skinless, boneless chicken breast
- 1 teaspoon kosher salt, plus more to taste
- 1/2 teaspoon freshly ground black pepper, plus more to taste
- 1 can Italian-style diced tomatoes
- 2 cups chicken broth
- 1 cup orzo pasta
- 2 (5.2 ounce) packages garlic and herb flavored Gournay cheese (such as Boursin®)
- 5 ounces baby spinach
- 1 teaspoon lemon juice (optional)

### Directions:

- Step 1: Place chicken into a slow cooker; season with salt and pepper. Top with tomatoes and pour chicken broth around chicken. Cook on High for 2 hours or on Low for 4 hours.
- Step 2: Remove chicken from slow cooker and cut it into 1-inch pieces; return chicken to slow cooker. Stir in orzo and Boursin cheese. Cook on High until pasta is tender and liquid has been absorbed, 35 to 40 minutes.
- Step 3: Stir in spinach until wilted and season to taste with salt and pepper. Stir in lemon juice. Serve immediately.



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# SENIOR CORNER

## 7 SALT SUBSTITUTES AND HOW TO USE THEM

By Lauren Bedosky, AARP

A dash of table salt to liven up a bland dish here and there may not seem like a big deal, but you’re probably getting more salt than you think. While the Dietary Guidelines for Americans recommends no more than 2,300 milligrams (mg) of sodium per day, most Americans are getting 3,400 mg a day on average.

“Salt adds flavor to food, but eating too much of it can lead to some health issues,” says Laura M. Ali, a culinary nutritionist in Pittsburgh, Pennsylvania. Research shows that a high-salt diet is linked to an increased risk of high blood pressure (hypertension), which raises your risk of heart disease and stroke.

More and more people are turning to salt alternatives to improve their health without sacrificing taste. One 2024 study of adults ages 55 and older with normal blood pressure found those who replaced salt with a substitute were 40 percent less likely to develop hypertension over two years than those who kept using salt.

Here are several expert-recommended swaps for table salt.

**1. Salt substitutes made with potassium chloride**

If you love the taste of salt and aren’t ready to kick it to the curb, try a low-sodium or sodium-free salt substitute like Nu-Salt, Morton Salt Substitute, McCormick’s NoSalt Original Sodium-Free Salt, or one of the Dash blends (formerly Mrs. Dash). Whereas table salt is made of sodium chloride, salt substitutes are products made entirely or partly of potassium chloride.

“Potassium is a mineral known for its ability to help lower blood pressure, but most Americans fall short of getting enough in their diets,” Ali says. “Potassium chloride salt substitutes can be a helpful choice for cutting down on sodium while boosting potassium intake — both of which can support healthier blood pressure in people with hypertension.”

**2. Lemon**

Citrus fruits like lemons are a source of acid, which mimics the role of salt when added to dishes. A

squeeze of fresh lemon juice adds a bright flavor and brings out the other flavors in food, Ali says.

“Squeezing a lemon over roasted broccoli or sauteed spinach is a delicious way to brighten up the vegetables and reduce their bitterness,” she continues. You can also add lemon zest to other spices to make a rub for meat or give a quick squeeze of lemon over chicken noodle soup or fish right before serving.

**3. Vinegar**

“Just as lemon juice brightens a dish, the acid in vinegar has a similar effect,” Ali says. While there are many types of vinegar, balsamic vinegar or apple cider vinegar tend to work best. Both have a rich, sweetly tart flavor that compliments many different dishes.

**4. Rosemary**

This bold herb has a piney, slightly peppery flavor. It’s delicious on roasted meats, vegetables, beans, and soups or stews, Ali says. Rosemary is tough and can withstand heat, making it a great choice to season foods while they are cooking, she adds.

“My favorite ways to use rosemary are to toss it with potato wedges and olive oil before roasting, and I love to add a sprig of fresh rosemary to a pot of beans while they cook, allowing the flavor to infuse into the beans,” Ali says.

**5. Basil**

“Basil is another herb that can brighten up and bring out the flavors of a dish,” Ali says. It has a sweet, peppery taste that works well in tomato sauces, sandwiches, soups, stews, and more.

“There is nothing better than chopped fresh basil on top of pizza, pasta, or an omelet,” Ali notes.

Fresh basil can also brighten up fruit. Ali suggests tossing it with

fresh watermelon or mixing it with strawberries for a flavorful twist.

“A splash of vinegar over roasted vegetables brightens their flavor and helps reduce some of the bitterness, especially in cruciferous veggies,” Ali says. “I love tossing roasted Brussels sprouts with balsamic vinegar right before serving,” she adds.

**6. Black Pepper**

There’s a reason black pepper is the companion of table salt. “Black pepper contains a chemical called capsaicin that causes a mild irritation and makes your taste buds a bit more sensitive to salty flavors,” Ali says. Adding a sprinkle of black pepper to your food can help you cut back or even nix table salt entirely.

As a bonus, black pepper is a versatile spice that can enhance almost any food with its mild, spicy flavor, Ali says.

She suggests seasoning meat or poultry with black pepper before cooking to help infuse the dish with flavor during cooking. Black pepper is also a great choice for adding a bit of a kick to steamed vegetables after cooking and boosts the flavor of sauces, salad dressings, soups, and stews, Ali notes.

**7. Fresh Garlic**

This root vegetable offers a pungent, spicy flavor when raw but transitions into sweet, buttery when cooked. Thanks to its strong presence, garlic can boost the flavor of many dishes without the help of table salt.

“Fresh garlic can be used in many different ways, from sautéing to roasting, and adds a ton of flavor,” Prest notes. Incorporate garlic into sauces, soups, and stews, or add to pizza, pasta, steak, and potatoes.

aarp.com

### 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](http://www.nia.nih.gov/falls-prevention).



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# 8 FOODS TO PROTECT YOUR MUSCLES AS YOU AGE

By Kristen Fischer, AARP

Muscle mass and strength naturally decline with age, but there are things you can do to protect and maintain your muscles.

**How to thwart muscle loss**

Scientists believe that exercise and diet are most effective in combating the effects of muscle loss and, in some cases, reversing it. In general, consuming more protein and vitamin D — along with physical activity — is the most researched solution for optimal muscle health.

Mediterranean and Japanese diets may offer protection from muscle loss because they’re low in fat while being high in vegetables, fruits and high-quality protein. A typical Western diet — high in processed foods, refined grains, red and processed meats and high-sugar drinks — is linked to increased muscle loss with age, according to a 2022 report.

**The power of protein**

The most important factor for maintaining muscle health as you age is getting ample protein, because you build less muscle and break down protein more. “This is important, as muscle is a major metabolic organ as well,” Batisis says.

The recommended daily allowance (RDA) of protein is 0.8 grams per kilogram of weight. Some research suggests older people need 1 to 1.2 grams per kilogram of weight — that’s anywhere from 75 to 90 grams per day for a 165-pound person.

High-quality protein is a must for maintaining muscle, so make sure you’re getting about 20 to 35 grams of protein in every meal. Another breakdown advises adults over 65 to get 1 to 1.2 grams of protein per day for every 2 pounds they weigh. Amino acids — especially one called leucine — are just as vital to preserve muscles. Aim for approximately 2.5 to 2.8 grams of leucine per day.

**Vitamin D for muscle health**

Your body produces less vitamin D as you age, so getting enough is critical for healthy muscles, Batisis says. Evidence shows that vitamin D deficiency, specifically, contributes to muscle loss. Ask your doctor to check your vitamin D levels to see if you need a supplement, Fielding says.

**Top foods for muscle health**

When it comes to eating for muscle health, these foods are some of the best bets.

**1. Cow’s milk**

A glass of milk or a whey protein smoothie can be a simple way to get your protein fix. Whey is a protein found in cow’s milk that’s commonly extracted into protein powders. Some research shows that whey, leucine and vitamin D improved scores in tests used to assess muscle mass.

Note: If cow’s milk isn’t an option, fortified soy alternatives could be a good choice, as they contain added calcium, vitamin A and vitamin D. These dairy foods are also good sources of protein, Fielding notes.

Serving size: 3.5 ounces, whole milk

Protein: 3.5 grams

**2. Chicken**

This poultry is a protein powerhouse. The proteins in meats and seafood in general are

especially good for us because they have an amino acid profile very similar to that for the proteins in our bodies, Fielding says.

Note: Not in the mood for chicken but still want a good source of protein? Opt for loin cuts of beef or pork, lean ground beef or turkey, says Elizabeth Dennis, an associate professor in physical therapy and rehabilitation at the University of Maryland School of Medicine.

Serving size: 3.5 ounces (about the palm of your hand), boneless and skinless.

Protein: 32 grams

**3. Tofu**

If you don’t eat animal-based proteins, make sure you’re getting a well-rounded blend of amino acids from other protein sources, Fielding says. Tofu, a soy-based product, fits the bill. And even if you do eat meat, tofu can be nice to add into the mix.

Note: Don’t forget about grains, nuts and seeds as protein sources, says Jennifer Bruning, a registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson.

Serving size: ½ cup

Protein: 21.8 grams



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**4. Beans**

Peas and lentils contain protein, but they aren’t complete proteins — foods that contain the nine amino acids that our bodies don’t make. That said, they still pack a protein punch (with the fiber content to boot).

Note: Quinoa, hemp seeds, chia seeds and spirulina are complete proteins, so balancing these with beans can give you a more wide-ranging amino acid profile.

Serving size: ½ cup black beans

Protein: 7.6 grams

**5. Wild salmon**

In addition to being a great source of protein, wild salmon is high in vitamin D. Think farmed salmon is the same? Not quite, as it has about 25 percent of the vitamin D as wild salmon, according to one report. Data varies on levels between farmed and wild salmon, but wild salmon typically has more vitamin D. Both types are good sources of the vitamin.

Note: Trout and tuna are other solid seafood sources for vitamin D and protein.

Serving size: 3.5 ounces of wild salmon (about the size of your palm)

Vitamin D: 988 international units (IUs)

Protein: 25 grams (in a 3-ounce serving)

**6. Eggs**

Eggs are a good source of protein despite the ongoing debate over them. And don’t ditch those egg yolks — they’re some of the best food sources for vitamin D, Dennis says.

Note: Other fortified foods, like orange juice, have good amounts of vitamin D — just check the label to confirm the vitamin has been added, Dennis says.

Serving size: 1 large egg

Vitamin D: 44 IUs

Protein: 6 grams

**7. Sweet potato**

Sweet potatoes aren’t exactly a protein powerhouse, but they’re loaded with beta-carotene, an antioxidant known as carotenoid. Research finds that vegetable and fruit intake may support muscle health in older people. One study found that adults between 65 and 85 who ate more fruits and vegetables had stronger grip strength — one sign of muscle health — compared with those who ate fewer amounts of the plants.

Note: Some research indicates that high-alkaline diets full of fruits and veggies can lower acidity in your body and protect muscle health, Fielding says. Cruciferous vegetables — broccoli, cauliflower, cabbage, kale, Brussels sprouts — show some promise in protecting muscle as we age, he adds.

Serving size: 1 cup, baked and no salt

Beta-carotene: 23,018 micrograms

**8. Red bell pepper**

Veggies with the red and orange hues are rich in beta-carotene — and the red pepper is one that Fielding recommends for your muscles. Scientists have documented some muscle benefits linked to carotenoid intake, and other research has linked low carotenoid levels to reduced muscle content in older adults. More studies are needed to better understand how carotenoids can affect muscles, Fielding says.

Note: Carrots have a high carotenoid content, but tomatoes can also be a good source, Fielding says.

Serving size: ½ cup

Beta-carotene: 1,210 micrograms

**Don’t forget to hydrate**

You may not feel as thirsty as you grow older, which is why it’s important to monitor how much you drink. Hydration is another factor that scientists say affects muscle health, and older adults have a higher risk for dehydration, compared with younger people.

**The combo that’s best for muscle health**

Exercise is just as vital for muscle health as the foods you eat, Fielding says.

Your capacity to build muscle is pretty robust in your 50s and 60s, but it diminishes in older ages, though it doesn’t completely go away, he says.

The key is to stay active your whole life, Fielding says.

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# ANNOUNCING YMCA OF THE JERSEY SHORE: NEW NAME, SAME MISSION

The YMCA of Greater Monmouth County steps forward today under a new name, the YMCA of the Jersey Shore, continuing its 150-year legacy of building healthier, more connected communities in the region.

“The Y is excited to introduce ourselves as the YMCA of the Jersey Shore,” said President and CEO Laurie Goganzer. “Our new name reflects the true reach of our Y’s mission impact throughout Middlesex, Monmouth and Ocean counties.”

The new name, approved by YMCA of the USA, will have little to no effect on the day-to-day activities of the more than 42,000 members who rely on the nonprofit for programs and services that foster good health, nurture development of youth and teens and strengthen communities.

“We look forward to realizing our vision for a healthy, unified community where all people reach their fullest potential, as the new YMCA of the Jersey Shore,” said the organization’s Chief Volunteer Officer Michael A. Wright, who leads the all-volunteer Board of Directors.

Since 2019, when the YMCA of Greater Monmouth County was established as the result of a merger between The Community YMCA and the YMCA of Western Monmouth County, it has broadened its reach of support across the Shore region, particularly in Ocean and Middlesex counties. For the past three years, the YMCA of Greater Monmouth County has been assisting the Ocean County YMCA through a management agreement, a collaboration that will continue under the YMCA of the Jersey Shore.

Additionally, the YMCA of Greater Monmouth County has been providing youth behavioral health services in Ocean County, delivering in-school counseling in 35 schools across Toms River, Jackson, Lakewood and Point Pleasant. Youth mental health counseling is also available through the Y at two additional Ocean County locations, helping expand

access to care where it’s needed most.

In Middlesex County, community care at the Old Bridge Family YMCA now includes support for veterans and residents managing chronic disease. Through a partnership with Middlesex County and local funders, the Y also supported expanded water safety education for area youth to help prevent drowning and build confidence in and around water.

“As the YMCA of the Jersey Shore, our commitment remains steadfast. To serve people of all ages, incomes, and backgrounds,” Goganzer said. “This name reflects who we are today and where we’re headed, as we continue our cause to strengthen the foundations of community and ensure everyone has the opportunity to thrive.”

Jennifer Dunn, chief operations officer at the YMCA of the Jersey Shore, said the new name was introduced last week to the “Y family,” including members, all 1,700 employees and volunteers, donors, community partners and vendors. She noted that the organization’s eight branch location names will remain the same, however, “the name on our website and social media channels and other communications will reflect our new name.”

For more information about the newly named YMCA of the Jersey Shore visit [www.ymcanj.org](http://www.ymcanj.org).



## About the YMCA of New Jersey

The YMCA of the Jersey Shore is a cause-driven nonprofit committed to strengthening community through youth development, healthy living, and social responsibility. Based in Shrewsbury, NJ, we serve 42,000 people annually in Middlesex, Monmouth, and Ocean counties. From lifesaving swim lessons and child care to mental health support and chronic disease prevention, we offer programs that uplift people of all ages, incomes and backgrounds. With a legacy of more than 150 years of service, we’re proud to be named a USA Today Top Workplace for 2025 and Top Workplace in New Jersey 2022-2025 by NJ Advance Media. Learn more at [www.ymcanj.org](http://www.ymcanj.org).

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Dinner & Car Raffle Drawing

**SATURDAY, SEPTEMBER 27**  
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You may qualify for **NJSNAP** benefits depending on your gross monthly income as well as other deductions, such as out-of-pocket medical expenses.

**An example of family size and income:**

Household Size	Maximum Allowable Income*
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2	\$3,152
3	\$3,981
4	\$4,810
Each Additional	+ \$830

\*Figures valid October 2024 - September 2025

Our trained community service aides are here to assist you. Therefore, please ask any questions and take a few minutes to view and fill out a benefits application.

We may also be reached at:

**Ocean County Office of Senior Services**  
1027 Hooper Avenue, Building #2  
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[www.njhelps.gov](http://www.njhelps.gov)



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# 2026 HONDA PRELUDE REVEALED: ICONIC MODEL RETURNS

The highly-anticipated 2026 Honda Prelude made its North American debut today. The new sports coupe will advance the “joy of driving” for a new generation of buyers, as the first model to pair the award-winning Honda two-motor hybrid-electric powertrain with the high-performance chassis hardware of the iconic Civic Type R. Prelude will offer precise steering, responsive handling and fun-to-drive feel to deliver an engaging grand touring experience, while remaining comfortable for everyday driving. The 2026 Prelude is set to arrive at Honda dealerships nationwide this late fall.

“We are thrilled to be bringing back such an iconic nameplate to the Honda lineup,” said Jessica Lauder milk, assistant vice president of Honda National Auto Sales. “The Prelude’s return demonstrates our commitment to exciting, fun-to-drive vehicles and will help to accelerate our hybrid-electric sales in the years ahead.”

The first-ever electrified Prelude is powered by the ultra-smooth, responsive and fuel-efficient Honda two-motor hybrid-electric system found in the award-winning Civic hybrid models. It combines two large and powerful electric motors with a highly efficient 2.0-liter Atkinson cycle direct injection gasoline engine to deliver a sporty driving experience and obtain exceptional fuel economy ratings. A combined system output of 200 horsepower and a robust 232 lb.-ft. of torque gives the new Prelude quick and responsive acceleration off the line and out of corners.

With the innovative new Honda S+ Shift system, Prelude delivers the ultimate electrified Honda driving experience with a responsive and engaging shifting simulation, featuring virtual rev-matched downshifts in S+ mode and enhanced engine sounds to increase driver feel and connection with the vehicle.

The new 2026 Honda Prelude will be available in one extremely well-equipped trim that includes all of these features as standard equipment:

- New Honda S+ Shift system
- Leather-trimmed front sport seats with perforated houndstooth pattern, integrated head restraints and three-way heating
- 19-inch machine-finished Berlina Black wheels
- 235/40R19 tires
- Brembo™ four-piston aluminum front calipers (shared with Civic Type R), finished in unique Prelude Blue



- Dual-axis strut front suspension (shared with Civic Type R)
- Adaptive Dampers (shared with Civic Type R, uniquely tuned for Prelude)
- Four driving modes: Comfort, GT, Sport and Individual
- Leather-wrapped flat-bottom steering wheel with alloy shift paddles
- Sport pedals
- 2+2 Seating with 60/40 split fold-down rear seat
- 10.2-inch digital instrument cluster



- 9-inch HD touchscreen with Google built-in
- Wireless Apple CarPlay & Android Auto™ compatibility
- WiFi Hotspot capability
- Wireless phone charger
- 8-speaker Bose Centerpoint premium sound system
- Honda Sensing® suite of safety and driver-assistive technologies
- Post-Collision Braking System (PCB)
- Blind spot information with Rear Cross Traffic Alert

[hondanews.com](https://hondanews.com)

## EMPLOYEE SPOTLIGHT DYLAN WINTRODE

Meet Dylan Wintrode, our newest Sales Consultant at Causeway Honda! Dylan joined the team in 2023, starting in Honda Service before gaining experience with Erik Sprague on new vehicle inventory and with Chris Varner on used car inventory and merchandising.

A graduate of Donovan Catholic (2018) and Boston University (2022) with a degree in Economics and a Business minor, Dylan enjoys golf, tennis, and fishing with friends and family. He’s excited to grow in his new role, get involved in Causeway’s community initiatives, and help customers find the perfect vehicle across all Causeway brands, new or used.

You can reach Dylan at EXT 1318 or call/text (732) 732-4384.



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**Causeway Family of Dealerships is expanding and we have full time positions available in the following departments:**

### Ford Tech

Causeway Ford is looking for Ford techs, Ford certification a plus but not mandatory, top dollar paid. Hourly & flat rate pay options are available. Major medical health insurance, paid vacation & sick time. 5 day work week plus overtime is available. Tuition reimbursement available.

### Diesel Tech

Causeway Ford is looking for Diesel techs, Ford certification a plus but not mandatory, top dollar paid. Hourly & flat rate pay options are available. Major medical health insurance, paid vacation & sick time. 5 day work week plus overtime is available. Tuition reimbursement available.

### Entry Level Express Techs

Entry level express techs needed for our NEW growing Ford express team, experience not necessary, dealership will train the right person, hourly pay, overtime available. Major medical health insurance, paid vacation & sick time. 5 day work week plus overtime is available. Tuition reimbursement available.

### Part Time Driver - Causeway Hyundai

To apply to the above: Contact Chris Thorn at (609) 597-8083, EXT:1126 or go to [www.causewayfordmanahawkin.com/careers/](https://www.causewayfordmanahawkin.com/careers/)

**We also have these opportunities:**

### Marketing Assistant

The Causeway Family of Dealerships in Manahawkin is seeking a Marketing Assistant. This role includes helping with social media, community events, and general marketing projects. Candidates should be comfortable using smartphones for photography and social media content creation.

### Part Time Operator - Call Center

Contact Joe Stroffolino at (609) 713-6706

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# JERSEY SHORE LANDMARK WASHED AWAY BY HURRICANE ERIN

The mast of a shipwreck buried in the sand of Barnegat Light is now gone after Hurricane Erin's waves beat Long Beach Island.

By Veronica Flesher, Patch Staff

BARNEGAT LIGHT, NJ — A longstanding landmark buried in the sands of Long Beach Island has washed away due to Hurricane Erin.

The steel mast on the beach, the only remnants of the fishing boat Sea King, is gone, according to social media reports.

It's sat there since 1963, when the Sea King was towing the decommissioned minesweeper Prescott to Atlantic City. Both ships were stranded on the Barnegat Shoals and while the Prescott was salvaged, the Sea King was buried in the sand, according to the New Jersey Maritime Museum in Beach Haven.

Since then, the tall mast sticking out of the ground has been used as a landmark and as a spot to take photos.

The loss of the landmark was met with sadness from social media users, many sharing photos and videos in its memory.

Some likened it to the loss of "The Shack," an old, derelict building that was served as a well-known welcome sign in the marshes of Cedar Bonnet Island until its demise when Superstorm Sandy struck in 2012.



A longstanding landmark buried in the sands of Long Beach Island has washed away due to Hurricane Erin. (Karen Wall/Patch)

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<b>MED. ROOF</b>  <b>2025 FORD TRANSIT 250 CARGO</b> 6-cyl, auto, ps, pb, air, Stk. No. F50378 <b>\$52,399</b>	<b>UTILITY BODY</b>  <b>2025 FORD E-350 KUV LOW ROOF</b> 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, ladder racks, Stk. No. F50021 <b>\$71,535</b>	<b>RACK BODY</b>  <b>2024 FORD F-550 REG. CAB 4X2</b> Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, DRW, Stk. No. F40300 <b>\$78,863</b>
<b>LOW ROOF</b>  <b>2025 FORD TRANSIT 250 CARGO</b> 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50234 <b>\$48,655</b>	<b>SWITCH &amp; GO</b>  <b>2024 FORD F-350 4X4 REG. CAB</b> 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 8' drop box, Stk. No. F40836 <b>\$80,990</b>	<b>OPEN UTILITY</b>  <b>2024 FORD F-650</b> 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40018 <b>\$101,990</b>
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<b>HI ROOF</b>  <b>2025 FORD TRANSIT 250 UPFITTED</b> 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50354 <b>\$58,387</b>	<b>UPFITTED VAN</b>  <b>2023 FORD TRANSIT 350 LOW ROOF</b> EV, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, CD, Stk. No. F30026 <b>\$42,990</b>	<b>LOW ROOF</b>  <b>2024 FORD TRANSIT 350 CARGO</b> 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40983 <b>\$47,627</b>

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## Meet Martha Mae!

Martha Mae a playful and petite young girl of only three years old, with gorgeous calico markings.

Martha Mae loves attention and lounging in a sunny window. Whether she's chasing a toy or curling up next to you for some affection, she'll bring love and joy to your home.



**Martha Mae**

If you're looking for a beautiful, loving companion who enjoys both playtime and cuddle time, Martha Mae is your girl. Being the queen that she is, Martha Mae would do best as the only cat in the home.

Martha Mae is spayed, microchipped, and up-to-date on her vaccines. You can meet this fabulous feline at the Southern Ocean County Animal Shelter, 360 Haywood Rd., Manahawkin. They are open daily from 1 to 4 and can be reached at: 609-978-0127.

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## Meet Kobe!

Kobe appears to be potty trained, he keeps his kennel clean. He's a smart boy who knows sit, and down. He is eager to learn more and is food motivated! However Kobe is like most puppies, he doesn't always listen! He's been amazing with new people and thrives on positive interactions. He is dog friendly but prefers dogs with a calmer disposition.



**Kobe**

This little hippo LOVES walks and is an absolute angel on leash with no pulling, no reactivity, just pure joy. His confidence has grown tremendously, and he's becoming desensitized to things that once scared him.

Kobe plays with enthusiasm and sometimes doesn't realize he's a 60lb puppy, he can be a little tenacious, but it's all in good fun! He loves having a doggy playmate, especially one his size or bigger. And, true to his mischievous puppy nature, he occasionally steals things and runs off like a giddy little kid! He loves to play with stuffy toys.

Kobe is a fun loving special pup who deserves a forever home filled with love, safety, and plenty of cuddles.

If you are looking to adopt, have questions or want to volunteer please call:  
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**\$23,242\***



2024 Nissan  
Kicks SR  
HRL519320  
**\$23,254\***



2022 Honda  
Accord LX  
HNA077545  
**\$23,550\***



2023 Chevrolet  
Equinox Premier  
YPL175753  
**\$23,989\***



2023 Honda  
Accord EX  
HPA032538  
**\$24,246\***



2023 Honda  
HR-V LX  
HPM739772  
**\$24,404\***



2021 Nissan  
Murano Platinum  
NMC138935  
**\$24,750\***



2024 Honda  
Civic Sport  
FRH510150  
**\$24,789\***



2023 Honda  
Accord EX  
HPA023314  
**\$24,977\***



2023 Honda  
Civic Sport  
HPH556115  
**\$25,129\***



2023 Honda  
Accord EX  
HPA020291  
**\$25,251\***



2023 Honda  
HR-V Sport  
HPM738430  
**\$25,311\***



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2021 Mazda CX-9  
Grand Touring  
HM0526565  
**\$25,401\***



2023 Honda  
HR-V LX  
NPM746080  
**\$25,557\***



2022 Hyundai  
Palisade SEL  
YNU350450  
**\$25,565\***



2022 Ford Bronco  
Sport Big Bend  
FNRD93259  
**\$25,587\***



2024 Honda  
Civic Sport  
HRH568570  
**\$25,604\***



2023 Subaru  
Outback Premium  
NP3158030  
**\$25,791\***



2023 Honda  
Accord EX  
HPA055868  
**\$25,985\***



2023 Hyundai  
Tucson SEL  
YPH225604  
**\$26,034\***



2021 Nissan  
Frontier SV  
NMN722372  
**\$26,473\***



2023 Honda  
HR-V EX-L  
HPM708378  
**\$26,493\***



2023 Nissan  
Rogue SV  
HPW193309  
**\$26,508\***



2023 Hyundai  
Tucson Limited  
YPH166715  
**\$26,637\***



2023 Honda Civic  
Sport Touring  
HPE013175  
**\$26,716\***



2023 Subaru  
Crosstrek Premium  
HP8313705  
**\$26,823\***



2023 Honda  
HR-V EX-L  
HPM725353  
**\$27,060\***



2021 Honda  
Accord Touring 2.0T  
FMA001264  
**\$27,070\***



2023 Nissan  
Rogue SL  
NPW471808  
**\$27,368\***



2025 Nissan  
Altima 2.5 SV  
HGN337890  
**\$27,500\***



2023 Ford Bronco  
Sport Big Bend  
FPRD66617  
**\$27,528\***



2023 Nissan  
Rogue SL  
YPC839442  
**\$28,035\***



2022 Honda  
CR-V EX  
HNH667723  
**\$28,865\***



2023 Honda  
CR-V EX  
HPE008178  
**\$29,080\***



2022 Honda  
Ridgeline RTL-E  
HNB039424  
**\$29,465\***



2020 Ford  
Ranger Lariat  
FLA36992  
**\$29,667\***



2023 Hyundai  
Santa Cruz NIGHT  
YPH074820  
**\$29,769\***



2023 Honda  
Passport EX-L  
HPB030672  
**\$29,884\***



2024 Nissan  
Rogue SL  
FRW446713  
**\$30,740\***



2022 Honda  
Pilot EX-L  
HNB093044  
**\$31,035\***



2022 Ford  
Explorer XLT  
YNGC47580  
**\$31,896\***



2022 Lincoln  
Nautilus Reserve  
FNBL01503  
**\$32,018\***



2021 Jeep Wrangler  
Unlimited Sport S  
HMW531393  
**\$32,989\***



2022 Jeep Grand  
Cherokee L Altitude  
FN8522071  
**\$33,037\***



2024 Honda CR-V  
Hybrid Sport-L  
HRL015151  
**\$33,402\***



2024 Jeep Grand  
Cherokee 4xe  
NRC711448  
**\$33,661\***



2023 Honda  
Ridgeline RTL-E  
NPB005133  
**\$33,934\***



2023 Nissan  
Murano Platinum  
NPC104876  
**\$34,273\***



2020 Dodge Challenger  
R/T Scat Pack  
NLH156935  
**\$34,810\***



2021 GMC  
Sierra 1500 SLT  
FMG211063  
**\$38,733\***

\*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: October 7th

Congratulations!

to Last Month's  
Kid Winner!



Jack



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 East Bay Italian Grille  
in Barnegat!

Congratulations!

to Last Month's  
**Adult Winner!**

Joyce

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: October 7th**

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

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

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone number \_\_\_\_\_

Residence: \_\_\_\_\_

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WINE, BEER & COCKTAILS!**

**NOW SERVING HAPPY HOUR!**  
12PM TO 6PM MONDAY TO FRIDAY  
SAT & SUN 2PM - 5PM  
EXCLUDES HOLIDAYS

**DRINK SPECIALS**  
\$9.50 DOMESTIC DRAFTS OR \$4 BOTTLES  
\$5 IMPORTED OR CRAFT DRAFTS OR \$5 IMPORTED BOTTLES  
**\$5 DRINKS**  
ALL WELL DRINKS | SURFSIDE | HIGH NOON | WHITE CLAY  
OUR SIGNATURE SANGRIA (RED OR WHITE)  
HOUSE RED OR WHITE WINE (MONTEPULCIANO OR PINOT GRIGIO)

**\$8 FOOD SPECIALS**  
AT THE BAR

**COME JOIN US  
AT OUR  
NEW BAR**

**JOIN US WATCH  
FOOTBALL GAMES!  
EXPANDED  
HAPPY HOUR**  
FOOD SPECIALS  
SUN ATMO SPHERE!

**OUTDOOR  
DINING &  
TIKI BAR**

**ITALIAN FAVORITES  
STEAKS & CHOPS  
SEAFOOD**

**THIN CRUST PIZZA  
ON & OFF PREMISES  
CATERING AVAILABLE**

**ON PREMISES  
PARTIES FOR ALL  
OCCASIONS**

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WE DELIVER**

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