



The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin, Barnegat, and surrounding communities

October 2025 • Number 137

THE STORMS IMPACT IS NO MATCH FOR CAUSEWAY CARES 5K IMPACT



Joe Stroppolino - Director of Advertising and Marketing for Causeway CAREs/ Causeway Cars and Fulfill Board Vice Chair, Triada Stampas - President & CEO of Fulfill, and Susan Kyrillos, Board Chair of Fulfill.



Dave Wintrobe - General Manager of Causeway Family of Dealerships, Joe Stroppolino - Director of Advertising and Marketing for Causeway Cars/ Causeway CAREs, Andy Biddar - Homes for All, David Wintrobe - President of Causeway Family of Dealerships/Causeway CAREs, Glen McDonald - Homes for All, Kristine Novakowski - Northern Ocean Habitat for Humanity, Kaitlyn Ruffalo - Marketing Manager of Causeway Cars, Chris Varner - Used Vehicle Merchandising Manager of Causeway Cars, and Corey Gellis - General Sales Manager of Causeway Cars.



Dave Wintrobe - General Manager of Causeway Family of Dealerships, Joe Stroppolino - Director of Advertising and Marketing for Causeway Cars/ Causeway CAREs, David Wintrobe - President of Causeway Family of Dealerships/Causeway CAREs, Heather deJong Director of Advancement & Engagement of Meals on Wheels Ocean County, Chris Varner - Used Vehicle Merchandising Manager of Causeway Cars, Kaitlyn Ruffalo - Marketing Manager of Causeway Cars, and Corey Gellis - General Sales Manager of Causeway Cars.

Over \$100,000 raised for the community

MANAHAWKIN, NJ – Although the weather had other plans this year, the 8th Annual Causeway CAREs 5K, presented by Causeway Family of Dealerships and Causeway CAREs, still made an incredible impact on the community. “For the first time in 8 years, we had to make the very difficult decision to cancel the 5k event. Our main concern was participant safety on the course, as well as traveling to the race site itself” said **Joe Stroppolino**, Race Director. “Despite the event being canceled, the Causeway team, sponsors, registered participants and supporters helped raise over \$100,000, marking the first time the event has broken six figures” Stroppolino added.

This year’s proceeds will benefit three impactful nonprofit organizations: **Fulfill**, **Project Home Repair**, and **Meals on Wheels of Ocean County**. Each organization received a check for **\$33,400** to further their missions of providing food security, supporting seniors, and ensuring safe, stable housing for local families in need.

“Even though we couldn’t run this year, the spirit of giving that defines our community was stronger than ever,” said **David C. Wintrobe**, President of Causeway Family of Dealerships and Causeway CAREs. “We’re proud to continue supporting organizations that directly improve the lives of our neighbors. It’s an honor to be part of something that makes a lasting difference.”

Fulfill continues its important work to alleviate hunger and build food security for families across Monmouth and Ocean Counties. The organization distributes millions of pounds of food annually through its network of community partners, while also providing essential programs such as nutrition education, job training, and financial counseling. This year’s donation will support Fulfill’s efforts to expand its Neptune headquarters, allowing for increased storage capacity and improved delivery of healthy food options to those in need.

“Even though we couldn’t run this year, the spirit of giving that defines our community was stronger than ever. We’re proud to continue supporting organizations that directly improve the lives of our neighbors. It’s an honor to be part of something that makes a lasting difference.”

- David C. Wintrobe, President of Causeway Family of Dealerships/Causeway CAREs

Project Home Repair is a collaboration between Northern Ocean Habitat for Humanity, Southern Ocean Habitat for Humanity, and Starve Poverty International. Together, these organizations help local residents in need by providing essential home repairs, accessibility modifications, and maintenance assistance. From fixing leaking roofs to building wheelchair ramps, the program ensures that seniors, veterans, and families can remain safely and comfortably in their homes. The funds raised through the Causeway CAREs 5K will

5K Sponsors and Registered Participants:

Race shirts are available for pickup at **Causeway Ford**, Monday through Friday, from **10:00 a.m. to 3:00 p.m. October 27th-31st**.

directly support these vital projects that keep community members secure and independent.

Meals on Wheels of Ocean County has long been a trusted resource for older adults, providing nutritious meals, friendly visits, and wellness checks to help seniors remain healthy and independent in their own homes. Each year, the organization delivers thousands of meals throughout the county, ensuring that no senior is left hungry or isolated. The donation from this year’s Causeway CAREs 5K will help Meals on Wheels continue expanding its services and meet the growing needs of Ocean County’s senior population.

With this record-breaking milestone, Causeway CAREs and the Causeway Family of Dealerships extend heartfelt thanks to the generous sponsors and supporters who made this possible, and to **David C. Wintrobe** for once again matching the funds raised to double the community impact.

Even without a race this year, the Causeway CAREs 5K proved that when a community comes together for a cause, everyone crosses the finish line.

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The Causeway Gazette

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



The Wintrobe 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 Wintrobe Family Foundation, Inc., Causeway CAREs strives to make the community a better place to live grow and thrive. To learn more, visit CausewayCAREs.com.

Driving change in our community.

CausewayCAREs.com

A Stage for Big Ideas:

THE BLAUVELT SPEAKER SERIES INSPIRES AT OCEAN COUNTY COLLEGE

Each season, the Blauvelt Speaker Series at Ocean County College transforms the Grunin Center for the Arts into a hub of conversation, curiosity, and community. Drawing national thought leaders and sold-out crowds, the series has become one of the Jersey Shore's premier cultural offerings made possible through the generous support of The **Wintrode Family Foundation**, along with the late Bradford Thomas and Eleanor G. Blauvelt Foundation.

Through their underwriting sponsorship, the Wintrode Family Foundation helps bring world-class speakers to Ocean County, ensuring that students, residents, and visitors alike have access to engaging, thought-provoking programs that elevate public discourse and inspire lifelong learning.

This season's lineup has already featured some of the most dynamic voices in journalism, leadership, and global affairs.

In September, **Maureen Dowd**, Pulitzer Prize-winning columnist for The New York Times, captivated a full house with her trademark wit, humor and sharp political insight. With decades of experience covering Washington, Dowd shared candid reflections on power, culture, and the media's evolving role in American democracy.

Then, in October, **Admiral James G. Stavridis (Ret.)**, former NATO Supreme Allied Commander and bestselling author, took the stage. A distinguished military leader and global strategist, Stavridis spoke passionately about leadership in times of uncertainty, the importance of diplomacy, and lessons from his 37-year career in the U.S. Navy.

Both events drew near-capacity audiences, with attendees praising not only the caliber of speakers

but also the opportunity to engage directly with some of the world's most influential voices, right here in Ocean County.

"The energy in the Grunin Center during these evenings is undeniable. Students sit beside retirees, educators beside business owners, all eager to listen, learn, and connect," noted David C. Wintrode. "For many, these events are more than lectures, they're shared experiences that enrich the cultural fabric of the community."

The Blauvelt Speaker Series continues this fall and spring with two must-see events:

A CONVERSATION WITH BASIL CAMU



Tuesday, October 28, 2025 at 11:00am
Known as a "treecologist," environmental advocate, and author of *From Wasteland to Wonder*,

Camu will share his vision for reconnecting people and nature through urban forestry and ecological design.

A CONVERSATION WITH MARGARET ATWOOD



Thursday, April 23, 2026 at 6:00pm
The internationally acclaimed author of *The Handmaid's Tale* and *The Testaments* will

close the season with her trademark insight, humor, and literary brilliance.



The Blauvelt Speaker Series does more than host well-known names. The series:

Fosters civic culture — by bringing serious public discourse into accessible venues

Enriches the college experience — giving OCC students and faculty direct access to voices shaping national conversations

Builds community connections — drawing neighbors, alumni, and curious minds together

Elevates the region's profile — positioning Ocean County as a hub for intellectual engagement

If you've ever wished to hear a thought-leader in person, to be challenged and inspired, the Blauvelt Series is your invitation. Whether in person or online, each evening offers a window into ideas that shape our times.

GET TICKETS TODAY!



Learn More: OCCFoundation.org



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

JOIN FAMILY PROMISE OF THE JERSEY SHORE TO HELP MORE OF OUR NEIGHBORS AS THE CRISIS GROWS

As we begin an early year in review, we would like to express our sincerest gratitude for your heartfelt generosity.

Thanks to your continued support of Family Promise of the Jersey Shore, we are on track to have helped nearly 8,000 of our neighbors facing homelessness this year in Ocean County.

While we are grateful we were able to assist almost 2,000 more people than last year, the numbers are also devastating.

Some days we get 100 calls for help. Times are hard for many folks simply trying to make ends meet while keeping a roof over their heads and the forecast calls for harder times ahead.

The cost of living is set to keep rising as affordable housing and child care seem to disappear. Utility bills have skyrocketed. These factors are in play as federal government assistance to food banks and programs like SNAP (food stamps) and Medicare are cut or greatly reduced.



A cloud of uncertainty hangs over the charities and nonprofit agencies that help the most vulnerable in our community as funding is shifting or simply going away.

But panic serves no purpose. Now is a time to harness our collective power and resources to continue helping families and individuals experiencing homelessness or who are at risk of becoming homeless.

We need you to join us. When you donate you become part of Family Promise. You become part of the solution.

Seventeen years ago we started by helping 14 people at a time. Thanks to you being a part of Family Promise of the Jersey Shore we have grown to help thousands of our neighbors in their time of need.

You are an essential member of our mission; along with our community partners, our leadership team, our dedicated staff and our selfless

volunteers we will put into action a strategic plan to best navigate the rough seas ahead.

You have the power to help our neighbors overcome homelessness here in Ocean County by being a part of Family Promise of the Jersey Shore.

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.

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



Helping Our Neighbors Since 2009

Causeway 5K Premier Sponsor Spotlight La Jarochita



La Jarochita would like to thank the community for their support in making them the #1 Mexican restaurant in Ocean County!

Visit La Jarochita at:
449 E Bay Ave, Manahawkin, NJ 08050
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BEST BUTTERNUT SQUASH SOUP EVER

Ingredients:
1 ½ tablespoons butter
½ onion, sliced
2 cloves garlic
2 sprigs fresh thyme
½ butternut squash - peeled, seeded, and cut into 1-inch cubes
4 cups chicken broth

Directions:
Step 1: Melt butter in a large pot over medium heat. Add onion, garlic, and thyme and sauté until onion has softened, about 5 minutes. Add squash and chicken broth; bring to a simmer, then cook until squash is tender, 10 to 15 minutes. Crumble bouillon into the soup. Season with cumin, allspice, salt, and pepper, then remove from heat.

Step 2: Working in batches, pour soup into a blender, filling no more than halfway. Hold the lid in place with a kitchen towel, then carefully start the blender using a few quick pulses to get the soup moving before leaving it on to purée. Pour soup into a serving bowl. Alternately, you can use a stick blender and purée the soup in the pot.



allrecipes.com
½ cube chicken bouillon
1 pinch ground cumin
1 pinch ground allspice
salt and ground black pepper to taste

THE FIGHTING CHILDREN’S CANCER FOUNDATION GOLFING FOR PEDIATRIC CANCER



It was a great day of golf! On September 25th, 116 golfers joined the Fighting Children’s Cancer Foundation at its annual Jersey Shore Golf Classic, which was held at LBI National Golf Club, Little Egg Harbor. But the day was about so much more than golf! It was a day to raise awareness and funds for children who are fighting cancer in New Jersey.

When a child is diagnosed with cancer, the whole family suffers and their lives are forever changed. Parents often need to leave their employment to care for their child and expenses also rise due to treatment and so parents are forced to find ways to keep food on the table, care for other children in the home, and manage a multitude of family and illness-related stressors.

This is where the Fighting Children’s Cancer Foundation (FCCF) steps in and provides needs-based financial assistance to families struggling with pediatric cancer. The Foundation’s goal and purpose is to raise funds that provide direct and immediate relief for these families. The financial assistance they provide helps offset the costs of rent/mortgage, utilities, groceries, transportation and other essential expenses, including funeral and burial costs.

The Fighting Children’s Cancer Foundation is grateful not only to all who joined them for a great day of golf, but most especially to the sponsors and those who donated prize items and in kind services to this event. Presenting Sponsors were Hackensack Meridian Children’s Health and The Walter’s Group. Platinum Sponsors included Afcorn NYC/ NJ Metro Chapter, Causeway Family of Dealerships, Linda Elphick – Re/Max Barengat Bay, Fulton



Bank- Manahawkin, The Gibson Family Foundation, Manasquan Bank and the Szczomak Family.

But many other local businesses sponsored golfers, Tee’s and many other aspects of the day and many other people from the local community donated their time by serving on the event committee or volunteering during the event. Without their support this event would not have been a success and families would not have been helped. The Fighting Children’s Cancer Foundation is grateful to all who made this event a great success.

Know that with the support of many in our local community, FCCF has assisted more than 2,600 New Jersey families with over \$3.3 million in direct support. Many of these families reside in South Jersey and are being treated at hospitals such as Jersey Shore University Medical Center and The Children’s Hospital

of Philadelphia. These families continue to need your support! To join the Fighting Children’s Cancer Foundation in their work visit their website fccf.info, you may also email exdir@fccf.info or call 908-429-2121 for further information.

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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

CONNECTING PEOPLE • BUILDING COMMUNITIES • TRANSFORMING LIVES
Keep up with Library programs and events at: www.theoceancountylibrary.org/events

APPRECIATE “CAROL’S COLORS” AT THE WARETOWN BRANCH OF THE OCEAN COUNTY LIBRARY

WARETOWN – From now until the end of October, the Waretown Branch of the Ocean County Library is hosting an art exhibit by local artist and author Carol Neugebauer.

“Carol’s Colors” features watercolor works featuring landscapes, seascapes, shore birds, and flowers. The works are on display in the branch’s meeting room.

Patrons may drop in during the branch’s regular hours to see the exhibit. Registration is not required.



COMMUNITY COLLEGE FOR STUDENTS WITH DISABILITIES PRESENTATION AT THE TOMS RIVER BRANCH

A representative from the Office of Disability Services at Ocean County College will share information on eligibility determination and requesting accommodations during your student’s transition to OCC. This presentation is geared toward high school students and their families. Please contact the Toms River Branch to request reasonable accommodations no later than one week before the scheduled event.

This program will be led by Jamie Prioli,



OCEAN COUNTY COLLEGE | DISABILITY SERVICES

Assistant Director, Office of Disability Services, Ocean County College.

The workshop is co-sponsored by The Ocean County Library and Ocean County College. It is the final program in the Navigating Life with Intellectual & Developmental Disability: Teen and Adult Services series.

MEET THE AUTHOR OF AN INSPIRING TRUE WWII TALE AT THE WARETOWN BRANCH

WARETOWN – During World War II, a tech-savvy New Jersey woman took it on herself to be a priceless information provider for families of captured U.S. service members. Agnes Joan Negra’s exploits are chronicled in the book *Waves of Hope*. Meet her son Ronald Edward Negra, the author, at the Ocean County Library Waretown Branch, 11 a.m. Saturday, November 1.

Ronald and his wife Valerie will discuss his mother’s inspirational tale, lovingly written from her own vivid recollections in *Waves of Hope*, available at the Ocean County Library.

Then as now, parents, spouses, children and relatives sought any information they could find about their men and women in uniform - whether they were safe, or even alive. This newly married wife and mother was no different. Her husband August suffered wounds in the Battle of the Bulge and was Missing in Action.

Sitting by her shortwave radio in her Nutley home, Agnes monitored Radio Berlin’s nightly recitation of captured U.S. military members. She sought news of her husband – but listened for more than that. She began noting all the names. Then she personally contacted the families of each one by mail. Often, her letters were the first word that families received.



In Ronald’s book, she recounts the turmoil of families on the home front, the spirit of hope they gained from her messages, and the exhilaration of reuniting with her husband. Autographed copies of *Waves of Hope* will be available for purchase following the program.

Ronald, a retired medical executive born and raised in Nutley, traced his family’s past in the 2004 book *The History of the Verdi Family: Celebrating 100 Years in America*. He also authored a biography of his father, August E. Negra. CBS News and News12 New Jersey aired interviews with Ronald and the late Agnes Negra.

Signed copies of Negra’s book will be available for purchase after the program.

This program is generously sponsored by the Friends of the Waretown Library.

OCEAN COUNTY LIBRARY’S 8TH ANNUAL AUTISM RESOURCES FAIR AT THE LACEY BRANCH

Families affected by autism and other developmental disabilities will be able to meet representatives of state, county, and local organizations. This event will focus on groups that serve teens and adults.

Learn about the programs whose mission is to support your loved one as they navigate adulthood. Support coordination agencies, residential services, day programs, employment assistance programs, and other agencies will be available.

The Fair will also include: an appearance by balloon artist Debby Pease, therapy dogs, a coloring activity, and light refreshments. The Ocean County Library’s Autism Resources Fair is sponsored by the Ocean County Library Foundation.

The Fair is free-of-charge and does not require registration.



CONGRATULATIONS TO MARION ON 100 YEARS!

Meals on Wheels Ocean County had a very special event this month at the Community Café - Marion’s 100th Birthday Party! Marion loves coming to the Café to enjoy friendship, laughter, and connection with her fellow seniors.

The Community Café offers older adults More Than Meals. Each weekday, Meals on Wheels Ocean County open our doors and offer Community, Care and Connection. Café participants receive a hot, nutritious lunch and participate in activities to stimulate minds, encourage movement, and inspire connection. From guest speakers and live musicians to arts and crafts, educational programs, and even themed parties, the Community Café has it all. One of our most memorable moments was holding a wedding for two of the Café participants who met there!

For Marion’s Birthday we held a big 100th Birthday Bash and her family even brought her favorite dessert, Oreo McFlurries! Café participants brought gifts and shared in the celebration, filling the room with smiles, conversation, and even dancing.

Marion’s 100th Birthday Party is the epitome of what the Community Café exemplifies. Meals on Wheels of Ocean County offers a Community atmosphere that Cares deeply for our seniors by providing them with Connections.

The Community Café, located at 179 South Main Street in Manahawkin is open to Ocean County residents who are 60 and older and who can care for themselves. The newly renovated space is a welcoming place where seniors look forward to spending part of their day with fun activities and good company.

To learn more about the Community Cafe, visit www.csimow.org or call 609-978-6866.



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SOUTHERN REGIONAL SPORTS BEAT



Cross Country

Solid job by the Southern Boys Cross Country team, at the Bowdoin Classic in New York on Saturday, September 27, 2025. Continued success this season.



Tennis

Thank you, Southern Girls Tennis seniors, for all you have done for Southern. The senior ceremony was on Wednesday, September 24, 2025. Good luck in the upcoming NJSIAA Playoffs.



Tennis

Southern Girls Tennis at the Ocean County on Friday, September 19 and Saturday, September 20, 2025. Rams finished 4th overall in tournament. Continued Success; Olivia Strunk, Ava Rhonda, Samantha Klagholz, Lilly Boyd, Ashley Henderson, Ava Sanzari, Brooke Borusovic, Abigail Krill and Brooke Weissenburger



Field Hockey

Congratulations, Southern Field Hockey on defeating Lacey Twp 3-0. Special congratulations to Senior goalie, Emma Korenthal who recorded her 300th career save in the victory.



Surf Team

Congratulations, Southern Surf Team, Lizzy Randel, on placing 3rd at the NJ Surf Classic on Sunday, September 28, 2025, in the Women's Division. Continued Success!



Swimming

Congratulations, Southern Girls Swimming Sevanah Oravets, on her commitment to continue her education and swimming careers at James Madison University. Continued success



XC Team

Solid job by Southern Girls XC Team at the Stockton University Invitational on Friday, September 19, 2025. Best of luck the rest of the season.



Soccer

Southern Girls Soccer after their victory over Manchester 7-1 on Saturday, September 20, 2025. Photo Credit: Southern Girls Soccer Instagram page.



Wrestling

Congratulations, Southern Wrestling Head Coach Dan Roy on being named NJSIAA Wrestling Coach of the Year, for the 2024-2025 school year. Well deserved honor for Coach Roy.



Football

Great pictures from Shore Sports Insider of Southern Football vs Brick Twp on Friday, September 19, 2025. Rams win 35-7 and improve to 4-0 on the 2025 season. Great Team Win!



Field Hockey

Congratulations, Southern Field Hockey, on defeating Brick Memorial on #SeniorNight, Wednesday, October 1, 2025. Thank you, Seniors, for all you have done for Southern.



Football

Congratulations, Southern Regional Football on defeating Central Regional 37-0 on Friday, September 12, 2025 in the #EmmertBoydClassic. Congratulations to the Game MVPs. Aidan Covell - Southern Regional and Austin Jarvis - Central Regional. They are pictured with their school's athletic director, Central Regional, Mr. John Scran and Southern Regional Mr. Chuck Donohue Jr.



Football

Congratulations Southern Football on defeating Manchester 42-0 on #SeniorNight #Homecoming, Friday, October 10, 2025. Thank you, Seniors, for all you have done for Southern. Best of luck the rest of the season. #RamPride





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

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Merry Christmas from the Bankel family

Address:
610 Forecastle Ave
Beachwood, NJ

Dates:
Friday, Saturday, Sunday
12/12/25 – 12/14/25
12/19/25 – 12/21/25

Time:
5 PM – 9 PM

The Christmas season is almost upon us, a time of joy, kindness, and holiday cheer. What better way to spread Christmas spirit than by visiting Santa and taking a ride on our train.

This will be our third year hosting this event, and it continues to bring us so much joy. Since we began in 2023, we have raised almost \$5,000, with every penny donated to St. Jude Children’s Research Hospital. The incredible support from our community has made it all possible.

We are excited to announce this year’s dates. You can ride on a miniature train, take pictures with Santa, and even sit in a real restored sleigh. The entire house will be decorated, and everything is free to enjoy. Expect even more Christmas magic this year, plus toys and candy canes for the kids.

We will be accepting donations, with all proceeds going to St. Jude Children’s Research Hospital. Everyone is welcome. Come by, take a train ride, snap a photo with Santa, and help us make this another amazing year of giving.

Merry Christmas from the Bankel family.

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3RD ANNUAL GOLF OUTING A HOLE-IN-ONE FOR A NEED WE FEED

A Need We Feed hosted its 3rd Annual Golf Outing on Monday, September 29th, at Eagle Ridge Golf Course, bringing together supporters for a day filled with camaraderie, games, and great food, all in support of the nonprofit’s mission to fight hunger in the community.

The event featured a full day of golfing, laughter, and fundraising activities, followed by a celebratory dinner. Proceeds from the outing will directly support A Need We Feed’s programs that provide meals to local Veterans, seniors, and families in need.

The outing’s success was made possible by the generosity of its sponsors:

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A Need We Feed recognizes the efforts of its Golf Outing Committee, Board of Directors, volunteers, and all attendees, as well as the businesses and individuals who contributed through the gift auction. Their collective support helped make the outing a memorable success and will ensure the organization’s mission continues to thrive.

To learn more about A Need We Feed or how to get involved, visit aneedwefeed.org.



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SENIOR CORNER

8 MYTHS ABOUT STROKE

By Kimberly Goad, AARP

Every year, close to 800,000 people in the U.S. have a stroke — that’s one every 40 seconds. If those stats are hard to wrap your head around, consider this: Many don’t get treatment quickly enough. Perhaps they didn’t recognize the signs of a stroke; or they chose to take a wait-and-see approach, hoping the symptoms would subside; or they didn’t notice symptoms at all (that’s known as a “silent stroke”).

That lost time is a big deal and here’s why: “Early recognition of symptoms is key to receiving time-sensitive treatment for stroke, which is directly related to better outcomes,” says Deepak Gulati, M.D., a neurologist specializing in treating stroke patients at the Ohio State University Wexner Medical Center’s Comprehensive Stroke Center.

Some of the delay in getting appropriate care is because of a handful of myths people believe about stroke. Here are eight important ones worth debunking.

Myth #1: Strokes happen only to older people

Anybody at any age can have a stroke. Granted, “the risk of stroke goes up rapidly after 50,” says Mitchell Elkind, M.D., chief clinical science officer at the American Heart Association. “But in recent years we’ve seen an increase in the number of strokes in people ages 20 to 50 as well. This is probably due to the obesity epidemic, diabetes, metabolic disease and related cardiovascular disease.”

But risk certainly goes up with age. Stroke rates double every 10 years after age 55. Around three-quarters of all strokes occur in people 65 and older.

“As we age, our blood vessels and heart age, and they don’t function as well,” Elkind explains. A buildup of fats, cholesterol and other substances in and on the artery walls “can block blood vessels. Aging hearts can develop atrial fibrillation (AFib), a heart rhythm disturbance that can lead to clots that travel to the brain. Atrial fibrillation may account for as many as one-quarter of strokes in older people.”

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with hemorrhagic strokes, which happen when a weakened blood vessel ruptures in or on the surface of the brain, causing bleeding.

“Both types of stroke can produce similar symptoms, making it difficult to distinguish between them based on symptoms alone,” Gulati says. “A CT scan of the brain is typically required to identify the type of stroke.”

If you think you’re experiencing a stroke, reach for the phone — not the aspirin bottle—and call 911.

Myth #7: Stroke always causes paralysis

While weakness or paralysis happens in up to 80 percent of people who have a stroke, it’s not a given.

“Stroke symptoms depend on which part of the brain is affected,” Gulati says. “For example, if the area that controls speech is involved, the only symptom might be trouble speaking. Other strokes might cause problems with vision, balance or numbness instead. That’s why it’s important to know all the warning signs of a stroke.”

Myth #8 You can’t recover from a stroke

Recovery depends on the severity of stroke, the area of the brain affected and the timeliness of treatment. The person’s overall health and age matter too. According to the American Stroke Association, about 40 percent of stroke survivors experience moderate to severe impairments. Around 10 percent require care in a nursing home or other long-term care facility.

“Stroke science has advanced dramatically in the past decade,” Elkind says. “We now have several ways to dissolve and remove clots that cause stroke, and they can be effective even when given up to 24 hours or more after stroke. We have clot-busting medications — like tPA [tissue plasminogen activator] and tenecteplase — that dissolve clots. And we have intravascular procedures, like thrombectomy, that can be used to pull clots from the brains of patients having a stroke. The benefits are impressive.”

Rehab plays a critical role too. Rehabilitation — which usually consists of some mix of speech, occupational and physical therapy — begins in the hospital within 48 hours of a stroke.

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sugar levels, as well as smoking and obesity.

Myth #5: Strokes don’t run in families

They do, in a couple of different ways. There are genetic conditions — like sickle cell disease — that boost the risk for stroke. There are also genetic causes of conventional stroke risk factors, such as AFib, elevated cholesterol and blood sugar levels, and high blood pressure.

But just because you’re genetically predisposed to stroke doesn’t make it inevitable. For one thing, “there are now treatments for sickle cell disease that can be used to prevent stroke,” Elkind says.

“Even people who have an increased risk of stroke due to heredity can reduce that risk through engaging in healthy lifestyles: avoiding tobacco; eating healthy, nutritious food; getting at least 150 minutes of exercise weekly; and checking their blood pressure. Genetic factors may increase risk, but they don’t determine it,” he says.

Myth #6: You can treat a stroke by taking aspirin at the first symptom

“It is not recommended to take aspirin,” Gulati says.

Here’s why: Aspirin, a blood thinner that helps prevent clotting, can be beneficial if you’re experiencing an ischemic stroke, which occurs when blood flow to the brain is blocked or reduced. But that’s not the case

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7 WAYS TO BEAT STRESS AND LOWER CORTISOL LEVELS AFTER 50

By Kim Painter, AARP

Holding on to too much stress for too long isn’t just bad for your mental health; it can wreak havoc on your physical health too. Chronic stress can cause headaches, muscle aches and high blood pressure. It can also lead to high levels of cortisol — a stress hormone that’s released by tiny adrenal glands atop your kidneys when your body goes into “fight or flight” mode.

Cortisol spikes caused by stress are linked with health problems ranging from weight gain to dementia. But there’s a lot you can do to lower your stress and your cortisol levels.

What does cortisol do?

When you perceive danger, cortisol raises your blood sugar to give you energy. It also works with other hormones to boost alertness, heart rate and blood pressure.

Cortisol also plays an essential role in our daily rhythms, surging to help us wake up in the morning and falling to help us sleep at night, says Dr. Scott W. Lee, an endocrinologist at Loma Linda University.

But when we’re under chronic stress — pressed by work, family, finances, health challenges or other demands — cortisol can stay “slightly elevated throughout the day,” says Dr. Yufang Lin, a specialist in functional medicine at the Cleveland Clinic.

And that’s a problem. It means your heart rate and blood pressure stay high and your body experiences more inflammation. Over time, such changes can increase risks for heart rhythm problems, heart attacks and strokes, as well as weight gain, digestive problems and diabetes, Lin says.

The brain takes hits too. In the short term, stress can make us “scatterbrained,” Lin says. “We can’t focus, we can’t concentrate.” Long term, she says, chronic high cortisol is linked with shrinkage of brain areas important for memory and planning.

Chronic stress over a lifetime is a



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risk factor for cognitive decline and dementia, Lavretsky says. But, the experts say, it’s never too late to lower your stress, reduce harmful cortisol levels and improve your health. Here are seven ways for people over 50 to do it.

1. Sleep better

A good night’s sleep keeps cortisol levels low while it “regenerates your brain,” Lee says. To get that benefit, you need adequate deep sleep, he says, and that typically means getting at least seven hours overall.

That’s tough for many older people, he notes. Even if you spend enough time in bed, your sleep might be interrupted by sleep apnea or an overactive bladder. Another way to improve sleep quality is to stick to consistent bedtimes and wake times, which can prove trickier for people whose days are less scheduled, says Ashley Houghteling, a nurse practitioner specializing in functional medicine at Henry Ford Health in Bloomfield Township, Michigan.

Sleeping well after a stressful day can be harder if you don’t take time to wind down, Lavretsky says. Adopting a “sleep ritual” can help calm your mind and body, she says. Try “a warm bath with lavender and Epsom salts,” she suggests.

2. Move more

“We know that just moving around will lower cortisol,” Lee says. There’s no need to go to a gym, he adds. If you “find something that’s kind of fun” and keep doing it, you’ll get more out of it, he says.

Guidelines from the U.S. Centers for Disease Control and Prevention set weekly goals for older adults — at least 150 minutes of moderate activity, like brisk walking, or 75 minutes of vigorous activity, like running. But Lavretsky says you’ll get the greatest stress relief by fitting in some movement each day.

3. Try box breathing

Simple breathing exercises can help reset your nervous system when you find yourself tense during the day or needing a calming ritual at night, Lin says.

One to try: box breathing. The usual advice is to breathe in slowly for four counts and hold that breath for four counts, hold again for four counts and repeat a few times.

But you can shorten the times, Houghteling says, if it’s difficult for you to hold your breath for that long, as it might be for people with lung problems.

Repeating the exercise just three times can slow your heart rate and lower your blood pressure, Lavretsky says.

4. Be mindful

Paying attention to your breath is a form of mindfulness — noticing what’s happening in your body, mind and surroundings right now and not thinking (or stressing out) about the past or future.

But it’s not the only technique. You can take a mindfulness break by just noticing “what the air smells like,” or what sounds you are hearing, or the texture of the food you’re eating, Houghteling says. “It’s very much bringing your attention to the present.”

Mindfulness and relaxation techniques were more effective than talk therapies for reducing cortisol, according to an analysis of 58 stress management studies published in the journal Psychoneuroendocrinology in 2024.

5. Get outside

Try what some researchers call a “nature pill”: a little time outside. You’ll get the greatest benefits, Lavretsky says, if you literally get in touch with nature: “I ask people to go to the beach and go walk barefoot on the sand ... or go to the park and sit on the grass or hug a tree.”

Studies suggest that getting outside just one day can lower your cortisol levels for the whole week, Lin says.

The optimum nature dose for lowering cortisol levels is at least 20 to 30 minutes, according to a study published in Frontiers in Psychology in 2019.

6. Rethink what you’re eating

If your response to stress is eating junk food, you’re not alone, Lin says. But that kind of stress eating can increase inflammation, making the effects of cortisol worse. Weight gain also increases inflammation, Lee notes.

A better, anti-inflammatory diet includes vegetables, fruits, whole grains and legumes, and not too much sugar, processed foods or red meats. Fish high in omega-3 fatty acids, like salmon, may lower cortisol levels, and so may omega-3 supplements, Lin says.

Also, pay attention to when you eat, Houghteling suggests. Eating too close to bedtime can disturb your sleep, keeping your cortisol higher than usual overnight.

And think about what you drink, Lee says. Limiting caffeine and alcohol can reduce cortisol levels. Consider herbal tea, Lin says. Studies suggest that choices like chamomile, lavender and lemon can reduce stress responses and inflammation, she says.

7. Avoid triggers

You can’t avoid all the stressful situations in your life. But when you have control, use it, Lin says. Stressed by the news or social media? “Shut those down” or reduce your use, she says.

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“UNDERSTANDING MEDICARE PART D” COMING TO LBI LIBRARY

“Understanding Medicare Part D” Coming to LBI Library

SURF CITY – Medicare can be complex and confusing. This is why the Long Beach Island Branch of the Ocean County Library will host “Understanding Medicare Part D” at 2 p.m. Wednesday, November 5.

Join us for a special session where a Medicare expert from the Ocean County Office of Senior Services will clarify all the ins and outs of Medicare Part D. A question and answer session will follow the presentation.

This program is generously sponsored by the Friends of the Island Library.

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FULFILL BREAKS GROUND ON MAJOR WAREHOUSE EXPANSION

Neptune, NJ – Fulfill, the Food Bank for Monmouth and Ocean Counties, hosted a groundbreaking ceremony to mark the start of an important expansion of its Neptune warehouse.

The expansion will add 13,000 square feet of warehouse space and nearly 5,000 square feet of cold storage, significantly increasing Fulfill’s capacity to store and distribute fresh, nutritious foods and meet the growing needs of Monmouth and Ocean Counties, where more than 120,000 residents struggle to put meals on the table, according to Feeding America. Hunger in the region has grown significantly since the pandemic, with Fulfill distributing more food each year to keep up with the demand – over 18 million pounds of food last year alone.

“The expansion is more than just a building project – it’s an investment in our neighbors’ health and well-being,” said Susan Kyrillos, Board Chair of Fulfill. “Our current warehouse, unchanged since 2001, can no longer keep pace with the growing need. The expansion will provide much-needed additional storage and cold space, allowing us to stock more nutrient-rich items like protein, dairy and fresh produce, and serve our neighbors facing food insecurity.”



Once completed, the expanded warehouse will streamline distribution and pick-up efforts, offer volunteers an improved experience through the new Volunteer Welcome Center, and enable Fulfill to deliver more food and essential resources.

The momentous occasion also served as the launch of Fulfill’s \$29 million “Path to Plenty to Fill the Healthy Food Gap” capital campaign, which aims to close the healthy food gap by procuring more in-demand items, enhancing Fulfill’s programs to reach more residents and broadening services beyond food assistance.

“While our capital campaign is ambitious, it is achievable,” said Triada Stampas, President and CEO of Fulfill. “Through thoughtful and strategic planning, ‘Path to Plenty’ will not only address our operational needs but also break down barriers to food access in



Former Board Chair Lauren Holman, Current Board Vice Chair Joe Stroffolino, current Board Chair Susan Kyrillos, Fulfill CEO Triada Stampas, former Board Chair Don Norkas and former Board Chair Jeremy Grunin.

our community. Every step forward and every contribution to this campaign brings us closer to a future where no neighbor goes hungry.”

The event brought together elected officials, community leaders, and partners essential to Fulfill’s fight against hunger. Speakers included New Jersey Secretary of Agriculture Edward Wengryn, Senator Vin Gopal, and Monmouth County Commissioner Director Thomas Arnone, who highlighted the state’s commitment to healthy foods, local farmers, and Fulfill’s vital impact in Monmouth and Ocean counties.

“Ending hunger is a complex challenge that no one organization or individual can conquer alone,” said Donald Norkus, Co-chair of the Capital Campaign Steering Committee and former Fulfill Board Chair. “It is through the generous support of the local community and dedicated partners that Fulfill will be propelled forward to meet its fundraising goals and improve the quality of life for the families, children and seniors we serve.”

Fulfill has been at the forefront of fighting hunger at the Jersey Shore for over 40 years, providing 14 million

meals annually through its network of nearly 300 food pantries and soup kitchens. The warehouse expansion comes at a time of heightened need, as residents continue to struggle with inflation, rising living costs and recent cuts to critical food programs.

To support Fulfill’s “Path to Plenty” campaign or to learn more about Fulfill, please visit <https://fulfillnj.org/pathtoplenty/>.

About Fulfill

Fulfill, the Food Bank of Monmouth and Ocean Counties, has been dedicated to addressing hunger in the Jersey Shore community since 1984. As an active member of Feeding America, Fulfill proudly works with a network of nearly 300 partners, including soup kitchens, food pantries and shelters to provide 1.3 million meals per month to area residents, families, children, seniors and veterans in need. Committed to more than just food distribution, Fulfill also offers connections to affordable healthcare options, Medicaid, SNAP and other services to help neighbors lead healthy and self-sufficient lives. To learn more or become involved, visit www.fulfillnj.org.

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• **For seniors:** Interested in finding out if there's a distribution site near you? Go to 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.

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2026 HONDA CIVIC TWO-MOTOR HYBRID SYSTEM WINS PRESTIGIOUS “WARDS 10 BEST ENGINES & PROPULSION SYSTEMS” AWARD

With praise for its power, efficiency and refinement from the editors at WardsAuto, the Honda two-motor hybrid system powering the Honda Civic Sedan and Hatchback has received a “Wards 10 Best Engines & Propulsion Systems” award. This is the third year in a row a Honda hybrid-electric powertrain has received this prestigious honor.

A key step in the Honda electrification strategy, the ultra-smooth and responsive fourth-generation Honda two-motor hybrid system that powers Civic hybrid models maximizes fuel-efficiency without

compromising dynamic performance or passenger and cargo space to deliver a sportier and more pleasant driving experience.

Named the 2025 North American Car of the Year™, Civic hybrid models are positioned at the top of the 11th generation Civic lineup and represent nearly 40% of sales.

Variants of the two-motor hybrid system are also available in the Honda Accord and CR-V, and represent more than 50% of Accord and CR-V sales. The highly-anticipated 2026 Honda Prelude hybrid-

electric sports coupe is arriving this fall, expanding the brand’s hybrid-electric lineup to four fun-to-drive and fuel efficient models.

What Wards Said About the Honda Two-Motor Hybrid System

“The Honda two-motor hybrid system in Honda Civic hybrid models lands on our list for the second straight year, as it still provides an excellent balance between performance and fuel economy, something that’s typically lacking in electrified powertrains.” – Gary Vasilash, judge-2025 Wards 10 Best Engines & Propulsion Systems

“Along with the marriage of athleticism and fuel-sipping the Honda two-motor hybrid system imbues in the compact Honda Civic hybrid, the transparency of its operation and its affordability are other factors that wowed our judges.” – Christie Schweinsberg, manager and judge-2025 Wards 10 Best Engines & Propulsion System.

Honda Civic Hybrid

Positioned at the top of the Honda Civic lineup, the 2026 Civic hybrid, offered as either a sedan or hatchback, combines the fun-to-drive spirit of Civic with the award-winning Honda two-motor hybrid system featuring two large and powerful electric motors.

The 2026 Civic is available in four trim levels, starting with LX (sedan only) and Sport, and topped by the hybrid-powered Sport Hybrid and Sport Touring Hybrid. With a combined 200 horsepower and an impressive 232 lb.-ft. of torque, the Civic hybrid-powered trims are the most powerful non-Type R Civics ever, providing quick, effortless acceleration while receiving outstanding EPA fuel economy ratings – including a 50-mpg



2026 Honda Civic Two-Motor Hybrid System Wins Prestigious “Wards 10 Best Engines & Propulsion Systems” Award

city rating for Civic Sedan Sport and Sport Touring hybrids.

The Honda two-motor hybrid system does not require a traditional transmission or CVT for driving and generating power. The hybrid system relies on the interplay of the two motors rather than use a torque converter or mechanical pulley or belt. This form of direct drive force transfer offers smooth and predictable acceleration matched with efficient low-rpm highway cruising when the gasoline engine is in operation.

Linear Shift Control further elevates the driving experience by mimicking the vehicle speed-linked rev feel associated with a conventional drivetrain shifting gears under acceleration. In addition, Civic hybrid models have four levels of regenerative-braking deceleration available through selector paddles on the steering wheel. The multiple levels provide a wide range of control during deceleration.

To further amplify the legendary fun-to-drive spirit and class-leading ride comfort of Civic, the ride and handling dynamics of Civic hybrid are optimized with unique spring and damper tuning, and a specifically-developed tire. Hybrid trims also enjoy the highest levels of cabin quietness and ride comfort in the Civic lineup, with a robust noise reduction package that includes Active Noise Control on all hybrids, and wheel resonators on Sport Touring.

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



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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.

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DON'T HIT THE ROAD IN NEW JERSEY WITHOUT THESE SAFETY ESSENTIALS

By Michele Pilenza, wobm

We spend a lot of time in our cars, so it's always a good idea to be prepared.

Sometimes, I don't think about the things I might need until it's too late, like after it starts raining or there's an unexpected snowstorm while I'm driving home from work.

Occasionally, I'll toss a blanket in the car, but there are certain essentials we should always keep in our vehicles, just in case.

I was reading an article in Your Tango magazine, and it got me thinking about how important it is to be prepared for anything. The article talked about the essential items everyone should keep in their car at all times.

Before you know it, colder weather will be settling in, and you just never know what it might bring.

Here is a list of the 11 things we should always keep in our cars, according to Your Tango magazine.

1. Phone chargers
2. An umbrella
3. Blankets
4. A first aid kit
5. Jumper cables
6. A flashlight
7. Batteries
8. Bottled water
9. Shelf-stable snacks
10. Your insurance card
11. A jacket

How many do you have in your car?



SpeedShutter / stock.adobe.com



NEW ALDI FOOD MARKET IS COMING TO LOWER OCEAN COUNTY

By Eddie Davis, wobm

A new Aldi Food Market is coming to Ocean County.

The Barnegat Township Planning Board approved the supermarket during a meeting on Sept. 30, according to NJ.com.

No opening date has been set for the new 19,631-square-foot store

The Aldi is planned for 10 Barnegat Blvd., on a vacant lot near the neighborhood Walgreens.

In 1976, the first American Aldi store opened in Iowa. Today, Aldi has more than 2,400 stores in 38 states, employing over 45,000 people.

This will be the third Aldi in Ocean County. Aldi has locations in Forked River and Toms River. There are 64 Aldi stores in New Jersey.



Max's Self-Esteem Craft Market

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

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themaximilianfoundation.org



operation homeplate of ocean county

2026 Edition

Our mission is to assist you with determining eligibility for supplemental nutrition benefits.

Our goal is to ensure you have the funds to purchase healthy food for you and your family to enjoy. While \$95, the minimum benefit, may seem small, this extra money can be used to purchase essential food items and lighten any financial stress on your household. 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*
1	\$2,413
2	\$3,261
3	\$4,109
4	\$4,957
Each Additional	+ \$848

*Figures valid October 2025 - September 2026
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

1005 Hooper Avenue
Toms River, NJ 08754
#732-929-2091
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\$14,840*



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\$14,889*



2017 Hyundai Santa Fe Sport 2.4 Base
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\$14,990*



2020 Hyundai Kona SEL Plus
YLU447757
\$14,990*



2016 Kia Soul Plus
YG7368730
\$14,990*



2018 Jeep Cherokee Limited
FJD564419
\$14,976*



2017 Nissan Altima 2.5 SV
P88256
\$15,990*



2021 Nissan Sentra SV
NMY230121
\$15,998*



2018 Ford Escape Titanium
HJUC83939
\$16,987*



2015 Honda Odyssey EX-L
HFB120155
\$16,989*



2017 Ford Edge SEL
HHBC50791
\$16,990*



2019 Honda HR-V Sport
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FREE MEALS IN NJ: JBJ SOUL KITCHEN HELPS FAMILIES AFFECTED BY SHUTDOWN

By Buehler, wobm,

The JBJ Soul Kitchen in Downtown Toms River has been open for a few months now, serving the community and helping those who need a hot meal.

Frankly, I think it's a great thing to have for people in need.

The JBJ Soul Kitchen also has locations in Toms River off Hooper Avenue, as well as one in Red Bank, all of which serve the same mission, which is to help those who are dealing with food scarcity in their lives.

JBJ Soul Kitchen Steps Up During Government Shutdown

The JBJ Soul Kitchen is now offering free meals to families who have members who are currently furloughed or are working without pay while the government is shut down.

With the government shutdown in full effect, it means a lot of workers are either being furloughed or they're expected to show up to work without pay until the shutdown is resolved.

For families that are already living paycheck to paycheck, this is a huge hit, especially when it comes to keeping food on the table.

If you are a family in need, you can go to any three JBJ Soul Kitchen locations for a free, sit-down style meal.

JBJ Soul Kitchen Hours and Locations in NJ



According to Patch, here's where you need to go.

Red Bank: 207 Monmouth Street, Wednesday to Friday between 5 PM and 7 PM, with lunch on Fridays between 11:30 AM and 1:30 PM.

Toms River: 1769 Hooper Avenue, Wednesday to Friday between 5 PM and 7 PM, with lunch on Fridays between 11:30 AM and 1:30 PM.

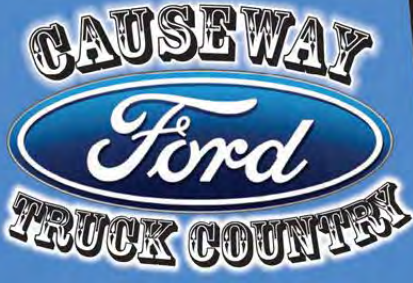
Ocean County Library: 101 Washington Street, Toms River, Tuesday to Friday between 10 AM and 2 PM

Meals are on a pay-what-you-can basis, and if you can't pay, then the meal is free, thanks to this non-profit organization helping NJ residents in need.

wobm.com



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DRW 4X4  2024 FORD F-550 MASON DUMP 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Reg. Cab, Stk. No. F40694 \$73,228	OPEN UTILITY  2024 FORD F-450 SUPERCAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40920 \$88,361	FLATBED 4X4  2025 FORD F-350 SUPERCAB 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50556 \$72,740
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STAKE BED  2024 FORD F-550 REG. CAB DRW 4X2 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks \$78,612	SWITCH & GO  2024 FORD F-350 4X4 REG. CAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 8' drop box, Stk. No. F40836 \$80,990	OPEN UTILITY  2024 FORD F-650 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40018 \$101,990
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OPEN UTILITY  2025 FORD F-250 SUPERCAB 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Warner service truck, Stk. No. F50260 \$63,756	DEJANA DUMP BODY  2024 FORD F-550 DRW 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F41121 \$71,118	 2024 FORD TRANSIT 350 SERVICE UTILITY 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F41187 \$64,819
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Meet Tofu!



Tofu

It's hard to believe, but this cheerful, handsome, and affectionate boy came from a home where he was completely neglected. He managed to survive due to his resilience and clever nature.

We didn't think there was hope for a guy like this, but he sure surprised us. After finding out what love and care look like, Tofu can't get enough.

Tofu has forgotten about his past and isn't looking back. This happy, healthy little kitty sings songs when he wants attention from his foster mom, and chirps for his foster cat friends when he wants to play. Tofu has made good friends with the resident felines in his foster home, and we believe he would enjoy a home with another playful kitty.

Tofu is six years old, has tested negative for FIV and FeLV, is neutered and up to date on his vaccines, and uses the litter box perfectly! We think he would do best in a quiet home (no young kids).

If you would like to meet Tofu, please fill out an application online at Fosocas.org and his foster mom will contact you for a meet and greet.

Meet Sully!



Sully

Sully is a 10-month-old ball of energy who's bursting with potential! This playful pup came to the shelter as a stray and hasn't had much training yet—but what he lacks in experience, he makes up for with enthusiasm and a big, eager heart.

Sully is very active and full of puppy energy, so he'll thrive in a home that can match his zest for life. The good news? He's incredibly food-motivated and eager to please, which makes him a great candidate for training and bonding with his new family.

Scully was brought to the shelter as a stray dog, so we do not know much about his past. We do know that he has a very bright future, and he is a very smart boy. He's working hard on his house training and he has complete command over this sit cue.

If you're looking for a fun-loving, smart young dog who's ready to learn and grow with you, Sully could be your perfect match!

If you are looking to adopt, have questions or want to volunteer please call:
609-978-0127
or go to
www.fosocas.org

Please call the Southern Ocean County Animal Shelter to make an appointment!
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YLU086717

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P88214

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FKUL27529

\$18,587*



2021 Nissan
Kicks SR
NML524526

\$18,798*



2016 Ram
1500 Express
HGG371604

\$18,911*



2020 Honda
Civic LX
NLH573230

\$18,989*



2023 Hyundai
Elantra SEL
HPU394682

\$19,208*



2020 Nissan
Altima 2.5 SL
NLC261479

\$19,582*



2023 Hyundai
Elantra SEL
YPH116620

\$19,879*



2017 Lincoln
Continental Select
FH5612442

\$19,989*



2023 Hyundai
Kona SEL
NPU957948

\$21,651*



2023 Hyundai
Kona SEL
NPU977631

\$22,025*



2023 Hyundai
Tucson SE
YPH230769

\$22,439*



2019 Honda
CR-V EX-L
HKH634111

\$22,987*



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Q60 3.0t LUXE
FJM391529

\$22,989*



2021 Kia
K5 EX
FMG039154

\$23,165*



2022 Honda
Accord LX
HNA077545

\$23,550*



2021 Nissan
Murano Platinum
NMC138935

\$23,646*



2023 Honda
Civic EX-L
HPE013019

\$23,799*



2020 Honda
CR-V LX
HLH643247

\$23,892*



2023 Nissan
Altima 2.0 SR
NPN308982

\$24,228*



2023 Honda
Accord EX
HPA032538

\$24,246*



2023 Honda
Accord EX
HPA023314

\$24,556*



2023 Honda
Civic Sport
NPH519332

\$24,748*



2023 Subaru
Outback Premium
NP3158030

\$24,759*



2023 Honda
HR-V LX
NPM746080

\$24,773*



2022 Honda
Accord Sport
HNA072320

\$24,867*



2023 Honda
HR-V EX-L
HPM725353

\$24,902*



2023 Toyota
Camry LE
FPU076765

\$24,902*



2020 Volvo XC40
Momentum
FL2256092

\$24,918*



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2023 Honda Civic
Sport Touring
HPE013175

\$24,952*



2022 Hyundai
Palisade SEL
YNU350450

\$24,987*



2023 Honda
Accord EX
HPA020291

\$25,251*



2019 Lexus
NX
YK2202500

\$25,560*



2024 Honda
Accord EX
HRA029267

\$25,578*



2024 Honda
Civic Sport
HRH568570

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2023 Honda
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HPA014238

\$25,769*



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FPH179748

\$25,985*



2021 Honda Accord
Sport Special Edition
HMA038051

\$26,091*



2024 Honda
Accord EX
NRA026976

\$26,106*



2025 Honda
Civic Sport
HSH517874

\$26,452*



2023 Hyundai
Tucson Limited
YPH166715

\$26,637*



2023 Subaru
Crosstrek Premium
HPB313705

\$26,823*



2023 Honda
HR-V EX-L
HPM708378

\$26,885*



2023 Nissan
Rogue S
NPC881646

\$26,987*



2024 Honda
HR-V Sport
HRM719618

\$27,070*



2025 Nissan
Altima 2.5 SV
HSN337890

\$27,500*



2023 Ford Bronco
Sport Big Bend
FPRD66617

\$27,528*



2025 Honda
Civic Sport
YSH557639

\$27,725*



2022 Ford
Edge ST Line
FNBA74851

\$29,245*



2023 Honda
HR-V EX-L
HPM725353

\$29,627*



2022 Ford
Edge Titanium
P88240

\$29,778*



2020 Ford
F-150 XLT
HLFA24414

\$29,798*



2023 Honda
CR-V Hybrid Sport
HPE029836

\$29,834*



2023 Honda
Passport EX-L
HPB030672

\$29,884*



2024 Honda
Accord Hybrid Sport
HRA061121

\$29,987*



2023 Subaru
Forester Touring
YPH429495

\$30,116*



2024 Honda
CR-V EX
HRE012030

\$30,240*



2022 Honda
Pilot Special Edition
HNB054961

\$31,043*



2022 Ford
Explorer XLT
YNGC47580

\$31,058*



2024 Hyundai
Sonata Hybrid Limited
NRA089472

\$31,480*



2021 Jeep Wrangler
Unlimited Sport S
HMW531393

\$31,550*



2022 Honda
Passport TrailSport
NNB021515

\$31,581*



2024 Honda CR-V
Hybrid Sport-L
HRL015151

\$31,983*



2022 Ford
Explorer XLT
FNGC33673

\$31,987*



2023 Honda
Ridgeline RTL-E
NPB005133

\$32,660*



2022 Hyundai
Palisade SEL
YNU368486

\$32,849*



2022 Honda Pilot
Special Edition
HNB097508

\$33,268*

*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: November 7th



to Last Month's
Kid Winner!



Gianella



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

Child's First Name _____

Age _____

School _____

Parent's Name and Phone _____



Must be 18 years or older. Simply color the above picture,
fill out the form, and either stop in to any Causeway location to
drop off or mail to the address below.

Entry Deadline: November 7th

You could win a \$50 Gift certificate to 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!



to Last Month's
Adult Winner!



Courtney



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CLOSED
MONDAYS

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