



CAUSEWAY CARES LAUNCHES HOLIDAY FOOD DRIVE FOR FULFILL NJ

SNAP Benefits Crisis Triggers Immediate Need for Community Action

The holiday season is about giving back, especially as many local families face new challenges brought on by the SNAP benefits crisis. This year, Causeway CAREs is once again inviting the community to step up and help fight hunger through its annual Holiday Food Drive benefiting Fulfill NJ, our local food bank serving Monmouth and Ocean Counties.

Starting November 12th, all Causeway Family of Dealerships showrooms will begin collecting non-perishable food items to support neighbors who are struggling to put meals on the table.

For more than 40 years, Fulfill NJ — formerly known as The FoodBank of Monmouth and Ocean Counties — has been dedicated to ending hunger and building hope. The organization distributes over 13 million meals each year through a network of pantries and community partners, providing vital food and resources to families, seniors, and individuals facing food insecurity.

“We’re proud to support Fulfill once again,” said Joe Stroppolino, Director of Advertising and Marketing for Causeway Family of Dealerships and Vice-Chair of Fulfill’s Board of Trustees. “Their impact is felt right here in our community, and this time of year, every donation truly makes a difference.”

Fulfill President and CEO Triada Stampas recently underscored the urgency of the situation: “We estimate about 4.3 million meals that SNAP households will not be able to purchase until their benefits arrive. That means Fulfill would need to more than triple our normal distribution to fill that gap.”

[Update:] Since that statement, there has been a glimmer of relief for many local families. “On Friday, November 7th, thanks to the action of our state in response to a federal court order, full SNAP benefits have been issued for November, and 90,000 of our Monmouth and Ocean County neighbors have gotten some breathing room at last. Tonight, they can finally stock their fridges and pantries,” Stampas shared.

Most Needed Food Items:

- Pop-top canned vegetables (low-sodium)
- Pop-top canned fruit (in 100% juice)
- Pop-top canned soup and meals
- Pop-top canned meat
- Instant or shelf-stable cooked rice or pasta
- Shelf-stable microwaveable meals
- Shelf-stable 100% juice (8oz containers preferred)
- Shelf-stable milk (8oz containers preferred)
- Crackers
- Cereal or cereal bars
- Oatmeal packets
- Protein bars
- Granola bars
- Trail mix
- Bottled water



However, she cautioned that the challenges are far from over:

“The harm of this federal shutdown continues. Federal employees and contractors are going unpaid. In the next two weeks, December SNAP benefits should be scheduled, but the USDA’s reserve fund is now depleted. And because ensuring a steady supply of commodity foods

for food banks is not considered an essential government function, the USDA has not made a single new TEFAP order in almost six weeks — creating the risk of a major gap in our food supply.”

The Causeway Holiday Food Drive runs from November 12th through December 18th, helping bridge that gap for families across the Jersey Shore.

How to Get Involved

- 1. Drop Off Food Donations**
Bring a **bag** of non-perishable food items to any Causeway showroom and receive one entry into our Holiday Giveaway.
 - 2. Purchase a Vehicle on November 28th or 29th**
Anyone who buys a new or pre-owned vehicle during Black Friday weekend will receive 10 Holiday Giveaway entries!
 - 3. Multiple Prizes, Multiple Winners**
Each showroom will feature its own giveaway prize, with winners announced December 19th, just in time for the holidays!
- ### Giveaway Prizes
- Each Causeway showroom is adding a little extra holiday excitement with exclusive prizes for our Holiday Giveaway!
- **Causeway Honda** – Enter for a chance to win a **Dyson V9 Vacuum**, the ultimate cleaning companion.
 - **Causeway Nissan** – Fire up your backyard fun with an **Ooni Koda 12 Pizza Oven**.

- Causeway Hyundai – Whip up sweet treats at home with a **Ninja Creami XL Deluxe**.
- Causeway Ford & Lincoln – Keep things cool this season with a **Yeti Tundra 45 Hard Cooler**.

You can **enter at any — or all — Causeway showrooms**, and there’s **no limit** to how many bags of food you can donate. **Each bag equals one entry, so the more you give, the more chances you have to win!**

All donations collected will go directly to Fulfill NJ, helping ensure that families across Monmouth and Ocean Counties have access to nutritious food throughout the winter months and beyond.

“This is what the Causeway CAREs mission is all about — supporting our neighbors, giving back, and strengthening our community,” Stroppolino added. Learn more at www.CausewayCares.com

To learn more about Fulfill NJ or to make a monetary donation, visit www.fulfillnj.org.



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

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The
Causeway Gazette

For information or to advertise in
The Causeway Gazette please call 609.713.6706
or visit www.CausewayGazette.com
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FAMILY PROMISE OF THE JERSEY SHORE THANKS YOU FOR YOUR SUPPORT

Happy Thanksgiving!

All of us at Family Promise of the Jersey Shore wish you a peaceful and happy holiday as we celebrate gratitude, thankfulness and community.

We are thankful everyday for the generous support we receive from our community that enables us to help our neighbors facing homelessness.

Most recently, we are grateful for everyone who helped make our 12th Annual Gift Auction a fantastic success. It was a fun night for an important cause with all proceeds going directly to helping local families in need.

Thank you to the Causeway Family of Dealership and Causeway CAREs



for being our event sponsor! Thank you to all our sponsors, generous local businesses, gift and service donors and especially to our amazing volunteers for making it all possible!

We are thankful for everyone who supports and advocates for Family Promise of the Jersey Shore. We are truly grateful for every contribution, whether it be your time or a donation, that allows us to continue our mission of assisting local families and individuals experiencing hard times.

November is also National Homelessness Awareness Month, a time to recognize the challenges of homelessness, especially for vulnerable groups like youth and



Scenes from the 12th Annual Family Promise of the Jersey Shore Gift Auction.

survivors of domestic violence and to promote solutions. As we draw attention to the fact that many of our neighbors are experiencing homelessness, we ask you to be a part of the solution by championing Family Promise of the Jersey Shore.

Your support is vital!

Many times this year we received 100 calls for help a day. With your support

we were able to assist more than 8,000 people in need in our community in 2025! Your gifts directly help our neighbors escape homelessness.

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

Or share your gift online by visiting pushpay.com/g/familypromisejerseyshore. To donate by cell phone text "give" to 833-975-2970.

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

Thank you again for all your support that makes it possible for Family Promise of the Jersey Shore to help our neighbors, local children and their families, have a home.

Happy Thanksgiving!
Sincerely,
Jim Lowney





ST. FRANCIS OF ASSISI
PARISH AND CENTER

THE ANNUAL
BEEFSTEAK
Dinner

FRIDAY
DEC, 5

DOORS OPEN
4:30PM

St. Francis
Community Center
Gymnasium

Indulge in our annual beefsteak dinner extravaganza! Enjoy all you can eat beefsteak and a pasta course, to enhance the ambiance, there will be music, a wine cork pull, exciting auctions, and a 50/50 raffle. This event is BYOB and bring your own appetizers to enjoy before your meal, for a complete evening of holiday cheer. Win prizes in our many popular raffles during the evening.

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Wednesday, December 3, 2025 at 7:00PM



4TH ANNUAL MINIATURE GOLF TOURNAMENT

Save the Date for the 4th Annual Miniature Golf Tournament, hosted in partnership with the Community Medical Center Foundation.

Friday, January 23, 2026



A CONVERSATION WITH MARGARET ATWOOD

Margaret Atwood is a celebrated Canadian writer, poet, and literary critic known for her numerous awards and works like The Handmaid's Tale. Her writing frequently explores themes of gender, identity, religion, and environmental issues.

Thursday, April 23, 2026 at 6:00PM

Learn More: **OCCFoundation.org**



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MORE THAN MEALS: A LIFELINE FOR OCEAN COUNTY SENIORS

Right now, many of our older neighbors are facing an uncertain time. Cuts to SNAP and Medicaid along with rising food and healthcare costs are putting critical resources for seniors at risk.

For the more than 1,000 seniors Meals on Wheels Ocean County serves daily, our services are truly More Than Meals. It is a caring check-in, a friendly face, and often, a lifeline. Our drivers don't just drop off food; they deliver Community, Care, and Connection, making sure seniors are safe every day.

The SNAP and Medicaid cuts will increase demand for Meals on Wheels Ocean County's services while simultaneously reducing the resources available to meet that demand. This could lead to service reductions or having to reinstate a wait list.

When services are delayed or disrupted, it's the generosity and awareness of our community that keeps our wheels turning. Join us today. Donate, Volunteer, or Advocate to help keep the wheels rolling!



HOW YOU CAN HELP:

DONATE:
Your gift keeps meals on the road and ensures no interruption in service

VOLUNTEER:
Join our compassionate team delivering food, comfort, and companionship to seniors throughout Ocean County

ADVOCATE:
Share our story and speak up for seniors. Let friends, family, and local leaders know that you stand with Meals on Wheels

Together, we can ensure no senior in Ocean County is left hungry, unsafe, or alone.

ALL ABOARD FOR CHRISTMAS MAGIC AT THE BANKEL HOME



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

VOLUNTEERS NEEDED

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

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

SERVICES INCLUDE:

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

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



'TIS THE SEASON TO EXPERIENCE HOLIDAY MAGIC FOR KIDS AT THE WARETOWN BRANCH

WARETOWN – Join us for a joyful celebration filled with holiday cheer during “Holiday Magic – Meet Miss Santa and Her Elves” at 11:30 a.m. Saturday, December 13 at the Waretown Branch of the Ocean County Library.

Miss Santa and her elves will bring the magic of the season to life with festive songs and heartwarming holiday stories. Each child in attendance will receive a special present to make the day even more memorable. There will even be a tree lighting ceremony beforehand. This is the perfect event for families looking to enjoy a festive Saturday together, suitable for children ages 12 years of age and younger.



Registration is required to attend this free program. To register, call 609-693-5133, go to tinyurl.com/WaretownHoliday, or visit the branch at 112 Main Street. Registration opens November 29. Please register each child separately. Do not register adults. This event is generously sponsored by the Friends of the Waretown Library. The Friends of the Library are a vital community resource that provides local support for Ocean County Library’s branches.

CELEBRATE “CHRISTMAS WITH THE KING” DURING ELVISTORY PERFORMANCE AT THE LBI LIBRARY

SURF CITY – It’s the holiday season and we embark on a Yuletide journey with Elvis as a holiday tour guide during “Elvistory: Christmas with the King” at 3 p.m. Tuesday, December 9 at the Long Beach Island Branch of the Ocean County Library.

Sing along to holiday tunes and learn about Elvis’s love of the holidays as well as traditions and toys that were popular during Elvis’s career. Elvistory is not just an Elvis tribute show, it is a musical history lesson, focusing on Elvis’s music, memories from his life, and historical moments that shaped our world and their impact on the music of the day.



“Elvis-torian” Ruben Castillo will guide you through key time periods and events from 1953 to 1977, accentuated with moments and memories of Elvis’s own life. Castillo, with a love of Elvis and performance since the age of ten, turns his passion for education and entertainment into a mission of educating and delighting audiences of all ages through song, storytelling, and history.

Registration is required for this program. To register, visit tinyurl.com/ElvistoryLBI, call 609-494-2480, or visit the branch at 217 South Central Ave., Surf City. Registration opens November 18.

ROYAL WINTER STORYTIME FOR ADULTS WITH SPECIAL CHALLENGES COMING TO THE WARETOWN BRANCH

WARETOWN – Do you want to build a snowman? Meet the royal sisters Anna and Elsa during “Royal Winter Storytime for Adults with Special Challenges” at 10:30 a.m. Wednesday, December 10 at the Waretown Branch of the Ocean County Library.

Join our favorite royal sisters in songs, enchanting stories, and games in an interactive program designed especially for adults with special needs. Sing along, enjoy the fun, and have a magical morning at the library.

This event is sponsored by the Ocean County Library’s Serving Adults with Special Challenges Workgroup.

Registration is required for this free program. To register, visit tinyurl.com/RoyalStoryOCL, call 609-693-5133, or visit the branch at 112 Main Street. Registration opens November 26.



STEP INTO THE WOLF DEN WITH HOWLING WOODS FARM AT THE BRICK BRANCH OF THE OCEAN COUNTY LIBRARY

BRICK – Have you ever wondered what it’s like to see a wolf up close? The Brick Branch of the Ocean County Library is hosting “Step Into the Wolf Den: Meet a Wolf from Howling Woods Farm” at 7 p.m. Thursday, December 4.

Howling Woods Farm will give an educational and fascinating talk about the lives of wolves. This presentation will feature a 30-minute slide/audio show about wolf conservation and natural history, followed by a 30-minute meet and greet with two wolfdogs.

Howling Woods Farm is an educational facility in Jackson Township. They are a 501(c)(3) public charity providing



learning experiences to the public about wolves and wolfdogs.

Registration is required for this free program. To register, visit tinyurl.com/BrickWolves, call 732-477-4513, or stop by the branch at 301 Chambers Bridge Road. This is an all-ages program.



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SOUTHERN REGIONAL SPORTS BEAT



Volleyball
Congratulations, Southern Regional Girls Volleyball, on defeating Marlboro, #SeniorNight 3-0 on Thursday, October 16, 2025. Thank you, Seniors, for all you have done for Southern. Best of luck the rest of the season.



Gymnastics
Congratulations, Southern Gymnastics, on defeating Manasquan 104-101 and TR East 104-102 in a tri meet on Thursday, October 16, 2025.



Cheerleading
Congratulations, Southern Cheerleading, who placed at the Burlington Twp Competition on Sunday, November 2, 2025. 1st - Traditional Routine, 2nd - Game Day Routine. Congratulations cheerleaders and coaches.



Wrestling
Southern Athletics recognized Southern Wrestling Head Coach Dan Roy at Friday Night's Varsity Football game vs Brick Memorial on October 18, 2025 for being named the 2024-2025, NJSIAA Boys Wrestling Coach of the Year. The award is sponsored by the National Federation of High Schools. Best of luck and continued success.



Band
Congratulations, Southern Regional Marching Band on earning 1st place with a score of 97.60 in Group 2-Open at the Atlantic Coast Championships in Hershey, PA on Sunday, November 2, 2025. The Rams also won Best Visual, Best Music, and Best Percussion! Congratulations to the band and their coaches/advisors.



Soccer
Congratulations, Southern Girls Soccer, on defeating Williamstown 2-1 in the 1st round of the NJSIAA SJ Group IV Playoffs on Wednesday, November 5, 2025. Congratulations players and coaches.



Soccer
On Friday, October 24, 2025, Southern Girls Soccer played to a 1-1 draw vs Absegami. Special congratulations to Southern goalie Jacklynn Donnelly recording her 100th save. Continued Success!



Cheerleading
Southern Cheer had a great day at the Jersey Shore Championship! Congratulations to D14 earning 1st place Champions, D10 2nd place, and D8 1st place! Mighty Mites & Inspiration also had a fantastic performance as well! We're so proud of you all! Next up, Big East Regionals!



Dance
Congrats, Southern Dance Team, on competing at the NJ State Dynamic Dance Convention in Princeton, NJ, on Sunday, November 2, 2025. Special congrats to members Sophia Blayer & Camryn Pidgeon won the Stand Out awards for Commercial Dance and Hip Hop Dance (respectively). Great job, Dance Team and Coach Ernst.



Cross Country
Congratulations, Southern Regional Boys and Girls Cross Country teams on an outstanding performance at the 2025 Ocean County Championships at Ocean County Park on Thursday, October 16th. The boys' team took home the title at the Varsity, JV, and Freshmen levels. The girls' team finished; Varsity - 3rd place, JV 2nd place, and Freshmen 1st place.



Soccer
Congratulations, Southern Boys Soccer on defeating Pleasantville 6-0 on #SeniorNight, Wednesday, October 29, 2025. Thank you, Seniors, for all you have done for Southern.



Field Hockey
On Saturday, October 18, 2025, both the Middletown South and Southern Field Hockey teams recognized and showed support to #MorgansMessage. Morgan's message helps bring support and awareness for student athletes mental health. Thank you Southern Regional 11th grade student athlete, Shore Conference Ambassador, Kai Angelozzi for her leadership and bringing #MorgansMessage to both athletic programs.



Ambassador Day
Thank you, Henry Hudson AD, Mr. Eric Pritchard (pictured) and Mr. Josh Mehl Freehold Twp AD, for hosting the Shore Conference Ambassador Day at Freehold Twp High School on Thursday, October 16, 2025. It was great to be with Southern representatives/Multi-Sport athletes Joey Spina & Kai Angelozzi.



Surf Team
Belated congratulations, Southern Regional Surf Team, which took 4th place in both the JV and Varsity Northeast Regional Championships on Saturday, October 18, 2025. Noah DeSimone took 2nd place, Varsity Men's Shortboard. Aiden Don took 2nd Place in JV Longboard division. Erin Craig took 4th place in the JV Women's division. Continued Success and Best of Luck.

NEW HOME AND A NEW YARD, WAITING FOR A TRANSFORMATION

By Danielle Natale -
Causeway Honda Sales Consultant



It has been some time since my last submission to the Causeway Gazette. The recent months have been quite hectic for me. We recently relocated from our beloved Victorian home to a new residence nearby. Although I had envisioned our former home as our forever home, sometimes a fresh beginning is necessary.

Our new yard is a blank canvas awaiting transformation! To kick off the makeover, we opted to begin with the installation of a fence. I had the pleasure of working with Rich from Coastal Fencing on a project at my previous house. He comes highly recommended by my colleagues, and now my neighbor and parents have also hired him for their projects. When the time came to get a new fence, I had no hesitation in reaching out to Rich. His meticulous attention to detail, paired with his kind and hardworking team, made the process smooth. Rich oversaw the project on-site, ensuring everything perfect. I am thrilled with the stunning new fence around my new home!

It has been a great for my two energetic dogs, who need space to be crazy. Shortly after the fence was put up, I planted some evergreens and hydrangeas. I couldn't resist the end-of-season sale! I am taking my time to plan the yard during the winter months. I don't want to rush this process. I want my daughter



and I to design it all together this time. It is truly beginning to come together, all thanks to Rich from Coastal Fencing, whose fence set the visual inspiration to kickstart the process.

If anyone isn't sure where to begin in their own yard, don't underestimate the power of a good backdrop. Call Rich at Coastal Fencing and he will help make that vision happen!

2026 NISSAN ROGUE EARNS 2025 IIHS TOP SAFETY PICK WITH ENHANCED CRASH PROTECTION

NASHVILLE, Tenn. – The 2026 Nissan Rogue has earned a TOP SAFETY PICK designation from the Insurance Institute for Highway Safety (IIHS), reinforcing Nissan's commitment to engineering vehicles that prioritize safety, quality and real-world performance.

To qualify for a 2025 TOP SAFETY PICK, vehicles must earn a "Good" rating in the IIHS's small overlap front and side crash tests, no less than "Acceptable" in the updated moderate overlap front test and "Acceptable" or "Good" ratings for pedestrian front crash prevention and headlights across all trims. The 2026 Rogue's updated crash structure and restraint systems helped it meet these benchmarks, reinforcing its reputation as a smart choice for families and safety-conscious drivers.

The 2026 Rogue is on sale now with a starting MSRP of \$29,090 for the Rogue S FWD, offering a compelling blend of value, technology and safety features. All grades come standard with Nissan Safety Shield® 3602, which includes Automatic Emergency Braking with Pedestrian Detection, Blind Spot Warning, Rear Cross Traffic Alert, Lane Departure Warning, High Beam Assist and Rear Automatic Braking. Its advanced VC-Turbo engine delivers EPA-estimated fuel economy of up to 29 mpg city, 36 mpg highway and 32 mpg combined3 (FWD). New for 2026 is the Rogue Dark Armor grade, which



2026 Nissan Rogue

builds on the Rogue SV with bold gloss black exterior accents, 19-inch gloss black wheels, satin black roof rails, and premium features like a panoramic moonroof, HD Intelligent Around View® Monitor, heated front seats and a heated steering wheel. Also available is the adventure-ready Rogue Rock Creek, featuring Falken Wild Peak all-terrain tires, Lava Red accents, and a tubular roof rack for enhanced capability and style.

Beyond its safety credentials, the Rogue delivers thoughtful design and everyday versatility, including rear doors that open nearly 90 degrees for easier child seat access, available rear sunshades, and enhanced cargo functionality.

usa.nissan.com

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Cultural Treasures of Japan with Collette Vacations (May 10 -23, 2026).
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More information will be out on some upcoming groups: Iceland-December 2026 and Vietnam and Thailand Cruise January 2027

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

2026 HYUNDAI IONIQ 9 AND 2026 SANTA CRUZ AWARDED TOP SAFETY HONORS BY IIHS

FOUNTAIN VALLEY, Calif., Oct. 31, 2025 – The Insurance Institute for Highway Safety (IIHS) has recognized two additional Hyundai models for outstanding safety performance. The all-new 2026 IONIQ 9 earned the 2025 TOP SAFETY PICK+ (TSP+) award, while the 2026 Santa Cruz secured a 2025 TOP SAFETY PICK (TSP) designation. With these latest honors, Hyundai now boasts eight 2025 TOP SAFETY PICK+ ratings and one 2025 TOP SAFETY PICK. Hyundai leads the industry with nine 2025 IIHS TSP/



Hyundai 2026 IONIQ 9, hyundainews.com

TSP+ awarded vehicles. IIHS awards highlight the safest vehicles in each category, helping consumers make informed choices.

The 2025 IIHS test criteria now has more stringent requirements for second-row occupant safety. Vehicles must earn an acceptable rating in the updated test to qualify for TOP SAFETY PICK, and a good rating is required for the TOP SAFETY PICK+.

“We are immensely proud that IONIQ 9 and Santa Cruz have earned top recognition in the world’s most prestigious automobile safety evaluations,” said Cole Stutz, chief safety officer, Hyundai Motor North America. “These achievements reaffirm our commitment to delivering vehicles that set the standard for world-class safety, quality and innovation.”

To earn a 2025 TSP/TSP+ award, vehicles must earn good ratings in the small overlap front and updated side tests as well as an acceptable or good rating in the pedestrian front crash prevention evaluation, which gauges performance in both daytime and nighttime conditions. All trims must be equipped with acceptable- or good-rated headlights. An acceptable rating in the updated moderate overlap front test is enough to qualify for TSP, but a good rating is required for TSP+. For more information on the award criteria, visit IIHS.org.

hyundainews.com

EMPLOYEE SPOTLIGHT

Meet Breanna Thomas

Breanna grew up in Jackson, New Jersey, and graduated from Jackson Memorial High School in 2017. She went on to earn her bachelor’s degree in Business Management with a focus in Entrepreneurship from Florida Atlantic University in 2021.

When she’s not helping customers find their perfect vehicle, you can find Breanna at hot yoga or spending time with her adorable Aussiedoodle, Zeke.

Stop by Causeway Hyundai and say hello. Breanna is excited to start her journey as our new Sales Consultant!



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SENIOR CORNER

5 SURPRISING SIGNS OF AN INFECTION IN OLDER ADULTS

By Claire Leibowitz, AARP

Feeling off but not spiking a fever? That doesn't necessarily mean you don't have the flu, COVID or other common illnesses that circulate this time of year.

Many of the early warning signs of common infections appear differently in older adults — and some of the symptoms can be surprising.

Much of it has to do with the weakening of the immune system with age, a process known as immunosenescence. This decline blunts the typical response to fighting off infection and the symptoms that result from this defense, like fever and chills. Instead, common illnesses can appear with less common symptoms.

"We see very atypical presentations for some of these respiratory viruses in older adults," says Dr. Morgan Katz, an infectious disease specialist at Johns Hopkins Medicine. This is why learning to recognize and monitor these symptoms is key.

For example, any changes in a person's appetite, personality and overall behavior are worrisome, doctors say, especially when these changes happen quickly.

"Infection is a concern when there's any rapid change in an older person, meaning overnight or within hours, something is different from how it had been before," says Dr. Nina Blachman, a geriatrician at New York University Langone. But just because someone is experiencing a symptom like confusion doesn't necessarily mean they are sick — that's why knowing a person's usual state, or baseline, and tracking changes throughout the day is so important.

Staying on top of so-called baseline metrics is also important if you have a separate and unrelated health condition, such as diabetes or heart disease, since a new infection can exacerbate an underlying issue.

Here are five surprising symptoms that could signal you're getting sick, plus tips on how to stay healthy this cold and flu season.

Unusual symptoms of an infection

1. Confusion

Any new or worsening confusion could be a warning sign of an infection, says Katz. A small study

published in the journal Clinical Nursing Research found that infection and dehydration were the leading causes of short-term confusion among residents in a long-term care facility.

Delirium, a more intense type of confusion, can also be a symptom of infection. "Often, it's a very concerning sign of a more severe infection," says Dr. Camille Vaughan, division director of geriatrics at the Emory University School of Medicine. Still, she says, experts "don't know all of the pathways that lead to those changes in brain function that lead to that confusion state."

In a study published in the British Journal of General Practice, researchers interviewed 22 patients and six caretakers and identified a "spectrum" of confusion resulting from infection. Patients described the time of their illness as a "blur," and others reported feeling muddled or out of control.

2. Falling

Falls can result from a variety of causes, ranging from medications to changes in vision to underlying health conditions. An infection can also increase a person's risk of falling, especially when the body is weak or fatigued from fighting off an illness.

"I don't want to imply every time you have a fall, you need to be thinking about an infection," says Vaughan. "It could be something where we just want to be a little more tuned-in that day or so afterward, to see if something may be brewing or worsening."

3. Changes in appetite

Another unusual sign of a respiratory infection is a change in appetite.

"If you see a patient looking different from their baseline in any way — and that can be as simple as refusing breakfast when they typically eat breakfast — that's when you really start monitoring that patient more frequently," Katz says.

A 2023 study in Clinical Nutrition ESPEN looked at almost 2,000 participants with reported COVID-19 or other possible infections. It found adults over age 75 reported a lack of appetite more often than those under 35 did. Early detection and management of COVID-19 based on appetite loss could reduce the risk of



Maria Vitkovska / stock.adobe.com

further complications after infection, the researchers wrote.

4. Fatigue or new weakness

The Clinical Nutrition ESPEN study also found that older adults reported fatigue more than younger age groups did. Similarly, the researchers suggest catching the symptom early on and detecting and treating the illness and could reduce the risk of future complications.

Fatigue is a common symptom of illness in all ages. "[It] may manifest as new weakness or delirium, which, again, is different than our younger counterparts, often because older adults may not be able to describe their symptoms like younger adults could," Katz says.

New weakness or any deviations from normal "should be a clue that they potentially have an infection," Blachman adds.

5. A mild fever

"You can't wait for that fever because it may not actually happen," Blachman says, "but the patient may be very sick." That's because when the immune system weakens, fevers don't rise as high.

Katz says tracking a person's temperature can help determine if an

older individual is sick. Temperatures 2 degrees Fahrenheit above a person's normal temperature should be considered a fever.

"It wouldn't be our typical 100.4 degrees Fahrenheit cutoff that we see in younger individuals," Katz adds.

Preventing and treating infections Sometimes, getting sick is inevitable. But during respiratory illness season, it's crucial to take care of your body so you're strong enough to fight off whatever comes your way.

"Vaccines are by far the best thing to do," says Vaughan. "I want to continue to make sure that people, especially in our 65-and-older group, are getting those routine vaccines this fall."

This year's COVID-19 booster is available to most individuals after a brief discussion with a health care provider, such as a doctor or pharmacist, and many doctors say it's especially important for older adults who are more likely to experience complications from COVID. Older adults should also get a high-dose flu shot, and an RSV vaccine is recommended for people 75 and older and for some people ages 50 to 74.

"Other things to think about are just getting enough sleep, staying hydrated, eating a healthy diet and exercising. All of those things can keep people well," Blachman says.

If you do find yourself with some atypical infection symptoms, Katz recommends checking your temperature and pulse oximetry (the levels of oxygen in the blood) roughly every two hours to gauge whether your body is going in the wrong direction.

Testing to see what's causing your symptoms, either at home or at the doctor's office, is important too, since there are antiviral treatments for illnesses like flu and COVID, and they work better the sooner you start them.

aarp.com

IS ONE TYPE OF SUGAR HEALTHIER THAN ANOTHER?

By Claire Leibowitz, AARP

"A little bit of sugar is like sunshine," says Carolyn O'Neil, a registered dietitian-nutritionist. We all need it, but not too much.

Naturally occurring sugars in fruits, vegetables, dairy products and grains provide essential energy for the body. The sugars are accompanied by antioxidants, fiber, protein and other nutrients. But added sugars in processed food and drinks — like cookies, cakes, sodas and sauces — are linked to a variety of health and dental problems in people over age 50.

Too much can increase the risk of dementia, heart disease, stroke, type 2 diabetes and more. Studies also show that increased consumption of added sugar is associated with an increased risk of certain cancers.

The World Health Organization recommends that adults reduce their added sugar intake to less than 10 percent of their daily calorie consumption. That means consuming fewer than 200 calories, or 50 grams, of added sugar in the average 2,000-calorie diet. The average American has about 270 calories, or 67.5 grams' worth of sugar (about 17 teaspoons), every day.

Sugar in the body

"Focus less on which sugar is the best but on choosing the smallest amount needed," says Lena Beal, a cardiovascular dietitian at Piedmont Atlanta Hospital. Sugars are made from different ratios of molecules called simple sugars, like fructose and glucose. For example, table sugar is composed of a 50:50 ratio of glucose and fructose to create sucrose. High-fructose corn syrup, despite its name, doesn't have significantly more fructose in its composition — the two common recipes are 42 percent fructose and 53 percent glucose, or 55 percent fructose and 42 percent glucose.

Despite the similar chemical nature of the sugars themselves, the body

still knows the difference: Foods with processed sugars, like cookies or birthday cake, will spike your blood sugar faster than foods with natural sugars, like berries or yogurt, because of the latter's additional antioxidants, nutrients, fiber and protein.

So what is the healthiest sugar? The answer is the kind in fruits, vegetables, grains like quinoa, oats and brown rice, and dairy products, including milk and yogurt. After that, the answer is ... still complicated.

1. High-fructose corn syrup

High-fructose corn syrup has made headlines recently. Coca-Cola recently announced plans to switch its recipe from high-fructose corn syrup to cane sugar. Some other companies may be following suit. But the science is unclear about whether such substitutions will make a difference in older Americans' health or waistlines. "The data doesn't really suggest that either one of those is good or



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better than the other, or healthier," says Jennifer Temple, director of the Nutrition and Health Research Laboratory at the University of Buffalo.

High-fructose corn syrup, commonly found in sodas and other processed foods, is not easily detectable as a flavorful ingredient. The syrup behaves similarly to cane sugar in the body and has similar levels of fructose, despite what its name suggests. But one teaspoon carries 18 calories and 4.7 grams of sugar. Overconsumption of high-fructose corn syrup can make it harder for the body to produce insulin and control blood sugar. This syrup also increases the production of fat in the liver, which can trigger high

cholesterol, high blood pressure and heart disease if it builds up.

2. Cane sugar and table sugar

Both cane (including raw sugar and turbinado) and table sugar are made up of sucrose, or an equal ratio of fructose and glucose. They come from the sugarcane plant and sugar beets but are processed differently — white sugar is washed, filtered and crystallized, while cane sugar is shredded, juiced and filtered clean, preserving some of its molasses and darker coloring.

Both have 16 calories and 4.2 grams of sugar in a teaspoon and are commonly used in baking and sweetening coffee or tea. While sucrose provides quick energy, it can also spike blood sugar and stress the heart.

3. Honey, maple syrup and agave

Honey, maple syrup and agave are seen as more natural sugars, but that doesn't necessarily make them healthier than other sugars.

Honey has 5.8 grams of sugar and 21 calories in a teaspoon. "It's so sweet, you might be able to use less," says O'Neil. "But honey is not going to work in every recipe." It's most often used to sweeten tea and yogurt or to help soothe a cough or sore throat.

Honey contains vitamins and antioxidants, like calcium, potassium, zinc and more, that corn syrup and table sugar lack. But, according to O'Neil, that doesn't always "make a big difference," because the serving size is so small.

The same goes for maple syrup — it contains potassium and calcium, but the average serving does not have enough to make a difference in your nutrition. The sweetener has about 17 calories per teaspoon and 4 grams of sugar.

Agave is used to sweeten coffee, tea, cocktails, sauces and jams. It is made from the agave plant and breaks down into 90 percent fructose (a concentration higher than high-fructose corn syrup), which can contribute to metabolic problems. But this vegan sweetener with 21 calories and 4.7 grams of sugar per teaspoon does have a lower glycemic index than table sugar (19 versus 60), which slows its absorption into the bloodstream.

4. Brown sugar

Brown sugar has similar properties to cane and table sugar because of its composition: mostly sucrose, with a little molasses to give it a darker color. While molasses contains iron and

other minerals, this is still not enough to make brown sugar nutritious. It has 17 calories and 4½ grams of sugar per teaspoon. Although it's not a healthier substitute.

5. The naturals: stevia, monk fruit, coconut sugar

More natural substitutes, including stevia, monk fruit extract and coconut sugar, have been increasing in popularity. But their chemical properties are like other sugars, so moderation is still important.

Stevia is a zero-calorie sweetener with more natural properties than other, artificial ones. The herb is 200 to 400 times sweeter than table sugar and can be a good substitute for those managing diabetes and weight, because it has zero grams of sugar per teaspoon.

Similarly, monk fruit extract is more than 100 times sweeter than table sugar and has zero calories and zero grams of sugar in a teaspoon. Early evidence suggests monk fruit is safe and may be a good option for people managing diabetes or reducing added sugar intake.

Coconut sugar comes from the flower of the coconut plant, not from coconuts. It has about 15 calories and 4 grams of sugar per teaspoon. "Coconut sugar is less refined than white sugar and contains small amounts of minerals and inulin fiber, but it's still primarily sucrose and raises blood sugar in a similar way," Beal says.

6. Artificial sweeteners

"They can help reduce calories. They can reduce blood sugar spikes. They have benefits for people who are managing diabetes and weight," Beal says. "But it's not improving your overall diet quality. There's no nutritional value."

Artificial sugars, like saccharin, sucralose and aspartame, are found in diet sodas, processed sweets and tabletop sweeteners. They have no calories but are much sweeter than regular sugar: Aspartame is 200 times more, sucralose 600 times more and saccharin 200 to 700 times more.

"The artificial sweeteners or the noncaloric sweeteners that are used in products in the United States are all safe. They've all been extensively researched, and there's nothing harmful," says Temple. But research from animal studies has found that they can increase your brain's expectations for something sweet, which makes it harder in the future for whole foods and natural sugars to tame sweet cravings.

Some research has also found a potential link between artificial sweeteners and increased risk of cancers, cardiovascular disease and disruptions to the gut microbiome if consumed in large quantities.

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HOW BARNEGAT MAN NEARLY LOST \$95K IN ONLINE PHONE SCAM

By Eddie Davis, WOBN,

Barnegat Police posted on Facebook on Tuesday about how they helped a man retrieve money he lost in a scam on Thursday, Oct. 30th.

Here's a breakdown of what happened so this scam doesn't happen to you.

Scam Began With an Online Pop-up Message

According to Barnegat Police, the man was using his home computer on Thursday, Oct. 30th, when a pop-up message appeared claiming that his device was infected with malware and telling him to call a telephone number. The Barnegat man called the number and gave the man who answered the call access to his computer.

The scammer then convinced the man that money had been mistakenly deposited into his bank account. The

scammer instructed the Barnegat man to purchase a cashier's check and send it through UPS to an address in Queens.

Hopefully, you realize that you should never let anyone you don't know have access to your computer over the phone, or in any other manner.

Police remind you that you should also never send large sums of money to anyone you don't know or fully trust.

The Barnegat Man Realizes He Was Scammed

The Barnegat man finally realized that he had been scammed four days later, on Sunday, November 2nd.

At that point, he reached out to Barnegat Police and told them he believed he had been scammed out of \$95,000. Barnegat Police contacted a US Postal inspector and a UPS area manager to help them find that check.



Kevin / stock.adobe.com

Within a few hours on Sunday evening, they located the check at a UPS facility in Queens. It was recovered and returned to the Barnegat man, preventing a major financial loss to the man.

If something feels suspicious or you think you're being scammed, talk to a family member or call your local police department before you do anything foolish.





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SHOPRITE DONATING \$1.25 MILLION TOWARDS SNAP RELIEF

By Joe Kelly, WOBN,

There's a lot of reasons that ShopRite is my family's favorite grocery store. Now, we can add another reason to the list. Thanks ShopRite!

ShopRite's Parent Company Pledges to Help in Wake of SNAP Crisis

ShopRite and Wakefern Food Corporation have come through with a big pledge to donate \$1.25 Million in food and funds to help those hit hard by the federal government shutdown and the uncertainty in the SNAP benefit program.

Wakefern is a retailer-owned supermarket cooperative with members who own and operate supermarkets. Wakefern member stores are in nine states. ShopRite is among the stores that are included.

Wakefern and ShopRite say the donations will funnel through community food banks in the areas

served by their stores. That includes the Community Food Bank of New Jersey, of which ShopRite is a long time major supporter and contributor.

Shoprite officials report, "Through ShopRite Partners In Caring, the cooperative has contributed more than \$65 million to over 2,500 charities and hunger-fighting organizations since the program's inception in 1999."

ShopRite Joins Local Restaurants Lending a Hand in SNAP Crises

With SNAP recipients scrambling for ways to feed their families, the ShopRite donations to the food banks will help in a big way.

Among the Atlantic City area restaurants that are extending help to SNAP recipients is Tony's Baltimore Grill in Atlantic City. The restaurant last week announced that they will provide kids meals to children of SNAP recipients. (Parents must show their SNAP EBT card.)

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Causeway Careers

Your future starts here.

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/

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

375 Route 72 West, Manahawkin, NJ 08050

CausewayCars.com

We are an Equal Opportunity Employer.

GRANDMA'S GREEN BEAN CASSEROLE

This green bean casserole without mushroom soup is a grandmother's recipe. Instead of traditional French-fried onions, this from-scratch casserole is loaded with lots of melty Cheddar and a buttery cracker crumb topping. A homemade sour cream-based sauce adds just the right amount of tang to every bite.



Jodi Baglien Sparkes / stock.adobe.com

- Ingredients:**
Green Beans:
2 tablespoons butter
2 tablespoons all-purpose flour
1 cup sour cream
¼ cup diced onion
1 teaspoon salt
1 teaspoon white sugar
- 3 (14.5 ounce) cans French-style green beans, drained
Topping:
2 cups shredded Cheddar cheese
½ cup crumbled buttery round crackers
1 tablespoon butter, melted

- Directions:**
- Step 1:** Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C).
- Step 2:** To make the green beans: Melt butter in a large skillet over medium heat. Stir in flour until smooth, and cook for 1 minute. Stir in sour cream, onion, salt, and sugar.
- Step 3:** Add green beans, and stir to coat. Transfer green bean mixture to a 2 ½-quart casserole dish.
- Step 4:** Spread Cheddar cheese over green bean mixture. Toss cracker crumbs and melted butter together in a small bowl; sprinkle over bean mixture.
- Step 5:** Bake in the preheated oven until topping is golden and cheese is bubbly, about 30 minutes.
- Step 6:** Serve and enjoy.

allrecipes.com

YUMMY SWEET POTATO CASSEROLE

This baked sweet potato casserole topped with a delicious pecan topping is so good and creamy your family will beg you to make it every Thanksgiving and Christmas! Try this recipe and I'm sure it will become your new tradition.



allrecipes.com

- Ingredients:**
Sweet Potatoes:
4 cups peeled, cubed sweet potatoes
2 large eggs, beaten
½ cup white sugar
½ cup milk
4 tablespoons butter, softened
½ teaspoon vanilla extract
- ½ teaspoon salt
Pecan Topping:
½ cup packed brown sugar
1/3 cup all-purpose flour
3 tablespoons butter, softened
½ cup chopped pecans

- Directions:**
- Step 1:** Gather the ingredients. Preheat oven to 325 degrees F (165 degrees C).
- Step 2:** To prepare the sweet potatoes: Put sweet potatoes in a medium saucepan and cover with water. Cook over medium-high heat until tender, 10 to 15 minutes. Drain and transfer to a large bowl.
- Step 3:** Mash drained sweet potatoes with a fork. Add eggs; mix until well combined. Add sugar, milk, butter, vanilla, and salt; mix until smooth. Transfer to a 9x13-inch baking dish.
- Step 4:** To make the topping: Mix brown sugar and flour together in a medium bowl. Cut in butter with a pastry cutter until mixture is coarse and looks like peas; don't overmix. Stir in pecans. Sprinkle topping over sweet potato mixture.
- Step 5:** Bake in the preheated oven until topping is lightly browned, about 30 minutes.
- Step 6:** Serve and enjoy!

allrecipes.com

Know a Senior Who Needs Food?

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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:

fulfillnj.org

Household Size	MAXIMUM	
	Annual Income	Monthly Income
1	\$18,954	\$1,580
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 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.

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
www.mynjhelps.gov

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2021 Nissan Sentra SV NMY230121 \$15,550*	2018 Mercedes-Benz GLC 300 4MATIC® YJV092140 \$15,880*	2016 Honda Accord EX FGA214984 \$15,989*	2010 Ford Mustang V6 P88214 \$15,990*	2017 Nissan Altima 2.5 SV P88256 \$15,990*	2015 Honda Odyssey EX-L HFB120155 \$16,608*	2021 Nissan Sentra SV NMY207510 \$16,954*

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

ADULTS: \$25
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Kevin Williams
Spent 40+ years as a morning fixture on 92.7 WOBN (Ocean County) talking sports and more. His daily feature, "The Hometown View" won several awards and still airs weekly. He was also the Director of the Shore Sports Network which was an online site that covered high school sports. He recently stepped down after 40 years as the founder and director of the WOBN Christmas Classic, one of the largest high school basketball tournaments in NJ. Kevin is a member of several Hall of Fames including the prestigious New Jersey Broadcasters Association. In semi-retirement Kevin spends as much time as possible on the beach and being frustrated by the teams he roots for.

Alex Williams
Is a graduate of Penn State University and currently a Vice President at M Booth an award-winning digital PR and creative communications agency in New York City. She lives in Battery Park, and her interests include working out, listening to Taylor Swift, trying new restaurants, and trying to get her father to leave her alone with questions about his computer, phone and more.

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DRW \$75,789 2024 FORD F-550 12' LANDSCAPE 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 4x4, Supercab, Stk. No. F40645	L-PACK \$94,648 2024 FORD F-600 REG. CAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Landscape body, Stk. No. F40863	 \$69,000 2025 FORD TRANSIT 350 SERVICE BODY 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 11' Reading aluminum enclosed, Stk. No. F50547
REG. CAB \$73,805 2024 FORD F-550 DRW 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, flatbed / hauler, Stk. No. F41162	DEJANA DUMP BODY \$65,618 2024 FORD F-550 DRW 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F41121	 \$62,569 2024 FORD TRANSIT 350 SERVICE UTILITY 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F41187
TRANSIT 350 \$51,679 2024 FORD 12' ALUMINUM FLATBED 6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40856	I-PACK \$68,766 2024 FORD F-350 MASON DUMP 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 4x4, Reg. Cab, DRW, Stk. No. F40676	LIFTGATE \$75,595 2024 FORD F-550 16' BOX 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F41109
PLOW TRUCK \$82,968 2024 FORD F-450 REG. CAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40162	11' ENCLOSED UTILITY \$81,729 2024 FORD F-450 CREW 4X4 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40708	LANDSCAPE BODY \$89,531 2024 FORD F-550 SUPERCAB 4X4 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F41074

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Mia

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Dozer

At just 11 months old, Dozer is already completely housebroken and knows several commands — including sit, down, and paw. He's a smart boy who loves to please!

Dozer does well with children, but because of his playful energy, we recommend a home with kids 11 years and older. He enjoys the company of other dogs, though not every pup appreciates his enthusiastic puppy play style.

With his cheerful personality and big heart, Dozer is sure to bring joy and laughter to your home.

Come meet Dozer anytime at Southern Ocean County Animal Shelter — he might just be the missing piece your family's been waiting for!

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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KIDS COLORING CONTEST!



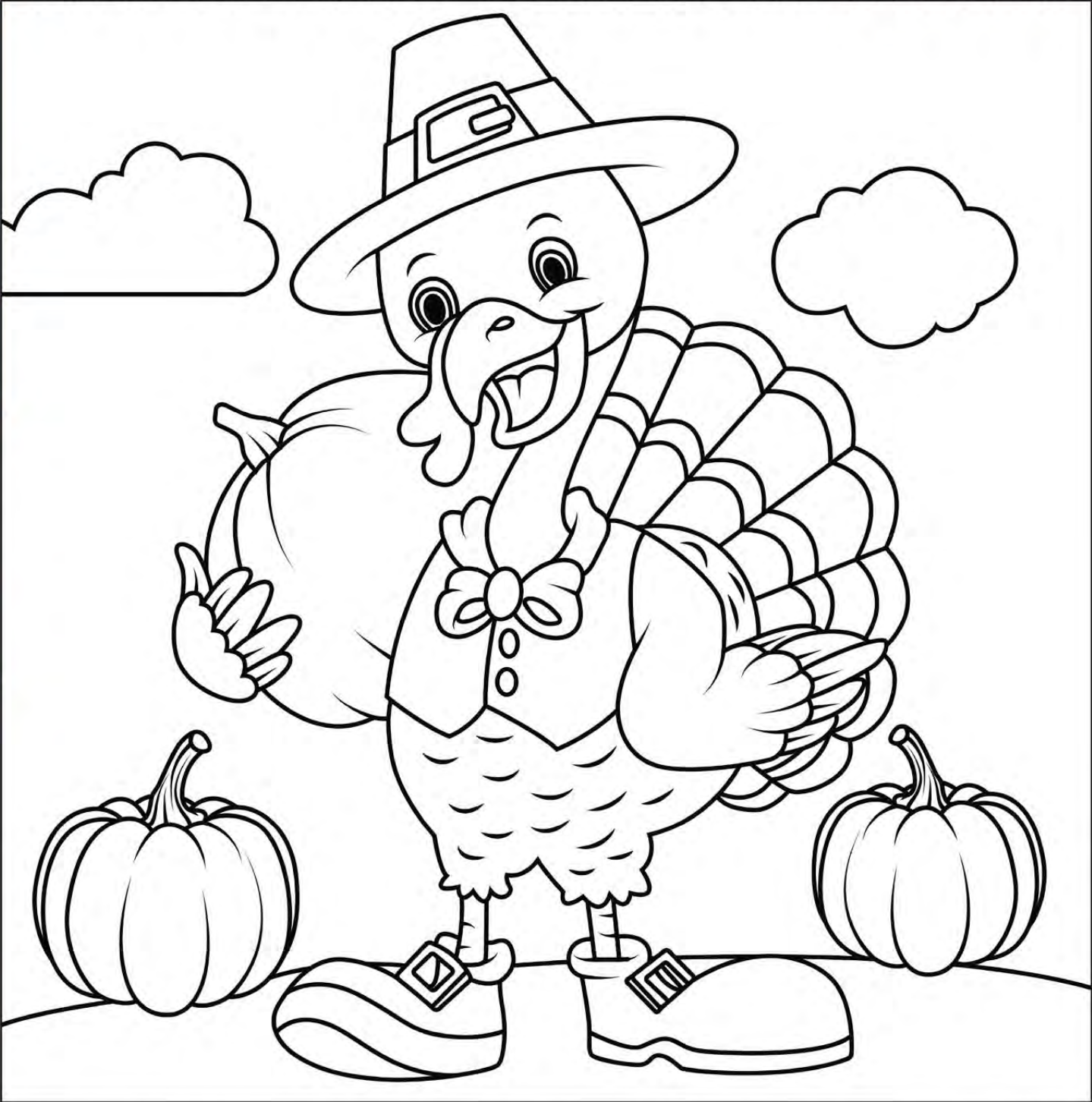
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**\$50 Target®
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Simply have your child color the page, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.
Entry Deadline: December 7th

Congratulations!
to Last Month's
Kid Winner!



Madeline



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

Child's First Name _____

Age _____

School _____

Parent's Name and Phone _____



Must be 18 years or older. Simply color the above picture, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.
Entry Deadline: December 7th
You could win a \$50 Gift certificate to East Bay Italian Grille!

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

First Name _____

Last Name _____

Phone number _____

Residence _____

ADULT COLORING CONTEST!



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Adult Winner!



Koreen



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