



# JBJ SOUL KITCHEN RECEIVES GENEROUS “CAUSEWHEELS” VEHICLE DONATION

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

JBJ Soul Kitchen is a nonprofit community restaurant operated by the Jon Bon Jovi Soul Foundation. Since we opened in 2025, we have served almost 235,000 meals through our unique Pay-It-Forward model, where we encourage our guests to make a suggested donation for their meal. We welcome those unable to donate to enjoy a meal by volunteering, which fosters a sense of empowerment and dignity. In 2025, 75% of the meals we served at our Red Bank location went to guests experiencing food insecurity.

With the addition of our new truck, we can continue our community outreach while also delivering hot meals to those in need. This donation greatly strengthens our outreach and catering efforts in Monmouth County to combat food insecurity, and we are deeply grateful to Causeway CAREs for their generous support.

This will be our second truck donated from Causeway CAREs. Last year, they generously provided a truck for our Toms River location, which has been a wonderful addition for our team. It has made picking up groceries and delivering meals to warming centers in Ocean County during Code Blue season much more efficient. It has also allowed us to serve more people in need, enabling us to make an even greater impact in our community.

“Every day, I see how a warm, nutritious meal can restore a sense of dignity and connection. This generous donation



Left to Right - Corey Gellis - General Sales Manager of Causeway, Chris Varner - Used Vehicle Merchandising Manager of Causeway, Joe Stroffolino - Director of Advertising and Marketing for Causeway Cars/CAREs, Nicole Dorrity - JBJ Program Manager, Emily Yasi - JBJ Executive Chef, Rob Wood - JBJ Assistant General Manager, Heather Goldfarb - JBJ Executive Director, Jim Sigurdson - Executive Director of Meals on Wheels of Ocean County and David Wintode - President of the Causeway Family of Dealerships/Causeway CAREs.

*“This generous donation from Meals on Wheels of Ocean County made it all possible. We’re grateful for the truck donated to Causeway CAREs, allowing us to help place it in a new home.”*

allows me and my team to reach more people and meet our neighbors where they are. By expanding beyond our restaurant, we can continue showing up when our community needs us most. This donation is a game changer for our outreach in Monmouth County, and I am deeply grateful to Causeway CAREs for their

compassion and support.” said Nicole, Program Manager at JBJ Soul Kitchen.

On behalf of our Board and everyone at the Jon Bon Jovi Soul Foundation, we would like to sincerely thank Causeway CAREs for once again supporting JBJ Soul Kitchen with this generous donation, which will help us continue our mission.

### JBJ Soul Kitchen locations:

- JBJ Soul Kitchen Red Bank  
207 Monmouth Street  
Red Bank, NJ 07701  
732.842.0900
- JBJ Soul Kitchen Toms River  
1769 Hooper Avenue  
Toms River, NJ 08753  
732.731.1414



Looking back: A year ago, in January 2025, Causeway CAREs donated the first truck to JBJ Soul Kitchen’s Toms River Location.

## About Causeway CAREs

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 Wintode Family Foundation, Inc., Causeway CAREs strives to make the community a better place to live grow and thrive. To learn more, visit [CausewayCAREs.com](#).

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



TheWintodeFamilyFoundation



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 Wintode 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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# Project Home Repair Collaboration Completes More Than \$300,000 in Essential Home Repairs for Ocean County’s Most Vulnerable Residents

MANAHAWKIN, NJ – As the demand for urgent home repairs continues to climb across Ocean County, Project Home Repair, a coalition of not-for-profit organizations and community-based groups, is proving how shared vision and collective action can transform lives. Led by Homes for All, Northern Ocean Habitat for Humanity and Starve Poverty, and facilitated by Causeway CAREs, the partnership was designed to meet one growing need head-on: ensuring that seniors, veterans, individuals with disabilities, and other vulnerable residents can safely remain in the homes they love.

Project Home Repair was created in 2023 with a simple but vital goal: streamline how residents access critical home repair services while strengthening the capacity of the nonprofits that serve them. The need has only intensified. Ocean County residents living on fixed or limited incomes increasingly face unsafe structural conditions, aging systems, and accessibility barriers that jeopardize health, stability and independence.

Since its inception in late 2023, the collaboration completed 32 essential repair projects, representing \$300,750 in direct improvements to Ocean County households. Repairs ranged from roofs, windows, and doors to porches, stairs, ramps, bathrooms, air conditioners, and other crucial safety upgrades. Each project not only stabilized a home, but restored comfort, dignity and peace of mind for the individuals and families living there.

Work reached residents throughout the county, including Lakewood, Waretown, Toms River, Barnegat, Bayville, Brick, Whiting, Jackson, Manahawkin and Little Egg Harbor. For many, these repairs meant the difference between staying safely at home and facing the risk of displacement.

“Our organizations knew from the beginning that the need in Ocean County was far greater than any one group could address alone,” Kristine Novakowski, Executive Director of Northern Ocean Habitat for Humanity shared. “By combining our strengths, we’ve built an effective, compassionate system that delivers life-changing repairs to the residents who need them most.”



“We are committed to making a difference in the lives of vulnerable populations in our community,” said David C. Wintrode, President of the Causeway Family of Dealerships and Causeway CAREs. “Seeing Project Home Repair continue to grow and deliver such meaningful results reaffirms why this collaboration was created. These projects don’t just fix houses, they strengthen the foundation of our entire community by allowing people to remain safe, stable, and supported right where they live.”

Project Home Repair continues to expand its reach as requests increase countywide. The initiative stands as a model of nonprofit collaboration, using shared resources, coordinated logistics, and a unified mission to respond efficiently and compassionately to urgent housing needs. Community support, partnerships, and funding remain essential to meeting the accelerating demand for safe, stable housing in Ocean County.

For more information or to support Project Home Repair, visit [ProjectHomeRepair.org](http://ProjectHomeRepair.org).



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# UPCOMING EVENTS


PRESENTED BY  **OCEAN COUNTY COLLEGE FOUNDATION**



### 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 6:00 PM**



### ANNUAL SCHOLARSHIP CELEBRATION

Save the Date for our Annual Scholarship Celebration, taking place on the campus of Ocean County College. Honorees and more information coming soon.

**Thursday, June 4, 2026**



Learn More: **OCCFoundation.org**



**OCEAN COUNTY COLLEGE FOUNDATION**

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



# FAMILY PROMISE OF THE JERSEY SHORE AIMS TO CONTINUE HELPING THE COMMUNITY IN THE NEW YEAR

Happy New Year!

We hope everyone enjoyed a wonderful holiday. Thanks to your generosity, dozens of our families—including 75 children—also enjoyed a happy Christmas.

That was a fine way to top off an incredibly busy year of helping our neighbors facing homelessness and economic difficulty here in Ocean County.

In 2025, our front office staff and case managers handled calls from more than 4,700 households seeking assistance.

Family Promise of the Jersey Shore helped more than 9,800 individuals through all our services—from our family shelter program to compassionate case management to connecting people with the resources they need to improve their living situations.

There are more numbers to crunch and analyze but what was the most striking to me was that we prevented or ended homelessness for 298 households. Or to put it another way, 792 people didn't



become homeless last year because of the work we do.

This remarkable accomplishment has a real and positive impact on our community.

We are grateful we were able to help so many people, but the numbers also tell us there's more work to be done. Basic affordability, housing, childcare and many other cost of living realities remain daunting to so many of our neighbors in the new year.

We are planning on having another remarkable year but we need your help!

As uncertainty about grants and funding hangs over charities and nonprofit organizations in the new year, your support is essential to our mission of helping the most vulnerable in our community. Thank you in advance for your support, advocacy, volunteering and donations.

Also, please join us at our always-fun fundraising events starting with our Winter Tea Party at the Mathis House on Friday afternoon, February 6th in Toms River.

For tickets and more information about both events, please contact Debbie at [debbie@familypromisejerseyshore.org](mailto:debbie@familypromisejerseyshore.org) or call 609-968-1888.

Our popular Designer Bag Bingo event will be back at St. Mary's in Manahawkin on Saturday, March 21st! Details coming soon.

We look forward to seeing you in 2026 and working together to help our neighbors in need.

Thank you.  
Sláinte,  
Jim Lowney  
Public Affairs Manager  
Family Promise of the Jersey Shore  
[jim@familypromisejerseyshore.org](mailto:jim@familypromisejerseyshore.org)



## Winter Tea Party



**Friday, February 6, 2026**  
Seatings at 11 am & 3 pm

For Tickets Contact Debbie at 609-968-1888  
[debbie@familypromisejerseyshore.org](mailto:debbie@familypromisejerseyshore.org)  
or Scan Here



*Door Prizes include an overnight stay at the Mathis House!*



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## Interfaith

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

## VOLUNTEERS NEEDED

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

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

**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



# THANK YOU

## TO EVERYONE WHO PARTICIPATED IN OUR HOLIDAY FOOD DRIVE GIVEAWAY!

Because of your generosity, we were able to support Fulfill and help provide meals for neighbors in need this holiday season. Every bag donated and every visit to our

showrooms made a real impact in our community. We are so grateful for your support and proud to share congratulations with our four giveaway winners!





7th Annual

# CASINO

»»» Night

Presented by,



FRIDAY  
FEBRUARY 20, 2026  
6:00 PM

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We want to be the  sign before the accident!

712 East Bay Ave Suite 6, Manahawkin, NJ 08050  
[themaximilianfoundation.org](http://themaximilianfoundation.org)

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# SOUTHERN REGIONAL SPORTS BEAT



### Football

Congratulations and best of luck Southern Regional Football Alum JT Cornelius on declaring for the NFL Draft. A Multi-Sport Athlete competing in football and wrestling during his time at Southern. What a week JT has had, graduated from Monmouth University with an MBA, named FCS Football All American, and declaring for the NFL Draft. Southern Athletics is very happy for his family and proud of JT. Since 2008, JT has been another Southern Alum chasing an NFL dream: Clark Harris - 2007 - Green Bay Packers, Rich Beverly - 2008 - Washington Redskins, Glenn Carson - 2014 - Arizona Cardinals, Mike Gesicki - 2018 - Miami Dolphins, JT Cornelius - 2026 - TBA. \*Pre- 2008 Alums in NFL Camps: Cliff Walters - Philadelphia Eagles, Jay Corle - Buffalo Bills.



### Football

Congratulations, Southern Regional Football, Joe Spina, on being named a National Football Foundation South Jersey Chapter, Scholar Athlete representing Southern, for the 2025-2026 school year. Joe will be recognized at the organization's annual banquet on Sunday, March 29, 2026, at the Carriage House in Galloway, NJ. A well-deserved honor.



### Baseball

Congratulations, Southern Baseball Ryan Dietrich and Anthony Woods, on their college commitments to continue their education and baseball careers at Widener University and Georgian Court University, respectively. Ryan and Anthony are surrounded by their families and Head Baseball Coach Ed Truitt. Continued Success!



### Swimming

Photo from our Southern Girls Swimming meet vs Donovan Catholic on Friday, December 12, 2025. Southern defeated the Griffins 131-39. The team improves to 3-0 on the year.

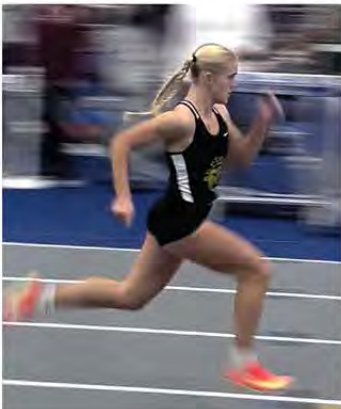


### Indoor Track

Congratulations, Southern Girls Indoor Track on winning the 2025-26 Ocean County Indoor Track Relays on Tuesday, December 30, 2025. Congratulations, athletes and coaches.

### Indoor Track

Congratulations, Southern Girls Indoor Track athlete, Kara Davis at the Shore Track Coaches Association Meet on Thursday, December 11, 2025, set a new school record in the 55m dash, with a time of 7.41 seconds breaking the former record of Caitlyn Adams set in 2001. Continued Success Kara.



### Cross Country

Congratulations, Southern Girls Cross Country Emma Baker, on being named All Ocean County for the 2025 Girls Cross Country season. Emma was honored by the Shore Track Coaches Association. Continued Success!



## SOUTHERN



### Wrestling

Congratulations, Southern Wrestling, on winning the 2025 Ron Mazzola Memorial Tourney at Old Bridge HS on Saturday, December 20th. Wrestlers, Nick Banos, Henry Zimmerman, Anthony Molinaro, Vincent Esposito, Nick Daddona, and Levi Foote won their individual weight class division in the tournament.



### Hockey

Congratulations, Southern Regional Ice Hockey, on defeating Ocean Twp 3-0, #SeniorNight on Friday, January 2, 2026. Thank you, Seniors, for all you have done for Southern. Best of luck the rest of the season.



### Multi-sport

Congratulations, Southern Regional Multi-Sport Athlete Kyle Sininsky, on his commitment to continue his education and playing career at Mount St. Mary's. Kyle is a member of the Boys Soccer and Boys Lacrosse teams here at Southern. Continued Success!



### Football

Congratulations Southern Football Alum David Casas (Class of 2022) on being named NCAA Division III All American Offensive Line 2nd Team for Delaware Valley University this past Fall of 2025. Photo Credit: DVU Football



### Basketball

Congratulations, Southern Boys Basketball, Jake Sliwinski on his commitment to continue his education and basketball career at Roger Williams University in Bristol, Rhode Island. Continued Success.



### Multi-sport

Congratulations, Southern Regional Multi-Sport Athlete Luke Iorio (Class of 2027) on his commitment to continue his education and lacrosse career at NJIT. Luke is a member of the Southern Boys Lacrosse and Football teams.



### Basketball

Congratulations, Southern Girls Basketball and Girls Volleyball player Kai Aceto, on being named the 2025-2026 NJSIAA National Girls and Women in Sports Day representative for Southern. Kai is also a member of the National Honor Society at Southern. Kai will be recognized at a Rutgers University Women's Basketball game vs Minnesota on Sunday, February 8, 2026. Thank you for all you do for Southern.



### Swimming

Congratulations, Southern Regional Boys Swimming on defeating Donovan Catholic 121-49 on Friday, December 12, 2025, to improve their record to a 3-0 mark, on the season. Continued Success.





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## SWASHBUCKLING HEROINES AND HIGH SEAS ADVENTURES WITH NOVELIST VANESSA RILEY

**TOMS RIVER** – Join award-winning novelist Vanessa Riley as she discusses her newest book, *Fire Sword and Sea*, at 7 p.m. Thursday, February 5 during a virtual author talk presented by the Ocean County Library.

*Fire Sword and Sea* takes place in the Caribbean Sea, 1675, and is based on the folk story of the female pirate Jacquotte Delahaye. Jacquotte, the mixed-race daughter of a tavern owner on the island of Tortuga, dreams of joining seafarers and smugglers in the nearby waters. In Haiti, she becomes Jacques, a dockworker, earning the respect of others while hiding her gender.

For the next twenty years, Jacquotte raids the Caribbean, making enemies and amassing a fortune in stolen gold. When her fellow pirates decide to increase their profits by entering the slave trade, Jacquotte turns away from piracy and the pursuit of riches, opting to plot a war of liberation.

Vanessa Riley brings to life the hidden narratives of black women and women of color in novels like



*Island Queen and Queen of Exiles*. She is the proud recipient of the 2024 Georgia Mystery/Detective Fiction Author of the Year. Her work has been featured in the Atlanta Journal-Constitution, The Washington Post, Entertainment Weekly, NPR, Publishers Weekly, and The New York Times.

Registration is required for this free program. To register, visit [tinyurl.com/RileyOCL](http://tinyurl.com/RileyOCL), call 732-349-6200, or visit your local OCL branch.

## LONG BEACH ISLAND HEALTH DEPARTMENT TO TEACH SAFE MEDICATION PRACTICES AT OCEAN COUNTY LIBRARY LBI BRANCH

**SURF CITY** – Knowing safe practices with medication can prevent harm from visiting you or your loved ones. This is why the Long Beach Island Branch of the Ocean County Library is hosting “Medication Misuse Prevention” at 2 p.m. on Tuesday, January 27.

The Long Beach Island Health Department will engage in a discussion about storing, administering, and disposing prescription medications safely.

The LBI Health Department will host monthly health topic programs at the branch.



Registration is required for this free program. To register, visit [tinyurl.com/MedicationLBI](http://tinyurl.com/MedicationLBI), call 609-494-2480, or visit the branch at 217 S. Central Ave., Surf City.

## SECRETS AND SECOND CHANCES WITH FICTION AUTHOR LIZ MOORE

**TOMS RIVER** – Join us as New York Times bestselling author Liz Moore will discuss her latest book, *The God of the Woods*, at 7 p.m. Wednesday, January 28 during a virtual author talk presented by the Ocean County Library.

Embark on a tale of thrilling twists and disturbing disappearances in *The God of the Woods*, an instant New York Times bestseller and one of NPR’s 2024 “Books We Love” highlights.

Early morning, August 1975: a camp counselor discovers an empty bunk. Its occupant, Barbara Van Laar, has gone missing. Barbara isn’t just any thirteen year-old: she’s the daughter of the family that owns the summer camp and employs most of the region’s residents. This also isn’t the first time a Van Laar child has disappeared. Barbara’s older brother similarly vanished fourteen years ago, never to be found.

As a panicked search begins, a thrilling drama unfolds. Chasing down the layered secrets of the Van Laar family and the blue collar community working in its shadow, Moore’s multi-threaded story invites readers into a rich and gripping dynasty of secrets and second changes. It is Moore’s most ambitious and wide-reaching novel yet.



Liz Moore is the author of five novels: *The Words of Every Song*, *Heft*, *The Unseen World*, *Long Bright River*, and *The God of the Woods*. Moore was a winner of the 2014 Rome Prize in Literature. She lives in Philadelphia and teaches in the MFA program in Creative Writing at Temple University.

*The God of the Woods* is available to borrow for free for OCL cardholders through our catalog. Visit [tinyurl.com/MooreWoodsOCL](http://tinyurl.com/MooreWoodsOCL) to request your copy today.

Registration is required for this free program. To register, visit [tinyurl.com/LizMooreOCL](http://tinyurl.com/LizMooreOCL), call 732-349-6200, or visit your local OCL branch.



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Nancy Schott

We have been in business locally for over 45 years. Please call or email to be added to our weekly newsletter and find out about all our current groups and our informational nights on our upcoming tours. We specialize in land packages, cruises, destination weddings, family vacations and much more. Give Nancy and Tara a call to plan your next getaway. All information is posted to our website. Some of our current groups:

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

**Seven Night Bermuda Cruise from Cape Liberty on Celebrity Silhouette (May 17-24, 2026).**  
Start your summer off right; especially if you missed this year’s Bermuda group. Enjoy all that Bermuda has to offer; from Crystal Caves to the pink-sand beaches. Relax on your balcony from Cape Liberty passing the Statue of Liberty enroute to three glorious days in sunny Bermuda. Your special group rate includes your balcony accommodations, all current port and government taxes, classic beverage package, meals and Wi-Fi for only \$1975.00 per person. Local transfers to pier will be provided for a nominal fee

**A Journey through the Netherlands, Belgium and France: Canals, Champagne & Culture (October 10-20, 2026).**  
This small group travel with Collette Vacations, no more than 24 passengers. Highlights include: Paris, Eiffel Tower Dinner, Amsterdam Canal cruise, Kinderdijk, Bruges, Reims, Route du Champagne, Cheese tasting in Meaux and much more. Transfers to Newark airport are included. For more information and rates please call Tara.

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



**NEW YEAR  
NEW CAR  
SALES EVENT**



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# CHECK THE BOX FOR MEALS ON WHEELS



As New Jerseyans start filing their 2025 State Income Tax, did you know that you can Check the Box to donate to Meals on Wheels of New Jersey? We are one of the fortunate non-profit organizations that have this designation and Meals on Wheels Ocean County receives a portion of these funds to continue our mission of mobilizing resources to help older

adults achieve food security, maintain independence, & build community.

A charitable giving deduction to the on Wheels of New Jersey Fund provides relief to taxpayers at all income levels who donate to charity and serves as an important lifeline when nonprofits need it most.

With the uncertainty of government funding increasing or even continuing, that leaves Meals on Wheels programs in a precarious position to plan effectively or even continue to serve, all who need Community, Care and Connection.



This is despite soaring costs to programs like ours to procure, produce and deliver food to our frail and vulnerable neighbors.

You can Check the Box to the Meals on Wheels of New Jersey Fund and the amount

you choose will either reduce your refund or increase your balance due. This makes it easier for generous New Jerseyans to donate while helping to ensure that Meals on Wheels Ocean County can more effectively meet our community needs. Please Check the Box today or directly donate to Meals on Wheels of Ocean County by scanning the QR code or at [www.csimow.org](http://www.csimow.org).

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# 03·01·26

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## \$5 MILLION GRANT WILL RESTORE TIDAL SALT MARSH IN MANAHAWKIN

BY Veronica Flesher, Patch Staff

MANAHAWKIN, NJ — A \$5 million grant from the New Jersey Department of Environmental Protection (DEP) will fund tidal salt marsh restoration in Stafford, bolstering greenhouse gas emission mitigation efforts, according to a news release.

The grant, funded through New Jersey's participation in the Regional Greenhouse Gas Initiative (RGGI), is part of an ongoing \$30 million second round of funding for local governments and nonprofits to implement projects that mitigate greenhouse gas impacts by creating, restoring, and enhancing coastal wetlands, forests and urban tree canopies.

Stafford's grant will restore 23 acres of tidal salt marsh, bolstering natural defenses against sea level rise and storm surges, enhancing wildlife habitat and contributing to blue carbon storage and biodiversity conservation. The marsh has historically provided critical coastal protection, wildlife habitat,

wave attenuation, and water filtration — and served as a natural storm barrier for Beach Haven West and the community's infrastructure.

“The Stafford Resiliency Program at Popular Point project is a real credit to the partnerships with the Edwin B. Forsythe National Wildlife Refuge and Township staff working together to make Stafford a more resilient community. The NJDEP funded the Resilient Stafford plan back in 2022, and from that plan, the Township has worked to incorporate capital projects and look for grant opportunities to use the plan to mitigate for future sea level rise and storm events,” said Stafford Township Mayor Robert Henken. “The Resilient Stafford plan has been crucial to planning for the future of the Township. Thank you to NJDEP, Edwin B. Forsythe National Wildlife Refuge, ACT Engineers and the Township staff that are helping to make Stafford a resilient community into the future.”

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## WAY TO GO CAUSEWAY ROLLERS AND JOHN RAD!

Congratulations to our Causeway-sponsored bowling team and an even bigger shoutout to teammate John Radziszewski, better known as John Rad!

John just rolled his second perfect 300 game in only 10 days, breaking two records along the way with an incredible 836 series. These two 300 games within 10 days brings his career total to four perfect games over his 18-year bowling career. An unbelievable accomplishment and well deserved.



# SENIOR CORNER

## THE BIG RISK FACTORS FOR DEMENTIA TO AVOID

A growing body of research shows that almost half the cases of dementia are potentially preventable or delayable through lifestyle changes or public policies that promote brain health.

High blood sugar, hearing loss and low educational attainment are the strongest and most consistent risk factors for dementia in the United States, according to an analysis of more than 600 studies.

The analysis looked at 12 risk factors established in 2020 by the Lancet Commission on Dementia Prevention, Intervention and Care. (The commission's 2024 report, which added high cholesterol and vision loss, was not out when this research began.) This two-year project focused on the U.S. population and pointed out differences by state.

"Understanding which factors have the greatest impact on dementia puts us in a stronger position to reduce the risk in our communities," says Juan Rodriguez, AARP's Vice President, brain health. "These findings offer clear steps people and communities can take today to support their brain health, promote healthy aging and give older Americans more quality time to live their lives as they choose."

The research was a collaboration between AARP, the Alzheimer's Disease Data Initiative (AD Data Initiative) and the Institute for Health Metrics and Evaluation at the University of Washington (IHME). The findings, including state-by-state comparisons, are available for non-commercial research via the AD Workbench.

### High Blood Sugar

Researchers found the strongest evidence of a link to dementia for high blood sugar, which damages tiny blood vessels in the brain. The risk of dementia increased both among people with diabetes and prediabetes.

The risk of dementia for someone with a fasting blood sugar of 6.1 mmol/liter (or 110 mg/dL) — which meets the World Health Organization's definition of prediabetes — is 15 to 32 percent higher than for someone with a fasting blood sugar in the normal range, which is 4.8 to 5.4 mmol/liter, according to the analysis. People with a fasting blood sugar of 7.0 mmol/liter (or 126 mg/dL) — which meets

the WHO's definition of diabetes — had a 35 to 55 percent higher risk.

More than 40 million people — or 12 percent of the U.S. population — had diabetes in 2023, according to the Global Burden of Diseases, Injuries, and Risk Factors Study, reported in The Lancet in 2025.

More than 7 million Americans have Alzheimer's disease, the most common form of dementia, according to the Alzheimer's Association. By 2050, that figure is projected to rise to nearly 13 million.

### Hearing loss

People with moderate hearing loss are 29 percent more likely to develop dementia than people with normal hearing; those with severe hearing loss are 49 percent more likely, according to the analysis.

Wearing hearing aids can reduce that risk. A study in The Lancet found that older people at risk of dementia who wore hearing aids experienced 48 percent less cognitive decline over three years than peers who did not, as measured by annual assessments.

### Low educational levels

The less education a person has, the more likely they are to develop dementia. Compared with people who receive 18 years of education — equivalent to graduating from high school, college and graduate school — people who go to school for 12 years were 23 percent more likely to develop dementia.

While learning stimulates the brain, greater educational achievement is also associated with a higher income. Having more money increases a person's odds of having access to medical care, a nutritious diet, a safe neighborhood with clean air and stable housing, all of which contribute to better health, says Dr. Ariel Green, a geriatrician and Associate Professor of Medicine at the Johns Hopkins University School of Medicine.

While people cannot change the quality or quantity of education they received in their youth, the study can help guide public policy, says Jaimie Steinmetz, Lead Research Scientist at IHME. The analysis suggests that investing in schools now could lower the burden of dementia in decades to come.

Researchers did not study the effect of brain games, crossword puzzles or other strategies that people may use to engage their brains in older adulthood, Steinmetz says. Other



Robert Kneschke / stock.adobe.com

research suggests, however, that stimulating the brain by learning new things in adulthood helps the brain make new connections.

### Additional important risk factors

The analysis listed seven other major contributors to dementia risk. They are: air pollution, depression, physical inactivity, traumatic brain injury resulting in hospitalization, smoking, high blood pressure, and social isolation. Alcohol use and high body mass index had the most inconsistent relationship with dementia risk in the studies reviewed.

This report has some overlap with a 2024 study of U.K. residents, which named diabetes, alcohol consumption (measured by frequency) and exposure to air pollution as the most harmful modifiable risk factors for dementia out of 15 that were studied and published in the journal Nature Communications. A team of researchers examined brain scans of nearly 40,000 UK Biobank participants and found that parts of the brain associated with Alzheimer's disease, which are more prone to earlier and accelerated aging, were most affected by these three factors.

### State differences stand out when it comes to air pollution

High blood glucose was the number one risk factor in all states except California, where air pollution took the number one spot. Americans' exposure to air pollution has dropped dramatically since the passage of the Clean Air Act of 1970. Back

then, pollution from factories in the East and Midwest plus automobile exhaust were major drivers of air pollution.

Today, a significant amount of pollution comes from wildfires in western states, says Dr. Mitchell S. V. Elkind, Chief Science Officer for Brain Health and Stroke at the American Heart Association. California ranks as the worst state in the country for air pollution, according to the analysis, while Hawaii has the cleanest air. Outdoor air pollution accounted for 1.5 percent of the burden of dementia-related health loss in Hawaii in 2023, compared with 20 percent of the burden in California, the analysis shows.

Communities with long-term exposure to air pollution are 14 percent more likely to develop dementia compared with people living in areas with very clean air. Not everyone has the resources to move to a state with cleaner air. Steinmetz says the analysis can help policymakers better understand how much pollution contributes to dementia in their states. Slicing and dicing the data by state should help state officials decide where to focus. "Ranking risk factors by state allows policymakers to understand where to allocate resources most efficiently," says Niranjan Bose, Interim Executive Director of the AD Data Initiative. More details about the drivers of dementia risk can be viewed using the IHME Brain Health Atlas.

aarp.com

## FULLILL EXPANDS FRESH FOOD ACCESS WITH DONATION OF REFRIGERATED VANS TO LOCAL PANTRIES

Toms River, NJ — Fulfill is strengthening the local hunger relief network by donating five new refrigerated 2024 Ford Transit vans to partner food pantries, dramatically increasing their ability to rescue and distribute fresh food throughout Monmouth and Ocean Counties.



grocery retailers with ready donations of food to rescue.

### The five food pantries that received vans are:

Bradley Food Pantry — Neptune City  
Our Lady of Guadalupe — Lakewood  
The Hope Center — Toms River  
Starve Poverty — Barnegat  
Seeds of Service — Brick

"Today, more than 130,000 of our Monmouth and Ocean County neighbors rely on our pantry network for food assistance. This is not just the awarding of a vehicle, but also of a donor relationship that will provide a critical lifeline for our partners and the communities they serve for years to come," said Triada Stampas, President & CEO of Fulfill. "These vans strengthen our ability to move food where it's needed most, turning surplus into nourishing meals and helping ensure our neighbors don't have to face hunger alone."



Every month, Fulfill and its network of partner pantries provide enough food for approximately 1.3 million meals to neighbors across Monmouth and Ocean Counties. The rising cost of food and other basic needs has more than doubled the demand for food assistance over the past five years.

Each of the five van recipients will be paired with local food retailers, enabling surplus food to be moved from retailers to pantries efficiently, while addressing the ongoing need for fresh produce, frozen goods, meats and bakery items in the community.

"Partnerships are key to fighting hunger, and thanks to the Feeding America Retail Capacity Building Grant, these vans allow our pantries to work hand-in-hand with retailers to rescue more fresh food, reduce waste and serve more neighbors than ever before," said Jonathan Rowe, Vice President of Operations at Fulfill. "By strengthening these connections, we're building a more efficient and resilient food network that benefits everyone."

Fulfill's first round of vehicle grants in early 2024 has already shown strong results. Within their first full year, the five awarded pantries (Freehold Area Open Door Pantry; Faith Community Food Pantry in Bayville; St. Brigid's Pantry and Kitchen at St. James Episcopal Church in Long Branch; Jackson Women of Today Food Pantry; and St. Luke's Toms River Food Pantry) collectively increased their supply of donated food from retail pick-ups by approximately 30,000 pounds, a more than 20 percent increase from the prior year. Now in their second year, the 2024 cohort is on track to increase their supply of donated food

yet again, this time by approximately 55,000 pounds from their 2023 levels, a bump of approximately 40 percent, and considerably outpacing the 29% average gains in the charitable food network overall in that same period of time.

"The van truly transformed our operations, allowing us the opportunity to become far more self-sufficient," said GERALYN FRAGGETTA-DRURY, Executive Director of pantry partner Freehold Area Open Door and a 2024 van recipient. "We're now able to manage our regular retail pickups as well as larger private donations. We no longer have to turn away food. We finally have the means to transport it, allowing us to better serve our neighbors."

The vehicle grants represent a major investment in supporting a strong pantry network, which is core to Fulfill's strategy to build food security in Monmouth and Ocean Counties. Fulfill has made grants to its pantry partners in response to their capacity needs every year since 2013, helping its network of charity partners rebuild in the aftermath of Super Storm Sandy.

"This van donation is just one more step toward food security in our communities," said Stampas. "The community's need for food keeps growing and we must be in a position to keep up with the demand. We will continue to create meaningful programs that result in all-around wins — wins for our pantry partners, our retail network and our neighbors in need."

For more information on Fulfill's programs and how to support them, visit <https://fulfillnj.org/>.

### Six Tips To Help Prevent Falls

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

- Talk with your health care provider about medication side effects
- Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors
- Stand up slowly to avoid dizziness
- Do strength and balance exercises
- Get your vision and hearing checked regularly
- Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).

NIA National Institute on Aging

## NEED HELP? START HERE.

# 2.1.1

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United Way  
United Way of Monmouth and Ocean Counties

Housing

Utilities

Food

Childcare

Health

### Know a Senior Who Needs Food?

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

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

• **For seniors:** Interested in finding out if there's a distribution site near you? Go to [fulfillnj.org/seniorstaples](http://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.



Parents Victoria and Nick Rekosik welcomed baby girl Ellie Rose, born 6 pounds, 4 ounces at 4:33 a.m. Jan. 1. (Hackensack Meridian Health)

## OCEAN COUNTY'S 1ST BABY OF 2026 BORN IN MANAHAWKIN

By Veronica Flesher, Patch Staff

MANAHAWKIN, NJ — A West Creek family welcomed Hackensack Meridian Health's first Ocean County baby of 2026 hours after midnight on New Year's Day at Southern Ocean Medical Center, the medical network announced in a news release.

Parents Victoria and Nick Rekosik welcomed baby girl Ellie Rose, born 6 pounds, 4 ounces at 4:33 a.m. Jan. 1. Ellie Rose joins Hackensack Meridian Health's first baby of 2026, Nova Nicole Norton, the daughter of proud parents, Naomi and Ezra Norton of Somerset, New Jersey. Baby Nova weighs 6 pounds and 3 ounces and was

born at 1:05 a.m. at Hackensack Meridian Mountinside Medical Center in Montclair.

"The arrival of the first babies of 2026 is a joyous and exciting moment for all of us at Hackensack Meridian Health. It's a powerful reminder

of our mission: to provide the highest quality care to every mother and child," said Robert C. Garrett, FACHE, CEO of Hackensack Meridian Health. "My deepest thanks go to our outstanding team members for their unwavering commitment, and we send our warmest congratulations to the proud new parents. We wish all our communities a vibrant and healthy new year."

patch.com

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August 2021

### Meals ON WHEELS OF OCEAN COUNTY

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# BARNEGAT SCHOOLS SPORTS BEAT



## Wrestling

At left, the Barnegat High School wrestling team grabbed some hardware at the Golden Eagle Opening Weekend Tournament.

Below, the Barnegat High School Wrestling Program hosted the Garden State Classic Wrestling Tournament.



## Track

The Barnegat Bengals are shown in the Bubble for winter track.

## Bowling

Barnegat Girls Bowling finishes in first place winning the Edison Township Classic Bowling Tournament.



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Congratulations to Barnegat hockey player DJ Swierk on his 1,000th career save!

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# FUN PAINTED PLANT POT CRAFT PROJECT REMINDS US OF SPRING

By Danielle Natale -  
Causeway Honda Sales Consultant



With winter upon us, I tend to get lazy about going outside and getting fresh air and exercise. The holidays feel like they linger about a month longer than they should, and the clutter of all the décor—beautiful as it is—starts to close me in.

That’s why, and many people don’t do this, but in my house, the moment the presents are unwrapped and everyone goes to shower or nap, the holiday décor comes down. It was down before breakfast. We had everything looking so festive for almost two months. I wanted the new year to feel fresh and to have the sense that spring is on the horizon.

Since moving, I have enjoyed that this house has so much more light inside. I love houseplants and couldn’t keep them alive in the other house; however, in the new house, I can.

I put together a fun project for my daughter and me to remind us that spring is just around the corner. It is a very easy project, and I think it’s fun for all ages.

I picked up everything before she got out of school. In hindsight, it may have been more fun to go together. I went to the home improvement store and picked up four terracotta pots with saucers. I chose them because they easily absorb paint. I also found four small 4-inch houseplants for when we finished our paint project.

I usually have a lot of paint supplies at home, so we used craft acrylic paint. You’ll also need something to protect your surface. I usually use absorbent puppy training pads because they absorb spills,



and I put the paint directly on them while working. When you are finished, you just throw everything away, and cleanup is a breeze. In the end we had so much fun together and we made memories that will grow with us all year!



The diamondback terrapin hatchlings were discovered on Long Beach Island, but too late in the season - they should have been safely nestled in their winter habitats. (Liberty Science Center)

## JERSEY SHORE TERRAPIN HATCHLINGS GET NEW SAFE HOME UP NORTH

By Veronica Flesher, Patch Staff

LONG BEACH ISLAND, NJ — Five adorable terrapin hatchlings are staying up north for the winter. The diamondback terrapin hatchlings were discovered on Long Beach Island, but too late in the season - they should have been safely nestled in their winter



habitats. Now, through the colder months, the babies will be taken care of at Liberty Science Center until they can be released in the spring.

The rescue is thanks to Project Terrapin,

a research and education initiative dedicated to protecting New Jersey’s diamondback terrapin populations. Through hands-on science, habitat conservation, and community engagement, Project Terrapin works to ensure the continued survival of this important coastal species.

The terrapins will be housed in the “Our Hudson Home” exhibit at Liberty Science Center. It features local species, hands-on interactive elements, and real-time examples of environmental stewardship, now including the terrapins’ rescue story.

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## 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.

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**We also have these opportunities:**

## Marketing Assistant

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

## Part Time Operator - Call Center

Contact Joe Stroffolino at (609) 713-6706

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# ROCK FOR A CAUSE BRINGS LIVE MUSIC, RAFFLES, AND COMMUNITY TOGETHER TO SUPPORT OCEAN PARTNERSHIP FOR CHILDREN

Ocean Partnership for Children (OPC) invites the community to turn up the volume for a powerful cause at their inaugural Rock for a Cause, a live music fundraising event benefiting children, youth, and families across Ocean County. The event will take place Saturday, March 1, from 1:00–5:00 PM at Hemingway’s in Seaside Heights.



“This event is about more than music, it’s about our community, how we connect to one another, and creating brighter futures for local youth and families,” said Jess Pepe, OPC’s Development Coordinator and chairperson for Rock for a Cause, “Every ticket sold and every raffle directly supports our mission to enhance wellbeing and positively changes lives.”

Rock for a Cause will directly support programs that empower young people and strengthen families at no cost to those served. Supports range from therapy, behavioral supports, parenting courses, assessments, housing, and other basic needs.

Community members are encouraged to attend, sponsor, or spread the word to help make this event a success.

Rock for a Cause will feature live music by Sneekbox, along with gift basket raffles (includes spa baskets, restaurant gift cards, Casino Pier family pass, PNC Bank Arts Center passes, and much more!), a 50/50 drawing, and a high-energy atmosphere designed to bring the community together in support of OPC’s mission. Proceeds from the event will help fund OPC’s free year-round Youth Empowerment Program and individualized Wraparound support services for youth up to age 21 facing behavioral, emotional, and developmental challenges throughout the entire county.

Tickets are \$20 when purchased online and \$30 at the door (21+ event). Each ticket includes an exclusive event cup, access to happy hour pricing, and a first set of raffle tickets, giving attendees even more ways to support OPC while enjoying the afternoon.

Local businesses and community partners also have the opportunity to support Rock for a Cause through sponsorships, which include valuable brand exposure and event tickets. Those interested in sponsoring can contact Jess directly at 732-202-1585 ext. 130 or [jpepe@oceanpartnership.org](mailto:jpepe@oceanpartnership.org). Sponsorship levels include:

**Event Sponsor** – \$1,500: Large display at the event, logo on event materials, and 10 tickets

**Rock Sponsor** – \$800: Tabletop display, logo on materials, and 4 tickets

**Cup Sponsor** – \$500 RESERVED

Ocean Partnership for Children has served Ocean County for over 20 years, providing individualized, wraparound services to more than 10,000 youths. Funds raised through

### Event Details:

Hemingway’s, Seaside Heights  
Saturday, March 1  
1:00 PM – 5:00 PM  
Tickets: \$20 online | \$30 at the door (21+)

To purchase tickets or learn more about sponsorship opportunities, scan the QR code on the flyer ad below left of this article.

### About Ocean Partnership for Children

Ocean Partnership for Children is a nonprofit organization dedicated to improving the lives of children, youth, and families through comprehensive, individualized services that promote stability, resilience, and long-term success.

# ROCK FOR A CAUSE

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**1:00 PM - 5:00 PM**

**Hemingway's**  
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## 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](http://www.mynjhelps.gov)

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 <p><b>2015 Hyundai Sonata ECO</b> HFH138539 <b>\$9,450*</b></p>	 <p><b>2018 Hyundai Sonata SE</b> YJB869735 <b>\$9,950*</b></p>	 <p><b>2018 Volkswagen Tiguan 2.0T SEL 4Motion</b> HJM198056 <b>\$11,551*</b></p>	 <p><b>2017 Hyundai Santa Fe Sport 2.4 Base</b> NHG388623 <b>\$11,862*</b></p>	 <p><b>2015 Nissan Rogue SL</b> NFC849840 <b>\$11,987*</b></p>	 <p><b>2017 Buick Encore Essence</b> YHB035312 <b>\$12,423*</b></p>	 <p><b>2015 Mercedes-Benz GLA 250 4MATIC®</b> YFJ091122 <b>\$12,750*</b></p>
 <p><b>2018 Jeep Cherokee Limited</b> FJD564419 <b>\$12,911*</b></p>	 <p><b>2019 Chevrolet Trax LT</b> YKB863203 <b>\$13,049*</b></p>	 <p><b>2017 Hyundai Elantra Value Edition</b> NHH156013 <b>\$13,486*</b></p>	 <p><b>2014 Honda CR-V EX-L</b> HEL109808 <b>\$13,592*</b></p>	 <p><b>2017 Hyundai Tucson SE</b> FHH487023 <b>\$13,623*</b></p>	 <p><b>2018 Mercedes-Benz GLC 300 4MATIC®</b> YJV092140 <b>\$13,854*</b></p>	 <p><b>2020 Hyundai Tucson Value</b> NLU142432 <b>\$13,900*</b></p>
 <p><b>2020 Nissan Altima 2.5 S</b> NLN312327 <b>\$13,985*</b></p>	 <p><b>2016 Honda CR-V EX</b> HGG704334 <b>\$14,073*</b></p>	 <p><b>2020 Hyundai Tucson SE</b> YLU087795 <b>\$14,227*</b></p>	 <p>Scan For CarSmart Certified</p>	 <p><b>2020 Kia Sportage LX</b> FL7804535 <b>\$14,585*</b></p>	 <p><b>2018 Chevrolet Malibu LT</b> FJF116761 <b>\$14,585*</b></p>	 <p><b>2019 Hyundai Santa Fe SEL</b> FKH130325 <b>\$14,936*</b></p>
 <p><b>2018 Chevrolet Equinox LT</b> YJL100672 <b>\$14,953*</b></p>	 <p><b>2021 Mazda CX-5 Touring</b> HMO321924 <b>\$15,839*</b></p>	 <p><b>2019 Honda CR-V LX</b> HKH210792 <b>\$16,247*</b></p>	 <p><b>2018 Honda CR-V EX-L</b> HJE71228 <b>\$16,412*</b></p>	 <p><b>2019 Dodge Durango SXT Plus</b> YKC848575 <b>\$16,694*</b></p>	 <p><b>2019 GMC Terrain SLT</b> HKL326626 <b>\$16,880*</b></p>	 <p><b>2019 Hyundai Santa Fe Limited</b> FKH113345 <b>\$16,909*</b></p>



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**KEVIN & ALEX WILLIAMS,**  
THE DAD & DAUGHTER PODCAST DISCUSSES GENERATIONAL AND GENDER DIFFERENCES WHEN IT COMES TO SPORTS, POP CULTURE, AND ALL THINGS RELEVANT IN THESE CHANGING TIMES.  
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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.

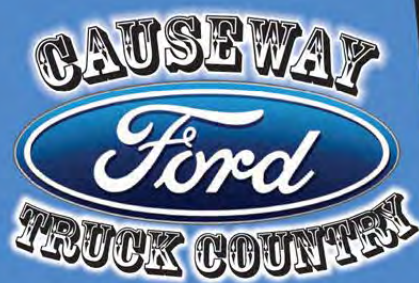


*Alex Williams*

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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**2024 FORD F-450 SUPERCAB 4X4**

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### LIFTGATE



**\$75,595**

**2024 FORD F-550 16' BOX**

8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F41109

### TRANSIT 350



**\$52,159**

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**\$84,965**

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**All Credit Applications Accepted!!**

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**2025 FORD F-550 SUPERCAB 4X4**  
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**2024 FORD F-350 MASON DUMP**  
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**2024 FORD F-750 MECHANIC SERVICE**  
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**2026 FORD F-350 SUPERCAB 4X4**  
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**2025 FORD F-350 SUPERCAB**  
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**2025 FORD F-350 REG. CAB 4X4**  
 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50582

**2025 FORD F-350 SUPERCAB**  
 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50129

**2025 FORD F-450 CREW CAB 4X4 DRW**  
 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50608

**2024 FORD F-450 SUPERCAB 4X4**  
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**2024 FORD F-450 SUPERCAB 4X4**  
 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40707

**2025 FORD F-450 SUPERCAB 4X4**  
 8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, DRW, Stk. No. F50418

**2025 FORD F-350 SUPERCAB 4X4**  
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**2022 FORD F-600 DRW 4X4**  
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**2025 FORD F-550 SUPERCAB 4X4**  
 Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50663

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Price(s) include(s) all costs to be paid by a consumer except for licensing costs, registration fees and taxes. All prices include Causeway &amp; Ford rebates and Loyalty Discounts.



# Furry Friends

**Who Need Fur-Ever Homes!**
**Meet Ivan**

Ivan is a sweet and independent 9-month-old brown tabby. He doesn't mind being picked up and carried around as long as it doesn't interfere with his plans for the day. He's like an impatient little kid when someone tries to restrain him and he needs to play! Ivan has multiple foster buddies he plays with, but play isn't even first on Ivan's list of priorities. That would be FOOD, which is priority #1. He LOVES to eat. If you have food, he is your new best friend!



Ivan is looking for a home that has at least one friendly cat he can pal around with. He is also comfortable with cat-friendly dogs and currently lives with a rabbit friend.

His new parents should be comfortable with giving him as much time as he needs to acclimate to his new environment. His foster home is the only home he has known.

Ivan is up-to-date on his vaccines, neutered, FIV and FeLV negative.

Apply online at FOSOCAS.org today to set up a meet and greet at his foster home.

**Meet Maikoh**

This handsome guy is a fun, energetic dog who warms up quickly to new people—especially if they're ready to give him some well-deserved pats. Maikoh would thrive in an active household because he loves to play and stay busy.



He has lived with other dogs and is dog-friendly. When meeting cats, he was a little shy but showed no concerning behaviors. Maikoh already knows sit, down, and shake, but like many young pups, he'll benefit from continued training to help him master the rest of his basic skills.

Maikoh is a big fan of toys! The only rule? No soft toys—he destroys them in record time. But give him durable toys and he's a very happy boy.

Maikoh is a great dog with tons of potential, and he's ready for a family who can keep up with his playful spirit and help him shine. Come meet him at the Southern Ocean County Animal Shelter located at 360 Haywood Rd., Manahawkin, NJ. The Shelter is open daily from 1 PM to 4 PM.

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!  
 open daily 1:00pm - 4:00pm  
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Stock #: F50951

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 <b>2020 Jeep Renegade Latitude</b> YLPL46842 <b>\$18,207*</b>	 <b>2020 Subaru Outback Limited</b> FL3152437 <b>\$18,262*</b>	 <b>2022 Hyundai Tucson SEL</b> YNH088192 <b>\$18,338*</b>	 <b>2019 Honda Civic EX</b> HKU418576 <b>\$18,679*</b>	 <b>2022 Hyundai Sonata Limited</b> FNA236976 <b>\$18,720*</b>	 <b>2021 Hyundai Sonata SEL</b> YMH087530 <b>\$18,995*</b>	 <b>2019 Lincoln MKC Reserve</b> NKUL16025 <b>\$19,193*</b>
 <b>2016 Mazda Miata Sport</b> Y-P88270 <b>\$19,330*</b>	 <b>2018 Honda CR-V EX-L</b> HJE080143 <b>\$19,359*</b>	 <b>2023 Nissan Kicks SR</b> P88277 <b>\$19,674*</b>	 <b>2019 Lincoln MKC Reserve</b> F-P88277 <b>\$19,913*</b>	 <b>2023 Hyundai Kona SEL</b> NPU977631 <b>\$20,206*</b>	 <b>2023 Hyundai Kona SEL</b> FPU013011 <b>\$20,291*</b>	 <b>2020 Volvo XC40 Momentum</b> FL2256092 <b>\$21,400*</b>
 <b>2019 Honda Civic EX-L w/Navigation</b> HKU405445 <b>\$21,471*</b>	 <b>2021 Nissan Murano Platinum</b> NMC138935 <b>\$21,500*</b>	 <b>2023 Honda Civic EX-L</b> HPE013019 <b>\$21,817*</b>	 <b>2022 Jeep Cherokee Trailhawk</b> YND533538 <b>\$21,891*</b>	 <b>2024 Hyundai Kona SEL</b> YRU083909 <b>\$22,241*</b>	 <b>2023 GMC Terrain SLE</b> FPL121993 <b>\$22,253*</b>	 <b>2018 INFINITI Q70L 3.7X</b> FJM370536 <b>\$22,314*</b>
 <b>2020 Lincoln MKZ Reserve</b> HLR620383 <b>\$22,529*</b>	 <b>2019 Lexus NX</b> YK2202500 <b>\$22,909*</b>	 <b>2024 Nissan Altima 2.5 SR</b> NRN417261 <b>\$23,063*</b>	 <b>Scan For Preowned</b>	 <b>2020 Honda CR-V EX-L</b> HLH637278 <b>\$23,324*</b>	 <b>2023 Honda HR-V LX</b> HPM746667 <b>\$23,445*</b>	 <b>2020 Nissan Frontier SV</b> NLN708651 <b>\$23,515*</b>
 <b>2024 Subaru Legacy Premium</b> NR3006732 <b>\$23,600*</b>	 <b>2024 Honda Accord EX</b> HRA029267 <b>\$24,193*</b>	 <b>2022 Honda Civic Sport</b> HNE024903 <b>\$24,213*</b>	 <b>2023 Subaru Outback Premium</b> NP3158030 <b>\$24,303*</b>	 <b>2022 Ford Bronco Sport Outer Banks</b> F-P88266-K <b>\$24,410*</b>	 <b>2024 Honda Accord EX</b> NRA026976 <b>\$24,486*</b>	 <b>2023 Ford Bronco Sport Big Bend</b> FPRD66617 <b>\$24,563*</b>
 <b>2024 Honda Accord EX</b> HRA032243 <b>\$24,824*</b>	 <b>2023 Honda Civic Sport Touring</b> HPE013175 <b>\$24,952*</b>	 <b>2022 Hyundai Palisade SEL</b> YNU350450 <b>\$24,987*</b>	 <b>2024 Honda HR-V Sport</b> HRM731427 <b>\$24,989*</b>	 <b>2023 Honda CR-V LX</b> HPL006654 <b>\$25,372*</b>	 <b>2022 Ford Escape Titanium</b> FNUA79739 <b>\$25,441*</b>	 <b>2023 Ford Bronco Sport Big Bend</b> HPRE36792 <b>\$26,162*</b>
 <b>2022 Honda CR-V EX</b> NNL004860 <b>\$26,177*</b>	 <b>2021 Honda CR-V Touring</b> HMH614863 <b>\$26,313*</b>	 <b>2023 Ford Bronco Sport Big Bend</b> FPRD72441 <b>\$26,872*</b>	 <b>2016 Dodge Charger R/T Scat Pack</b> HGH287945 <b>\$26,933*</b>	 <b>2022 Toyota Corolla Cross XLE</b> NNV026707 <b>\$27,025*</b>	 <b>2024 Ford Bronco Sport Big Bend</b> NRRE50556 <b>\$27,241*</b>	 <b>2022 Lincoln Corsair Standard</b> FNUL30741 <b>\$27,563*</b>
 <b>2021 Jeep Wrangler Unlimited Sport S</b> HMW531393 <b>\$28,054*</b>	 <b>2025 Honda Accord Hybrid Sport</b> HSA021574 <b>\$28,914*</b>	 <b>2022 Ford Explorer XLT</b> FNGC33673 <b>\$28,924*</b>	 <b>2022 Ford Explorer Timberline</b> HNGC37566 <b>\$29,247*</b>	 <b>2024 Honda CR-V EX-L</b> HRH417420 <b>\$29,589*</b>	 <b>2021 Ford Ranger Lariat</b> HMLD68449 <b>\$29,690*</b>	 <b>2024 Honda CR-V EX</b> HRH409058 <b>\$29,756*</b>
 <b>2023 Hyundai Tucson Hybrid Limited</b> YPU095405 <b>\$29,814*</b>	 <b>2023 Honda CR-V Hybrid Sport</b> HPE029836 <b>\$29,834*</b>	 <b>2022 Honda Pilot EX-L</b> NNB083893 <b>\$29,880*</b>	 <b>2024 Honda CR-V EX</b> HRE012030 <b>\$30,240*</b>	 <b>2022 Honda Passport TrailSport</b> HNB012173 <b>\$31,979*</b>	 <b>2023 Lincoln Corsair Reserve</b> FPUL12353 <b>\$33,345*</b>	 <b>2023 Honda Odyssey Touring</b> HPB034044 <b>\$35,050*</b>

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



# KIDS COLORING CONTEST!



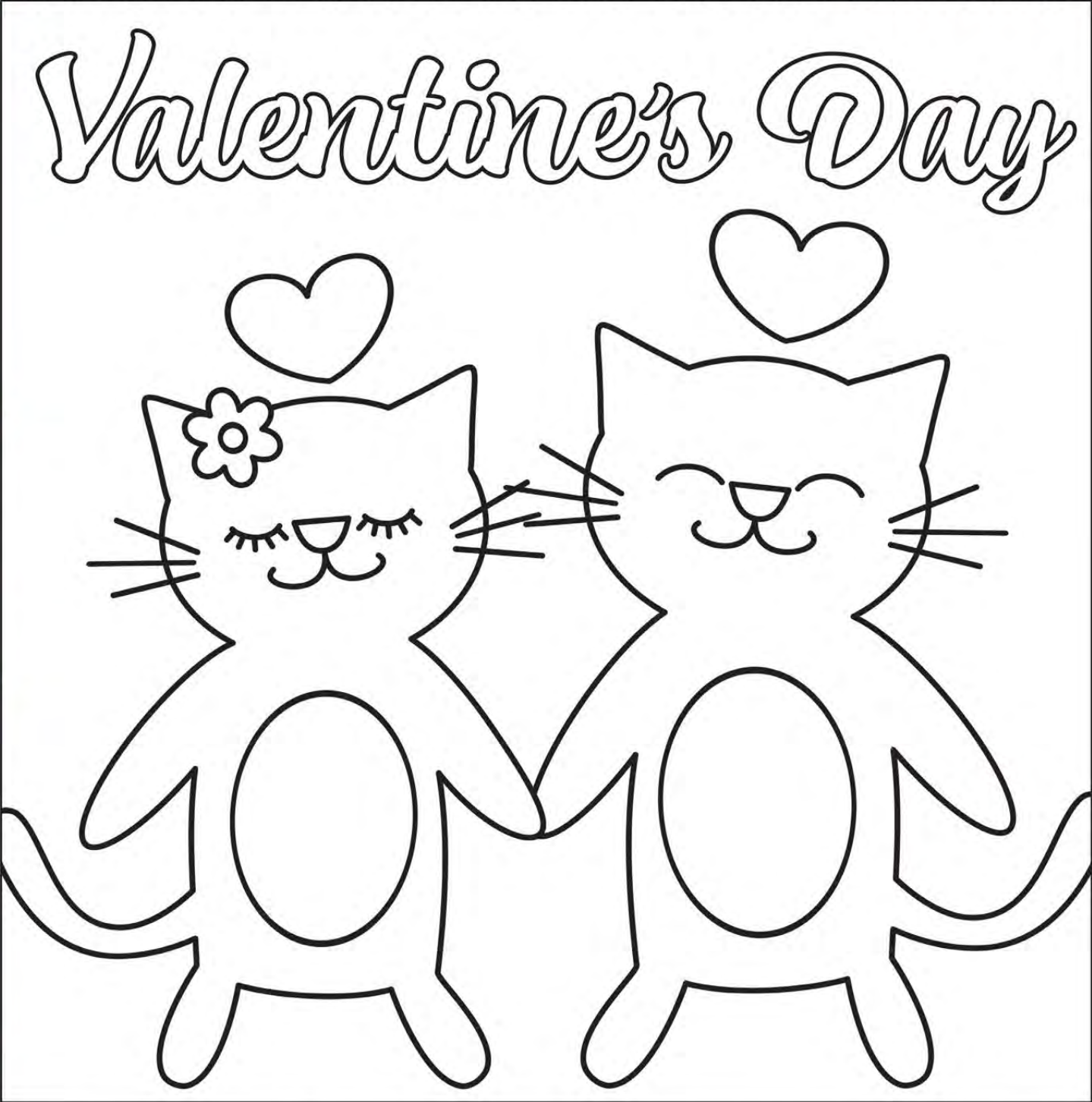
You Could Win a  
**\$50 Target®  
Gift Card!**

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: February 7th**

*Congratulations!*  
to Last Month's  
**Kid Winner!**



**Amelia**



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

Child's First Name \_\_\_\_\_

Age \_\_\_\_\_

School \_\_\_\_\_

Parent's Name and Phone \_\_\_\_\_



# ADULT COLORING CONTEST!



You Could Win a  
**\$50 Dollar Gift Certificate  
to East Bay Italian Grille  
in Barnegat!**

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



**Ola**

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: February 7th**  
You could win a \$50 Gift certificate to East Bay Italian Grille!

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

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

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

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

Residence \_\_\_\_\_



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