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Proudly serving Manahawkin, Barnegat, and surrounding communities



January 2026 • Number 140

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 Dorritty - 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 Wintrode - 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 Wintrode Family Foundation, Inc., Causeway CARes strives to make the community a better place to live and 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.



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 and grow and thrive. To learn more, visit CausewayCARes.com.

Driving change in our community.

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 email: CausewayGazette@gmail.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.

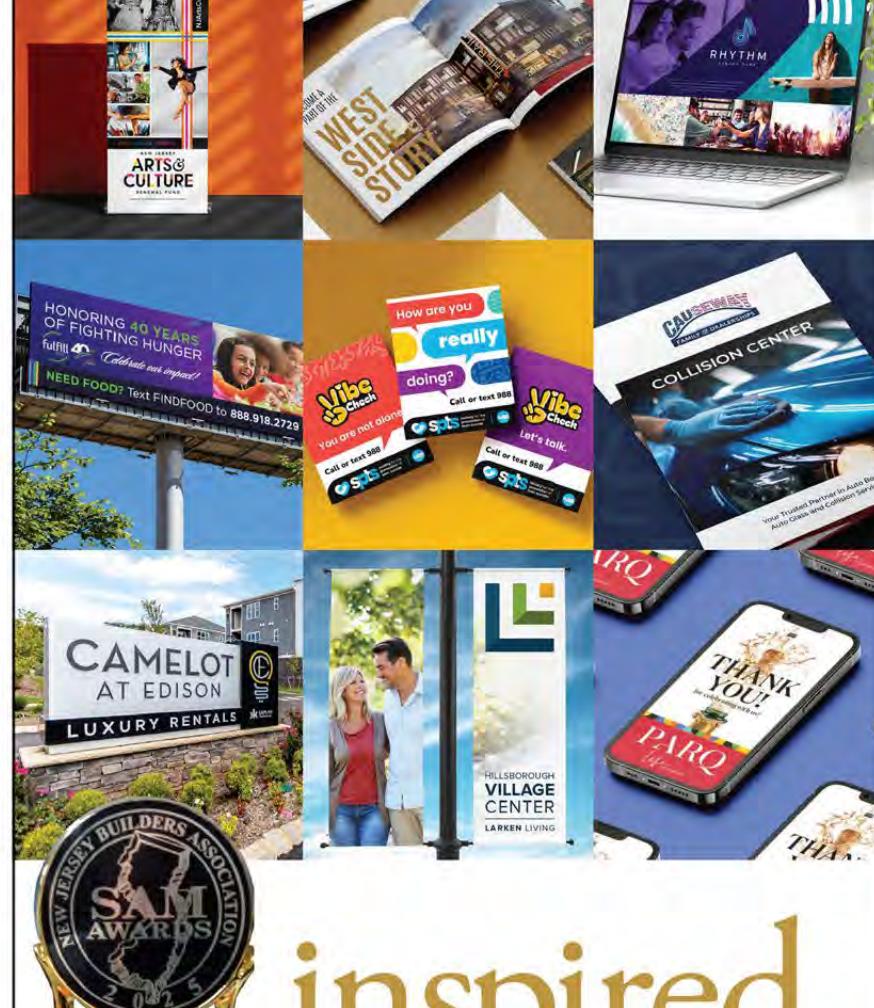
"Our organizations knew from the beginning that the need in Ocean County was far greater than any one group could address alone," Kristine Novakowski, Executive Director of Northern Ocean Habitat for Humanity shared. "By combining our strengths, we've built an effective, compassionate system that delivers 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.



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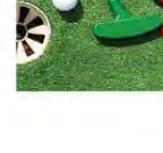
Scan to view our portfolio of project spotlights

- BRAND DEVELOPMENT • ADVERTISING
- GRAPHIC DESIGN • WEB DEVELOPMENT
- SALES / LEASING ENVIRONMENTS
- ON-SITE PRINTING • SOCIAL MEDIA
- SIGNAGE • INTERIOR MERCHANDISING



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
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 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

 Family Promise of the Jersey Shore

Winter Tea Party



Friday, February 6, 2026

Seatings at 11 am & 3 pm

For Tickets Contact Debbie at 609-968-1888
debbie@familypromisejerseyshore.org
or Scan Here



Tickets \$50

Door Prizes include an overnight stay at the Mathis House!

 MATHIS HOUSE

VICTORIAN BED & BREAKFAST AND TEA ROOM AT 600 MAIN

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All proceeds benefit Family Promise of the Jersey Shore

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Interfaith
Health & Support Services
of Southern Ocean County

WWW.INTERFAITHSOC.ORG

**VOLUNTEERS
NEEDED**

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

Interfaith Health & Support Services is a non-profit, volunteer based organization partnering with community faith based communities and local businesses to provide free services & support to Seniors living at home independently in Southern Ocean County.

Service area includes Forked River south to Tuckerton, and all of LBI.

SERVICES INCLUDE:

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

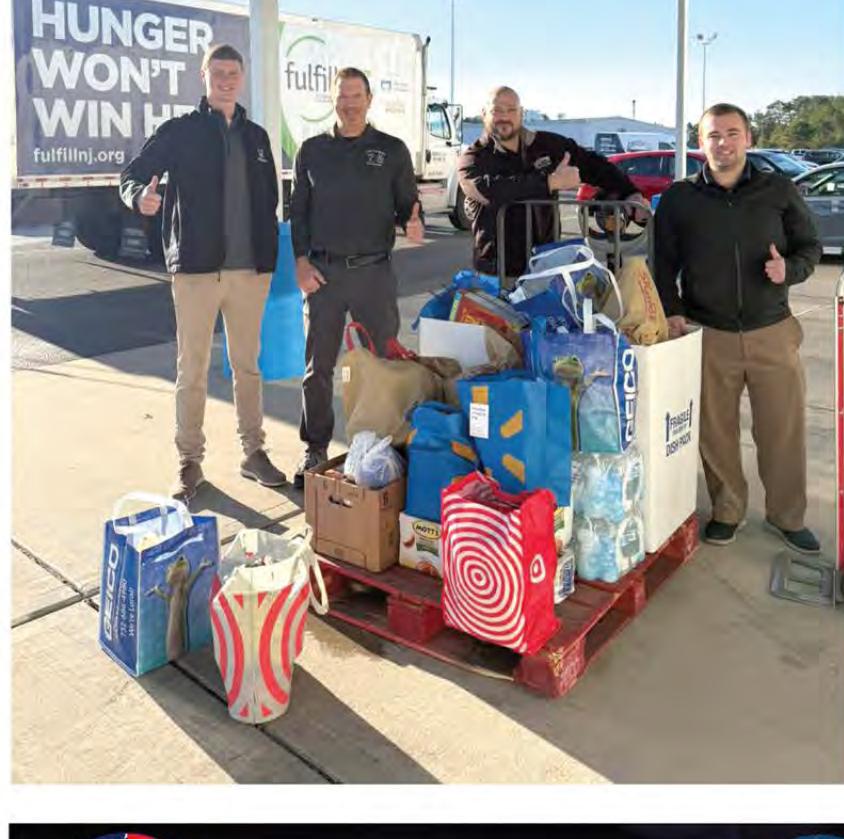
If you are interested in volunteering, or receiving services please contact us at: 609-978-3839

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,

OBSIDIAN
WEALTH ADVISORS

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EST. 1992

FRIDAY
FEBRUARY 20, 2026
6:00 PM

\$100 TICKET INCLUDES:
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\$100 IN GAMING CHIPS

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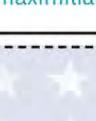
Max's Self-Esteem Craft Market

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



The Maximilian Foundation

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

We want to be the  sign before the accident!

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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.



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!



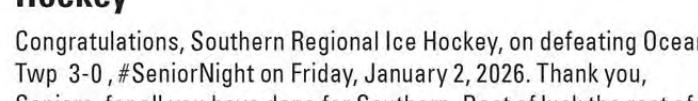
Swimming

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.



Field Hockey

Congratulations, Southern Field Hockey players, on their college commitments to continue their education and field hockey careers: Kaedyn Lipowski - Stockton University, Emma Korenthal - Widener University, Maliah Gonzales - Widener University. Kaedyn, Emma & Maliah are surrounded by the Southern Regional Field Hockey Coaches and their families. Best of luck.



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!

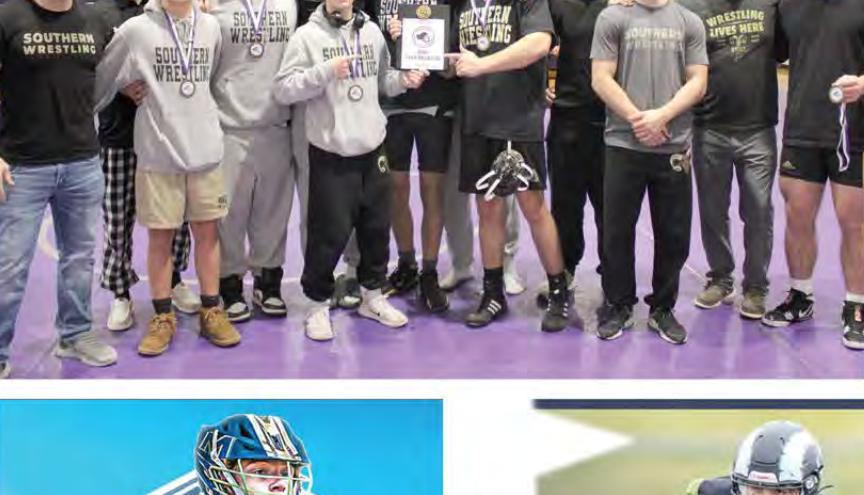


Indoor Track

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

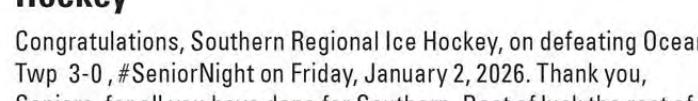


SOUTHERN



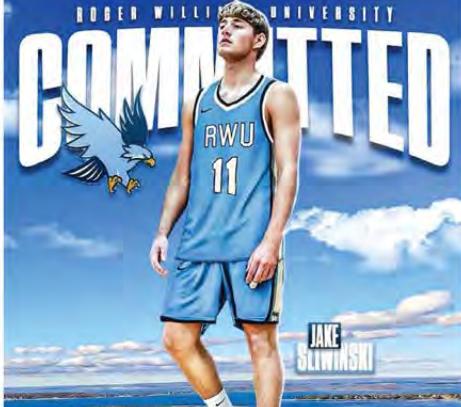
Wrestling

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

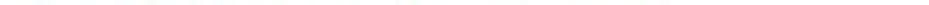
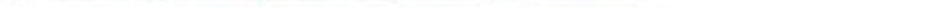
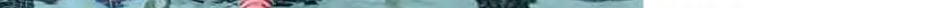
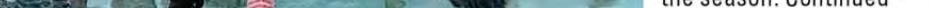
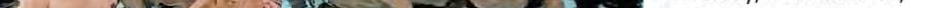
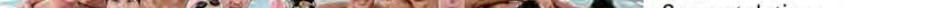
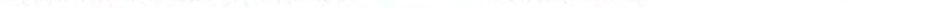
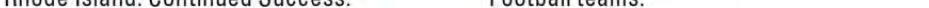
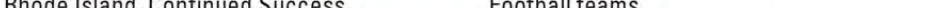
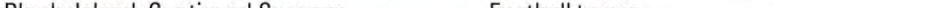
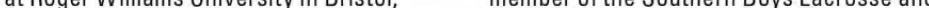
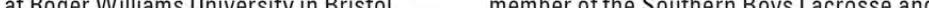
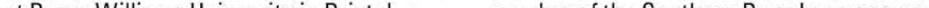
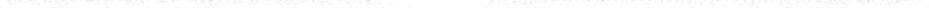
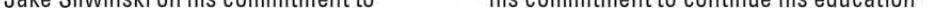
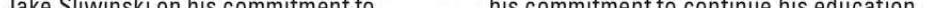
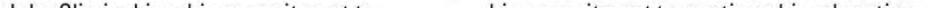
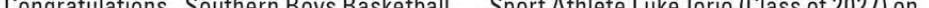
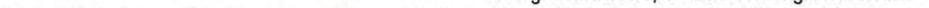
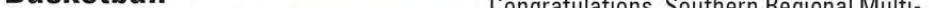
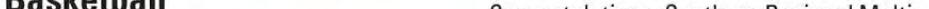
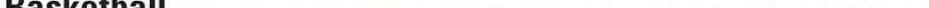
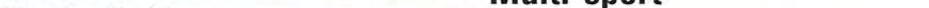
Congratulations, Southern Regional Multi-Sport Athlete Kyle Sininsky, on his commitment to continue his education and playing career at Mount St. Mary's. Kyle is a member of the Boys Soccer and Boys Lacrosse teams here at Southern. Continued Success!

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 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.





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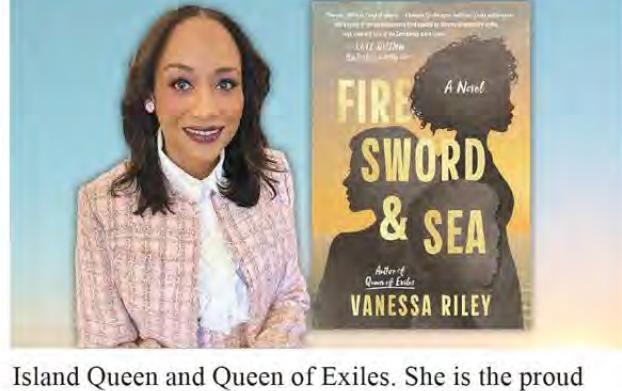
SWASHBUCKLING HEROINES AND HIGH SEAS ADVENTURES WITH NOVELIST VANESSA RILEY

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 Jacquette Delahaye. Jacquette, 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, Jacquette 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, Jacquette 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, 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, 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 chances. 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 to request your copy today.

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



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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

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.

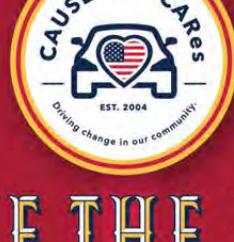
A charitable giving deduction to the Meals on Wheels of New Jersey Fund provides relief to taxpayers at all income levels who donate to charity and serves as an important lifeline when nonprofits need it most.

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.



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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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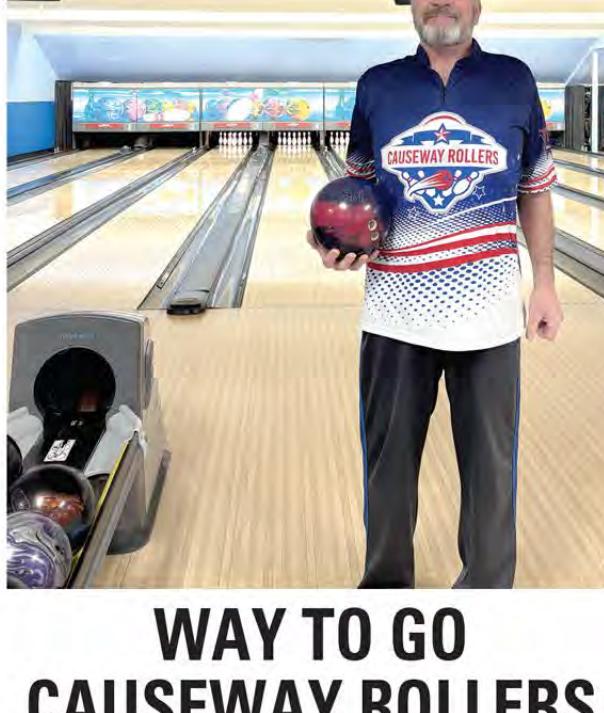
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WAY TO GO CAUSEWAY ROLLERS AND JOHN RAD!

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 Jamie 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.

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 Nirajan 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.

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FULFILL 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.

Funded through Feeding America Retail Capacity Building Grant, the refrigerated vans will create a direct connection between the pantries and local grocery retailers. With increased capacity for larger and more frequent retail pickups, pantry partners will be able to place more high-quality, fresh food onto their shelves, while retailers simultaneously reduce food waste. The awarded pantries were chosen for their ability to make regular pickups of food donations with the vehicle, and their proximity to

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 Stamps, 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 Stamps. "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/>.

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Wrestling

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

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



Track

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

Bowling

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



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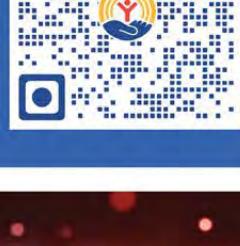
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FUN PAINTED PLANT POT CRAFT PROJECT REMINDS US OF SPRING

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.



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

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at (609) 713-6706

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Kevin Williams

Spent 40+ years as a morning fixture on 92.7 WOBM (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 WOBM 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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REG. CAB



\$75,795

2024 FORD F-550 DRW 4X4

Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, flatbed / hauler, Stk. No. F41162

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12' LANDSCAPE



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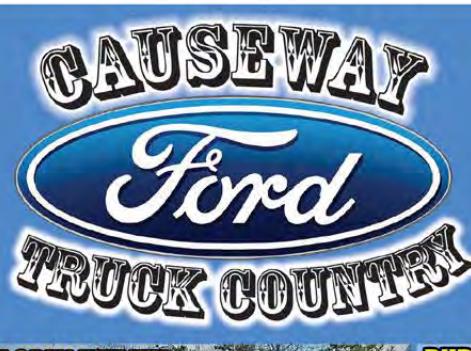
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\$83,050

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\$77,124

2024 FORD F-350 REG. CAB DRW
Auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40857

\$72,906

2024 FORD F-450 SUPER CAB 4X4
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\$72,060

2024 FORD F-450 SUPER CAB 4X4 DRW
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40700

\$78,134

2024 FORD F-550 SUPER CAB 4X4
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F40651

\$79,792

2024 FORD F-450 SUPER CAB 4X4
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\$83,140

2025 FORD F-450 SUPER CAB 4X4
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\$199,999

2024 FORD F-750 MECHANIC SERVICE
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\$82,747

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\$79,618

2025 FORD F-550 SUPER CAB 4X4
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50495

\$76,853

2026 FORD F-350 SUPER CAB 4X4
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F60006

\$73,455

2025 FORD F-350 SUPER CAB 4X4
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50747

\$70,766

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

\$72,846

2025 FORD F-350 SUPER CAB 4X4
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 4x4, Stk. No. F50129

\$70,864

2025 FORD F-250 SUPER CAB 4X4
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50261

\$70,744

2025 FORD F-350 SUPER CAB DRW
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 4x4, Stk. No. F50656

\$66,654

2025 FORD F-350 REG. CAB 4X4
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50582

\$67,663

2025 FORD TRANSIT 350 HI ROOF
6-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, rollbar racks, Stk. No. F50549

\$69,034

2025 FORD E-350 KUV
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50022

\$72,846

2025 FORD F-350 SUPER CAB 4X4
8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50129

\$75,000

2022 FORD F-600 DRW 4X4
Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 6580 miles, Stk. No. FND21510

\$65,567

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\$89,944

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

\$101,173

2025 FORD F-550 SUPER CAB 4X4
Diesel, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, Stk. No. F50663

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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
and until 6:30pm on Wednesdays.

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Contractor's License #13VH02103100

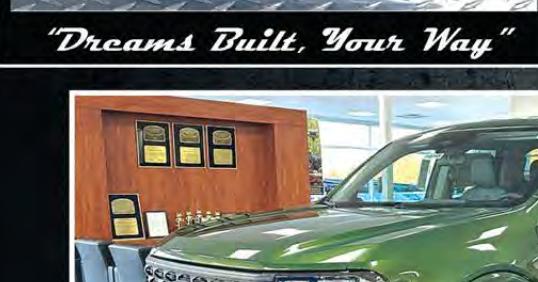
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Eruption Green, AWD, 8-Speed Automatic, EcoBoost 2.0L I4 GTDi

DOHC Turbocharged VCT, 22/30 City/Highway MPG, Heated Seats,

Backup Camera, Remote Start, Tow Package and More!



Stock #: F50951

NEW 2025 FORD BRONCO BASE

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2020 Jeep Renegade Latitude YLPL46842 \$18,207*	2020 Subaru Outback Limited FL3152437 \$18,262*	2022 Hyundai Tucson SEL YNH088192 \$18,338*	2019 Honda Civic EX HKU418576 \$18,679*	2022 Hyundai Sonata Limited FNA236976 \$18,720*	2021 Hyundai Sonata SEL YMH087530 \$18,995*	2019 Lincoln MKC Reserve NKUL16025 \$19,193*
2016 Mazda Miata Sport Y-P88270 \$19,330*	2018 Honda CR-V EX-L HJE080143 \$19,359*	2023 Nissan Kicks SR P88277 \$19,674*	2019 Lincoln MKC Reserve F-P88277 \$19,913*	2023 Hyundai Kona SEL NPU977631 \$20,206*	2023 Hyundai Kona SEL FPU013011 \$20,291*	2020 Volvo XC40 Momentum FL2256092 \$21,400*
2019 Honda Civic EX-L w/Navigation HKA405445 \$21,471*	2021 Nissan Murano Platinum NMC138935 \$21,500*	2023 Honda Civic EX-L HPE13019 \$21,817*	2022 Jeep Cherokee Trailhawk YND533538 \$21,891*	2024 Hyundai Kona SEL YRU083909 \$22,241*	2023 GMC Terrain SLE FPL121993 \$22,253*	2018 INFINITI Q70L 3.7X FJM370536 \$22,314*
2020 Lincoln MKZ Reserve HLR620383 \$22,529*	2019 Lexus NX YK2202500 \$22,909*	2024 Nissan Altima 2.5 SR NRN417261 \$23,063*	Scan For Preowned	2020 Honda CR-V EX-L HLH637278 \$23,324*	2023 Honda HR-V LX HPM746667 \$23,445*	2020 Nissan Frontier SV NLN708651 \$23,515*
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2024 Honda Accord EX HRA032243 \$24,824*	2023 Honda Civic Sport Touring HPE013175 \$24,952*	2022 Hyundai Palisade SEL YNU350450 \$24,987*	2024 Honda HR-V Sport HRM731427 \$24,989*	2023 Honda CR-V LX HPL006654 \$25,372*	2022 Ford Escape Titanium FNUA79739 \$25,441*	2023 Ford Bronco Sport Big Bend HPRE36792 \$26,162*
2022 Honda CR-V EX NNL004860 \$26,177*	2021 Honda CR-V Touring HMH614863 \$26,313*	2023 Ford Bronco Sport Big Bend FPRD72441 \$26,872*	2016 Dodge Charger R/T Scat Pack HGH287945 \$26,933*	2022 Toyota Corolla Cross XLE NNV026707 \$27,025*	2024 Ford Bronco Sport Big Bend NRRE50556 \$27,241*	2022 Lincoln Corsair Standard FNUL30741 \$27,563*
2021 Jeep Wrangler Unlimited Sport S HMW531393 \$28,054*	2025 Honda Accord Hybrid Sport HSA021574 \$28,914*	2022 Ford Explorer XLT FNGC33673 \$28,924*	2022 Ford Explorer Timberline HNGC37566 \$29,247*	2024 Honda CR-V EX-L HRH417420 \$29,589*	2021 Ford Ranger Lariat HMLD68449 \$29,690*	2024 Honda CR-V EX HRH409058 \$29,756*
2023 Hyundai Tucson Hybrid Limited YPU095405 \$29,814*	2023 Honda CR-V Hybrid Sport HPE029836 \$29,834*	2022 Honda Pilot EX-L NNB083893 \$29,880*	2024 Honda CR-V EX HRE012030 \$30,240*	2022 Honda Passport TrailSport HNB012173 \$31,979*	2023 Lincoln Corsair Reserve FPU12353 \$33,345*	2023 Honda Odyssey Touring HPB034044 \$35,050*

*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!

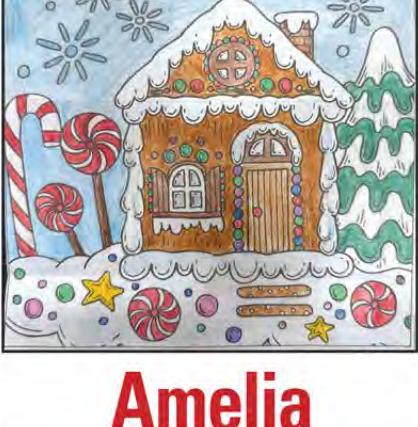
Simply have your child color the page, fill out the form, and either stop in to any Causeway location to drop off or mail to the address below.

Entry Deadline: February 7th

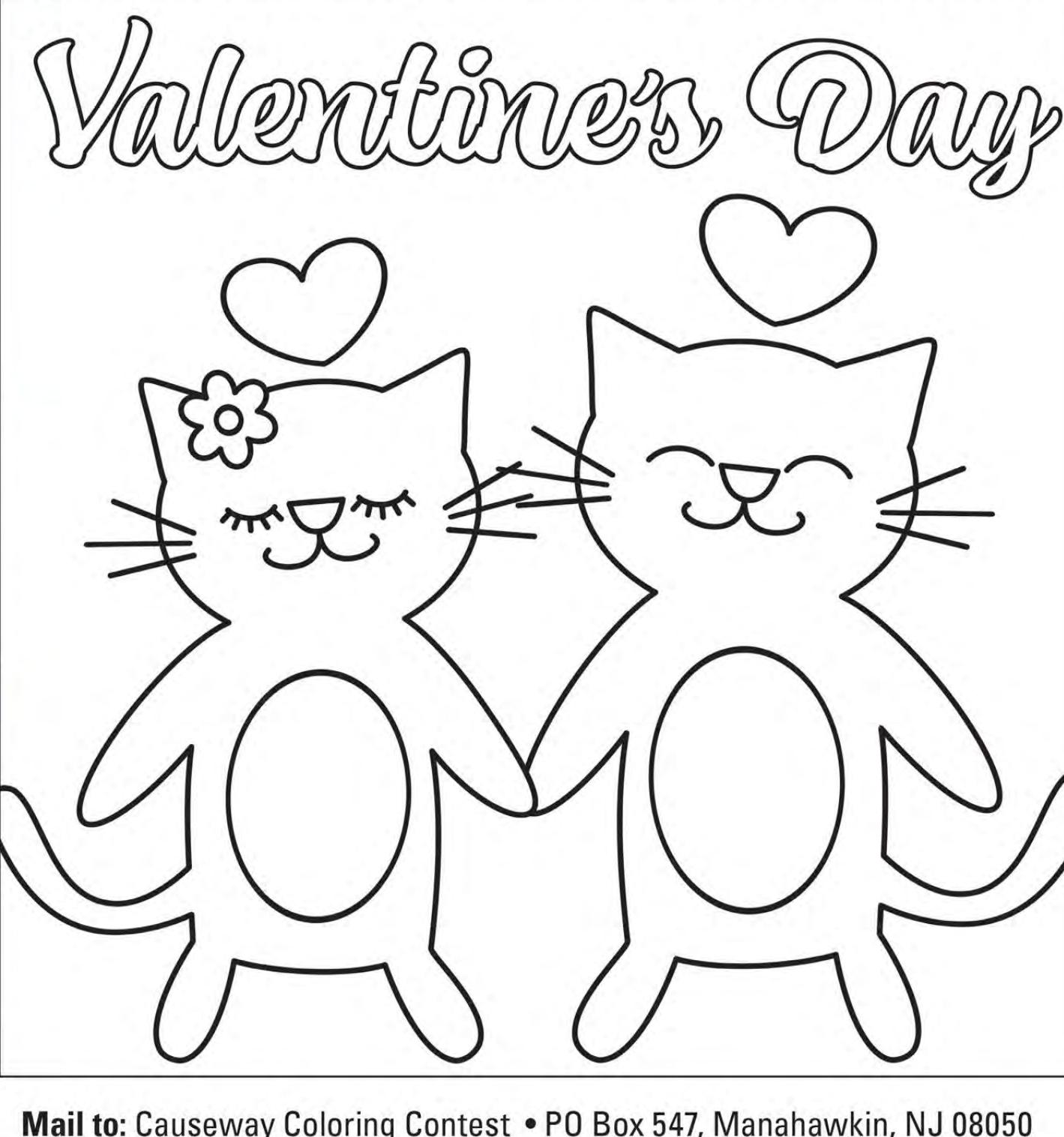


to Last Month's

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 _____



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 _____

ADULT COLORING CONTEST!

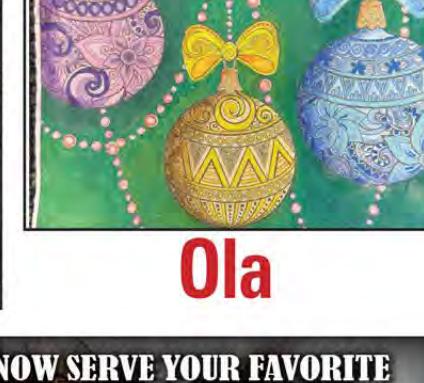


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\$50 Dollar Gift Certificate
to East Bay Italian Grille
in Barnegat!



to Last Month's

Adult Winner!



Ola

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Italian Grille & Bar

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Sunday to Friday 12 PM TO 6 PM
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Excludes Holidays

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\$5 Imported or Craft Drafts or
\$5 Imported Bottles
\$5 DRINKS

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Family Atmosphere!**

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