



# The Causeway Gazette

www.CausewayGazette.com

Proudly serving Manahawkin, Barnegat, and surrounding communities

March 2026 • Number 142

## SUMMER IN WINTER CARNIVAL RETURNS FOR SEVENTH YEAR

### Showcasing Ocean County Nonprofits



The event was hosted by Causeway Family of Dealerships and Causeway CAREs.

MANAHAWKIN, NJ – Causeway Family of Dealerships and Causeway CAREs welcomed community members and nonprofit partners to the 7th Annual Summer in Winter Carnival on Sunday, March 1 at The Mainland Kitchen & Pub in Manahawkin. The annual event once again brought together local organizations and families for a day filled with games, entertainment and meaningful connections.

This year’s Carnival featured 29 nonprofit and community organizations from across Ocean County, each sharing information about their services and programs and engaging attendees with fun activities. The event continues to serve as a unique opportunity for

#### Participating organizations included:

- Americas Keswick  
americaskeswick.org
- CONTACT of Ocean & Monmouth Counties  
contactoceanmonmouth.org
- Each Stitch Counts  
eachstitchcounts.org
- Family Promise  
familypromisesoc.org
- Fulfill  
fulfillnj.org
- Girl Scouts of the Jersey Shore  
jerseyshoregirlscouts.org
- Gold Star Patriots  
goldstarpatriots.org
- Habitat for Humanity of Southern Ocean County  
hfh soc.wixstudio.com/hfh soc
- Interfaith Family Services  
interfaithfamilyservices.com
- Interfaith Health & Support Services  
interfaithsoc.org
- JBJ Soul Kitchen  
jbjsoulkitchen.org
- LivWell Healthcare  
livwellhealthcare.org
- Maximilian Foundation  
themaximilianfoundation.org
- Meals on Wheels of Ocean County  
csimow.org
- Mental Health Association in NJ - Ocean County  
ohinj.org
- Northern Ocean Habitat for Humanity  
northernoceanhabitat.org
- Ocean County College (OCC)  
ocean.edu
- Ocean County YMCA (OCYMCA)  
ocymca.org
- Ocean County Vocational Technical School  
ocvts.org
- Ocean’s Harbor House  
oceansharborhouse.org
- Preferred Behavioral Health Group  
preferredbehavioral.org
- Sea Change  
seachangerco.org
- Southern Ocean Medical Center  
hackensackmeridianhealth.org
- Starve Poverty  
starvepoverty.org
- St. Francis Counseling Service  
stfranciscenterlbi.org
- The Arc, Ocean County Chapter  
arcocean.org
- The Hope Center  
houseofhopeocean.org
- The Ocean County Library  
theoceancountylibrary.org
- Your Grandmother’s Cupboard  
yourgrandmotherscupboard.com

organizations to collaborate and network, raise awareness about their missions, and connect directly with the community in a lively and welcoming environment.

Guests of all ages enjoyed classic carnival games, boardwalk-style food, face painting, caricatures, magic performances by Dave the Magician, dazzling performances by Will the Juggler, and other family-friendly entertainment throughout the afternoon.

“Events like this are all about bringing the community together,” said David C Wintrode, President of the Causeway Family of Dealerships. “We are incredibly proud to host the Summer in Winter Carnival each year and provide a space where these impactful organizations can share their missions and connect with families and each other. Ocean county has such a strong network of nonprofits, and this event celebrates the impact they make every day.”

The participating nonprofits represented a wide range of services including food security, housing support, healthcare, youth programs and behavioral health resources. The Summer in Winter Carnival continues to grow as a hub of collaboration, awareness and community spirit in Ocean County.

By creating a space for organizations to engage with the public and with each other, Causeway CAREs’ Summer in Winter Carnival continues to highlight the power of collaboration and the strength of Ocean County’s nonprofit community.

Scan here to check out all the photos from the Carnival!



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



The Wintrode Family Foundation



Causeway CAREs’ mission is to make a direct and profound impact in and around Ocean County in the areas of education, food security and quality of life. Founded in 2004 and funded by The Wintrode Family Foundation, Inc., Causeway CAREs strives to make the community a better place to live grow and thrive. To learn more, visit [CausewayCAREs.com](http://CausewayCAREs.com).

Driving change in our community.

[CausewayCAREs.com](http://CausewayCAREs.com)

The Causeway Gazette

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# Design 446 and OCVTS Launch Successful Nonprofit Partnership Pilot Program Engaging Over 20 Local Nonprofits



OCVTS teachers, Design 446 team members and area nonprofit leaders gather for student presentations mid-marking period at the OCVTS Brick campus.

MANASQUAN, NJ – Design 446 proudly announces the successful completion of its inaugural Nonprofit Partnership Program in collaboration with the Ocean County Vocational Technical School (OCVTS) Design and Visual Communications program. This pilot initiative connected emerging creative students with more than 20 local nonprofit organizations, providing real-world design experience while supporting meaningful community missions.

During the marking period, students met directly with nonprofit leaders, gained firsthand insight into their organizations and developed customized creative solutions aligned with each nonprofit’s brand and outreach goals. Final project summaries were delivered this month, marking the conclusion of a program that blended education, mentorship and community impact. Students gained valuable portfolio-ready experience, strengthened professional communication skills, and developed a deeper understanding of how creative work can directly support mission-driven organizations.

Engaging over 20 nonprofit partners in a first-year pilot effort is a remarkable achievement, and the response has been overwhelmingly positive. Several nonprofit partners have already begun implementing the creative assets developed through the program, helping strengthen their outreach, visibility and communications.

“This was such an amazing, full-circle experience for me, I am thrilled I was able to participate and would love to continue our

participation in this partnership program,” shared Andrea Amante, Marketing and Membership Director of the Ocean County YMCA. “Both students captured the essence of what the Y represents, and their time and thoughtful effort are evident in their finished projects. Looking forward to next time!”

Lauren of Lunch Break, Bailey from Shore House, and Diane of 21 Plus echoed that enthusiasm: “LOVED IT!!!! Thank you so much for thinking of us.” Lauren noted, “I will definitely be using these icons. I wish they made 1 million more!”

Faculty at OCVTS also observed meaningful growth in their students. Nicole Merwin, Design and Visual Communications Instructor at the OCVTS Brick Center, reflected on the impact: “This partnership gave our students something invaluable, the opportunity to work with real clients serving real community needs. They weren’t just completing assignments for a grade; they were creating solutions with purpose. The confidence and professionalism they developed through this experience will stay with them long after the semester ends.”

Initiated by Ann Marie Baker, Vice President of Design 446, with key contributions from Nick Nagle and Allison Brown, the program was designed to create a meaningful bridge between education and professional practice while strengthening community partnerships. “This program was built to bridge classroom learning with real-world purpose,” said Baker. “Bringing together over 20 nonprofit organizations in our very first pilot speaks

volumes about the strength of this community and the power of collaboration. When design serves mission-driven work, everyone benefits. I could not be more humbled by the positive feedback.”

With strong enthusiasm from nonprofit partners, instructors, and students alike, many expressing interest in continued participation, Design 446 and OCVTS are already exploring opportunities to expand the partnership in future marking periods. Post-program evaluations reflected overwhelmingly positive feedback, with students citing increased career confidence and nonprofits noting immediate value in the creative assets produced. Notably, all respondents expressed support for continuing and expanding the program.

This pilot program demonstrates that when education, creativity, and community collaboration intersect, the results are impactful, not only for students, but for the organizations they serve.

Design 446, Inc. is a full-service marketing company based in Manasquan, NJ. The award-winning firm creates sales environments, signage and brand development, in addition to interactive presentations, digital/traditional advertising, website development, e-marketing, social media/public relations, graphic design, on-site printing, interior merchandising and installation. For more information about Design 446, visit [Design446.com](http://Design446.com).

## You're Invited!



The HOPE Center's

# 5th Annual Golf Classic

May 7, 2026

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The HOPE Center's 5th Annual Golf Classic is a day filled with prizes, raffles, great food, and a lot of fun for an amazing cause!


All proceeds benefit the mission of The HOPE Center, which is to serve individuals and families in crisis with dignity and compassion, providing for their basic human needs and striving to empower each person to achieve his or her greatest level of self-sufficiency.


**Register your foursome today and golf for good!**  
Sponsorships are also available.



[houseofhopeocean.org/golf](http://houseofhopeocean.org/golf)

# UPCOMING EVENTS


PRESENTED BY  OCEAN COUNTY COLLEGE FOUNDATION



**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](http://OCCFoundation.org)



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

# Family Promise of the Jersey Shore Shares in the Mission of Making a Positive Impact in Ocean County

Thank you Causeway CAREs for hosting another outstanding Summer in Winter Carnival and once again bringing the community together to meet local nonprofit organizations that share in the mission of making a positive impact in Ocean County.



So is spreading the word that there are resources in the community that can help people out of their difficult situations.

Our campaign of homelessness awareness and outreach is constant. Every week members of our team are staffing information tables at public events, speaking with community groups and meeting with local congregations.

Twice a month Family Promise of the Jersey Shore joins several other social service organizations at Agency Day in Toms River where a wide range of resources are available to everyone in one place.

Hosted by the Toms River Housing and Homeless Coalition and the Affordable Housing Alliance, we work with our partner agencies to connect and help more people in need

It's always brilliant watching the kids enjoy the games, entertainment and the seemingly endless supply of food at the carnival. It is equally heartening to see the adults connect with folks from the nonprofits and learn about the resources they offer.

Family Promise of the Jersey Shore is proud to partner with Causeway CAREs. Our team was on hand to share about our programs that help local families and individuals experiencing homelessness or at risk of becoming homeless.

Raising awareness about our neighbors facing homelessness in Ocean County is part of our mission.

in Ocean County. Agency Day is held on the second Wednesday and third Thursday of every month at the Ocean County Housing Resource Center located at 405 Washington Street, Toms River, NJ.

Follow us on Facebook at [www.facebook.com/FamilyPromisejerseyshore](http://www.facebook.com/FamilyPromisejerseyshore) and Instagram @familypromisejerseyshore to learn more about Agency Day and other happenings at Family Promise of the Jersey Shore.

If you would like to know more about the resources available to our neighbors facing homelessness or if you would like to join our outreach team as a volunteer please email [info@familypromisejerseyshore.org](mailto:info@familypromisejerseyshore.org) or call 609-994-3317.

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

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

## Robotic Surgery Excellence at Hackensack Meridian Southern Ocean Medical Center

By Michele Leff, Patch Local Business

Manahawkin, N.J. - February 25, 2026 - Hackensack Meridian Southern Ocean Medical Center (SOMC) has been designated as a Center of Excellence in Robotic Surgery, an accreditation from the Surgical Review Corporation, which is a non-profit, patient safety organization. More than 2,500 community members have undergone successful robotic procedures at SOMC over the past five years.

Achieving this accolade is a testament to the hospital's commitment to its patients, said SOMC President and Chief Hospital Executive Brian Walch. "This designation reinforces to our community that they can receive advanced robotic surgical care close to home. Also, because of our amazing team and their track record of success, additional top-tier robotic surgeons have expressed interest in joining our team, further enhancing our program."



The surgical and leadership team at SOMC with their award recognition. (photo credit: Hackensack Meridian Health)

The three-year accreditation complements the recent addition of two state-of-the-art operating rooms, including a new preparation / recovery suite, and patient waiting area that's part of an ongoing \$31.4 million surgical suite expansion.

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[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

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## OCEAN COUNTY LIBRARY

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



### LEARN ABOUT WOMEN FIRST RESPONDERS FROM LACEY TOWNSHIP EMS AND OCEAN COUNTY SHERIFF'S K-9 UNIT DURING "HOMETOWN HEROES" AT THE LACEY BRANCH

**FORKED RIVER** – The Lacey Branch of the Ocean County Library will host "Hometown Heroes: Women First Responders" at 10:30 a.m. Friday, March 27.

In honor of Women's History Month, learn about the women first responders from Lacey Township EMS and the Ocean County Sheriff's Office K-9 Unit. Discover the history of each department, what they do, and how they work together to protect our Lacey community. View ambulance and patrol car vehicles used on duty. See EMS tools and meet the Ocean County Sheriff's Office K-9 Unit patrol dogs.



Images courtesy of Lacey Township EMS & Ocean County Sheriff's Office K-9 Unit

This is an all-ages event. Registration is required for this free event. To register, visit [tinyurl.com/LaceyHeroes](http://tinyurl.com/LaceyHeroes), call 609-693-8566, or stop by the branch at 10 East Lacey Road, Forked River. Registration is open now.

### SMALL DONATIONS, BIG SMILES: THE OCEAN COUNTY LIBRARY'S SPARKS B.F.F. READING CLUB TOILETRIES DRIVE



Children in need throughout Ocean County cannot always depend on having basic personal hygiene necessities at hand. Join the Ocean County Library, in partnership with the Division of Child Protection and Permanency, to make a difference in their lives through the Spring 2026 Sparks B.F.F. Reading Club Toiletries Drive, Sunday, March 1 through Tuesday, March 31.

Six OCL branches will serve as collection centers:

- Toms River Branch – 101 Washington Street, 732-349-6200
- Barnegat Branch – 112 Burr Street, 609-698-3331
- Jackson Branch – 2 Jackson Drive, 732-928-4400

- Lacey Branch – 10 East Lacey Road, Forked River, 609-693-8566
- Little Egg Harbor – 290 Mathistown Road, 609-294-1197
- Waretown Branch – 112 Main Street, 609-693-5133

The most-needed items include toothbrushes, toothpaste, deodorant, hand sanitizer, soap, liquid and dry shampoo, hair conditioner, hair brushes, hair combs, socks, and feminine hygiene products. Please donate new, packaged items only. No donation is too small, and each will make a big difference in a child's life.

For more information, stop by or call any participating OCL branch or visit [theoceancountylibrary.org](http://theoceancountylibrary.org).

### ASK A MASTER GARDENER AT THE OCEAN COUNTY LIBRARY WARETOWN BRANCH

**WARETOWN** – Do you have gardening questions? The Rutgers Master Gardeners of Ocean County can help you from 11 a.m. to 1 p.m. Friday, March 27 at the Waretown Branch of the Ocean County Library.

Whether you are planning a new garden, want help troubleshooting plant problems, or need advice on growing, the Rutgers Master Gardeners are ready to assist. Bring your gardening questions – along with photos or samples of insects, plants, shrubs, or trees – for identification, diagnosis, and recommendations.

The Rutgers Master Gardeners are trained and certified volunteers who partner with the Rutgers Cooperative Extension. They provide Ocean County residents with free, research-based information on sustainable gardening practices, soil health, pest



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management, native plants, composting, and much more. No question is too big or small – whether you are a seasoned gardener or just starting out.

Registration is not required for this free program. For more information, call 609-693-5133, or stop by the branch at 112 Main Street.

## 2026 PROGRESSIVE 50/50

**DRAWING:**  
**AUGUST 1 | 9:30 PM**  
**AT THE FESTIVAL OF THE SEA**  
**TICKET PRICE: \$10**

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This is a 50/50 cash raffle and the winner will receive 50% of the amount received for all tickets purchased. No substitutions of the offered prize. Winner need not be present. All proceeds to benefit the St. Francis of Assisi Parish.

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Please make your check payable to St. Francis Parish & Indicate "Progressive 50/50" on the envelope.  
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\*Not all buyers will qualify. Any pricing is plus tax, tags, doc fees, bank fee. See dealer for complete details on all offers.

# SOUTHERN REGIONAL SPORTS BEAT



## Cheerleading

Congratulations Southern Cheerleading on placing 13th at UCA Nationals. The team competed in both Traditional and Gameday categories February 7th thru 9th - 2026, at Walt Disney World - Orlando, Florida.



## Basketball

Congratulations Southern Girls Basketball Freshmen team on defeating TR North and finishing the season, with a 9-1 record on Monday, 2/9/26. Congratulations players & coaches.

## Wrestling

Congratulations Southern Wrestling on defeating Kingsway 40-27 and winning the NJSIAA SJ Group V Tournament. Congratulations wrestlers and coaches.



19th Sectional wrestling championship in school history. 8th in a row!



## Lacrosse

Great photo of Southern Boys Lacrosse Alumni, Joey Kessler 25' DeSales University and Ty Sininsky 22' Stockton University, on their gameday, against each other on Saturday, February 21, 2026. Stockton won the game 16-6. Best of luck the rest of the season.



## JROTC

Great job Southern JROTC on presenting the colors at the Philadelphia 76ers game vs the Atlanta Hawks on Thursday, February 19, 2026. Congratulations cadets and instructors. Photo Credit- Ben Recker Southern Football #62



## Basketball

Congratulations Southern Girls Basketball on defeating Point Beach on #SeniorNight Tuesday, February 17, 2026. Thank you, Seniors, for all you have done for Southern. Best of luck in the post season.



## Track

Congratulations, Southern Boys Indoor Track, Garron Smith on winning the NJSIAA SJ Sectional Group IV Pole Vault Championship. Matt Paliga placed 6th in the PV as well. Jack McLennan placed 5th in 1600m. Continued Success!



## Track

Congratulations, Southern Girls Indoor Track Kara Davis on winning the NJSIAA SJ Group IV Sectional 55m dash with a new record of 7.27.



## Field Hockey

Congratulations, Southern Field Hockey, Leah Newton on being named NFCA 2025 High School National Academic Team. Well-deserved honor.



## Women in Sports Day

Thank you, Southern Regional Student Athletes, Kai Aceto and Kara Davis representing Southern Athletics at the Shore Conference "Women in Sports Day" at The Ranney School on Tuesday, February 17, 2026.



## Basketball

Congratulations, Southern JV Girls Basketball on winning the Brick Memorial JV Girls Basketball Invitational by defeating Jackson Twp on Wednesday, February 18, 2026. Special congratulations to Milena Leiriao, Jules McGinnis and Brynn Angelozzi (MVP), on making the All-Tournament Team.



## Football

Congratulations, Southern Football Joe Spina on his commitment to The College of New Jersey to continue his education and football career. Best of luck.



## Basketball

Congratulations Southern Girls Basketball on a solid season. The Rams finish with a 17-10 record. Winning seasons for both the JV and Freshmen teams as well. Thank you, seniors, players, and coaches. Best of luck at the Meet of Champions.



## Track

Congratulations to Southern Indoor Track at the NJSIAA State Group IV Meet on Saturday, February 28, 2026. Kara Davis: placed 2nd qualifying her for the meet of champions! She beat her school record again and ran a 7.19 in the 55m dash. Isabella Millard, qualified in 3 events for the meet of champions! In the 400m dash she placed 7th with a 59.41 (new pr). In the 800m she placed 5th with a new pr of 2:21.63. Girls Indoor - 4x400: Team of Taylor Diller, Gemma Bongorni, Carly Murray, and Isabella Millard placed 2nd automatically qualifying them for the meet of champions with a time of 4:05.51 Garron Smith places 4th in the Pole Vault with a vault of 13'0". Best of luck at the Meet of Champions.



## Lacrosse

Congratulations Southern Girls Lacrosse Alumna, Meri Cassidy on being named NJAC Women's Lacrosse Rookie of the Week for Ramapo College. Continued success! Photo Credit: Ramapo College Athletics Instagram.



## Read Across America - Dr. Seuss Day

Great job Southern Athletics - "Read Across America - Dr. Seuss Day" at the Stafford Twp School District, Ocean Acres and PLC buildings. Thank you, Stafford School District, Administration/BOE, Faculty & Staff and students for a great morning on Monday, March 2, 2026.

## Football

Congratulations, Southern Football Colton Oravets on his commitment to continue his education and football career at Montclair State University. Best of luck!



## Bowling

Great job Southern Bowling at the NJSIAA State Individual Championships on Thursday, February 26, 2026, represented by KC Hallihan, Lucas Files Abigail Krill and Jessa McGeoch.



## Bowling

Congratulations Southern Boys Bowling on defeating Lenape 2-0. The Rams are headed to the NJSIAA SJ Group IV Sectional Final for the 2nd consecutive year. Southern also won the 2020 and 2023 NJSIAA SJ Group IV Sectional Championship. Great run for the Rams this decade. Best of luck in the Sectional Final on Saturday, 2/21/26 - 9am at 30 Strikes in Stratford, NJ. Congrats coaches & bowlers.



# SOUTHERN REGIONAL SPORTS BEAT



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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 Tara a call to plan your next getaway. All information is posted to our website. Some of our current groups:

**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 \$1,975.00 per person. Local transfers to pier will be provided for a nominal fee. Limited space is available.

**Seven Night Alaska Hubbard Glacier Cruise aboard the Celebrity Solstice (July 26 to August 2, 2026)**  
Fly to Vancouver to begin your Alaska adventure. Visit Icy Straight Point cruise by Hubbard Glacier, go on to visit Juneau and Ketchikan, and cruise the Inside Passage before returning to Vancouver. The special rate of \$2,459.00 per person cruise only, includes balcony stateroom, all meals, classic beverage package and Wi-Fi. Pre and post packages and air are additional.

**Iceland Christmas Markets (December 3-7, 2026)**  
Famed by snow and sometimes crowned by the northern lights, Reykjavik in winter is like something from a dream. This adventure includes nonstop airfare from Newark, four nights at the Fosshotel with room check in upon arrival, breakfast daily, afternoon at the Sky Lagoon with admission, private guided tours of the Christmas Markets in Reykjavik and Hafnarfjörður, private Golden Circle tour with lunch and all transportation. Rate per person is \$1,999.00. Local transfers will be provided for a nominal fee.

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



# Ramming it Home for the 4th Time!

*By Cade Collins*

On Sunday, February 22, 2026, at 10 a.m., the Southern Regional Rams wrestling team took to the wrestling mat at Rutgers University's Jersey Mike's Arena in Piscataway, NJ. The Rams' opponent was the Knights of Old Bridge High School. The match started at heavyweight. After the first whistle, the training, preparation, brotherhood, leadership, and the belief in each other immediately took over like a wave crashing on the beach. Every wrestler in the lineup "did their job" as a complete team. The execution of the "team" plan was carried out flawlessly. The Rams won 56-15! The Southern Regional Rams won their 4th straight NJSIAA Group 5 Team State Championship.

This was the 4th straight team championship, but it is representative of the wrestlers that preceded this current team. Those prior wrestlers have built a legacy of winning. There is an expectation that whenever a wrestler puts on the gold and black, it is assumed that each wrestler will put in the hard work and do what it takes to be the best teammate that they can be.

The journey to the 4th team championship began on Monday, February 16, 2026, at Howell High School. Southern defeated Lenape High School 49-24, and then Southern defeated Howell High School 33-25. On Wednesday, February 18, 2026, Southern defeated Kingsway Regional High School 40-27 and collected the school's 8th Sectional State Title (19th overall). On Friday, February 20, 2026, Southern defeated Passaic County Institute of Technology 45-20. Finally, on Sunday, February 22, 2026, Southern wrestling completed the state championship journey by defeating Old Bridge 56-15.

Now, it is time to go back to work.

This was an outstanding achievement for Southern wrestling. Southern wrestling is not defined by one single attribute but rather it is defined by a multitude of attributes that consist of community, legacy, philanthropy, volunteerism, sacrifice, belief in each other, commitment, support in our youth, and long, grinding hours of hard work. This form of success is only possible if all these attributes are present.



**Wrestling**  
Congratulations Southern Regional Girls Wrestling at NJSIAA District 11 Tournament on Sunday, March 1, 2026: Makayla Vigilante 1st, Shae-Lyn Guido 1st, Emily Ramon Aquino 2nd, Lilliana Bedle 3rd, Wonder Senesie 5th place. Top 4 advance to Region Tournament next weekend. Rams place 5th as a team. The District Tournament was held at Eastern High School.



**Wrestling**  
Congratulations Southern Wrestling on winning the NJSIAA District 30 Championship. 13 wrestlers advance to Region Tournament. Congratulations Head Coach Dan Roy on being named NJSIAA District 30 Coach of the Year. Coach Roy is pictured with Absegami Athletic Director Mark Prince.



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# Meals on Wheels celebrates National Nutrition Month

March is National Nutrition Month, and at Meals on Wheels Ocean County we are proud to take this opportunity to celebrate the importance of senior nutrition programs and the impact they have on the lives of older adults in our community.

Senior nutrition programs play a critical role in helping older adults

remain healthy, independent, and connected while living in their own homes. As people age, maintaining proper nutrition becomes increasingly important to overall health and quality of life. Balanced meals help support energy levels, strengthen the immune system, and assist in managing chronic conditions such as diabetes or heart

disease, which many participants on the Meals on Wheels program face.

For many seniors, however, preparing nutritious meals is not always easy. Limited mobility, health issues, transportation challenges, fixed incomes, and social isolation can make grocery shopping and cooking meals extremely difficult. For these older adults, senior nutrition programs like Meals on Wheels can serve as a true lifeline.

At Meals on Wheels Ocean County, our program provides seniors with More Than Meals. Each delivery provides the Community, Care, and Connection seniors deserve by offering nutritious meals alongside friendly visits, wellness checks, and meaningful social interaction.



Participant surveys have shown that 89% would not or only sometimes have a hot meal if not for daily delivery, 95% eat healthier and 97% feel more confident receiving Meals on Wheels Ocean

County's services. These moments of connection can be just as important as the meal itself.

This month serves as an opportunity to celebrate the essential role Meals on Wheels Ocean County plays in supporting the health, independence, and dignity of older adults throughout Ocean County.

Seniors or family members who may benefit from Meals on Wheels services are encouraged to contact Meals on Wheels Ocean County at 609-978-6869 or visit [www.csimow.org](http://www.csimow.org) to learn more about available programs.



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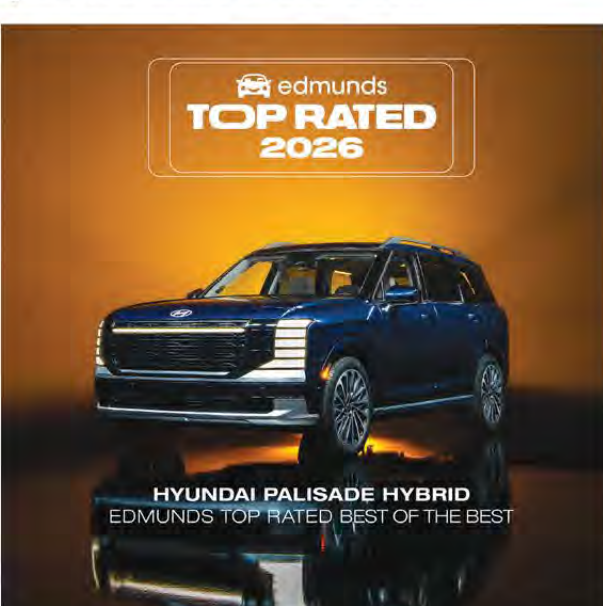
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## 2026 Hyundai Palisade Hybrid Wins Edmunds' Highest Honor: Edmunds Top Rated Best of the Best

FOUNTAIN VALLEY, Calif., Feb. 18, 2026 – The 2026 Hyundai Palisade Hybrid today earned Edmunds Top Rated Best of the Best Award for 2026, the publication's ultimate annual accolade. Selected from all 2026 Edmunds Top Rated category winners following extensive real-world testing of all new vehicles on the market, Hyundai's all-new three-row hybrid SUV emerged victorious on the strength of its impact, innovation, and relevance to car shoppers. In addition to the Palisade Hybrid's capstone recognition, its IONIQ 5 sibling has been named Edmunds Top Rated 2026 Electric SUV. In addition, the Tucson Hybrid compact SUV and IONIQ 9 three-row EV have earned Edmunds Top Rated Highly Recommended distinctions, underscoring Hyundai's leadership across hybrid and electric SUV segments.

"Recognition like this matters because Edmunds evaluates vehicles the way customers actually live with them, day in and day out," said Olabisi Boyle, Senior Vice President, Product Planning and Mobility Strategy, Hyundai Motor



America. The Palisade Hybrid is a reflection of Hyundai at its best in disciplined packaging, premium execution, and functionality that shows up in real family life. "We are intentional about delivering vehicles that feel considered in every seat, mile, and moment and work to earn trust in driveways, school pickup lines, and road trips across the country."

**Why Edmunds Named Palisade Hybrid Edmunds Top Rated Best of the Best**

- Sets the benchmark for modern family SUVs: Establishes a new industry standard through a carefully tailored combination of refined design, class-above cabin furnishings, intuitive convenience and safety technologies, and the sort of real-world usability that today's modern families demand.
- Engineered for refinement: Exceptional interior quality and craftsmanship pair with a thoughtfully integrated three-row layout deliver a refined driving and ownership experience that is cohesive, purposeful, and premium.
- Advanced hybrid performance with everyday efficiency: Palisade's hybrid powertrain delivers confident, responsive performance along with impressive fuel efficiency, striking an ideal balance between power and everyday practicality.

**Why Edmunds Named IONIQ 5 its Top Rated Electric SUV**

- Versatility to match different lifestyles: From efficient daily transportation to off-road-inspired exploration to performance-focused driving, the IONIQ 5 lineup caters to a wide range of needs.
- Bold design with room to live: A striking exterior paired with a roomy, flexible interior that comfortably supports passengers and cargo, ideal for today's modern lifestyles.
- Fast charging with confidence-inspiring range: 800V DC ultra-fast charging capability and strong electric range helps make longer trips and daily commuting stress-free and more convenient.

In addition to the Palisade Hybrid's Best of the Best

honors, the Hyundai IONIQ 5 has been named Edmunds Top Rated Electric SUV for 2026.

"A superb all-rounder, the IONIQ 5 is distinctive, spacious, and capable," said Weaver. "Quick to charge with an impressive electric range, it's also good to drive, whether you choose the standard car, the all-terrain XRT or the seriously rapid IONIQ 5 N."

**What Sets the IONIQ 5 Apart**

Hyundai's model lineup earned further validation with Edmunds Top Rated Highly Recommended distinctions for the Tucson Hybrid and Hyundai IONIQ 9, recognizing models that deliver strong real-world driving enjoyment and everyday usability in their respective segments.

[hyundainews.com](http://hyundainews.com)

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# SENIOR CORNER

## 4 Types of Exercise You Need as You Age

By Erica Sweeney, AARP

When it comes to staying active as you age, you may follow the mantra “Move more, sit less.” Fitness researchers say it’s a good rule. But within that, you should also incorporate multiple types of exercises.

Relying on a single workout “will not address all of the areas of deficit” that come with aging, such as declines in muscle mass, balance and mobility, says Peter Ronai, an exercise physiologist and clinical professor at Sacred Heart University in Fairfield, Connecticut.

Take walking, for instance. Ronai says it’s a “great form of activity for most people,” as it can reduce your risk of cardiovascular disease and a number of other ailments. “But unfortunately, [it] doesn’t do a lot to help bone loss, bone density loss. Doesn’t do a whole heck of a lot to address muscle loss. Doesn’t do a lot to address power,” he explains.

Healthy aging depends on incorporating multiple movements that “get your heart rate up, build strength, challenge your balance and keep your joints moving,” says Dr. Elizabeth Joy, a family, sports and lifestyle medicine physician based in Salt Lake City, and chair of the American College of Sports Medicine’s Exercise Is Medicine program.

Here are four types of exercise you need as you age, according to experts.

### 1. Strength training

When you think of strength training, you may conjure up sweaty bodybuilders or intimidating weight machines. But you can build muscle and strength with simple body-weight moves, like squats, push-ups (on your knees or against a wall, if you can’t do the full move), or sitting and standing from a chair, Joy says. Ronai suggests lunges and glute bridges, too.

Once you feel comfortable, add hand weights or resistance bands, and do overhead presses and dead lifts, Joy recommends. Start with a weight that allows you

to comfortably move through a full range of motion for eight repetitions, and then add more resistance.

Strength training is crucial. Once you turn 30, your muscle mass starts declining by up to 8 percent per decade, and even more after age 60.

Declining muscle mass affects your ability to perform daily tasks and function independently, says Rebecca Lopez, a professor in the athletic training program at the University of South Florida School of Physical Therapy and Rehabilitation Sciences.

Strength training helps preserve your muscles and improves bone density, potentially reducing your risk for osteoporosis, fractures and falls, Lopez says. It also makes tasks, such as carrying groceries up stairs or putting luggage in an overhead bin, much easier, Joy says.

Resistance training has also been shown to lower blood pressure for people 60 and over, according to a 2025 study published in Archives of Gerontology and Geriatrics. Another study published in the International Journal of Epidemiology in 2024 showed that any amount of weight training lowered all-cause, cardiovascular and cancer mortality for people with an average age of 70.

### 2. Aerobic exercise

Aerobic exercises, also known as cardio, use large muscle groups for longer periods. Think: brisk walking, swimming, dancing, cycling or jogging. These moves get your heart pumping and your lungs moving more air.

Heart and lung functioning decline with age, and improving cardiovascular fitness can lower your risk of heart disease, hypertension, diabetes and stroke, Lopez says.

Research backs this up. In a 2025 systematic review of studies published in the International Journal of General Medicine, people over 60 who participated in aerobic exercise experienced lower blood pressure and heart



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rates, and better cardiorespiratory health than those in the control groups who didn’t exercise.

Maintaining cardiovascular fitness also has a “profound effect” on independence and quality of life — without it, “activities of daily living can become more of a burden,” adds Anthony Wall, Senior Director of Global Business Development and Professional Education at the American Council on Exercise. People may also stay at home more often and avoid socializing. “This leads to greater feelings of isolation and increased likelihood of depression,” he says.

Cardio is good for your brain in other ways, too. Research published in JAMA Network Open in 2025 found that people who engaged in higher levels of physical activity in midlife and late life had a more than 40 percent lower risk of dementia than those with the lowest levels of physical activity.

### 3. Mobility and flexibility

Mobility, or “the ability to move multiple segments of the body through a range of movement,” is essential for doing things like putting on your socks, reaching across your body to grab your seatbelt, and turning your head, Ronai says.

“And in order to be able to do that, you have to have some

flexibility in those joints,” he explains.

Your joints tend to get stiffer with age, Joy says. “Some of that is a function of if you don’t use it, you’ll lose it. And, as I’m fond of saying, motion is lotion for the joint.”

Exercises that target joint mobility, such as yoga or tai chi, preserve joint health, improve posture and may decrease arthritis symptoms, Joy says. Maintaining mobility reduces stiffness and the risk of falls, and generally keeps you active and able to do chores and other tasks, Wall says.

Stretches, including overhead reaches and lunges, also help, Ronai says. Or lie on your back with your feet flat on the floor and rotate your knees from side to side. Another stretch involves bringing your heel to your backside while standing.

### 4. Balance

Balance training increases your functional ability, preserves independence and “improves your coordination, your stability, when you’re walking or getting in and out of a car or going up and down the stairs,” Lopez says.

It’s also “very important for fall prevention,” Ronai says.

Small movements throughout the day — like standing on one leg while brushing your teeth — can improve balance by challenging your center of gravity, Ronai says. Yoga and tai chi also help, Joy says.

Balance and strength are “very intertwined,” Wall adds. Many resistance training movements, such as chair squats, calf raises, single-leg stands and core exercises, build strength and balance.

Why you should combine all four exercises — and how to get started

Strength, cardio, balance, and flexibility are interconnected, Wall says: “We know that increasing strength helps with balance. Maintaining flexibility helps people with aerobic exercise, and so on.”

Striving to incorporate all four exercises is crucial for addressing different age-related physical declines, Lopez says. “So, kind of doing a little bit of everything is better than just doing one of them.”

If you don’t exercise much or you tend to focus on just one movement type, talk to your doctor, Ronai says. They’ll ensure a new workout routine is safe for you based on your medical history.

And start slow, Joy says. Add yoga or strength training after your morning walk; start with 10 minutes, then increase to 15, and so on. If yoga is your go-to, add a 10-minute brisk walk and progress the time and distance.

If you want some extra help, consider working with a certified exercise professional or a physical therapist, who can tailor workouts to your individual needs and abilities, Ronai adds.

What’s most important, Lopez says, is to find activities you enjoy — you’ll be more likely to stick to them.

“The key to long-term success is to start small and establish a habit,” Wall says. “Once exercise is a habit, then you can focus on more specific and longer-term goals.”



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## Barnegat Is 1 Of NJ’s Safest Towns, Report Says

Both violent crime and property crime in Barnegat have decreased in the past few years, according to crime data.

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — Good news for Barnegat residents. The town was named one of the safest in all of New Jersey, according to a new report from Safewise.

The rankings from Safewise “are intended to highlight cities with low per capita crime and ignite conversation and action around how to make all cities and communities safer.”

Out of the top 10 safest cities, Barnegat ranks at number four. It’s also the only South Jersey town to make the cut.

According to FBI crime data used by Safewise, Barnegat has seen an 81 percent decrease in property crime in the past two years.

Violent crime has also decreased, and no motor vehicle thefts were reported, according to the data.

The violent crime rate in the Garden State is 2.46 incidents per 1,000 people, which is lower than the national average of 4.43 and the seventh lowest violent crime rate nationwide.



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According to SafeWise, Barnegat’s violent crime rate in 2026 is 0.6 incidents per 1,000 people, down from 0.9 in 2025. The property crime rate in Barnegat is 0.8 incidents per 1,000 people in 2026, down from 2.9 in 2025 and 4.3 in 2024.

“Everyone wants to feel safe at home,” Safewise wrote. “Whether you’re checking in on your current city or scouting out a new one, we’ve crunched the numbers on crime rates across the country.”

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### 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.

1. Talk with your health care provider about medication side effects

2. Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floor

3. Stand up slowly to avoid dizziness

4. Do strength and balance exercises

5. Get your vision and hearing checked regularly

6. 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).

NIH National Institute on Aging

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• For senior residences and senior-serving organizations: Interested in bringing this program to the seniors you serve? Call Lynette Hargrove at 732-918-2600.

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**Track**  
 Congratulations to these Barnegat Winter Track athletes.



**Bowling**  
 Barnegat participating in the Girls Bowling State Tournament.



**Track**  
 Congratulations to Ellie Buschiazzo on finishing in 9th place at the Meet of Champions for Winter Track.



**Bowling**  
 Congratulations to Jamie White, the Girls Bowling South High Series Sectional Champion.



**Wrestling**  
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# Want Birds in Your Back Yard? If You Build It, They Will Come

By Danielle Natale - Causeway Honda Sales Consultant

This winter has been a surprise with weather we don't often see.

Like everyone else, I can't wait for nicer weather so I can get outside and work in the yard again.

Since I can't start planting just yet, I decided I could at least begin working on my bird feeding stations. My last home was full of mature trees, and that brought so many interesting birds to my yard. I really enjoyed watching them.

My new yard doesn't have any trees yet, but that will come with time.

I started by picking spaces in my yard that are both out of the way and open enough for the birds to find the food. I live across from marshland, and there is a variety of birds that I wanted to attract to my yard. So I may have gone a little crazy with all the feeding stations, but I have really enjoyed watching them.

I have four 4x4 poles, each with a few feeders and a couple of houses. I love symmetry, so each pole has hooks on either side to balance the feeders.

Just know that when introducing birds to your yard, it can take up to seven days for them to find the food. Just be patient — they will come.



Here are a few pictures of what I've created and the birds that we have attracted to the yard.



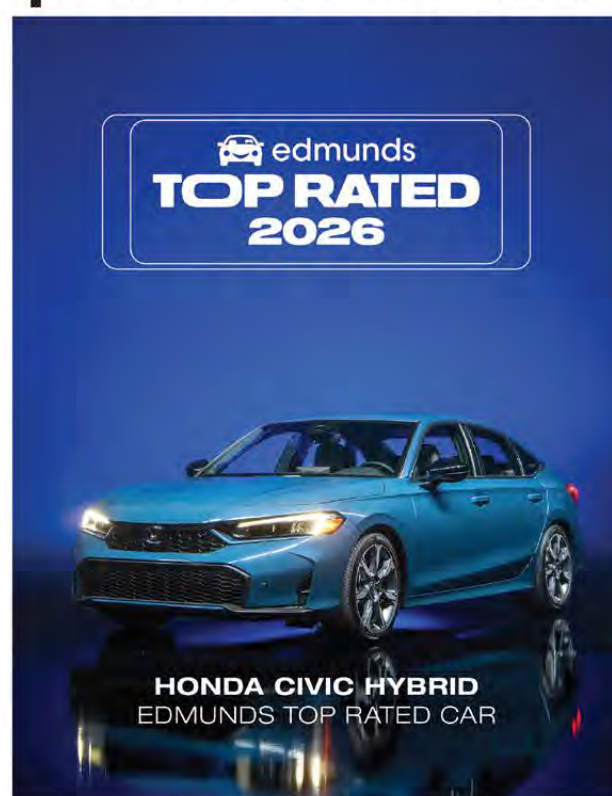
# 2026 Honda Civic Hybrid Wins Edmunds Top Rated 2026 Award

The Honda Civic Hybrid has earned the prestigious Edmunds Top Rated Car Award for 2026, marking the fourth time the automotive experts at Edmunds have honored the 11th-generation Civic with an Edmunds Top Rated honor. The Edmunds Test Team recognized the Civic Hybrid for its sporty design, class-leading safety performance, excellent driving dynamics and fun-to-drive personality.

"A repeat winner of this award, the Honda Civic Hybrid offers a tremendous breadth of quality at a value price. Frugal, refined, comfortable and capable, it's a car without serious fault, whether you choose the sedan or the versatile hatchback," said Edmunds Editor-In-Chief Alistair Weaver.

Civic Hybrid is powered by the award-winning fourth-generation of the Honda two-motor hybrid-electric powertrain. The ultra-smooth and responsive Honda two-motor hybrid system maximizes fuel-efficiency without compromising dynamic performance or passenger and cargo space to deliver a sportier and more pleasant driving experience.

The Edmunds Top Rated Awards recognize the best vehicles on sale and are based on extensive testing and ratings from the



Edmunds Test Team. The Honda Civic and Accord have earned five Edmunds Top Rated Awards since the award's inception in 2020.

An unparalleled success, the award-winning 11th-generation Civic is a gateway to the Honda brand and America's most popular vehicle with Gen Z, first-time buyers and multicultural customers.

Honda Civic is America's best-selling compact car since 1973. A critical driver of brand loyalty for the Honda brand, the award-winning 11th-generation Accord is America's most popular midsize vehicle with Millennial, Gen Z, and multicultural customers.

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

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

**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**  
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To apply to the above contact: **Rich Williams** at: (609) 598-8083 EXT 1342

# Barneгат Students Spread Kindness Across Ocean County

By Veronica Flesher, Patch Staff

BARNEGAT, NJ — Barneгат Township School District students demonstrated community spirit during National Random Acts of Kindness Week, observed from February 14-20.

Pre-K students at Lillian M. Dunfee School created more than 250 uplifting "pocket hearts" that were distributed to several locations across Ocean County. These hearts featured encouraging messages and bright designs.

The "Take One" baskets containing the hearts were placed in the school's main office, the Ocean County Library-Barneгат Branch, and the Oasis Family Success Center in Manahawkin.

"We hope students learn that even small acts can make a big impact, and that they continue to practice empathy, inclusion, and kindness with others," said Danielle Welte, the elementary school's Community Parent Involvement Specialist and Social Worker. "Through small actions, such as helping, sharing, and using kind words, students strengthen empathy and friendship skills, boost confidence, and help create a more connected classroom community that carries beyond the school setting."

"We are incredibly grateful to the students and staff at the Lillian M. Dunfee School for sharing their 'Take



Pre-K students at Lillian M. Dunfee School created more than 250 uplifting "pocket hearts" that were distributed to several locations across Ocean County. These hearts featured encouraging messages and bright designs. (Barneгат Township School District)

One – Pocket Hearts' with our families at Oasis Family Success Center," said Denise McCallum, the center's Volunteer and Community Partnership Coordinator. "Each heart, filled with encouraging words and affirmations,

became a small but powerful reminder that our children and parents are supported and valued. Seeing families add these messages to our Oasis Community Celebration Tree transformed them into lasting symbols of unity, kindness, and connection - allowing our community to celebrate special moments, seasonal traditions, and everyday acts of compassion throughout the year."

Other schools in the district, including Barneгат High School, Russell O. Brackman Middle School, Robert L. Horbelt School, Joseph T. Donahue School, and Cecil S. Collins School, also participated. These schools held various activities, such as showcasing family kindness, writing encouragement notes, and dressing in themed attire. Students in the Academic, Community and Essential Skills (ACES) program at Russell O. Brackman Middle School decorated large paper hearts for display and presented thank-you cards to members of the Barneгат Township Police and Fire Departments. Students explored a fire truck and received fire hats from the firefighters.

"Barneгат Township School District looks forward to the yearly Random Acts of Kindness Week," said Brian Latwis, Superintendent of Schools. "Our students are excited to do good deeds and spread joy and encouragement to people throughout the community."

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### 2026 Edition

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**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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2020 Hyundai Tucson SE YLU087795 <b>\$14,227*</b>	2022 Hyundai Elantra SEL YNU319106 <b>\$14,924*</b>	2013 Nissan Frontier PRO-4X FDN759275 <b>\$14,987*</b>	2019 Dodge Grand Caravan SE HKR643497 <b>\$14,989*</b>	2018 Mazda CX-5 Touring YJ0457947 <b>\$15,146*</b>	2021 Hyundai Santa Fe SE YMH360608 <b>\$15,174*</b>	
2022 Hyundai Accent SEL YNE187710 <b>\$15,893*</b>	2019 GMC Terrain SLT HKL326626 <b>\$15,989*</b>	2021 Jeep Renegade Latitude HMPM12407 <b>\$16,614*</b>	2019 Hyundai Santa Fe Limited FKH113345 <b>\$16,909*</b>	2022 Hyundai Kona N Line YNU903122 <b>\$16,985*</b>	2020 Subaru Outback Limited FL3152437 <b>\$16,987*</b>	2020 Hyundai Sonata SE YLH011645 <b>\$16,998*</b>

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 NEW EPISODES LIVE EVERY WEDNESDAY.



*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.



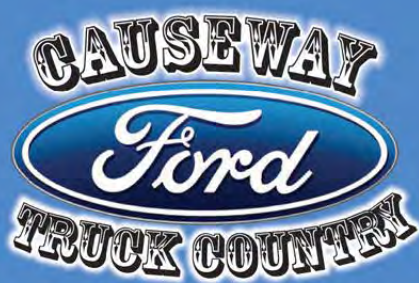
*Alex Williams*

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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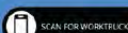


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**I-PACK**

**\$70,766**

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**OPEN UTILITY**

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**\$67,663**

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**\$78,134**

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8-cyl, auto, ps, pb, air, cruise, tilt, p-win, p-lcks, 4x4, Stk. No. F40651

**ENCLOSED UTILITY**

**\$66,567**

2025 FORD TRANSIT 350 LOW ROOF  
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**OPEN UTILITY**

**\$89,944**

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**ENCLOSED UTILITY**

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Meet Magic and Merlin, two sweet, bonded sister and brother kitties!

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Both are 7 months old, microchipped, neutered and spayed, and up to date on vaccines. Magic is FIV positive, while Merlin is not. Cats that test positive for FIV can live long, healthy lives.

To learn more about them or to set up a meet and greet, please fill out an application at FOSOCAS.org or call Val at 609-661-3817.

A generous sponsor will pay the adoption fees for Magic and Merlin.

What is FIV? Feline immunodeficiency virus is a feline-specific condition that can weaken the immune system. Despite that, these cats can live long, happy lives and potentially remain symptom-free. Regrettably, these fabulous felines are often overlooked for adoption.



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If you are looking to adopt, have questions or want to volunteer please call:

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 2024 Honda Accord EX HRA029267 <b>\$24,193*</b>	 2023 Subaru Outback Premium NP3158030 <b>\$24,303*</b>	 2023 Ford Bronco Sport Big Bend FPRD66617 <b>\$24,563*</b>	 Scan For Preowned	 2024 Hyundai Sonata N Line NRA373579 <b>\$24,852*</b>	 2022 Lincoln Corsair Standard F-P88297 <b>\$25,818*</b>	 2024 Honda HR-V Sport HRM773822 <b>\$25,966*</b>
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\*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 One of Three \$25 Target® Gift Cards!

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: April 7th**

*Congratulations!*

to Last Month's

**Kid Winner!**



**Olivia**



**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!**



**Krissy**

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: April 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 \_\_\_\_\_

**NOW SERVING HAPPY HOUR!**  
 SUNDAY TO FRIDAY 12 PM TO 6 PM  
 SATURDAY 2 PM TO 5 PM  
 EXCLUDES HOLIDAYS

**DRINK SPECIALS**  
 +\$5.00 DOMESTIC DRAFTS OR +4 BOTTLES  
 +\$5 IMPORTED OR CRAFT DRAFTS OR +5 IMPORTED BOTTLES  
**\$5 DRINKS**  
 ALL WELL DRINKS | SURFSIDE | HIGH NOON | WHITE CLAW  
 OUR SIGNATURE SANDRIA (RED OR WHITE)  
 HOUSE RED OR WHITE WINE (MONTEPULCIANO OR PINOT GRIGIO)

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

DOORDASH WE DELIVER GRUBHUB

**WE NOW SERVE YOUR FAVORITE WINE, BEER & COCKTAILS!**

**NOW OPEN 7 DAYS FOR LUNCH & DINNER**

**OPEN FOR GOOD FRIDAY & EASTER SUNDAY**  
 NOW TAKING RESERVATIONS

ITALIAN FAVORITES STEAKS & CHOPS SEAFOOD THIN CRUST PIZZA LIVE ENTERTAINMENT ON FRIDAYS & SATURDAYS

ON & OFF PREMISES CATERING AVAILABLE

ON PREMISES PARTIES FOR ALL OCCASIONS

**PIZZA & A PITCHER FOR \$21.99**  
 LARGE PLAIN PIZZA & PITCHER OF MILLER LITE OR YUENGLING  
 One coupon per visit. Tuesdays only. Toppings additional. Dining Room Only. With coupon only. Expires April 15, 2026.

**696 E. BAY AVE BARNEGAT | 609 994-2353**  
**EASTBAYITALIANGRILLE.COM**