



Together at the Table:

Local Leaders Unite to Address Food Insecurity in Southern Ocean County

For more than four decades, Fulfill has served as the Food Bank of Monmouth and Ocean Counties, working to alleviate hunger while helping families achieve long term food security. Through a network of food pantries, soup kitchens, schools, community organizations, and dedicated volunteers, Fulfill provides millions of pounds of food each year while connecting neighbors with programs that address the root causes of hunger. Their mission extends beyond providing meals by empowering individuals and families with the resources they need to build a healthier, more stable future.

While food insecurity impacts communities throughout Monmouth and Ocean counties, recent research has revealed that many residents in Southern Ocean County face unique challenges when it comes to accessing food and support services. Those findings became the catalyst for Together at the Table, a collaborative workshop held on July 15, bringing together community leaders, nonprofit organizations, healthcare providers, educators, businesses, faith communities, local government representatives, and other partners committed to strengthening food access in our region.

Hosted by The Grunin Foundation and Fulfill, the event was supported by The Citta Foundation, Hackensack Meridian Health Southern Ocean Medical Center, OceanFirst Bank, United Way of Monmouth & Ocean Counties, the Southern Ocean County Chamber of Commerce, and Causeway CAREs. While each organization serves the community in different ways, they all gathered around a common goal: ensuring that every neighbor has reliable access to nutritious food and the support they need to thrive.

The workshop was inspired by Fulfill’s recently completed Service Area Assessment, a comprehensive evaluation of food insecurity, service gaps, and resource accessibility throughout Monmouth and Ocean counties. The assessment examined food insecurity at the ZIP code level while also gathering valuable feedback from more than 1,000 local residents through surveys and community listening sessions. Rather than relying solely on statistics, the study focused on understanding the real life experiences of families facing food insecurity every day.

The findings painted a clear picture. Food insecurity continues to rise across both counties, affecting more than 131,000 residents. Ocean



Together at the Table. Hosted by The Grunin Foundation and Fulfill, the event was supported by The Citta Foundation, Hackensack Meridian Health Southern Ocean Medical Center, OceanFirst Bank, United Way of Monmouth & Ocean Counties, the Southern Ocean County Chamber of Commerce, and Causeway CAREs.

County experiences a higher rate of food insecurity than Monmouth County, with many households struggling to consistently access healthy, nutritious food. The assessment also highlighted an often overlooked reality: thousands of working families earn too much to qualify for federal nutrition assistance programs such as SNAP, yet still face impossible decisions between paying for groceries, housing, utilities, healthcare, transportation, and other basic necessities.

For many residents in Southern Ocean County, the challenge is not simply the availability of food. It is access.

The assessment found that transportation barriers, limited pantry locations, and restricted operating hours create significant obstacles for families seeking assistance. Many food distribution sites operate only during traditional weekday business hours, making it difficult for working individuals and caregivers to receive support. Evening and weekend food assistance remains extremely limited throughout Southern Ocean County, leaving many neighbors with few options during the times they need help most.

Community listening sessions reinforced these findings. Residents shared stories of regularly skipping meals, stretching groceries beyond their limits, and making difficult choices between buying food or paying essential household expenses. Others described transportation challenges, mobility limitations, and work schedules that prevent them from accessing available services. Their experiences underscored an important truth: addressing hunger requires more than providing food. It requires building systems that are accessible, responsive, and designed around the needs of the community.

Recognizing that no single organization can solve these challenges alone, Together at the Table was created to move beyond research and begin building collaborative solutions.

Throughout the workshop, participants discussed existing community resources, identified service gaps, explored opportunities to improve transportation and food distribution, and examined ways organizations could better coordinate

their efforts. The goal was not to create another individual program, but rather to strengthen partnerships that will create meaningful, long term improvements in food access throughout Southern Ocean County.

Causeway CAREs was proud to stand alongside fellow community partners in support of this important initiative. The partnership between Causeway CAREs and Fulfill extends far beyond this event and reflects a shared commitment to serving our neighbors.

David C. Wintrode, President of Causeway CAREs and the Causeway Family of Dealerships, served on Fulfill’s Board of Trustees for nine years and played an integral role in the development of the BEAT Center, helping expand Fulfill’s ability to provide innovative programs and services that address hunger and food insecurity throughout the region.

Today, that commitment continues through Joe Stroffolino, Director of Marketing and Advertising for Causeway Family of Dealerships and Causeway CAREs, who currently serves as Vice Chair of Fulfill’s Board of Trustees. His ongoing leadership reflects Causeway’s continued dedication to supporting organizations that improve the quality of life for residents across our community.

Together at the Table demonstrated what can happen when nonprofits, businesses, healthcare organizations, educators, local leaders, and community partners come together around a shared purpose. While the challenges surrounding food insecurity are significant, so is the collective commitment to finding lasting solutions.

By listening to the voices of local residents, strengthening partnerships, and turning research into action, Fulfill and its community partners are laying the foundation for a future where every neighbor has reliable access to nutritious food and the resources they need to live healthy, productive lives.

Causeway CAREs is honored to be part of that mission and looks forward to continuing its partnership with Fulfill as together we work to build a stronger, healthier Southern Ocean County.

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

Driving change in our community.

CausewayCAREs.com

Family Promise of the Jersey Shore Says Thank You This Busy Summer

As we roll through this busy summer—celebrating America’s 250th, watching the World Cup and creating our own memories—we want to take a moment to thank everyone for helping and supporting Family Promise off the Jersey Shore with our current buzz of activity.

We kicked off summer with a wonderful community event/fundraiser at our 2nd Annual Run the Railroad 5K & 1 Mile Fun Run/Walk at Calvary Baptist Church in Little Egg Harbor. Thanks to all the runners, walkers, volunteers, sponsors, donors and cheerleaders for making it a brilliant success.

Thank you to Joe's Bagel and Grill in Waretown, Yellow Dog Coffee Roasters in Manahawkin and Silveri Produce for the wonderful refreshments. And a special shout out of thanks to the Little Egg Harbor Township Police Department for keeping everyone safe.

In Toms River we have even bigger things brewing.

We are working diligently on the fine stages of opening Ocean County’s first ever shelter for families experiencing homelessness.

We are almost there!

We didn’t come this far without your support!

We also have the most amazing volunteers!

A special thank you to the team of volunteers from St. Andrew UMC in Toms River for choosing Family Promise of the Jersey Shore as your Mission Project and for all your amazing work! They delivered outstanding results landscaping,



repairing and cleaning at the site of our future family shelter. Along with our volunteers and community partners, our team at Family Promise of the Jersey Shore is working harder than ever to help local families who are facing homelessness.

Our family shelter will be one more resource, one more piece to helping local families out of homelessness.

Thank you for your continued support and helping us grow to help more of our neighbors in need.

Thank you for being part of the solution.

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

Or share your gift online by visiting pushpay.com/g/familypromisejerseyshore.

To donate by cell phone text "give" to 833-975-2970.

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

Thank you.

Jim Lowney
Public Affairs Manager
jim@familypromisejerseyshore.org



Supporting the Speidel Family

The Causeway Family of Dealerships is joining our community in supporting the Speidel family following the unexpected passing of Scott Speidel.

Scott, a local husband, father, and friend, was living with Hypertrophic Cardiomyopathy (HCM), a heart condition he was diagnosed with in 2011. He leaves behind his wife, Amanda, and their two children, Gunnar and Amelia.

As the Speidel family navigates this unimaginable loss, we encourage our community to come together to offer support during this difficult time. To learn more or make a donation, scan the QR code or visit the Speidel family's GoFundMe page.

Throughout the month of July, the Causeway Family of Dealerships will donate \$100 from every vehicle sold to the Speidel family's GoFundMe to help support Amanda, Gunnar, and Amelia.



DONATE HERE

UPCOMING EVENTS

PRESENTED BY **OCEAN COUNTY COLLEGE FOUNDATION**



2026 SUP THE RIVER

Make a splash for Ocean County College! Join OCC and the Kiwanis Club of Greater Toms River at the Toms River Yacht Club. Awards to the top three finishers in each category and gender, and a kid-friendly short course to wrap up the races! This competition is open to all levels.

Saturday, September 19, 2026 at 7:30am



ANNUAL OCC VIKING 5K AND FUN RUN

Lace up your running shoes in support of Ocean County College! This event is an annual tradition aimed at supporting the Foundation's mission of enhancing access to higher education for Ocean County residents through scholarships and awards.

Sunday, October 4, 2026 at 7:30am



THE 25TH ANNUAL GOLF CLASSIC

Tee off for a good cause at Pine Barrens Golf Club. This annual event assists the Foundation in its mission to make higher education more accessible to Ocean County residents through scholarships and awards.

Tuesday, October 13, 2026 at 9:30am



Learn More: **OCCFoundation.org**



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



Run, Support and Make an Impact

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Lace up your shoes and be a part of the **Causeway 2026 5K**, where every step brings us closer to a stronger community. Join us as we run together, support each other and create a lasting impact on the Ocean County community.



Sunday Sept. 20, 2026

Registration Starts at **7:30AM**
5K Walk: **8:45AM** • 5K Run: **9:00AM**

Southern Regional High School
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T-shirts guaranteed to first 250 registrants.

\$35 by July 20th
\$40 by September 7th
\$45 after September 7th and on race day

Students (18 years old and under) Please use Promo Code Student when checking out for \$10 off.



Register



Sponsor

Hackensack Meridian Southern Ocean Medical Center Achieves Geriatric Emergency Department Accreditation

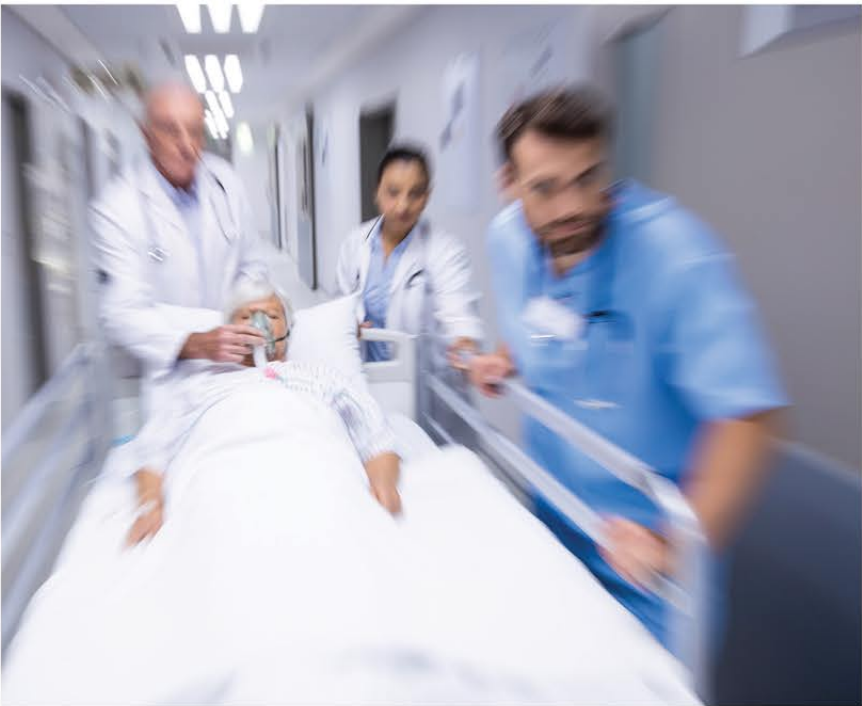
Manahawkin, NJ, June 25, 2026... Hackensack Meridian Southern Ocean Medical Center has achieved Geriatric Emergency Department (ED) accreditation from the American College of Emergency Physicians (ACEP).

The accreditation acknowledges the medical center’s commitment to ensuring older patients receive well-coordinated, high-quality care at the appropriate level during every emergency department visit. Within the Hackensack Meridian Health network, the accreditation is also held by Jersey Shore University Medical Center and Hackensack University Medical Center.

Geriatric EDs embrace a variety of best practices, including geriatric-focused education, interdisciplinary staffing, and standardized approaches to care that address common geriatric issues, such as cancer, COPD, arthritis, diabetes, heart disease, dementia, Alzheimer’s and Parkinson’s Diseases, and others. Geriatric EDs provide optimal transitions of care to other settings; inpatient, home, community-based care, rehabilitation, or long-term care and focus on quality improvement for older patients and enhancements of the physical environment and supplies.

“With Ocean County having the largest senior population in the state, this accreditation is an important validation of the high-level care Southern Ocean Medical Center already provides to our communities. From elective and emergency angioplasty through our Armellino Family Cardiac Catheterization Laboratory to the care provided through our designated Primary Stroke Center and more, our services are designed to address the unique needs of our older patients,” said Brian Walch, M.S., PT, MBA, President and Chief Hospital Executive, Southern Ocean Medical Center.

“About one third of residents in Ocean County are 60 and older. ED visits for this population occur at a higher rate than for non-seniors, and these patients often require more complex care due to chronic conditions. At Southern Ocean Medical Center, our team is more than prepared to address these needs and



HMH Hackensack Meridian Health

continually strives to improve patient outcomes,” added Paul Mastrokyriakos, D.O., Medical Director, Emergency Department, Southern Ocean Medical Center.

The Geriatric ED accreditation is among other national recognitions for Southern Ocean Medical Center for demonstrating safety and clinical quality, including a focus on the older population. These include a Leapfrog Hospital Safety Rating of ‘A’ for spring 2026; Primary Stroke Center recertification by The Joint Commission

for 2025; 2025 American College of Cardiology (ACC) Heart Failure Center Gold Accreditation plus Target: Stroke Honor Roll Elite and Target: Type 2 Diabetes Honor Roll; and ACC HeartCARE Center National Distinction of Excellence recognition for high-quality cardiovascular care.

For more information about emergency care at Southern Ocean Medical Center and HMH, visit www.hackensackmeridianhealth.org/en/services/emergency-care.

ABOUT HACKENSACK MERIDIAN HEALTH

Hackensack Meridian Health brings together leading-edge care, research, and medical education to deliver the best outcomes, and care shaped around the unique needs of every patient we serve. By connecting prevention, specialty care, and life-saving discoveries, we improve every aspect of healthcare – from routine visits to the most advanced treatments, close to home and across the globe.

Home to New Jersey’s first and only top 20 hospital in the nation according to U.S. News & World Report 2025-26, we ensure people can count on exceptional care today and benefit from the cures of tomorrow. Our not-for-profit network of 18 hospitals, 500+ care locations, and over 40,000 team members extend the horizon of health for all. And because medicine is never finished, we Keep Getting Better for every patient, family, and community who counts on us. Learn more at HackensackMeridianHealth.org and to donate visit GiveHMH.org.



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



CARTOONING LESSONS FOR KIDS COMING TO THE BARNEGAT BRANCH

BARNEGAT – Join author Mike Dawson for “Cartooning Lessons – Telling Your Stories Using the Language of Comics” at 2 p.m. Tuesday, July 28 at the Barnegat Branch of the Ocean County Library.

Dawson will lead this cartooning workshop with hands-on drawing exercises sure to get your eyes, hands, and mind engaged. The workshop will be followed by a book signing. Bring your own copy to be signed or purchases can be made at the event.

This program is for kids ages 8 to 12.

Mike Dawson is an award-winning cartoonist. His middle-grade novels include *The Fifth Quarter*, *The Fifth Quarter: Hard Court*, and his newest book, *The Hidden Dominion of Geordie James*. This program is generously sponsored by the Friends



of the Barnegat Library. The Friends are volunteers who help preserve, strengthen, and support the library through supporting branch activities, sponsoring fundraisers, and attending community and civic events as library advocates. Visit theoceancountylibrary.org/oclfriends or stop by your local OCL branch to learn how to get involved.

Registration is required for this free program. To register, visit tinyurl.com/CartoonBGT, call 609-693-3331, or stop by the branch at 112 Burr Street. Registration opened July 14.

EXPERIENCE THE JOY OF KNITTING AND CROCHETING WITH THE WARETOWN WOOLIES



WARETOWN – Looking for a relaxing afternoon to work on your knitting, crochet, or fiber-related projects? Join like-minded individuals at the Waretown Branch of the Ocean County Library for “Waretown Woolies Knitting & Crocheting Club.”

The group will meet from 1 p.m. to 3 p.m. on Mondays, August 3, August 10, August 17 and August 24.

These programs are open to tweens, teens, adults, and seniors of all experience levels. Relax, chat, and swap ideas with other yarn enthusiasts. Please bring your own needles and yarn.

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

ALICE IN WONDERLAND-THEMED TEA PARTY COMING TO THE WARETOWN LIBRARY

WARETOWN – Join us for a whimsical tea party inspired by Alice in Wonderland at 11 a.m. Saturday, July 25 at the Waretown Branch of the Ocean County Library.



Enjoy a delightful story with Alice, sing songs, play fun games, and munch on light treats. Tea party attire or costumes are encouraged.

This event is performed by Enchanting Entertainment. Enchanting Entertainment is comprised of two sisters (and best friends) who love to bring character entertainment to events in the New Jersey and Philadelphia area. The group has performed countless programs for the Ocean County Library. This program is ideal for children ages 0 to 12 years.

This program is generously sponsored by the Friends of the Waretown Library. The Friends are volunteers who help preserve, strengthen, and support the library through supporting branch activities, sponsoring

fundraisers, and attending community and civic events as library advocates. Visit theoceancountylibrary.org/oclfriends or stop by your local OCL branch to learn how to get involved.

Registration is required for this program. Only register the youth attendees, not the accompanying adults. To register, visit tinyurl.com/AliceWaretown, call 609-693-5133, or stop by the branch at 112 Main Street. Registration opened July 11. Please notify staff of food allergy concerns.

PROGRAM ON TRANSITIONING TO COLLEGE FOR STUDENTS WITH DISABILITIES COMING TO THE LACEY LIBRARY

TOMS RIVER – Do you have a child or loved one with a disability who will soon be starting their college journey? If so, you will want to attend “Transition to College for Students with Disabilities” from 2 p.m. to 3:30 p.m. Tuesday, August 4 at the Lacey Branch of the Ocean County Library.

Academic accommodations for a high school student are often made by the individual in conjunction with their caregivers. However, accommodations in college are made by the student alone, and are different than those offered by high schools.

Jamie Arasz Prioli, the Director of Access and Disability Services at Ocean County College, will provide an overview of accommodations in a college setting. In addition, she will share information on eligibility

determination and requesting accommodations during your student’s transition to OCC. Prioli has

worked in the disability field for over 30 years and identifies as a neurodivergent adult with a lifelong hidden disability, which gives her a unique understanding of inclusion and accessibility.

This presentation is geared toward high school students and their families as well as students with disabilities considering college after taking a gap year or two. Please contact the Lacey Branch to request reasonable accommodations no later than one week before the scheduled event.

Registration is required for this free program. To register, visit tinyurl.com/CollegeLacey, call 609-693-8566, or stop by the branch at 10 East Lacey Road, Forked River.



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We have been in business locally for over 45 years. Please call or email to be added to our bi-monthly 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:

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. Limited Space

A private tour of the Emerald Isle (April 15-23, 2027)

Ireland is a combination of vast, unspoiled nature, scenic wonders, charming towns and warm hospitality. Spend two nights in Galway, two nights in Killarney, one night in Waterford and two nights in Dublin. Rate includes round trip airfare from Newark, hotel accommodations, professional tour guide, breakfast daily including upon arrival, three dinners, all admissions and sightseeing. Rate per person based on double occupancy is \$3,499.00.

Informational Night will be held on August 6th, 6:30pm, at the Manahawkin Elks. A mandatory RSVP is required. Call or email to attend.

Grand Mediterranean from Barcelona to Rome (August 8-15, 2027)

This amazing cruise starts in Barcelona and visits two ports in the south of France, Provence and Villefranche (Nice). Then visit the birthplace of the Renaissance, Florence followed by Salerno and Messina (Sicily), with a day at sea and disembarking in Rome. Rate of \$2,099.00 per person includes: balcony cabin, all meals including 3 specialty dining, Wi-Fi, unlimited open bar, pre-paid ship board gratuities, shore excursion credit and a \$100.00 on board credit. Airfare and pre/post packages are available in September.

Upcoming informational nights in September: Sandals/Beaches Resorts and Collette tours. Check out our website for additional tours we are doing for 2027/2028 and informational events and dates.

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SOUTHERN REGIONAL
SPORTS BEAT



Lacrosse

Congratulations Southern Girls Lacrosse Head Coach Lori Johnson on being named to the New Jersey Lacrosse Hall of Fame. Thank you for all you have done and do for Southern Regional. Coach Johnson will be honored Tuesday, July 21st at Fiddler's Country Club in Bedminster, NJ. A well-deserved honor.



Football

Congratulations Southern Regional Football Harrison Grose & Joe Spina on being named Shore Football Coaches Association All-Academic Team for the 2025-2026 school year.

SOUTHERN

Multi-Sport

Congratulations Southern Regional Student Athletes Kai Angelozzi (12th grade) and Lukas Iliescu (11th grade) on being named Shore Conference Student Ambassadors for the 2026-2027 school year. 2 excellent representatives for the Rams. Best of luck.



On the Front Line of Senior Safety

Extreme summer temperatures can be dangerous for older adults, especially for those who live alone, have health conditions, or may not have regular contact with others throughout the day. During periods of high heat, a simple check-in can make a meaningful difference.

When people think of Meals on Wheels, they often picture a nutritious meal being delivered to a senior's doorstep. While meals are at the heart of what we do, our work is More Than Meals. Every delivery is also a wellness and safety check, making sure older adults are safe, well, and supported in their homes. We are our seniors' Community, Care, and Connection.

At Meals on Wheels Ocean County, our staff and volunteers are on the front line of senior health and safety. Our drivers do not simply leave a meal at the door. They must see each participant, check in, and notice when something doesn't seem right. For some seniors, this visit may be the only personal interaction they have all day, making that moment of connection especially important.

Sometimes, these daily check-ins can become lifesaving. If a participant does not answer the door, appears unwell, has fallen, seems confused, seems affected by the heat, or is in distress, our team follows safety protocols to make sure help is contacted right away. Just in



the past month alone, Meals on Wheels Ocean County has had to call 911 eight times for seniors who needed immediate assistance.



As temperatures rise, we encourage everyone to check in on the older adults in their lives and in their neighborhoods. A phone call, a knock at the door, or a quick visit can help make sure someone is staying cool, hydrated, and safe.

Our mission is not only to provide nutritious meals, but to help older adults remain safe, independent, and connected in their own homes. Behind every knock at the door, every conversation, and every check-in, Meals on Wheels Ocean County delivers Community, Care, and Connection to seniors across Ocean County.

If you or someone you know could benefit from our program, we're here. Give us a call at 609-978-6869 or visit csimow.org to learn more.



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SEPT. 21ST 2026

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Save the Date

On Behalf of Carol Stillwell and Stillwell-Hansen Inc., please save the date for the United for Impact Wine Event.

Thursday, September 10, 2026 | 6:00 PM - 9:00 PM

Patricia's of Holmdel
2132 NJ-35, Holmdel, NJ 07733

For event updates and additional information, please visit uwmoc.org.



SUNDAY, AUGUST 16, 2026
12:00 PM - 4:00 PM

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United Way of Monmouth and Ocean Counties
Marielaina LaRosa at MLaRosa@uwmoc.org

Food Trucks & Vendors register now as space is limited!









Ocean Partnership for Children Expands Youth Empowerment Program This Summer with Grant Support from NJ Department of Law and Public Safety

TOMS RIVER, NJ: Ocean Partnership for Children (OPC) is proud to announce the summer expansion of its Youth Empowerment Program, offering a series of free, skill-building workshops for youth across Ocean County. This expansion is made possible through a competitive grant award from the New Jersey Department of Law and Public Safety and NJ Youth Justice Commission. The funding supports prevention-focused programming designed to strengthen youth well-being and resilience.

Running throughout the summer months, the expanded program features a diverse lineup of engaging, one-time workshops open to youth ages 8–19. Each workshop is hosted by one of the Youth Empowerment Program’s already existing and successful youth groups. These experiences are designed to provide safe, inclusive spaces where young people can build confidence, develop healthy coping skills, and foster meaningful peer connections during a time when school-based support may be limited.

Workshops include a wide range of activities, all centered on mindfulness, stress relief, and self-expression. Experiences include beach yoga, art



on the beach, field day, a trailwise hike, identity-affirming celebration, fishing and crabbing excursion, and an all-abilities mini golf tournament. These nature-based programming opportunities will take place throughout Ocean County, including Cattus Island, Toms River Field of Dreams, Shelter Cove Beach, and Citta Scout Reservation.

Each workshop is intentionally designed to promote protective factors that reduce risk and support positive youth development. Through hands-on activities and guided group experiences, participants build essential life skills including communication, problem-solving, emotional regulation, and teamwork. These prevention strategies play a critical role in reducing the



Photo Credit: Girls on the Run of Central NJ Girls on the Run 5K Toms River North High School. Ocean County Partnership Representatives: Liz Menges/COO, Katie Colhoun/Director of Community Resources and Advocacy, and Victoria Azzopardi/CEO.

likelihood of involvement in risky behaviors while promoting long-term mental health and well-being.

All workshops are free of charge, with supplies and refreshments included. Registration is limited to ensure a high-quality experience (up to 15 youth), and transportation is available for select sessions on a first-come, first-served basis.

By removing barriers to access and delivering programming in community-based settings, Ocean Partnership for Children continues to advance its mission of supporting the mental health and well-being of youth and families throughout Ocean County. The organization remains committed to expanding innovative, prevention-focused initiatives that create lasting impact for youth and the broader community.

“By investing in our youth, we are strengthening families and our community, while developing the next generation of leaders,” says CEO Victoria Azzopardi. “With school out, it’s essential that our young people have access to positive environments where they can learn, grow, and stay connected.”

Ocean Partnership for Children is further delighted to announce the receipt of an additional general operating grant awarded by New Jersey Natural Gas Charity to further support the innovative and ever-expanding youth services and programs year round.

For more information or to register for upcoming workshops, please contact Ocean Partnership for Children at info@oceanpartnership.org, visit www.oceanpartnership.org, or follow on social media @OceanPartnership.

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2026 Nissan Rogue Dark Armor Edition

Nissan Rogue Ranked No. 1 in Compact SUV Segment in the JD Power 2026 U.S. Initial Quality Study

NASHVILLE, Tenn. – The Nissan Rogue has been named the No. 1 Compact SUV for New-Vehicle Quality and Nissan has been named second among

mass-market brands, in the JD Power 2026 U.S. Initial Quality StudySM (IQS).

Proudly assembled in Smyrna, Tennessee, this is the first time Rogue has been named No. 1 in its IQS segment, a powerful statement of vehicle quality and satisfaction for Nissan’s best-selling SUV.

In further recognition of the quality built into every U.S.-assembled Rogue, Smyrna Line 2 also received an Americas Bronze Plant Award.

The JD Power IQS surveys owners about 227 potential problems, organized into nine categories, to rank vehicles and brands based on problems per 100 vehicles (PP100) that occur during the first 90 days of ownership. Nissan’s continued performance in this study reflects the brand’s ongoing efforts to deliver high-quality vehicles that satisfy owners.

“Quality is foundational to how we design, engineer and build every Nissan. That focus is reflected in our performance in the JD Power Initial Quality Study,” said Christian Meunier, chairman, Nissan Americas. “Rogue represents the very best of Nissan in the largest segment in the U.S., setting the standard in compact SUVs with the No. 1 ranking for

new-vehicle quality.”

Nissan is America’s fastest-growing mainstream brand, powered in part by Rogue retail sales, which were up 17% for the month of May.

The Nissan Rogue offers a bold combination of advanced technology, standout style and family-friendly versatility, with the adventurous Rock Creek grade for those heading beyond the pavement and an all-new Dark Armor grade that gives Rogue a refined, head-turning appearance. Rogue gives drivers the added reassurance of available Nissan Safety Shield® 360 safety technologies and is economical to own with EPA-estimated fuel economy of up to 29 mpg city, 36 mpg highway and 32 mpg combined (FWD). The 2026 Nissan Rogue is on sale now with Manufacturer’s Suggested Retail Prices (MSRP) starting at \$29,490.

For more information about our products, services and commitment to sustainable mobility, visit nissanusa.com. You can also follow us on Facebook, Instagram, X (Twitter) and LinkedIn and see all our latest videos on YouTube.

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New Nissans

Honda Celebrates Sale of 15 Millionth Honda Accord in America – Buyer’s Sister Purchased 15,000,001st Accord on Same Day

TORRANCE, Calif. – Honda celebrated the sale of 15 million Honda Accords in America, marking a major milestone for the country’s best-selling car over the past 50 years. The 15 millionth Honda Accord, a 2026 Accord Sport-L Hybrid, was purchased from Norm Reeves Honda in Cerritos, Calif. by Andrea, a 26-year-old insurance agent from Southern California. Her new Accord replaces a beloved 2017 Accord Sport that was passed down by her father, whose first vehicle purchase in 1997 was also a Honda Accord.

Making the milestone even more memorable, Andrea's younger sister, Alondra, also purchased a new Honda Accord from the same dealership that day. The 24-year-old chose a 2026 Accord Sport-L Hybrid and is now the proud owner of the 15,000,001st Honda Accord sold in America, further highlighting the sedan’s enduring appeal across generations of Honda customers and families.

"On behalf of Honda associates here in America and worldwide, I want to express our sincere appreciation and gratitude to the 15 million customers who purchased an Accord, including Andrea and Alondra," said Jessika Lauder milk, Assistant Vice President of Honda National Auto Sales at American Honda Motor Co., Inc. "As we celebrate the 50th anniversary of Accord, together with Honda dealers nationwide, we are committed to building on the quality, reliability and enduring fun-to-drive spirit of Accord for the next 50 years."

For 11 generations, the Honda Accord has consistently set the benchmark for passenger cars in America, earning a reputation for class-leading durability, quality and reliability, while offering outstanding fuel efficiency and low emissions, top-class safety performance and incredible value for money.

A core element of Accord’s enduring success is the ability to deliver a high level of value for money to customers. Today, the average transaction price for a new



Sisters Andrea (left) and Alondra with their 2026 Honda Accord Hybrids--the 15 millionth and 15,000,001st Accords sold in America.

turbocharged 2026 Accord is below the industry average used vehicle transaction price in America. Moreover, the 2026 Accord, like every new Honda model, is equipped with the Honda Sensing® suite of safety and driver-assistive technologies as standard equipment, helping Accord earn a TOP SAFETY PICK (TSP) rating from the Insurance Institute for Highway Safety (IIHS).

"We're a Honda family. Our parents have been driving Hondas for as long as I can remember, and now my sister and I do, too," said Andrea. "We're absolutely thrilled with our new Accords. The Accord has always been a car we know and trust, so learning that our purchases became part of Honda history makes this moment even more memorable."

The vast majority of Accords – over 13 million – have been produced at the company's Marysville, Ohio auto plant, using domestic and globally-made parts.

2026 Honda Accord

The refreshed 2026 Honda Accord is available in six trim levels, starting with the turbocharged LX and SE, topped by the hybrid-electric powered Sport, EX-L, Sport-L and Touring.

Significant upgrades were made to the refreshed 2026 Honda Accord, including more standard tech features, such as a larger and easy-to-use color touchscreen, wireless Apple CarPlay and Android Auto™ compatibility, and a wireless phone charger.

Today, the award-winning 11th-generation Accord makes up 25% of all retail midsize car purchases in America and more than 50% of Accord sales over the past three years are hybrid-electric models. Accord is also America's most popular midsize car with Millennial, Gen Z, first-time and multicultural buyers. hondanews.com

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SENIOR CORNER

8 Items Every Traveler Over 50 Needs in Their Carry-On

By Rebecca Treon, AARP

Travel is hard on your body regardless of age, but over 50, the stiffness, jet lag and dehydration can really take a toll. Age shouldn't deter us from exploring new horizons, but traveling can be more comfortable thanks to a few essentials.

"Whatever home comforts you can bring to make your flight more palatable, that's what you need at your fingertips," says Gen Xer Heather Mundt, travel writer and author of *Colorado Family Outdoor Adventure*. She notes she's lost luggage and had items stolen, so she packs as lightly as possible, but brings what she needs to stay hydrated and get some sleep.

Travelers over 50 aren't slowing down, according to AARP's 2026 Travel Trends survey; nearly two-thirds of respondents said they plan to travel in 2026. Whether it's something to help you get better sleep, stay hydrated or beat jet lag, these items will help you arrive ready to take it all in.

A self-purifying water bottle

Single-use water bottles clog landfills, pollute oceans and often contain microplastics and harmful chemicals. A refillable water bottle is healthier and more cost-effective. Many public places feature water fill stations that make hydration easy.

Many travelers find a self-purifying water bottle a worthwhile investment for peace of mind. It uses iron-based filters or UV-C light to eliminate lead, chlorine, bacteria and viruses, ensuring safe, low-maintenance drinking water anywhere you go.

Electrolyte packets

Cabin air has low humidity, low air pressure and fluctuating temperature. This can lead to reduced blood oxygen levels and dehydration, causing nausea, fatigue and dizziness, among other issues. On the ground, sweating, a change in diet and long drives can also cause dehydration.

"Electrolytes are a lifesaver when I take international trips to help with jet lag," says Doug Kacena, 50, who owns art galleries in Denver and Santa Fe. "Both my galleries are at high altitude, so we give electrolyte packets to our artists and buyers who fly in from other destinations so they can feel their best."

TSA-friendly electrolyte packets dissolve in water and can help combat jet lag, replace essential minerals, promote rehydration and help in recovery if suffering from "traveler's tummy."



luciano / stock.adobe.com

Portable power bank

By packing a portable power charger, you'll never have to track down an airport outlet or worry about running out of juice when traveling abroad. These transportable batteries can charge smartphones, headphones, tablets or e-readers, laptops and even camera or video gear. Power banks make charging while traveling easy and convenient, so your device doesn't conk out if you're not able to power up for several hours after you land. If you

have a TSA-approved power bank with you, you'll have constant digital access to your flight itineraries, wallet app and digital boarding passes.

A travel pillow

Sleeping while seated in a car, train or plane usually means a tilted head, putting pressure on your cervical nerves and muscles and occasionally jolting you awake. This can leave you overtired, with a stiff neck and numbness or tingling in your arms. A travel pillow can support better sleep, reduce jet lag and eliminate neck pain. Among the options: standard U-shaped pillows, those that completely wrap around the neck to prevent tilting, those that double as an eye mask and those that can be used for lumbar support.

An eye mask

An eye mask can help people get better-quality sleep and can be especially useful while traveling. On a plane, cabin lights and bright screens can

prevent restful sleep, while ambient hotel light can disrupt your circadian rhythm.

By blocking out light, eye masks can help improve melatonin production, leading to more restorative sleep that can help combat jet lag. Popular styles of sleep masks include silk masks, weighted masks or heating and cooling masks.

Oversized scarf or wrap

Aircraft cabins can often feel cold, but economy seats are too cramped for you to wear a coat or your bulkier items. Though blankets were once routinely given to passengers, many airlines no longer do so except on long-haul flights.

"I always travel with a wrap or scarf in case my arms get cold during the flight," Mundt says. "I can't pack a blanket in my carry-on, so it's nice to have when it's chilly on the plane."

A cashmere wrap is more lightweight than traditional wool yet still offers warmth, and it folds easily into your carry-on. It also makes a stylish addition to any look once you're on the ground. Men and women can find a range of oversized cashmere scarves or wraps in many styles and colors.

Yoga knee pads

Many travelers find they need to stretch after long flights and during travel to loosen muscles. Stretching in your hotel room can help you relax and improve your mobility. For those over 50 who may have osteoarthritis, floor exercises can be challenging. Yoga knee pads relieve joint pressure and alleviate pain during floor exercises. Having that soft cushion on an often-hard hotel room floor makes leaning on joints like knees, elbows and wrists much more comfortable. The portable ones fit neatly in any carry-on bag.

Foldable duffel bag

A foldable duffel bag can be a lifesaver for travel. You can avoid charges for shipping or overweight suitcases by packing any souvenirs in a carry-on duffel. A foldable duffel prevents the need to buy an extra suitcase at the destination, only to offload it later. It can be used for daytrips while you're traveling, too.

aarp.com



stock.adobe.com

By Joyce Sampson, AARP

Sunshine has real benefits. It helps your body make vitamin D, can boost your mood and even supports better sleep. But the same ultraviolet (UV) rays that provide these perks can also hurt your health if you get too much.

Sunburns can speed skin aging and increase the risk of skin cancer. Research suggests that even a few bad sunburns during childhood and adolescence can significantly increase a person's risk of developing melanoma, the most dangerous type of skin cancer, later in life. And trips to the tanning salon in your younger adult years? That can raise melanoma risk by 75 percent.

Even the mildest sunburn can cause damage on the cellular level, says Dr. Maral Kibarian Skelsey, Director of the Dermatologic Surgery Center of Washington. And you may not realize it until years later. In fact, says Dr. Elizabeth Hale, a Mohs surgeon and Senior Vice President of the Skin Cancer Foundation, it can take about 15 to 20 years for the damage to show up, sometimes in the form of cancer.

The average age for a melanoma diagnosis is 66, according to the American Cancer Society; by age 70, at least 1 in 5 Americans will develop skin cancer.

Here's what to know about protecting your skin as you age — and what to watch for after 50 if you spent time in the sun when you were younger.

How the sun can damage your skin

Ever wonder what happens in the body when you get a sunburn? Dr. Susan C. Taylor, a leader in treating skin of color and founder of the Skin of Color Society, explains that UV light (from the sun or a tanning bed) penetrates directly into skin cells and damages the DNA, or genetic material, inside them. When the damage is too great, those cells die, which is why burned skin later peels — that's the damaged cells flaking off.

People with darker skin tones have more natural defense against UV damage than those with lighter skin because melanin — the pigment that gives skin its color — helps absorb and disperse some ultraviolet radiation before it can damage DNA. But that added defense is not immunity, experts stress, and it doesn't replace the need for sunscreen and other sun-protection measures.

Once the skin is injured, the body quickly

Think a Sunburn Is No Big Deal? Here's Why It Matters

shifts into repair mode, explains Dr. Adewole Adamson, a board-certified dermatologist and researcher at the University of Texas at Austin.

"Your body reacts by saying, Oh my goodness, we need to repair this," Adamson says. Blood vessels widen, immune cells rush in and you feel heat, swelling and tenderness.

A severe sunburn can do more than leave skin red and sore. Blistering burns may trigger fever, chills, headaches, nausea and dehydration — symptoms sometimes referred to as sun poisoning. In extreme cases, the body's response to prolonged heat and UV exposure can contribute to heat exhaustion or heatstroke.

It's not just skin that can get damaged; the eyes are vulnerable too.

The World Health Organization estimates that 15 million people are blind due to cataracts, and of these, about 10 percent may be due to UV radiation. Higher lifetime exposure has also been linked to early age-related macular degeneration, and photokeratitis — essentially a sunburn on the cornea — can cause temporary vision loss, although this is rare. And skin cancers can occur on the eyelid. "It's important for people to know that there is no good sunburn," Skelsey says.

Preventing a sunburn is important at 50-plus

Even though skin cancer can result from decades of sun damage, protecting your skin still matters as you get older. One reason, writes dermatologist Dr. Robert A. Norman, for the Skin Cancer Foundation: "We never know exactly how much damage will trigger skin cancer, but one bad burn in older age may be the straw that breaks the camel's back."

What's more, age-related changes — including a weaker immune system and thinner skin — make it harder for the body to fight off damage to the skin.

"It's not right to say, 'The damage is already done; too late.' Because our skin continues to accumulate sun damage and mutations," Hale says.

"Everybody knows what your skin looks like in places that the sun doesn't shine," Skelsey adds. "When you compare [those areas] with sun-exposed areas, you see how much difference there is. And that difference only continues if you're still getting sunburns and sun exposure after the age of 50."

The good news: There are steps you can take to prevent sun damage at any age.

Avoid direct sun during peak hours — about 10 a.m. to 4 p.m. — and use basic protection such as a wide-brimmed hat, UV-blocking sunglasses and loose-fitting clothing, the Skin Cancer Foundation advises.

In fact, clothing can be one of the most effective forms of sun protection. Darker or more vivid colors absorb more UV radiation, preventing it from reaching the skin. As a rule of thumb, if you can see light through a fabric, UV rays can likely pass through it. Experts also recommend using a broad-spectrum sunscreen with SPF 30 or higher for everyday use and SPF 50 for extended time outdoors. Apply about two tablespoons for full-body coverage 30 minutes before going outside, and reapply every two hours or after swimming or excessive sweating.

"I always tell my patients: The best sunscreen is the one you actually use, because there are so many," Hale says.

Another important part of prevention is seeing a board-certified dermatologist once a year for a full-body skin exam. During the brief screening, your doctor can identify problems before they become cancer, or even spot skin cancer early, when it's easier to treat.

"It's important to realize that skin cancer is the most common cancer diagnosed in the United States, but what people really need to understand is that it's also the most preventable," Hale says.

Recognizing the warning signs of skin cancer

Since sun damage can take years to appear, it's important to know the warning signs of skin cancer as you get older.

Not all skin cancers present the same way or carry the same risk. "At least 90 percent of all skin cancers are related to ultraviolet exposure," Hale says. "But there's a difference between melanoma and the non-melanoma skin cancers, which are basal and squamous cell carcinoma."

Melanoma is the most serious type of skin cancer and the one most directly tied to intense UV exposure — the burning rays that induce DNA mutations. Caught late, it can be fatal.

A common warning sign of melanoma is a new spot on the skin or a spot that is changing in size, shape or color, or a spot that looks different from all the other spots on your skin, the American Cancer Society explains. Other signs of melanoma can include:

- A sore that doesn't heal
- Redness or new swelling around the border of a mole
- Itchiness, tenderness or pain around a mole
- Scaliness, oozing or bleeding on the surface of a mole

In white individuals, melanoma typically appears on sun-exposed areas such as the face, back and legs. In Black patients, however, the

Continued on page 11

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Manahawkin Lake Park To Host Stafford National Night Out

By Veronica Flesher, Patch Staff

MANAHAWKIN, NJ — Stafford Township police have set the date for National Night Out 2026, with the annual community event scheduled for Tuesday, Aug. 4, 2026, at Manahawkin Lake Park. The event is planned for 5 p.m. to 8 p.m., according to a public announcement from the Stafford Township Police Department.

In the announcement, the department invited residents to join police and community partners for the evening program. The post states, “Join the Stafford Township Police Department and our community partners for one of the biggest family-friendly events of the year!” It adds that National Night Out brings together residents, first responders, businesses and organizations for “an evening of fun, safety, and community spirit.”

The department is also seeking event sponsors, business vendors and nonprofit organizations ahead of the August gathering. According to the announcement, sponsorship

opportunities are available for a variety of attractions and activities, and sponsors will also receive vendor space at the event.

The post lists general vendor registration at \$100, while nonprofit vendors may participate for free. People interested in becoming a sponsor or vendor are being directed to complete an online form.

National Night Out is presented in the announcement as a community event centered on public safety and neighborhood connection. The department said last year’s event welcomed more than 2,000 attendees, signaling a large turnout for the annual gathering in Stafford.

The post closes with an invitation for this year’s event, stating, “We look forward to another great National Night Out and hope to see you there!”

patch.com



Stafford Township police have set the date for National Night Out 2026, with the annual community event scheduled for Tuesday, Aug. 4, 2026, at Manahawkin Lake Park. (Google Maps)

It’s garden harvest time!

By Danielle Natale - Causeway Honda Sales Consultant



This is the month when all my hard work in the garden finally pays off—it’s harvest time! So far this July I’ve picked fifteen cucumbers, two zucchini, one cauliflower, and one yellow summer squash.

In years past, I did, sadly waste some of what I grew by either not cooking it while it was at it’s peak or not preparing it in a way that everyone enjoyed. This year, I promised myself that wouldn’t happen.

My basil has already been turned into seven jars of homemade pesto. My cucumbers are going to be jarred pickles, and the zucchini and summer squash have already found their way onto the grill. One of our favorite summer meals is this quick, healthy, and delicious grilled zucchini recipe.

Here’s what you’ll need:

- 2 pounds of raw shrimp (peeled and deveined)
- 1 large zucchini, spiralized into noodles or cut into thin strips
- 1 onion, sliced
- Olive oil
- Salt and pepper, to taste
- Freshly grated Parmesan cheese



We cooked everything on our Blackstone, but any flat-top grill or skillet will work just as well.

Simply drizzle the shrimp, zucchini, and onion with olive oil, season with salt and pepper, and cook until the shrimp are pink and the vegetables are tender. Finish with a generous sprinkle of freshly grated Parmesan cheese and serve immediately.

It’s simple, easy, healthy, and delicious! Of course, feel free to swap the shrimp for chicken, steak, or your favorite plant-based protein to make it your own.

What are you harvesting from your garden this month? I’d love to hear what’s growing in yours!

LBI Eats, Treats & Treasure

Gift Certificate Raffle

AN 18-MILE STRETCH OF GIFT CARDS — FROM BARNEGAT LIGHT ALL THE WAY DOWN TO HOLGATE

Drawing: Saturday, August 1st at 9:15pm

At the Festival of the Sea Grounds - St. Francis Community Center | 4700 Long Beach Blvd., Brant Beach, NJ 08008

Only 1,500 Tickets Sold | No substitutions or cash in lieu of prizes. Winner need not be present. No refunds or transferable. All proceeds benefit St. Francis of Assisi Parish.



Please make your check payable to St. Francis Parish & Indicate “LBI Eats, Treats & Treasure” on the envelope.

2026 LBI EATS, TREATS & TREASURE RAFFLE

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City: _____ State: _____ Zip: _____ Phone: _____

of Tickets Requested (\$25 each) _____ Total Amount Enclosed: _____

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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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2026 Progressive 50/50

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Winner need not be present. No Substitution of prize or cash in lieu of prize. Proceeds benefit St. Francis of Assisi Parish 4700 Long Beach Blvd., Long Beach Twp. 08008 | 609-494-8861 ext. 107 | No Phone Purchase or credit card!

Make It An Active Summer In Barnegat-Manahawkin: 10 Ways To Get Moving

By Veronica Flesher, Patch Staff

BARNEGAT-MANAHAWKIN, NJ — Summer is a great time to get outside, stay active and discover new ways to enjoy the Barnegat-Manahawkin area. Whether you’re looking for a family outing, a new fitness routine or a peaceful paddle on the water, there are plenty of nearby options for residents of all ages.

Before heading out, check each organization’s official website for current schedules, registration requirements, fees and seasonal availability.

1. Walk or Bike the Barnegat Branch Trail

The Barnegat Branch Trail offers miles of paved and improved rail trail for walking, running and biking through southern Ocean County. Trail access is available in Barnegat and neighboring communities.

Location: Barnegat Branch Trail (Ocean County)

Website: <https://ocparks.co.ocean.nj.us/frmBarnegatBranchTrail>

2. Explore Cloverdale Farm County Park

Cloverdale Farm County Park in Barnegat features walking paths and open green space where visitors can enjoy a leisurely stroll while exploring the historic property.

Location: Cloverdale Farm County Park

Website: <https://ocparks.co.ocean.nj.us/>

3. Paddle a Kayak from Meadowedge Park

Bring your own kayak and launch from Meadowedge Park to explore Barnegat Bay while enjoying the area’s coastal scenery and wildlife.

Location: Meadowedge Park, Barnegat Township

Website: <https://www.barnegat.net/barnegat-parks-and-playgrounds/>

4. Spend the Day at Barnegat Bathing Beach

Swimming, walking along the shoreline and playing in the sand are easy ways for families to stay active during the summer at Barnegat’s municipal beach.

Location: Barnegat Bathing Beach

Website: <https://www.barnegat.net/barnegat-parks-and-playgrounds/>

5. Play Pickleball in Waretown

Pickleball continues to grow in popularity

and nearby courts provide an opportunity for beginners and experienced players to stay active together.

Location: Corliss Park Recreation Area, Ocean Township (Waretown)

Website: <https://www.twpoceanj.gov/departments/parks-and-facilities>

6. Take a Walk Through Wells Mills County Park

Just north of Barnegat-Manahawkin, Wells Mills County Park features wooded hiking trails that offer a peaceful setting for walking, jogging and nature exploration.

Location: Wells Mills County Park, Waretown

Website: <https://ocparks.co.ocean.nj.us/>

7. Rent a Kayak at A. Paul King County Park

Residents looking to get on the water without owning equipment can rent a kayak at A. Paul King County Park and explore the park’s lake.

Location: A. Paul King County Park, Stafford Township

Website: <https://ocparks.co.ocean.nj.us/>

8. Join Recreation Programs in Barnegat

Barnegat Township Recreation offers seasonal activities and community programs throughout the year that encourage residents of all ages to stay active.

Location: Barnegat Recreation Department

Website: <https://www.barnegat.net/departments/office-of-recreation/>

9. Swim at the Ocean County YMCA

The Ocean County YMCA offers aquatics, fitness classes, sports and wellness programs for children, adults and older adults throughout the year.

Location: Ocean County YMCA

Website: <https://www.ymca.org/locations/ocean-county-ymca>

10. Enjoy the Parks Around Barnegat

Neighborhood parks throughout Barnegat offer playgrounds, basketball courts, picnic areas and outdoor fitness equipment, making it easy to fit physical activity into a summer afternoon.

Location: Barnegat Township Parks and Playgrounds

Website: <https://www.barnegat.net/barnegat-parks-and-playgrounds/>

patch.com



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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
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www.mynjhelps.gov

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Three Hyundai Models Rank Tops in Segment in JD Power 2026 U.S. Initial Quality Study

FOUNTAIN VALLEY, Calif., June 25, 2026 – Hyundai Motor America today announced strong results in the JD Power 2026 U.S. Initial Quality Study, with three Hyundai models (Venue, Sonata, Santa Cruz) each ranking highest for initial quality in their respective segments based on problems per 100 vehicles. Santa Cruz leads the Midsize Pickup segment for the third-consecutive year. These results are continued proof of Hyundai’s ability to consistently deliver high initial quality across vehicle segments.

“Hyundai’s strong results in the JD Power 2026 U.S. Initial Quality Study reflect consistent execution across our lineup and reinforce our focus on delivering high-quality vehicles our customers can rely on from day one,” said Barry Ratzlaff, Chief Customer Officer, Hyundai Motor North America. “Having three models rank highest in their respective segments is a meaningful achievement and a direct result of the dedication and collaboration across our teams. This recognition belongs to the many groups who work tirelessly to deliver quality at every stage, from development through customer ownership. From Santa Cruz earning its third-consecutive segment win to Sonata and Venue achieving top rankings, these results highlight the confidence and consistency we are delivering to customers every day.”

The 2026 Hyundai Santa Cruz continues to redefine the midsize pickup segment with its unique combination of SUV-like comfort, pickup versatility, and advanced technology. Designed for everyday usability, Santa Cruz delivers refined driving dynamics, intuitive infotainment features, and flexible cargo solutions. The model’s third-consecutive JD Power IQS segment win reflects strong real-world performance, quality execution, and customer satisfaction.

The 2026 Hyundai Venue provides practical versatility, smart packaging, and accessible



Hyundai Venue



Hyundai Sonata Hybrid



Hyundai Santa Cruz

technology in the small SUV segment. Designed for urban lifestyles, Venue combines compact efficiency with intuitive features and strong value. Its highest ranking in segment reinforces Hyundai’s ability to deliver quality across entry-level SUV offerings.

The 2026 Hyundai Sonata offers a balanced combination of modern design, advanced safety technologies, and efficient powertrains. With intuitive controls, improved connectivity, and a driver-focused interior, Sonata delivers a seamless ownership experience. Its top ranking in initial quality highlights Hyundai’s ongoing commitment to delivering comfort, usability, and quality in the midsize car segment.

The 2026 Hyundai Elantra ranks second among compact cars in JD Power’s 2026 U.S. IQS study. Elantra offers a balance of efficiency, technology, and sophisticated design, contributing to Hyundai’s broad strength in initial quality across multiple vehicle segments.

The 2026 Hyundai Kona ranks second among small SUVs in JD Power’s 2026 U.S. IQS study. Kona delivers a compelling combination of advanced safety and connectivity features, maneuverability, and everyday usability, supporting strong performance in initial quality and customer satisfaction.

hyundainews.com

Continued from page 9

cancer can appear in less obvious places, such as the palms, soles, toes and fingernails and toenails, Taylor says, and it tends to be diagnosed at later stages.

Basal and squamous cell carcinomas are very common — though less common in people with darker skin — and usually very treatable, the American Cancer Society says.

Basal cell skin cancers usually develop on areas exposed to the sun, and warning signs in lighter skin can include:

- Small bumps (first pink, red, translucent, shiny or white in color) that might have blue, brown or black areas
- Pink growths with raised edges that may have blood vessels spreading out from the centers
- Flat, firm, pale or yellow areas, similar to a scar
- Raised reddish patches that might be itchy

- Open sores that don’t heal

Squamous cell skin cancers also tend to appear on sun-exposed areas, especially in people with lighter skin. However, in people with darker skin, they’re more likely to appear in areas that aren’t often exposed to the sun. The American Cancer Society says warning signs for this type of skin cancer can include:

- Rough or scaly red (or darker) patches, which might crust or bleed
- Raised growths or lumps
- Open sores that don’t heal, or that heal and then come back
- Wart-like growths

aarp.com

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Meet Ship Bottom Firefighter Logan Van Liew

By K. P. Gates, Community Contributor, Patch

As a kid growing up 3 streets from the Ship Bottom firehouse, Logan Van Liew watched the trucks scream by and dreamed of being on one.

Now 22, Logan completed fire school and earned his firefighter certification earlier this year. Helping his neighbors as a member of Ship Bottom Volunteer Fire Company is better than he even dreamed, he said.

Even before earning fire certification, Ship Bottom volunteers have important roles on scene. Last summer, when a little boy's leg was cut open by the fin on his surfboard, Logan was there to help.

"I was at my house getting ready for work (at Ship Bottom Shellfish) and the call came in. Any one of these calls is pretty serious, but when I heard it was a little boy – oh my God. I texted the restaurant. They understood."

Logan was quickly on a firetruck rushing to Surf City. The injured little boy would need to be airlifted to the hospital. Logan helped set up the landing zone. Logan set up the flares around the perimeter and made sure



Logan Van Liew, second from left, receiving his Firefighter I certificate earlier this year.

there were no plastic bags or other debris that could be sucked up into the helicopter rotors. Other volunteers communicated with the ambulance and the helicopter. When both arrived, Logan and the rest of the team used the sheet the little boy was laying on to lift him from the ambulance stretcher to the helicopter stretcher.

"He was super calm and in good spirits," Logan said. "I asked how he was feeling, and told him he was doing great."

And then the helicopter took off. "It sure felt good to help that kid out," Logan said.

Logan holds a biology degree from the University of Tampa and plans to go to dental school. In addition to cooking at the shellfish restaurant on summer evenings, he works as a dental assistant at his mom's dental office, All About Smiles.

Whenever he's home from dental school and after he finishes his degree, Logan plans to remain a Ship Bottom firefighter.

"I love it," he said. "It's really fun to be at the firehouse – I've met a lot of cool, very nice people. And it's also exciting. It feels crazy at first to go into a burning building, but you have training, you have equipment, you have the other firefighters, and so you're confident. It's a really good feeling to be able to help."

Ship Bottom Volunteer Fire Company needs volunteers just like you in both emergency and non-emergency roles. Learn more and fill out a volunteer inquiry form: shipbottomfirefighters.org

patch.com

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Watermelon Salad

Ingredients:

- 1 cup sliced red onion, cut lengthwise
- 3 tablespoons lime juice
- 15 cups cubed watermelon
- 3 cups cubed English cucumber
- 1 (8 ounce) package feta cheese, crumbled
- ½ cup chopped fresh cilantro or mint
- Cracked black pepper, to taste
- Sea salt, to taste

Directions:

Step 1: Gather the ingredients.

Step 2: Place red onion slices in a small bowl; pour over lime juice. Allow onions to marinate while assembling the salad.

Step 3: Gently combine watermelon, cucumber, feta cheese, and cilantro in a large bowl; season with black pepper.

Step 4: Toss watermelon salad with marinated onions and season with sea salt just before serving.

Step 5: Serve and enjoy!

allrecipes.com

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www.StFrancisParishLBI.org/FestivaloftheSea

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Furry Friends

Who Need Fur-Ever Homes!

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Meet Gordo & Millie



Gordo and Millie are 2½-year-old Lab/American Bulldog mixes, and more than anything, we are begging for a miracle for this bonded brother-and-sister pair.

Life has been scary and uncertain for them. They are timid, shy, and still learning that the world can be kind. But when they have each other, they find comfort. They lean on one another for courage, for security, and for the strength to keep going.

We are desperately hoping to keep them together.

Both are housebroken, walk beautifully on leash, and take treats ever so gently. They are dog friendly and would do best with calm, respectful canine companions. When cat tested, they were simply curious — likely their first time ever seeing a cat — and with slow introductions, they may do just fine.

They will need help learning basic commands and building confidence, but what they need most is patience, love, and a family willing to see past their fear and into their hearts. Because of their size and shy nature, a home with children 10 and older would be best.

The truth is, it's hard enough to get one dog adopted. Finding a home willing to open their heart to two is even harder. But separating them after everything they've been through feels unthinkable.

They deserve the chance to stay together. To heal together. To finally know what safety, stability, and unconditional love feel like.

Please — if you've ever considered adoption, consider Gordo and Millie.

To meet them, visit Southern Ocean County Animal Shelter any day from 1–4 PM at 360 Haywood Rd., Manahawkin, NJ.

Please help us give them the ending they deserve.

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Meet Lena



Sweet Lena came to us after being trapped at a colony in Lanoka Harbor. It was immediately apparent that this girl was not a candidate for our TNR program (trap, neuter, and return) as she is VERY friendly, seeks out and enjoys attention, and loves to have her soft fur petted.

We estimate this sweet girl to be approximately 9 months old. Lena is now spayed, vaccinated, tested negative for FIV & FeLV, microchipped, and looking for her forever (indoor) home and family. If you would like to meet Lena at her foster home in Little Egg Harbor, please apply online at FOSOCAS.org!

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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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CausewayCars.com

 2015 Jeep Wrangler Unlimited Rubicon NFL617340 \$18,625*	 2023 Nissan Sentra SV NPY248197 \$19,283*	 2023 Hyundai Kona SEL NPU044320 \$19,677*	 2023 Nissan Kicks SV NPL573926 \$19,858*	 2024 Nissan Altima 2.5 S NRN406469 \$19,987*	 2023 Nissan Sentra SV NPY270833 \$20,222*	 2020 Subaru Ascent Touring FL3425403 \$20,227*
 2018 Ford Explorer XLT FJGB83487 \$20,235*	 2022 Nissan Rogue Sport SV NNW482535 \$20,376*	 2022 Nissan Altima 2.5 SL FNN392198 \$20,826*	 2021 Subaru Crosstrek Limited HM8324042 \$21,754*	 2023 Honda Civic LX HPE023284 \$22,215*	 2021 Nissan Rogue SL NMW224315 \$22,832*	 2024 Nissan Rogue S NRC752969 \$22,985*
 2023 Honda Civic Sport HPH513830 \$23,153*	 2023 Ford Escape Active FPUA46530 \$23,213*	 2021 Hyundai Santa Fe SEL YMH322102 \$23,287*	 2023 Honda HR-V Sport YPM750272 \$23,700*	 2025 Hyundai Sonata SEL Y-P88350-L \$23,772*	 2023 Honda Civic Sport H-P88374 \$23,789*	 2023 Honda HR-V LX HPM749800 \$23,895*
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 2022 Ford Escape SEL FNUB42393 \$25,421*	 2021 Ford Edge ST HMB437415 \$25,509*	 2024 Honda HR-V Sport HRM724114 \$26,726*	 2019 GMC Canyon SLT NK1110147 \$26,892*	 2023 Ford Escape Platinum HPUA04601 \$27,114*	 2023 Ford Edge SEL FPBA49558 \$27,250*	 2018 Honda Ridgeline RTL-T HJB011607 \$28,413*
 2023 Ford Edge SEL FPBA48058 \$28,532*	 2022 Honda CR-V Hybrid Touring HNL011256 \$29,008*	 2024 Ford Bronco Sport Free Wheeling F-P88323-L \$29,378*	 2022 Lincoln Corsair Standard FNUL23087 \$29,989*	 2023 Honda Pilot LX HPB056418 \$30,270*	 2022 Ford Explorer Timberline FNGC29339 \$30,635*	 2023 Honda CR-V EX-L FPL005518 \$30,932*
 2023 Honda Ridgeline RTL HPB066925 \$30,950*	 2022 Honda Passport TrailSport YNB028340 \$31,103*	 2023 Honda Odyssey EX YPB06384 \$31,989*	 2023 Honda CR-V Hybrid Sport Touring HPE024986 \$32,407*	 2023 Honda Passport EX-L NPB020062 \$32,911*	 2023 Lincoln Nautilus Standard FPBL23875 \$32,987*	 2023 Jeep Gladiator High Altitude HPL544432 \$32,988*
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 2023 Ford Ranger XLT F-P88340 \$35,503*	 2024 Honda Odyssey EX-L HRB056433 \$36,450*	 2025 Honda CR-V Hybrid Sport-L HSL032602 \$36,600*	 2023 Lincoln Corsair Reserve FPUL13345 \$36,844*	 2021 Ford F-150 XLT F-P88361 \$37,787*	 2023 Ford Bronco Big Bend FPLB86325 \$40,990*	 2023 Ford Explorer ST FPGB02548 \$42,989*

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

KIDS COLORING CONTEST!



Win One of Three \$25 Target® Gift Cards!

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: August 7th

Congratulations to Last Month's Winners!

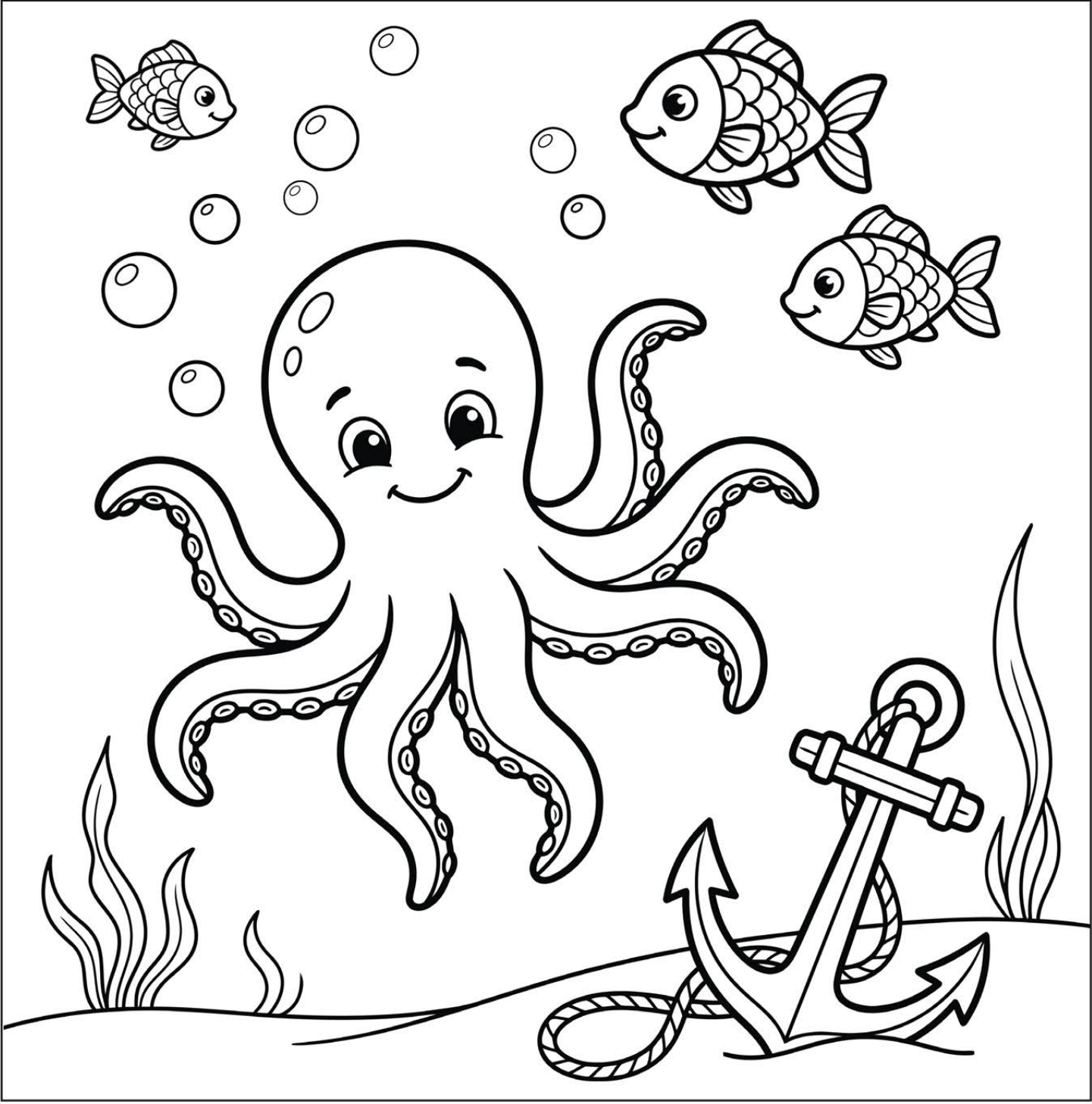
Cadence



Patrick



Ava



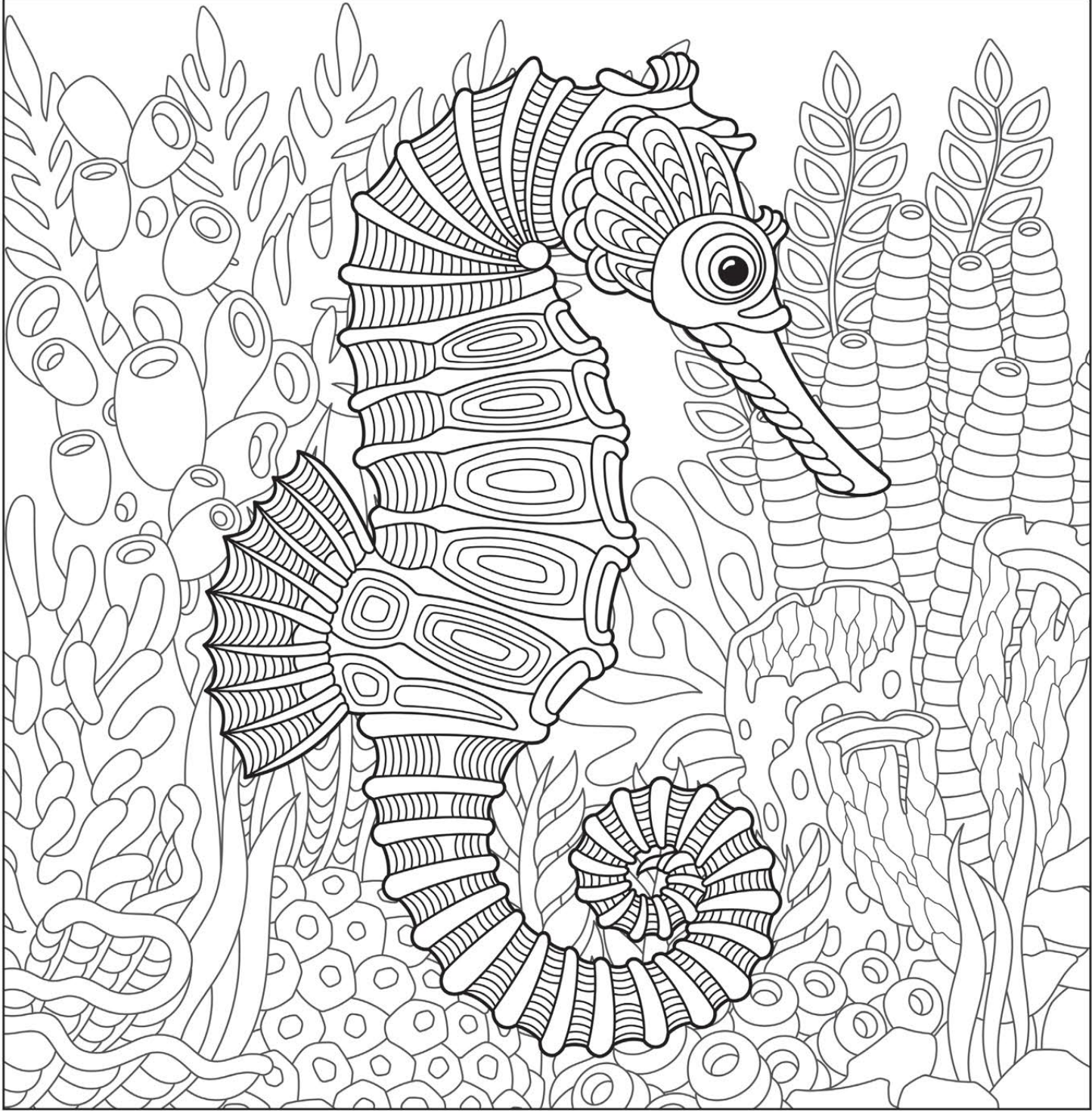
Mail to: Causeway Coloring Contest • PO Box 547, Manahawkin, NJ 08050

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 Winner!



Kat

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: August 7th

You could win a \$50 Gift certificate to East Bay Italian Grille!

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

First Name _____

Last Name _____

Phone number _____

Residence _____



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