

The BRICK Times

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In This Week's Edition



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Brick Filmmakers Selected For Garden State Film Festival

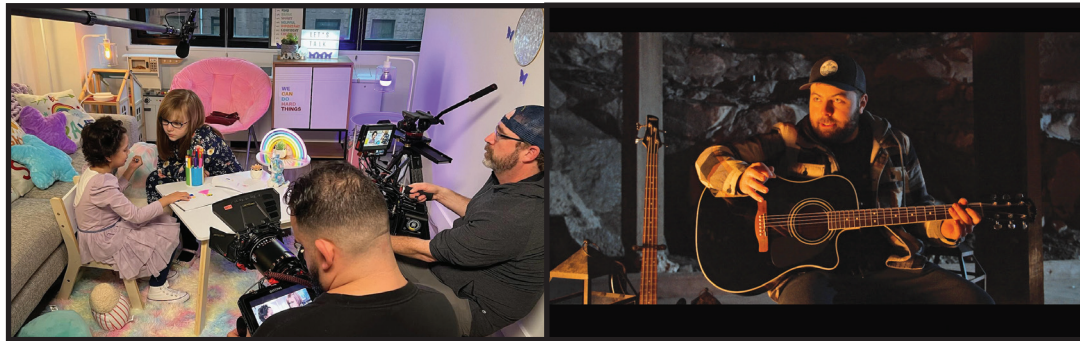


Photo courtesy Stephanie Angel

Photo courtesy John Caccamo

(Left) Behind the scenes of *Let's Talk*. (Right) A Still from the film *Secret of the Strings Part II*.

By Alyssa Riccardi

BRICK – Two residents of Brick Township will have their respective films showcased at this year's Garden State Film Festival, March 21 to 24.

New Jersey's Premier Independent Film Festival returns for its 22nd anniversary with screenings in different locations throughout Asbury Park.

The Garden State Film Festival celebrates the independent film genre, curating a selection of original works from lo-

cally produced filmmakers and moviemakers from around the world.

"The upcoming 2024 Festival returns to experience 200 films from over 14 countries over four days in eight venues hosting parties, professional panels, events, special honors and more," Lauren Concar Sheehy, the festival's Executive Director, said.

Secret of the Strings Part II, directed by Brick resident John Caccamo, will screen on March 23 at 11:45 a.m. at the

Asbury Hotel.

In *Secret of the Strings Part II*, "a young man who is eager to learn the way of the guitar takes a strange lesson that changes his life forever."

Caccamo is a graduate of the Montclair film program and has worked professionally in the film industry for about five years.

"I am always looking to create films that subvert audience expectations. My goal with this film was to create an entertaining short with only

a few hundred dollars and I believe we have succeeded," Caccamo said. "I am always looking to expand my skill sets in directing. I was also fortunate enough to direct a web series pilot created by Raven Smith that will be premiering at the Garden State Film Festival."

"The best part about working in this industry is meeting new people who push each other creative limits," Caccamo added.

(Film- See Page 4)

Laurelton Art Society Offers Fresh Canvas To Community



Photo by Judy Smestad-Nunn

Instructor Joseph Rogine shows students how to use a Mahl stick to keep your hand off your drawing to avoid smudging it.

By Judy Smestad-Nunn

BRICK - Attention, artists, want-to-be-artists or anyone who appreciates art: there is a group in town who wants to build on their 44-year-long history of promoting public interest in the creative arts.

The Laurelton Art Society offers programs

and activities that expose their membership - and the general public - to new ideas, outreach programs, exhibits and open meetings that feature art demonstrations.

Acting vice-president Patricia Monto Autore said there are award-winning artists

(Art Society - See Page 4)



Photo by Stephanie Faughnan

Brick culinary students and their teachers were proud of their baking.

Students Taste Success During Chef's Night Out

By Stephanie Faughnan

LACEY – Another year, another sold-out crowd for Ocean County Vocational Technical School's (OCVTS) 27th Annual Chef's Night Out. Held at the Lacey Elks Lodge, the event served up far more than

a feast for the senses.

"Chef's Night is held yearly as a fundraiser to raise money for scholarships, tools, and equipment for our students," explained Karen L. Homiek, OCVTS's Superintendent of Schools. "Everything goes right

back to the students."

The concept appears to be a recipe for success, with the night's proceeds exceeding an impressive \$75,000.

Beyond the promise of delectable treats and mouthwatering dishes,

(Chefs Night - See Page 5)

Ireland Inspired Teacher's New Book

By Bob Vosseller

POINT PLEASANT – There may be some similarities between township high school journalism teacher Jill Ocone and the lead character of her new book "Enduring the Waves" but there are more differences.

Ocone, of Point

Pleasant, shared her thoughts with *The Brick Times* about the writing process and how the discipline of being a veteran teacher helped her unravel the plot of her book. She was also inspired by her trips to Ireland which serves as the

(Book - See Page 5)

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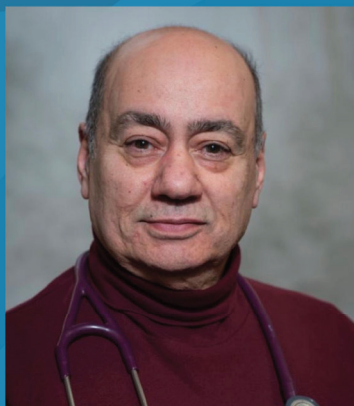
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important focuses when caring and treatment those with dementia and memory impairments. They are to stabilize the patient, control their behaviors, and ease the burden of the caregiver.



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Film:

Continued From Page 1

Secret of the Strings Part II was shot at the Art Factory in New Jersey and only took one day to film. The post-production for this project only took about a month to complete," Caccamo said.

In addition, *Let's Talk*, directed by Brick resident Stephanie Angel, will screen on March 24 at 12:15 p.m. at the Berkeley Hotel, Kingsley Room.

The film follows Nora, a 9-year-old girl with a brain tumor, who plays a therapist and helps other kids through their challenges, including another girl who also has a brain tumor.

Angel is the founder of Angelight Films, a 501 (c)(3) nonprofit production company that produces short films with children who have brain and spinal cord tumors, giving them the chance to create and star in their own short film.

"To date, I have directed 12 and produced 14 Angelight Films. I created this nonprofit in honor of my younger sister, Ilana, who died from a brain tumor when she was five and I was seven," Angel said.

Angel has more than 20 years' experience on mainstream feature films, television series, music videos, documentaries and commercials. In 2018, Angelight Films received the

2018 Broader Vision Award for Film Making Dedicated to the Greater Good presented by The Garden State Film Festival.

"*Let's Talk* was filmed in Manhattan at a real therapist's office. We filmed all of the therapy sessions in two days in January 2023. In November we also filmed the part where Nora dances in the park at Untermyer Gardens Conservancy in New York as well as her walking to work in Hastings NY. Our Angelight Films production office is located on Mantoloking Road in Brick. The edit, now that was the most time-consuming part and took months," Angel said.

The Garden State Film Festival offers several categories for films and filmmakers of all kinds, including feature length and short films, documentaries, comedies, children's, thrillers, pilots, student films and "Home-Grown" films shot in NJ.

"It is wonderful to see our filmmakers live where they work, and to fulfill their creative dreams," Concar Sheehy said. "And since New Jersey offers so many different kinds of locations and settings; mountains, beaches, cities, farms and more, we see Jersey appearing in so many different kinds of films."

"The GSFF is action-packed and there is something for everyone! Come one, come all, it only happens once a year and we don't want you to miss it," Founder Diane Raver said.

For tickets and more information, visit gsff.org.

Art Society:

Continued From Page 1

in the society's membership, which currently numbers about 50. Members are from various towns located in Ocean County and southern Monmouth County.

"We would love to have younger members join - high school students and people in their 20s," she said. "We are looking to attract younger artists."

On the second Saturday of each month (excluding July and August) the Art Society offers demonstrations from professional artists working in various mediums. The demonstrations are held from 2 - 4 p.m. at the First Baptist Church of Laurelton.

Recent artists include Arlene Newman, who led a workshop entitled "Oil Effects with Acrylics;" Maryann Goodwin, who led a workshop entitled "Watercolor with an Edge;" Derek Riddle, who hosted "Abstract Acrylic Pour;" Renee Leopardi who hosted "Soft Pastels;" Robert Stetz led a "Watercolor Workshop;" and the most recent demonstration was by Toms River artist Joseph Rogine, who gave a graphite (pencil) demonstration.

Rogine, who teaches classes at the Ocean County Artists' Guild, started his March 9 program with the basics: how to set up your workspace, the best line of sight for drawing (right angle to your line of sight to avoid distortions), supplies and materials needed, the difference between types of paper and pencils, and much more.

While explaining the basics of drawing, Rogine said one draws with their shoulder and arm. "Hold your pencil the way a conductor holds a baton," and then move in closer for fine details.

Art Society members could ask questions or

move in closer for a better look.

Lakewood resident Kami Simpson said she has been a member of the Laurelton Art Society for about two years.

"I like the fellowship," she said before Rogine's demonstration. "I get to see the demonstrations and hear the artist explain things. I feel like I'm a beginner artist, so I find it fascinating."

Art Society secretary/treasurer Ilene VanDuyne said the group wants to get people interested in art. She said the 501(c)(3) not for profit organization is funded by a \$4,500 Ocean County Cultural Heritage Commission, which pays for the professional artists' demonstrations.

The Art Society hosts an annual April Festival of Art at the Brick Branch of the Ocean County Library, which features a juried art show limited to members of the society. The show runs from April 1 until April 27, when there will be a take-down and reception from 12:30-3 p.m., which is open to the public.

They also hold exhibits at the Havens Homestead Museum, hosted by the Brick Township Historical Society, which runs from April through May.

Each July, members join the Garden Club of Brick for their annual Garden Tour and Tea at the Anstett Cultural Center, where members mount an outdoor exhibit.

Annual membership is \$25, but the public is welcome to attend any of the Saturday demonstrations at no cost. Student membership is \$5.

The demonstrations are held at the First Baptist Church of Laurelton, 1836 Route 88. Upcoming demonstrations include artists Vinnie Nardone in May, and Nancee Jo Luciano, an award-winning duck decoy carver, in June.

For more information, visit the Laurelton Art Society Facebook page, Laureltonart.com, or call 201 341-5849.

Chefs Night:

Continued From Page 1

Chef's Night served as a stage for showcasing the multifaceted talents of OCVTS students. High school students, who split their time between their hometown schools and honing their skills at OCVTS, were right in the thick of things.

Kelsey McAllister of Lacey, Emily Menegus of Barnegat, and Daniel Sanchez of Point Pleasant Borough proudly stood in front of a display of artfully crafted desserts that almost looked too pretty to devour. All three enthusiastically spoke about the program, with Emily sharing her aspirations to pursue culinary school after high school.

"I like the baking part of the program the best," Kelsey said. "We also learn other culinary skills and have a dining room experience that gives a taste of the real restaurant world."

Daniel echoed Kelsey's sentiment, highlighting the program's collaborative nature. "The classes are about 20 people with separate sessions in the morning and

afternoon," he explained. "We all work on different projects together, and it's a great way to learn and share ideas."

Beyond the dazzling displays of desserts, other high school culinary students, guided by their seasoned chef instructors, whipped up savory delights that left attendees clamoring for more. One runaway hit was bite-sized portions of scallops elegantly dressed in a tantalizing passion fruit sauce. Their visual appeal was matched only by their taste, as evidenced by the number of people seeking second helpings.

The aroma of garlic overcame the venue and hinted at another gastronomic highlight - the work of Cuisine on the Green at Atlantis. This program serves as the culinary arts training center for OCVTS's post-secondary students, who showcased their skills with a delectable cavatelli and broccoli dish featuring homemade macaroni crafted by hand.

But the deliciousness didn't stop there. More than two dozen eateries from across the county further tantalized taste buds with an irresistible array of diverse and flavorful delights. As attendees indulged in sampling various

cuisines, they likely made mental notes of which establishments to add to their must-visit list in the future.

The banners of numerous sponsors vividly showcased the steadfast support that Chef's Night has garnered since its inception in 1996. The Foundation overseeing this culinary extravaganza was established in 1994 to guarantee a top-notch education for OCVTS students. This visionary initiative was brought to life by a coalition of corporate and community leaders in Ocean County, united in their commitment to shaping a promising future through education.

Beyond the sizzling stovetops and bakery items, OCVTS students also displayed their talents in other areas. Poised with professional cameras, participants in the school's Design & Visual Communications program snapped up the energy and excitement of the event. As guests savored each bite, these budding photographers were on hand to capture the food and the people.

Meanwhile, the event's smooth operation also came from the efforts of cosmetology students, who lent a hand with setup and cleanup, ensuring a seamless experience for all.

A gift auction held two items that truly stood out for the talent behind them. Nate Clark, a woodworking student, generously donated a handcrafted cornhole set. Additionally, a gift of a custom-made pair of Adirondack chairs wasn't a solo project but a collaborative effort by a group of students.

"The 27th Annual Chef's Night Out was a huge success and I want to thank everyone responsible for making this an unforgettable event for our district," said OCVTS Foundation Event Coordinator Annie Sayers. "Our Chef's Night Out Team outdid themselves."

"Whether you attend as a guest, volunteered, sponsored, or were a vendor, you are the reason so many students will have the chance to receive a scholarship to attend OCVTS, and make their dream a reality," Sayers continued. "You are the 'Dream Makers' and I am humbled by your support. We are so proud to be able to provide our students with the best education possible."

OCVTS offers over 30 career training programs for high school students and adults, with applications currently open for September classes. To learn more about the programs and services offered, visit ocvts.org.

Book:

Continued From Page 1

backdrop of the book.

The novel concerns Kelly Lynch, who is Waterville High School's newest English teacher. She befriends fellow educator and James Joyce enthusiast

Shannon Moran.

While Kelly grapples with deep scars from her past, she struggles to balance her active life as a teacher and her stagnant marriage to shiftless alcoholic Wayne Coopersmith. Shannon's encouragement resurrects Kelly's passion for writing, while Kelly inspires Shannon

to pursue her lifelong dream of studying in Dublin, Ireland.

After two devastating events fracture Kelly's life, she searches for meaning in her grief by following a trail of mysterious clues that guide her from the New Jersey shore to Dublin. Sparks ignite - both in her heart and in her long-dormant

creativity - while on the Emerald Isle.

Lynch returns home to the Jersey Shore having endured the waves in her past, present, and future and ready to pursue her true calling.

"It is a fictional book. I am not the main character but there might be some similarities,"

(Book - See Page 18)





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Lawmakers Slam Governor's Budget

Capitol Comments

Senator Jim Holzapfel



TRENTON - District 10 lawmakers, Senator Jim Holzapfel and Assemblymen Greg McGuckin and Paul Kanitra, criticized Governor Murphy and the Trenton Democrats for proposing the largest budget in New Jersey's history that puts the state on an unsustainable path for the future.

"During the Governor's recent address, he claimed that the budget was going to

lower taxes on the middle class and make New Jersey a more affordable place to live. Nothing could be further from the truth," said Holzapfel. "The proposed budget fails to mention all of the

more subtle, yet still substantial, tax hikes supported by this administration."

Some of the new tax increases being explored or implemented include:

3% toll increase for New Jersey commuters, bringing 50% toll increases over three years.

15% fare increase for New Jersey Transit riders taking effect in the next few months and 3% automatic increases every

year thereafter.

Regressive employee wage taxes that will take effect next January 1.

Implementing a new 'Corporate Transit Fee' on New Jersey businesses.

These new tax and toll increases will build on dozens of previously enacted tax and toll increases from prior years on everything from utilities, health care, ridesharing, income taxes, wage taxes, and parking.

"Higher taxes, transit fare hikes, and school funding cuts - this is what happens when you have one-party rule in Trenton. Democrats only seem interested in pursuing their own agenda," added McGuckin. "This massive budget doesn't even include the numerous Christmas

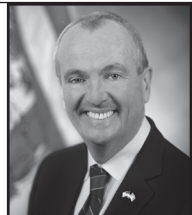
tree items that will undoubtedly be shoe-horned into this document right before it becomes law. This is just more of the same from the Murphy administration - more spending, less oversight, and no sustainable path for the future."

"The Governor was very selective with his words during his address yesterday," said Kanitra. "He said, 'Our budget will increase funding for New Jersey's public schools by more than \$900 million.' What the Governor doesn't mention is that under the current, outdated school funding formula, 140 districts will actually see cuts in funding. That will have a severe impact not only on academic programs, but on music and sports programs at hundreds of schools."

American Rescue Plan Delivers \$20 Million In Firefighter Grants

From The Desk Of The Governor

Phil Murphy



TRENTON - Governor Phil Murphy announced the award of \$20 million in American Rescue Plan Firefighter Grants to local and regional fire departments across New Jersey to ensure firefighters have proper protective, cleaning, and sanitization equipment. The Department of Community Affairs (DCA) awarded the grants to 353 fire departments after a competitive application process.

Fire departments will use the grant funding to help cover costs associated with the purchases of: protective clothing (turnout clothing ensembles, pants, helmets, hoods, gloves, footwear, etc.); cleaning and advanced cleaning equipment; breathing apparatuses; personal protective equipment (PPE); and other fire and/or virus protection equipment as determined to be appropriate by DCA's Division of Local Government Services (DLGS).

This announcement marks the second time the Murphy Administration has awarded American Rescue Plan (ARP) Firefighter Grants. In November 2022, DCA awarded \$10 million to 293 fire departments.

"I am pleased that my Administration

was able to double the allocation of ARP funds in this year's budget from \$10 million to \$20 million to fire departments, which provide critical, life-saving services in our communities," said

Governor Murphy. "The continuation of the American Rescue Plan Firefighter Grant Program for a second cycle means local governments don't have to break the bank to get firefighters the gear and equipment they need. We're putting our federal tax dollars to use here in New Jersey communities for essential services."

"This funding would not be possible without the support of our state and federal legislators, who have time and time again prioritized our first responders," continued Governor Murphy.

"It can be difficult for fire departments to replace equipment when needed due to the high costs involved and financial constraints. The American Rescue Plan Firefighter Grants give fire departments the ability to purchase the equipment they need to protect our communities and keep themselves safe," said DCA Acting Commissioner Jacquelyn A. Suárez. "DCA is proud to administer this important grant program and direct federal funds to the public servants who answer the call to serve their community despite enormous risk to their lives."

From the establishment of the firefighter grant program nearly 25 years

ago, to consistently requesting budget resolutions towards funding to support fire departments throughout the state, to the creation of task forces in support of fire safety, New Jersey legislators at the federal and state level have advocated for our fire departments for years.

To qualify for grant funding, each eligible applicant had to describe the intended use of the funding, list the key personnel and/or outside consultant that will be managing the grant funds and purchase of equipment, and submit a governing body resolution acknowledging and approving any grant application and the proposed plan to use funds for the purchase of approved items.

The American Rescue Plan Firefighter Grants are reimbursement-based. There is no advance payment or drawdown of grant funds. Eligible costs are reimbursed to the fire department when it submits evidence of payment of qualifying expenses to DCA.

"Since the inception of the American Rescue Plan Firefighter Grants program, the Professional Firefighters Association of New Jersey (PFANJ) is honored to stand with the governor on this initiative. We are proud to see the awarding of an additional \$20 million in funding. PFANJ firefighters courageously confront dangers daily, and this funding empowers departments to procure essential equipment for our vital duties. Governor Murphy consistently prioritizes the safety of our members, and for that, we express our

gratitude," said Matthew Caliente, President, Professional Firefighters Assoc. of NJ, IAFF, NJ AFL-CIO.

A full list of the grant recipients, including grant award amount, is posted at nj.gov/dca/dlgs/programs/arpffg.shtml. These are the towns within this newspaper organizations coverage area that received grants:

Barnegat Light, \$27,000
Barnegat Township, \$65,000
Beach Haven, \$35,000
Bayville Volunteer Fire, \$70,000
Berkeley's Pinewald Pioneer Volunteer Fire, \$30,000
Farmingdale, \$35,000
Freehold Borough, \$70,000
Harvey Cedars, \$75,000
Jackson Township Fire District 2, \$30,000
Jackson Township Fire District 3, \$19,000
Jackson Township Fire District 4, \$60,000
Lacey's Lanoka Harbor Volunteer Fire, \$50,000
Lacey's Bamber Lakes Volunteer Fire, \$20,000
Lakewood Fire District 1, \$75,000
Manchester Township, \$75,000
Ocean Gate, \$50,000
Ocean Township - Waretown, \$50,000
Pine Beach, \$55,000
Plumsted Fire District, \$45,000
Point Pleasant Beach, \$72,000
Seaside Heights, \$75,000
Ship Bottom, \$75,000
Stafford Township Fire Company, \$70,000
Surf City Fire and EMS CO 1, \$65,000

OPINIONS & COMMENTARY

EDITORIAL

Let's Stop Kissing Acquaintances On The Cheek

This is not exactly the most important problem in the world today. Heck, most people don't even think about it. But for some reason, we feel it's OK for people to greet each other with a peck on the cheek even if they're not friends or family.

When did that become a custom? It's been around forever, it seems.

I did a very quick and very unscientific search online and it seems like it's a European thing that came over here at some point. Men never kiss each other on the cheek, at least not in America, but for whatever reason it's socially acceptable for men and women, and for women and women.

In my job, I've watched a lot of politicians do this. They greet each other with a peck on the cheek. I think, "Do these people really like each other enough for a kiss? Doubtful. They're politicians and it's all for show."

Think back – if you've done the whole cheek-kiss thing, is that person someone you really want to kiss? Or is a social habit that just happens?

I have never – ever – felt the need to give someone a kiss on the cheek unless they're related. I have no interest in having someone else's face that close to mine. And I'm sure none of my acquaintances really wants my face close to theirs.

I mean, even before COVID, it was gross. I don't want your germs.

Do you really want to be close enough to smell another person's breath? I could go on describing it with more and more detail until you really understand how gross I find it but I think I'll stop there.

It's ridiculously disgusting and it needs to end. It serves no purpose. If you really think about it, you'll realize that you don't really want to do it anyway.

So, let's agree to stop giving acquaintances a kiss on the cheek. Let it be awkward if they lean in and you don't. It can't be any more awkward than actually kissing someone you barely know.

Let's shake on it.

Chris Lundy
News Editor

Letters To The Editor

Downtown Toms River Continues Working

Dearest Toms River Community,

We are reaching out today to address the recent media coverage surrounding the Mayor's plan to dissolve the Toms River Business Improvement District (BID). As many of you are aware, the Toms River Business Development Corporation (also known as the "BID") is a vital not-for-profit organization dedicated to promoting economic growth and community development within our beloved Toms River.

First and foremost, we want to acknowledge the concern and uncertainty that this news may have caused within our community. The BID has been instrumental in driving positive change and progress in Downtown Toms River, and its potential dissolution understandably raises questions about the future of our local economy and the vitality of our town, especially the Downtown.

Although our 2024 annual budget has not been passed by the Township Council and the collected tax assessment paid by commercial property owners has not been disbursed to the BID, at this time, the BID plans to move forward with our scheduled events, marketing, and promotional efforts. We hope to continue to work with the current administration to ensure that no events or services will be canceled for 2024.

We encourage you to stay informed and engaged in this process by attending Town Council meetings, reaching out to elected officials, and sharing your thoughts and concerns with us. Your participation is vital in shaping the future of our town, and we are committed to ensuring that your voices are heard every step of

the way.

Thank you for your continued support and dedication to the Toms River Business Development Corporation. Together, we can overcome any challenges and build a brighter future for all who call Toms River home.

Downtown Toms River

Letter Writer Defends Trump

This letter was written in response to a letter to the editor "Democracy Or Trump?" in the February 8 edition.

I read the article that was posted by (name redacted) in the *Toms River Times* and I don't know how she came up with the information she posted. None of it was true. I watched the whole town hall interview with Sean Hannity and President Trump. When Sean asked President Trump if he would be a dictator President Trump said yes, but only on my first day.

#1- I will close the border and #2- I will again open the Keystone Pipe Line. He said nothing about terminating the Constitution of the United States. He said nothing about discontinuing Social Security and Medicare for the elderly, etc. Does she know that more than 10,000 migrants have unlawfully crossed the US border daily. Final FY 23 numbers show this was the worst year at America's borders - ever. The annual numbers proved just as catastrophic. In FY23, it was recorded that there were more than 2.4 million encounters at the southwest border and more than 3.2 million encounters nationwide. Just this fiscal year, 169 individuals on the terrorist watch list were apprehended attempting to enter the country illegally, and at least 1.7 million known getaways have evaded apprehension since FY2021. Americans do not need more proof that Biden

and Mayorkas' strategy has failed, but unfortunately, that is exactly what we have gotten - an open border. With the stroke of his pen Biden can sign an executive order and close the border. He is not doing that because eventually he wants to give the immigrants the power to vote in his favor in the 2024 election. Under Biden crime in the United States is catastrophic. I can't think of one good thing that Biden has done in his 3 years in office. So (name redacted) you could not have watched this town hall meeting. Apparently you received this false information on CNN or MSNBC. Try watching Fox News for real honest reporting.

Madeline Wesolowski
Toms River

Tammy Murphy Needs To Step Down

If Tammy Murphy becomes the Senate candidate for Democrats in November, she will single-handedly give the GOP control of the Senate because Democrats won't vote for her.

Her husband barely won re-election when it was his turn on the ballot. What makes them think that she'll do any better? What kind of arrogance is that? The voters of New Jersey dislike Phil Murphy more and more with every passing day. Republicans never liked him and Democrats are sick of him.

We voted for Gov. Murphy because he was the choice we were given by the political machine. But now there's a candidate outside the political machine. Congressman Andy Kim doesn't owe anyone any favors. Most of his contributions continue to be from small, individual donations. He will bring voters to the polls. He will motivate Democrats and swing independents and undecideds in a way

that Tammy Murphy can't. The only people voting for Tammy Murphy are people in the Democratic Party Machine who have something to gain.

Therefore, she needs to step down and stop wasting everyone's time.

Moira Smith
Manchester

Pence Had Character

It's a shame Mike Pence dopped out of the GOP list of candidates. When Pence took a stand for the Constitution, rather than kneel before an autocrat, he took a stand for freedom and democracy. Pence also showed integrity, ethics, morals and trust. Values missing in so many of our leaders at all levels, even today. Our leaders must have integrity, have vision, take responsibility, and serve not be self-serving! Without these principles there can be no trust and we will continue to see a rise in corruption!

The time is coming when voters will be asked to elect a new president. My hope and prayers is that we vote not only issues but also a person's character; not just party or personality. There is much to be lost otherwise; perhaps even the very soul of our nation!

Ken Schorr
Manahawkin

GOP And USSR

So the lousy Republicans are willing to let Ukraine be conquered by the commies.

My own opinion is this:

If Ukraine needs 1,000 tanks – send them the tanks.

If Ukraine needs guns and ammo – send them what they need.

Anything that will knock Trump's brother Putin on his ass is good.

John Radlinsky
Whiting

WE WELCOME LETTERS TO THE EDITOR!

The Brick Times welcomes all points of view for publication and provides this page as an open forum for residents to express themselves regarding politics, government, current events and local concerns.

All letters are printed as space allows unless deemed offensive by the editorial staff, and provided they are signed and include address & phone number for verification. Letters may not be printed if we cannot verify them. Names will not be withheld from publication. While most letters are printed as submitted, we reserve the right to

edit or reject letters.

The weekly deadline is 5 p.m. Thursday. Mail typed letters to: PO Box 521, Lakehurst, NJ 08733, fax 732-657-7388 or e-mail news@jerseyshoreonline.com. Letters may be limited to one per month per writer at the editor's discretion.

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COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Ocean County Native Named Blue Jacket Of The Quarter



Photo courtesy Ashley Craig, Navy Office of Community Outreach

By Alysa Riccardi

LAKEWOOD – Seaman Apprentice Maria Ysabella Marinas, a Lakewood native, was recently recognized for their work while serving with the U.S. Navy’s largest fleet logistics center.

Marinas was named Blue Jacket of the Quarter at Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Norfolk, in Virginia. Marinas works at NAVSUP Fleet Logistics Center Pax River Detachment, in Maryland.

Blue Jacket of the Quarter is awarded to a junior sailor who shows dedication and goes above and beyond.

“For me, being awarded as Blue Jacket of the Quarter is truly a remarkable honor,” Marinas said. “It is an acknowledgment of my hard work, commitment and contribution to my organization. It inspires me to continue striving for excellence and serving as a good example for my peers.”

One year ago, Marinas joined the Navy and now serves as a logistics specialist.

Since more than 90 percent of all trade travels by sea, and 95 percent of the world’s international phone and internet traffic is carried through fiber optic cables lying on the ocean floor, Navy officials indicate that the prosperity and security of the United States is linked to a strong and ready Navy.

“We will earn and reinforce the trust and confidence of the American people every day,” said Adm. Lisa Franchetti, chief of naval operations. “Together we will deliver the Navy the nation needs.”

NAVSUP Fleet Logistics Center Norfolk is the Navy’s oldest and largest fleet logistics center. It provides global supply and logistics support for the Navy, Marine Corps, Coast Guard, and Joint and Allied forces from the Norfolk waterfront for nearly a century, according to Navy officials.

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Published Weekly

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COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

BTHS Athletics & Co-Curricular Updates



Photo courtesy Brick Schools

BRICK – Congratulations to the Brick Township High School Winter Sport athletes and teams! The ice hockey team is currently 8-13-1. The team made the Dowd Cup this year winning in round one, but losing to eventual champions, Southern Regional in round 2. The team is now in the midst of the state playoffs and already had one win under its belt.

Boys and girls basketball seasons are now over. The boys finished the season with winning two of their last four games. The girls won three of their final five games on their way to an NJSIAA playoff berth. The team fell to highly ranked Ocean in round one.

The wrestling team has a record of 11-11. The team won five matches in a row and six of their last eight matches to end the season.

Four boy wrestlers made it out of Districts and head to Regions with a trip to AC on the line. One female wrestler heads to regions in the hopes of getting to AC!

Boys and Girls Winter Track season is winding down. The teams had several athletes place in the sectionals and one athlete, Caitlyn Chandler qualified for the Meet of Champions in the HJ.

The Boys and Girls Bowling seasons are still going. The boys and girls are in the middle of the NJSIAA playoffs. The girls team also sent four girls to the individual championships.

The swim season has been completed for a little while now. The biggest highlight of the season was Super Frosh, Ava Aguanno breaking two school records this season! Congratulations Ava!

Brick EMS/Rescue Employee Spotlight



Photo courtesy Brick Township EMS/Rescue

BRICK – Each month Brick Township EMS/Rescue will randomly select by drawing numbers, an EMT from our staff to share a little bit of their background and shed some positive light on their contribution to the Brick Township Community. For the month of March 2024 EMT Bryan Lynch #53139 number was drawn.

Bryan joined the department as a Part-time

EMT in August of 2020. EMT Lynch has been an EMT since 2013. Bryan came with previous EMS experience working for a municipal EMS agency in Monmouth County and previously volunteered as an EMT for a squad in Ocean County. EMT Lynch is a member of the Special Operations Division and trained with the Technical Rescue Team. Job well done EMT Lynch.

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COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Local Pets Available For Adoption



Photo courtesy Jersey Shore Animal Center

BRICK – Judy! This adorable 8-month-old black lab mix is currently looking for her forever home at the shelter. Judy is an absolute sweetheart who just needs a little time to come out of her shell. She is the perfect size at 30lbs. She adores running around and playing, especially if she has a doggie friend to join in the fun! With her boundless energy, Judy would thrive in a home with a fenced yard where she can explore and play to her

heart's content. And what better way to bond with her new family than through training classes? Not only will they help Judy become a well-mannered canine citizen, but they'll also strengthen the special bond between you and your new furry friend.

You can view this pet and more at jerseyshoreanimalcenter.org. They are located at 185 Brick Boulevard and can be reached at 732-920-1600.

Easter Egg Hunt

BRICK – There will be an Easter Egg Hunt rain or shine on March 16 from 11 a.m. to 1 p.m. at First Baptist Church of Laurelton,

1824 Route 88, Brick. Ages for the hunt are 2 to 12 but all are welcome! Free event. RSVP to 732-840-1505 by March 11.



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COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Students Learn From Local Police



Photo courtesy St. Paul's Mustard Seed Preschool

BRICK – St. Paul's Mustard Seed Preschool thanks the Brick Township Police Department Community Policing unit for coming out and teaching students some important safety information! Here they are with a few students who posed for the picture.

The Arc's Lunch Break

BRICK – The Arc is inviting the local business community to join them on your lunch break on March 21 to raise awareness for developmental disabilities and learn how individuals with disabilities at The Arc can provide a valuable resource to your business.

The Pop-up Café will be open from 12 to 2 p.m. The Arc, Ocean County Chapter, 393 Mantoloking Road, Brick.

Participants at The Arc's Adult Training Centers will serve a free lunch including Jersey Mike's Subs donated by the Man-

toloking Road franchise, homemade sides, and freshly baked dessert.

Information on ways to partner with The Arc will be available including commercial cleaning, shredding services, warehouse work, job sampling, supported employment, sponsorships, and more.

RSVP for Lunch. The Arc's Super Raffle drawing will be held at Lunch Break at 1:30 p.m. You have to be in it to win it! Learn more at arcocean.org. Contact development@arcocean.org with questions.

Send your community events to news@jerseyshoreonline.com

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COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Two Officers Sworn Into Promotions



Photo courtesy Brick Township

BRICK – Congratulations to Robert Koch and Michael Zolezi Jr. who have been promoted to the rank of sergeant within the Brick Township Police Department and were sworn in to their new roles by Mayor Lisa Crate on February 29.

Join in congratulating Sgt. Robert Koch and Sgt. Michael Zolezi Jr. on their well-deserved promotions. They look forward to seeing their continued contributions and leadership within the department and our community.



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Township Welcomes New Special Police Officers



Photo courtesy Brick Township

BRICK – Congratulations to Brick Township's newest Special Police Officers. They were sworn in by Mayor Lisa Crate on February 27.

The new officers are Vincent Vargas, Dominic DeStefano, Hunter Zycband and

Jacob Mooney. Welcome to the Brick Township Police Department and thank you for taking the oath to serve our community.

Pictured are Chief David Forrester, the new Special Police Officers and Mayor Lisa Crate.



R.C. Shea & Assoc. Inside The Law

Am I Eligible For An Expungement?

Robert C. Shea Esq.



By: Robert C. Shea, II, Esq. of R.C. Shea & Associates

Did you know that even if you plead guilty to a non-criminal offense in Municipal Court, an expungement of your record is still required to prevent employers from seeing the original charges?

It is customary in Municipal Court for a defendant and a Prosecutor to enter into an agreement called a "plea bargain." A plea bargain is essentially a private arrangement with the Prosecutor for the defendant to plead guilty in exchange for a more lenient sentence. The terms of a plea bargain may involve reducing the charges from criminal to non-criminal in nature, minimizing fines and penalties, or a reduction in the number of charges.

A favored plea bargain by Municipal Prosecutors is to reduce a Disorderly Persons/Misdemeanor offense to a Township Ordinance violation. This in essence turns a criminal charge into a non-criminal penalty. Most people believe that when they agree to such a plea bargain, that they are doing so to keep the original criminal charge off their record. However, they are deeply mistaken.

When background checks are conducted there are three separate pieces of information that are looked for: (1) the police report; (2) the charges brought against the defendant by the state; (3) the final disposition of the matter i.e. guilty/not guilty. When a defendant agrees to a plea bargain in Municipal Court to reduce their offenses from criminal to non-criminal in nature, this will only affect the final disposition

of the matter. The police report and the charges will still be on your record in their original form. Which is why you must be diligent in expunging the police report and charges subsequent to entering your plea arrangement with the Court.

Expungement (also known as criminal record sealing) is a process by which you can formally have your criminal records treated as if they no longer exist. This includes the police report and the charges from the incident which are still observable even if your final disposition indicates a non-criminal offense. Having a criminal record, no matter how long ago, can make obtaining a job or renting an apartment difficult. Therefore, expunging or cleansing your criminal record can provide you with a fresh start.

If you believe that you may be eligible and would benefit from an expungement, please contact our office to schedule an appointment.

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Presented By:
Isidore Kirsh, Ph.D., F.A.A.A. (N.J. Lic. #678)

**Dr. Isidore Kirsh
Ph.D., F.A.A.A.**

How Are Hearing And Cognition Related To Each Other?

We HEAR with our ears and LISTEN with our brain. Our brain plays a significant role in our ability to hear.

With untreated hearing loss, you have to work harder to make sense of what people are saying. This is called having a higher "cognitive load".

Having a higher "cognitive load" can affect your memory and how you process information.

Be empowered to make changes!

Lifestyle factors can impact cognitive impairment. Address these risk factors:

- Hearing Loss
- Vision Loss
- Medication Side Effects
- Vitamin B12 Deficiency
- Diabetes
- Cardiovascular Issues
- Sleep Disorders
- Poor Lifestyle Choices

- Brain Fog
- Sports that Impact the Head Stress

Your Hearing Healthcare Professional's assessment includes a cognitive screening that will help you understand how you are processing information, organizing your thoughts, and remembering things. Cognivue Thrive is a personalized, consistent and reliable way to receive an overall screening of your brain health.

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Please feel free to contact our office at 732-451-3962 or visit our website at gardenstatehearing.com.

His offices are in Toms River, Whiting, and Manahawkin. He can be reached at 732-451-3962 or via Web site at gardenstatehearing.com. Dr. Izzy & Staff gives Retirement Community Talks!

CONTACT's 37th Annual Spring Luncheon & Gift Auction

SPRING LAKE - Enjoy a delicious three-course lunch and fabulous gift auction on May 4 from 11 a.m. to 3 p.m. at Spring Lake Manor, 415 NJ-71, Spring Lake. There will also be door prizes and a Jumbo 50/50 raffle.

Proceeds benefit CONTACT of Ocean and Monmouth Counties, the 24/7 Crisis Intervention & Suicide Prevention Helpline.

A \$65 donation includes lunch and auction tickets valued at \$5.

Tickets can be purchased online at: 2024GiftAuction.eventbrite.com or mail check to P.O. Box 1121, Toms River, NJ 08754.

For more information, call CONTACT at 732-240-6104. Must be 18 or older to attend.



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HERE'S TO YOUR HEALTH



Understanding Long Covid And Natural Ways To Treat It

By Suzy Cohen, R. Ph.

In a world still grappling with the aftermath of COVID-19, many find themselves caught in the enigmatic web of Long COVID, a condition that stretches the boundaries of our understanding of post-viral syndromes. Long COVID, or Post-Acute Sequelae of SARS-CoV-2 infection (PASC), presents a mosaic of symptoms ranging from muscle aches and fatigue to brain fog and loss of smell, affecting millions globally, with a notable prevalence among women aged 35-49.

The symptoms and methods of treatment are too numerous to list here, but I just wrote about it all in great detail. So now I have a free ebook to offer you (details below) where you can learn more. The ebook is entitled, Navigating the Aftermath: 8 Strategies to Recover from Long COVID's Autoimmune Effects.

The most common symptoms of Long COVID include problems with brain fog, headache, fatigue, shortness of breath, anxiety, and muscle aches. You may have even developed a new autoimmune condition. That wouldn't surprise me because of a phenomenon called molecular mimicry that occurs with this virus, and many others.

The persistence of Long COVID across different demographics, irrespective of the initial infection's severity or vaccination status, underscores the complexity of its impact on the healthcare system. Doctors are inundated with new patients! Thank goodness for Telehealth Zoom calls because most people with Long COVID are exhausted! Some had disabilities to begin with prior to these new symptoms.

With the highest rates observed in the United States, our clinics are now facing significant challenges to take care of people, and mainly to treat them! There is no single way to treat

each person and no single remedy that works. Only through experimentation and good supervision can you get on top of this. And you can, you're stronger than you think.

Addressing Long COVID requires a multi-faceted approach that goes beyond conventional medication, embracing natural remedies, vitamins, and holistic practices such as acupuncture and massage therapy.

Among the natural remedies, I think resveratrol, B complex vitamins, Vitamin D3, ginkgo and magnesium. There are many others, it just depends on the symptoms you have. Of course, natural remedies are not a substitute for proper medical care and treatment with your doctor. Think of vitamins and herbs as helpers to support mental clarity, immune function and overall well-being. Complementary therapies and a supportive network can further enhance well-being and resilience.

In navigating the recovery from Long COVID, strategies such as prioritizing rest, maintaining a nutritious diet, staying hydrated, engaging in gradual exercise, managing stress, and seeking medical guidance are essential.

As we continue to confront the realities of Long COVID, it's vital to remember the strength and resilience inherent within each of us. By embracing both conventional and alternative approaches, and by supporting one another, we can navigate the path to recovery and reclaim the vibrancy of life disrupted by this enduring pandemic shadow. In my brand new ebook, which is available for free to everyone at suzycohen.com/long-covid I discuss both natural and pharmaceutical ways to help feel better far beyond the scope of this article.

(This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of "The 24-Hour Pharmacist" and "Real Solutions." For more information, visit www.SuzyCohen.com)
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Photo courtesy Jill Ocone

Author and Manchester English/journalism teacher Jill Ocone does some research for her book in Dublin.

Book:

Continued From Page 5

Ocone said. "As a writer you get ideas all the time."

"I had traveled to Ireland in August 2014. I had lost a good friend of mine and when I was there, I thought I saw her three times in the crowd which was kind of interesting. I let it sit and then I started to see these signs pointing me to go back to Dublin - which I did three more times without any idea of what I was doing there. What I ended up doing there was for the book that came out of my experiences."

She said, "Kelly Lynch is an English teacher. I'm an English teacher, so I don't want people to say this is me, it is not. Kelly Lynch is completely fabricated. There are some loose similarities to things and events. When I was over in Dublin, I was wandering around taking in the sights

and took some notes down on what I saw."

The author said the chapters involving Dublin "were accurate descriptions of what I experienced when it comes down to describing the setting. The story is fictional. I had a symbol that guided me and it was in a dream I had and I didn't know what it meant."

Ocone now has that symbol tattooed on her arm. "When the book got published, I said I would get that tattooed on me because I didn't know what it was when I had it in my dream. There was a message in the dream about writing something, and what I found out is that it is a triskelion and it has various meanings."

"It can mean father, son, holy spirit; or mother, maiden, crone; and it can also mean past, present, future; or life, death and rebirth. That is how I incorporated it into my book. Part one of the book is the past or life, and part two is the present or death, and part three is the future or rebirth. It all goes down to this symbol and the whole

idea is that you can restart your life at any point," Ocone said.

"It is also to value the moment you are currently in and the value of the present moment which people really don't understand and even I have to get a little better on, savoring the moment for what it is," she added.

As to writing her book, Ocone said, "it has been quite a journey."

"My close friends and family members have said 'oh wow it is a real book,'" she said. "I am happy with the feedback."

"I would get to school early and write about 45 minutes every morning and then at night I would edit and go over it. It was easier for me to edit at night than to write after a full day at school. My students have been aware of what I have been doing and in my acknowledgements there are three former students that are mentioned," Ocone said.

For more information about "Enduring The Waves" visit the author's website, jillocone.com/

Library Reading Club Hosting Toiletries Drive

TOMS RIVER – The Ocean County Library seeks your help during the Sparks B.F.F. Reading Club Toiletries Drive, now through March 31. The items will be distributed to children and teens in need throughout Ocean County. Four OCL branches will serve as collection

centers:
Toms River Branch – 101 Washington Street, 732-349-6200
Lacey Branch – 10 East Lacey Road, Forked River, 609-693-8566
Little Egg Harbor Branch – 290 Mathistown Road, 609-294-1197

Stafford Branch – 129 North Main Street, Manahawkin, 609-597-3381

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. 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 Ocean County Library branch or visit theoceancountylibrary.org.



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PRIZE WINNERS!



Micromedia Publications would like to congratulate the first-round winners of our annual winter coloring contest. The lucky kids included (clockwise) Isabella Okuniewicz of Brick, Noelia Huitztl of Manchester, Jacob Weber of Jackson and Leslie Ribinsky of Bayville. Each winner took home a Jersey Shore Online drink bottle and a \$25 gift card to Five Below. We will be announcing additional winners soon. Thanks to everyone who entered and look out for more contests from *JerseyShoreOnline.com*.

Local Sci-Fi Fans To Discuss Return Of Star Trek Discovery

JERSEY SHORE – Star Trek fans will be beaming down at 1 p.m. on April 7 to the Seaside Heights Community Center, 1000 Bay Boulevard, Seaside Heights, for the monthly meeting of the USS Challenger.

The USS Challenger is the Jersey Shore chapter of STARFLEET The International Star Trek Fan Association. The group however also enjoys other popular science fiction series and films and recently went as a group to see “Dune Part 2”.

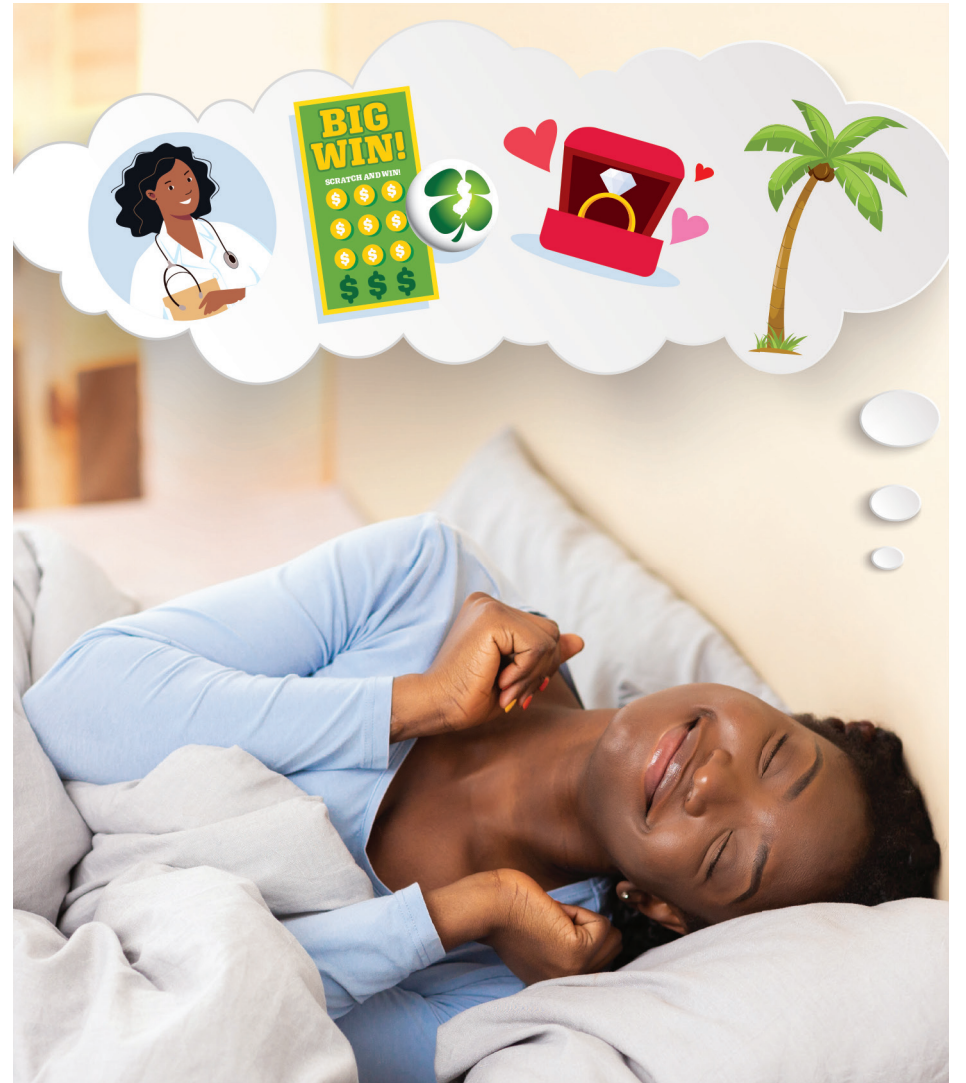
Club members meet to discuss plans for future events and review shows and films like Resident Alien currently running on the Sy Fy Channel and streaming series such as Star Trek: Discovery which will return on April 4.

Star Trek: Discovery was the series that relaunched the Star Trek franchise after the last series, Star Trek: Enterprise premiered over a decade earlier in 2001. Originally on

CBS All Access (now Paramount+), the series brought in a record number of subscribers to the streamer. Now in its fifth and final season.

As Star Trek: Discovery is ready for its swan song, fans want to know how it will end this season as Challenger members reflect on this unique entry into the nearly 60-year-old science fiction franchise.

The USS Challenger formed in 1988 and they meet monthly at the community center on the first Sunday of the month at 1 p.m. Visit their website at usschallenger.org for more information or e-mail Beamaboard@aol.com or e-mail Recruiting Officer Bill Schmidt at BillSchmidt1000@aol.com or call him at 732-575-6904. The club also has a Facebook page, USS Challenger. Stop by their monthly meeting and learn more about this fun group that is open to everyone. You can also visit sfi.org for information about their parent organization.



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Misc.

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AROUND THE JERSEY SHORE

2024 Biz Expo

ASBURY PARK – The public is invited, free of charge, to the 2024 BizExpo sponsored by The Jersey Shore Chamber of Commerce (JSCC), Wall Township, and the Asbury Park Chamber on April 16, at the Berkeley Oceanfront Hotel, 1401 Ocean Avenues, Asbury Park from 5 to 7:30 p.m. to see more than 70 exhibitors, enjoy free tasting samples from member restaurants, and win prizes from free raffles.

Taste of the Jersey Shore give away includes gift certificates to local restaurants, wine, and more. Asbury Park gift baskets including overnight stays at the Berkeley

Oceanfront Hotel in Asbury.

A list of fellow exhibitors for post-marketing use and six-foot exhibitor tables with a cloth are available at a member rate of \$259. A non-member rate of \$429 includes membership in JSCC for 2024. The non-profit/government member rate is \$179; and the non-member rate for a non-profit/government with a membership in JSCC for 2024 is \$329.

Member rate sponsorships for \$499 are available and include prime exhibitor space with an 8-foot cloth-covered exhibit table; social media exposure; company logo dis-

played on the Expo tote bag; recognition on display advertising, press, news articles, the Chamber website (*jscenj.com*); and on a flyer emailed to more than 2300 businesses, community leaders, and chamber members. Also included are e-blasts announcing the event to more than 2300 contacts; an introduction at the event; a list of fellow exhibitors for post-marketing use; a list of all attendees; and an opportunity to choose a give-away door prize. The non-member sponsor rate is \$699 with a membership in JSCC for 2024.

Sponsors to-date are Acorn to Oak Media

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Visit *jscenj.com* to register and pay online; or mail payment to Jersey Shore Chamber of Commerce, P.O. Box 1305, Wall, NJ 07719-1305 by April 2.

For more information, sponsorships, and table reservations, call JSCC, at 732-280-8800 or email mars@jscenj.com.

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Car Wash Approved On Busy Road

By Judy Smestad-Nunn

BRICK - Plans for an automated 2,800 square-foot carwash with 12 outdoor vacuuming stations for the corner of Route 88 and Kenneth Place were approved by the Board of Adjustment during their March 6 meeting.

It was the fourth hearing for the application, proposed by JAC Operating, LLC, which met with opposition from about a dozen residents

from Laurelton Heights, a neighborhood that will be fronted by the car wash.

The lot, which is currently woods, is located in a B2 commercial zone where a car wash is not a permitted use, and the developer needed a Use Variance and a "super majority" of votes from Board of Adjustment members.

Professionals, including an attorney, engineer, a traffic consultant, a city planner and

an architect for the application, testified at the previous hearings. Public comment was also heard at previous hearings, so only a vote was held at the March 6 meeting.

According to Brick Township Zoning Officer Chris Romano, the applicant's attorney reviewed the case, the township attorney made some legal points based on what the board could consider, and it went to vote.

Board of Adjustment members who voted in favor of the application were Wendy Evagan, Brian Formica, Glenn Fuchs, Darren Caffrey, David Chadwick and (alternate 1) Jennifer Leone Luddy.

The only member who voted against the car wash development was Eileen Della Volle.

Mike Jamnick was absent and (alternate 2) Rocco Lepore was recused.

Model Railroaders Hold Spring Open House

LAKEWOOD - The Ocean County Society of Model Railroaders, a 501(c)(3) nonprofit organization, at 502 Country Club Road, Pine Park, Lakewood, is holding its Spring Open House on April 6 from 11 a.m. to 4 p.m.; and April 7 from 12 to 5 p.m. at the Lakewood Historical Museum also known as the Sheldon Wolpin Historical Museum. Admission is free but donations are always gladly accepted.

Visitors to the Open House will see permanent layouts of passenger and freight trains running continuously. Some Thomas the Tank trains will also be making an appearance.

Ted Bertiger, president of The Ocean County Society of Model Railroaders, said, "We will have trains running for all ages. Come see our train club in action!"

For more information, contact Ted Bertiger 732-688-1184 or at captnkraft@aol.com. Also visit ocsmr.com.



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PHOTO OF THE WEEK



Everyone loves the Jersey Shore – especially the beaches. Just look at this fox enjoying a quiet moment. That is until photographer Colton MacGlashan came along. We are so glad he did! I bet the fox is also counting the weeks till Memorial Day. The count holds at 11! Have a pic of the Jersey Shore you would like to see in this space? Email it to photos@jerseyshoreonline.com and you may win a prize.

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Sport Saturday Program For Young Athletes

BRICK – The Brick Municipal Alliance Coalition (BMAC) is proud to once again offer the Sport Saturday program for township boys and girls ages 9 through 12. The program offers young athletes 90-minute training sessions designed to help them achieve their personal best physically, mentally and emotionally in both sports and life.

Sport Saturday sessions are available every Saturday from March 16 through June 15 at the Brick Civic Plaza. Sessions are at either 8:30 a.m. or 10:30 a.m. The program is free for participants. Parents can register their children for one or more sessions. There is a limit of 30 children at each session.

and in life. It's fantastic that we've been able to continue to work with BMAC to bring this program to the youth of Brick Township." Trainers are provided by Mentor Academy of New Jersey and are certified physical education teachers as well as youth sports trainers.

BMAC Chair Andrea Zapcic says programs like this are important in the effort to keep our youth healthy, safe and drug-free. "The drive towards more professionalism in youth sports has caused an increase in over-use related orthopedic injuries in children ages 12 and up, for which an opioid pain reliever may be prescribed."

Each Sport Saturday training session is 90 minutes. Sport Saturday provides enhancement of general fitness levels, sports specific training, and the importance of leadership qualities, problem solving and character development designed to help youth increase self-esteem, awareness and resiliency as substance use prevention strategies.

"This program has been an incredible asset to families throughout Brick," said Mayor Lisa Crate. "Hundreds of children have participated over the years and each child has come away with the skills that help them both on the field

Zapcic adds that "studies show youth exposed to prescribed opioids before high school graduation have a 33% increased risk of using opioids recreationally in the years after graduation, including those with a previous unfavorable attitude toward drug use."

Sport Saturday is funded through the BMAC grant provided by the Governor's Council on Alcoholism and Drug Abuse (GCADA). Register for Sport Saturday in the Recreation Office, 270 Chambers Bridge Road, Monday through Friday, 7:30 a.m. to 4 p.m. or online at register.communitypass.net/bricktownship. Call 732-262-1053 for more information.

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The Business Brew – April

BRICK – Join the Brick Chamber of Commerce for their monthly Business Brew Breakfast on April 5 from 7:30 to 9 a.m. at Sandy's Café. Make new connections and grow your

network while enjoying a delicious breakfast. Featured speaker is Kathy Guzman, NJEDA. Event is \$15 for members; \$25 for guests. Register at brickchamber.com.



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FUN & GAMES

SUDOKU

		3			7	6		8
6								2
			5					1
	7			8				6
	6		2		4			8
	5			1				7
9					2			
1								5
7		8	4		3	9		

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
	20			21					22					
			23				24							
25	26	27				28	29				30	31	32	
33					34					35	36			
37					38			39	40		41			
42				43			44				45			
46				47	48	49				50				
			51						52					
	53	54					55	56				57	58	
59						60					61			62
63						64					65			
66						67					68			

- Across**
- 1 Shoot the breeze
 - 5 Ladder rung
 - 9 How-to presentations
 - 14 Lacking color
 - 15 Blue-green hue
 - 16 Poetry muse
 - 17 Dance, music, sculpture, etc.
 - 18 Tabula __: blank slate
 - 19 Rolls of fabric
 - 20 Where Clay went to make a ceramic vase?
 - 23 Calligrapher's tool
 - 24 Selfish shout
 - 25 Where Penny went to deposit money?
 - 30 Verbalize
 - 33 Olympic skater's leap
 - 34 Herbal beverage
 - 35 Stock unit
 - 37 Boy, in Spanish
 - 38 Speed
 - 41 "Sign me up!"
 - 42 Talks up
 - 44 Golden yrs. fund
 - 45 Verse writer
 - 46 Mornings, briefly
 - 47 Where Viola went to perform with an orchestra?
 - 51 Lose color
 - 52 Cow's sound
 - 53 Where Dean went to meet with professors and students?
 - 59 Doctor Who player Whittaker
 - 60 Declare
 - 61 Say grace, say
 - 63 Sci-fi visitor
 - 64 Gas holder
 - 65 Quiche ingredients
 - 66 Stately home
 - 67 Laryngitis docs
 - 68 Film spool
- Down**
- 1 Tax prep pro
 - 2 Triangular stringed instrument
 - 3 Voice above tenor
 - 4 Aerospace employ-
 - ee who assesses new aircraft
 - 5 Force
 - 6 Run like the dickens
 - 7 "Nothing to it!"
 - 8 Blood component
 - 9 Shows to be untrue
 - 10 Wear away
 - 11 Landlocked African nation west of Niger
 - 12 Springfield Elementary bus driver
 - 13 "Help!" letters
 - 21 Number of millimeters in a centimeter
 - 22 Altoids container
 - 25 Father Christmas
 - 26 Widely accepted truth
 - 27 Five-time Wimbledon singles champion Williams
 - 28 Dead __ Scrolls
 - 29 No-frills
 - 30 American __: U.S. territory in the South Pacific
 - 31 Disney mermaid
 - 32 Streisand title role
 - 36 Rap devotee
 - 39 Tuscany three
 - 40 Designates for a specific purpose, as funds
 - 43 Like triangles with unequal sides
 - 48 "__ to Joy": segment of Beethoven's Ninth Symphony
 - 49 Cancel out
 - 50 Pitcher Seaver who won three Cy Young Awards
 - 51 Swatter's targets
 - 53 Pepsi or Coke
 - 54 Thor's father
 - 55 "Dear __ Hansen": 2017 Best Musical Tony winner
 - 56 Small change
 - 57 Strong desire
 - 58 Poultry herb
 - 59 English muffin topper
 - 62 Monogram of a French fashion house

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JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

ZIMEA

AAPDN

ORANWR

PGROEH

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Print answer here:

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Jumble: MAIZE PANDA NARROW GOPHER - ARRANGED

SOLUTIONS

SUDOKU

9	6	3	5	4	8	2	7	
1	2	4	8	6	7	9	3	
5	2	4	8	4	2	5	1	
3	7	8	2	9	1	5	4	
8	5	4	6	1	9	7	3	
3	6	1	2	7	4	5	8	
2	7	9	3	8	5	1	6	
4	8	2	5	3	9	6	7	
6	9	7	8	4	1	3	5	
5	1	3	9	2	7	6	4	

CROSSWORD PUZZLE

L	E	R	S	T	N	E	S	E	N	V	A	N
S	G	K	N	T	A	K	N	E	N	A	T	L
A	V	E	R	A	V	E	R	A	V	E	R	A
S	P	U	S	A	M	P	U	S	A	M	P	U
O	M	O	M	O	M	O	M	O	M	O	M	O
L	A	H	T	R	C	E	N	O	C	S	A	M
E	T	P	O	I	R	A	S	T	E	T	O	N
N	I	M	I	S	T	E	H	A	S	T	E	O
E	S	H	A	V	E	A	T	E	A	L	X	A
S	A	V	A	N	K	N	A	V	A	N	K	N
N	E	N	I	N	I	N	E	N	I	N	I	N
O	I	O	I	O	I	O	I	O	I	O	I	O
S	A	R	T	S	R	A	S	A	R	T	S	R
P	A	L	E	R	A	L	E	R	A	L	E	R
D	E	M	O	S	T	E	P	D	E	M	O	S

OMARR'S ASTROLOGICAL FORECAST

FOR THE WEEK OF MAR 16 - MAR 22
BY JERALDINE SAUNDERS

ARIES (March 21-April 19): There's always another tomorrow and it's important that you prepare for it. Being a bit more careful now can offer you so many more options in the long run. Let existing resources help you do the heavy lifting.

TAURUS (April 20-May 20): You shouldn't need to defend yourself or your money-making efforts. You might have a vision and the foresight to know what needs to be done. Let other people blow their timing - you know how to leverage that.

GEMINI (May 21-June 20): Don't underestimate your contributions. You may think that making friends and helping at community events means you are only filling in time. Your efforts touch hearts, have the courage to reach high and go far.

CANCER (June 21-July 22): A call for help can give you a chance to apply practical skills. A loved one or partner could give you some sound business or career advice, take notes and use this new knowledge where it can do some good.

LEO (July 23-Aug. 22): Find or create a peaceful space where you can reflect and process in silence. This could be a good time to take an interest in a healthier lifestyle. Consider what could use improvement and implement better self-care.

VIRGO (Aug. 23-Sept. 22): Get involved with an activity or hobby that can be truly satisfying on a personal level. You may feel a time crunch because of outside pressures but try to make time for things that make your soul happy.

LIBRA (Sept. 23-Oct. 22): Things don't always improve in a straight line. There can be hiccups, plot twists, and cliffhangers before you see real, sustained upward movement. You have to be persistent with your creation to reap the benefits.

SCORPIO (Oct. 23-Nov. 21): Enjoy relaxing with creative ideas, but being inspired can build something, too. You may believe you are spinning your wheels, but once you gain traction those wheels can help you travel somewhere worthwhile.

SAGITTARIUS (Nov. 22-Dec. 21): Love at first sight is usually projection at first sight. And it doesn't have to be love, projection happens in all parts of life. It can get awkward as fantasy projections dissolve. Keep your eyes open for the real-real.

CAPRICORN (Dec. 22-Jan. 19): The time may be ripe to reevaluate your financial situation and focus more on, or tweak, money-making activities. You might be wiser than usual about the ways of the world so remain alert for opportunities to expand.

AQUARIUS (Jan. 20-Feb. 18): Your passions could be stirred. Prepare to set the wheels in motion so that you can accomplish something near and dear to your heart. Once you resolve to conquer the heights the universe can kick in to help you.

PISCES (Feb. 19-March 20): Be your unique, authentic self and you'll attract your tribe. Instead of conformity, think about the things that you need, you value, and you are comfortable with. Partners and friends should be able to meet you there.

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— AMERICA'S — TEST KITCHEN



CRAVING A SWEET TREAT? USE YOUR CAST-IRON SKILLET TO MAKE A LUSCIOUS DESSERT

By America's Test Kitchen

SPICED CAST-IRON BROWNIE

Serves 12 to 14

- 2 ounces (57 grams) marshmallows, (about 8 large marshmallows)
- 1/2 cup plus 2 tablespoons warm tap water
- 4 tablespoons unsalted butter, cut into 4 pieces
- 2 ounces (57 grams) unsweetened chocolate, chopped fine
- 1/3 cup (1 ounce/28 grams) Dutch-processed cocoa powder
- 2 1/2 cups (17 1/2 ounces/496 grams) sugar
- 1/2 cup vegetable oil
- 2 large eggs, plus 2 large yolks
- 2 teaspoons vanilla extract
- 1 3/4 cups (8 3/4 ounces/248 grams) all-purpose flour
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon table salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 6 ounces (170 grams) bittersweet chocolate,

chopped

1. Adjust oven rack to lowest position and heat oven to 350 degrees. Grease 12-inch cast-iron skillet.
2. Combine marshmallows, warm tap water, butter, unsweetened chocolate, and cocoa powder in a large bowl. Microwave at 50% power, stirring occasionally, until chocolate is fully melted and mixture is smooth, 2 to 4 minutes. Let cool for 5 minutes.
3. Whisk in sugar, oil, eggs and yolks, and vanilla until fully combined. Gently whisk in flour, cinnamon, salt, pepper, and cayenne until just incorporated. Stir in bittersweet chocolate.
4. Transfer batter to prepared skillet. Bake until a toothpick inserted in the center comes out with few moist crumbs and batter attached (be careful not to overbake; brownie will continue to bake as it cools), 33 to 38 minutes, rotating skillet halfway through baking. Transfer skillet to wire rack and let cool for 30 minutes (or let cool completely for neat slices). Slice into wedges. Serve warm.

(For 25 years, confident cooks in the know have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. See more online at www.americastestkitchen.com/TCA.) (c) 2024 AMERICA'S TEST KITCHEN. DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.



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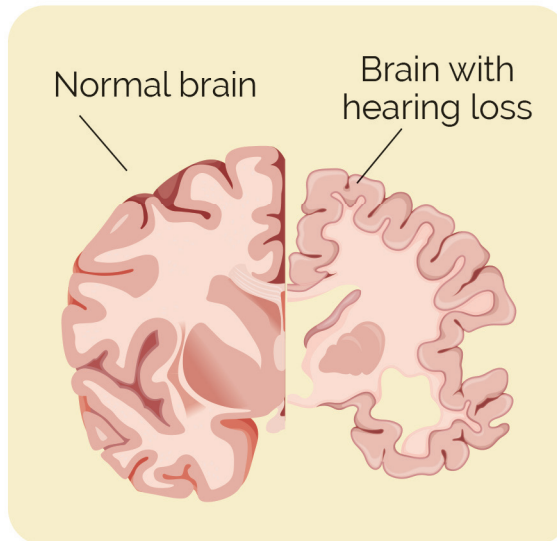
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Wearing Hearing Aids...

- Age-related cognitive decline may slow as much as **75%**
- Brainpower** is freed up to focus on other functions
- 48%** of older adults report improved quality of life
- Odds of depression** may be lower
- 39%** report improved self-confidence
- 36%** report improved mental health

If you answered **yes** to any of these questions, you should **make a reservation to have your hearing evaluated!**

With hearing loss, your brain receives less input and is less active. This may lead to forms of cognitive decline like dementia.

732.276.1011

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We Hear You...
And We Are Here For You

33 Years in Business



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