



In This Week's Edition



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Ireland Inspired Teacher's New Book

By Bob Vosseller
MANCHESTER –

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 Manchester 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 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 (Book - See Page 4)

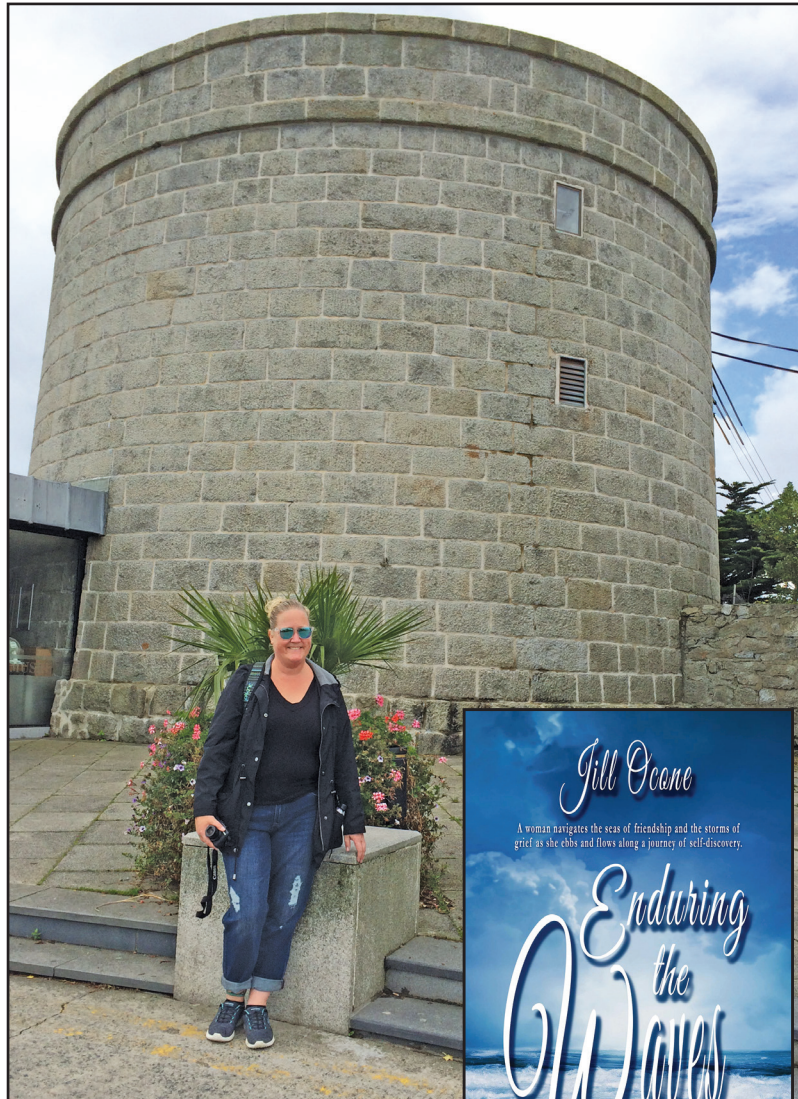


Photo courtesy Jill Ocone
Author and Manchester English/journalism teacher Jill Ocone does some research for her book in Dublin.

Lawmakers Update Seniors On ANCHOR

By Bob Vosseller

MANCHESTER – Late and missing checks to seniors from the state ANCHOR program was among the subjects discussed during last week's Manchester Township Coordinating Council.

The Coordinating Council is made up of representatives of the township's senior developments and often features special guests.

This meeting included 9th District lawmakers Senator Carmen Amato, Jr., Assemblyman Brian Rumpf and Assemblyman Greg Myhre who came out to the Crestwood V Village Clubhouse in Whiting.

Attendees were provided with an overview on new eligibility limits for the Senior Freeze Property Tax Reimbursement Program. Many seniors expressed that they were seriously concerned about their financial security.

"Understanding this, our delegation reassured everyone that we remain committed as a delegation to property tax relief and reducing the size of the state bureaucracy as an effective means to reduce the state's cost-of-living burden," the lawmakers told *The Manchester Times* in a joint statement.

"We also informed attendees that our delegation had recently written to the State Treasurer calling for ANCHOR benefits to be issued to taxpayers in a more expedited fashion. In our letter to State Treasurer Maher Muoio, (Anchor - See Page 5)

St. Patrick's Day Parade Takes A Step Through Seaside

By Bob Vosseller

OCEAN COUNTY – Despite the gray sky and a slight chill in the air the Seaside Heights Boulevard turned green at this year's Ocean County Saint Patrick's Day Parade.

For two years in a row the parade had been postponed until April due to inclement weather. This year's event was rain or shine and

stepped off the traditional green lined road as planned.

The parade featured various Irish-American clubs, drum and pipe bands, high school bands, floats and civic organizations. Many came out early to secure a parking spot and to find seating along the Boulevard.

(Parade - See Page 11)

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 (Students - See Page 7)



Photo by Stephanie Faughnan
Students prepared and served appetizers, entrees, and desserts.



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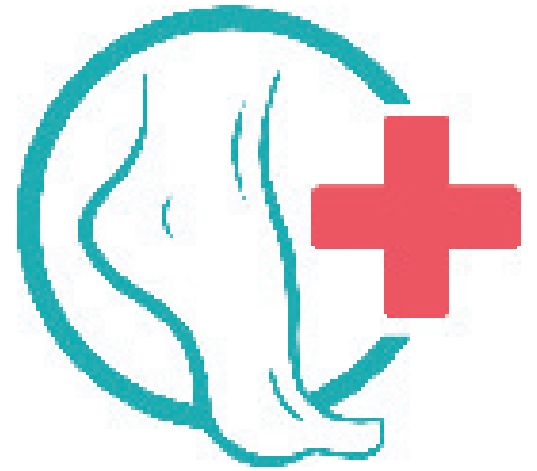
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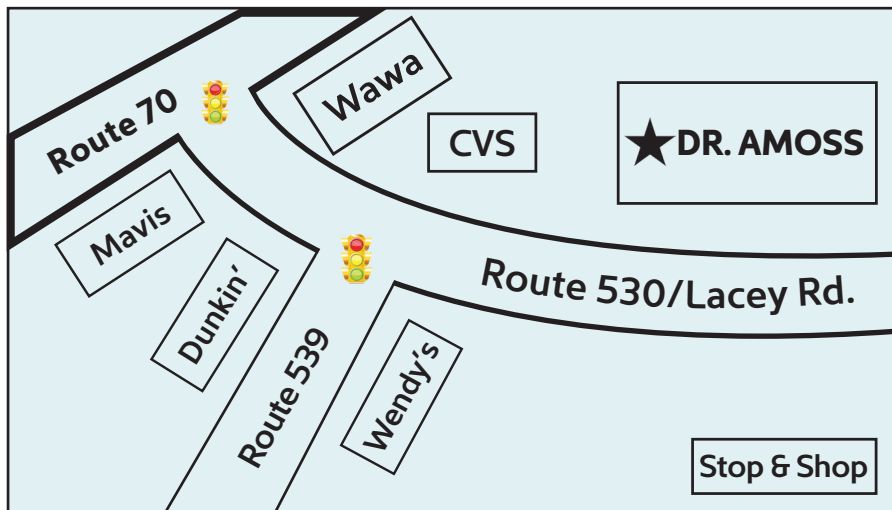
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Book:

Continued From Page 1

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," 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



Photo by Bob Vosseller

Jill Ocone's tattoo features a symbol that she had dreamed about and only learned the meaning of while writing her book "Enduring the Waves."

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/.

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Anchor:

Continued From Page 1

we made the following statement: "This correspondence is in response to complaints our Legislative District Office continues to receive from constituents who have yet to receive their ANCHOR benefit, many of whom had the expectation of receiving the benefit months ago based on comments made by the Murphy Administration."

The lawmakers told those present, "we have worked with your responsive staff to assist frustrated constituents with the process. However, it is becoming increasingly evident that corrective action is necessary to rectify the sluggish and seemingly random process by which ANCHOR benefits are issued."

Laws that oversee senior communities were also discussed. One bill in question would provide that the Homeowners Association (HOA) of an age-restricted community allow the sale of an age-restricted unit to a person who is under the age set for the community, they said.

The legislation targets 55+ communities which currently have discretion to impose age restrictions on all the community's units instead of allowing a community only to impose age restrictions on 80% of the units.

They noted that during the previous legislative session, both a Senate and Assembly version of this specific common interest community legislation was introduced but was never advanced. However, for the current 2024-2025 legislative session, only the Assembly version has been reintroduced

with a new bill number, A-2271, which has been referred to the Assembly Housing Committee.

The legislators added, "our delegation has submitted petitions with more than 4,000 signatures in opposition to this common interest community legislation for entry into the official public record of testimony in the State House. The Legislative Majority Party Leadership, which controls the Legislature's agenda, as well as Governor (Phil) Murphy, have been informed about the petitions and, correspondingly, the intense level of opposition to the legislation that exists among residents of senior communities in our legislative district."

The local lawmakers said they have "taken a hard line against common interest community legislation. Seniors don't want or need state bureaucrats telling them how to run their communities. Trenton has more important things to focus on than disrupting the lives of seniors who cherish the autonomy to run their age-restricted communities the right way, not the Trenton way."

"Moving forward, our delegation is more than willing to visit any senior community in our legislative district. While each member of our Delegation has a full schedule with the State budget process about to begin, we will make every effort to attend meetings of senior communities in our legislative district," they added.

Attendees of the meeting were also informed of the legislative district's committee assignments:

Senator Carmen Amato, Jr. has the Senate Budget and Appropriations Committee,

Senate Community and Urban Affairs Committee, and the Senate Higher Education Committee. Amato was also appointed to the New Jersey Intergovernmental Relations Commission to represent New Jersey's interests as a member of the Council of State Governments.

"It is a privilege to have the opportunity to serve on this unique commission. I look forward to working with my colleagues on both sides of the aisle to represent New Jersey on the national stage and to develop meaningful, long-lasting partnerships with officials in neighboring states," he said.

Assemblyman Brian Rumpf is a member of the Assembly Budget Committee, the Assembly Health Committee and the Assembly Military and Veterans' Affairs

Committee.

Assemblyman Greg Myhre who was sworn in January was assigned to the Assembly Appropriations Committee and the Assembly Financial Institutions and Insurance Committee.

"Providing the highest level of constituent services remains a top priority for our Delegation, which is why we were extremely grateful for the invitation to speak during a meeting of the Manchester Coordinating Council. The interaction with actively engaged constituents offered us the opportunity to receive invaluable feedback from constituents on issues of interest to them. Simply stated, our time is better spent in our Legislative District than in Trenton," the lawmakers said.

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Students:

Continued From Page 1

our students,” explained Karen L. Homick, 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, 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.

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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 comies.

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 *Manchester 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.

The opinions expressed in the Letters To The Editor section do not necessarily reflect those of the staff, management or sponsors of Micromedia Publications/Jersey Shore Online. Letters to the Editor are the OPINION of the writer and the content is not checked for accuracy.

SPOTLIGHT ON GOVERNMENT

Correspondence & Commentary From Your Local, County, State & Federal Officials

Legislators Warn Taxpayers To Look For Hidden Fees In Governor's Budget

CAPITOL COMMENTS

9th Legislative District

Senator Carmen F. Amato, Jr.
Assemblyman Brian E. Rumpf
Assemblyman Gregory Myhre

TRENTON – Following Governor Phil Murphy's recent state budget address, Senator Carmen Amato Jr, Assemblyman Brian Rumpf and Assemblyman Greg Myhre want their constituents to know that delivering tax relief and ending wasteful spending will be their top priorities during the State Budget process.

The 9th District Delegation's commitment to fiscal integrity is consistent with their

committee assignments. Senator Amato serves on the Senate Budget and Appropriations Committee while Assemblyman Rumpf serves on the Assembly Budget Committee and Assemblyman Myhre serves on the Assembly Appropriations Committee.

Amato, Rumpf and Myhre issued the following statement as part of the Delegation's ongoing constituent outreach efforts:

"Taxpayers we represent are worried about their financial security, especially when faced with the prospect of toll increases, utility rate hikes and learning that their local school district will be hard hit by chronic funding cuts by the state's rigged

school funding formula.

"Justifiably, they want Trenton's focus to be on alleviating the state's crushing tax burden, not finding new and creative ways to increase fees or impose taxes on businesses that will ultimately be passed on to consumers in the form of higher prices.

"Soaring rhetoric from the Murphy Administration does not change the standing reality that the proposed state budget does not adequately address the cost-of-living increases that so many taxpayers are alarmed about, especially seniors who have earned the right to retire without being taxed out of their homes.

"Now more than ever, it's plain to see that taxpayers desperately want a more pragmatic approach to reform the state's finances that include a \$5 billion deficit between

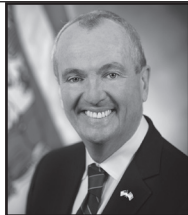
the current state budget and the proposed for next year. They have the expectation of fairness, in which placating special interests or providing benefits to persons in the country illegally do not come into play."

The Delegation highlighted that the governor's proposed budget includes several fee increases, including fees charged by the Bureau of Securities, firearm permit and license fees, and raises the HMO assessment from 5 percent to 6 percent. Making matters worse, the proposed budget fails to shield taxpayers from income tax increases from bracket creep, payroll tax hikes for unemployment, disability and family leave, gas tax increases, tolls, registration fees or property tax increases that could result from a \$334 million reduction in municipal aid.

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 prop-

er 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
(Government - See Page 22)



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Parade:

Continued From Page 1

The Point Pleasant based Devrin Academy Dancers arrived early and were trying to keep warm before they made it to their parade spot. They danced in the parade. Their leaders Devon Warren and Erin Markowski were just as excited.

“We’ve been around for 12 years. We have about 15 or so here today but at the school we have about 40 kids. We are a competitive school. Our girls go all over the country to compete for regionals, nationals and local competitions. Now we’re in Saint Patrick’s Day season so this is our March madness,” Warren said.

Spectators Liz and Jack Kelly secured their spot in front of the borough’s 7-Eleven that happened to be right across from the stage where performers sang before the parade. “Every year we come and usually we are in the same spot,” Liz Kelly said.

She added, “we are from Winfield but we have a place in Forked River. We usually come down on Friday and then go back to Winfield on Tuesday. It is nice though. We love Seaside and I’ve been coming here since I was 10 years old and we still come to all of the events. We look forward to the Columbus Day Parade in the fall.”

Further up the street walking by Ryan’s Deli was Lisa Franciosi and her dog Bromley. “We have a house in Seaside so we are around a lot. He’s a Bernese mountain dog. They are kind of relatives of Saint Bernards. They come from the same area of Switzerland, the Bern region. He will turn four this month and he loves to be at these parades.”

Bromley wasn’t the only dog along the parade route. Many were wearing hats, shirts or green collars for the occasion.

Inside Ryan’s Deli, owner Jimmy Smith said that despite the weather he expected his place to keep busy. “We’ll be selling a couple thousand (corned beef) sandwiches today.”

Former Toms River Councilman Kevin

Geoghegan served as parade marshal this year and joined Seaside Park Mayor John Peterson and members of the Seaside Park Council for the parade. Longtime Councilwoman Anita Zalom drove a car in the parade this year as a fellow official manipulated a leprechaun hand puppet outside the passenger side window.

Honored on the Ryan Funeral Home float was Irish Woman of the year Erin Ryan who was awarded posthumously. She was the daughter of the late Timothy Ryan who owned the well-known funeral home. She died last year.

The Women of Irish Heritage had their own float. Their group of emerald clad women featured Ferlie Almonte, Ms. New Jersey Senior America 2023 of Leisure Village West, Manchester Township. The Crabs Claw Inn of Lavallette also had a float which this year honored Gold Star families.

Jersey Shore BlueClaws mascot Buster sported a kilt for the event. The Toms River High School South Marching Indians and the Toms River High School North Mariners performed during the parade.

Also present were members of the Ocean County Sheriff’s Office and the Ocean County Vocational School Academy of Law and Public Safety.

One group that weathered the chilly wind perhaps better than others were the members of the 4th New Jersey Infantry - a group of Civil War reenactors whose uniforms and attire were made up of mostly wool material.

The Seaside Heights Education Association’s float featured a rainbow and included students of the Hugh J. Boyd Elementary School.

The fun didn’t end after the parade concluded. Many parade participants and spectators headed over to the Hershey Motel in the borough. The motel featured a 40-foot American Flag while pipe bands joined together for Amazing Grace. The post parade party featured the music of the Drunkin’ Clams.



Photo by Bob Vosseller

A group of emerald clad women including Ferlie Almonte, Ms. New Jersey Senior America 2023 of Leisure Village West, Manchester Township enjoy their experience on a float honoring woman of Irish Heritage during the Ocean County Saint Patrick’s Day Parade.

Whiting Fire Company \$3,000 Bingo

WHITING – The Whiting Fire Company is hosting a \$3,000 Bingo on March 24. Doors open at 3 p.m. Calling at 5 p.m.

Tickets at \$40 each. To purchase call Diane at 732-948-6025 or come to the firehouse on Wednesday nights.

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COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Manchester Middle School Athletes Of The Month



Photo courtesy Manchester Schools

MANCHESTER – MTSD is extremely proud to have Michael Masi and Kristin Wysokowski represent MTMS as the student/athletes for the month of February.

Michael and Kristin are both a great representation of what it means to be a stu-

dent-athlete. They are both 8th-grade leaders of the wrestling/cross country and soccer/basketball teams and respectfully work just as hard in the classroom as they do in the athletic arena and serve as an excellent example to the younger student/athletes.

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Women's Club Of Deerfield Hall News

WHITING – The club has been off to a great start for 2024. At the January meeting their speaker brought some vendors to explain what they offer and raffled off gift cards and gift baskets to members.

February was their annual soup sampling month. Members made a variety of soups for members to sample. They had a huge amount to choose from: Manhattan clam chowder, broccoli cheddar, tomato with pasta, minestrone, barley, cabbage, corn chowder, pea with ham and Greek chicken soup. A member who did not make soup donated cheese and crackers, grapes and olives, and as usual homemade baked goods for dessert.

The March meeting will be on March 26 at 1 p.m. They will be having the Lavender Lady back with all of her amazing products which are always a big hit. April is to be their birthday party member sit at a table for the month of their birthday. May they will be making flower arrangements in mugs for hospice patients another annual event. June is their end of year luncheon.

Membership is open to anyone in area not just Village 6 and over 55 due to speakers. You can join by coming early on the day of the meeting to sign up.

For more information, call Rosie Weaver, President at 732-881-1044. The meeting are in Deerfield Hall Crestwood Village 6.

MTHS Drama Presents: Rock Of Ages

MANCHESTER – The Manchester Township High School (MTHS) Drama Club has been working hard to bring you this year's musical, Rock of Ages! With a comedic storyline and a setlist jam-packed with rock classics, you're sure to be laughing and singing along.

Showtimes:
 March 22 at 7 p.m.

March 23 at 2 p.m.
 March 23 at 7 p.m.

Tickets are on sale now and can be purchased at manchesterhs.boottix.net. They are encouraging audience members to immerse themselves in the show by dressing in your 80's/Rock & Roll best. They look forward to seeing you there!

COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Manchester HS Yearbook Receives High Honor



Photo courtesy Jill Ocone

Some of the students who worked on the yearbook include: (top, from left) Ashley DiGirolamo, Audrey Franolich, Isabella Condello, Bella Hoffman, Joseph Migliaccio, Travis Jackson, Matthias Payton, Skye Colon, (bottom) Riley McGuire, Akeelah Elsammak, Angelene Cruz, Kathryn Uberti, Alannah Eidell, Colin McAllister, Joseph Horowitz, Manny Swain.

MANCHESTER – Deja Vu 2023, the yearbook of Manchester Township High School received another high honor recently. It was chosen for inclusion in Volume 10 of Possibilities, a 352-page inspiration and idea book published by Walsworth Publishing.

Deja Vu was selected for being a captivating and innovative yearbook, highlighting its creative excellence and journalistic excellence. By being selected for inclusion, Deja Vu 2023 ranks among the best yearbooks printed by Walsworth.

“I want to extend our heartfelt congratulations to you and your 2023 yearbook staff on this remarkable accomplishment,” Walsworth President Don Walsworth wrote in a letter to the school. “Your team’s dedication and talent are evident throughout your yearbook, and we are honored to feature it as an Honorable Mention.”

Possibilities Volume 10 contains hundreds of hand-selected examples of exceptional theme, covers, photography, spreads and structure from 455 college, high school, middle school and elementary school yearbooks

around the country.

Yearbook adviser and township journalism teacher Jill Ocone said Deja Vu 2023’s theme was “Who Cares? We Care” and co-editors in chief were 2023 graduates Abby Peluso and Alexis Cervenak.

Deja Vu’s 2023 staff, in addition to the co-editors in chief, included 2023 graduates Sianna Blackwell, Yasmin Colon, Owen Edwards, Jamie Jackson, Val Kohan, Brianna Merz, Andrew Perez, Kim Perrone, Madison Proveaux, Riley Reardon, Anthony Sievers, and Samantha Verdi; current seniors and Deja Vu 2023 co-editors in chief Isabella Condello, Ashley DiGirolamo, and Audrey Franolich; current seniors Skye Colon, Grace Costello, Bella Hoffman, Joseph Horowitz, Travis Jackson, Joseph Migliaccio, Matthias Payton, Manny Swain, Isabella Zaragoza; and current juniors Angelene Cruz, Kiara Davila, Alannah Eidell, Akeelah Elsammak, Bella Hurt, Amaryllis Jones, Colin McAllister, Riley McGuire, Jaylyn Rugoff, Habibai Said, Kathryn Uberti. The yearbook’s financial adviser is William Schmidt.



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COMMUNITY NEWS
CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Patrolman Conner Ferino Takes Oath



Photo courtesy Manchester Police

MANCHESTER – The Manchester Township Police Department is pleased to welcome Patrolman Conner Ferino, who was sworn in by Mayor Robert Arace on March 4, in front of family, friends, police and township personnel.

“When a new Patrolman joins the Manchester Township Police Department, our residents can rest assured that top-tier candidates like Ptl. Ferino are selected to represent our agency,” said Chief Robert Dolan. “Only those individuals who are truly dedicated to excelling in the service of their community can successfully navigate our department’s intensive hiring process.”

Ptl. Ferino grew up in Manchester Township and is in the process of completing his Criminal Justice degree at Rutgers University. He began his law enforcement career in 2022 with the Point Pleasant Beach Police Department as a Special Law Enforcement Officer Class I. A recent graduate of the Ocean County Police Academy, Ptl. Ferino achieved the High Overall award in recognition of his outstanding performance in firearms proficiency, physical fitness, and academics.

Chief Dolan explained that the intensive Manchester Township Police Department hiring process for the position of Patrolman began in July of 2023, when approximately

80 individuals submitted their applications for employment. For the first phase, applicants participated in the Physical Agility Examination held at the Manchester Township High School. This test consisted of pull-ups, push-ups, sit-ups, and a one-mile run. Those who passed advanced to the boxing component. Applicants who completed all portions of the physical exam then participated in the Written Examination. From there, the top scorers went before the Oral Board for extensive interviews. The select candidates considered for employment underwent a thorough background investigation and submitted to medical, psychological, and drug screenings.

Ptl. Ferino will begin the Manchester Police Department’s intensive 12-week Field Training and Evaluation Program, during which time he will be instructed and mentored by several highly trained officers.

“I’m confident that Ptl. Ferino will serve the residents of our community with honor and integrity,” said Chief Dolan. “I would like to take this opportunity to thank Mayor Robert Arace, members of the Township Council, and Township Administration for facilitating this new hire. Their continued support of our police department and mission to serve our residents to a high level is appreciated.”

Upcoming Senior/Grandparent Day At Lakehurst School

LAKEHURST – The Lakehurst Education Association, in conjunction with NJEA, is sponsoring a Senior/Grandparent Day at the Lakehurst Elementary School on May 23 from 10 a.m. to 12:30 p.m., with registration beginning at 9:30 a.m. and a warm welcome which will begin at 10 a.m. Tours of the school will be available for

the guests, followed by a light lunch. All seniors who reside in Lakehurst, as well as any grandparents or great-grandparents of a Lakehurst Elementary School student, are invited to attend. Please contact the school at 732-657-5741 by May 3 if you plan to attend or need additional information.

COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Manchester High School Athletes Of The Month



Photo courtesy Manchester Schools

MANCHESTER – Alexandra Villanueva is a junior member of the Hawk Swim team. She is a 3-year varsity letter winner and a school record holder in several events. Lexie holds the 100 Fly record with a time of 1:00.59, Lexie is a member of the 200 Medley Relay and the 200 Free Relay which both broke long-standing school records last year. Lexie broke her record this season in the 200 IM with a time of 2:15.72. Lexie has placed in the top 8 in Shores and the top 4 in counties for the past 2 seasons as one of the top swimmers in the Shore! Way to go Lexie! Freshman Andrew Petersen had an ex-

traordinary swim season. In his first season as a Hawk, he broke several individual and relay records. Andrew broke the 200 IM record with a time of 2:01.55, the 100 Breast record with a time of 59.92, and then broke the 50 Free record from 1999 with a time of 22.51. Andrew was also a member of record-breaking relays, the 200 Medley Relay, and the 400 Free Relay. Andrew placed 5th in the 200 IM and 3rd in the 100 Breast at Shore Conference this season! Andrew has three more years to continue setting the bar high for future Hawk swimmers. Way to go Andrew!

Recreation Department 2024 Theatre Trips

MANCHESTER – Manchester Township Recreation Department 2024 Theatre Trips! On May 2, they will be traveling to see “Beehive” at Hunterdon Hills Playhouse, West Hampton, NJ.

Cost is \$127 per person and includes bus, lunch, and show. Bus leaves from soccer field parking lot at 9:15 a.m. Lunch at 11 a.m. followed by show.

“Beehive:” The 60s Musical is a non-stop, energetic celebration of six extraordinary women performing more than a dozen chart toppers from Diana Ross, The Supremes, Tina Turner and more. Complete

with big hairdos and 60s fashions, this timeless production will have audiences of all ages singing along and shouting for more. Show created by Larry Gallagher.

To reserve your tickets, call The Manchester Township Recreation Department at 732-657-8121 ext. 5102, 5101.

They will call you to confirm if a show is running based on the number of reservations, and to let you know when payment is due. Please call to cancel if you make a reservation and your plans change. Refunds will only be issued if there is a wait list.

Amanda - Charity Fundraiser Event

WHITING – St. Stephen’s Episcopal Church will be hosting a Trivia Night on March 20 at 2 p.m. to raise funds for Amanda Rutkowski.

Cost is \$20 per ticket. Proceeds go to fund Amanda’s service dog. Call 732-350-2121 to purchase. Food and drinks available. Plus a 50/50 raffle.

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COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

OCVTS Career Fair Comes To MTHS



Photo courtesy Manchester Schools

MANCHESTER – Manchester Township High School (MTHS) students had the opportunity to explore future career opportunities thanks to the Ocean County Vocational Technical School’s (OCVTS) Career Fair.

What was extra special about the OCVTS Career Fair at MTHS is that current and former MTHS students who attended OCVTS were facilitating the career fair with their instructors. This allowed for peer-to-peer interaction and discussion to occur between enrolled students and those who were inter-

ested in learning more about the programs available to them at OCVTS.

Each grade level was given the opportunity to visit the career fair exposing students to multiple programs and opportunities. Programs represented included: Automotive Technology, Cosmetology, Design & Visual Communications, Fashion Design, Audio Engineering, Heavy Equipment Operator, Plumbing, Medical Assistant, Collision Repair, Dental Assisting, Health & Fitness, Childcare, and the OCVTS general information table.



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Dr. Bartiss has often been referred to as “a doctor’s doctor”, and is frequently called upon for his diagnostic skills. He is founder and Medical Director of ICAM and a member of the American College for the Advancement of Medicine, the American Academy of Anti-Aging Medicine, the American Academy of Ozone Therapists, and a diplomate of the American Academy of Family Physicians. Dr. Bartiss is a medical writer, lecturer and author who is recognized as one of the top ten specialists in the field of Bio-Identical Hormone Replacement Therapy (BHRT).

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MTMS Family Workshop: Digital Safety & Mindfulness

MANCHESTER – Manchester Township Middle School families should mark their calendars for the upcoming workshop. The Manchester Municipal Alliance together with MTMS is bringing Richard Guerry to MTMS to discuss digital safety and mindfulness. The goal of this workshop is to motivate the responsible use of technology amongst MTMS students and prevent digital abuse.

MTMS families are encouraged to join at MTMS on March 27 from 5:30 to 7 p.m. They look forward to seeing you there! If you have any questions regarding this program, contact Manchester Township Middle School at 732-657-1717. They thank you for your continued partnership in helping to create a safe school environment for MTMS students.

Upcoming Fire Hydrant Flushing

MANCHESTER – The Manchester Township Department of Utilities will be flushing fire hydrants between the months of April and May.

Each community will be notified when flushing begins in their area. Hours will vary

during the day as well as during the night. During this time, you will experience a difference in pressure and discoloration. Run your cold-water tap only until it runs clear.

They apologize for any inconvenience this may cause.

COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Whiting Fire Company Welcome New Members



Photo courtesy Whiting Fire Company Station 33

WHITING – Congratulations to the Whiting Fire Company Station 33 newest members who were sworn on March 4: Probationary Firefighter Mark Botti; Fire Police Member Steve Cortese; Firefighter (associate) Vincent Caprio.

An Evening With The Jukebox Legends

WHITING – The Toms River Lions Club presents an evening with The Jukebox Legends featuring Joe Leo, Billy Sagarese and Tommy Smooth.

Singing all your favorite songs from the

50s, 60s, and 70s at Crestwood Village II Harmony Hall, 470 Rote 530 Whiting, on April 6 from 7 to 10 p.m. Admission is \$20 per person. For tickets, call Mel at 732-239-8968 or Joe Leo at 732-300-3518.

Winterfest All Fur One Adoption Event

MANCHESTER – Come see All Fur One adoptable pets at the Ridgeway Elementary School Winterfest event on March 23 from 10 a.m. to 2 p.m. at 2861 Ridgeway Road, Manchester.

If you are a pre-approved adopter you'll have the opportunity to adopt on the same

day of this event! If not, you'll still get to meet a pet but will have to submit an adoption form and adopt another day by appointment at our rescue facility.

See the full adoption process here: allfurone.org/adopt. For more information, call 732-503-9310.

Manchester Recreation Farmer's Market Seeking Vendors

MANCHESTER – Manchester Recreation will be hosting a Farmer's Market and are looking for farmers and vendors with food product that are homegrown or homemade.

The market will be held at Manchester

Town Hall, 1 Colonial Drive, on Thursdays from 10 a.m. to 2 p.m. (rain or shine) from Juen 13 through October 17.

If interested, contact 732-657-8121 ext. 5102 or email tpetro@manchestertwp.com for an application.

11th Annual Penguin Plunge

MANCHESTER – Become a Penguin with a Purpose by plunging the Harry Wright Lake to raise money for the Regional Day School. There will be raffles, hot chocolate, coffee, and more on-site. All proceeds of this event go directly to the Regional Day School students for their

upcoming prom and graduation.

The 11th Annual Penguin Plunge will take place on April 14. Registration begins at 11:30 a.m. and the plunge is at 1 p.m.

To register, contact Stephanie at 732-928-1500 or email sguida@mtschoools.org.

The Manchester Times welcomes your special announcements! Engagements, Weddings, Births, Birthday Wishes, etc. Please call 732-657-7344 for more details!

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COMMUNITY NEWS

CLUB NEWS, ACTIVITIES, EVENTS & ANNOUNCEMENTS

Students Recognized For Cereal Drive



Photo courtesy Manchester Schools

MANCHESTER – This month MTHS recognizes the outstanding efforts of the MTHS Interact Club members. Their recent initiative to organize a cereal drive benefiting the Joel E. Perlmutter Memorial Food Pantry in Whiting exemplifies their commitment to serving the community and making a positive impact.

The cereal drive was a district-wide event, with students from each school coming together to collect cereal donations. Through their hard work and dedication, the Interact students collected an impressive 900 cereal boxes, which the students then delivered and stocked at the Whiting food pantry.

A Legacy Summit For Estate & Will Planning

WHITING – Join for a day of will and estate planning for your final expenses. A professional panel provided as a service and benefit to the people of our surrounding communities will be here to offer their services and help to everyone who needs this kind of planning and organizing their finances and their final expenses!

Each panelist will speak about 10 minutes. Break for lunch.

A secondary session will include time to meet each panelist to ask questions.

Additional take-home materials will be available.

Program will be on April 27 from 10 a.m. to 1 p.m. at St. Stephen's Episcopal Church, 180 Route 539 Whiting.

They hope to see you there! And they sincerely hope you will take advantage of this opportunity.

In person seating is limited to 50 people. Registration is required. Call church office at 732-350-2121, Monday through Thursday between 9 a.m. to 2 p.m.

Planting Event

MANCHESTER – The Women Hungry for Change Inc. Nonprofit is hosting a Planting Event on April 20 at 1 p.m. at 661 Manchester Boulevard.

Whether you're a seasoned plant enthusiast or a curious beginner, the workshop is designed to cater to all levels of experience. Expect to leave the plant therapy workshop with not only a newfound appreciation for plants but

also a sense of tranquility and fulfillment.

From hands-on activities like potting to insightful discussions on plant care and symbolism, the workshop is a journey toward relaxation and well-being.

Tickets are \$25 and includes: plant, plant pot, potting supplies, lunch. For tickets, Zelle womenhungry4change@gmail.com or Cash App: SWH4Change.

Check out Micromedia Publications' website, jerseyshoreonline.com

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Manicotti.....	\$45	APPETIZERS	
Orecchiette (sausage & broccoli rabe)	\$45	Mini Rice Balls (20).....	\$35
Linguini with Clams	\$45	Mini Sicilian Rice Balls (20).....	\$40
Rigatoni Bolognese	\$45	Mini Prosciutto Balls (20).....	\$40
Baked Ziti.....	\$45	Mini Sausage & Broccoli Rabe Rice Balls (20).....	\$40
Cavatelli & Broccoli.....	\$45	Potato Croquettes (20).....	\$40
Meat Lasagna.....	\$60	Fried Ravioli.....	\$50
Cheese Lasagna.....	\$50	Fried Breaded Zucchini Sticks.....	\$45
Rice Primavera (fresh vegetables)	\$45	Mozzarella En Carrozza (20).....	\$55
CHICKEN		Artichoke Oreganata.....	\$65
Marsala or Francese.....	\$60	Italian Assortment Platter.....	\$75
Bella Italia (white wine & mushroom).....	\$65	Antipasto & Salad	
Parmigiana.....	\$55	Small Serves 10-12 / Large Serves 15-20	
Saltimbocca (prosciutto, spinach, fresh mozzarella).....	\$65	SM LG	
Chicken Florentine (spinach, roasted peppers, fresh mozzarella).....	\$65	Cold Antipasto Platter.....	\$60... \$95
VEAL		Caprese Combo.....	\$75... \$115
Marsala.....	\$75	Shrimp Cocktail.....	PRICED ACCORDINGLY
Francese.....	\$75	Mozzarella & Tomato Platter.....	\$55... \$90
Parmigiana.....	\$75	Bruschetta Platter.....	\$45... \$70
Bella Italia (white wine & mushroom).....	\$80	Baby Green Salad.....	\$35... \$50
BEEF & PORK		Caesar Salad.....	\$35... \$50
Grilled Steak Marsala.....	\$65	Arugala Salad.....	\$35... \$55
Roast Pork with Gravy.....	\$60		
Sausage, Peppers & Onion.....	\$55		
Homemade Meatballs.....	\$50		
Roast Beef with Gravy.....	\$60		

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SPECIALTY:

Orthopedic Surgery - Hip & Knee Reconstruction/Joint Replacement

MEDICAL SCHOOL:

Rowan University School of Osteopathic Medicine

RESIDENCY:

Orthopedic Surgery - Jefferson Health New Jersey

FELLOWSHIP:

Adult Hip and Knee Reconstruction - Rubin Institute for Advanced Orthopedics/University of Maryland

Dr. Nugent completed his orthopedic subspecialty training in Hip and Knee Replacement surgery at The Baltimore Adult Hip and Knee Reconstruction Fellowship. This collaboration between the Rubin Institute for Advanced Orthopedics and the University of Maryland provided the opportunity to learn advanced techniques in hip and knee replacement, including complex primary and revision surgery from nationally and internationally renowned leaders in the field.

Before fellowship, Dr. Nugent completed his Orthopedic Surgery residency at Jefferson Health NJ, where he served as Chief Resident. During his third year of training, he received the residency's research award for best research project. Dr. Nugent completed his pre-medical education at the University of Delaware and the University of Medicine and Dentistry of New Jersey (UMDNJ). He then completed medical school at Rowan University School of Osteopathic Medicine.

He has several peer-reviewed research publications in the field of orthopedic surgery focusing on both patient and surgeon well-being. He has presented at multiple national orthopedic meetings including the American Academy of Orthopaedic Surgeons (AAOS) annual meeting.

In his spare time, Dr. Nugent enjoys spending time with his wife, playing golf, visiting the beach, and watching live music. He is passionate about patient care. In treating patients like family, his ultimate goal is to improve the quality of life of his patients, through both nonoperative and operative interventions.



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HERE'S TO YOUR HEALTH



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

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

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Child Passenger Safety Seat Inspection And Installation Event

MANCHESTER – With school back in session, now is the perfect time to ensure that your child safety seat is properly secured by traffic safety experts! Join for the Manchester Township Police free Child Passenger Safety Seat Inspection and Installation Event.

Did you know that nearly half of all car seats are installed incorrectly? Parents have a long list of things they do out of love for their

children, and making sure they are safe while driving in a vehicle should be a top priority.

This event, held on the first Wednesday of every month from 3 to 7 p.m., takes place at Manchester Division of Emergency Services, 29 Colonial Drive.

Know for sure that your child is buckled in safely and correctly — every trip, every time. Get help from a certified Child Passenger Safety Technician!

Bereavement Support Group Crestwood Village 6

WHITING – The group still meets at Deerfield Hall D & E room at 1 p.m. The meetings are free and informative.

Refreshments and social time. The group helps those who have lost a spouse, child, family member or friend deal with the loss.

The meetings are March 22 due to Easter, April 26, May 31 and June 28. No meetings July and August.

You do not have to register you can just show up. For more information, contact Rosie at 732-881-1044.

Ocean County CERT Meetings

WARETOWN – Ocean County Community Emergency Response Team has meetings the second Wednesday of every month except July. Meetings /training will take place at O.C. Fire & EMS Training Center, 200 Volunteer Way, Waretown, NJ.

Courses include: Disaster Preparedness, Fire Safety, Medical Operations, Search & Rescue, Disaster Psychology, Terrorism, Hazardous Materials, and Incident Management.

For information, call Jim Spataro at 347-524-7916, jamesspataro37@comcast.net.



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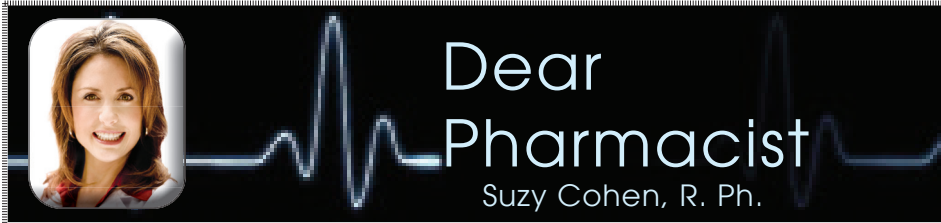
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HERE'S TO YOUR HEALTH



Dear Pharmacist
Suzy Cohen, R. Ph.

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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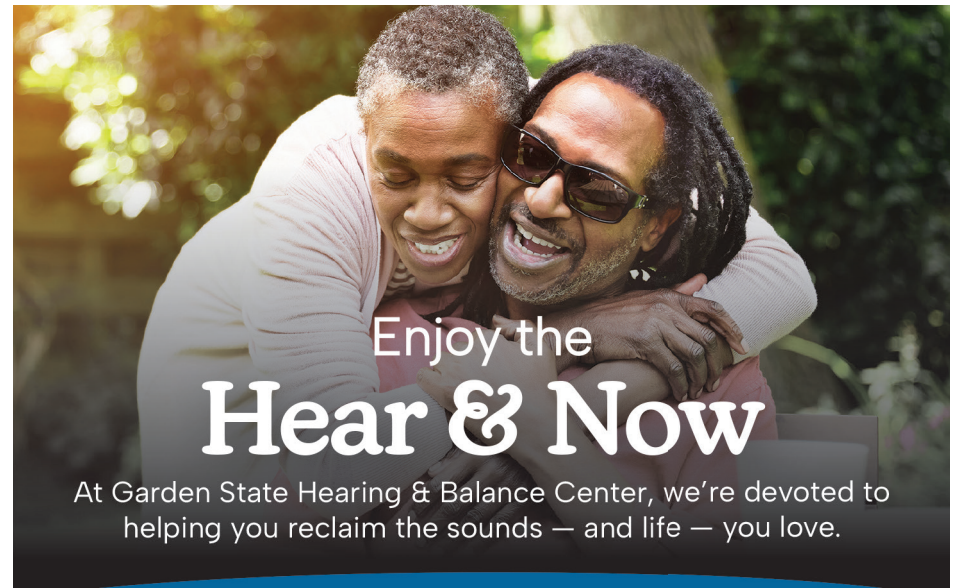


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Government:

Continued From Page 10

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

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A Taste Of Italy Spaghetti Supper

WHITING – Take a night off from cooking and join on April 20 at 5 p.m. at Whiting United Methodist Church, located at 55 Lacey Road.

Menu includes spaghetti (various sauces to choose from), bread, salad, dessert, and beverage. Call 609-971-6154 and leave a message to reserve your meal - \$10 per person. Pay at the door when you arrive.

If you have any questions, call the church office at 732-350-6878. Do not call the church office to place your order; use the number listed above. Ciao!



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

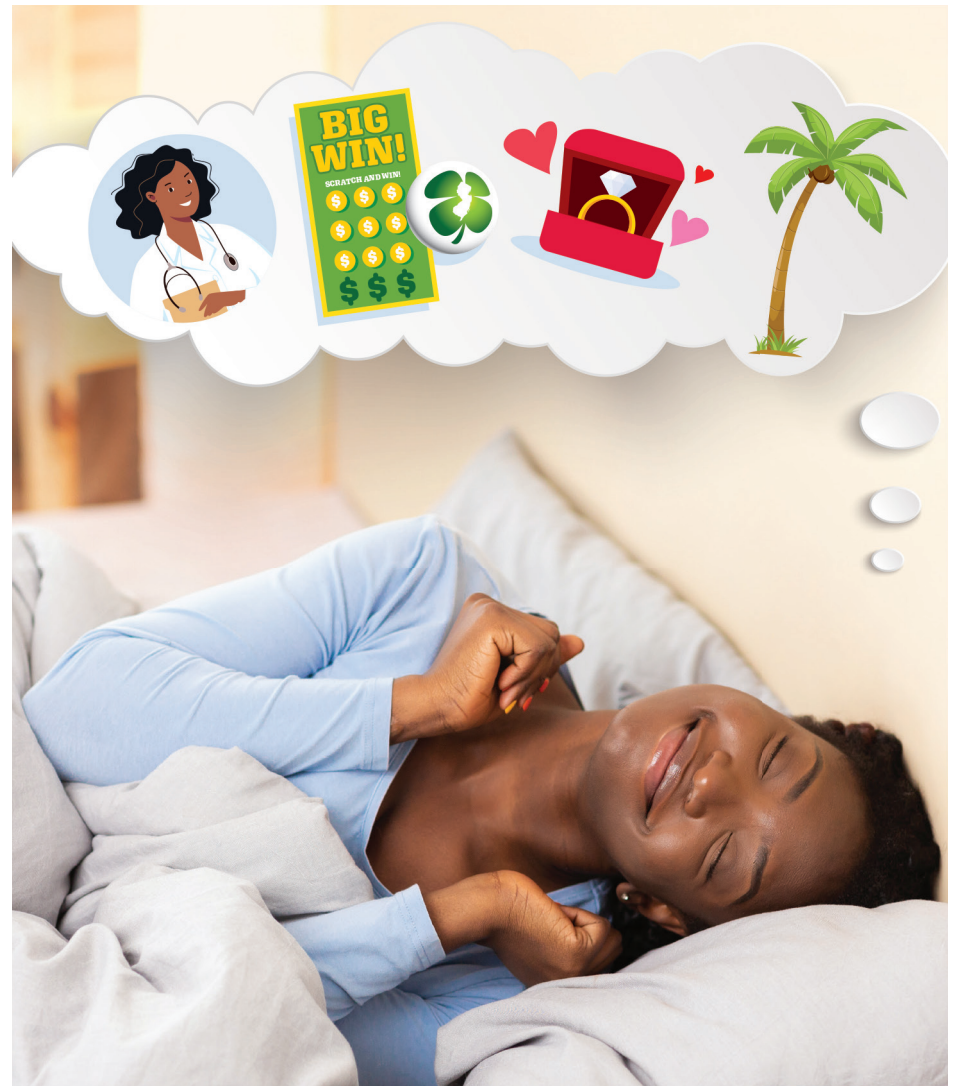
of the matter. The police report and the charges will still be on your record in their original form. Which is why you must be diligent in expunging the police report and charges subsequent to entering your plea arrangement with the Court.

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.

The law firm of R.C. Shea & Associates is a full service law firm representing and advising clients in the areas of Estate Planning, Estate Litigation, Personal Injury, General Litigation, Real Estate Law, Medicaid Law, Medical Malpractice, Workers' Compensation, Land Use, Wills, Trusts, and Powers of Attorney. Call or visit our firm at 732-505-1212, 244 Main Street, Toms River, Manchester Area (732) 408-9455 or our Brick Area at (732) 451-0800 or email us at Rshea@rcshea.com.

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The New Jersey Lottery is a provider of fun and entertaining games that should be enjoyed responsibly. The Lottery should not be considered or played as an alternative source of income. For more information about responsible gaming, visit NJLottery.com/PlayResponsibly.

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POLICE BLOTTER

Ocean County Man Sentenced To Prison In DWI Crash

By Alyssa Riccardi

WHITING – A Whiting man has been sentenced to state prison after driving drunk and colliding into another car, officials said.

William Andujar, 52, was sentenced to four years New Jersey State Prison in connection with an incident that occurred in Berkeley on November 2, 2020. The sentence is subject to the terms of the No Early Release Act, meaning that Andujar will be required to serve at least 85 percent of his sentence before he may be considered eligible for parole.

Additionally, the judge imposed a consecutive sentence of one-year in prison relative to a violation of probation.

The two-car crash occurred in the area of Pinewald-Keswick Road, where Andujar had been driving westbound and crashed into a car, driven by Susan Ewing, 44, of South Toms River, from behind. The impact forced both vehicles off the roadway into a wooded area, officials said.

Ewing had sustained serious bodily injuries as a result of the crash and was flown to Jersey Shore Medical Center in Neptune for treatment. She was eventually discharged and is still recovering from those injuries, officials said.

Andujar was also transported to Jersey

Shore Medical Center after the incident. Police obtained a search warrant for a draw of his blood and received results on November 23, 2020 stating that Andujar had a Blood Alcohol Concentration (BAC) of .18 percent which is over the state's legal limit of .08. The laboratory results also revealed a significant quantity of methadone in Andujar's system.

On November 24, 2020, Andujar was arrested and charged with Assault by Automobile. The additional charge of Aggravated Assault was filed on December 8, 2020, as a result of further developments in the investigation. Andujar has been lodged in the Ocean County Jail since his arrest on November 24, 2020.

Ocean County Prosecutor Bradley D. Billhimer acknowledged the diligent efforts of Supervising Assistant Prosecutor Robert Cassidy who handled the case on behalf of the State, and commended the Ocean County Prosecutor's Office Major Crime Unit -Vehicular Homicide Squad, Ocean County Prosecutor's Office Victim Witness Advocacy Unit, Berkeley Police, South Toms River Police, and Ocean County Sheriff's Office Crime Scene Investigation Unit, for their collaborative efforts in connection with this investigation leading to Andujar's guilty plea, and now his state prison sentence.

Joseph M. Maneri, DMD



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Crestwood Village 6 Residents Club News

WHITING – Crestwood Village 6 Residents Club meetings are the 3rd Tuesday of each month at 1:30 p.m. with at least two to three meetings that will be an evening meeting. Their next meeting is March 19 at 1:30 p.m. Check their bulletin board in the clubhouse or the Village Six Facebook page. They encourage residents to not only join by becoming a member and enjoying all of their events but to also sign up to help volunteer and be part of growth. Please support all Crestwood Village Six activities.

April Fools Rule Dance – April 20 from 6 to 10 p.m. Doors open at 5:30 p.m. at Deerfield Hall Clubhouse 6 Congasia Road, Whiting. Music provided by: DJ Johnny. Providing: snacks, dessert, soda, water, coffee, tea. BYOB and your own finger food for your table if you like. 50/50 Raffle and Door Prize Raffle. Tickets: \$12 for non-members, \$10 for paid 2024 CV6 Members. Tickets sold Mondays from 10 to 11 a.m.

“Disco Night Fever” Dance – May 18 from 6 to 10 p.m. Doors open at 5:30 p.m. at Deerfield Hall Clubhouse 6 Congasia Road, Whiting. Music provided by: DJ Johnny. Providing: snacks, dessert, soda,

water, coffee, and tea. BYOB and your own finger food for your table if you like. 50/50 Raffle and Door Prize Raffle. Tickets are \$12 for non-members, \$10 for paid 2024 CV6 Members. Tickets sold Monday from 10 to 11 a.m. Note: Tickets purchased on the night of the dance at the door are only on a cash payment basis. No checks will be accepted on the night of the dance.

Indoor Flea Market – June 29 from 8:30 a.m. to 1 p.m. Setup is June 28 from 3 to 7 p.m. Or setup Saturday morning at 7:30 to 8:30 a.m. Tables are: \$12 or \$15 on the wall. Kitchen will be available for breakfast and lunch items, 50/50 and some raffles will be offered. Crestwood Village 6 residents only may sign up first in April. All others may sign up in May. Call Julie at 732-849-5363 and leave a message with your name, phone number and address.

Crestwood Village 6 Residents Yearly Membership Signup: They are collecting new membership dues from the Crestwood Village 6 Residents Membership signup on Mondays from 10 to 11 a.m. at the clubhouse. Please stop by and sign up for your Resident Membership and receive your new 2024 membership card. Cost is \$10 per person.

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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.



Northern Ocean Habitat for Humanity

presents a night of **FELLOWSHIP AND FUN!**

Bingo | Cash Prizes 50/50 | Basket Auction

DATE: Friday, April 12, 2024

TIME: 5:30 pm

LOCATION: East Dover Banquet Hall
629 Fischer Blvd, Toms River, NJ 08753

COST: \$50

WHAT'S INCLUDED: 2 bingo cards, 5 raffle tickets, bingo dauber, and a buffet dinner and dessert catered by Four Seasons Diner

Additional Bingo cards 5 for \$10.

This event is a BYOB!

TICKETS AVAILABLE
or please send check payable to
Northern Ocean Habitat for Humanity



<https://northernoceanhabitat.org/events/april-12-2024/>



Mailing address: 1620 Route 37, Toms River NJ 08753
ATTN: Renee Castrovilly
volunteercoordinator@nohfh.com | 732-818-9500 ext. 101

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Boat Slip For Rent - In private residence in Brick. Asking \$950 for the season. Call 732-477-3053 or 732-492-3428. (15)

Misc.

American Pickers is looking for characters, interesting items, and collections in your area. CALL OR TEXT (646) 493-2184. (15)

Thank Your Virgin Mary - For Your Help. AMR. (14)

Easter Food Bazar - March 23. Pierogies, kobasi, various sweet rolls, babkas. To order call 732-505-6293. Pick up date 3-23-24 between noon to 2 p.m. (14)

Items For Sale

Two Beveled Glass Round Curio Cabinets - Best offer. Call Joanne 732-657-4049. (15)

Items Wanted

COSTUME/ESTATE JEWELRY Looking to buy costume/estate jewelry, old rosaries and religious medals, all watches and any type of sterling silver, bowls, flatware candlesticks or jewelry. Same day house calls and cash on the spot. 5 percent more with this AD. Call Peggy at 732-581-5225. (t/n)

\$\$\$ WANTED TO BUY \$\$\$ Jewelry and watches, costume jewelry, sterling silver, silverplate, medals, military items, antiques, musical instruments, pottery, fine art, photographs, paintings, statues, old coins, vintage toys and dolls, rugs, old pens and postcards, clocks, furniture, bric-a-brac, select china and crystal patterns. Cash paid. Over 35 years experience. Call Gary Struncius. 732-849-6068 (new number). (t/n)

Vinyl Records Wanted - Paying cash for LP albums. Rock, Reggae, Blues, Jazz. Also buying Comic Books. Call Rick 908-616-7104. (t/n)

CASH PAID!! LP records - stereos, musical instruments, guitar, saxophone, CD's, reel tapes, music related items. Come to you. 732-804-8115. (44)

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Cash - Top dollar, paid for junk, cars running and nonrunning, late model salvage, cars and trucks, etc. 732-928-3713. (t/n)

I Answer The Phone - Cash paid for records. Reel to reel. 33/45. Call Eddie 732-829-5908 for fast deal. Travel to you. (13)

Coins Coins Coins - Local collector buying coins, silver and currency. Highest prices paid on the spot. I come to you. Call Chris 848-210-7372. (14)

Items Wanted

CASH, CASH, CASH! - Instant cash paid for junk cars, trucks, vans. Free removal of any metal items. Discount towing. Call Dano 732-239-3949. (t/n)

Buying - World War I & II Swords, Bayonets, Daggers, Helmets, Hats, Medals, Marine, Uniforms, Flags, etc. Cash Paid! 609-581-8290. Email: lenny1944x@gmail.com. (13)

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Cash Paid For Old 45 RPM Records. - R&B, doo wop, soul, early rock & roll, and rockabilly preferred. Call between 8AM and 8PM 909-938-4623. (10)

Help Wanted

Gardeners Wanted - To maintain & plant small gardens. I work with entrepreneurs to build specialty gardening businesses. Call Sue 732-691-7250. (13)

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13	14	15	16
17	18	19	20
21	22	23	24

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 *In order to qualify for discounts, the same ad must run over the requested weeks. Total = \$ _____

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6. PHONE NUMBER _____ (THIS IS REQUIRED)

Deadline For Classified Ads: 12pm Monday (For that Saturday's publication)

If you have any questions, please call Ali at 732-657-7344, ext. 203.

Join The Kinderprep 2024-25 Information Session

MANCHESTER – Join the Manchester Township School District for Kinderprep 2024-25! This is an information session for Manchester families who will be registering their children to begin kindergarten with us in September. If you have a child who will be 5 years old by October 1, 2024, they are eligible for Manchester's Kindergarten Program!

This Kinderprep Information Session will be held on March 5 from 6 to 7:30 p.m. at Ridgeway Elementary School. The session will include presentations on preparing your child for kindergarten, a meet and greet with MTSD staff and principals, tours of a kindergarten classroom, community resource groups, and an opportunity for you to register for the required kindergarten

registration and mandatory kindergarten screening days that will be held in May (by appointment).

If your child is currently enrolled in our Universal Preschool Program, it is still necessary to register them again to secure their spot in kindergarten. There are forms and medical requirements that do not apply to preschool that are mandated for

kindergarten.

For more information, or if you cannot make Kinderprep and need to register for the required kindergarten registration and mandatory kindergarten screening days that will be held in May (by appointment), contact Margaret at 732-350-5900 ext. 2251 or email her at mcartagena2@mtschoools.org.

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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

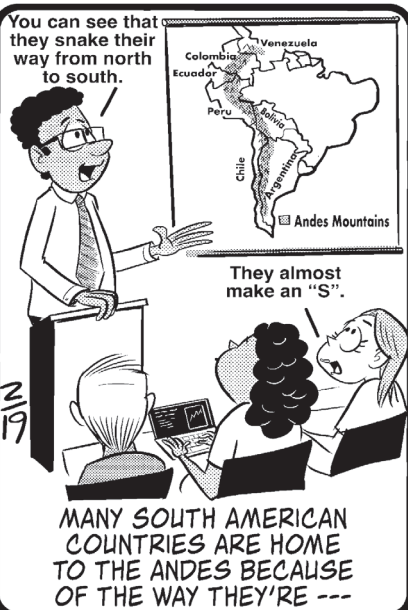
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Print answer here:

Jumble: MAIZE PANDA NARROW GOPHER - ARRANGED

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.

SOLUTIONS

SUDOKU

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

CROSSWORD PUZZLE

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



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SCAN ME

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*.

Crestwood Village II Travel Club

WHITING – On October 10, they travel to the Dutch Apple Theater in Lancaster, PA to see the show “Hairspray The Musical.”

It’s 1962 and Baltimore’s Tracy Turnblad, a girl with big hair wins a spot on a local TV dance program. The upbeat score includes “You Can’t Stop the Beat,” “Good Morning Baltimore,” and many more.

Tickets are \$139 and includes bus trans-

portation, driver gratuity, buffet luncheon and show. Bus boards Harmony Hall 8:15 a.m. and leaves 8:30 a.m. Return bus boards 4:45 p.m. and leaves 5 p.m.

Tickets will be on sale Wednesdays from 9:30 to 11 a.m. beginning July 3 until September 4 in the Harmony Hall Activities room. No refunds unless trip is cancelled.

For more information, call Linda H at 732-716-1928, or Fran at 732-581-2290.

King Of The Hill Bowling Tournament

WHITING – St. Stephen’s Episcopal Church in Whiting is back with its new and improved bowling ministry! And the church will host the King of the Hill bowling tournament on April 28 at 4 p.m., at

Thunderbowl Lanes in Wrightstown, NJ.

Enjoy cash prizes, medals, and trophies awarded to 1st and 2nd place. For further information, contact Bill Bodine at wbo-dine3@gmail.com.

EDUCATORS! Have a special event planned for your class? Let everyone know by placing a news release in this paper! Call 732-657-7344 to find out how!



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AROUND THE JERSEY SHORE

When Bipartisanship Mattered: The Life And Career Of US Senator Clifford P. Case

TOMS RIVER – For 33 years in the U. S. Congress, nine in the House and 24 in the Senate, Clifford Case was a powerful voice for civil and human rights, environmental protection, ethics in government and a global role for the U.S. in combating the spread of communism and promoting democracy. Case was determined to uphold honesty and integrity in government, introducing legislation on financial disclosure years before it was required by law, while pursuing an end to the Vietnam War when it became clear U.S. policy was causing more harm than good. Case also was a forceful advocate for New Jersey, working closely with his senate colleague Harrison Williams and other members of the state’s Congressional delegation to advance the state’s interests in Washington, with particular emphasis on preserving and protecting the natural environment.

William R. Fernekes (B. A., M. A., Ed. D.,

Rutgers University) taught social studies and Spanish from 1974-1987 at Hunterdon Central Regional HS in Flemington NJ, and then served as supervisor of social studies at Hunterdon Central 1987 to his retirement in December 2010. He received his doctorate in social studies education and curriculum in 1985. He is the author of many articles and books, including his comprehensive biography, Clifford P. Case and the Challenge of Liberal Republicanism (Lanham MD: Lexington Books, 2023).

This event takes place at Ocean County Historical Society Museum on April 14 at 26 Hadley Avenue in Toms River. The speaker series is always free; but donations are greatly appreciated. seating is limited!

To reserve your seat, send your name, zip code, email address, and the date of the program (April 14) to oceancountyhistory.programs@gmail.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 Mathis-town 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.

Tin Can Sailors Association Of NJ

OCEAN COUNTY – They welcome active duty or veterans of all sea services regardless of ship class or shore command (not just destroyers); family members of living or deceased veterans; model builders, historians, and anyone else who supports their objectives.

Are you interested in their ships and sea services today & their history? Do you feel it’s important to support the ships of the historic fleet (including destroyers)? Do you support

the members of today’s sea services? Join!

The Tin Can Sailors Association Of New Jersey meetings are held on the 3rd Wednesday of every month at 12 p.m. at the George P. Vanderveer, American Legion Post 129, 2025 Church Road, Toms River. Food and drinks can be ordered at a reasonable cost.

For information contact 732- 630-1855; email commander@tcs-desvets-nj.org or visit their website: tcs-desvets-nj.org.

Manchester Recreation’s Annual Easter Egg Hunt

MANCHESTER – Children will have loads of fun as they hunt for prize filled eggs and visit with the Easter Bunny! Manchester’s Annual Easter Egg Hunt will be on March 24. The event will start at 10 a.m. at Pine Lake Park (rain or shine)

and is a free event for children ages 2 to 10 and preregistration is required. Please register at: parksrec.egov.basgov.com/manchesternj.

Preregistration is required. The deadline to register is March 18.

AROUND THE JERSEY SHORE

Hackensack Meridian Health Welcomes Leap Day Babies



Photo courtesy Hackensack Meridian Health

NEW JERSEY – Their official birthday will only come around every four years. That means, in a way, babies born on February 29 at Hackensack Meridian Health hospitals, will not turn one year old, for four whole years. Until then these babies and their families will need to decide whether to celebrate their birthday on February 28 or March 1.

A leap year takes place roughly every four years, when an extra day is added to the Gregorian calendar, making the total duration of that year 366, not 365, days; that day is added to the end of February.

Hackensack Meridian Health welcomes the following Leap Day babies, born across the network on February 29, 2024.

Hackensack Meridian Hackensack University Medical Center welcomed a baby at 1:49 a.m. on February 29, the first Leap

Day baby born across the HMH network. Baby boy Oliver Grayson Corrado, was born to parents Chelsea and Matthew Corrado, at 2:08 a.m., at Hackensack Meridian Jersey Shore University Medical Center. Oliver weighed 8 lbs.13 oz. at birth and is the Tinton Falls couple's first child.

Hackensack Meridian Riverview Medical Center welcomed a baby girl born at 8:12 a.m. on Leap Day.

The odds of being born on Leap Day or February 29 is 1 in 1,461. These babies are called leaplings.

Approximately 362,900 Americans have a February 29 birthday, according to the Social Security Administration.

Hackensack Meridian Health congratulates these families and their special bundles of joy.

2024 Senior Health Fair

TOMS RIVER – The Ocean County Health Department is hosting a Senior Health Fair on April 8 from 9:30 a.m. to 12:30 p.m. at 175 Suset Avenue, Toms River.

Free Screenings & Information:

- Chronic Disease Screenings
- Diabetes Education
- Hepatitis C (HCV) Testing
- Health Education
- Narcan Distribution

- Animal Adoptions
- Community Referrals
- Vendors
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Register here: bit.ly/senior-24. For more information call 732-341-9700 ext. 7234 or email healthed@ochd.org.

Paws In The Park – Vendors Wanted

BERKELEY – The Ocean County Department of Parks & Recreation will be hosting their Paws in the Park at the Ocean County Fairgrounds, located at Robert J. Miller Airpark at 901 Route 530, Berkeley Township, on June 15 from 10 a.m. to 2 p.m. Ocean County Parks and Recreation, as

well as various dog related vendors, shelters/rescues, trainers, veterinarians, etc. will be tabling and providing demonstrations and information for event-goers.

Dog related vendors, shelters, etc. are welcome to contact Marc Steuer at 732-506-9090, ext. 5950 for more details.



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AROUND THE JERSEY SHORE

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 Beam-aboard@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.

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.

Model Railroaders Hold Spring Open House

LAKESWOOD – 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 per-

manent 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.

Expect High Noise Levels From Joint Base In March

By Alyssa Riccardi

LAKEHURST – If you happen to hear loud booms in the area, don't be alarmed – it's the soldiers training at Joint Base McGuire-Dix-Lakehurst (JBMDL).

Every month, JBMDL releases their “Noise Level Calendar” so residents know when to expect mild or severe noise. This is to deter calls to local 911 dispatchers. The calendar is labeled with three differ-

ent levels of noise: slight noise, moderate noise and abundant noise.

Most days in March are scheduled for “moderate noise.” However, there are several days scheduled for “high noise” which includes March 20, 21, 22, 23, and 24.

Noise levels are subject to change without notice due to training requirements and weather, JBMDL said.

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.

GANGER (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.

CAPRIGORN (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 ounces/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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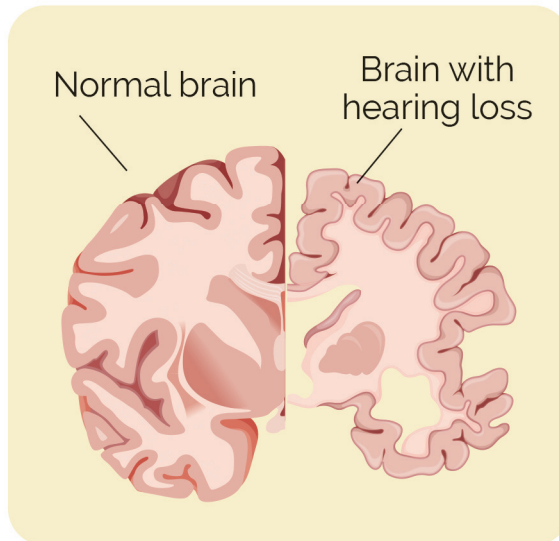
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