

This Polar Plunge Aims to Freeze Addiction

Photos by Tom Zapic



SEA BRIGHT – Under gloomy skies and a steady rain and ocean temperatures around 40 degrees, over 75 supporters gathered to participate in Tigger Stavola Foundation’s 3rd Annual Polar Plunge April 3. Held at Edgewater Beach and Cabana Club, this year’s plunge was in memory of Judd Zagata, who lost his life to substance use disorder nearly a year ago.

“Seeing everyone gather to support TSF’s mission was heartwarming and demonstrates the passion for which the supporters, student alliance members, ambassadors and the community have to ‘freeze addiction,’” said Mikaela Grande, Tigger Stavola Foundation ambassador.

Carley Deitrick, TSF’s addiction navigator and Student Alliance coordinator, kicked off the program. She spoke of the struggles today’s youth are facing.

“Youth prevention is especially important to the foundation. Our focus is to connect with children when they are young by offering an outlet to gain awareness and education on substance use disorder.”

Following the plunge, and after photos, hot cocoa and handing out many pairs of dry socks, Andrea LeLand, TSF’s events director said, “There was so much more to today than what could actually be seen. To watch all of these kids show up, listen intently to the program and then jump in that water was more than I could ever ask for. It was a beautiful day, even without a glimmer of sun and I felt grateful to be a part of it.”

If you or someone you know is struggling with addiction and seeking help, please reach out to the Tigger Stavola Foundation Addiction Navigator at carley@tiggerstavola-foundation.org or 732-865-1559.



MIDDLETOWN
SPORTS COMPLEX

Easter Eggstravaganza
Sat | April 9 | 1-4 pm

Rain Date: April 10

Easter Egg Hunt Times
1:30 pm • 2 pm • 2:30 pm • 3 pm
Only 75 registrations per hunt.

- Easter Egg Hunt
- Photos with the Easter Bunny
- Petting Zoo
- Crafts ... and More!

Kids (3 & up): \$15
Adults: \$5

214 Harmony Road | 732.856.9700 | middletownsc.com

Gateway National Recreation Area, a Unit of the National Park System, has released a Request for Bids providing an opportunity to submit bids to the NPS to lease multiple areas at Sandy Hook for mobile food & beverage vending, beach equipment & watercraft rentals.

Interested individuals or organizations must submit bids by Monday, May 9, 2022, by 1:00 pm. The Request for Bids, supporting documents, and other information can be found here: <https://www.nps.gov/gate/index.htm>.

Submissions should be identified as follows:
Bid on lease of property of the National Park Service - Leasing Opportunity, Gateway National Recreation Area – Mobile Food and Beverage, Beach Equipment & Watercraft Rentals, Sandy Hook, NJ. Bids are expected to be opened in early May 2022.

SHREWSBURY FRIENDS MEETING QUAKERS

Meeting for Worship Sundays 10:30 AM

www.ShrewsburyQuakers.org