

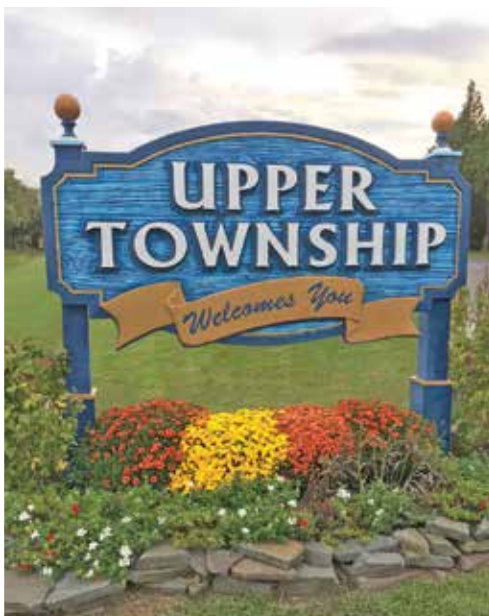


# UPPERTOWNSHIP

## Business Association

— CONNECTING BUSINESS AND COMMUNITY —

2025 **Membership & Community Guide** 2026



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## RECREATION

### *Recreation opportunities abound in Upper Township*

In its 68 square miles, Upper Township boasts beaches, the bay, the Tuckahoe River, boat ramps, a community center, senior center, myriad youth sports and pickleball.

## UPPER TOWNSHIP

### *Important phone numbers, contact information and meeting dates*



## EMERGENCY SERVICES

*When you dial 9-1-1 for an emergency, tell  
the dispatcher you live in Upper Township!*

***Upper Township Business Association***  
***The Upper Township Business Association***  
***UTBA was formed in 2010***



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# reflections

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Tues. 9am - 8pm • Wed. 9am - 6pm • Thurs. 9am - 7pm  
Fri. 9am - 6pm • Sat. 9am - 3pm



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## CORSON: COMMITTEE MEMBERS' LIFELONG TIES SERVE COMMUNITY

*Mayor discusses development, projects in township.*



## NAPPEN LOVES THE QUALITY OF LIFE, SEES TOWNSHIP AS DESTINATION ALL OF ITS OWN

## BPDG: ENVIRONMENT IMPORTANT COMPONENT IN OUR DEVELOPMENT

*Cleaning up the site beyond demo of B.L. England*



## EXPERT CANCER CARE WITH LOCAL HEART

*AtlantiCare's Commitment to Cape May County*

## ACTION SUPPLY CONTINUING a business legacy in Upper Township





# WE'RE DOING THINGS A LITTLE DIFFERENTLY

PFS Capital Mangment, LLC joined Oxford Retirement Advisors.

Tim Pashley has been working with clients in South Jersey for over 35 years. Tim is known for his client-centric approach and has a wealth of experience in financial planning and estate management. Nichol Hoff joined Tim Pashley and the New Jersey team in 2024. Nichol brings with her over 30 years of experience in financial services and banking. She coaches clients to help them understand their relationship with money and create strategies to help them achieve their goals. At Oxford Retirement Advisors we are committed to helping you navigate your financial future with confidence.

Three Locations. One Mission. Your Financial Success.  
Ocean View, NJ | Atlanta, GA | Santa Rosa, FL  
Contact us today to learn more!

## OUR MISSION

At Oxford Retirement Advisors, our mission is to provide personalized financial planning that empowers individuals and families to identify goals, implement plans and monitor progress. Through strategic wealth management, risk mitigation, and tailored investment solutions, we help our clients navigate their financial future. Guided by integrity, transparency, and a commitment to excellence, we strive to build lasting relationships and ensure financial peace of mind for every stage of life.



**1314 Route 9**  
**Ocean View, New Jersey**  
**08230**

## Meet the Advisors



**Timothy R. Pashley**  
CFA®  
tpashley@oxfordra.com



**Nichol L. Hoff**  
ChFC® AIF®  
nhoff@oxfordra.com

**SANTA ROSA BEACH (FL)**  
Phone: 800-650-3191  
6925 US 98, Suite 300 A & D  
Santa Rosa Beach, FL 32459

**OCEAN VIEW (NJ)**  
Phone: 609-390-9050  
1314 Route 9 PO Box 170  
Ocean View, NJ 08230

Tax Awareness Strategies  
Estate Conservation  
College Savings  
Retirement Planning  
Tailored Financial Advice  
Wealth Management



Oxford Retirement Advisors is an independent firm. Securities and advisory services offered through Madison Avenue Securities, LLC ("MAS"), member FINRA/SIPC and a Registered Investment Advisor. Oxford Retirement Advisors and MAS are not affiliated entities.

Our firm does not offer tax or legal advice. Consult your tax or legal advisor regarding your situation.

## THRIFT STORES HELP VIM COVER COSTS OF FREE CLINIC IN CAPE MAY COUNTY



50

## CHIROPRACTOR FINDS A HOME BACK HOME

Dr. Mack brings positive energy  
to practice with mentor



52

## SIGN, SIGN, EVERYWHERE A SIGN

Business districts in Marmora,  
Tuckahoe and Seaville give residents  
and visitors an extensive variety



58

## BE WELL WITH THE 8 DIMENSIONS OF WELLNESS



60

## UPPER TOWNSHIP BUSINESS ASSOCIATION BUSINESS DIRECTORY



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1615 Rt. 9 N  
609-465-7211

**Seaville**

2072 Shore Rd  
609-624-1000

**Loan Center** 137 JFK Blvd. 609-263-7823

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# UPPER TOWNSHIP PUBLIC WORKS

## TRASH & RECYCLING COLLECTION Holiday Schedule 2025

Wednesday	January 1st	New Year Holiday
Monday	January 20th	Martin Luther King Day
Monday	February 17th	Presidents' Day
Friday	April 18th	Good Friday
Monday	May 26th	Memorial Day *
Friday	June 20th	Juneteenth
Friday	July 4th	Independence Day
Monday	September 1st	Labor Day *
Monday	October 13th	Columbus Day
Tuesday	November 11th	Veteran's Day
Thursday	November 27th	Thanksgiving Day **
Friday	November 28th	Thanksgiving Holiday **
Thursday	December 25th	Christmas Day

### Trash and Recycling Holiday Collection Requirements

Should your TRASH AND RECYCLING COLLECTION DAY fall on one of the HOLIDAYS in schedule above, it will be collected on our NEXT WORKING DAY, except for the following:

\*Trash and Recycling WILL be collected on MEMORIAL DAY and LABOR DAY.

\*\*Trash and Recycling for the THANKSGIVING HOLIDAY will be as follows:

Thursday's Trash & Recycling will be collected on Friday.

Friday's Trash & Recycling will be collected on Monday.

## RESIDENTIAL PAPER SHREDDING

Paper shredding is for residential use only and is available on the 2nd Wednesday of the month at the Public Works Yard in Tuckahoe from 7:00 am to 11:00 am. Paper should be removed from binders and envelopes. The amount to be shredded shall be limited to one "banker" box or two paper bags.

**No paper will be accepted from businesses.**

## LOOSE LEAF COLLECTION REQUIREMENTS

Loose leaves will be collected during the months of April, mid-November and ending in December. Leaves may be raked curbside beginning the last week in March for April collection and the first week in November for the mid-November collection. Leaves must be free of sticks and debris. If your leaf pile contains sticks or debris, it will not be collected until the debris is removed. Please be advised that once the leaf crew has gone by your house, to keep to the schedule, we cannot accommodate requests for returns until the next scheduled pick up.

## COMPOST COLLECTION

Compost will be collected the second Tuesday of each month and must be placed in **PAPER COMPOST BAGS OR REUSABLE CONTAINERS**. The containers must have removable lids, external handles, have a minimum capacity of 20 gallons and a maximum capacity of 45 gallons, and not weigh over 50 pounds when full. The PAPER COMPOST BAGS must only be filled to a capacity that will allow a single crewmember to lift and load the bags.

## BULK WASTE COLLECTION

**Bulk waste will be collected the first TUESDAY of each month.**

Only two bulk items may be placed to the curb each month of collection. A bulk item shall be described as a single item: couch or table, refrigerator, entertainment center or box spring and mattress. Bulk is to be curbside no earlier than the Monday prior to pickup. For safety reasons, we ask that all doors be removed from refrigerators and freezers. Bulk may no longer be dropped off at the Department of Public Works.

**There is no bulk collection during the month of December.**

**Residential brush collection will be during the following months only:**

### APRIL & OCTOBER

**April collection:** Place brush out the last week in March no later than April 7th for start of collection on April 8th.

**October collection:** Place brush out the last week in September no later than October 7th for start of collection beginning October 8th.

**Brush will be collected once during the month listed above. Brush piles are to remain 10' away from storm drains.**

## TRASH AND RECYCLING COLLECTION AREAS

*Carts must be curbside by 6 a.m. on the day of collection. **Recyclable materials are not to be placed in plastic bags. Please place your loose materials in the blue recycling cart.***

**MONDAYS** – All of Strathmere and Whale Beach, Harbor Road and east side of the Parkway.

**TUESDAYS** – North side of Church Road and north to the Township line, the Great Egg Harbor Bay.


**WEDNESDAYS** – Petersburg, Tuckahoe, Marshallville, Head of the River, Steelmantown and Martintown.

**THURSDAYS** – Hope Corson Road south to the Township line including the Foxborough development and Osprey Point

**FRIDAYS** – South side of Church Road south to Hope Corson Road excluding the Foxborough development.



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Upper Township has a wide range of recreational activities, from parks and fields to a wide variety of activities to enjoy from hiking to camping and fishing. If you are trying to locate a playing field, a picnic area, nature trail, tennis court, pickleball court, or boat ramp, there is a map of the township showing all the locations on the township's web site at [www.uppertownship.com](http://www.uppertownship.com) on the drop-down menu for Departments find Sports and Recreation, then on the right-hand side box, navigate to the Parks and Fields page by clicking on the link. You can also contact the Sports and Recreation Office at (609) 628-2011 Ext. 248 or email [recreationdepartment@uppertownship.com](mailto:recreationdepartment@uppertownship.com) with any questions.

## Upper Township Youth Sports

All Upper Township sponsored sports organization are independent Non-Profits in which you can join or contribute directly. There is a list of them below with their websites. You can also find them all at [www.uppertownship.com](http://www.uppertownship.com) on the drop-down menu for Departments find Sports and Recreation and all of the organizations below are listed. Click on their logo to access their website. The Youth Sports Programs are as follows:

- Baseball

[www.uppertownshipbaseball.com](http://www.uppertownshipbaseball.com)

- Basketball

[www.upperbasketball.com](http://www.upperbasketball.com)

- Challenger Sports

[www.utchallengersports.com](http://www.utchallengersports.com)

- Cheerleading

[www.uppercheer.com](http://www.uppercheer.com)

- Football [www.utindians.net](http://www.utindians.net)

- Girls Softball

[www.tshq.bluesombrero.com/uppertwpgirlssball](http://www.tshq.bluesombrero.com/uppertwpgirlssball)

- In-line hockey [www.upperinline.com](http://www.upperinline.com)

- Lacrosse [www.warrior-lax.com/site/](http://www.warrior-lax.com/site/)

- Soccer [www.uppersoccer.com](http://www.uppersoccer.com)

- Wrestling [www.upperwrestling.com](http://www.upperwrestling.com)

For any additional information or questions regarding Upper Township Sports and Recreation contact the Recreation Office at (609) 628- 2011, ext. 248 or email [recreationdepartment@uppertownship.com](mailto:recreationdepartment@uppertownship.com)

## Upper Township Parks and Fields

Upper Township provides many active and passive recreational opportunities for our residents. The facilities are spread out across the Township's 68 square miles.

### Upper Township Community Center, 1790 Route 50, Tuckahoe

- Sports & Recreation office
- Open Gym with basketball courts (when available)
- Community room (available for smaller events)

### Caldwell Park,

#### 1016 Stagecoach Road, Palermo

- Playground
- Picnic Area
- Football Field
- Batting Cage
- 4 – Tennis / Pickleball Courts
- 2 – Basketball Courts

### Amanda's Field,

#### 1790 Rt-50, Petersburg

- Playground
- Picnic Area
- 1.3-mile Bicycle & Jogging Path
- Disc Golf Course
- Skate Park
- Street Hockey Rink
- 4 - Baseball Fields
- Indoor and outdoor batting cages
- Soccer & Multi-purpose Fields
- Tyler Davis Complex
- 2- Softball Fields

### Somers Avenue,

#### 35 Somers Ave, Seaville

- 3 Girls Softball Fields
- Outdoor Batting Cage

### Old Tuckahoe Road,

#### 301 Old Tuckahoe Rd, Petersburg

- Lacrosse & Multi-purpose Fields

### Beesley's Pont Beach,

#### 9 Harbor Road, Beesley's Point

- Boat Ramp (Seasonal Permit req'd)
- Beach (Seasonally guarded)

### Mt. Pleasant-Tuckahoe Road

#### 1718 Mt. Pleasant Rd, Tuckahoe

- Playground & Picnic Area
- 2 – Baseball Fields
- 2 – Basketball Courts
- 2 – Tennis/ Pickle Ball Courts
- Dog Park (Permit to access req'd)

## Upper Township Neighborhood Parks

### 100 East Golden Lane, Beesley's Point

- Playground & Picnic Area
- Basketball Court
- Shuffleboard Court

### 11 Marla's Hill Drive, Marmora

- Playground & Picnic Area

### 10 Chadwyn Drive, Palermo

- Playground & Picnic Area
- Tennis / Pickleball Court

### 10.5 Brewhaus Lane, Seaville

- Playground & Picnic Area
- Basketball Court

### 19 Crestview Drive, Seaville

- Playground & Picnic Area

### 3.5 Lauradell Drive, Seaville

- Playground & Picnic Area

### 35 Wexton Drive, Petersburg

- Playground & Picnic Area
- Nature Trail

### 25 Mockingbird Lane, Petersburg

- Playground & Picnic Area
- Basketball Court
- Tennis Court

### 6 Nordic Drive, Petersburg

- Playground & Picnic Area

### 3 White Pine Lane, Petersburg

- Playground & Picnic Area

### 2 Deerfield Trail, Tuckahoe

- Playground & Picnic Area

## Strathmere Recreational Attractions

### Beaches

- Lifeguard Station at Williams Avenue
- Seasonally guarded between Seaview Ave South to Nelson Ave

### Catamaran Beaches

- Located between Prescott and Nelson
- Seasonal permit req'd

### Fishing Beaches

- Located between Whittier Ave to Williams Ave

### Surfing Beaches

- Located between Vincent Ave to Sherman Ave.

### Playground/Picnic Area

Webster Avenue, Strathmere

### Boat Ramp

- Taylor Avenue, Strathmere (no permit req'd)
- 1004 Bayview Avenue, Strathmere



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# Upper Township

## Upper Township Town Hall

2100 Tuckahoe Road, PO Box 205,  
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www.uppertownship.com

Phone: (609) 628-2011 Fax: (609) 628-3092

Municipal Office Business Hours:

M-F, 8:30 a.m. to 4 p.m.

– **Administrator**

(609) 628-2011 ext. 257

Email Address:

administrator@uppertownship.com

– **Chief Financial Officer:** Barbara Ludy

(609) 628-2011 ext. 290

Email Address:

treasurer@uppertownship.com

Call the Finance Office with questions about unpaid bills, budget appropriations, payroll, vouchers, purchases, bids, and requests for proposals.

– **Municipal Clerk:** Joanne R. Herron

(609) 628-2011 ext. 280

Fax (609) 628-1836

Email Address:

clerk@uppertownship.com

The Municipal Clerk serves as the Secretary to the Governing Body. The Clerk's Office answers questions and handles matters regarding Vital Records, Dog Licenses, Dog Park Licenses, Kennel Licenses, Open Public Records Requests (OPRA), Board of Health, Municipal Improvement Searches, Elections, Minutes of Township Committee Meetings, Meeting Agendas, Ordinances, Resolutions, Purchase or Sale of Municipal Land, Purchase of Municipal Equipment, MUA Convenience Accounts, Landlord Certifications, Boat Ramp Permits, Charitable Clothing Bin Permits, Limousine and Taxi Cab Licenses, Campground Licenses, Mobile Home Park Licenses, Mining Licenses, Street Opening Permits, Street Light Outage Reporting, Liquor Licenses, Raffle and Bingo Licenses, Notary Public, Certified List of Property Owners, Fish and Wildlife Licenses and general questions about Upper Township.

## Township Committee Meeting Dates:

2nd & 4th Monday of each month

## Members:

Committee Member Curtis T. Corson, Jr., Mayor: ccorson@uppertownship.com

Revenue and Finance, Clerk's Office, Construction Code, Engineering, Zoning and Planning, Personnel, Housing, and Lifeguards.

Committee Member Victor W. Nappen, II, Deputy Mayor: vnappen@uppertownship.com  
Public Safety, Emergency Management, Division of EMS, Information Technology, and Communications.

Committee Member Samuel J. Palombo: spalombo@uppertownship.com

Sports and Recreational Programs, and Public Buildings and Grounds.

Committee Member Zachary H. Palombo: zpalombo@uppertownship.com

Department of Public Works.

Committee Member Tyler C. Casaccio: tcasaccio@uppertownship.com

Municipal Court and Animal Control.

– **Code Enforcement:** Richard Kaczmariski

(609) 628-2011 ext. 357

Email rkaczmariski@uppertownship.com

– **Zoning Officer/Secretary Planning and Zoning:** Elizabeth Oaks

(609) 628-2011 ext. 245

Email Address: eoaks@uppertownship.com

Call or email for zoning answers, questions about land use, zoning requirements, home occupations, zoning applications, help with site plan review for business, subdivisions, and the Master Plan.

## Zoning Board Meeting Dates:

1st Thursday of each month, 6:30 p.m..

## Planning Board Meeting Dates:

2nd Thursday of each month, 7:00 p.m.

– **Construction Official:** Theodore Cooper

(609) 628-2011 ext. 220

Email Address:

constructioncode@uppertownship.com

Construction Code Office assists with uniform construction code inspections.

– **Court Administrator:** Loren Ready

(609) 628-2011 ext. 235

Email Address:

courtadministrator@uppertownship.com

The Upper Township Municipal Court handles motor vehicle and traffic violations, neighbor disputes, small claims, ticket payments, complaints heard by municipal judge. The court serves Upper Township and Dennis Township.

– **Engineer:** CME Associates

(609) 628-2011 ext. 244

Email Address:

engineer@uppertownship.com

Engineering can help with subdivision information, project bids, streets and roads, and tax maps.

– **Tax Assessor:** Joseph Berroddin

(609) 628-2011 ext. 230

Email Address:

taxassessor@uppertownship.com

Tax Assessor handles address changes, assessments, deeds, property ownership, farmland assessments, senior citizens/veterans deductions and exemptions.

– **Tax Collector:** Rhonda Sharp

(609) 628-2011 ext. 270

Email Address:

taxcollector@uppertownship.com

Tax Collector answers questions about tax bills and taxes owed, and handles paying taxes.

– **Public Works:** Craig Reeves

(609) 628-2011 ext. 350

Email Address: creeves@uppertownship.com

Public Works handles trash and recycling collection, roads, and infrastructure.

– **Division of EMS:** John Brittin

(609) 628-2011 ext. 381

Email Address: jbrittin@uppertownship.com

## Upper Township Committee Meeting Dates:

	Work Session	Meeting		Work Session	Meeting
January 13 - Regular Meeting	5:00 p.m.	5:30 p.m.	July 14 - Regular Meeting	5:00 p.m.	5:30 p.m.
January 27 - Regular Meeting	5:00 p.m.	5:30 p.m.	July 28 - Regular Meeting	5:00 p.m.	5:30 p.m.
February 10 - Regular Meeting	5:00 p.m.	5:30 p.m.	August 11 - Regular Meeting	5:00 p.m.	5:30 p.m.
February 24 - Regular Meeting	5:00 p.m.	5:30 p.m.	August 25 - Regular Meeting	5:00 p.m.	5:30 p.m.
March 10 - Regular Meeting	5:00 p.m.	5:30 p.m.	September 8 - Regular Meeting	5:00 p.m.	5:30 p.m.
March 24 - Regular Meeting	5:00 p.m.	5:30 p.m.	September 22 - Regular Meeting	5:00 p.m.	5:30 p.m.
April 14 - Regular Meeting	5:00 p.m.	5:30 p.m.	Oct. 14 (Tues)- Regular Meeting	5:00 p.m.	5:30 p.m.
April 28 - Regular Meeting	5:00 p.m.	5:30 p.m.	October 27 - Regular Meeting	5:00 p.m.	5:30 p.m.
May 12 - Regular Meeting	5:00 p.m.	5:30 p.m.	November 10 - Regular Meeting	5:00 p.m.	5:30 p.m.
May 27 (Tues) - Regular Meeting	5:00 p.m.	5:30 p.m.	November 24 - Regular Meeting	5:00 p.m.	5:30 p.m.
June 9 - Regular Meeting	5:00 p.m.	5:30 p.m.	December 8 - Regular Meeting	5:00 p.m.	5:30 p.m.
June 23 - Regular Meeting	5:00 p.m.	5:30 p.m.	December 15 - Regular Meeting	5:00 p.m.	5:30 p.m.



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# Emergency Services

## When you dial 9-1-1 for an emergency, tell the dispatcher you live in Upper Township!

Confusion over addresses can delay a response; if you can, also tell them what section of town

When you need emergency medical care, you want help to arrive as quickly as possible.

In Upper Township, however, Zip Codes shared with neighboring municipalities can present unique challenges for dispatchers and emergency responders.

That could delay response times.

However, there are things citizens and visitors should remember to ensure that in the event of an emergency, help can reach you quickly and efficiently.

To make that happen, callers should specify that they are in Upper Township and if possible, the section of town in Upper Township.

The township consists of Beesley's Point, Greenfield, Marmora, Marshallville, Palermo, Petersburg, Seaville, Steelmantown, Strathmere and Tuckahoe.

Some of these sections, however, share Zip Codes with other towns.

For example, 08270 is the Zip Code for both Petersburg, which is in Upper Township, and Woodbine. The Zip Code 08230 is used for Ocean View in Dennis Township and portions of Upper Township.

In these cases, the shared Zip Code can cause an Upper Township resident's mail to have an incorrect address.

GPS navigation systems are subject to similar mistakes because of the mailing address. In the event of an emergency, however, it's easy for an Upper Township resident who lives in Seaville to mistakenly give an Ocean View mailing address.

Cell phones compound this problem.

Cell phones are not associated with a fixed address, according to the Federal Communications Commission (FCC), and the loca-

tion of the cell phone tower closest to the caller can give a general idea of the area the person is calling from.

Since landlines have a fixed address, it is easier for a dispatcher to know a caller's location.

Officials estimate 70 percent of the 9-1-1 calls received in Upper Township are via a cell phone. Approximately 30 percent of these calls are made from a landline phone.

This Zip Code confusion, coupled with a cell phone muddling a dispatcher's ability to find an exact location, has caused some problems in Upper Township.

The average response time is six to nine minutes in Upper Township.

Upper Township is 68 square miles.

A few years ago there was a complaint about an ambulance taking 50 minutes to respond, but it turned out there was confusion over the address.

"We've only had a few (incidents) but one is too many," OEM Coordinator, said about people who have called but whose address has caused confusion.

It's important for a township resident or visitor to know where they are, and to tell a dispatcher they are located in Upper Township and provide the address and cross streets.

This information is just as important for the township's seasonal visitors and vacationers to know.

OEM Coordinator said that "being on vacation and not a resident of the community, I would venture to say that's probably the last thing on their minds."

However, in an emergency, something as simple as a correct address can make a difference in response times.

**Secure pets and  
have medication  
information available**

Officials also recommend that, after calling 9-1-1, people who are able to ready the area for first responders by making sure the door is unlocked and that pets are secured. He also recommended gathering any medication the patient needs.

Having a house number that is easily visible and having a Knox Box, a small safe that holds building keys for fire and emergency medical services staff, also makes things easier for responders.

When responders have all of the correct information, they can reach patients as quickly as possible.

## KNOX BOX

According to the Upper Township web site, "The Knox Box is a secured key box that allows public safety personnel to enter a commercial structure after hours in the case of an activated fire alarm. In many cases the owner/occupant of the building might not be available to give firefighters access to investigate the cause of the alarm and mitigate the situation whether it is an actual fire or an accidental trip of the alarm system. This saves the building owner the potential cost of a door or lock replacement if firefighters must gain entry." It also can be used at residential buildings.

To learn more, go to the township's web site at: <https://uppertownship.com> Then click on "Upper Township Knox Box Program."



# Emergency Services

## Upper Township Emergency Medical Services PREPARING FOR AN EMS RESPONSE

Any emergency situation that leads to you needing to dial 9-1-1 can be overwhelming, maybe even a little frightening at times. No one wakes up in the morning expecting to have to call for an ambulance that day. We understand that this can be a stressful time, but we also want to reassure every resident and visitor of Upper Township of the fact that you are not alone when faced with an emergency of any kind. The following information is available to help you become more familiar with the response of Upper Township emergency services and provide you with additional resources to help prepare you for an emergency.

**CALLING 9-1-1** Calling 9-1-1 will connect you to a Public Safety Telecommunicator (dispatcher) who will collect necessary information about your emergency and dispatch the appropriate responders within minutes. While we are responding to your emergency, the dispatcher you are speaking to will continue to ask you for more information. It is important to remain on the phone, answer their questions, and follow their instructions. This does NOT delay our response in any way, but provides us with valuable information about your emergency prior to our arrival.

Depending on your location, the type of phone you are using, and the type of emergency you are reporting, your call may be transferred at some point in order to provide you with the specific type of emergency responders that you need. It is very important that you remain on the line and do not hang up. You will always be connected to a dispatcher and even if you cannot hear them, they can hear you. To make sure you get the correct responders, start by telling the dispatcher you are in Upper Township and then give your physical address, not your mailing address.

**WHO IS COMING TO HELP?** Upper Township's Emergency Medical Services are located at 2028 Tuckahoe Road in Petersburg. This building hosts two separate emergency service entities that work alongside each other as one unit: Squad 21. The Division of EMS provides Emergency Medical Technicians paid by the Township of Upper to staff basic life support ambulances 24 hours/day, 365 days a year. The Upper Township Rescue Squad consists of volunteer members who provide extra support and specialized resources at times of heightened call volume or during special events. With that, the four volunteer fire departments of Upper Township are also available to be utilized as first responders when multiple 9-1-1 calls are received at once. The fire department closest to the incident will send a fire engine to the scene and provide emergency care until an ambulance arrives.

Depending on the nature of the emergency, a paramedic unit from AtlantiCare will be dispatched alongside our ambulance. EMTs provide basic life support in response to medical emergencies, traumatic injuries, and accident scenes. Paramedics supplement the care of EMTs with advanced life support such as cardiac monitoring and medication administration via IV access. Both EMTs and Paramedics are trained in CPR and use of an Automated External Defibrillator (AED) in case of cardiac arrest.

**SQUAD 21 RESOURCES** Between the Division of EMS and the Volunteer Rescue Squad, Squad 21, as a whole, houses three (3) BLS ambulances, three (3) quick response vehicles, one (1) off-road UTV, and one (1) special operations / fire rehabilitation truck. Our ambulances are stocked with state-of-the-art life saving equipment and medications such as epinephrine auto-injectors, naloxone, aspirin, glucose, and oxygen. All of our vehicles also have, at the minimum, a first responder medical bag and an AED. We also host a variety of community relations programs as well as public access first aid training opportunities.

**PREPARING YOUR HOME OR BUSINESS** One of the most helpful things you can do to prepare for an emergency response is to make sure your address number is clearly marked so that it is visible from the street and easy to read at night. With that, you should also make sure your driveway is clear and easily accessible to emergency vehicles. During an emergency, other things you can do to help prepare for our arrival include having someone flag us down at the street, turning on the outside lights, unlocking the door, and putting pets away.

Some people have been concerned that we will not be able to get to them if their door is locked and they are too sick or injured to unlock it. Rest assured, we will get to you if you need us. If you have a spare key hidden on the exterior of your home, you can provide the exact location of the key to the dispatcher over the phone.

**PREPARE INFORMATION AHEAD OF TIME** Have pertinent information ready for us ahead of time. Consider filling out an INFO 4 LIFE form. This form can be downloaded by visiting [www.upperrescue.com/info-4-life](http://www.upperrescue.com/info-4-life). Providing this completed form to us upon our arrival can save us a lot of time; allowing us to spend less time asking extra questions and more time providing care to you or your loved one. It can also provide us with vital information if you are too sick to communicate with us. Place the completed form on your refrigerator and we will know where to find it.

## ATLANTIC CITY ELECTRIC SAFETY CALL BEFORE YOU DIG

Your safety is important. Always call 811 before you dig or drive equipment into the ground.  
[www.atlanticcityelectric.com/SafetyCommunity/Safety/Pages/CallBeforeYouDig.aspx](http://www.atlanticcityelectric.com/SafetyCommunity/Safety/Pages/CallBeforeYouDig.aspx)

### STORM RESTORATION PROCESS

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# Emergency Management

Disasters both natural and manmade – such as hurricanes, flooding or terrorist attacks – could devastate communities.

The Upper Township Office of Emergency Management prepares for such events and safeguards the public from harm through constant communication with other emergency agencies on the federal, state and county levels.

“I’m proud of our emergency management operation here and how far we’ve come,” the Upper Township Emergency Management Coordinator said.

“I think we have a good working relationship with all of our emergency services here. They’re a very talented group. That is one uniqueness of Upper Township. We have volunteer groups here as opposed to the paid employees over in Ocean City, for example. They are on par with the rest of them. They provide a very valuable service to the residents of Upper Township.”

Upper Township Emergency Management has three deputies, one covering the barrier island section of the township called Strathmere; the chief of the Tuckahoe Fire Department; and a Public Works supervisor.

“It’s a good diversity when it comes to talents and knowing how to handle emergencies,” the OEM Coordinator said. “Each one of them has a pretty strong background in emergency management, in emergency services.”

Operationally, emergency management supports Upper Township residents and those of surrounding communities like Ocean City. In fact, Upper Township entered into a shared services agreement with Ocean City to combine OEM teams in 2023. Furthering the spirit of cooperation that already existed between the two neighboring



communities.

Upper Township provides sheltering at its public schools in the event of serious events such as hurricanes.

“We put out the voluntary evacuations when major storms have the potential to impact. We try to disseminate that information and move those residents elsewhere to other relatives or other pre-planned sites that they’ve done themselves,” the OEM Coordinator said. “We have a smaller portion of the population to deal with as far as sheltering is concerned.”

Cape May County Emergency Management and Cape Regional Medical Center assist residents with special needs during evacuations.

“It’s a very small percentage of the population, but it’s an important percentage of the population that we have to deal with those that have functional needs. Most of them are special health needs, but it goes further than that,” the OEM Coordinator said, adding residents without transportation also have to be accommodated.

Special needs individuals, particularly those bedridden or who rely on wheelchairs or walkers, must be handled in a certain way so as not to injure them during the evacuation process. This is where the Community Emergency

Response Team (CERT) training proves invaluable.

Alerting the public of impending emergencies, the township relies on its emergency management website ([www.uppertownship.com/oem](http://www.uppertownship.com/oem)) and CodeRED.

CodeRED reaches a majority of residents, sending phone calls, text messages and email blasts to those in harm’s way.

“When we’re talking about hurricanes and nor’easters, they have the highest potential to displace the highest number of people. We do have some advanced weather information we receive a week out and rely on the media to get that information out,” OEM Coordinator said.

Education is the first line of defense when it comes to emergencies.

The CERT, locals trained in first aid and emergency response, assists emergency management officials during crises. CERT volunteers also educate the public on protecting themselves and properties before emergency services arrive.

“If it’s a catastrophic emergency, there may be a possibility that some emergency services could potentially be delayed, so you want to be well educated and fend for yourself within a short period (72 to 96 hours) of time until professional emergency

services can get to you,” the OEM Coordinator said.

The public should heed warnings from state, county and local emergency services personnel.

“Make sure you have a communications plan,” OEM Coordinator said. “Make sure you have a plan of where you’re going to go in the event of an emergency. Prepare that months before the hurricane season or the winter season when storms can be most severe.”

After a catastrophic emergency, the most difficult time for emergency management agencies is the recovery phase.

“We’re left to pick up the pieces,” the OEM Coordinator said. “We tell everybody to hope for the best but prepare for the worst. If you prepare for the worst, you’re going to be well prepared.”

After Hurricane Sandy struck the East Coast in 2012, emergency management officials were instructed to prepare for a storm even worse than Sandy. The old benchmark was the March 1962 Storm.

“Some meteorologists say that Sandy was a meteorological fluke. It’ll probably never happen again. We never thought it could happen the first time.”

Upper Township is fortunate because it is at a higher elevation in Cape May County, but it does have low-lying areas. Low-lying areas are more susceptible to flooding and storm damage.

“You’ve got to heed the warnings and you’ve got to get out early or there’s a potential to be stuck in some of those areas,” the OEM Coordinator said. Have a plan.

Upper Township Emergency Management conducts periodic exercises with the state and county to ensure coordination among departments and agencies.



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*Sincerely, Steve Zellers, President - Upper Township Business Association*

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*Upper Township Mayor Curtis Corson on his tree farm in Seaville.*

# Corson: Committee members' lifelong ties serve community

## MAYOR DISCUSSES DEVELOPMENT, PROJECTS IN TOWNSHIP

Story and photos by **DAVID NAHAN** The Upper Township Sentinel

According to Mayor Curtis T. Corson Jr., this is the first time in perhaps three decades that all members of the Township Committee have been born and raised in Upper Township.

Of course it's hard to find anyone, much less an elected official, who has more of a family history in Upper Township than Corson himself. The owner of a tree farm in Ocean View where he grows beach plums and Christmas trees, he is the 13th

generation of his family to live here; the 14th and 15th generations are his children and grandchildren.

With an election and a resignation, three-fifths of the Township Committee is new as of the beginning of this year.

Deputy Mayor Victor W. Nappen II (*see related story*) has some two years on the committee under his belt. Tyler Casaccio was appointed to committee to fill the position vacated when Mark Pancoast re-

signed in December; and cousins Samuel J. Palombo and Zachary H. Palombo took their seats on the board after winning the November general election, but were pretty much locks after winning the June GOP primary against incumbents mayor Jay Newman and deputy mayor Kim Hayes.

"I think that's absolutely fantastic," Corson said about the composition of committee joining with him, a long-time veteran. Corson was 60 at the Jan. 3 swearing-in



ceremony, Nappen 39, Zach Palombo 44, Casaccio 33 and Sam Palombo 28.

Corson explained there is a deep interest about governing among all the members of committee because they and their families are so heavily invested in Upper Township. He said the committeeman in charge of the recreation program — Sam Palombo — “has actually been through the recreation program.” In fact, so have the other three. Corson laughed when he had to acknowledge he wasn’t part of that program. It didn’t exist when he was a lad.

On the larger point, it’s not just about recreation.

“We have people who know our programs and know our township and know our history, so it’s a different dynamic,” the mayor said.

“I’m really looking forward to the future of the township and working with these guys. I really think they have a lot to offer.”

With spring in the air, Mayor Corson discussed a wide variety of topics impacting Upper Township.

### BEESLEY’S POINT DEVELOPMENT

The proposal with the biggest projected impact on Upper Township in decades is in the hands of the Beesley’s Point Development Group. *(See related story in this issue.)* The BPDG purchased the former site of the B.L. England Generating Station and over the past few years demolished the power plant with its smokestack that towered over the site for decades and was one of the most recognizable landmarks for people heading into Cape May County.

There are considerable plans for the large site that sits along Great Egg Harbor Bay.

“It’s going to be a very good project for the township and it should be interesting to see how that progresses,” Corson said. “We want a project that is going to be good for them and good for us. There is going to be a hotel, a marina, restaurants and some commercial development. There’s going to be a residential component; how big remains to be seen; and there is the affordable housing obligation.

“So it’s going to be a multifaceted development.”

Beesley’s Point has been kind of a quiet dead-end in the township ever since the rickety Route 9 bridge was demolished a few decades ago, allowing ingress only from other parts of the township (or by watercraft).

As the site is developed, it will become much busier with traffic and possibly population.

“It’s been so quiet up there. (The project) will add more traffic and maybe some more kids in the schools,” but Corson believes that is something the community will not only be able to live with, but support.

“It’s going to provide some new ratables to the town, be a destination to drive some businesses and things like that, which also creates some job opportunities.

“I’m sure some of the neighbors are going to have some concerns, but I think the developers will be willing and able to address all the concerns,” he said.

### PUBLIC SAFETY BUILDING

Upper Township does not have a police force; it is patrolled by the New Jersey

State Police, but it does have multiple fire departments and ambulance and emergency medical services.

The township applied for a Community Project Funding Grant last year from the federal government, seeking \$7 million to \$8 million to build a community center, but was not successful. This year the township is applying for a grant to build a new facility for the Division of EMS.

The township did a study to show there is a “multifaceted” need.

“I think we have a very good chance on it (the grant) because we did have the study that supports our needs. It’s a huge benefit having that. Our grant writer seems to really like it and seems to think we have a good shot.”

“Our old building is just not adequate,” Corson explained. “It’s been a good building, but it’s not adequate for today’s standards.”

The township has a complete backup system for 9-1-1 and would be able to move that from Township Hall to the new facility. That would free up some room at



Township Hall, where space has been getting tight. He said earlier that a new facility would allow the township to move the ambulances from an old barn behind the current EMS building, creating more room for use by the Upper Township Beach Patrol.

## **PARKWAY INTERCHANGE**

Although there has been more recent talk about getting a full interchange at mile 20 on the Garden State Parkway, Corson didn't sound hopeful it would be occurring any time soon. Right now there is an exit for Route 50 and Upper Township in the northbound lanes of the parkway at Exit 20, but there is no exit going southbound there. Drivers traveling southbound on the parkway have two options — the full interchange at mile 25 on both the northbound and southbound lanes, and the southbound exit at mile 17 for Sea Isle City and Woodbine, forcing drivers to backtrack up Route 9 north to the township.

"That has been an ongoing battle for the last 30 years or better," Corson said. "When the parkway was built in 1952, the township government at the time had enough foresight to make sure the parkway acquired enough property" for a full interchange.

When the parkway was built, the northbound exit at mile 20 "was what they deemed was necessary at the time, but we've obviously outgrown that. That was 75 years ago," he said. "I think the parkway understands and sees the need for it (a full interchange) but the problem is there are some wetlands constraints there. I think they are in the study phase again, if I remember correctly, and hopefully they will come up with a positive response."

## **ONGOING PROJECTS: LIVING SHORELINE, SEWER LINES**

One of the projects that has been going on for quite a few years is the Living Shoreline on Bayview Avenue in Strathmere.

"From the boat ramp south it was eroded very bad and about 75 feet of shoreline

went into the back bay," Corson said.

There was some grant money received for the Strathmere Fishing and Environmental Club.

"The township is partnering with that organization that is facilitating that project. They were awarded a grant for \$1.5 million and we think that shoreline can be stabilized for that number," he said.

The township used ACT Engineering firm, which was successful in creating a plan for that and it is in the final stages of approval through the state Department of Environmental Protection and CAFRA "and everybody right now," Corson said. "That's a good project. It has been three or four years in the making."

There is no township-wide sewer system in Upper Township and ideas have been bandied about for years about ways to connect. There was consideration of trying to hook into Ocean City's sewer treatment plant so there could be some development along Roosevelt Boulevard, but there has been consistent pushback from the island resort against that idea.

Corson said the Cape May County Municipal Utilities Authority is doing a study on running sewer lines from Ocean City to Middle Township down Route 9 for treatment with the consideration of eliminating the Ocean City treatment plant.

He said Upper Township is watching to see what happens with that and if that comes to pass, reworking the township's Master Plan for development. Corson said the township's interest would be if Upper could potentially piggyback on that if the sewer lines could accommodate that.

The mayor noted the last administration endorsed a study about getting sewers for the Strathmere part of the township that would run through Sea Isle City.

Corson made the point that large development has been done in Upper Township without a sewer system. He cited how the ShopRite plaza in Marmora was built without a sewer system and the Beesley's Point Development Group is contemplating building its own treatment plant for the project it will be proposing there. He also cited the small package treatment plants that were built for the neighborhoods that were developed such as Osprey Point and Osprey Cove.

## **IMPROVING RECREATION**

The mayor said the original plan at Caldwell Park was to overlay the four tennis courts there and double-stripe them so they could also be used for pickleball. The new administration, however, is looking at the feasibility of a pickleball complex with, he believes, 12 pickleball courts and two tennis courts.

"We're going to expand the footprint of the project a little bit and we have applied for some grant money. We had the grant from last year, which we're carrying over, and if we get the grant money this year, it will be able to be done," he said.

The township is hoping to have the complex ready by late spring.

"Pickleball, as you know, is huge. In the last five years it has really bloomed," Corson said, noting it is a sport people of all ages can enjoy.

## **CORSON'S FAMILY HISTORY IS CENTURIES OLD**

Corson and the new Township Committee will be reviewing the township's Master Plan. "We're going to take a hard look at it," he said.

"One of the things I started the last time I was mayor was the lighting ordinance" to minimize light pollution in the mostly rural township. "A big part of our township history is the environmental aspect. Everybody comes to Upper Township because they love the rural atmosphere. We need to embrace that. We need to take care of it. Taking care of the environment is a big part of what we should be doing."

Considering the environment is fitting for Corson. The mayor's family history dates back to 1692 when there was practically no development, so looking ahead to preserving the nature of the town makes sense to him.

"Upper Township is my home. I have children and grandchildren that live in Upper Township," he said. "I would like to see Upper Township be the best place it can be for the future generations."





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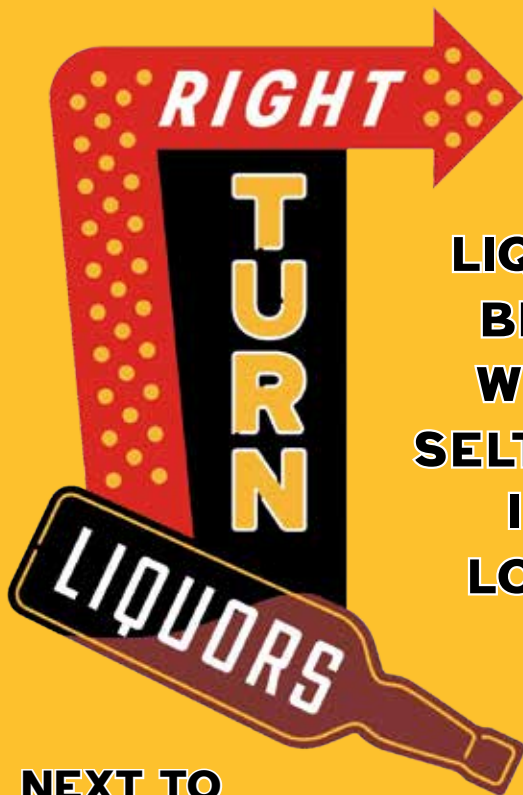
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*Upper Township Deputy Mayor Victor Nappen II with his wife Danielle and their three children, Tripp, Killian, and Camellia, at the playground at Caldwell Park off Stagecoach Road.*

# Nappen loves the quality of life, sees township as destination all of its own

Story and photos by **DAVID NAHAN** The Upper Township Sentinel

Victor Nappen II loves living in Upper Township. It gives him the opportunity to enjoy the offerings on the neighboring island resort towns, but with a different quality of everyday life.

"You get all the access to the shore towns with the benefits of a small community," he said. That includes having a backyard where his three kids can play safely, where his wife

can have her own garden and neighbors who are close but not on top of one another.

"I've always loved the idea of being close to the beach but being able to have your own little community," Nappen said.

"Our schools and our recreation programs are incredible. Your kids go through the wonderful primary and middle schools then go on to Ocean City High School. We have

great businesses. We have wonderful blue-collar working families. We have plumbers, electricians; if you ever need one, it's not like you have to look hard to find them. We have great restaurants. I could go on and on," he said.

Not that Nappen doesn't see a future where Upper Township becomes its own destination for visitors, at least in part.



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The Beesley's Point Development Group is planning a major project at the site of the former B.L. England generating plant. That development may include a marina, hotel, businesses, a boardwalk and housing. That may make this small part of the township a bit busier, but it will be a benefit, he said.

Now, he said, people say they want to go to the Ocean City Boardwalk. "I want people to say, 'Hey, let's go to Beesley's Point.'" Nappen is excited about the possibilities there, which he believes will provide ratables and revenues for the town through new businesses.

"Making that area something that's going to work for us in a tourism kind of way is huge because we've always been situated in a good spot where we have all the access to Ocean City, but a lot of times we don't have the offerings that they have," Nappen said. "Beesley's Point is an opportunity for us to have our own destination."

He acknowledges there could be some growing pains there with added traffic, but also that property values will go up because more people will want to be close to that.

## STUCK IN THE MIDDLE

Nappen said he is stuck in the middle and that's a good thing to be as the deputy mayor of Upper Township because it offers perspective in serving the citizens of the township.

"The interesting thing about me is that I have everything from my beautiful little almost 2-year-old baby at home up to my

mom and dad who are now in their 70s all in my neighborhood," he said.

"Being stuck in the middle right around 40 years old, I feel like I cannot only represent being a family man," he added, but residents from across the age spectrum.

Nappen and his wife, Danielle, have two other children, ages 9 and 6 (7 in May), "who are involved in, like, everything. I have events almost every night of the week with them with school and sports," he said. "We're doing everything and everything we're doing is in Upper.

"My mom used to work for the Upper Township Senior Center and she worked for the Cape May County Department of Aging. That is how I sort of ended up in politics. It was from her, having an eye on our seniors. I feel like I'm not only representing the youth, but I can have my finger on the pulse of everybody, trying my best to remember our seniors too."

Part of trying to represent is also making sure he can maintain his perspective from a certain distance, which is why he supported Samuel Palombo to oversee the recreation department rather than himself.

He said when the Township Committee members were sitting around dividing up responsibility for the departments, it would have been natural for him to take recreation because of how involved he is with his kids and with coaching, but he "wanted to stay at arm's length from that. I thought the next best person was Sam because Sam is an athlete, he's young and I think he's doing an excellent job.

"I'm glad that in a sense I delegated that, but it's a department that's important to me because it's why I love living in Upper. I played all the rec sports growing up which led me to Ocean City High School sports."

Nappen looks at the fast-growing interest in pickleball and said expanding it in the township will not only be good for residents but could be a revenue source.

"When we have people here in the summertime and it balloons up, maybe we could come up with a way to create a revenue source there," he said.

A related recreation proposal is doing a project in honor of Easton Beisler, the 9-year-old Upper Township boy who was killed in an automobile accident in Vineland



in September 2024.

"We had the tragic passing of Easton Beisler, a young man in our community who was killed ... on his way to a football game in Vineland." Parents and sports associations are working on a memorial for Easton at the Amanda's Field recreation area off Route 50 in Petersburg that would be called "Easton Alley."

"I'm looking forward to honoring his memory and it will be a nice addition to Amanda's Field, which exists to honor another child in this community."

Amanda's Field is named after Amanda Erin Field, who was killed in an auto accident in 1999 at age 15.

Expanding offerings that help residents but also could be a revenue source through visitors, both through the development in Beesley's Point and through recreation, is important, Nappen said.

They are part of looking at options for Upper Township to create extra funds for the township to use, which he sees as among the issues it is facing.

He wants to find smart-growth ways to provide revenue.

The parking at the Recreation Center on Route 50 is a serious issue during all the tournaments and games.

"When they have events, the parking spills out on the street," he said. "We sort of created our own problem just by having a good recreation program there. We've been work-





ing on possibly doing a deal with a landowner next door to increase the parking.”

He noted the township lost about \$675,000 in state aid this year. Had that remained constant, Nappen said the Township Committee nearly presented a flat budget, but losing that aid is prompting an increase in the tax rate.

“Everything is more expensive these days. Inflation is hurting us and so we want to be smart and come up with ways to combat that. I think coming up with smart revenue and smart growth is a way to do that,” he said.

He noted the township already gets a lot of visitors in the summer and using the assets that make it a great place to live to generate more revenue would benefit the township.

Nappen said the redevelopment zones in Marmora and Seaville give the township some control to ensure positive outcomes. He also believes it’s important to balance development with the rural nature of the majority of the Upper Township.

“I think that the geography of Upper Township is unique,” Nappen said. Along with the woodlands and the trails for people to enjoy walking and with ATVs, there is bayfront and ocean-front in Strathmere.

## BIG PROJECTS, WORKING WITH THE COUNTY

Nappen said one of the big projects he is working on is getting a new public safety



building. The township has applied for a multimillion-dollar grant for that and getting support from U.S. Rep. Jeff Van Drew, with whom they have a great working relationship.

The deputy mayor said the township also works well with Cape May County government.

“We’re also maintaining a great relationship with the county, which is really important when it comes to getting dollars to do great things,” he said.

The new public safety building wouldn’t be just for the Emergency Medical Services, but available for other aspects of the public safety community, including the Upper Township Beach Patrol, which needs storage space.

There was a bit of a brouhaha when it was announced earlier this year the township was cancelling Easter events and possibly the Fourth of July celebration with fireworks because of the expense and manpower required, but Nappen said that was a miscommunication.

They are trying to do things in a smarter way by partnering with the business community and groups for sponsorships and help so they can save some of the taxpayers’ money.

“We want to do it in a smart way that helps everybody,” he said. “We want to come up with ways with all the wonderful businesses that we have and for it not to

be a burden to the taxpayers as much.”

Nappen also cited the grant for the Safe Routes to School program, which is what the name implies — helping the township ensure students have safe ways to travel to and from schools.

## MOVING FAST

Overall with the new composition of the Township Committee — veteran Mayor Curtis Corson, Nappen with two years under his belt, but three new committeemen — Tyler Casaccio, Samuel Palombo and Zachary Palombo — the deputy mayor says things will be moving fast.

“It’s energetic. It’s tech-savvy. I feel like we’re moving fast, faster than normal in the speed of government, which I’ve learned as being sort of an outsider to politics,” he said.

Nappen noted he saw how slowly things in government tend to progress, “but with this group we can move stuff around quick” with texts, emails or calls. “Everybody is on board.”

Nappen added that Corson, who has served on Township Committee for a long time, also feels reinvigorated by the younger members. “I think he is sort of motivated by us, so it’s a good team.”



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*Volunteers including Fred Akers, Jim Akers, Chris Wilson, Dave Kreutz, Dave Brown, Steve Jasiecki, Bill Reinert and Clay Emerson drag an abandoned sailboat out of marsh at the Beesley's Point Development Group site in March. Below, Fred Akers, center, with Jasiecki and Jim Akers on the way to the sailboat.*



## BPDG: Environment important component in our development

### CLEANING UP THE SITE BEYOND DEMO OF B.L. ENGLAND

Story by **CRAIG D. SCHENCK** Photos by **DAVID NAHAN** Upper Township Sentinel

Beesley's POINT — Chris Wilson and Dave Kreutz met with Fred Akers and other volunteers in March to remove a sailboat from the marsh along Great Egg Harbor Bay.

"We're pulling out a sunfish in the ongoing battle against marine debris that Fred's been championing for many years," Kreutz, wearing hip waders, said before heading out to the site.

The minor undertaking was part of a much larger project that involves restoration of various environments on the site of the former B.L. England Generating Station in the Beesley's Point section of Upper Township.

"We've pulled out over half a dozen boats," said Akers, an expert in environmental science who is operations manager for the Great Egg Harbor Watershed Association.

Akers said the sunfish was a "legacy boat," meaning it has been there for





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## BEESLEY'S POINT DEVELOPMENT GROUP

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years and could be traced back in time through satellite images. He said it probably washed away during Hurricane Sandy in 2012 and has been sitting on the wetlands for more than a decade.

Wilson and Kreutz are part of the Beesley's Point Development Group, which bought the 350-acre property in November 2021.

Wilson is co-founder along with Tim Niedzwiecki, while Kreutz is executive vice president and director of economic development. Chad Parks is executive vice president of real estate and development.

The BPDG has entered into a redevelopment agreement with the township for development of the site, with plans for a marina, bayfront hotel and retail shops, along with residential development and a significant nature component that will be open to the public, but as of April had yet to present a formal proposal.

Before the partners can do any of that, they had to demolish and remove multiple buildings — including a cooling tower and smokestack, both of which were done with explosives to great fanfare.

But the complex site borders Great Egg Harbor Bay and includes wetlands, lowlands, uplands and maritime forests — criss-crossed by multiple natural and man-made paths — that are home to numerous species of plants and animals.

The coal-fired power plant was a major factor in the township for nearly 60 years as a source of jobs, electricity and fund-



ing, as well as a constant stream of black smoke emitting from its smokestack.

Akers said the BPDG is interested in restoring the marsh, some of which was damaged by operation of the plant while other parts are in jeopardy because of sea level rise and significant erosion.

According to information provided by the BPDG, coastal tidal marshes throughout New Jersey have been suffering from marsh subsidence and sea level rise, both of which lower their elevation, resulting in less habitat for wildlife and less protection from storm surges.

A healthy tidal marsh has both high marsh (floods briefly once or twice daily) and low marsh (floods twice daily for a longer period but still drains) at a similar ratio.

The current state of the marsh at the site is nearly all low marsh and un-vegetated areas, with very little high marsh

present.

“We are going to be working on trying to restore some of the marsh now that we can get access to it,” Akers said, noting the Watershed Association is applying for a \$1.5 million grant from the Wetlands Mitigation Council to help eradicate invasive plants.

“We are going to remove phragmites on the edge by the woods and restore that to natural high marsh, about 6 acres of that for habitat value,” Akers said. “We will remove the phragmites and replace it with native vegetation and hope the phragmites won’t come back.”

Akers said phragmites outcompetes the native vegetation and makes the habitat less suitable for native birds and insects.

High marsh habitat supports unique plants and animals including the state-endangered saltmarsh sparrow.

Without the habitat being present and in good condition — not invaded by a non-native plant — the species that rely on it are lost and the coastal uplands are far more susceptible to erosion, flooding and other issues from storm surges.

The high marsh acts as a barrier and critical line of defense from storms and wave energy.

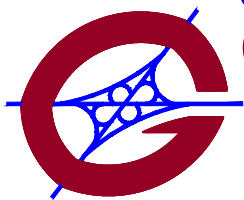
“Our proposal to restore the on-site high marsh habitat with native plants and to eradicate the common reed will increase the quality of the on-site high



*Mussels by the bay.*

*At top, prickly pear cactus on higher ground in Beesley's Point.*





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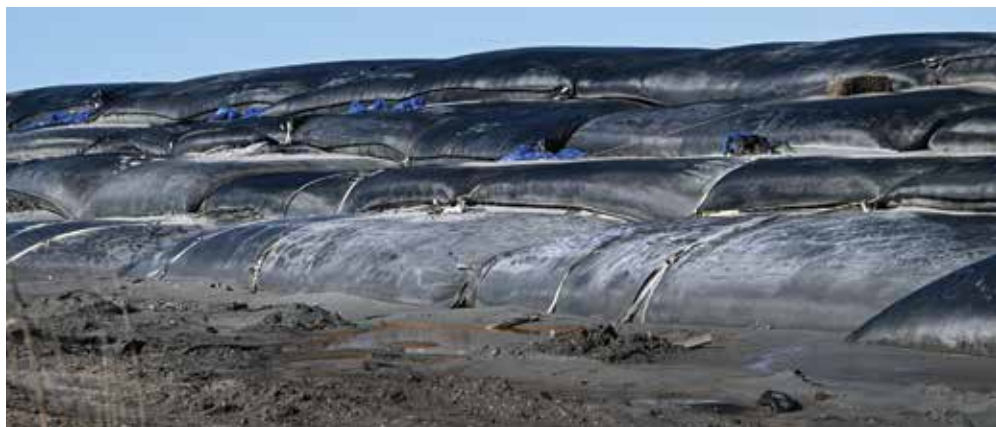
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*Patcong Creek dredge materials stored in eco-bags on the former B.L. England site.*

marsh habitat. We hope future phases of this project will involve increasing the acreage of high marsh habitat on-site to add the benefits to both humans and wildlife,” Kreutz said.

Akers said the site is interesting because it includes saltwater wetlands and tidal wetlands next to freshwater wetlands, all of which limit what can be built

and where on the property but also provides a wealth of natural environments.

“The goal here was to build, in addition to whatever is going to be on the property, this incredible opportunity for legacy environmental restoration and the commitment to maintain it,” Wilson said. “We are very, very serious about it. That’s part of the giveback to the community.”

Kreutz, who is a naturalist and will be bringing his knowledge of that field to bear on the project, focusing on the return of native species, said the property includes so much potential.

“You have acres and acres and acres that will be available for trails,” Kreutz said, noting he counted between 50 and 60 warblers on the train tracks a few weeks back.

“That kind of expedition of birds is going to bring people from Philly and all over the tri-state area,” he said. “Our job is to create access points for the visitors into the environment. We want to get trails into the wetlands. We want to get trails into the woods and we want to open up all that environment and learning for visitors and school kids as well.”

Wilson said most people would look at the sensitive environments as a huge negative, but after exploring the site the team decided there was a huge opportunity to do something special.

“We would never have gone after a site



*After removing a sailboat from the former B.L. England site, volunteers also carted off other debris.*



with so many hurdles and challenges in the past. This was a decision based on the special aspects of this location, of this community, of this entire part of the state,” he said.

Remediation so far has involved implosion and removal of the cooling tower in September 2022, removal of the boiler units in April 2023 and implosion of the iconic smokestack in October that same year.

“This is going to be something the local folks are going to be able to enjoy forever. That’s the goal here is to create a surrounding aspect of this site that is unmatched anywhere else in the state,” Wilson said.

The BPDG has worked with numerous groups including local schools and regional universities.

“Temple and Rutgers and Stockton are all drooling over the opportunities here,” Wilson said.

They also have worked cooperatively with the state Department of Transportation by taking dredge materials from



Patcong Creek.

Kreutz said the DOT had the creek dredged and the material hydraulically shot into eco-bags now stacked up on the site for dewatering. Once that is com-

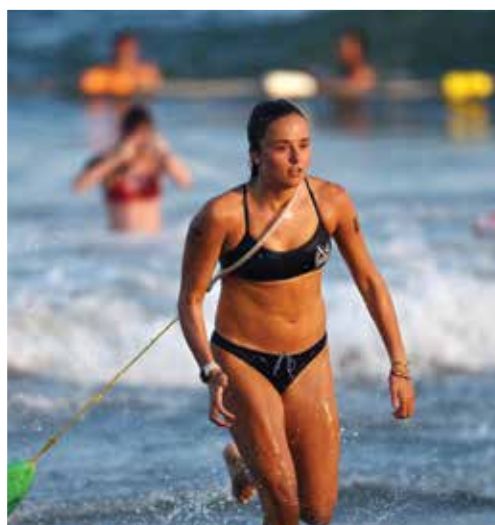
plete, it will be used to fill in some of the eroded and low-lying areas.

“We don’t talk the big game, we walk the big game,” Wilson said.



*Chris Wilson, left, and Dave Kreutz of the Beesley’s Point Development Group, chatting at the former B.L. England site by the bay.*





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**David Nahan** Upper Township Sentinel





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# ACTION SUPPLY

## Continuing a business legacy in Upper Township

SEAVILLE — Tom Tower saw the potential of what could be when he came to Upper Township in 1984 and started Action Supply at the quarry off Stagecoach Road. What his son saw was his father's incredible work ethic, watching him grow Action Supply into multiple businesses helping homeowners to major contractors.

"He scratched and clawed and fought for his dream and his dream was the ready-mixed concrete business," said Tim Tower, now Action Supply's CEO.

He explained that his father and grandfather had been working in landscaping where they lived in Long Island, but Tom Tower found a mentor who taught him about the concrete trade before he found an opportunity in South Jersey.

When he arrived in Upper Township nearly 41 years ago, a stranger from New York getting into the concrete business, Tom Tower was viewed with some suspicion, but over the years built a good reputation in the community.

Not that it came easy. He worked constantly.

When he started the company, he began with one concrete mixer truck and would travel wherever he could find more trucks.

"That's how hard it was in the beginning. We went from one truck to two trucks to four trucks," Tim said. "They'd buy used trucks. They'd find a bunch of trucks in Florida in an ad in the newspaper, go down to see them, make a deal and drive them up I-95. Sometimes they wouldn't even paint them, just put them on the road. That's how



*Action Supply owner  
Debra Tower and her  
son, Tim Tower,  
the CEO.*

Story by **DAVID NAHAN** The Upper Township Sentinel

he built the business."

Action Supply and its related businesses — Atlantic Masonry, Advantage Rentals, Ace Hardware, a commercial real estate and property management side, not to mention a small building company — now employ some 150 people.

Tim, a 2001 Ocean City High School graduate, grew up watching his parents, Tom and Debra, before embarking on his own career at Action Supply.

"I remember all the struggles. You're at the dinner table and your parents are talking about the business," Tim said. Some of that talk revolved around union activity. "The union tried to take them down three times," he said.

Tom fought off attempts to turn the business into a union shop, vowing he'd shut the gates and close Action Supply before letting unions take over. He wanted the flexibility of being a family business.

Union rules, Tim explained, would prevent a concrete mixer driver from hopping into a dump truck on a slow day when there's no concrete to be poured or a dump truck driver going over to help clean up the shop with the mechanics if there was no other work to do.

"There are a lot of benefits of being a family-based company and treating people

right, treating your employees with respect," Tim said. He noted a majority of Action Supply's employees have more than 10 years with the company and some as many as 35.

Tim knew how busy his dad was with the business and why he couldn't watch many of his soccer games, but he was there for the big games when Tim played on two state championship soccer teams at OCHS in the 1999-2000 and 2000-01 school years. (Tim became an assistant coach with the boys soccer team when former teammate and lifelong friend Aaron "Bogy" Bogush-efsky asked him for help in 2010 and then stayed with him since then.)

Tim played soccer for two years in college but knee injuries and homesickness got the better of him and he returned to Upper Township.

He worked his way up through the company before becoming the CEO. With 21 years at Action Supply, Tim started as a laborer, moved up to driver, concrete pump operator, batch guy and general manager before his current role.

Tim got into management around 2016. Tom Tower died Nov. 1, 2020. His wife, Debra Tower, is the owner of Action Supply and its related companies. She and Tim comprise the management team.

(As an aside, according to Tim, Debra





**Thomas and Debra Tower.**

and Tom turned out to be a good fit for each other after they were set up by her uncle for their first unplanned date at a hot dog stand in New York. Tom was already a hard-working man trying to make money by watering plants in high-rise buildings and Debra would go with him. That would be their date, with maybe a bite to eat or a Knicks game afterward. She appreciated his hard work; he appreciated her.)

### **ACTION SUPPLY'S BUSINESS**

"My dad always wanted to be like a one-stop shop, from when you start your project to when you finish it. 'Call for action' is what he used to say," Tim said. Some of the reasons behind the name Action Supply stemmed from when a Rolodex was king of contacts, long before cell phones.

The first card you flipped to was "A," Tim said. "A" would come first in the phone book. When people go to pay their bills, my dad would say, maybe they'll start alphabetically," he said, smiling.

Action Supply offers ready-mix concrete for little to big jobs, from sidewalks, driveways and basements to large commercial buildings. It supplies "aggregate" for construction including crush stone, sand, gravel and recycled concrete.

Action Supply provides concrete block, cement block and foundation block and offers interlocking pavers for driveways, decks, patios and larger projects. It has the largest display of pavers in the county and people can go there to look at the type of aggregate they may want for their projects as well.

There are two concrete plants at the Seaville location and a Class B recycling facility across Stagecoach Road that takes in broken concrete — the type from pulling up old driveways, sidewalks and footing — and crushes it into a product to be used as a base.

Tim explained how a typical job begins.

"We make a product called ready-mixed concrete. A contractor or a homeowner will call us, we'll batch it in a truck and bring it," he said. The first step could be pouring the foundation for a customer, who may then come back and buy block from Action Supply for the foundation walls. The company could then get called back to pour a driveway or sidewalk, and provide pavers.

"The big thing is the customer service part," Tim said. "We never want to take our customers for granted. We have so many different customers. It's great because you get to see them come into the yard to buy supplies or when I'm doing quality control and it's a big job, I'll be out to see the customers."

"I like the position I'm in. I get to interact with a lot of different people — suppliers, employees, customers. There are a lot of people who were hired when my dad was alive. They know the standards and we have all these processes in place that are tried and true and proven."

Tim said his father "wanted to be there to supply the customers with everything they needed from start to finish for the most part." He noted the elder Tower "was a really good, down-to-Earth guy." He was an Eagle Scout and "he proved himself in the community" by quietly supporting causes and projects, including Eagle Scout and other scouting projects.

"He did good stuff for the community because it was the right thing to do," Tower said. "In honor of my dad, we continue to do that too."

He noted some of the best things he hears are people coming up to tell him about the good deeds his father did and how he treated other people.

"My dad taught me the right way," he said, including getting his commercial driver's license, driving a concrete mixer and a dump truck, operating heavy equipment. "He wanted me to know the value of a dollar. He wanted me to learn and work hard. I always took that very seriously."

"It was a point of pride for me. I never wanted to be looked at as the owner's son. I wanted you to like me or not for my work ethic, not my last name."

Coming up through the ranks, from manual laborer to driving trucks, helped him ensure that the people who work for Action Supply have the right equipment and a nice place to work. He and his mother know their employees; they don't treat them like numbers.

Tim said everyone was shook up when his father died because Tom Tower was the patriarch, the one who kept the family together and the business running, but Tim learned from the best.

"He was the hardest-working person I've ever been around and the most relentless," Tim said of his dad, whose lessons he learned and now puts into practice.

"I know he's proud of us. I don't want people to forget him."

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# UPPER TOWNSHIP SENTINEL

## HOMETOWN PEOPLE, BRINGING YOU HOMETOWN NEWS

### UPPER TOWNSHIP SENTINEL



VOL. 9, NO. 49 HOMETOWN PEOPLE BRINGING YOU HOMETOWN NEWS WEDNESDAY, OCTOBER 16, 2019

#### County schools suffering under funding change

##### Some districts forced to cut staff, programs

By ERIC AVEDESIAN Cape May Star and Wave

According to Save Our Schools 2020, New Jersey's largest voluntary organization of parents and public education supporters, New Jersey has underfunded public schools more than in any other state in the nation. In 2018, a bill known as S-2 was signed into law. S-2 called for a "balanced" approach to funding, but it also meant that some districts would have to cut staff and programs.

#### Districts join forces to let Trenton know cuts harm students

By ERIC AVEDESIAN Cape May Star and Wave

Cape May County's school districts are united in a dialogue with political leaders for a possible solution to a funding change that will cut \$27 million in aid over seven years.

Upper Township School District Superintendent Vincent Palmieri Jr. said the district has received out of state lawmakers for two years.

"We're not down with our local legislators, they're very supportive. They're very understanding of the plight of the districts," Palmieri said. "Geographically, we're the farthest from Trenton, we have the least amount of population and representation down here."

Michelle Barbieri, president of the Upper Township Board of Education, echoed the struggles the county faces working toward a political resolution to the state aid in state aid and their deleterious effects.



VOL. 10, NO. 5 HOMETOWN PEOPLE BRINGING YOU HOMETOWN NEWS WEDNESDAY, DECEMBER 11, 2019

#### Tourism expert talks bills affecting business

##### Topics include employee scheduling, contract workers, marijuana and panic buttons

By KRISTEN KELLEHER Sentinel staff

ATLANTIC CITY — A tourism expert spoke about legislation affecting employee scheduling, panic buttons for hotel employees and a possible referendum for recreational marijuana use during the New Jersey Conference on Tourism last week.

Joseph Simonetti, executive director of the New Jersey Conference on Tourism, addressed participants during the conference.

#### Upper Township celebrates Applefest

By KRISTEN KELLEHER Sentinel staff

PETERSBURG — Seventh-grade students are growing tomatoes, cucumbers and pumpkins through an aquaponic system in their classroom.

Students in Robyn LaTore's STEAM classes are growing tomatoes, cucumbers and pumpkins through an aquaponic system in their classroom.

Students in Robyn LaTore's STEAM classes are growing tomatoes, cucumbers and pumpkins through an aquaponic system in their classroom.

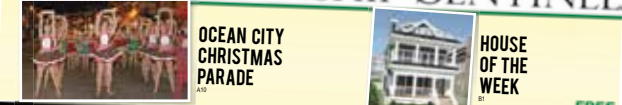
#### Local advocates not giving up on Exit 20 interchange

By BILL BARLOW Sentinel staff

SEAVILLE — Blanche Adams wants to keep up the fight for a full interchange at Exit 20 of the Garden State Parkway.

Blanche Adams, a longtime member of the Upper Township Business Association, said residents and officials must continue to advocate for the project, which she argues will improve safety and economic development in the Seaville section of the township.

### UPPER TOWNSHIP SENTINEL



VOL. 10, NO. 5 HOMETOWN PEOPLE BRINGING YOU HOMETOWN NEWS WEDNESDAY, DECEMBER 11, 2019

#### Upper Middle students growing vegetables, fish with aquaponics

By KRISTEN KELLEHER Sentinel staff

PETERSBURG — Seventh-grade students are growing tomatoes, cucumbers and pumpkins through an aquaponic system in their classroom.

Students in Robyn LaTore's STEAM classes are growing tomatoes, cucumbers and pumpkins through an aquaponic system in their classroom.

#### Upper approves lot donation for Habitat Homes

By BILL BARLOW Sentinel staff

UPPER TOWNSHIP — Upper Township Committee unanimously approved an ordinance donating two wooded lots to Habitat for Humanity.

There was no discussion before the decision at the Township Committee meeting Monday, Dec. 9, which was also the required public hearing on the ordinance.

At the last Township Committee meeting, Pacific Avenue resident Joseph Fenton, did address concerns about the plans even further away from his property.

#### Roosevelt Boulevard work boosting gas to Ocean City

By ERIC AVEDESIAN Sentinel staff

UPPER TOWNSHIP — A South Jersey Gas project to increase Ocean City's capacity for gas service is making shape along Roosevelt Boulevard.

The contractor is reconfiguring a gas main along Roosevelt Boulevard to allow for a gas main to be installed along the boulevard.

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# Thrift stores help VIM cover costs of free clinic in Cape May County

## Second second-hand store at Cedar Square in Seaville

Photos and Story by **CRAIG D. SCHENCK** The Upper Township Sentinel

Volunteers in Medicine (VIM) has been operating its volunteer-based free clinic for the uninsured and underserved in Cape May Court House for more than 20 years.

While all of the doctors and nurses, as well as most of the administration and thrift store staff, are volunteers and Cooper University Hospital Cape Regional owns the building, there remain a large expense to treating patients.

VIM counts on community partners such as the Cape May County Department of Health, Cooper University Hospital Cape Regional, the New Jersey Commission for the Blind, Reef Family Pharmacy and Lab Corp. for help, but care costs remain.

That's where the 501(c)3 organization's thrift stores enter the picture.

"The two thrift stores combined cover

two-thirds of clinic expenses," VIM Executive Director Jackie Meiluta said.

She said their first thrift store opened about 10 years ago in Grapevine Shopping Center at 7 N. Wildwood Blvd. in Cape May Court House.

"Our board thought it was a smart way to have a reliable source of income," Meiluta said.

The Cape May Court House location was so successful that they opened a satellite clinic in Egg Harbor Township, Atlantic County, and a second thrift store to support it. When the lease was up, they decided to refocus on Cape May County and opened the newest thrift store in October 2024 in the Cedar Square Shopping Center at 2087 Route 9 in Seaville.

Meiluta said everyone benefits from thrift stores.

"Thrift stores are the original way of re-

cycling, and keeping textiles out of landfills is a huge bonus," she said. "They give donors a place to get rid of gently used items and economic shoppers a place to find quality items for less. It's certainly a benefit to the community."

VIM also holds a luncheon each September, when it honors a doctor or nurse, volunteer and community partner of the year.

Store manager Patty Marts has been with VIM since the first thrift store opened in 2014. She then opened the second thrift store off Tilton Road in Egg Harbor Township before moving that operation to Seaville.

Marts said she lived in Upper Township for 15 years and knows the community well.

"It's always been a wonderful community, close-knit and they take care of one another," she said. "They really responded to our needs with wonderful donations."

Marts said thrift stores represent a win all the way around by repurposing clothes that would end up in a landfill, providing the organization with a revenue stream to treat patients and providing items to shoppers at lower prices.

She said textiles take "a ridiculous amount of time" to break down and leech chemicals into the soil from dyes.

Marts said they even have a contract to



*Volunteers in Medicine Thrift Store Manager Patty Marts, right, and Seaville assistant manager Surbhi Pathak, of Somers Point, at the counter.*



pick up what they cannot sell with a company that repurposes the material.

VIM thrift stores carry men's and women's clothing, shoes and accessories such as belt, ties, scarves and handbags, as well as household goods. They do not carry children's items.

"We have only so much space, so we fill it with items that are in demand," she said.

Marts said the Seaville store has been welcomed into the community.

"We love it there; everybody who walks in says they're happy we're here. It was a good move; we feel very welcome," she said.

Marts noted that Seaville Pizza opened at about the same time and The Maple Tree is next door, so there is some foot traffic among the three stores.

Thrifting is not just for those in need anymore, Marts said.

"Everyone loves to go thrift store shopping now, all walks of life, all financial statuses," she said. "The younger kids love it."

She said the experience is a lot different than what people remember from decades past.

"We try to make the shopping experi-



ence good, not like stores years ago that were messy and smelly," Marts said. "They are very organized, neat and clean. We get compliments on that every day. The merchandise is second-hand but you get a good shopping experience. The staff is always very helpful."

Hours are 10 a.m. to 6 p.m. Monday to Saturday and 11 a.m. to 4 p.m. Sundays.

*Volunteers in Medicine Thrift Store Manager Patty Marts, left, and Seaville assistant manager Surbhi Pathak, of Somers Point, straighten up a display.*

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Specialists: Martin Carey, DPM (podiatry); Jong Choi, MD (acupuncture); Salustio DelRe, MD (pulmonology); Gary Feinberg, MD (general surgery); Eliot Kaplan, MD (psychiatry); John Middleton, MD (infectious disease); Lawrence J. Naame, MD (orthopedics); Melind Pandya, MD (nephrology); David Roeltgen, MD (neurology); Greg Speed, LCSW (counseling); Birendra Tandan, MD (urology); Bennet Werner, MD (cardiology).

The clinic is located at 423 North Route 9 in Cape May Court House. Registration and an appointment are required. Visit [vimsj.org](http://vimsj.org) or call (609) 463-2846 or (609) 778-2706 en espanol.





# Chiropractor finds a home back home

## Dr. Mack brings positive energy to practice with mentor

Story by **CRAIG D. SCHENCK** The Upper Township Sentinel

MARMORA — The positive energy, personal relationships and “happiness it brings to people is really rewarding,” Dr. William Mack Jr. said of chiropractic work.

The young Upper Township resident returned home after finishing school in December and joined his mentor, Dr. Gary Mruz, at South Shore Chiropractic in Ocean View.

“It’s a positive environment in our office. We have that special environment where it’s healing and patients feel good when they leave,” said Mack, better known as Billy to others from the Ocean City High School Class of 2018.

The 25-year-old said chiropractors form special bonds with their patients, especially elderly ones who may be taking their only trip outside the home that day to see them.

“You hear a lot of personal stories, become friends with your patients — that’s who you’re seeing most of the week. It could be their main social contact. I love talking and listening — that’s what a lot of health care people are missing,” he said.

Mack, who was salutatorian of his high school class, graduated from Rutgers University with a bachelor’s degree in exercise science in three years, finishing as valedictorian of the School of Environmental and Biological Sciences in 2021.

He then went on to the Palmer College of Chiropractic in Port Orange, Fla., where he again finished with the highest grade point average in December 2024.

“It was a lot of time sacrifice as it went on and putting my head down and just being present during school time to get the work done, then letting my brain relax and separate life from school to stay sane,” Mack said, noting he found surfing, fishing and hunting as his main forms of relieving stress.

Mack’s grandfather and uncle both worked as chiropractors, which first got him thinking about a career in the field. Another connection also helped him along his path.

Mack’s high-achieving history also includes reaching Eagle Scout rank in the Boy Scouts. Mruz was his Scoutmaster and mentored him



*Dr. Gary Mruz, left, and Dr. William Mack Jr., at South Shore Chiropractic.*

through that process, only to do the same years later through chiropractic school.

“I always knew I am science-minded and wanted to do the medical field, and as I got treated for an injury I had it in the back of mind,” Mack said.

In college, Mack had a research lab that was hospital-based, and he quickly learned he preferred a smaller clinic.

“I went that route and have been loving it ever since,” he said.

Mack said he has known Mruz since he was 12 and by the time he was in high school had decided to work toward a chiropractic career.

He said he would work in the office as a CA while home from college and over the summers, and after finishing his degree joined the practice in January.

Mruz offered him help and advice through the years and was happy to welcome Mack into his practice.

“We are in a great position that worked out with both of us to grow the practice,” Mack said.

The practice now has four adjusting rooms and two doctors, and eventually will expand hours to Tuesday afternoons and Fridays.

Mruz has been in practice there for more than 30 years.

Mack said a girlfriend was part of the equation but what most drew him back to the area was its beauty and serenity.

Mack said he now has lived in multiple different areas and that Upper Township and the region became really appealing to him after seeing other places.

“I appreciate how nice our town and South Jersey really is,” he said. “I think we take it for granted.”

Mack said he has had an easy adjustment into his career through the help of Mruz, both during school and now. He said while chiropractic school teaches all of the hands-on techniques, dealing with billing and insurance companies is another education in itself.

“I’m definitely thankful — there’s a ton of tips and tricks in billing that you need to know — to have a mentor that is more than happy to help has been great,” he said.

Mack noted that there are many different styles and techniques, and what he preferred turned out to be the same as what Mruz offers.

“We work really well together,” Mack said, characterizing the style as “family care.”

He is certified in perinatal care, and treats women through pregnancy and the offspring from newborn through elderly years.

“It’s a true family practice. We treat anything and anyone and get a lot of patients from all over,” Mack said.

In addition to his in-office work, he said he also treats a lot of elite athletes such as cross-fitters at different events and works with a workout band company on its advisory board, which includes pro surfers and trainers.

He said he may move into Ocean City before the summer and spend a good amount of time there, but “eventually I will want more space and look back at the mainland.”



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# EMS GETS A NEW CHIEF

## *Brittin credits a higher power*

Story by **CRAIG D. SCHENCK**  
The Upper Township Sentinel

John Brittin is looking to a higher power for guidance after Township Committee appointed him as chief of the Division of Emergency Medical Services in March.

The Division of EMS is responsible for answering calls for medical aid within the 68 square miles of Upper Township. It is staffed around the clock by at least two emergency medical technicians and as many as five in the summer.

Funded by Upper Township taxpayers, it employs nine full-time EMTs and 19 part-time EMTs. It has three ambulances to respond to emergencies.

The Division of EMS shares its quarters with the Upper Township Rescue Squad, a volunteer organization that backs up the Division of EMS when additional ambulances or assets are needed.

"I have been congratulated many times for this achievement and many others within in this field. The most appropriate response that comes to my mind is this — I am but an unworthy servant that has merely done my duty, all with the hopes that God would get the glory," Brittin said. "I wake up every day and ask God to lead me, to equip me with whatever I need to serve others that day. I count on His strength to get me through every problem, His wisdom to help me make sound decisions. He has never let me down, and I have no reason to believe He will start now. The only reason I am where I am is because of God — because of His grace and blessings on my life. My biggest prayer is that I will be a good steward of what He has blessed me with — that includes this department."

Brittin, who will be paid an annual salary of



*Mayor Curtis Corson swears in new EMS Chief John Brittin.*

\$94,000, follows Mellissa Coker, who left the position Jan. 31.

Coker switched to volunteering with the Upper Township Rescue Squad after taking a new paid position with Atlantic Medical Imaging through Cooper University Hospital Cape Regional.

Brittin, 27, has lived in the township for 21 years but has life-long ties to the community, where his parents owned Village Pharmacy at Wayside Village in Marmora since 1998.

"I pretty much grew up in the pharmacy," he said, noting his parents recently sold the pharmacy component of the store and now run Rooted Wellness, a health food/natural products shop with nutritional counseling services. The 2016 graduate of Ocean City High School has one brother, Timothy, 21, who works part time as an EMT for Upper Township.

And he has very few days left as a bachelor, since he is engaged to Joelle with a wedding planned for this month.

Brittin's emergency services experience began in 2015, when he started as a volunteer EMT with the Upper Township Rescue Squad.

"I fell in love with it quickly. I was a dedicated volunteer through my senior year of high school, accepting a top responder award as well as 'EMT of the Year' during my first full

year on the squad in 2016," Brittin said. "EMS started as a hobby to me, developed into a passion and surprisingly evolved into a career."

He was hired as an EMT in 2017 and worked part time while attending Rowan University, then accepted a full-time position in 2020. From there, he was promoted to senior EMT, supervisor then deputy chief. He also was appointed as the 911 coordinator and Right to Know director. He was appointed acting chief on Feb. 1.

"My intention was to go to nursing school after graduating from Rowan in 2020 but I felt God leading me in a different direction. Soon after that, I accepted my first promotion to senior EMT with Upper Township," Brittin said. "From there, I think I was hooked. I loved my job. There's something you can't describe about the ability to serve your own community, the place you have called home for so long. It provides you with a drive like no other."

Brittin earned a bachelor's degree in advertising at Rowan, where he volunteered as an EMT with the university's Emergency Medical Services department. During his time there, he held the position of sergeant for one year and captain (the highest rank obtainable) for two years.



# Tips on eating healthy as prices rise

By CHRISTINE ZELLERS The Upper Township Sentinel

As children, we were reminded “eat your vegetables” but there is really something to that.

Filling half a plate with fruits and vegetables at every meal is a good way to meet heart health goals. Both are packed with fiber, vitamins and minerals and are low in calories. They can be eaten fresh, frozen or canned, but skip the sodium and heavy syrup for nutritional excellence.

Because grocery stores stock produce from around the world seasonally, Americans have access to fresh vegetables and fruit year-round. However, according to the Dietary Guidelines for Americans, 90 percent of those living in the U.S. do not eat the recommended daily allowance for vegetables and 80 percent do not get needed fruit servings.

That shortfall in American diets means there is a gap in valuable nutrients that help prevent cardiovascular-related illness such as high blood pressure and obesity.

Those who are falling short of recommended amounts, like so many Americans, can easily find ways to add more produce to their diets.

As a nutrition educator, I often hear from community members that it is cheaper to eat unhealthy food, which is simply not true. If you believe it's cheaper to eat processed food rather than produce, then it's time for you to add up the difference.

Fresh produce may be more expensive if it is out of season, however that is easily remedied by looking at grocery store circulars for fresh produce on sale or by purchasing frozen or canned.

To compare how fresh, frozen or canned stacked up, the nutritional value is very similar provided you purchase canned products that are low or no sodium and not in heavy syrup.

The price can vary depending on the seasonality of the product and the type, but usually it isn't a big difference if you prefer something fresh over canned or frozen. For example, when comparing green beans, frozen is \$0.08 per ounce, canned is \$0.06 per ounce and fresh is \$0.13 per ounce. As a point of comparison, potato chips are \$0.25 per ounce, reinforcing it's cheaper to eat healthier.

Additionally, those green beans are providing vitamins and minerals we need to stay

healthy, and one ounce of green beans has 9 calories compared to the 152 calories in one ounce of potato chips.

Variety is key for maximizing the benefits of heart-healthy fruits and vegetables. The various colors of produce have key nutrients that contribute to overall health.

Red fruits and vegetables fight heart disease, cancers and prevent infection, while orange and yellow are good for vision, immunity and lower the risk for some cancers.

Green fruits and vegetables promote strong bones, reduce cancer risk and the symptoms of inflammation. Purple and blue are great for memory and aging health while lowering the risk for cancer, and white, brown and tan help to lower cholesterol and cancer risks.

Incorporate a variety of colors when eating fruits and vegetables because they each offer beneficial nutrients for overall health.

Maintaining a healthy diet for chronic disease prevention can be economical even as prices at the food store rise.

Going to the grocery store is always best on a full stomach, as that helps to avoid impulse purchases that cost extra money. When shopping, purchase foods from the perimeter of the store because the aisles at either end and the back contain whole foods that are more nutrient-dense than the foods in the middle aisles. Shopping the outside aisles at the store will promote healthier purchases because the five food groups are located on this outer perimeter.

Compare prices by looking at shelf labels and comparing sizes. Buy the size needed to avoid waste. Check the shelf tag and compare unit pricing to determine the cost of each size. When comparing unit prices, make sure the product uses the same units for comparison.

To find the cost per serving on a product, divide the price by the number of servings on the container, listed at the top of the nutrition facts label.

Planning meals and making a shopping list prior to going to the store can save money at the checkout line and prevent impulse buying. Before leaving for the store, look at the weekly circular and create a list based on what is on sale.

Coupons can save money, too, but make sure it's something that is needed so it's not wasted. Coupons are often for highly pro-

cessed foods that are high in calories and lacks nutrients, so make sure to use coupons wisely.

Purchasing prepared or convenience food may save time but could come with a higher cost. Take time to compare prepared foods like precut vegetables and cut them yourself to save money. When stores have sales on items that do not expire, purchase them and save some for later.

Do not fall into the mindset that processed or fast food is less expensive food. Instead, compare prices and plan ahead to save and stay healthy.

Find creative ways to add vegetables and fruit to your day and soon it will be a healthy habit. Add extra vegetables to soups, or crock pot meals to increase the amount you are eating. Top pizzas with vegetables rather than meats to improve flavor.

Smoothies are a good way to add extra fruits and veggies but when the produce is pureed it does remove some of the fiber that is valuable, whole vegetables and fruits are best.

Add broccoli to a side dish like macaroni and cheese or incorporate spinach or carrots into a sauce to sweeten the sauce and add color. Pre-cut fruits and vegetables or wash whole fruits for a grab and go snack. Top sandwiches, burritos and wraps with vegetables or fruits or add them to eggs in the morning.

When preparing vegetables, add salt only after you taste the dish to reduce sodium amounts or don't add salt at all. Rather, top veggies with a dried or fresh herb for added flavor.

When meal planning, think about what vegetables would go well with the protein you are preparing. Sautéed spinach is delicious with salmon and brown rice for a light, quick and easy dinner.

The great thing about adding produce to your day is you can enjoy personal favorites and reap the benefits of good health all year long

**Christine Zellers, MPP**, Assistant Professor Rutgers Cooperative Extension of Cape May County, Department of Family and Community Health Sciences



# Everybody loves a parade in Strathmere

Photos and Story by **CRAIG D. SCHENCK** The Upper Township Sentinel

STRATHMERE — Amid the sights of patriotic-themed costumes, floats, bicycles, classic cars and fire engines, along with the sounds of wailing sirens and an exuberant crowd, Stratty Mc-Mitchell made its debut July 4 in Strathmere's 2024 Independence Day parade.

The newly hatched mascot of the Strathmere Plover Project, standing 6 feet tall and sporting orange stockings, was the idea of longtime parade organizer Karen Mitchell and created by the relative of an island homeowner.

"It's the Philly Phanatic of plovers," Mitchell said.

The Pollinator Committee of the Strathmere Improvement As-

sociation (SIA), one of the multiple civic groups taking part in the parade, joined forces with the Plover Project for an extensive entry.

The overall theme was the need to preserve and rebuild native habitats to help protect endangered shorebirds and other wildlife.

"Through the generous donation of Karen Mitchell, we were able to have an authentic plover mascot this year," said Deb Rivel, of the Plover Project. "We are trying to bring awareness to endangered species that nest on our beach — piping plovers, least terns, black skimmers and even terrapins."

The groups' combined float took first place in its division.

Rivel said she enjoys the community spirit.

"I love it because it brings everybody together from Strathmere. I have been coming here since I was born and I was actually in the first parade when I was just really tiny."

Asked what year that was, she demurred. "I'm not going to tell you."

Told by a reporter that he had heard at least 46 years, she replied, "That sounds good."

"There were only a handful of us and we started down by the natural area, rode our little bikes with crepe paper in the wheels, and that was the start of the parade and look at it now," she said.

Mitchell said the parade has been held for nearly 50 years.

"It's always been the cornerstone of the year, for sure, and some of these people have been involved for generations," she said.

Run by the 42-member parade committee, the annual event includes multiple divisions to increase participation.

"We have something for everyone. I try to make sure that everyone and anyone can enter," Mitchell said, noting people do not





have to be island residents to enter.

One facet of the parade noted by multiple organizers and attendees is the lack of government involvement. It is run completely by volunteers from the community.

Mitchell said many things needed for the parade are donated.

"We run on a tight budget; there's no commercialism and no campaigning," she said.

Chief judge Barb Durkin, who presides over tiebreakers if needed, said the parade is a community favorite.

"They just love it. It's probably the only way that the whole community sees each other, so that's kind of fun," Durkin said. "We love it. We've been doing this for so long."

Husband Len Durkin called it "small-town America."

"We're from Philadelphia, so you don't get anything like this," he said.

"It just reminds you of going back in time," Barbara added.

Friends Rosemarie Whelan and Rose Rhine agreed with that sentiment.

"It's Norman Rockwell," Whelan said.

"The first time I saw this parade, I had tears in my eyes. It was so down-home," Rhine added.

"The fact that it is community-run and all volunteers, people just want to be in the parade to celebrate the Fourth of July; it's a lot of fun," said Janice Connell, president of the SIA

Jeff Vermeulen of York, Pa., was getting ready for the parade with daughter Ava, 13, in a beach wheelchair decked out in patriotic colors.

"My in-laws are in Sea Isle and parents in Ocean City, so we kind of meet in the middle every year," Vermeulen said, noting it was their eighth time taking part.

"We found it by accident. We were having breakfast the one July Fourth morning at Uncle Bill's and we came out to like a total ruckus, so then we started coming back every year," he said.

Chris Baeckstrom and Tatiana Baeckstrom, who was celebrating her 35th birthday in a sunflower costume, were carrying



the banner for the Pollinator Committee.

Jake Zaun, 3, of Haddon Heights, was keeping the beat for the Strathmere Marching Band.

Anxiously awaiting the parade — and the candy — were cousins Caroline, Isabella and James Haenn with Annie and Lucy Havener.

Denean Schenck of Woolwich Township has been attending the parade for decades. She brought daughter Sienna Schenck, 18, and son John Schenck, 16, back again this year.

"My in-laws used to have a house and we keep coming back for the parade every year," she said, noting her kids have been taking part since they were babies.

"They grew up watching the parade," she said.

Sienna was decked out in red, white and blue on roller skates, flags protruding from her hair.

"A couple of year ago I saw someone skating and I was like, 'Oh, my God. I just got skates. I've got to do it now,'" she said.

Committeeman Curtis Corson said the parade is a great event for Upper Township.

"It's an old hometown, small-town parade. It's an anomaly; all run by volunteers," he said. "It works well because probably government's not involved in it."

Corson rode his antique tractor in the parade, hoping for a blue ribbon.

"I don't ever remember it not being here," Corson said. "Everybody can participate, from the Legion Riders to the antiques to the fire companies to the kids to the pets."







# SIGN, SIGN, EVERYWHERE A SIGN

*Business districts in Marmora, Tuckahoe and Seaville give residents and visitors an extensive variety of choices around Upper Township*

Story by **CRAIG D. SCHENCK** Photos by **DAVID NAHAN** Upper Township Sentinel

UPPER TOWNSHIP — From mom-and-pop shops to major chains, medical specialists to real estate professionals and restaurants to retail, the township's three main business districts combined offer everything a person could need.

"The vibrant business community has something to offer everyone right here in the township," said Steve Zellers, president of the Upper Township Business Association.

The district in Marmora, partly on Roosevelt Boulevard but mostly on Route 9 —

known locally as South Shore Road — is perhaps the largest of the three, including such businesses as Burger King, Wawa, Dunkin' and CVS, along with a Cooper University Hospital Cape Regional urgent care center.

The nearby ShopRite Plaza includes the supermarket along with smaller businesses such as Shore Physicians Group offices, Simply Sweet, a rehabilitation center, Italian, Chinese and Mexican restaurants.

To the south down Route 9 is Marmora Hardware. Among the few family-owned

hardware stores still around, it maintains its longtime location close to Bergio Jewelers — perfect for his and hers shopping.

Off Tuckahoe Road is Wayside Village, offering speciality shops such as Yes She Can!, The Flower Company and Aesthetic Reflections skin care, along with longtime mainstay Village Kitchen.

Farther south are Blue Dolphin Sweets and South Shore Plaza, home to LEH Soap Co., Dollard Baker Sew and Vac, Enchanted Tea Treasures and others.

Mavis Discount Tire is right on Route 9 in case of a flat or need for new treads, while across the way is Custard Castle to help handle the hot summer days. Looking for an ATM? Sturdy Savings Bank has several locations.

Also in the area are Marmora Family Dental and Foglio's Flooring Center, along with the 1st Bank of Sea Isle.

The district also stretches East toward the







island of Ocean City along Roosevelt Boulevard, where motorists will find Reich Asset Management, Broadley's Plumbing, Heating and Air Conditioning and Vaughan's Farm & Garden.

Yesterday's Creekside Tavern and Capt. Obadiah's Seafood Market, along with a couple of liquor stores, are popular just outside the dry island to the east of the Garden State Parkway.

Another main business district is the intersection of Routes 9 and 50, close to Garden State Parkway Exit 20 (northbound) in Seaville.

The Cedar Square Shopping Center on Route 9 has a major supermarket in Acme, along with some smaller shops such as Dollar General, The Maple Tree and Bloom Studio, Volunteers in Medicine Thrift and Seaville Pizza. A dog groomer and accountant are on the other side.

Along Route 50 are a CVS pharmacy and The Plaza at Seaville, offering The Tavern liquors, Salon 21, Seaville Cleaners and tattoo shop Inked in Eden.

Longtime popular eatery Dino's Seaville Diner is just across from Seaville Fire & Rescue, likely forming a great partnership over

the years.

Looking for some exercise? Stop by Mfit Gym for a workout and Luna Soul & Bowls for some stretching and a super-charged snack.

In the western part of the township along Route 50 is the third and smallest of the business districts.

Levari's Seafood & American Grill sits prominently at the corner of Tuckahoe Road, with businesses stretching all the way to the border. They include Tuckahoe Ice Creama and Cody's Power Equipment, the Tire Barn and U-Haul.

Farther west are the Tuckahoe Fam-



ily Diner, Tuckahoe Bike Shop, Tuckahoe Cheesecakes and Tuckahoe Vintage Goods, along with another Sturdy Savings Bank and the Langley Loveland Funeral Home.

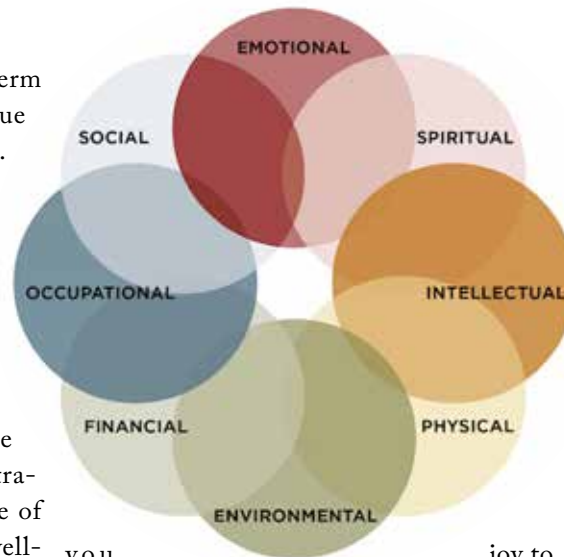
"Goods and services are available for everyone, pretty much from birth to the final years," Zellers said.



# Be Well with the 8 DIMENSIONS OF WELLNESS

Wellness has become a common term that is frequently used, sometimes vague and without a definitive definition. Despite a concrete understanding of what wellness is, people know they want it, because the wellness industry is a \$4 trillion business. People have latched onto the idea of 'wellness' – but what does it mean exactly? According to the model that has been developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), wellness is a balance of 8 dimensions. SAMHSA envisions wellness not as the absence of disease, illness, and stress, but as the presence of a positive purpose in life, satisfying work and play, joyful relationships, a healthy body and living environment, and happiness. There are 8 dimensions of wellness: Emotional, Environmental, Financial, Intellectual, Physical, Occupational, Social, and Spiritual. An important part of well-being is the balance of the 8 dimensions of wellness.

Emotional Wellness includes feelings and emotions, self-care and stress. Emotional health needs to be attended to when things are not quite right but also maintained when things are going well. If you are not feeling well emotionally or mentally it is important to seek medical care just as you would for a physical ailment. Find safe relationships where you can express yourself and when faced with challenges recognize these as opportunities for growth. Know your limitations and learn from mistakes; every situation can be a learning experience to improve outcomes for next time. Take responsibility for your actions and hold yourself accountable to gain respect from others. Prioritize self-care and find calm by meditating or exercising in nature. Take time to do things that bring



you reinforce joy to positive emotional wellness. Create a daily routine to feel in control and plan for obligations by scheduling appropriately, this will reduce stress and allow for better selfcare. Eat meals and snacks without distractions to enjoy the nourishment you are seeking. Use techniques to manage stress like finding calm and quiet or planning more time for self-care. Be aware of stress triggers to help avoid them.

Environmental Wellness includes green living, change of scenery and home and work environment. It can mean the environment itself as well as our personal environment. We can do our part to contribute to living green by doing things like recycling, limiting power and water usage, taking public transportation, sharing rides, walking or biking. Spending time in nature is important for environmental wellness. Take time to enjoy nature regularly and notice the sound of the birds or a cool breeze to calm the mind. Keep home and workspace clutter free and organized for environmental wellness. If decluttering seems unsurmountable, then take time and create small steps to reach the goal.

Financial Wellness means satisfaction in current and future finances, and has

four areas: work, checking and savings accounts, debt and retirement or other accounts. Spend and budget your money creatively. Find work that supports financial wellness and determine how your current work situation impacts your financial wellness. Checking and savings accounts are opportunities to usefully manage, save and spend money. Make sure you are not being charged fees or getting a lower savings rate as you progress through your life and work cycles. Use tools that your bank has for your individual financial goals. Use a spread sheet to hold yourself accountable for spending and savings. Keep track of checking account balances by balancing it regularly so you don't get overcharged. Check your credit card statements regularly to make sure you know what you are paying for and to avoid unnoticed fees. Be aware of what you are spending and be informed about your debt. Try to pay off debt quicker, talk with a professional or attend a class on how to reduce debt. Plan for retirement, if you don't have a plan for saving talk to someone or research how to save for retirement. Some employers, community colleges and Cooperative Extension Offices offer classes about planning for retirement, take classes to help plan.

Intellectual Wellness includes personal interests, education, brain exercise and conversation. Learn something new that you may have interest in, even if it's not for career advancement. Get involved in activities that harness your interest positively and meet your personal needs through inspiration. Teach a class, read something new or take up a new hobby. Be a constant learner for intellectual wellness, take a class in a subject area of interest or participate in professional development to expand your knowledge. Muscles



need movement to be healthy and so does your brain, challenge your mind and stay sharp to prevent memory loss and signs of dementia. It may be as easy as borrowing a book from the library, playing memory games or discussing current affairs to engage your mind. Participate in healthy conversation and debate to stimulate your mind, you may not agree with everyone so it's important to be respectful and remember not everyone has the same opinions.

Occupational Wellness includes work relationships, balance and accomplishment and is sometimes called Professional Wellness. If you are retired or unemployed, find ways to volunteer that make you feel appreciated, respected and motivated and likewise if you are employed. Work relationships can be tricky however they do require that you identify and stick to your values. Communicate well with supervisors and colleagues for respectful relationships. Schedule your free time just like work appointments for good work-life balance. Schedule vacations, breaks and weekends to be work-free, to get much needed rest and to feel refreshed when you return to work. Manage time effectively for productivity, efficiency and organization. Take time to recognize your accomplishments and be proud of yourself.

Physical Wellness includes good nutrition, regular physical activity, quality sleep, avoidance of substances such as alcohol, drugs and tobacco, taking precautions for medication safety and engaging in preventative medicine. Rather than tackling all six areas at once break them into one area at a time. Practice good preventive health by designating and seeing a general practitioner regularly or at very least for an annual check-up. See a doctor to maintain good physical health and prevent chronic diseases like obesity, heart disease, stroke, and cancer. Good nutrition and access to nutritious foods are necessities. If you or your family do not have access to healthy food, seek assistance from a non-profit or government agency. A nutrient dense diet prevents chronic diseases and helps to maintain a healthy weight. Take a few extra min-

utes each week to plan meals, make a list to go to the food store and use coupons and circulars to find the best deals on healthy food. Shop on the outside isles of the store and stick to your list by going to the store when you aren't hungry. Cook and eat meals at home that are low in fat, sodium and sugar. Physical activity and exercise are essential for a healthy body. Make sure to exercise regularly. Adults should exercise for 150-300 minutes weekly at a moderate or vigorous level plus two additional days that include strength training. Choose physical activity or exercise that is fun for you so that you are more likely to do it. Sleep is an important part of physical wellness, and most adults understand the benefits of a good quality night sleep like better productivity and concentration. Seek ways to get quality sleep like going to bed and waking at the same time every day, avoid substances like tobacco, alcohol and drugs and prepare your sleep area and mind for sleep by practicing stress reduction, and turn off electronics before bed for good quality sleep. Substances can interfere with our overall wellbeing and especially our physical wellness if misused. Cut back or quit substances especially if you notice they are impacting your physical health. Seek the help of a professional and use your support system like friends and family when needed. Identify triggers to manage the misuse of substances. For medication safety, talk with your doctor about the best medication for you and potential side effects. Store medication in a safe place and always follow directions for both prescription and over the counter medications. Identify any medical needs you have by wearing medical alert jewelry and make a list of medications you use regularly for doctors' appointments or in the event of an emergency.

Social Wellness includes community, new people and social time. Engage in regular social activities and develop and nurture healthy relationships. Community includes support groups, and connections with friends and family. Connections that are positive and fulfilling are key to our social wellness. Take time to connect with folks by having dinner

or grabbing coffee or even reaching out by phone and catching up. Stay connected with friends and family to create your own social community. Foster new relationships with people who have similar interests, be open to meeting new people and to new ideas to expand your social health. Take time to volunteer for socialization and to feel rewarded too. Set aside quality time for family and friends or to go new places and meet new people. This will help to bolster your social wellness and can improve other dimensions of wellness in a positive way.

Spirituality includes beliefs, involvement and time. Your value system or what matters to you and principals you determine are important make up your belief system. Set beliefs to be positive and to bring fulfillment and self-respect. Expand and nurture your belief system by learning about other people's ideals, beliefs and religion. Find community connections and involvement to deepen your spiritual practice where people share common beliefs, this might be a religious group, or a yoga class or even a hiking or biking group. Take time to reflect each day and think about good things that happen, practice positive reinforcement. Kindness, positive thinking and gratitude support overall wellness.

Wellness is not a quick easy fix but rather a way of life that takes patience and practice, but the benefits are endless. Consider all 8 dimensions and think about where you are feeling great and where you may need improvement. Use small steps in each dimension to feel a positive and balanced sense of wellness and remember that the dimensions are interrelated. Rutgers Cooperative Extension of Cape May County offers classes in all 8 dimensions of wellness that are free to the public, visit our website for more information <https://capemay.njaes.rutgers.edu/fchs/>

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**Christine Zellers, MPP, Assistant Professor** Rutgers Cooperative Extension of Cape May County, Department of Family and Community Health Sciences



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# Ten Villages, One Community

Upper Township covers the northern-most portion of Cape May County, including 62.149 square miles of land and 6.538 square miles of water. It ranks among the top 5 percent of New Jersey communities in land area, yet close to the bottom 10 percent in population density, making it a largely rural area.

Upper Township was formed on April 2, 1723 and was incorporated as one of New Jersey's initial 104 townships on February 21, 1798.

The 2010 census put the population at 12,373, although the most recent estimate from 2015 has it at 12,014. There are 10 villages within the township, including Beesleys Point, Greenfield, Marmora, Marshallville, Palermo, Petersburg, Seaville, Steelmantown, Tuckahoe and Strathmere.

CORBIN  
CITY

Marshallville

Tuckahoe

Steelmantown

Weatherby Rd.

Hands Mill Rd.

49

50

Woodbine Rd.

Mt. Pleasant - Tuckahoe Rd.

Dennisville - Petersburg Rd.

Dehirsch Ave.



# UPPER TOWNSHIP

Est. 1798  
NEW JERSEY

SOMERS  
POINT

ahoe

TUCKAHOE  
WILDLIFE  
MANAGEMENT  
AREA

Beesleys Point

Marmora

Petersburg

Palermo

Greenfield

OCEAN CITY

CAPE MAY  
NATIONAL  
WILDLIFE  
REFUGE

Seaville

Strathmere

Tuckahoe Rd.

Tyler Rd.

Bitter Rd.

Stagecoach Rd.

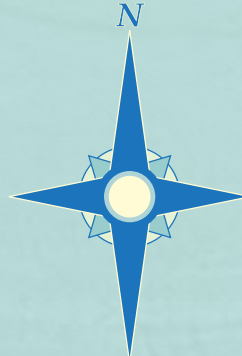
Roosevelt Blvd.

Ocean Drive

Corsons Tavern Rd.

50

9







BOAT  
RAMP



RECREATION  
AREA



BEACH

SOMERS  
POINT

2

3

GREAT EGG HARBOR BAY

1

9

Harding

Walton

North Dr.

South Dr.

Staples Ct.

Beesleys Pl.

Heritage Dr.

Wilkie Blvd.

W. Maple Shade

W. Hollywood

Golden Oak Ln.

N Shore Rd.

Point Pleasant Ave.

Highland Ave.

E. Maple Shade Ln.

E. Hollywood Ln.

E. Golden Oak Ln.

Chelsea Ave.

Vetnor Ave.

Margate Ave.

Seaview Ave.

Lenape Ln.

Teal Ln.

Redwisch Ave.

9

Bayaire Rd.

Hollyberry Ln.

Randolph Blvd.



Business List:

1 Tuckahoe Inn

2 Yoos Expert Tree Service

3 AtlantiCare Cancer Center

Beesleys Point

MARMORA





**FIRE  
DEPT.**

-







RECREATION  
AREA

FIRE  
DEPT.

CHURCH

GREENFIELD

# Seaville

## Business List:

- 1 Engineering Design Associates
- 2 1st Bank of Sea Isle
- 3 Post Net
- 4 Dino's Seaville Diner
- 5 Mft Gym
- 6 Cooper
- 7 Rixon Realty
- 8 TAC Printing
- 9 State Farm/Rob Gleason
- 10 Land and Sea Furniture
- 11 Atlantic Cape Community College
- 13 Harbor Outfitters
- 14 Featheres Nest Gifts & Garden
- 15 Gleeson's Liquors
- 16 SR Tobacco Outlet
- 17 Gibson Associates
- 18 Seaville Pizza
- 19 Corson Electric
- 20 Boulevard Market
- 21 Cape Water Works
- 22 VIM Thrift Store





Business List:  
**1** Action Supply

# Greenfield



# Petersburg

Business List:

- 1 Upper Township Hall
- 2 JC Painting & Powerwashing
- 3 Andy's Countryside Farm Market
- 4 J&M Elite Contractors





BOAT RAMP



BEACH



NATURAL AREA



DOG PARK



RECREATION AREA



FIRE DEPT.



CHURCH

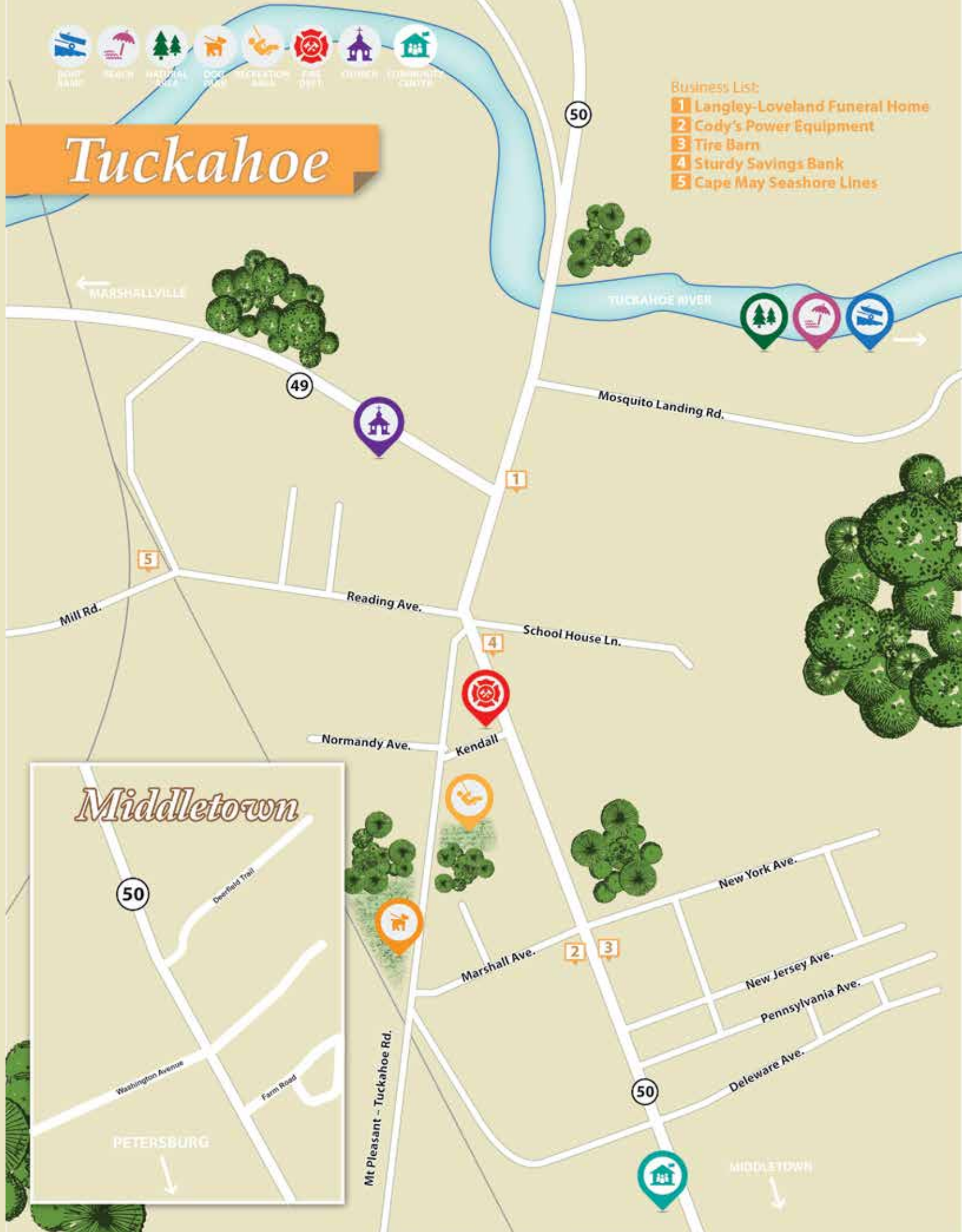


COMMUNITY CENTER

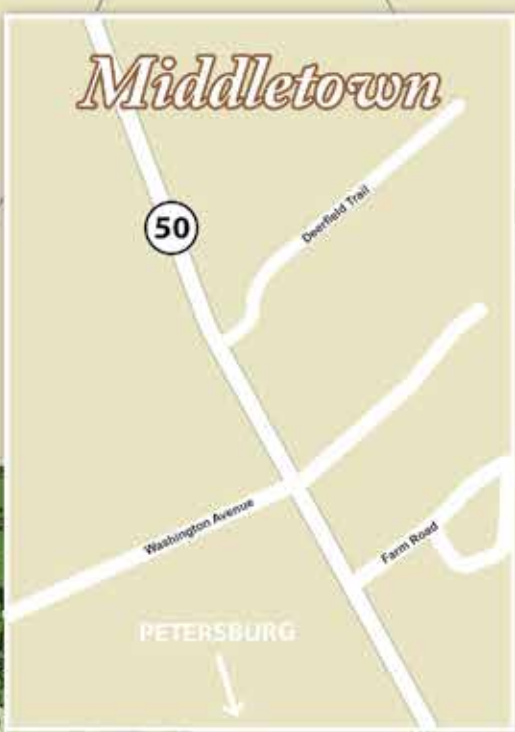
# Tuckahoe

## Business List:

- 1 Langley-Loveland Funeral Home
- 2 Cody's Power Equipment
- 3 Tire Barn
- 4 Sturdy Savings Bank
- 5 Cape May Seashore Lines



## Middletown



PETERSBURG

MIDDLETOWN



Business List:  
1 Creative Financial Group

# Marshallville



# Steelmantown

## Business List:

- 1** Gentilini Motors
- 2** Quality Electric Service
- 3** Surf Dog Bar & Grill
- 4** Keltex
- 5** Panzini's Pizza







BOAT  
RAMP



BEACH



FIRE  
DEPT.



STRATHMERE BAY

Ocean Drive

Seaview

Seacliff

Winthrop

Williams

Willard

Whittier

Webster

Vincent

Tecumseh

Sumner

Sherman

Randolph

Putnam

Otis

Commonwealth Ave.

ATLANTIC OCEAN

Business List:

**1** Deauville Inn

# Strathmere

# NEW MEMBERS OF THE UTBA

## ROOTED WELLNESS

38 Tuckahoe Road in Marmora, NJ

MARMORA – Rooted Wellness is the place to go for nature-centered health and wellness products. The Wayside Village store carries organic produce and groceries, including baking and cooking needs for those hard-to-find gluten-free, dairy-free, non-GMO or allergen-free products.

In addition to the healthiest food, Rooted Wellness has a wide selection of recycled paper products, safe and non-toxic cleaning supplies, natural remedies and so much more. Best of all, it has an in-house functional nutrition counselor to help guide those who are curious or those who are serious about making healthy changes. This counselor can help educate guests on their bodies' changing needs, dietary issues, and positive changes to make.

Rooted Wellness offers free intro classes to help people get started making the targeted lifestyle modifications that work to reach their health goals and live much better.

For more information, visit the website at [rootedwellnessnj.com](http://rootedwellnessnj.com)

## UNIVEST

921 West Ave., Ocean City

OCEAN CITY – Univest is a bank with nearly 150 years of experience helping communities grow. Their team members live and work in the places they serve, adding another layer of expertise to the work of planning for the future. While helping their customers achieve their financial dreams, Univest partners maintain the company's core values of integrity, excellence, and spirituality. Their long-standing tradition of helping their neighbors is built on their focus on relationships and an excellent customer experience throughout. Whether its starting a business, purchasing or renovating a home, saving for retirement, or any goal that you have in mind, Univest is ready to earn your trust as a member of the FDIC and is an Equal Housing, Opportunity, and SBA Preferred lender. They have many ways to help, so check out [univest.net](http://univest.net) to learn more.

## SAS BAMBOO

Online

UPPER TOWNSHIP – Two local besties who became moms at the same time, Natalie and Christina had the brilliant idea to begin creating children's and infant's clothing out of bamboo viscose. They design and manufacture their own line of clothing: baby clothing that is soft, thermo-regulating, and stretchy enough to grow with the baby rather than pull or chafe.

Their shop opened in 2022 and is growing rapidly, as well. Check out their website at [www.sasbamboo.com](http://www.sasbamboo.com) and find hair bows, zippies, onesies, rompers, and every combination of prints and sizing from newborn to 5T. Their holiday prints even come in sizes mom and dad can wear, still made of the same soft natural fiber.

## VOLUNTEERS IN MEDICINE THRIFT SHOP

2087 Route 9, Seaville | Cedar Square|

SEAVILLE – The Volunteers in Medicine Thrift store in Cedar Square shopping center is one of two locations; the first and original is in Cape May Court House, but VIM opened this location after closing the Atlantic County store. This is a charity thrift store, so everything on sale has been donated.

What makes this thrift store different is how well organized it is: everything is clean and sorted with a friendly staff that wants each item to find a new home.

"It's a pleasant shopping experience," says Patty Marts, the store manager, "with a boutique feel and very helpful staff. The local community has been very good to us" with their donations, so this shop always has new reasons to stop by.

VIM helps provide free or reduced health-care to those in need in Cape May County, and the charity shop is now a lively spot in what used to be an empty corner of Cedar Square between the Maple Tree and Seaville Pizza. Open Monday to Friday 10 to 6 and Sundays 11 to 4.

## SIMPLY SWEET

4 Roosevelt Blvd., Marmora

MARMORA – Nostalgia and novelty all in one, this new business (opened in the summer of 2024) is not just a candy and ice cream shop. It carries old-school candies to remind one of childhood; 24 flavors of ice cream; a wall of sodas; three cases of fine chocolate; and a large selection of freeze-dried candy.

Simply Sweet also offers unusual flavors of fudge that owner Joanne Kimmons says is "the creamiest fudge I've ever tasted, not like the traditional boardwalk fudge which can be a little bit waxy, and in a lot more interesting flavors."

The shop will be adding water ice to the list of options, the better to serve the birthday parties, ladies nights, fundraisers, and classes offered.

"There's always something new," Joanne said. "Right now we have strawberry Dubai cups made to order as well as candy to remind you of being a little girl." Sitting right at the intersection of Roosevelt Boulevard and Stagecoach Road in the shopping center near ShopRite, this is one candy palace people will find reasons to come back to again and again.

## STORAGE SENSE

523 Route 9 South, Marmora

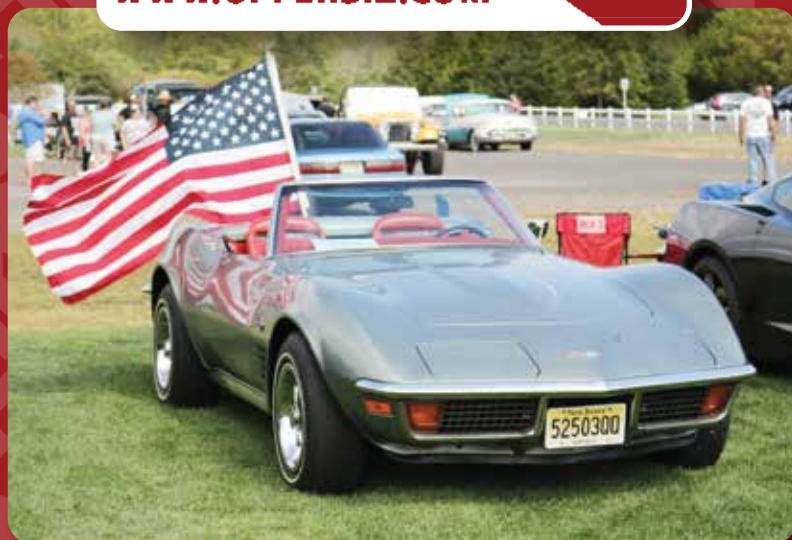
MARMORA – Storage Sense is the massive self-storage company in Marmora, easily recognized by the little yellow house next to the giant gates. Those gates are there for good reason: Storage Sense offers round-the-clock security and management on a property equipped to handle almost any storage need.

Boats, RVs, car parking and storage containment units from the size of an extra closet to an entire new wing of the house: whatever is needed to be stored and protected, for as long as is needed, Storage Sense can keep it safe and out of the way.

Someone is always there and the security is state of the art, so storing a vehicle or sporting goods is safe during the offseason;



*Our events* revolve around advocacy for our business members, business to business networking and community outreach. Here are some things we have done over the past year:



## Membership Benefits

- Business to Business Networking
- Monthly Member Meetings
- Exposure for Your Business
- Educational Seminars
- Discounted Advertising Opportunities
- Website visibility
- Featured Business of the Week
- Annual Community Night
- Business Liaison to Local Officials
- Make new friends & contacts

*If you would like to check out a meeting, please bring this card and be my guest at our next meeting on:*

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

Sponsoring Member: \_\_\_\_\_

Contact Info: \_\_\_\_\_

UpperBiz.com

UpperBiz@gmail.com



**UPPERTOWNSHIP**  
Business Association  
CONNECTING BUSINESS AND COMMUNITY

# APPLICATION

## BUSINESS INFORMATION FOR PUBLISHED LISTING

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

eMail: \_\_\_\_\_

Website: \_\_\_\_\_

Facebook: \_\_\_\_\_

Store Front? Yes or No

## NON-PUBLISHED CONTACT INFORMATION

Contact Name: \_\_\_\_\_

Contact #: \_\_\_\_\_

Email: \_\_\_\_\_

Membership Dues: \$100 per year  
Please make checks payable to:  
Upper Township Business Association  
Mail to:  
PO Box 496  
Marmora, NJ 08223

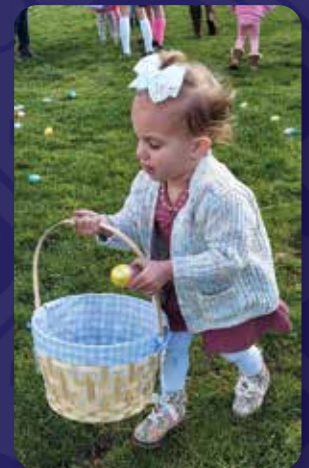
*How would you like to be notified of our events? (Check One)*

Email \_\_\_ Phone \_\_\_ Fax \_\_\_

Sponsor of Upper Twp Farmers Market, Upper Twp Fourth of July celebration and other community events



- Green Business Recognition Program
- Monthly Mixers and quarterly dinner meetings
- Ocean City High School Scholarship
- CharterTech High School Scholarship
- CapeTech Scholarship
- Small Business Saturday and National Small Business Week promotions
- Speakers that bring us tools to grow our businesses
- Grand opening celebrations for our new businesses
- Chat with a Trooper



**UPPERTOWNSHIP**  
Business Association  
CONNECTING BUSINESS AND COMMUNITY



or if renovations are making the home or office untidy, protect everything by storing it properly. Storage Sense offers leasing options and even a little calculator tool to help figure out how much storage is actually needed, which will save time and money in the long run. Check out pricing and options at [storagesense.com](http://storagesense.com).

## **RY-BANDZ HEADBANDS**

Online

While still in college, Upper Township native Ryann McMahon began making headbands for friends. When word of mouth spread, she started working on them full-time. That was 12 years ago, and now Ry-Bandz is a family business run by Ryann and her husband from their home.

They source as much of the fabric, sewing and materials locally as they can, then ship worldwide. They also run up and down the coast of southern New Jersey attending 150 Farmer's Markets and shows a year, sometimes up to six shows a week in the season between May and October. To find out more, check out [rybandz.com](http://rybandz.com).

## **BOULEVARD MARKET**

521 Sea Isle Blvd., Ocean View

OCEAN VIEW – The Boulevard Market is more than just a deli or a restaurant. This popular spot offers a variety of quality products to keep Upper Township moving.

Starting with breakfast, guests can pick up a made-to-order breakfast sandwich with La Colombe coffee or cold-pressed fruit juice. Come back for lunch and there are even more offerings available: salads, sandwiches, wraps, cheesesteaks and more. Want to have a meeting or just get out of the office for a bit? There is indoor and outdoor seating available.

On the way out, customers can pick up essentials from the grocery market, including Dietz and Watson deli meats and cheeses, fresh bread, Severino pasta, fresh produce, and a variety of specialty products. Racing against the clock? Call or order online at [boulevardproducemarket.com](http://boulevardproducemarket.com)

## **ACTIVE SPINE AND JOINT INSTITUTE**

16 Roosevelt Blvd., Marmora

MARMORA – Active Spine and Joint Institute is a health clinic in Marmora first founded by Dr. Robert Oliveri, who still treats patients in the Marmora location even as his idea has spread to other offices in Mt. Laurel, Rio Grande, and Northfield.

Dr. Oliveri is a DC (Doctor of Chiropractic) FACO (Fellow of the Academy of Chiropractic Orthopedists) FACFN (Fellow of the College of Functional Neurology) which are all fancy ways of saying whatever hurts, he'll know why.

Each location relies on a team of health care practitioners from registered nurses to chiropractors and therapists to help patients regain their mobility and live a more active life with less pain. Work injuries, sports injuries, and just plain old aches and pains can all be alleviated with an expert diagnosis, some targeted therapies, and a good maintenance routine.

Take that first step and contact Active Spine and Joint at [activespineandjoint.com](http://activespineandjoint.com) to book a consultation.

## **CUSTARD HUT**

109 Route 50, Ocean View

OCEAN VIEW – A family business with deep roots in the community, the Custard Hut has been a summertime staple for 48 years. Once the Hut opens for the season, locals in the area of Frog Hollow, Marmora, and Palermo plan their calorie-burning walk to the distinctive barn-shaped building on Route 50 with a sweet treat in the middle.

Returning visitors stop by regularly; they kick off the season on their way south or heading north for that final taste of summer on their way back.

Thousands of locals have had their very first job under this arched roof, and quite a few of those former workers bring their kids here after a game at the nearby athletic fields. The Custard Hut serves soft serve, homemade hand-dipped ice cream, water ice, sun-daes, milkshakes, and other special treats.

## **THRIVENT**

341 Dennisville-Petersburg Road

WOODBINE – Thrivent is a financial company with a twist. As explained by Financial Advisor Glen Stewart, "We're kinda quiet – quiet but mighty. We're a full-service financial company that's been in existence for 120 years, but most people have never heard of us. We provide managed accounts, advisement, estate planning, retirement planning – all of it, full service."

Thrivent is a not-for-profit financial company made up of a fraternal membership and all the members are Christian. "Anyone can ask for financial advice or services – you don't have to be Christian for that," Stewart said. "We're a 501C8, a fraternal membership which means no shareholders, we're not making a profit for stockholders. With our all-Christian membership we sponsor generosity programs to give back to the community. Each member is empowered to do good in the community in whatever way they choose."

Contact Stewart at (609) 736-0006.

## **CAPE ELECTRICIANS, LLC**

3 Highland Ave., Marmora

MARMORA – Cape Electricians has been serving Cape May County for more than 20 years. That experience shows when it's time to trouble-shoot a question in a neighbor's home or business before it becomes an even bigger problem.

Cape Electricians are trained and equipped with the knowledge and tools needed to safely and effectively repair, upgrade and complete an electrical job. The company prides itself on having electricians who are friendly, honest and professional. While making decisions about upgrades or responding to an emergency, customers can take comfort from knowing that Cape Electricians practice and follow the National Electric Code, State of New Jersey and local building code standards at all times.

As a small business that supports the local community, Cape Electricians respects all of its customers and business partners. As a service company, Cape Electricians' success is due to the high rates of customer satisfaction, which is their number one priority. The company believes is everything. Call (609) 778-7567.

# UPPER TOWNSHIP BUSSINESS ASSOCIATION

## Business Directory

Businesses listed below are members of the UTBA.  
Visit us at: [www.UpperBiz.com](http://www.UpperBiz.com)

### **1st Bank of Sea Isle**

2072 Shore Road  
Seaville, NJ 08230  
609-624-1000  
[1stbankseaisle.com](http://1stbankseaisle.com)

### **Achristavest Fine Home Builders**

22 Roosevelt Blvd  
Marmora, NJ 08223  
609-568-0937  
[achristavest.com](http://achristavest.com)

### **ACT Engineers, Inc. SBE**

320 S. Shore Road, Suite D  
Marmora, NJ 08223  
(609) 918-0200  
[actengineers.com](http://actengineers.com)

### **Action Supply, Inc.**

1413 Stagecoach Road  
Seaville, NJ 08230  
609-390-0663  
[actionsupplynj.com](http://actionsupplynj.com)

### **Active Spine & Joint**

16 Roosevelt Blvd  
Marmora, NJ 08223  
609-545-2455  
[activespineandjoint.com](http://activespineandjoint.com)

### **Advantage Rental & Sales**

100 Route 50  
Seaville, NJ 08230  
609-390-2345  
[advantageequipmentsales.com](http://advantageequipmentsales.com)

### **Allegra Marketing**

533 Route 9 South, Suite I  
Marmora, NJ 08223  
609-390-1400  
[allegramarketingprint.com](http://allegramarketingprint.com)

### **Andy's Countryside Farm Market**

1400 RT 50  
Petersburg, NJ 08270  
609-579-8927

### **AOH All Irish Martyrs Cape May Division**

609-316-7901  
[allirishmartyrs.org](http://allirishmartyrs.org)

### **Atlantic Cape Community College**

609-463-3619  
[atlantic.edu](http://atlantic.edu)

### **AtlantiCare Physician Group**

2500 English Creek Ave  
Bldg 500  
Egg Harbor Twp, NJ 08234  
609-272-6322  
[atlanticare.org](http://atlanticare.org)

### **Atlantic City Electric**

800-642-3780  
[atlanticcityelectric.com](http://atlanticcityelectric.com)

### **Beach Buddies**

287 South Shore Road  
Marmora, NJ 08223  
609-390-0199  
[beachbuddies.biz](http://beachbuddies.biz)

### **Bergio Jewelers**

41 South Shore Road  
Marmora, NJ 08223  
609-236-8858  
[bergio.com](http://bergio.com)

### **Bonom Accounting Service**

3 Harry's Court, Suite B  
Palermo, NJ 08223  
609-390-8711



# UPPERTOWNSHIP

Business Association  
CONNECTING BUSINESS AND COMMUNITY

### **Boulevard Liquors**

501 Roosevelt Blvd.  
Marmora, NJ 08223  
609-390-1300  
[superliquorsnj.com](http://superliquorsnj.com)

### **Boulevard Market**

521 Sea Isle Blvd  
Ocean View, NJ 08230  
609-827-0340  
[boulevardproducemarket.com](http://boulevardproducemarket.com)

### **Brayces Orthodontics**

28 Roosevelt Blvd  
Marmora, NJ 08223  
609-653-6464  
[brayces.com](http://brayces.com)

### **Briggs Law Office, LLC**

110 Roosevelt Boulevard  
Marmora, NJ 08223  
609-390-9600  
[thebriggslaw.com](http://thebriggslaw.com)

### **Broadley's / MDI**

115 Roosevelt Blvd.  
Marmora, NJ 08223  
609-390-3981  
[broadleyservice.com](http://broadleyservice.com)

### **Cape Electricians LL**

PO Box 61  
Marmora, NJ 08223  
609-778-7567  
[capeelectricians.com](http://capeelectricians.com)

### **Cape May County bizHub**

341 Court House-South Dennis Rd  
Cape May Court Hse., NJ 08210  
609-463-4586  
[cmcbizhub.com](http://cmcbizhub.com)

### **Cape Regional Health Systems**

2087 U.S. 9 #9  
Seaville, NJ 08230  
609-486-5150  
[caperegional.com](http://caperegional.com)

### **Cape Regional Urgent Care**

8 Route 9 South  
Marmora, NJ 08223  
609-465-6364  
[caperegionalurgentcare.com](http://caperegionalurgentcare.com)

### **Cape Water Works**

1071 RT 83  
Clermont, NJ 08270  
609-898-1105  
[capewaterworks.com](http://capewaterworks.com)

### **Car Caress II**

100 Stagecoach Rd.  
Marmora, NJ 08223  
609-390-9147  
[carcaress.com](http://carcaress.com)

### **Cheryl Sayers, CPA PC**

820 S. Shore Rd  
Marmora, NJ 08223  
609-390-0600  
[cwardcpa.com](http://cwardcpa.com)

### **Coastal Mechanical**

349 West Ave  
Ocean City, NJ 08226  
609-399-5346  
[coastalplumbingvac.com](http://coastalplumbingvac.com)

### **Cody's Power Equipment**

2000 NJ-50  
Tuckahoe, NJ 08250  
609-628-9816  
[codyspower.com](http://codyspower.com)

### **Consumer Credit & Budget Counseling**

299 S Shore Rd  
Marmora, NJ 08223  
609-390-9652  
[cc-bc.com](http://cc-bc.com)

### **Creative Financial Group**

351 Marshallville Road  
Marshallville, NJ 08270  
609-425-0878  
[1creative.com](http://1creative.com)

### **Custard Hut**

109 NJ-50  
Seaville, NJ 08230  
609-390-0361

### **Deauville Inn**

201 Willard Road  
Strathmere, NJ 08248  
609-263-2080  
[deauvilleinn.com](http://deauvilleinn.com)



# Business Directory

**Dino's Diner**

31 Route 50  
Seaville, NJ 08230  
609-624-3100  
dinosdiner.com

**Dollard Baker Sew Vac**

232 S. Shore Road  
Marmora, NJ 08223  
609-390-0343  
dbsewvac.com

**Dompierre, LLC**

22 Norwood Road  
Marmora, NJ 08223  
609-390-2223  
dompierrellc.com

**Enchanted  
Tea & Treasure**

232 S. Shore Road #3  
Marmora, NJ 08223  
609-478-3156

**Endicott Reardon  
Family Museum**

3036 S. Shore Road  
Seaville, NJ 08230  
609-624-0600  
ermuseum.com

**Engineer Design  
Associates**

5 Cambridge Drive  
Ocean View, NJ 08230  
609-390-0332  
engineeringdesign.com

**Family Center**

94 Route 50  
Seaville, NJ 08230  
609-425-0330  
familycenterseaville.com

**Feathered Nest Gifts &  
Garden Accents**

3002 Rt9  
Seaville, NJ 08230  
609-408-7355  
featherednestseaville.com

**Fitzpatrick, Bongiovanni  
& Kelly**

293 S. Shore Road  
Marmora, NJ 08223  
609-390-8855  
fbkcpa.com

**Foglio's Flooring Center**

344 S. Shore Road  
Marmora, NJ 08223  
609-390-3876  
foglios.com

**Fresh Look  
Kitchens & Bath**

609-335-5075  
freshlookkitchenandbath.com

**Geiger Promotional  
Products**

609-827-0779  
jdavis@geiger.com

**Gentilini Chevrolet/Ford**

500 John S Penn Blvd  
Woodbine, NJ 08270  
609-861-0100  
gentilinichevrolet.com

**Georgetti Construction Inc.**

828 Stagecoach Rd  
Marmora, NJ 08223  
609-390-2555  
georgetticonstruction.com

**Gleeson's Liquor**

565 Sea Isle Blvd  
Ocean View, NJ 08230  
609-624-9463  
gleesonliquors.com

**Godfrey Funeral Home  
Palermo**

644 S. Shore Road  
Palermo, NJ 08223  
609-390-9699  
godfreyfuneralhome.com

**Goldcoast Sotheby's  
International Realty**

200 34th Street  
Ocean City, NJ 08226  
609-513-2500  
onesothebysrealty.com

**Grace Realty**

904 S. Shore Road  
Marmora, NJ 08223  
609-408-7355  
kathrynmartino.com

**Harbor Outfitters**

3024 US 9 North  
Ocean View, NJ 08230  
609-478-3451  
harboroutfitters.com

**Herald Newspaper**

1508 RT 47  
Rio Grande, NJ 08242  
609-408-4039  
miamiherald.com

**Historical Preservation  
Society of UT**

PO Box 658  
Marmora, NJ 08223  
609-464-0920  
upptwphistory.org

**Johnson's Popcorn**

1360 Boardwalk  
Ocean City, NJ 08226  
609-398-5404  
johnsonspopcorn.com

**Keltex Apparel**

428A Woodbine-Oceanview Road  
Ocean View, NJ 08230  
609-624-3252  
keltexapparel.com

**Knit, Crochet, Repeat**

103 Reading Ave, 1B  
Tuckahoe, NJ 08250  
609-701-0151  
knitcrochetrepeat.com

**Land and Sea Furniture**

3075 Shore Rd  
Ocean View, NJ 08230  
609-478-2165  
landandseafurniture.com

**Langley Loveland  
Funeral Home**

2315 Route 50  
PO Box 79  
Tuckahoe, NJ 08250  
609-628-2222  
langleylovelandfuneralhome.com

**Littleworth Tree Farm**

1957 Tuckahoe Rd  
Woodbine, NJ 08270  
609-628-3346  
littleworthfarm.com

**Ludlam Island Brewery**

2051 Dennisville/Petersburg Rd  
Woodbine, NJ 08230  
609-263-6969  
ludlamisland.com

**Luna Soul & Bowls**

108 Rt50, Units 2&3  
Seaville, NJ 08230  
609-938-4742  
lunasoulandbowls.com

**Mama Mia's**

4 West Roosevelt Blvd  
Marmora, NJ 08223  
609-624-9322  
mamamiasristorantemenu.com

**Marmora Mini Storage**

215 S. Shore Road  
Marmora, NJ 08223  
609-390-3567  
claytonselfstorage.com

**Mary Rann Mary Kay  
Cosmetics**

821 S. Shore Road  
Marmora, NJ 08223  
609-602-6493  
marykay.commrann

**Matt Skversky  
Custom Carpentry**

267-879-1485

**McAllister  
The Service Company**

30 Mays Landing Rd.  
Somers Point, NJ 08244  
800-757-4122

**Mfit Gym**

94 NJ Route 50  
Ocean View, NJ 08230  
609-938-1970  
mfitgym.com

# Business Directory

## **Misty Meadows Sheep Farm**

100 Dennisville Petersburg Rd.  
Woodbine, NJ 08270  
609-442-3066  
mistymeadowssheepdairy.com

## **Mortgage Right**

20 Roosevelt Blvd.  
Marmora, NJ 08223  
610-405-5374  
mortgageright.com

## **Mruz Chiropractic**

1217 US-9  
Palermo, NJ 08230  
609-390-8772  
drgarymruz.com

## **Ocean First Bank**

1001 Asbury Ave  
Ocean City, NJ 08226  
888-623-2633  
oceanfirst.com

## **Ocean Solar**

1317 Franklin Blvd.  
Linwood, NJ 08221  
609-277-4354  
oceansolar.com

## **Penske Truck Rental**

344 S. Shore Road  
Marmora, NJ 08223  
609-478-2248

## **PFS Capital Management, LLC**

1314 Route 9  
PO Box 170  
Ocean View, NJ 08230  
609-390-9050  
pfscapitalmanagement.com

## **Post Net**

12 Route 50  
Seaville, NJ 08230  
609-624-8750  
postnet.com

## **Quality Electric & Power Systems**

412 Washington Ave  
Woodbine, NJ 08270  
609-861-1409  
qualityelectricservice.com

## **Reich Asset Management, LLC**

110 Roosevelt Blvd., Suite 2W  
Marmora, NJ 08223  
609-486-5073  
reichassetmanagement.com

## **Reiki Energy Healing Lauri Greenberg Reiki Master**

609-412-3299

## **Rinse Charming Power Washing**

4 Prosit Lane  
Seaville, NJ 08230  
856-223-4287  
rinsecharm.com

## **Risley Financial Group LLC Allstate**

2251 Route 50  
Tuckahoe, NJ  
609-478-2248  
agents.allstate.com/david-risley

## **Rixon Realty**

71 NJ-50  
Seaville, NJ 08230  
609-390-8821  
rixonrealty.com

## **Rooted Wellness**

38 Tuckahoe Rd  
Marmora, NJ 08223  
609-390-1103  
rootedwellnessnj.com

## **Rotary Club of Ocean City-Upper Township**

PO Box 1187  
Ocean City, NJ 08226  
609-602-6844  
ocutrotary.org

## **Ry-Bandz Headbands**

609-675-1489  
rybandz.com

## **SAS Bamboo**

609-317-6449  
sasbamboo.com

## **Schuler Security Inc.**

133 Sout Shore Rd  
Marmora, NJ 08223  
609-390-1003  
schulersecurity.com

## **Sea The Future Learning Center**

901 South Shore Rd  
Marmora, NJ 08223  
609-224-0347  
seathefuturelearningcenter.net

## **Seashore Lines Railroads**

230 Railroad Avenue  
Tuckahoe, NJ 08270  
609-464-1258  
seashorelines.org

## **Seaville Tavern**

29 New Bridge Rd.  
Seaville, NJ 08230  
609-624-3136  
seavilletavern.com

## **Simply Sweet**

4 Roosevelt blvd  
Marmora, NJ 08223  
609-938-1111  
simplysweetcandystore.com

## **South Jersey Water Conditioning**

104 Route 50  
Seaville, NJ 08230  
609-390-2022  
southjerseywater.com

## **State Farm Rob Gleason Insurance Agency Inc.**

1602 Route 47, Unit C  
Rio Grande, NJ 08242  
609-886-2004  
robgleason.com

## **Stone Harbor Fence**

39 Stoney Ct. Unit D  
Ocean view, NJ 08230  
609-425-2885  
stoneharborfence.com

## **Storage Sense**

1244 US 9  
Marmora NJ 08230  
609-263-8000  
storagesense.com

## **Strathmere Improvement Association**

PO Box 4, Strathmere, NJ 08248  
610-416-1076  
Strathmereimprovementassociation.org

## **Stratty Paddle**

100 Taylor Ave  
Whale Creek Marina  
Strathmere, NJ 08248  
609-425-5274  
strattypaddle.com

## **Sturdy Savings Bank**

46 South Shore Rd  
Marmora, NJ 08223  
609-628-2662  
sturdyonline.com

## **Surf Dog Bar & Grill**

1563 Dehirsch Ave  
Woodbine, NJ 08224  
609-427-6011  
surfdogbarandgrill.com

## **Swim Again Pools and Spas**

215 S. Shore Road  
Marmora, NJ 08223  
609-390-8869  
swimagainpoolsandspas.com

## **TAC Printing & Marketing Services**

69A Rt. 50  
Seaville, NJ 08230  
609-390-2411  
TACprinting.com

## **The Bailey Grind**

3016 Shore Rd  
Ocean View, NJ 08230  
609-624-7555  
thebaileygrind.wixsite.com

## **The Flower Company**

48 Tuckahoe Rd  
Wayside Village  
Marmora, NJ 08223  
609-379-3446  
theflowercompany.net



# Business Directory

## **The Shores**

2201 Bay Ave  
Ocean City, NJ 08226  
609-399-8505  
umcommunities.org

## **Thomas Heist Insurance**

4 W. Roosevelt Blvd.  
Unit 7  
Marmora, NJ 08223  
609-399-0655  
heistinsurance.com

## **Thrivent**

341 Dennisville Petersburg Rd  
Woodbine, NJ 08270  
609-736-0006  
connect.thrivent.com/glen-stewart

## **Tuckahoe Inn**

1 Harbor Road  
Beesley's Point, NJ 08223  
609-390-3322  
tuckahoeinn.com

## **Univest**

921 West Ave  
Ocean City, NJ 08226  
609-399-5500  
univest.net

## **Upper Township Democratic Club**

PO Box 13  
Marmora, NJ 08223  
609-335-2270  
cmcdems.com

## **Upper Township Rescue Squad**

2028 Tuckahoe Road  
Petersburg, NJ 08270  
609-628-2476  
upperrescue.com

## **Upper Township Sentinel**

PO Box 238  
Ocean City, NJ 08226  
609-231-6726  
ocsentinel.com

## **Village Antiques LLC**

54 Tuckahoe Rd  
Marmora, NJ 08223  
609-385-8363

## **Village Kitchen**

46 Tuckahoe Road  
Marmora, NJ 08223  
609-390-1174

## **Volunteers in Medicine Thrift Store**

2087 Route 9  
Seaville, NJ 08230  
609-277-7075  
vimsj.org

## **We Shell Travel**

Kathy Peasheck  
609-602-4800  
Kathy@weshelltravel.com

## **Yes She Can!**

50 Tuckahoe Rd  
Wayside Village  
Marmora, NJ 08223  
609-478-3266  
yesshecannj.com

## **Yoos Tree Service**

125 Bevis Mill Rd  
Egg Harbor Twp, NJ 08234  
609-927-7185  
yoostreeservice.com





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