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2025 Jersey Shore Fireworks Schedule

~ WEEKLY FIREWORKS SHOWS ~

Wildwood Boardwalk Fireworks

When: Every Friday, June 27 – August 29 | 10:00 PM
Where: Pine Avenue Beach & Boardwalk

Atlantic City – Tropicana Fireworks Series

When: Saturdays (select dates: June 28, July 12, July 26, August 9, August 23) | 10:00 PM
Where: Beachfront near Tropicana Casino

~ FOURTH OF JULY & SPECIAL HOLIDAY SHOWS ~

Atlantic City North Beach Fireworks

When: July 4 | Dusk
Where: North Beach Boardwalk

Tropicana Atlantic City Fireworks

When: July 4 | 10:00 PM
Where: Beachfront

Ocean City Fireworks

When: July 4 | 9:00 PM
Where: Music Pier area

Wildwood 4th of July Fireworks

When: July 4 | 10:00 PM
Where: Pine Avenue Beach & Boardwalk

Sea Isle City Fireworks

When: July 4 | 9:15 PM
Where: 50th Street Beach

Cape May City Fireworks

When: July 4 | ~9:30 PM
Where: Congress Hall Beach

Lower Township Bayside Fireworks

When: July 3 | 9:00 PM
Where: Bayside beaches of North Cape May & Villas

Brigantine Fireworks

When: July 4 | Dusk
Where: 16th Street Beach

FIREWORKS CRUISE OPTIONS

Cape May–Lewes Ferry Fireworks Cruise

When: July 4 and select Wildwood Fridays
Where: Departing Cape May terminal; view displays from the bay

TIPS FOR VIEWING

- Arrive early for the best beach or boardwalk spots
- Bring chairs, blankets, and essentials like water and snacks
- Check local websites or social media for updates in case of postponement
- Consider public transportation or ride-shares to avoid parking hassles

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Jersey Cape & Atlantic County Magazines' 2025 Summer Coloring Contest

How does the contest work? All entries must be received by Wed, July 30, 2025. One entry per child.

To enter, take a picture of your child holding up their completed coloring page and email it to atlanticcountymagazine@comcast.net with the subject "Coloring Contest." Be sure to include child's name, age and their favorite things about summer at the Jersey Shore. **Are there prizes?**

Yes! The winner will be featured in Atlantic County Magazine as "Child of the Week" with their art!

GO

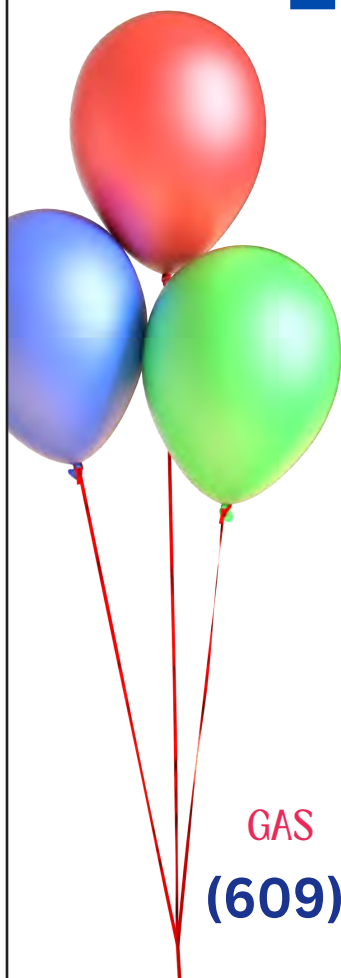
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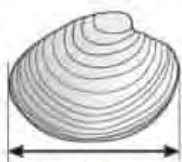
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Hard Clam

1.5 inches

Recreational Limit = 150 clams

No harvest on Sunday

Shellfish license required



Summer Flounder (Fluke)

All marine waters except those noted below:

3 fish at 18 inches

Delaware Bay & Tributaries:

3 fish at 17 inches

Island Beach State Park:

2 fish at 16 inches

Open Season: May 4 – Sept 25



Weakfish

1 fish at 13 inches

Open Season: Jan 1 – Dec 31



Black Sea Bass

10 fish at 12.5 inches May 17 – June 19

1 fish at 12.5 inches July 1 – Aug 31

10 fish at 12.5 inches Oct 1 – Oct 31

15 fish at 12.5 inches Nov 1 – Dec 31



Bluefish

Private/Shore Angler – 3 fish

For-Hire Vessel – 5 fish

Open Season: Jan 1 – Dec 31

ATTENTION ANGLERS

2025 NJ Recreational Size Limits, Possession Limits and Seasons

*Fish are measured from tip of snout to tip of tail (except Black Sea Bass and Sharks).

*Cleaning or filleting of fish with a minimum size limit while at sea is prohibited.



Striped Bass or Hybrid Striped Bass

1 fish at 28 inches to 31 inches

See Marine Digest for Striped Bass Bonus Program, circle hook requirements and gaff prohibition.

Delaware River & Tributaries Calhoun St Bridge,

Trenton to Salem River & Tributaries:

Open Mar 1 – Mar 31 and June 1 – Dec 31

Atlantic Ocean:

0-3 miles from shore, no closed season

Greater than 3 miles from shore, closed

All Other Marine Waters:

Open Mar 1 – Dec 31

PROHIBITED SPECIES

See the Marine Digest or

njfishandwildlife.com for a complete list!

Other Species	Possession Limit/Season	Total Length
American Eel	25	9"
Black Drum	3	16"
Cobia	2 per vessel	43"
Cod	5 fish: Jan 1 - May 31 & Sept 1 - Dec 31	23"
Haddock	No Limit	18"
King Mackerel	3	23"
Pollock	No Limit	19"
Red Drum	1	18" to less than 27"
River Herring	CLOSED	N/A
Scup (Porgy)	30 fish: Jan 1 - June 30 & Sept 1 - Dec 31	10"
Shad	6 combined	No Limit
*No more than 2 American shad in Del Bay, River & Tributaries		
*Zero American shad in all other waters		
Spanish Mackerel	10	14"
American Lobster	6	3 3/8" to 5 1/4" carapace length
*LMA 4 Open Season: Jan 1 - Apr 29 & June 1 - Dec 31		
*LMA 5 Open Season: Jan 1 - Jan 31 & Apr 1 - Dec 31		
Jonah Crab	50	4 3/4" carapace width



Tautog

15 inches

4 fish Jan 1 – Feb 28

4 fish Apr 1 – Apr 30

1 fish Aug 1 – Nov 15

5 fish Nov 16 – Dec 31



Winter Flounder

2 fish at 12 inches

Open Season: Mar 1 – Dec 31



Shark

1 fish per vessel

See NMFS for size, season and gear restrictions



Blue Crab

(measured point to point)

Peeler or Shedder – 3 inches

Soft – 3 1/2 inches

Hard – 4 1/2 inches

Recreational Limit = One Bushel

Crab Pot/Trot Line Seasons

Delaware Bay & Tributaries:

Apr 6 – Dec 4

All Other Waters:

Mar 15 – Nov 30

Register before fishing! It's free, easy, and required. SaltwaterRegistry.nj.gov



For a full list of saltwater regulations, scan the QR code.



This publication is a summary of the New Jersey recreational fishing regulations at the time of publication. It is not the full law.

Flounder, weakfish, black sea bass, bluefish, tautog and striped bass: ASMFC Fish Illustrations © <https://drawnbydrawn.com/>

March 2025



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Rio Grande Avenue Beach. The New Jersey Jeep Invasion is the largest gathering of Jeeps in the Northeast with over 2000 Jeeps in attendance, and over 100 of the top vendors in the industry. All Jeeps and vendors are parked on the beach for this three day event, which even includes a beach obstacle course. The event is family friendly and has become a yearly vacation for many of our participants and vendors! All Jeeps must be pre-registered to park on the beach, there is no day-of registration, however spectator admission is FREE! 9am-5pm Friday & Saturday. 9am-1pm Sunday. Info at NJJP Invasion.com



WHAT TO DO ON A CLOUDY DAY

Cloudy Day? Don't Fret! Have a Day You'll Never Forget.

People come to the Jersey Shore mainly to frolic in the Atlantic and catch some rays on the beach. Sometimes, Mother Nature doesn't cooperate and gives us gloomy days. However, the Jersey Shore is full of great things to do with your family even when the skies are overcast. For some ideas, here's a sampling of a few things that cost a few dollars but offer your family unique fun and lasting memories.

The area is full of great miniature golf courses, each one offering its own special features. Island Miniature Golf at 4501 New Jersey Ave. in Wildwood is one of area's newest miniature golf courses and has been voted "best on the island" and was recently a finalist for Best Miniature Golf Course in South Jersey by the AC Press. Island Miniature Golf also invites all military, veterans, police and fire personnel to play for FREE!!

Island Miniature Golf would like to show their true appreciation to those who heroically serve and protect us! We recognize your dedication and would like to honor you by giving you a FREE round of Golf!! Thank you for your service!

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An 85 minute trip across the Delaware Bay is an enjoyable adventure. Whether you are crossing the Delaware for a fun day trip, or as part of a long-distance trip on the Cape May-Lewes Ferry, your journey is sure to be a memorable one. Enjoy historic lighthouses, picturesque harbors, ocean-going vessels, unique seabirds and, just maybe, your very own dolphin escort!! There are many ships that offer great fun on the water. The Silver Bullet in Wildwood and the Cape May Whale Watcher and the Cape May Whale Watch and Research Center offer you a trip on the water with a chance to view whales and dolphins.

Cloudy days at the shore are a great way to try your hand at "thrifting". Cape May and Atlantic Counties are full of thrift stores that offer great products and discounted prices. You can start your day in Cape May checking out the great antique shops all over town. Head off the island to Et Cetera Thrift at 3845 Bayshore Road in North Cape May, and then just make a short trip to the Veterans and Patriots of Cape May County Thrift Store at Bayshore and Breakwater Roads. Head up to Villas, and you will find Luv Thrift, The Art Depot and St. Barnabas Thrift. In Wildwood, there are numerous thrifts you can browse. Check out Cheap Charlie's at 4724 Pacific Ave. for a great selection of clothing, housewares, and much more. Jump on to Route 9 after leaving Wildwood and your day of thrifting can continue with a visit to Volunteers in Medicine Thrift Store in the Grapevine Plaza at 7 North Wildwood Blvd., and Et Cetera's second location in the Acme Shopping Center in Cape May Court House. Continue North on Route 9 and you will pass various antique and collectible shops along the way. In Seaville, you will find the second location of Volunteers in Medicine Thrift Store in the Cedar Square Shopping Center. See the map on page 16 for some help with your day of thrifting.

Going to Cape May is a great way to spend a cloudy day. Here you will find the Emlen Physick Estate, a Victorian house museum located at 1048 Washington Street. The 18-room mansion, attributed to acclaimed American architect Frank Furness, was built in 1879 for Dr. Emlen Physick Jr. (1855-1916), descendant of a well-known Philadelphia family, his widowed mother, Mrs. Ralston, and maiden Aunt Emille. The mansion is closely related to Furness's Knowlton Mansion in Northeast Philadelphia.

A favorite among locals and visitors is the Naval Air Station Wildwood (NASW) Aviation Museum, a non-profit museum located in the Cape May Airport just off of Breakwater Road in Lower Township, inside hangar #1. Commissioned in April 1943, NASW served as an active dive bomber squadron training facility during World War 2. Today, hangar #1 has been restored and transformed into an Aviation Museum that houses a number of aircraft, engines, special exhibits, and educational interactive displays. The museum invites visitors to explore aviation, New Jersey, military and WW2 history through "hands-on", fun and educational activities for the entire family! Bring the kids and travel back in time to this 92,000 square foot sampling of the 1940s (and don't forget your camera!) On display at the Aviation Museum all summer is the Longest Yarn, a three dimensional wool tapestry, knitted and crocheted by hundreds of volunteers worldwide. The Longest Yarn honors "The Greatest Generation" and represents the 80 years since D-Day and the 80 days it took for the Allies to liberate Paris. Each scene has been selected by the creator to depict the story of this momentous day in history.

South Jersey is full of great wineries and breweries which make for a great way to spend a cloudy day. They offer indoor and outdoor seating, plus the breweries offer alcohol-free sodas for a kid-friendly environment. You can drop in to the Cape May Brewery at the Cape May Airport after checking out the Aviation Museum, or visit Anglesea Aleworks at 3401 New Jersey Ave. in Wildwood (the Sea Pig is Awesome!!) Whatever you choose to do, and no matter what the weather, please enjoy and make it a great day! Thanks for reading!

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SEA ISLE CITY

Tuesdays, 8am–12pm, June 20–August 29
Excursion Park - JFK & Pleasure Ave
seaislechamber.com/farmers-market

WEST CAPE MAY

Tuesdays, 3-7:30pm, June 24–August 26
Backyard Park - 732 Broadway (Behind the Firehouse)
westcapemay.us/community/community-events.html

OCEAN CITY

Wednesdays, 8am–12pm, June 18–September 3
Tabernacle Grounds - 6th & Asbury
oceancityvacation.com

WEST CAPE MAY

Fridays, 5-8pm, June 20–August 22
Rea's Farm - 400 Stevens St
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Saturdays, 8am-12:30pm, May 27–September 2
Byrne Plaza - 3400 Pacific Ave
DOOWW.com

STONE HARBOR

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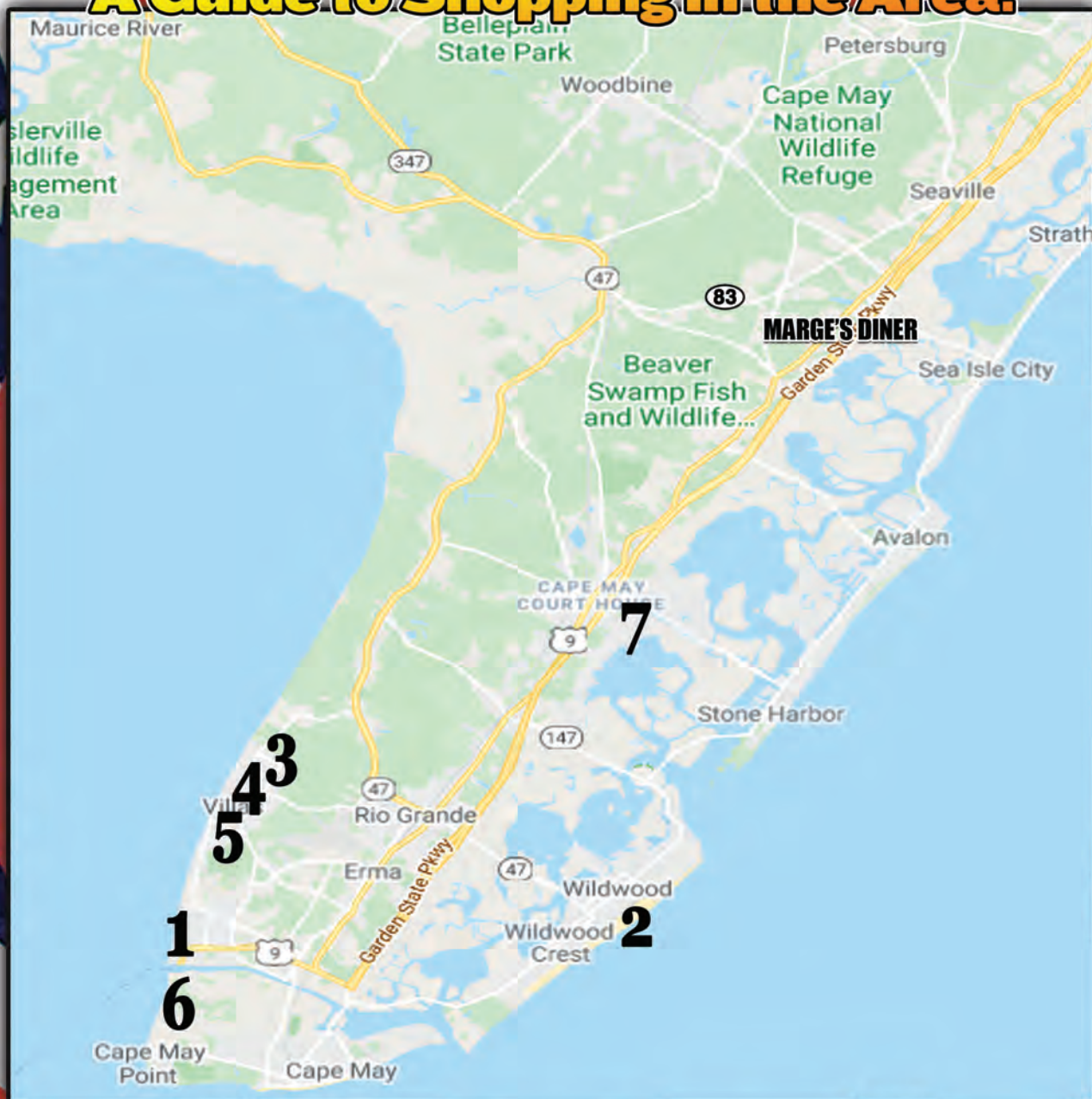
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A Guide to Shopping in the Area!



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**2. CHEAP CHARLIE'S
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**3. ART DEPOT
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**4. LUV THRIFT STORE
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**5. STOP & SWAP
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**6. ETCETERA SHOP
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**7. ETCETERA SHOP
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SAT: 10AM-2PM**



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Hidden Trails: Easy Nature Walks Near the Shore

When you've had your fill of boardwalk crowds and beach towels, the Jersey Shore offers a quieter kind of beauty—just a short detour inland. These low-key nature trails and walking paths in Atlantic and Cape May Counties provide shady escapes, birdwatching opportunities, and peaceful scenery. Best of all? No hiking boots required.

Cape May Point State Park (Cape May Point) - This scenic park isn't just home to the iconic lighthouse—it also features flat, well-maintained trails through wetlands, meadows, and maritime forest. Multiple loops provide views of ponds, dunes, and bird-filled marshes, with interpretive signs along the way. It's a favorite among birders and photographers.

Trail Highlight: The Red Trail is under a mile and leads to a wildlife observation platform overlooking ponds and dunes.

Garrett Family Preserve (Cape May) - Managed by The Nature Conservancy, this 180-acre preserve near the Cape May Canal is known for its wide gravel paths, wildflowers, and butterfly activity. The trails are flat and easy, making them perfect for a casual stroll or a family outing.

Trail Highlight: The Meadow Loop is a 1.5-mile circle with wildflower fields, bird boxes, and canal views.

Cape May National Wildlife Refuge (Middle Township / Wildwood Crest) - With access points across the county, this refuge protects critical habitats for migratory birds. The Two Mile Beach Unit near Wildwood Crest features a 1.5-mile nature trail that winds behind the dunes with interpretive signs and sweeping views.

Trail Highlight: End at the undeveloped beach, a peaceful spot for shorebird watching or shell collecting.

Edwin B. Forsythe National Wildlife Refuge (Galloway Township) - This Atlantic County treasure spans thousands of acres of salt marsh and coastal habitat. The easy walking trails near the refuge's headquarters offer incredible birdwatching, with chances to spot ospreys, herons, and migratory shorebirds. The Wildlife Drive (open to cars) includes several pull-off spots with short walking paths.

Trail Highlight: The Leeds Eco-Trail boardwalk loop (just under a mile) offers fantastic marsh views and interpretive panels.

Birch Grove Park (Northfield) - A true hidden gem, Birch Grove Park offers easy trails that wind through woods and around small lakes, just a short drive from Atlantic City. The flat dirt paths are shady and stroller-friendly, and the park's picnic areas make it a great spot for a post-walk lunch.

Trail Highlight: The short loops around the ponds are especially scenic at sunset, with ducks and turtles often making an appearance.

Estell Manor Park (Mays Landing) - Nestled along the Great Egg Harbor River, this park features boardwalks and forest trails that are easy on the legs but rich in scenery. Stroll past wetlands, meadows, and the remains of an old glassworks village. The main boardwalk is flat, shady, and stroller-friendly.

Trail Highlight: The 1.8-mile Swamp Trail loop is a peaceful walk through pine and hardwood forest, with wildlife sightings common.

Trail Tips for Shore Walkers: Bring water, sunscreen, and bug spray—even short trails can feel warm and buggy in summer. Many trails are dog-friendly (on leash)—check signage for local rules. Early mornings and golden hour provide the best light, coolest temps, and most wildlife activity.



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6-8 fresh mint leaves
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 Ice cubes
 Club soda or sparkling water
 Lime wedges and mint sprigs (for garnish)

In a tall glass, muddle the mint leaves, sugar (or simple syrup), and lime wedges. Muddling helps release the flavors and aromas from the mint and lime. Fill the glass with ice cubes. Pour club soda or sparkling water into the glass, leaving some space at the top. Stir gently to combine the ingredients. Garnish with lime wedges and a sprig of fresh mint.



How Well Do You Know the Shore? Answers on Page 29
 Test your local knowledge with these fun facts about the towns along our coast!

CAPE MAY - What famous shipwreck is visible just offshore at Sunset Beach?
 A) SS Atlantus B) SS Morania C) SS Baltic D) SS Swansea

WILDWOOD - Wildwood is known for its Doo-Wop architecture — how many motels in the Wildwoods make up the Doo-Wop Historic Motel District?
 A) 12 B) 26 C) 50+ D) 75+

STONE HARBOR - What wildlife sanctuary, founded in 1947, is a top spot for birdwatchers in Stone Harbor?
 A) Wetlands Institute B) SH Bird Refuge C) SH Point Preserve D) SH Sanctuary

SEA ISLE CITY - Sea Isle's original founder, Charles K. Landis, intended to model the town after which famous European destination?
 A) Venice, Italy B) Paris, France C) Madrid, Spain D) Naples, Italy

OCEAN CITY - Ocean City's boardwalk was first built in what year?
 A) 1880 B) 1898 C) 1905 D) 1912

LONGPORT - Longport's historic fishing club, one of the oldest in the US, is called:
 A) Longport Fishing Club B) Great Egg Harbor Anglers
 C) Absecon Island Rod & Reel D) Atlantic Inlet Sportsmen

MARGATE - Lucy the Elephant, Margate's famous landmark, was originally built as:
 A) A hotel B) A real estate sales office C) A restaurant D) A private home

VENTNOR - Ventnor City was named after a town in what country?
 A) England B) Scotland C) Ireland D) Wales

ATLANTIC CITY - What is the name of the historic Atlantic City venue that hosted early Miss America pageants?
 A) Steel Pier B) Convention Hall C) Ritz Theater D) AC Opera House

BRIGANTINE - Brigantine is home to New Jersey's largest population of what animal?
 A) Red foxes B) Ospreys C) Diamondback terrapins D) Wild rabbits

BONUS - Which Shore town is home to Marven Gardens, the only location on a classic Monopoly board that isn't actually in Atlantic City?

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Zucchini Pizza Bites

- 1 medium zucchini
- 1 Tbsp. olive oil
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/3 cup marinara sauce
or homemade pizza sauce
- 3/4 cup shredded mozzarella
- 2 Tbsp. grated parmesan cheese
- 1/4 cup sliced mini pepperoni
- 1 Tbsp. flat-leaf parsley, chopped

Place an oven rack on the upper third of the oven. Turn the oven to broil. Slice the zucchini into 1/4-inch-thick rounds. Place the zucchini on a baking sheet. Brush both sides with the oil and sprinkle with the salt and pepper. Broil until the zucchini is tender and lightly golden, 6 to 8 minutes, flipping once halfway through. Top each zucchini round with some marinara sauce, mozzarella, parmesan, and a few mini pepperoni. Broil until the cheese is golden and melty, 1 to 2 minutes. Sprinkle with parsley and serve.



ATLANTIC COUNTY FARMER'S MARKETS

New Jersey isn't known as "The Garden State" for no reason. Whether you're visiting for the day or week, or a seasonal or year-round resident, you'll want to take advantage of the locally sourced, deliciously fresh produce available at any of the local weekly markets listed below.



ATLANTIC CITY

Third Wednesdays, 10am–2pm, May - July
 AtlantiCare Healthplex - 1401 Atlantic Avenue
(609) 441-8098

BRIGANTINE

Saturdays, 8am–12pm, May 24–August 30
 Brigantine Community School Parking Lot - Roosevelt & Sheridan
brigantinebeach.org/brigantine-farmers-market

EGG HARBOR TWP

Sundays, 10am–2pm, May 25–August 31
 Atlantic County Library Grounds - Ocean Heights & Swift
brigantinebeach.org/brigantine-farmers-market

GALLOWAY

Thursdays, 4-7pm, June 26–September 4
 Historic Smithville Village Greene - 315 E. Moss Mill Rd.
gogreengalloway.org

HAMMONTON

Fourth Fridays, 5-8pm, June–September
 Hammonton Green Market - 15 Horton St.
hammontongreencommittee.com/hammonton-green-market

MARGATE

Thursdays, 8:30–11:30am, June 12–August 28
 Steve & Cookie's Parking Lot - Monroe & Amherst
facebook.com/p/Margate-Community-Farmers-Market-100057846991480

SOMERS POINT

Saturdays, 8am–12pm, May 17–September 6
 Somers Mansion - 1000 Shore Rd.
facebook.com/p/Somers-Point-Farmers-Market-100083167370933

VENTNOR CITY

Fridays, 8:30am–12pm, May 23–August 29
 St. James Church Parking Lot - 6421 Atlantic Ave.
facebook.com/ventnorchityfarmersmarket

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Sunset Spots Locals Love: Where to Catch the Best Views from Cape May to Brigantine

The Jersey Shore might be famous for its sunrises, but ask a local and they'll tell you: the sunsets are just as magical. From bayside beaches to secret overlooks, Atlantic and Cape May Counties offer spectacular spots where the sky melts into brilliant hues of pink, orange, and gold. Here's where locals go to soak up those end-of-day moments—bring a blanket, your camera, and maybe even a picnic.

Cape May: Sunset Beach & the Point - Cape May's Sunset Beach is the stuff of postcards. Located at the tip of Cape May Point, this bayside beach offers wide-open views where the sun sinks directly into the Delaware Bay. It's also home to the wreck of the SS Atlantus, whose rusting remains add a dramatic silhouette to evening photos. On summer nights, you can also witness a touching flag-lowering ceremony at dusk.

Lower Township: Harborside Peace - North Cape May and Villas beaches are quieter options with soft sand and fewer crowds. Locals love these bayside stretches for dog-friendly strolls and easy, peaceful sunset viewing.

Ocean City: Corson's Inlet & Bayside Docks - Corson's Inlet State Park at Ocean City's southern tip is a hidden gem for sunset watchers. The sun sets behind marsh grasses and tidal flats, creating peaceful, pastel reflections. Bayside docks along 9th Street also offer relaxed spots to watch the light fade.

Atlantic City: Gardner's Basin - Away from the casinos, Gardner's Basin is where the locals head to enjoy the view. With boats in the harbor and a glowing skyline, it's perfect for a serene end to your day.

Brigantine: North End Natural Beauty - At Brigantine's North End, the combination of inlet waters, dunes, and wildlife makes for a stunning natural setting as the sky lights up at dusk.

📸 Local Pro Tips: How to Take a Great Sunset Selfie

Getting that perfect sunset selfie isn't always easy—but a few small adjustments can make a big difference:

- ✓ Face the light. Turn so that the soft sunset glow lights your face. If the sun's too bright, angle slightly so you're catching the light without squinting.
- ✓ Use portrait mode. This will soften the background just enough to highlight you and those sunset colors.
- ✓ Tap the screen. On most smartphones, tapping your face before snapping helps balance the brightness between you and the sky.
- ✓ Add a prop or pose. A beach hat, sunglasses, or even just looking slightly over your shoulder can give your selfie a natural, candid feel.
- ✓ Embrace silhouettes. If the light's too bright to capture your face, go artistic! Pose so your outline is framed against the sky for a striking effect.
- ✓ Clean your lens! It sounds simple, but sand and salt spray can cloud your photos fast.



With these beloved local picks—and a few easy selfie tricks—you'll end your Jersey Shore day with both unforgettable memories and frame-worthy photos.

Beaches in Cape May County



AVALON — Lifeguards on duty 10 AM to 5 PM. Surfing beaches at 30th Street and 63rd Street. Public restrooms at 30th, 32nd, and 83rd Streets. Outdoor showers at various beach entrances. ADA beach access at 30th and 32nd Streets, beach wheelchairs available. Seasonal beach tags are \$40. Weekly tags \$20, daily tags \$10. Free for veterans and active military with ID. Tags available at 32nd Street and Dune Drive Beach Tag Office or online at jersey-cape-tags.myshopify.com/collections/avalon. Metered parking near the beach, free parking several blocks inland. Call (609) 967-3936 or visit avalonboro.net.

CAPE MAY — Lifeguards on duty 10 AM to 5:30 PM. Surfing beaches at Poverty Beach, The Cove, and Gurney Street. Restrooms at Convention Hall, Gurney Street, and Grant Street. Outdoor showers at major access points. ADA ramps at multiple Beach Avenue intersections, beach wheelchairs available at Beach Patrol HQ. Seasonal beach tags are \$40. Weekly tags \$25, daily tags \$10. Free for veterans and active military with ID. Tags available at City Hall, beach entrances, or online at jersey-cape-tags.myshopify.com/collections/cape-may. Metered parking along Beach Avenue, free lots inland with shuttle service. Call (609) 884-9525 or visit capemaycity.com.



CAPE MAY POINT STATE PARK — No lifeguards on the beach. No beach tags required. Swimming not permitted. Popular for birding, picnics, nature walks, and exploring coastal dunes and freshwater ponds. Home to migratory birds and endangered species. Cape May Lighthouse on site. Public restrooms at the park pavilion. ADA accessible boardwalks, trails, and viewing platforms; beach wheelchairs available. Free parking. Call (609) 884-2159 or visit njparksandforests.org.

SUNSET BEACH (LOWER TOWNSHIP) — Located at the end of Sunset Boulevard. No beach tags required. No lifeguards on duty, swimming not recommended due to strong currents. Features gift shop, grille, and mini golf. Known for Cape May diamonds and views of the S.S. Atlantis concrete ship. Flag-lowering ceremonies Saturdays at 7 PM in June; Mondays, Wednesdays, and Saturdays at 7 PM in July and August; final ceremony Saturday of Labor Day weekend. Public restrooms near gift shop. Free parking. Leashed dogs permitted October 1 through April 15. Call (609) 884-7079 or visit sunsetbeachnj.com.



STONE HARBOR — Lifeguards on duty 10 AM to 5 PM. Surfing beaches at 81st Street and 110th Street. Restrooms at 95th Street. Outdoor showers at beach entrances. ADA beach access at 95th Street, beach wheelchairs available. Seasonal beach tags are \$40. Weekly tags \$20, daily tags \$10. Free for veterans and active military with ID. Tags available at Borough Hall or online at jersey-cape-tags.myshopify.com/collections/stone-harbor. Metered parking near beach, free parking inland. Call (609) 368-5102 or visit stoneharbornj.org.

SEA ISLE CITY — Lifeguards on duty 10 AM to 5 PM. Surfing beaches at 37th Street, 42nd Place, and 56th Street. Restrooms at JFK Boulevard and 44th Street. Outdoor showers at select locations. ADA beach access at JFK Boulevard and 44th Street, beach wheelchairs available. Seasonal beach tags are \$40. Weekly tags \$20, daily tags \$10. Free for veterans and active military with ID. Tags available at Welcome Center or online at jersey-cape-tags.myshopify.com/collections/sea-isle-city. Metered parking near beach, free parking inland. Call (609) 263-8687 or visit seaislecitynj.us.



UPPER TOWNSHIP / STRATHMERE — Lifeguards on duty 10 AM to 5 PM. Surfing permitted at designated areas near Tecumseh and Sherman Avenues. No beach tags required. Restrooms at Williams Avenue Beach Patrol HQ. ADA access at Williams Avenue; beach wheelchairs available. Free parking along Commonwealth Avenue and side streets. Call (609) 263-1151 or visit uppertownship.com.

THE WILDWOODS (WILDWOOD, WILDWOOD CREST, NORTH WILDWOOD) — Lifeguards on duty. No beach tags required. Surfing beaches at Baker Avenue (Wildwood), Rambler Road (Wildwood Crest), and between 2nd and 4th Avenues (North Wildwood). Restrooms along boardwalk, Heather Road Beach Pier, Sunrise Park, and other access points. Outdoor showers at many beach entrances. ADA beach access ramps and beach wheelchairs available at multiple locations. Free parking inland; metered parking and paid lots near boardwalk. Wildwood: (609) 522-2444; Wildwood Crest: (609) 522-5176; North Wildwood: (609) 522-7500.



OCEAN CITY — Lifeguards on duty 10 AM to 5:30 PM. Surfing beaches at Waverly Boulevard and 7th Street. Restrooms at Moorlyn Terrace, 8th, 9th, 12th, and 14th Streets. Outdoor showers at major access points. ADA ramps at most boardwalk streets; beach wheelchairs available at Beach Patrol HQ. Seasonal beach tags are \$40. Weekly tags \$20, daily tags \$10. Free for veterans and active military with ID. Tags available at Music Pier, Welcome Centers, or online at ocnj.us/beachtags. Parking lots at 8th and 9th Streets, metered street parking. Call (609) 399-6111.

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3	SPF 50+	SPF 50+	SPF 30	SPF 15	SPF 15
4	SPF 50-100	SPF 50+	SPF 30	SPF 30	SPF 15
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Beaches in Atlantic County

ATLANTIC CITY - Lifeguards on duty, showers, changing rooms, food permitted, free admission. Visit atlanticcitybeachpatrol.org



BRIGANTINE - Brigantine Beach Lifeguards on duty, surfing beaches, showers, changing rooms, food permitted. Seasonal tags are \$25. Seniors over 65: Come in with identification for a free tag! You are only allowed 1 Beach Tag per identification. Active Military Members: Tags are free (4 free per family). Also, for veterans, beach tags are free only for that veteran. Daily tags are \$10; Weekly tags are \$15. Purchase at the Brigantine Beach Community Center located at 265 42nd St. Call (609) 264-7350 or visit brigantinebeach.org

EGG HARBOR CITY - Lake Park, 2300 Philadelphia Ave. There are lifeguards on duty and restrooms. Seasonal badges are \$25; senior citizens \$5; military with ID \$5; daily wristbands: \$10. Boat rides: \$10, gazebo rental \$35; table rental \$25 weekdays \$50 weekends; table rental with grill \$50 weekdays \$100 weekends. Purchase at the EHC Tax and Utility Office at City Hall at 500 London Ave. Call (609) 965-0123 or visit eggharborcity.org

HAMILTON TOWNSHIP - Cove Beach at Lake Lenape. Lifeguards on duty, open Thursday-Monday 11am-6pm from June 22-September 2. Seasonal tags are \$30; family 4-pack is \$100; daily wristbands are \$10 on weekdays and \$15 on weekends/holidays; children 11 and younger are free. Seasonal tags are available at the administration office in Town Hall in Mays Landing or for purchase at the Cove. Call (609) 625-4762 or visit hamiltonatnj.gov



MARGATE - Lifeguards on duty 10am-6pm, restrooms, surfing beaches, food permitted. Seasonal tags are \$20; Free seasonal tags are available to veterans and active military members... remember to have proper military identification to receive your free tag. Tags are also accepted in Ventnor. NEW TO MARGATE! MyBeach Mobile allows users the ability to purchase Digital Beach Tags without the hassle of having to carry around a Beach Tag. Under Pass Type you must choose Digital Pass or Physical Pass. To get started download the MyBeach Mobile App or visit www.mybeachmobile.com. Badges are sold at the Martin Bloom Community Pavilion at Huntington Avenue and the beach from 10am-3pm. Order online at www.jersey-cape-tags.myshopify.com/collections/margate. Beach restrooms are located at: Huntington Avenue (Bloom Pavilion), Rumson Avenue, Benson Avenue (Greenhouse), Adams Avenue beach. Accessible beaches with mats for easier mobility are at the following Avenues: Andover, Barclay, Clermont, Douglas, Exeter, Huntington, Kenyon, Osborne, Rumson, Vendome, Decatur, Madison, Coolidge. Call (609) 822-2605 or visit margate-nj.com. Margate City Beach Patrol Headquarters is located at Decatur Avenue and the beach. Call (609) 822-2370

LONGPORT - Lifeguards on duty from 10a-6pm, surfing beaches, showers, food permitted. Seasonal tags are \$35; seniors \$15; children up to 12 free. Beach badges are available at Longport Borough Hall, 2305 Atlantic Ave and at Lifeguard Headquarters, 33rd and Atlantic Avenues, or reserve them over the phone at (609) 822-3898. Order beach badges online at jersey-cape-tags.myshopify.com/collections/longport. Restrooms are located at 33rd and Atlantic Avenues in the Community Building-Lifeguard Headquarters. Wheel Chair Reservations call 609-822-6038. For more information, visit longportnj.gov

SOMERS POINT - William Morrow Beach, Higbee and Bay Avenues. Lifeguard on duty, rates for large groups available. The free beach looks over the bay and across to Ocean City. William Morrow Beach features free live music all summer, every Friday evening at 7 p.m. until the first Friday of September. A schedule can be found at somerspointbeachconcerts.com. Bring your chairs and coolers and come down to watch the shows. Call (609) 927-9088 or visit somerspointgov.org



VENTNOR - Lifeguards on duty 10am-6pm, surfing beaches, fishing pier, food permitted. Seasonal tags are \$20. Tags also accepted in Margate. Purchase tags at Ventnor City Hall, from a beach tag checker, or online at jersey-cape-tags.myshopify.com/collections/ventnor. Ventnor City Beach Patrol Headquarters is located at the Suffolk Avenue beach. Call (609) 823-7948 or (609) 823-7953. Restrooms are located at the Ventnor Library and Cultural Arts Center, the beach side of Newport Avenue; Ventnor City Hall, 6201 Atlantic Avenue; Ventnor Municipal Fishing Pier; Ventnor Tennis Courts, Atlantic and Somerset Avenue; Cambridge Avenue and Boardwalk. Accessible beaches are at Suffolk and Newport avenues. In addition to ADA-approved access ramps and accessible parking, the beach patrol has accessible beach chairs for additional access to the beach. Dogs are not allowed on the beach May 15 through Sept. 30. From Oct. 1 to May 15, leashed dogs may be walked in areas washed by the high tide line. Call (609) 823-7904 or visit ventnorcity.org

MALIBU BEACH WILDLIFE MANAGEMENT AREA - Malibu Beach is a free dog-friendly beach located on the Egg Harbor Township end of the Ocean City-Longport Bridge. Open daily from 5am-9pm. Dogs are welcomed year-round. Dogs must be kept on leash. Respect all posted areas in beach nesting season, April through October. Parking is available right next to the beach. Only requirement is to clean up after your pup. No permits required, you can enjoy your favorite beach activities while your dog socializes with other dogs.





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How Well Do You Know the Shore? Jersey Shore Trivia

~ ANSWER KEY ~ Questions on Page 20 ~

CAPE MAY - SS Atlantus - The Atlantus is a World War I-era concrete ship that ran aground off Sunset Beach in 1926. Today, its rusting hulk is a beloved landmark and one of Cape May's most photographed oddities.

WILDWOOD - 50+ motels - Wildwood's Doo-Wop legacy - Wildwood's Doo-Wop Historic District features over 50 mid-century motels with neon lights, angular roofs, and kitschy charm. This iconic architecture helped define the look of the American beach vacation in the 1950s and '60s.

STONE HARBOR - Wetlands Institute - Bird haven since 1969 - Though the question referenced 1947 (the founding of Stone Harbor's first conservation areas), the Wetlands Institute, founded in 1969, is the community's premier center for marsh conservation and education. It offers trails, towers, and hands-on learning for nature lovers.

SEA ISLE CITY - Venice - Sea Isle's inspiration - Sea Isle City's founder, Charles K. Landis, dreamed of creating an "American Venice" with canals and arched bridges. While the canals never fully materialized, his vision still shapes the town's Italianate feel and street names.

OCEAN CITY - 1880 - Ocean City's first boardwalk - Ocean City's first boardwalk was built in 1880 as a simple wooden walkway to keep sand out of seaside hotels. The boardwalk has been rebuilt multiple times following storms, evolving into the bustling promenade we know today.

LONGPORT - The Longport Fishing Club - Established in 1906, the Longport Fishing Club is one of the oldest fishing clubs in the nation. Perched at the inlet, its iconic pier has witnessed generations of anglers casting lines into the waters of Great Egg Harbor. The club reflects Longport's long-standing connection to the sea and is a beloved local landmark.

MARGATE - Real estate office - Lucy's purpose - Lucy the Elephant was built in 1881 as a six-story advertising gimmick to lure buyers to Margate's undeveloped land. Over time, she became a national historic landmark and beloved roadside attraction.

VENTNOR - England - Ventnor namesake - Ventnor City takes its name from the seaside resort town of Ventnor on the Isle of Wight, England. Early developers wanted to evoke the charm and elegance of British coastal getaways.

ATLANTIC CITY - Convention Hall - Miss America host - Now called Jim Whelan Boardwalk Hall, Atlantic City's Convention Hall began hosting the Miss America Pageant in the 1920s. The hall remains an architectural and cultural icon on the Boardwalk.

BRIGHTINE - Diamondback terrapins - Brigantine marshes - Brigantine's salt marshes provide essential nesting habitat for New Jersey's largest population of diamondback terrapins. Every summer, local volunteers work to protect these ancient reptiles as they cross roads to lay eggs.

BONUS - Margate - Marvin Gardens is in Margate City, not Atlantic City, making it the only Monopoly property on the board located outside of Atlantic City.

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Sounds of the Shore: Free Weekly Beach Concerts in Atlantic & Cape May Counties

There's nothing like a summer night at the Jersey Shore, where the ocean breeze carries the sound of live music across the sand. From jazz and zydeco to classic rock and Motown, Atlantic and Cape May Counties serve up free weekly concert series that are as much a tradition as saltwater taffy. Here's where to find them — and how to enjoy them like a local.

Atlantic City — Mardi Gras AC & Chicken Bone Beach Jazz - Kennedy Plaza becomes a party zone on Wednesday nights during Mardi Gras AC, where 7–9 PM shows deliver high-energy blues, rock, zydeco, and funk — often with dance floors spontaneously forming on the boards. Thursdays belong to Chicken Bone Beach Jazz, honoring AC's rich Black musical heritage with national jazz talent from 7 to 10 PM. *Local Tip:* Kennedy Plaza has some built-in seating, but regulars bring folding chairs and small coolers (non-alcoholic only). The best views are front and center, but sound carries well along the boards — some fans grab pizza or ice cream and enjoy from a distance. Parking garages near Caesars and Bally's offer convenient access.

Ventnor — Summer Beach Jam & Sunset at Ski Beach - Ventnor Summer Beach Jam (Saturdays, 6:30–9 PM) at Newport Ave Beach feels like a block party with sand under your feet. Expect cover bands, reggae groups, and Motown tributes, plus food trucks and vendors starting at 5:30. Wednesdays at Ski Beach (6–9 PM) are lower-key, with bay breezes, sunset views, and classic rock, funk, or jazz filling the air. *Local Tip:* At Newport Ave, the crowd stretches onto the sand — barefoot dancing encouraged! At Ski Beach, bring bug spray and a light jacket — the breeze and mosquitos both pick up at dusk. Street parking is available but fills fast; biking is popular.

Somers Point — Somers Point Beach Concert Series - A beloved Shore tradition, Somers Point Beach Concerts light up William Morrow Beach Fridays 7–9 PM with classic rock, blues, country, and big-name tribute acts. Food trucks line the park, but many families and groups come with well-stocked coolers, takeout from local restaurants, and even portable tables. *Local Tip:* Arrive early to claim a prime bayfront spot — locals start setting up by

5:30. Parking is free, but consider carpooling or using side streets if the main lot fills. Bonus: the bay view at sunset is unbeatable.

Sea Isle City — Concerts Under the Stars - Concerts Under the Stars at Excursion Park feature family-friendly party bands, Motown groups, and cover acts that keep the crowd dancing. Shows start around 7 PM on Mondays (with select Saturdays added). *Local Tip:* The lawn fills up, so bring chairs or a blanket. Many grab dinner or dessert from the nearby promenade shops to enjoy during the show. Glow sticks and beach balls are common among the kids!

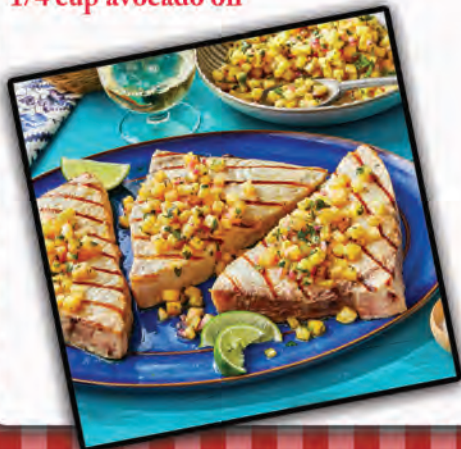
Ocean City — Music on the Boardwalk - Ocean City's Music Pier and boardwalk concerts (several nights a week, usually 7 PM) include tribute bands, orchestras, and regional talent — all with the waves as your backdrop. *Local Tip:* Stake out benches near the Music Pier for the best sound, or stroll with a cone from Kohn Bros while you listen. Parking at the lots by 8th and 9th streets gives easy access.

Wildwood — Byrne Plaza Concerts - Every Thursday evening (7:30–9 PM), Byrne Plaza in Downtown Wildwood hosts free concerts featuring rock, country, oldies, and pop cover bands. The open-air plaza setting gives it a fun, downtown vibe, with shops and restaurants just steps away. *Local Tip:* Bring your own chairs or blankets — seating fills up fast! Many concertgoers grab takeout from nearby eateries or enjoy ice cream from local spots. Metered parking is available, but consider arriving early to explore the farmers market or boutique shops beforehand.

Cape May — Rotary Park Concerts - Cape May's Rotary Park Gazebo comes alive on weekend evenings (Fridays through Sundays, usually 7–8:30 PM) with concerts by brass bands, folk groups, big band orchestras, and more. The lush park setting adds charm, with plenty of shade and a family-friendly atmosphere. *Local Tip:* The park is ideal for picnicking — locals bring chairs, blankets, and snacks to enjoy while listening. Parking nearby can be limited, so walking or biking in is a smart move. The gas-lit streets and Victorian architecture make for a lovely post-concert stroll.

Final Word - Each Shore town's concert series has its own vibe — from party energy to relaxed and soulful. Whichever you choose, check the town's website or social media for schedule updates, rain dates, and lineup changes. And don't forget: the best seat in the house is wherever you can hear the music and feel the breeze.

1/2 small red onion, finely chopped
2 Tbsp. white wine vinegar
Juice of 2 limes,
plus lime wedges for garnish
2 garlic cloves, finely chopped
1/4 cup olive oil
1 1/4 tsp. kosher salt, plus more to taste
4 (6-ounce) swordfish steaks
Black pepper, to taste
2 cups diced fresh pineapple
6 sprigs cilantro, finely chopped
1/4 cup avocado oil



Grilled Swordfish

Combine the red onion and vinegar in a medium bowl. Set aside until you're ready to make the salsa.

In a large bowl or large resealable plastic bag, combine the lime juice, garlic, 1/4 cup olive oil, and 1 teaspoon salt. Add the swordfish, turning to coat, cover the bowl or seal the bag, and marinate in the refrigerator for 20 minutes.

Preheat a grill or grill pan to medium-high heat. Remove the fish from the marinade and grill until well marked and a thermometer inserted into the center reaches 135°F, 4 to 5 minutes per side.

For the salsa: Add the pineapple, cilantro, and avocado oil to the bowl with the red onion. Toss to combine and season with 1/4 teaspoon salt. Top the swordfish with the pineapple salsa and any remaining juices in the bowl. Serve with lime wedges.

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Strawberry Margaritas

1 qt. strawberries,
hulled and quartered
1/2 cup sugar
Juice of 3 limes,
plus lime wedges for garnish
2 cups silver tequila
1/2 cup triple sec
1 cup freeze-dried strawberries
1/4 cup kosher salt

Puree the fresh strawberries, sugar and lime juice in a blender until smooth, 2 to 3 minutes. Strain through a fine-mesh sieve into a large measuring cup or pitcher. Stir in the tequila and triple sec and refrigerate until ready to serve. Just before serving, crush the freeze-dried strawberries in a resealable plastic bag using a rolling pin or heavy skillet. Mix the crushed strawberries with the salt in a small bowl and pour onto a shallow plate. Use a lime wedge to wet the rim of a glass, then dip the rim in the strawberry salt. Fill the glass with ice and pour in the margarita. Garnish with a lime wedge.



Paloma Cocktail

6 oz. tequila blanco
1 1/2 oz. fresh lime juice
6 oz. fresh grapefruit juice
Pinch of salt
Crushed ice, for serving
12 oz. grapefruit soda, such as Jarritos, Squirt,
or Fresca
3 slices fresh pink or red grapefruit, for serving
3 lime wedges, for serving

Divide the tequila and lime and grapefruit juices among the 3 glasses. Add a pinch of salt to each glass. Fill three-quarters full of ice, then stir to combine. Top with grapefruit soda, then garnish with a slice of grapefruit and a lime wedge.







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Submitted By Patsy Nelson
from The Wagging Tail

***DUE TO THE IMPORTANCE OF THIS
SUBJECT, WE HAVE REUSED THIS ARTICLE
FROM LAST YEAR***

I have addressed the problem with having pets in hot cars, even with the windows slightly open on all sides. I have a lease car now that allows for auto start, so I can leave Zoey in the AC as I run into the library, or the Produce Place, and yet I am still nervous that it may shut off. The temperature in a car with the windows open slightly can reach 102 degrees in ten minutes. After 30 minutes, 120 degrees. Your pet may either die or suffer permanent organ damage.

According to Dr. Barry Kellogg, VMD of the Humane Society Veterinary Medical Association humidity is also a concern. "Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves and their temperature will skyrocket to dangerous levels-very quickly." Zoey is a Maltese and has a short muzzle, like boxers, pugs, shih tzus bull dogs and others and it makes it even harder for them to breathe. Ebby is part chihuahua, part cocker spaniel and very heat sensitive. She is also black so I bought her a cooling vest. I am extra careful with them in the car.

Exercise is great for dogs, but a parent must be aware of how much running your dog does to catch that ball or frisbee. Some dogs push themselves to excess and they can become in danger of heat stroke. It happened to Parker once, and it wasn't even hot. I carried him into the laundry sink and cooled his legs with tepid water and ran some over his body. Then let him lick on ice cubes. It was very scary. Exercise should be limited to early morning or evening hours when things have noticeably cooled down, especially hot roads. Asphalt can burn their paws so walk on grass as much as possible. Proper walking etiquette for dogs is to walk them on your left, facing traffic, and keeping the dog on the inside, preferably on the grass. Keep yourself and your dog hydrated. We have a supply of travel water holders, as well as treat bags. You can buy cooling vests, cooling scarves and cooling mats as well. Make popsicles for your pet or buy canvas bones like we have that can be put in the freezer. Some dogs would enjoy a cooling soak in a bathtub or pet pool.

Fans do not cool pets like they cool humans. If you use a fan have one that is ground level so it can keep your pets' feet cool as they sweat through their feet. If your pet spends time outside, confine them to shady areas, and provide cool water with added ice cubes. If you don't have trees, a tarp can be erected that will provide shade and still allow for air flow.

SAND IMPACTION CAN BE DEADLY FOR A DOG

While romping on the beach, your dog may inadvertently ingest sand from the ball or frisbee you toss, digging in the sand and eating something tasty left behind, ingesting water while retrieving a toy thrown in the surf, consuming particles flung into the air by running children or other dogs or from shaking out a towel or blanket (saltwater poisoning can be an issue as well). Although the sand particles are small, they become a condensed, wet, heavy mass which could possibly cause a blockage in the intestinal tract. The symptoms you should look for are unusual "restlessness, panting, vomiting, dehydration, abdominal pain, hard mass in the stomach area and constipation." If you see these symptoms, take your pet to the vet asap.

Road Warriors of the Wetlands: The Diamondback Terrapins of The Jersey Shore

If you've spent a summer near the Jersey Shore's salt marshes, you've likely encountered one of its most remarkable residents—the diamondback terrapin. With their striking, patterned shells and determined crawl, these turtles are as much a part of the Shore's natural landscape as dune grasses and bay breezes. Each year, from late spring through summer, terrapins embark on a perilous journey that plays out along our back roads, bridges, and barrier islands.

A Journey for Survival - Diamondback terrapins are unique to coastal salt marshes and estuaries, making places like Atlantic and Cape May Counties critical habitat. From late May through July, female terrapins leave the safety of the marshes in search of sandy ground to lay their eggs. This often means crossing busy causeways, bridges, and bayfront roads—putting them at great risk.

You'll spot them most often after rainstorms or during high tides, when nesting instinct kicks into high gear. Brigantine, Ocean City, Sea Isle, and Wildwood Crest are among the many Shore towns where terrapins frequently attempt these crossings.

A Turtle with a History - In the 19th and early 20th centuries, diamondback terrapins were hunted nearly to extinction. Terrapin stew was a luxury dish, and demand was so high that East Coast populations—including those in New Jersey—were decimated. Fortunately, as tastes changed and conservation efforts took hold, terrapins gained protection and became a symbol of the Shore's natural heritage rather than a menu item.

Why Terrapins Matter - Terrapins play a key role in maintaining healthy salt marsh ecosystems. They help control snail and crab populations and serve as prey for larger animals. Their presence reflects the health of our wetlands—critical natural buffers that protect our coastlines.

Turtle Etiquette: How You Can Help

- ✓ **Slow down and stay alert in terrapin crossing zones** - Reduce your speed on causeways, marsh roads, and near posted crossing signs. Be especially watchful for the subtle sight of a turtle slowly moving along the shoulder or just starting to enter the roadway. Their low profile and slow pace make them easy to miss at a glance.
- ✓ **If you see a turtle crossing, stop safely** - Put your car in park, engage your hazard lights, and ensure it's safe before exiting your vehicle.
- ✓ **Make eye contact with oncoming drivers** - Confirm that drivers in both directions are aware you're assisting and have stopped.
- ✓ **Assist confidently and securely** - Gently grasp the turtle by the sides of its shell, keeping your fingers in the center, away from its claws. Be aware that some terrapins will retreat into their shells, making for an easy carry, while others will flail their legs and "run" in the air. Their spiky claws can scratch or startle you, so be prepared and hold on firmly. The key is not to drop the turtle - move it calmly and steadily across the road.
- ✓ **Move it in the direction it was headed** - Even if it's going away from the water, that's where it needs to go to nest.
- ✓ **Place it on a natural surface** - Grass or sand beyond the road's edge is ideal.
- ✓ **Never relocate or take a terrapin home** - These are wild animals with specific nesting and habitat needs.

A Shared Responsibility - Diamondback terrapins are resilient survivors with a remarkable history. But today, their greatest threats come from cars and habitat loss. By staying alert, showing care, and helping safely, we can ensure these ancient mariners continue to grace our marshes for generations to come.



Peanut Butter & "Jelly" Frozen Dog Treats

1 cup of strawberries

¾ cup of water

A few dollops of natural xylitol-free peanut butter (Xylitol is a sweetener sometimes found in peanut butter that is toxic to dogs.)

Wash your strawberries thoroughly and slice off the tops. Add your strawberries and water to the blender and whizz until you form a smooth puree. Pour the liquid into your ice cube trays and fill around ¾ of the way. Grab a teaspoon and add a small amount of the peanut butter into each slot. Pop your tray into the freezer and leave until completely frozen. Yum! Serve these delicious treats straight out of the freezer and watch your pup enjoy.



Coconut Drops Frozen Dog Treats

1 cup of organic coconut oil

A handful of blueberries (optional)

A teaspoon of honey (optional)

Add your coconut oil to a bowl and place over a pan of boiled water. Wait until the coconut softens and shape into bite-sized balls. Place the balls on a tray and put them in the freezer. Serve when hardened. Because coconut oil stays hard in cool temperatures, you can store your balls in the fridge in an airtight container to save on freezer space. You could also add honey and a few blueberries as you're shaping the coconut balls for a natural sweet kick.

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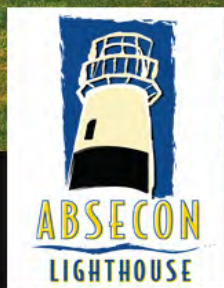
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Parking Hacks for Popular Shore Towns

Ask any Shore regular: the biggest adventure of your beach day might just be finding a parking spot. From Cape May to Atlantic City, summer crowds mean prime parking can feel like striking gold. But with a few insider tips, you can spend less time circling and more time enjoying the sand and surf. Here's your guide to parking smart in South Jersey's busiest shore towns.



Cape May - Historic charm means tight streets and limited parking. Meters and kiosks cover much of the beachfront and Washington Street Mall areas, with time limits enforced daily in season.

✓ **Hack:** Look for free parking west of Lafayette Street for a short walk without the meter stress. Cape May Elementary School opens its lot on summer weekends for a small fee that supports the school.

✓ **Pro Tip:** Use the city's seasonal shuttle service—park farther out and ride in.

Wildwood - Wildwood offers generous city-run lots, but they fill up fast.

✓ **Hack:** Check streets west of New Jersey Avenue for open (and often cheaper) street parking.

✓ **Pro Tip:** Some hotels and motels rent out unused parking spots for day-trippers—don't be shy about asking!

Ocean City - Boardwalk lots and meters fill early, especially by the Music Pier.

✓ **Hack:** Free parking can often be found west of Asbury Avenue, if you don't mind a bit of a walk. Apps like ParkMobile make it easy to refill meters without heading back to the car.

✓ **Pro Tip:** The earlier you arrive (before 10 AM) or the later you come (after 4 PM), the better your chances of snagging a spot close to the beach.

Atlantic City - Casinos offer flat-rate garages (\$5–\$20) with secure, convenient parking.

✓ **Hack:** The Wave Garage near the Convention Center is often cheaper than beachfront lots.

✓ **Pro Tip:** Street parking exists but be cautious—read signage carefully to avoid tickets or tows.

Margate & Ventnor - Smaller towns, smaller lots—but a few tricks can help. Meters run in both towns during peak season, especially near the beach blocks.

✓ **Hack:** In Ventnor, look for free residential parking a few blocks inland. In Margate, side streets just off Atlantic Avenue sometimes offer untimed spots.

✓ **Pro Tip:** Both towns are bike-friendly, and biking in is often easier than circling for a spot.

Sea Isle City - Sea Isle has paid lots and metered street parking near the Promenade and beach blocks.

✓ **Hack:** The municipal lots along JFK Boulevard tend to fill first. Look for parking farther south along Landis Avenue where there's often more availability.

✓ **Pro Tip:** Download the Sea Isle City parking app to easily pay for and extend time at metered spots.

☀ **General Parking Tips:** Have quarters and payment apps ready—many lots and meters accept both, but it's good to have a backup. Check town websites for updated rates, shuttle services, and seasonal rules. If you're staying nearby, consider biking or walking—many towns have safe bike paths and beach access points.

- 5 Tbsp. soy sauce
- 1/4 cup hoisin sauce
- 1 Tbsp. chili-garlic sauce
- 1 Tbsp. grated fresh ginger
- 1 Tbsp. unseasoned rice vinegar
- 1 tsp. toasted sesame oil
- 1/2 cup chunky peanut butter
- 1 1/2 lb. flank steak
- 1 tsp. vegetable oil
- 2 oz. thin rice noodles
- 2 heads butter lettuce, leaves separated
- 1 1/2 cups matchstick-cut carrots
- 1 English cucumber, sliced into matchsticks
- 1/2 cup fresh mint leaves



Steak Lettuce Wraps with Peanut Sauce

Whisk together the soy sauce, hoisin sauce, chili-garlic sauce, ginger, vinegar, and sesame oil in a large bowl. Remove 1/4 cup to a medium bowl and whisk in the peanut butter and 1/4 cup hot water. Cover and set aside for serving.

Put the steak in a shallow dish and pour the remaining marinade on top, flipping to coat. Cover and refrigerate for at least 30 minutes and up to 2 hours.

Brush a grill or grill pan with the vegetable oil and heat over medium-high heat. Remove the steak from the marinade and pat dry with paper towels. Grill 4 to 6 minutes per side for medium-rare (135°F).

Transfer the steak to a cutting board and let rest 5 minutes. Meanwhile, cook the rice noodles according to the package directions. Slice the steak against the grain. To serve, fill the lettuce leaves with the noodles, steak, carrots, cucumber, and mint and drizzle with some of the peanut sauce. Serve any remaining peanut sauce on the side.

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Inhale the Ocean: Salt Air and Breathwork at the Jersey Shore

It happens the moment you crest the bridge onto the island. The temperature dips just slightly, the breeze picks up, and the air changes — cool, salty, and alive with the scent of the sea. You roll down the window or step out of the car, and that first deep breath feels like a reset. The worries of the mainland slip away.

At the Jersey Shore, this ritual of arrival offers more than just nostalgia. The salt air, rich with sea minerals and natural negative ions, has long been linked to a sense of clarity, calm, and renewal. When paired with mindful breathwork, the ocean breeze can help quiet the mind, open the body, and reconnect you with the present moment.

Why Salt Air Feels So Healing - The rejuvenating power of salt air comes down to its unique mix of elements:

Sea Aerosols: The ocean's mist carries microscopic salt crystals, magnesium, calcium, potassium, and iodine — trace minerals essential for our bodies. When we breathe in this moist, mineral-rich air, it can help loosen mucus, soothe the respiratory tract, and promote easier breathing. That's one reason seaside air was historically prescribed for those with asthma, bronchitis, or other lung conditions.

Negative Ions: Moving water — waves crashing, tides flowing — releases negative ions into the air. These invisible molecules are believed to increase serotonin levels, reduce stress, and enhance mood. While the science is still developing, many people report a natural lift in energy and calm when surrounded by sea air.

Natural Humidity: The Shore's moist air helps keep nasal passages and lungs hydrated, making each breath feel smoother and more comfortable compared to drier inland air.

Combined, these elements make the first breath of ocean air feel like a tonic — cooling, clearing, and restoring.

Simple Shore Breathwork to Try - Breathwork — the art of conscious breathing — lets you fully embrace the gifts of salt air.



Bridge-to-Beach Breath Practice:

- As you cross the bridge, inhale deeply through your nose, savoring the coolness of the salt breeze.
- Exhale slowly through your mouth, releasing the rush of getting there.
- On the beach, match your breath to the rhythm of the waves: inhale for 4 counts, hold for 2, exhale for 6. Let the ocean's pulse guide you.

A Natural Reset - You don't need a gadget or a guidebook. Just pause, breathe deeply, and let the salt air work its quiet magic. At the Shore, the ocean welcomes you with each breath — a gift as timeless as the tides.

3 1/2 cups cubed fresh seedless watermelon
3 vine-ripened tomatoes (about 12 oz.)
1 English cucumber
1 red bell pepper
1/2 small red onion
1 garlic clove
1/4 cup red wine vinegar
1 1/2 tsp. kosher salt, plus more to taste
1/2 tsp. black pepper
2 tsp. hot sauce (optional)
1/3 cup olive oil, plus more for serving
1 Tbsp. fresh mint or basil leaves, chopped
Grilled bread, for serving



Watermelon Gazpacho

To a blender, add 3 cups of the watermelon. Roughly chop 2 tomatoes, three-quarters of the cucumber, half of the bell pepper, and a quarter of the onion and add them to the blender. Add the garlic, vinegar, salt, pepper, and hot sauce (if using). Blend on high speed until the soup is very smooth.

With the blender running, slowly pour in the oil and blend until the mixture is thoroughly combined and emulsified. Transfer the soup to an airtight container and refrigerate for at least 2 hours and up to 12 hours.

Meanwhile, finely chop the remaining tomato, half bell pepper, quarter cucumber, quarter onion, and 1/2 cup watermelon. Combine in a small bowl, cover, and refrigerate until ready to serve.

Before serving, whisk the soup and taste and adjust for vinegar, salt, and hot sauce. Ladle into serving bowls and top with a big scoop of the chopped watermelon mixture. Sprinkle with mint and drizzle with oil, if you like. Serve with grilled bread.

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25 S. Oakland Avenue BSMT
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SUMMERTIME SHOW and BUFFET DINNER
at STOCKTON
In Atlantic City

South Jersey Players and its cultural partner, Players and Playwrights by the Jersey Shore are merging for a weekend of playreadings and a play with a buffet dinner and cash bar. Stockton University's Stockton Center on Successful Aging (SCOSA) is hosting the occasion. The event will take place in the Fannie Lou Hamer Event Room at Stockton University's Atlantic City campus – John F. Scarpa Academic Center at: 3711 Atlantic Avenue, Atlantic City. Free parking on campus!

Tickets are \$35.00 and will include a buffet style artisan sandwich board with four choices including roasted veggie, chicken, Italian or roast beef. Caesar salad, chips, pasta salad, lemonade or iced tea and dessert are included. There will be a beer and wine cash bar. Following the dinner, Players and Playwrights will present five lighthearted play readings, written and acted by their members. South Jersey Players will present one fully staged comedy, written by P&P playwright, Debra Share and acted by SJP company members. There will be a brief talk back post show.

Dates: Friday, August 14th-5:30 pm & Saturday, August 15th-12:30 pm.
(There will be assigned seating.) Reservations: 347 920 6399.

Fionna Janson of the Stockton Center On Successful Aging (SCOSA) is coordinating the event.

Dayle Friedman is the President of Players and Playwrights by the Jersey Shore.

Marlene May is the President of South Jersey Players, Inc.

Scott Friedman, a local realtor, and professional stand-up comedian will be the Master of Ceremonies.

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Beach Bag Essentials for a Jersey Shore Day (and Clever Hacks to Make the Most of It)

A day at the Jersey Shore promises sunshine, sea breezes, and unforgettable fun—but a little preparation goes a long way. Whether you're setting up in Wildwood, Cape May, Ocean City, Atlantic City, or Brigantine, packing thoughtfully (and with a few creative hacks) can turn a good beach day into a truly great one.

Sun protection should always come first. Bring a broad-spectrum sunscreen (SPF 30 or higher) and reapply it every two hours, even on cloudy days. A lip balm with SPF is essential—your lips can burn as easily as your skin, and it's a spot many people forget. A wide-brimmed hat or cap offers shade and doubles as a cover for your phone, book, or snacks during breaks. Sunglasses with UV protection are a must for blocking glare from the water and sand; if you're without a case, tuck them into a soft sock to prevent scratches.

Longtime shore-goers swear by packing a small spray bottle for the ultimate cool-down. Fill it with water, a splash of glycerin or a drop of sunscreen for extra hydration, and toss in a few ice cubes before sealing it up. Keep the bottle in your cooler or bag's shaded pocket, and spritz your face, neck, and shoulders whenever the heat starts to wear you down. The icy mist offers instant relief, and the added ingredients help your skin stay refreshed and protected.

Hydration is just as important. Freeze a reusable water bottle halfway the night before, then top it off in the morning for icy water that lasts. Heat-proof snacks like apples, grapes, trail mix, or granola bars are beach-friendly choices. If you want a subtle twist, add a slice of lemon or cucumber to your water bottle.

When it's time to leave, baby powder or cornstarch is your best friend. A sprinkle on feet, legs, or hands absorbs moisture and helps sand brush off

easily. Walking barefoot through nearby grass on the way to your car can help remove the last stubborn grains. Keep a gallon jug of water in your car to warm in the sun while you're on the beach—it's perfect for a final rinse before heading home.

A small first-aid kit is wise to have on hand—band-aids, antiseptic wipes, and tweezers can handle minor scrapes or splinters. But remember, Jersey Shore lifeguards are trained to assist with injuries, stings, or beach emergencies. If something serious happens, don't hesitate to flag them down—they're there to help.



Round out your bag with plastic bags for wet swimsuits or trash, a binder clip to keep your towel from flying off your chair, and maybe an empty Tic Tac container for hair ties or earrings. And don't forget to check if your beach requires tags—Wildwood and Atlantic City are free, but towns like Cape May, Sea Isle, and Ocean City require them in summer.

With these thoughtful essentials and easy hacks, your Jersey Shore beach day will be as breezy and carefree as the ocean air itself.

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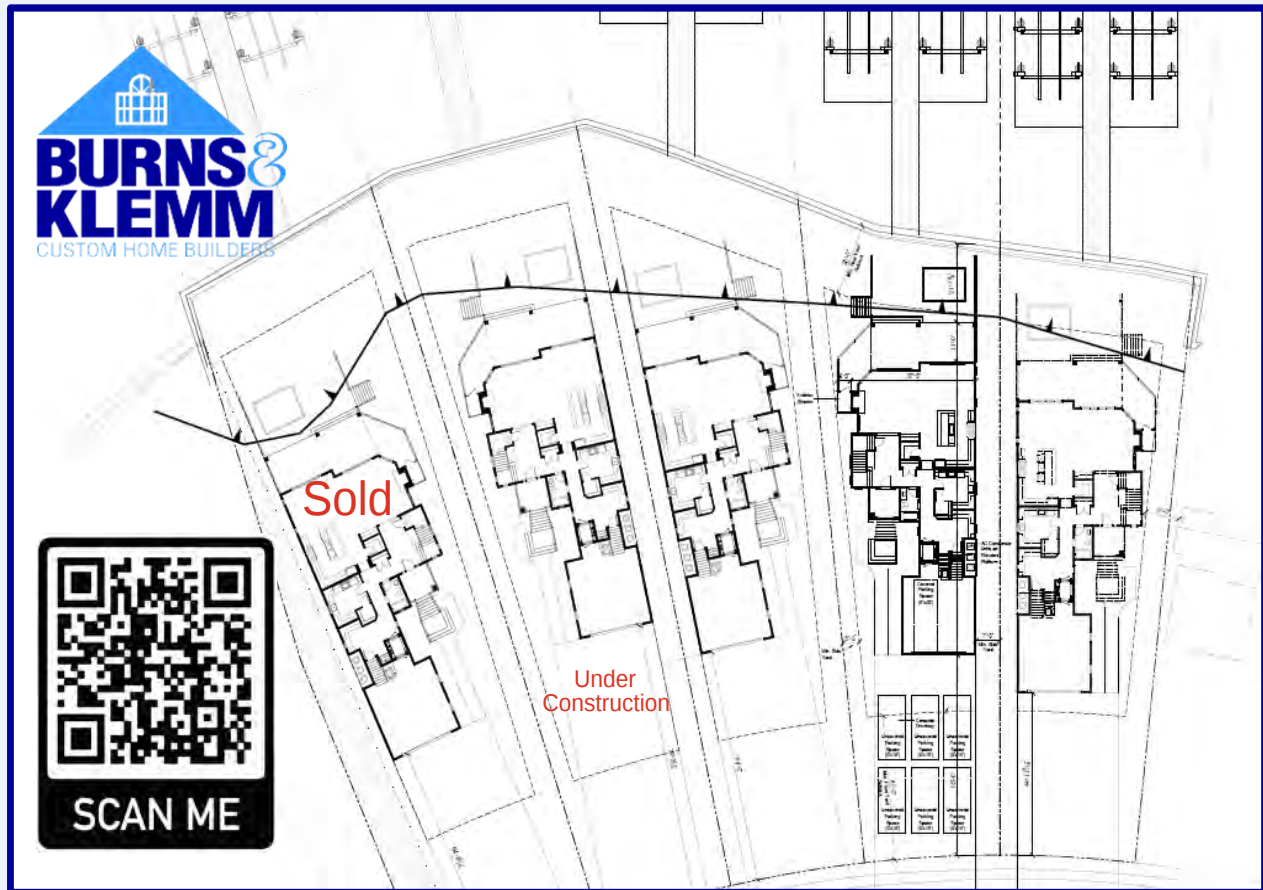
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