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## KNIGHTS OF COLUMBUS SUPPORTS FOOD PANTRIES STRUGGLING UNDER INCREASED DEMAND DUE TO COVID-19

The Knights of Columbus recently donated \$50,000 to Catholic Charities of the Archdiocese of Newark, one in a series of donations to food banks and food distribution programs totaling \$1 million across 18 U.S. cities, part of their Order's efforts to help those in need during the coronavirus (COVID-19) pandemic.

One of New Jersey's oldest and largest social service agencies, Catholic Charities of the Archdiocese of Newark helps over 60,000 individuals and families each year to improve the quality of their lives and enhance their self-worth and dignity. The donation from the Knights of Columbus will be used to purchase food to be distributed to Catholic Charities' Emergency Food and Nutrition Network, a program that coordinates the bulk food collection and distribution through a network of 80 volunteer-run food pantries and shelters throughout the Archdiocese. This donation comes at a vital time, as many of the food pantries are reporting an increase in demand. With these funds, Catholic Charities will be able to purchase food in bulk and distribute the packages to food pantries throughout the

Archdiocese of Newark, and will provide over 8,600 households with approximately 36,000 meals.

According to John Westervelt, Chief Executive Officer of Catholic Charities, "We are grateful to the Knights of Columbus for this most generous donation. As the days go by, more and more families are going without pay. We anticipate that the demand at food pantries will only keep increasing, and from people who might never have sought out help from a food pantry before. This donation is a true blessing for people in need during the coronavirus pandemic."

### ABOUT CATHOLIC CHARITIES

Tracing its roots to 1903, Catholic Charities of the Archdiocese of Newark is a not-for-profit social service agency of the Roman Catholic Church within the Archdiocese of Newark.

For more information about Catholic Charities or naming opportunities, please contact Catholic Charities at (973) 596-4100, or visit our website at [www.ccannj.org](http://www.ccannj.org) for more information.

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*(above, l-r) Catholic Charities staff including John Westervelt, Chief Executive Officer; Sharon Reilly-Tobin, Director of Volunteer Services; John Blomquist, Esq. General Counsel & Chief Administrator of Human Resources, and, Elizabeth McClendon, Associate Executive Director*



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Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Renna Media your news!

**Call: 908-418-5586**

**Email: [editor@rennamedia.com](mailto:editor@rennamedia.com)**

## SEPTEMBER IS SUICIDE PREVENTION MONTH

During September mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

Caring Contact is working locally to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

“National Suicide Prevention Month is an important time each year to refocus on supporting our loved ones, friends and colleagues who may be struggling emotionally,” said Janet Sarkos, Caring Contact’s Executive Director. “Awareness events, fundraising initiatives and community conversations are all excellent ways to get involved and are key components to ensuring resources are available and accessible for all. Awareness is especially important now as we have seen an increase in calls since the Covid-19 pandemic began in mid-March.”

Caring Contact encourages individuals to embrace the campaign of #BeThe1To. #BeThe1To is the National Suicide Prevention Lifeline’s message for National Suicide Prevention Month and beyond which helps spread the word about actions we can all take to prevent suicide.

Caring Contact is a local, award-winning, volunteer-staffed crisis hotline and listening community serving central and northern New

Jersey. As a member agency of the National Suicide Prevention Lifeline and the International Council for Helplines, Caring Contact compassionately serves those in emotional distress and educates local communities about the power of personal connection. In 2019, hotline volunteers responded to nearly 13,000 calls through the caring and crisis line. For more information please visit [caringcontact.org](http://caringcontact.org). If you, or someone you know, is in crisis, please call 800-273-8255.



(above) Caring Contact, with support from Northfield Bank, is offering Awareness Coffee Sleeves in area coffee shops to help raise awareness about suicide during National Suicide Prevention Month.

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# TOOLS FOR NAVIGATING THROUGH GRIEF IN THE TIME OF COVID-19

If you have been feeling exhausted, confused, frustrated and anxious lately. If you have been wondering what happened to the world as you knew it, when this pandemic would be over and what it would take to awaken from the nightmare we collectively share. If you have experienced intense emotional reactions that seem out of control, then you have entered the community of those who grieve. Some of us have experienced recent loss, some are re-experiencing ungrieved losses from the past and all of us are profoundly

affected by the innumerable losses resulting from the pandemic.

Although we are all grieving, not all of us realize it. However, we can all benefit from learning about the process we are experiencing, and from learning tools for navigating through grief. A Journey Toward Wholeness Seminar offers help in Healing the Grieving Heart. There is no charge to participate. Since we respect social distancing, the seminar is currently offered for six weeks on a Zoom platform. It is sponsored by the First Presbyterian Church of Cranford in memory of Dr. Bruce Williams who co-created the program 20 years ago.

The co-leaders of the program, Patti Williams, RN and Virginia Waters, Ph.D. have both professional and personal training and experience in the field of grief and loss and are joined by a team of trained facilitators who also provide support as well as lead small breakout groups for individuals with like losses.

When: September 20 – October 25, 2020, 6:30

PM - 8:30 PM for six consecutive weeks.

Where: Meet us on Zoom. A meeting link will be provided upon registration.

Who: We welcome everyone who has had a loss of any kind in the past or in the present. We also welcome anyone who has previously taken this Seminar to return for a refresher.

To register for this free program, call Patti Williams at 908-709-1341. All are welcome.

For more information about the program, visit [firstprescranford.org/journey-to-wholeness-healing-the-grieving-heart/](http://firstprescranford.org/journey-to-wholeness-healing-the-grieving-heart/)

## ABOUT THE FIRST PRESBYTERIAN CHURCH OF CRANFORD

As the body of Christ empowered by the Holy Spirit, the First Presbyterian Church of Cranford (FPCC), 11 Springfield Ave., Cranford, seeks to live God's Word and inspire others to embrace Jesus' commandment to love one another as the Lord loves us. Learn more at [firstprescranford.org](http://firstprescranford.org).



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## UNION PUBLIC LIBRARY'S SEPTEMBER PROGRAMS

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For more information, please contact the Main Library at 908-851-5450 or visit our website at [uplnj.org](http://uplnj.org).

### Managing and Attending Your Online Meeting: Looking Good and Safety Tips

Wed., August 26 at 5:00-6:00 p.m.

Presented by Rafael Miranda, LFC Consulting  
The new normal means that job interviews, business conferences and even family happy hours take place on line. This presentation will help you look your best and be safe. Presented by Rafael Miranda, president of LFC Consulting, Inc.

### Learn GOOGLE Suite and Work from Anywhere!

Wed., Sept. 9 at 4 p.m.

Whether you're an employee, educator, or student working remotely, knowledge of GOOGLE suite's free tools and resources is becoming essential. Learn how to edit documents, presentations, and spreadsheets in real-time with your team, create a group calendar, and organize your files so you can access them from any computer or phone.

Presented by

Rafael Miranda, LFC Consulting, Inc.

In addition, a career coach is available for individual sessions on Thursdays in September, from 12-6:00pm, by emailing [dwarner@uplnj.org](mailto:dwarner@uplnj.org). Are you looking for advice on your resume, cover or thank you letters?

Would you like help completing job applications? Union Public Library's Career Coach can do this and more, including showing you valuable job websites and practicing mock interview skills.

### Virtual Meditation

Thurs., Sept. 3, 10, 17, 24, 11:30 a.m. - 12:30 p.m.

Join instructor Bindu Bhatt for a virtual meditation session. No experience necessary. To register, visit <http://bit.ly/UPLlive> at least one hour before the program starts.

### Reinventing and Re-Branding Yourself In Uncertain Times

Monday, Sept. 14 10:00 a.m.

Presented by Blanca Rosales-Ahn

The job market is tight - you need to stand out from the crowd. This program, for those current and formerly employed, career changers and students of all ages. Learn how to find, discover and use your unique brand in to find a job.

Blanca Rosales-Ahn is the Founder and Executive Director of BRAHN Career Educational. Consulting Services and currently serves as President of the LUPE FUND, Inc.

### Tuesday Movie at 2 Chat

Tuesdays, September 15 and 29,  
2:00 p.m. - 3:00 p.m.

Moderated by UPL librarian Kiana Kirby  
Join us for a live discussion on Zoom on a weekly Hoopla movie selection. Titles are available for free with your library card.

### How to Help Your Students Get Into College Without Stress

Tues. Sept. 15 7-8 p.m.

Presented by Katie Sonnenberg, former Princeton Admission Officer

Applying to college can be a daunting experience for students and their families. This year, the process is even more complex - students are unsure how colleges will evaluate applications in the Covid-19 era. What does it mean to be "test-optional?" How will colleges assess transcripts when classes are online and grading systems have changed? Learn how to help guide your child through the college application process and still maintain healthy family dynamics. Get inside tips from a former Princeton University Admission Officer.

### Recycling IQ:

### Do's and Don'ts of Curbside Recycling

Wed., Sept. 16 at 7-8 p.m.

Join JoAnn Gemenden, Union County Recycling Coordinator and find out what's ok and what's not to put outside, what happens to your recyclable trash, and how to Recycle Right. She will also review the most frequently asked questions (FAQ's).

### Great Moments in Sports History

Sat., Sept. 19 at 2:00 p.m.

Associate Professor Marc Postiglione  
If the Miracle on Life, Ali v Liston, and Jackie Robinson, ring a bell, this program is for you! If not, discover why they are so important and celebrate other great moments in sports history with the professor who created and leads the Sports Management program at UCC.

### Covid Blues Presented by The New Jersey Mental Health Players

Monday, September 21

12:30 - 1:30 p.m.

Presented by the

Mental Health Association of NJ

The Pandemic affects everyone. Some it's side effects are depression, anxiety, fear, grief, and anger. Covid Blues is a NJ Mental Health Players production designed to help all of us deal with these feelings. This virtual performance includes music, videos, live chat, polling and curtain call. A professional moderator shares information followed by a talk back with the players, who remain in character while speaking with the audience. The program ends with the moderator providing additional information, resources, links, and contact info.

### Voting ABC's: How it Will Work During the Pandemic

Sept. 22 at 5:00 p.m.

Voting may be confusing during the pandemic.

They are expecting many more vote-by-mail ballots. How will it work? How will the Union County Board of Elections handle it? What do I need to know? Find out in this presentation.

### Adult Book Chat

Thursday, September 24

4:00 p.m. - 4:45 p.m.

Join UPL Librarian Kiana to chat about what you're reading and watching. Join the conversation and hear some great recommendations.

### Book Publishing and Writer's Group

Tuesday, Sept. 29 at 4:00 p.m.

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## THE GATEWAY FAMILY YMCA COLLECTED 120 STORIES TO CELEBRATE 120 YEARS OF SERVING THE COMMUNITY



(above) Families and individuals shared their "Y stories" for the 120th anniversary of The Gateway Family YMCA.

In May, The Gateway Family YMCA announced the launch of a story collection project to collect 120 "Y Stories" to celebrate 120 years of serving the community in June 2020. Through an overwhelming response, The Gateway Family YMCA was able to share 120 stories throughout the month of June and continued to share those stories throughout July.

"The Gateway Family YMCA celebrated 120 years of serving the local community this June," stated Krystal R. Canady, CEO, The Gateway Family YMCA. "We are proud to support the needs of the communities we serve, and as those needs have grown and changed over the last 120 years, our Y has pivoted and changed to provide responsive services and programs for all."

Each year, The Gateway Family YMCA provides service to 15,000 YMCA members and 25,000 community members and program participants. In addition to traditional YMCA programs like child care, youth sports and swim lessons, The Gateway Family YMCA also provides housing and social services, chronic disease self management, and WISE Adult Social Day Services programs.

"I'm a mother of two, trying to provide for my children the best way I can. What the Y has done for my family left me speechless because my babies are safe and have a roof over their heads. The staff are very loving and caring. What can I say, I am blessed to come across the Y. Seeing my children smile each morning means the world to me, and I'm glad I have the opportunity to get on my feet for my family," Betzaida, YMCA Housing Resident and Member.

"The Y has helped to shape the lives of many individuals and families," stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. "We often receive tremendous feedback from current and past members who want to

share their Y story of impact."

Stories included learning to swim at the Y, meeting a best friend at a Y program, serving the community through Togetherhood or the 7th Grade Leaders Club, gaining a healthier lifestyle or the Y as a first place of employment, as well as emotional stories of overcoming obstacles and receiving support through housing and social services.

"When I came to the Y, I was homeless. The Y gave me a place to stay and programs to help me get back on my feet. Every day since I've been here, I have been treated with respect and dignity. There is a genuine interest in my well-being. A year later, I'm on track to find my own place and live independently. I couldn't have done it without the wonderful, caring people of the Y," Chris, YMCA Housing Resident and Member.

"One of the things we often say is that everyone has a Y story," added Colleen A. Clayton, Chief Membership & Development Officer. "120 years of serving the community is a major milestone for our YMCA and we wanted to celebrate those who have been a part of our history during our anniversary month."

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening the foundations of community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Y impacts the community by providing quality services to people of all ages, races, faiths or incomes. The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

For more information on The Gateway Family YMCA, visit [tgfymca.org](http://tgfymca.org).



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## SPOTTED LANTERNFLY SEE IT, REPORT IT!

Residents are seeing these bugs in their yards and even inside the house. While not dangerous to humans or pets, the Spotted Lantern Fly can be devastating to trees and plants.

If you see a Spotted Lanternfly or egg masses that you should report the site to the New Jersey Department of Agriculture. You can contact them through the NJ Spotted Lanternfly Hotline at 1-833-223-2840 or by email at [SLF-plantindustry@ag.nj.gov](mailto:SLF-plantindustry@ag.nj.gov).



### SPOTTED LANTERNFLY WHAT TO DO:

If you see egg masses, scrape them off, double bag and throw away. You can also place the eggs into alcohol, bleach or hand sanitizer to kill them.

- Collect a specimen: Specimens of any life stage can be turned in to the New Jersey Department of Agriculture's lab for verification.
- Take a picture: With your GPS function turned on your smartphone or a camera with GPS, take a photograph of ANY life stage (including egg masses).

Submit picture to:

[SLF-plantindustry@ag.nj.gov](mailto:SLF-plantindustry@ag.nj.gov)

Report a site: If you can't take a specimen or photograph, call and leave a message detailing the sighting location/address and your contact information.

NJ Spotted Lanternfly Hotline  
at 1-833-223-2840 (BADBUG0)



## EDUCATION FOUNDATION ANNOUNCES GRANT RECIPIENTS

*Submitted by Kathy Arminio*

The Township of Union Education Foundation is proud to announce the following grants were awarded for school year 2020-2021:

Michael Riley, Washington School, K-4, Computer Literacy and Gifted and Talented

Third graders in the gifted and talented program will experience the power and wonder of drones, pilot the classroom safe drones and learn to code the flight sessions with graphical block programming and algorithms.

Deanna Leon and Jaclyn Vincent, Connecticut Farms School, Kindergarten

Teachers will be provided with materials to set up centers for Discovery Time to investigate science and social studies concepts while integrating literacy and math concepts. The materials will be used in STEM centers, readers/writers/puppet theater, and writing and art.

Lindsay Conneely, Kelly Kitzman and Maria Sibilia, Livingston Elementary School, fourth grade

Materials will be provided by the Education Foundation for these teachers to continue the TREP\$ program for all fourth-grade students, which teaches children how to start their own business, combining 21st Century skills, STEAM and Financial Literacy skills.

Mary Ellen Patricco, Connecticut Farms School, fourth grade inclusive classroom

Students will learn to build mechanical computers powered by marbles to solve logic

puzzles, learn key computer science concepts and build skills essential to coding. The program, titled "Turing Tumble" will offer students the opportunity to peek under the hood of computers and discover how they work.

Susan Lisanti and Francesca Minnoia, Battle Hill School, Physical Education and Special Education

Supplies will be provided to install a "sensory hallway" in Battle Hill School, where students can work individually and go through the movement path, turning a passive environment into an active one.

Jennifer Parkhurst, Connecticut Farms School, entire school

The Education Foundation will provide materials to build on the program started last year at Connecticut Farms School with a grant from the Foundation, called Yoga 4 Classrooms. This is a mindfulness program which helped students learn a variety of coping and self-calming skills.

Jessica Cornacchia, Burnet Middle School, 8th grade algebra 1 and honor algebra 1, "Math in Motion: Introduction to Coding"

This project will encompass STEM directly into the math classroom as students will use graphing calculators and learn to write a program to direct a robot to move in their desired direction/objective. (Partially funded with funds raised by the annual Burnet/Kawameeh Middle School rumble softball game)

William Dye, Union High School, 9th grade environmental earth science, 9th grade algebra 1,

10th grade biology

Funds will be given to create the first immersive educational lab in the Township of Union School system. Students will have the use of a Virtual reality lab space, which will help to boost the high school STEM program. This will be the first step in the district wide adoption of an innovative and far reaching educational initiative.

With the awarding of these eight grants, students from kindergarten to high school will benefit from exposure to and involvement in innovative and creative ideas in education. The Education Foundation is still active and dedicated to enriching the learning environment of the students of the Union Public Schools.

To support the grants, the Foundation is holding a benefit raffle, drawing to be held September 24. Information can be found at the Foundation's website, [tuef.org](http://tuef.org) or at ConnectOneBank, 356 Chestnut Street, 5 Points or by calling Barbara at 908-687-5743.

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# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

## NEWSPAPER ADVERTS

We mail 135,000 newspapers to every home and business in 21 towns. You can advertise in any number of towns. ads start at \$60.

## FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

## DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

## ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

## SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

## WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

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**908-447-1295**

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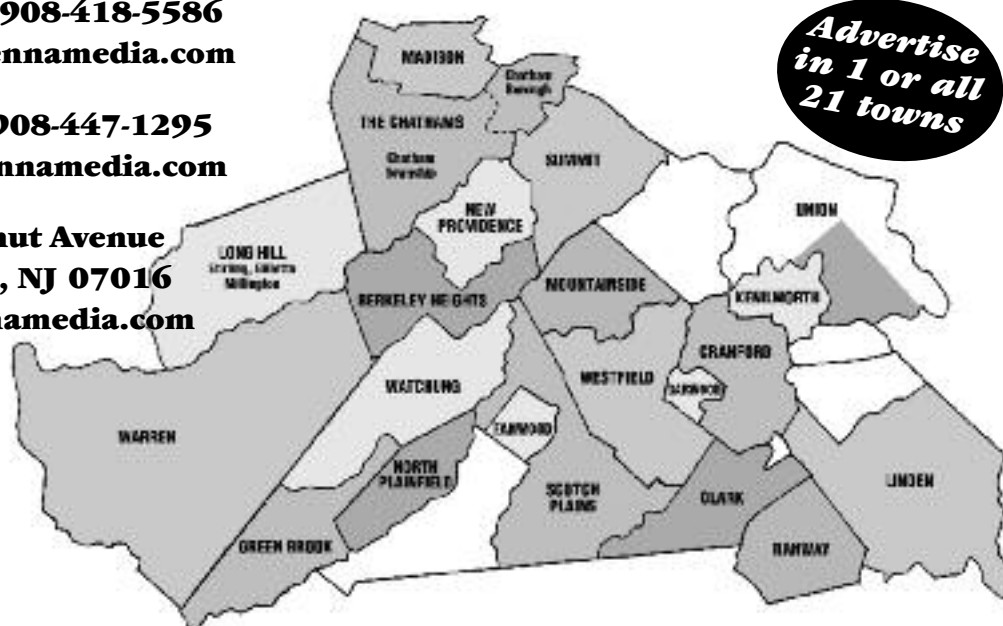
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**Joe Renna 908-447-1295**  
**joerenna@rennamedia.com**

**202 Walnut Avenue**  
**Cranford, NJ 07016**  
**info@rennamedia.com**



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<b>BUSINESS &amp; LIFE KENILWORTH</b> NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	<b>Life in LINDEN</b> NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,600 Mailed to every home and business in Glen Ridge, Hillside, and Springfield. Zip: 07033, 07046, 07080	<b>MADISON MONTHLY</b> NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	<b>MOUNTAIN SIDE VIEW</b> NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	<b>The PRIDE of North Plainfield</b> NJ Qty: 8,300 Mailed to every home and business. Zip: 07060, 07062, 07063
<b>OUR TOWN Rahway, NJ</b> Qty: 12,400 Mailed to every home and business. Zip: 07065	<b>Scotch Plains NJ WHAT'S HAPPENING IN SCOTCH PLAINS</b> Qty: 9,600 Mailed to every home and business. Zip: 07076	<b>Summit NJ \$ Times</b> Qty: 9,600 Mailed to every home and business. Zip: 07901	<b>Spirit of UNION</b> Qty: 5,500 5,100 mailed to homes and businesses. Zip: 07083	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

### NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black and white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first cover. First served basis. Current advertiser has right of first refusal.

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Visit [RennaMedia.com](http://RennaMedia.com) for online publications.

Photo albums, video and advertising opportunities.

# Howdy Partners!

## Online Marketing is like the Wild West

Too many carpetbaggers are exploiting business owners, making empty promises that don't materialize.

Too many businesses are stuck in contracts with no return on investments, no way to check if the work is getting done, and needing to invest more to make things right.

The following is a guide to Renna Media services and costs that you can compare to your present provider.

I highly recommend doing an independent audit of your website!

Contact Walter Watson at [walter@www-online-enterprises.com](mailto:walter@www-online-enterprises.com)

He does a great job analysing and making recommendations.

It is only \$250 and can save you time, money and headaches.

*Thank you. - Joe Renna*

Check out Joe Renna's Hyper Local Network on YouTube. Call 908-447-1295 if you want your business featured online and in print. See sample show below.



## NICK RENNA'S BIBLE REVIVAL

*By Joe Renna*

My brother Nick is known as 'The Voice of Union County', best known for announcing high school sports. When I created the Hyper-Local Network YouTube channel, we planned on producing a local sports show. The idea was lingering but went completely dormant when the coronavirus put a halt to school altogether.

Nick is not a technical person so any attempt to broadcast would have to be facilitated by someone. That person came in the form of his pastor, Jerry Rittenhouse, who was impressed by Nick's participation in Bible study sessions and thought Nick should be sharing his knowledge of the Bible, his devotion to Jesus, and his gift of gab.

Nick was not plugged into social media. But his fear of big brother was over taken by his love of God. Pastor Jerry created a Facebook page under Nick's name and has been recording him in an impromptu manner. Pastor Jerry has been uploading a video each day since Nick's birthday on August 4th. His videos have been getting a few thousand views each, and he has maxed out his friends list at 5,000.

I'm encouraging Nick to continue his mission, and am loading his videos onto his 'Renna's Arena' playlist.

## Full Service Online Marketing



### Online Marketing Items

- Website ads and Social Media Posts, Classified ads .....\$20 per item  
- Special bulk price.....Block of 20 items \$100  
Including: Press releases / Classified Ads  
Web Page / Calendar Event / Monthly Banner ads

### Extra Boost:

- Blast your online ad or press release to a targeted market: .....\$100
- National Press Release Distribution  
to 300 to 500 news outlets.....Budget choice from \$300 to \$500.

### Website / SEO services

- Website Audit/Analysis and recommendation plan: .....\$250
- Website creation/update:.....\$2,400  
(Cost for average website: 12 pages,  
contact form, SEO friendly, responsive design)
- Website Hosting: .....\$300 per year  
Includes website hosting, software updates,  
monthly website content updates
- SEO Services:.....average cost \$1,000 - \$2,000 per month  
Custom tailored solutions:  
Google Ranking, Local SEO, Social Marketing

### Video advertising

#### Production:

- Product placement \$250
- 30-second commercial \$500
- 3-minute spot \$1,000
- 30-minute show \$1,500
- 3-hour shoot - \$2,000

**Do not commit to a service unless you have a solid marketing plan and budget.**

Your plan should work on paper before you spend dime one. Don't waste money just trying something. There is no magic bullet.  
**Call Joe for a free consultation.**

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