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RESTAURANT DONATES TO LOCAL EMERGENCY UNITS

Submitted by Craig Alperowitz, Chatham Emergency Squad

No one would argue that the restaurant industry is one of the hardest hit since the start of the COVID pandemic. According to a new survey released by the National Restaurant Association, nearly 1 in 6 restaurants (representing nearly 100,000 restaurants) has closed either permanently or long-term. In that environment, it's particularly impressive that a local restaurant was able to make a sizable donation to both the Chatham Borough Fire Department and the Chatham Emergency Squad.

Restaurant Serenade, in business on Roosevelt Avenue since October 31st, 1996, hosted a "Jersey Fresh and Strong" 4-course meal available for take-out or eat-in dining on August 20. The menu supported local NJ businesses and was paired with three beverages. A portion of each meal was slated for donation and the restaurant was delighted to be able to make a \$500 donation to each agency.

Co-owner Nancy Sheridan Laird and Chef/Owner James Laird presented a check to Chatham Emergency Squad President Evan Skinner with their thanks for the Squad's service. Nancy Laird said, "despite the challenges that COVID has presented, Restaurant Serenade feels strongly that community support is an important part of our success." James Laird agreed, adding "We've had to call the Squad a couple of times to assist our customers and they have always been prompt and so helpful."

"We depend almost 100% on community support and this gift, in this environment, is truly humbling," said Evan Skinner, President of the Chatham Emergency Squad. "Gifts like this from Restaurant Serenade help offset the high expenditures for personal protective equipment (PPE) and decontamination equipment the Squad has expended due to COVID in order to keep our members safe and protected."



(above) Restaurant Serenade owners Nancy Sheridan Laird, and chef James Laird present a check to Evan Skinner, President of the Chatham Emergency Squad.

"This money dramatically helps our training efforts," said Jeff Fricke, Captain of the Chatham Borough Fire Department. "Six firefighters were able to undergo Rapid Intervention Team (RIT) training which is a difficult and intensive training program that teaches our members how to retrieve a fallen firefighter in the event of a structural fire."

COMMUNITY HOPE CONNECTS VETERANS WITH SERVICES

Call the Referral Hotline for Eligibility

Veterans and their families who are experiencing a housing crisis may be eligible for emergency assistance such as motel/hotel stays, security deposits, rent, rental arrears, groceries and utilities through Community Hope.

Community Hope's Supportive Services for Veteran Families (SSVF) program is currently providing assistance remotely. Urgent community-based services such as critical supplies and veteran wellness-checks are provided in person.

The increase in support services to veterans and their

families during the COVID-19 pandemic is possible thanks to funding from the U.S. Department of Veterans Affairs.

To make a referral, please call the referral hotline at 1-855-483-8466

or email SSVF@communityhope-nj.org,

or email Gema Diaz at gdiaz@communityhope-nj.org.

Community Hope is a nonprofit that helps individuals, including veterans, and their families, overcome mental illness, addiction, homelessness and poverty.

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Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

Chatham Eagle Scout's Project Offers Four Morris County MUA Collection Sites

According to veterans' organizations, when an American flag becomes worn, faded, torn or soiled, it should be retired and replaced with a new flag. It is illegal to throw away the American Flag and the Flag Codes state that it should be destroyed with "with dignity, preferably by burning."

There are several ways to respectfully dispose of an American flag. The most common method is burning the torn or tattered flag in a special ceremony.

This is best done by taking your old flag to one of Morris County's many American Legion or VFW posts, where veterans and members may then hold a ceremony as they properly retire/dispose of it.

Morris County residents have the option of bringing worn out flags to four collection boxes created by Chatham Township Eagle Scout Collin Goldbach and maintained by the Morris County Municipal Utilities Authority.

The goal is to make it more convenient to dispose of old and worn flags. The red boxes are located at:

- Morristown: Morris County Administration and Records Building, 10 Court Street, Morristown 07960 (inside the main lobby)
- Mount Olive: MCMUA Mount Olive Transfer Station, 168 Gold Mine Road, Flanders 07836
- Parsippany: MCMUA Parsippany-Troy Hills Transfer Station, 1100 Edwards Road, Parsippany 07054

- Dover: MCMUA Curbside Recycling Building (Dover Armory Garage), 479 West Clinton Street (Route 15), Dover 07801

In 2018, Goldbach, in coordination with the Morris County MUA, designed and built the bright red American Flag disposal boxes to call attention to proper methods of discarding worn Stars n' Stripes. The program is managed by MCMUA Assistant Operations Manager Michael Nunn, a U.S. Marine and former Morris County Sheriff's Officer.

For more information on flag disposal, check out the following sites:

VFW: www.vfw.org/community/flag-etiquette American Legion: <https://www.legion.org/flag/questions-answers/91117/how-are-unserviceable-flags-destroyed>



(above) Chatham Eagle Scout Collin Goldbach and MUA's Mike Nunn stand next to one of the MUA collection boxes.

Photo by County of Morris

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—Bob Lynn



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CUB SCOUTS, SCOUTS BSA AND VENTURERS PLANNING TO MEET SAFELY



The Cub Scout packs, Scouts BSA troops and Venture crew in Chatham are making plans to continue meeting and holding activities despite the COVID-19 virus.

As much as possible, meetings will be held outdoors where the risk of transmission is much less. Outdoor meetings could be held in parking lots, parks, backyards or at camps. Scouting has always sought to teach youth to be adaptable and resilient. These traits are now needed more than ever.

When meeting indoors, Cub Scouts meet in smaller groups called dens (for boys or girls who are in the same grade). In a den meeting,

maintaining 6 foot distance will be easier.

Scouts BSA troops can break up into smaller groups called patrols. A patrol will have 8 to 10 Scouts who choose their own Patrol Leader. Within the patrols, Scouts learn skills together and prepare for their next outdoor activity.

Chatham has three Cub Scout packs for boys and girls in grades K-5, three Scouts BSA troops for boys in grades 6-12, one Scouts BSA troop that is for girls only, and one Venture crew for girls who are ages 14-20.

To connect with a pack, troop or crew, contact District Executive Al Thomas, al.thomas@scouting.org; 973-765-9322 x229.



(above) The Cub Scout packs, Scouts BSA troops and Venture crew in Chatham are making plans to continue meeting safely.



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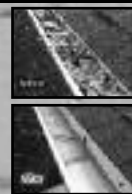
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MADISON ROTARY ENCOURAGES REDUCE, REUSE AND RECYCLE HOME ITEMS

AMERICAN LEGION AUXILIARY PLANS FOR THE FUTURE

Submitted by Maryann Doherty

Auxiliary Unit #43 President MaryBeth Valentino would like to thank the residents of our local communities for their support of the Poppy Fundraising endeavor during the past several months. When the Veterans Medical Center at Lyons contacts the Unit concerning its needs, the Unit will be ready to assist, as it has done in the past. Poppy money is used for this purpose.

In 2014 the National American Legion Auxiliary granted permission for Units to accept community volunteers who are interested in serving, but do not meet the eligibility requirements for membership. If anyone has the interest but does not meet the requirements, they may contact President Valentino at mbvalentino@gmail.com.

The Unit will begin monthly meetings on the second Saturday of the month, October 10 at 10 a.m. at the Post #43 Legion Home, 20 Ridgedale Avenue in Florham Park. CovidVirus19 protocols will be in place.

As Rotary International recently named “supporting the environment” its newest area of focus, Madison Rotary is inviting the public to its biannual Community Shredding Day, joined by Habitat for Humanity’s ReStore collection truck. The event will take place from 9 a.m. to 12 noon on Saturday, October 17, 2020 at Madison Municipal Parking Lot #1, at the corner of Prospect Street and Kings Road by the Madison Volunteer Ambulance Squad.

All are encouraged to take advantage of Morris Habitat for Humanity and Madison Rotary’s services to reclaim valuable space in their homes and offices at the same event, both by donating unneeded items and by safely destroying and recycling sensitive documents. All participants are required to wear masks and practice social distancing.

Madison Rotary has contracted Security Shredding, Inc. to provide secure destruction of sensitive documents on-site, after which the shredded papers will be recycled into other paper products. The cost is \$5 per box or grocery bag. Larger containers will be accepted and priced accordingly. Cash and checks will be accepted. All proceeds from the shredding event will be used by the Madison Rotary, a 501(c)(3) charity,

for service projects benefiting the community.

A truck from Habitat for Humanity’s ReStore will gratefully accept area residents’ new or very gently used home building materials, lighting and plumbing fixtures, hardware items in original packaging, fine art and collectibles, and furniture and other home furnishings in excellent condition. Having the ReStore truck come to Madison is a convenience for would-be donors, as the ReStore facility is located in Randolph. ReStore’s inventory is 100% donated by businesses and individuals and sold to the general public at a fraction of the retail price. Proceeds are used to build affordable homes in Morris County and surrounding areas. According to Jeannie Tsukamoto, former President of both Madison Rotary and Morris Habitat for Humanity, “donations to ReStore have built 28 homes in Morris County and have kept over 10,200 tons of reusable materials out of landfills since 2007.” Donations to ReStore are tax-deductable. A receipt will be provided for ReStore donations.

Please contact Carmela Moeller at carmoeller@aol.com for questions about the event. Please visit madisonrotarynj.org for more information about Madison Rotary.

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Nathan Weiser

★★★★★

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Thank you Spring Grove for a wonderful and pleasant stay.



Charles Sherrick

★★★★★

I have been at Spring Grove for a few weeks now, they have exceptional service and excellent staff. All the nurses have been professional and attentive to all my needs. I never thought a rehab center can have such a beautiful layout and well put together. The newly renovated room I have stayed in, is up to date and extremely clean. The therapy staff have gone above my expectations with their expertise and getting me to where I am today. Alyssa the social worker has gone above and beyond with all her assignments.

Thank you Spring Grove.



Chrissy Sloan

★★★★★


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MORRIS COUNTY OBSERVES INTERNATIONAL OVERDOSE AWARENESS DAY

Morris County, state and federal officials joined families who lost loved-ones due to overdoses and several community organizations on August 31 in Parsippany to recognize International Overdose Awareness Day, an annual event observed to reduce the stigma of drug-addiction and the tragedy of drug-related deaths.

The occasion was marked with a freshly planted, weeping cherry tree, dubbed an “Angel Tree Memorial,” dedicated outside the Morris County Addiction Center off Central Avenue.

“Being present for the dedication of the first Angel Tree Memorial in Morris County gives this grieving mother hope. Honoring my beloved son and angel, Justin, along with all of the angels in Morris County lost to the drug epidemic — those of us who grieve them, and those who continue to fight for recovery — literally breathes life from that weeping cherry tree into a place where it is desperately needed,” said Rebecca Finnerty of Montville, who spoke at the ceremony about losing her son to a heroin overdose in 2016.

Others stories of overdoses were told by a dozen parents, each bearing large photos of the

children they lost to drug addiction — including one woman who lost both a son and daughter.

The concern over overdose deaths is more poignant this year as recent data from the national Centers for Disease Control and Prevention (CDC) indicates drug-related deaths in the United States rose to record levels in 2019 and continue to climb. New Jersey ranks seventh among all 50 states with the highest per-capita rate of deaths due to drug overdose.

“We have lost far too many lives in communities across New Jersey and the country due to opioid abuse and drug overdose,” said Senator Bucco. “This day will serve as a humble reminder across our state of the work that needs to be done to protect innocent lives and raise awareness to the issue that impacts families of every creed. If we as a community come together to better understand, inform, and educate about the scourge of substance abuse and overdose, we can work to find better ways to help the most vulnerable among us and save lives.”

The senator introduced legislation recently approved by the state Senate and Assembly to establish every August 31 as Overdose Awareness Day in New Jersey. The rise in annual addiction-related deaths has surpassed record annual highs for auto accidents and it is the leading cause for a reduction in the nation’s life expectancy, according to the CDC.

The CDC issued a preliminary report in July indicating nearly 72,000 Americans died from drug overdoses in 2019, marking a sharp increase over 2018, when the nation had been experiencing a decrease.

“On International Overdose Awareness Day we honor those lost. Every day that we advocate for those actively using and those with substance use disorders, we have those that we have lost in our heart,” said Kelly Labar, Peer Recovery Specialist at the Center for Addiction Recovery Education & Success.

NJ Cares, also known as the state Office of the New Jersey Coordinator for Addiction Responses and Enforcement Strategies, reported 1,595 suspected drug-related deaths in the state as of

June 30. That puts the state on a pace to equal or exceed the 3,021 drug-related deaths the agency counted in 2019.

“The heroin and opioid epidemic continues to be a scourge on the residents of New Jersey. The Narcan program in Morris County is a critical component to our multidisciplinary approach in combating this epidemic. Other components include a strong focus on public education and Operation Helping Hand, a cooperative law enforcement initiative where substance use treatment is offered to those arrested for possessory drug offenses, for those determined to be eligible,” said Morris County Prosecutor Fredric M. Knapp. “The Morris County Prosecutor’s Office will continue to collaborate with our law enforcement and non-profit partners to save lives and connect those struggling with substance use to treatment resources immediately after overdoses are reversed.”

In Morris County, NJ Cares counted 89 drug-related deaths in 2018 and 86 for 2019. So far this year, 54 deaths have been registered in Morris County.

Morris County has been a leading force in combating addiction, adopting a Stigma Free policy years ago while launching multiple programs to deal with the rising phenomenon of drug overdoses through the Morris County Department of Human Services, the Mental Health Association of Morris County, the Community Outreach and Planning Section in the Sheriff’s Office, Morris County Prevention is Key and their Center for Addiction Recovery Education and Success.

The Morris County Addiction Recovery Response Team and the Morris County Sheriff’s Hope One Mobile Response Unit were launched in 2017, with the ARRT offering peer-recovery support to overdose survivors in hospital emergency departments and follow-up counseling. The Hope One outreach program, which is a mobile recovery access center, travels throughout Morris County to provide critical support to people struggling with addiction to prevent overdoses and deaths.



(above, l-r) Rebecca Finnerty of Montville, standing with her daughter Chloe, spoke about losing her son to an overdose. Next to her were Sen. Anthony Bucco, Sheriff James M. Gannon and Freeholder Director Deborah Smith.

Photos by Morris County

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CHATHAM HIGH SCHOOL FENCING TEAM NAMED #1 IN THE NATION

Chatham High School has been named the number one school in the nation for the USA Fencing All-American Team for the second consecutive year. The team was also named number two for the All-Academic team, improving from last year's third spot.

Over the past five years, Head Coach Jerry Duffey has led the team to multiple championships and tournament victories. The latest trophies include:

- 3 Conference Team Championships,
- 2 Morris County Team Championships,
- 4 Morris County Squad Championships,
- 4 County Individual Championships,
- 6 District Squad Championships,
- 4 District Individual Championships,
- 4 Cetrulo & Santelli Tournament medals,
- 4 State Squad Championship medals,
- 4 top 10 State Individual finishes,
- 2 boys' team top 8 finishes
- and 2 girls' team top 16 finishes.

THE FOLLOWING CHATHAM FENCERS EARNED #1 AND #2 SPOT IN THE NATION.

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Samantha Serban, Foil
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Charles Gallucci, Foil
Vincent Hong, Saber
Preston Yen, Saber
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Nate Eck, Foil
Henry Epstein, Saber
Sonia Julius, Foil
Ahmer Khan, Epee

ALL-ACADEMIC TEAM First Team

Nate Eck, Foil
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Vincent Hong, Saber
Elysa Jordan, Epee
Sonia Julius, Foil
Ahmer Khan, Epee
Jacob Mahon, Foil
Samantha Serban, Foil
Aidan West, Foil
Kat Xikes, Saber
Preston Yen, Saber
Second Team
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Aidan Marrinan, Foil



(above) 2020 CHS Girls Foil State Squad Bronze



(above) 2020 CHS Boys Epee State Squad Bronze

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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.

CALL JOE RENNA FOR A FREE CONSULTATION.
908-447-1295

DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- Get unlimited clicks
- Trackable results
- Free ad design and copywriting
- Paid search engine promotions
- Posts are shared through social media

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See samples on our [website](http://www.njlocalinfo.com) and facebook pages.



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1 year contract
\$365

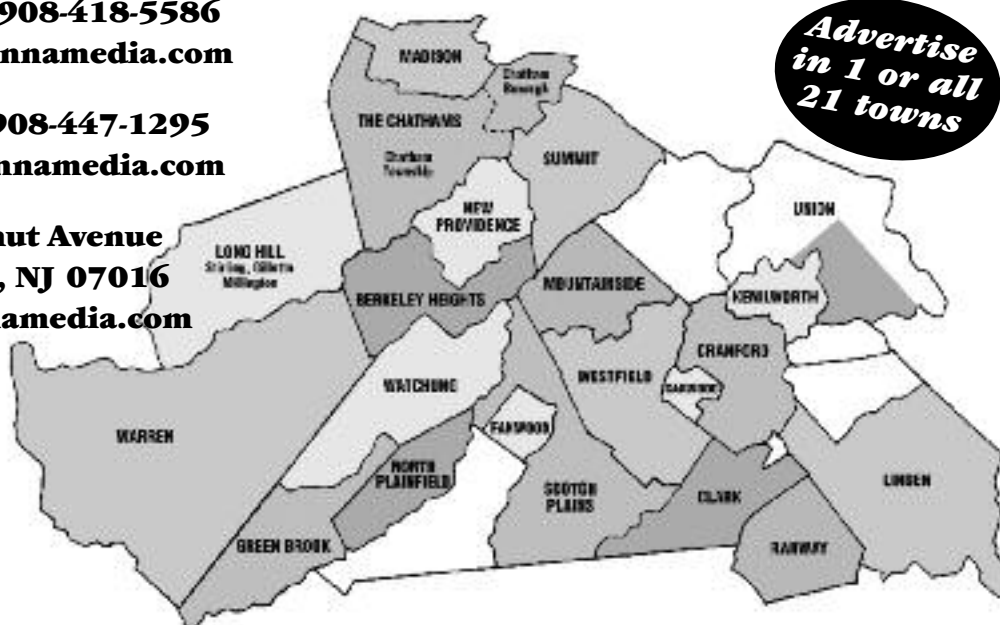
RENNA MEDIA NEWSPAPER RATE SHEET

WE MAIL 135,000 NEWSPAPERS MONTHLY!

Tina Renna 908-418-5586
tinarenna@rennamedia.com

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

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



Advertise in 1 or all 21 towns

Berkeley Heights COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	THE CHATHAMS NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	Clark Monthly NJ Qty: 6,700 Mailed to every home and business. Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	Fanwood Post NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	Garwood Times NJ Qty: 2,200 Mailed to every home and business. Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
BUSINESS & LIFE KENILWORTH NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	Life in LINDEN NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Milington and Stirling. Zip: 07933, 07946, 07988	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAIN SIDE VIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	The PRIDE of North Plainfield NJ Qty: 8,300 Mailed to every home and business. Zip: 07062, 07063
OUR TOWN Rahway, NJ NJ Qty: 12,400 Mailed to every home and business. Zip: 07065	Scotch Plains NJ NJ Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit NJ Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of UNION NJ Qty: 5,500 5,000 mailed to home and businesses. Zip: 07083	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post NJ NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	Westfield MONTHLY 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 on 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 come, first served basis. Current advertiser has right of first refusal.

PREPAY FOR 6 MONTHS AND GET 1 FREE

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

Visit 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

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

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 outletsBudget 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.

Call Joe Renna 908-447-1295
Email: JoeRenna@RennaMedia.com

SCORE hosts FREE Seminar

How to Get Sued by Anyone & Everyone!

Join Mitchell for this fascinating discussion about the right and wrong way to handle your business dealings.



AVOID THESE COMMONS MISTAKES

- How to avoid conflicts with your business partner
- How to prevent "memory loss" and misunderstandings; the Brian Williams syndrome
- Things to include in any business contract

In this webinar, Mitch will also run through a business from idea, to startup, through getting into operation.

DATE: Tuesday, October 6, 2020

TIME: 1:00 pm

COST: FREE

REGISTER: https://score.zoom.us/webinar/register/WN_6utovA1Rjelmw0dIDQVng



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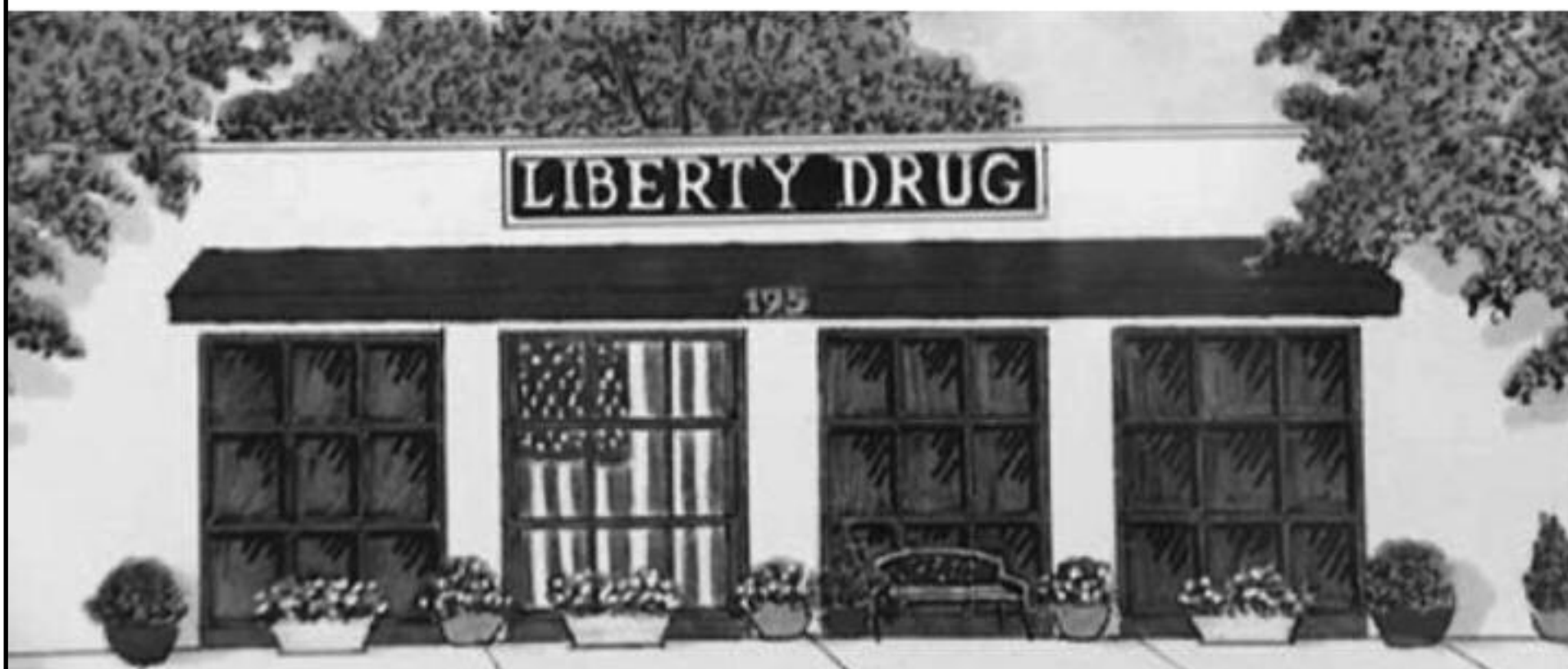
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