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UNION TOWNSHIP ANNUAL WELCOME FALL FESTIVAL

Union Township hosted the Annual Welcome Fall Festival on Sunday, October 4th, 2020 along Stuyvesant Avenue. This staple event offered something for everyone as residents and members of the surrounding community came together to celebrate. Featuring two beer gardens, a kids zone, various food vendors, live music, and dozens of cars, motorcycles, trucks and bikes of all makes and models.

The Fall Festival featured several crowd drawing events like the “Battle of the Bowls Taste Off”, the annual “Ice Cream Eating Contest”, and the annual “Car, Bike & Truck Show”. Live music was provided from 11 a.m. to 7 p.m. by the Cafe Racers, DJ Alex Gomez, and the Booglerizers. Even though masks and social distancing were required, the event had a tremendous turnout from all ages.



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Photos from this and other events can be found online at rennamedia.com and on Spirit of Union page on [facebook.com](https://www.facebook.com). Feel free to “Like,” “Tag,” and “Share.”

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Tina & Joe Renna, Publishers
202 Walnut Ave., Cranford, NJ 07016
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CARING CONTACT CONTINUES TO ANSWER CALLS DURING COVID-19 CRISIS

With residents of New Jersey being asked to stay home to fight the spread of Covid-19, many people find themselves feeling isolated and experiencing high levels of anxiety. Caring Contact, a local listening and crisis hotline, continues to help individuals during this difficult time. As a member agency of the National Suicide Prevention Lifeline, Caring Contact cares for those who are in crisis in central and northern New Jersey and acts as a backup to other Lifeline agencies throughout the country. Additionally, they operate a local “warm” line to assist individuals who may not be in crisis but are experiencing stress themselves, with a family member, friend or co-worker.

Approximately 90 volunteers answer the phone lines at Caring Contact. “It has been a challenge during this time to ensure that volunteers are kept safe”, stated Executive Director Janet Sarkos. “All business operations were moved remotely in early March. We’ve altered our hotline operations so that only one listener at any a time is in each of our phone rooms. We are working together as an organization to ensure each phone station and other “common touch areas” are cleaned thoroughly between listeners, to further protect against contamination. It is vital that we continue to answer calls during this time of heightened anxiety”.

But even with these office precautions, Caring Contact has updated their telephone and IT

systems so they can now transition many of their volunteers to answer both the Lifeline and the local warm line from remote locations. Call volume is up. We took 2,986 calls in the first quarter last year as compared to 4,012 this year. We’ve been tracking COVID-related calls. In the middle of March 20% of our calls were COVID-related. From 3/29 - 4/12, it had risen to 32%.

If you are interested in learning more about Caring Contact please visit their website at caringcontact.org. If you, or someone you know, is in crisis please call 800.273.8255, 7 days a week, 24 hours a day. If you are feeling isolated and need to talk to someone please call 908.232.2880, 7 days a week from 7 a.m. – 11 p.m. (based on volunteer availability). We are here to listen.

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VICTORIAN 'PINK TEA' BENEFIT FOR NITSCHKE HOUSE

Submitted by Shirley Boyden Maxwell

Nationally acclaimed author and historian Joanne Hamilton Rajoppi will highlight women's valiant, decades-long struggle in winning the right to vote, particularly the efforts of local and Union County pathfinders, during a Victorian "Pink Tea" to be presented by the Kenilworth Historical Society on Saturday, November 14, 2020, in celebration of "100 Years of Votes for Women."

In commemorating the ratification of the 19th Amendment to the U.S. Constitution, which in 1920 gave women the right to vote, Rajoppi will spotlight many who led the decades-long Women's Suffrage movement, particularly Kenilworth and Union County pathfinders who helped further the cause and who overcame daunting challenges in paving the way for other women to run for public office.

The Tea will begin at 12:30 p.m. at the Kenilworth Veterans Center, 33 South 21 Street, where the ambience will resemble the "Pink Teas" that Victorian women held to secretly discuss such then-controversial issues as women's voting rights. It was believed that referring to the gatherings as "Pink Teas" would mask their political purpose and deter men from attending. An array of assorted teas, tea sandwiches and desserts will be served during the November 14 Tea, which also will feature a gift auction and door prizes.

Admission is \$30. Advance reservations (by November 4) are requested, as seating is limited. For reservations/tickets, please call 908-709-0434 or visit Especially Yours Florist at 13 North 20th Street, Kenilworth.

Proceeds from the Tea and Gift Auction will benefit the Kenilworth Historical Society's Oswald J. Nitschke House (c. 1880) "living history" museum and cultural arts center.



(above) Contingent of New Jersey women welcoming envoys from California during the Women's Suffrage movement that led to ratification, in 1920, of the 19th Amendment to the U.S. Constitution giving women the right to vote.

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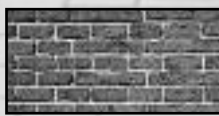
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WHEN COVID-19 HITS THE NJ VETERAN COMMUNITY THE VETS HITS BACK

Submitted by Jesus MiroQuesada and Angie Abbot, NJVN

A group of veterans and veterans' organizations are making a huge difference during New Jersey's Covid-19 pandemic. The New Jersey Veterans Networks' "Operation: Helping Heroes" project has two objectives including providing meals and groceries to veterans, and protective equipment to first responders. Food and PPE have been delivered to first responders, hospital workers, and activated National Guardsmen throughout the state.

They have distributed almost 3,000 hot meals and groceries to veterans, National Guardsmen and essential frontline workers at 61 different drop-off locations. The NJVN also provided personal protective equipment and helped distribute over 10,000 gallons of hand sanitizer to hospitals, EMS squads and police departments, and provided over 2,000 protective masks. This all happened during a crucial time when things like food, masks and hand sanitizer were very much needed, but hard to find.

The New Jersey Veteran Network has truly lived up to its name and partnered with a rich network of almost a dozen other organizations in order to fulfill their mission. Non-profits like the Samaritan Outreach Services, Operation Jersey Cares, the CSM Robert Gallagher Charitable Foundation, and Milltown VFW 2319, worked tirelessly to contribute to the Helping Heroes effort by either supporting heroes and first responders working through the crisis, or helping veterans whose health and finances were affected by the pandemic.

Doc Schupp who created the Helping Heroes

program had this to say "We were only able to reach and help as many people as we did because we are working with some of the best and most passionate organizations and people in the state. People like James Ludolph, would drive for hours dropping off food to sick and quarantined vets only to ask me what the next mission to help was, or 2319 VFW Commander Bob Kolesare, who would personally go out to help fill veterans' pantries."

NJVN Outreach Director, Frank "Doc" Schupp organized the hot meal and groceries portion of the program in collaboration with VFW 2319, Operation: Jersey Cares and Samaritan Outreach Services. Food was donated by restaurants including Jim Dandy of East Rutherford, Marinelli's and 55 Main both of Flemington, Amici's of Linden, Burnett BBQ of Union, and Applebee's of Garfield. Donations were delivered to National Guard units, hospital workers and veteran shelters such as Operation Valor in Newark and Vet Haven North.

Home deliveries of food as well as social service assistance, in coordination with Catholic Charities and PACO agency, were also provided to assist veterans who were quarantined at home due the COVID-19 crisis.

The protective equipment distribution was managed by NJVN President Michael Boll in collaboration with Ashland Chemical who sponsored the hand sanitizer, and Backpacks for Life - a veterans' organization who has created a full-scale operation to create masks to give to first responders and hospital staff. Protective equipment was given to hospitals including Holy

Name of Teaneck, the East Orange and Lyons VA Hospitals, Jersey City and New Bridge Medical Centers, and police departments including New Providence and Florham Park.

Both the food distribution and PPE could not have been made possible without the volunteers who took the time to pick up and distribute the goods. Great people like James Ludolph, Robert Bouthille, Dana Black, Juan Peris, Jamel Dobbins and Michael Salerno (with the team Mascots Shadow and Mush) and many others made this project happen! Many good people came together and were able to make a positive impact on the community during a difficult time. All of this was done by strong partnerships, unpaid volunteers, and sponsored through donations.

ABOUT NEW JERSEY VETERANS NETWORK

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve. If you are interested in joining our team, would like us to speak at your event, or contributing to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



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ORGAN DONOR ENROLLMENT DAY

On October 8, NJ Sharing Network and its many healthcare partners and volunteers throughout the state worked together to register organ and tissue donors in celebration of Organ Donor Enrollment Day. The non-profit, federally designated organ procurement organization set a goal of amassing at least 2,020 new donor registrations on 2020 Organ Donor Enrollment Day. The 2,020 goal helps create a positive spin on the number '2020' as opposed to the negative '2020' references seen virtually everywhere due to the challenges faced this year.

Currently, there are nearly 110,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. You can register to be a donor at any time by visiting njsharingnetwork.org/register.

"Organ Donor Enrollment Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation," said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. "One organ and tissue donor can save eight lives and restore health to over 75 people."

In New Jersey, one person dies every three days waiting for an organ transplant. However, the generosity of those in the Garden State is providing hope for the future. New Jersey's organ and tissue donor registrations continue to rise thanks to strong community education and outreach efforts as well as simplified ways to register as an organ and tissue donor are also helping to save more lives. It is now easier than ever for New Jerseyans to register in any of the following options:

Online at www.NJSharingNetwork.org

Through the iPhone Health App

In person at your local Motor Vehicle Agency

Another key component of Organ Donor Enrollment Day is encouraging those who register to have a conversation with their family and friends about their decision to donate.

"Donation provides comfort and healing to so many families after losing a loved one. It is so important to talk to your family and share your decision about organ donation so your gift is honored," said Carolyn M. Welsh, vice president and chief clinical officer, NJ Sharing Network.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBiz as one of the state's "Best Places to Work" for the third consecutive year, is also part of the national recovery system, serving the nearly 110,000 people on the national waiting list. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.

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Each month, over 135,000 newspapers are mailed to every home and business in 21 towns. He also offers full color printing and mailing services as well as an online presence that parallels his print publications. Through these publications, Renna Media has focused on the needs of the local business owner offering customized, affordable, advertising opportunities. Joe Renna also helps his advertisers with their marketing plans as a value-added service.

Mr. Renna's presentation will address the different aspects of building a marketing plan and tuning up existing ones. The audience will leave with the information to guide them in developing a plan that will get them the best return for their marketing budget. The presentation will encourage questions from the audience and will address specific challenges facing participating business owners.

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VISION LOSS ALLIANCE OFFERS FREE VIRTUAL PROGRAMS

Vision Loss Alliance of New Jersey will be able to offer FREE virtual wellness classes, peer support groups and technology-focused offerings over Zoom thanks to a grant from the Grotta Fund for Senior Care. Anyone who has low vision in New Jersey, as well as out-of-state residents, can participate.

VLANJ offers virtual classes in managing grocery shopping, yoga, Zen, meditation and mindfulness. Additionally, their tech talk classes help people understand their tech devices and how to use them to connect to online events. The

classes have been a hit, helping people with vision loss stay active, learn skills and connect socially.

Vision Loss Alliance of New Jersey is a nonprofit organization serving people who are blind or have low vision. Through the group's programs, participants learn skills that allow them to manage their lives, and create a welcoming community in which they feel safe and supported.

The Grotta Fund provides its grantees with opportunities for technical assistance, learning,

and networking with other non-profits. In turn, grantees are encouraged to promote the results of their grant, leverage funding, and sustain programs which have been funded by Grotta. The fund is administered through the Jewish Community Foundation of Greater MetroWest NJ.

To Register for Classes visit <https://www.vlanj.org/programs/>

The post Vision Loss Alliance's Virtual Classes Get a Boost from Grotta Fund first appeared on Morris County, NJ.

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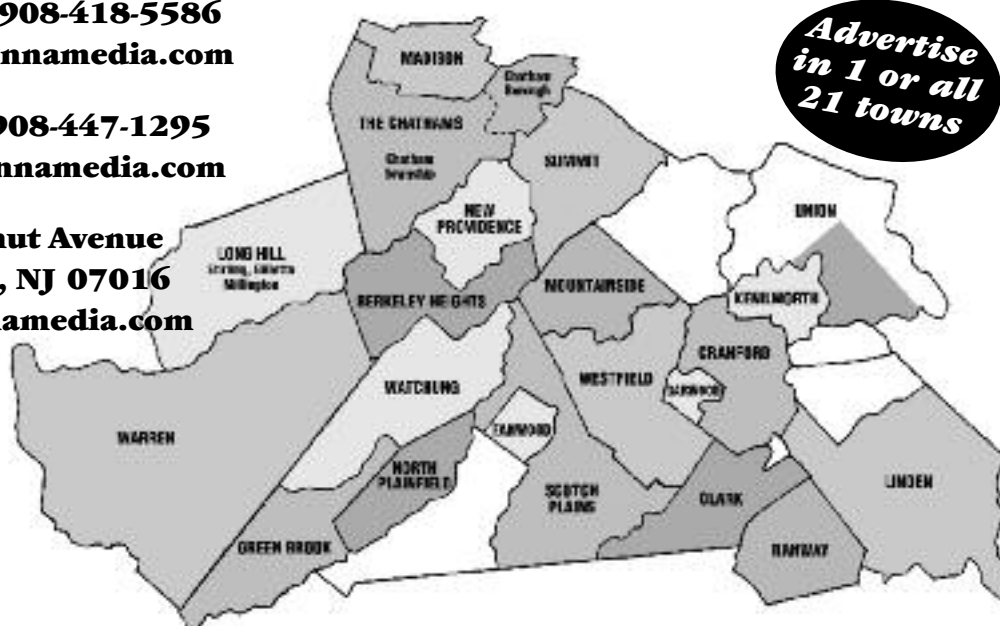
RENNA MEDIA NEWSPAPER RATE SHEET

WE MAIL 135,000 NEWSPAPERS MONTHLY!

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202 Walnut Avenue
Cranford, NJ 07016
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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 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	Fairwood 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 Littleton, Millington and Littleton. Zip: 07933, 07946, 07980	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAINVIEW 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: 07060, 07062, 07063
OUR TOWN Rahway, NJ Qty: 12,400 Mailed to every home and business. Zip: 07065	Scotch Plains NJ KRYSTIN HANSEN Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit 3 Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07981	Spirit of UNION NJ Qty: 5,500 5,000 mailed to home and business. Zip: 07083	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post 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 5.25" 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

UNION LIBRARY YOUTH PROGRAMS

Program details subject to change. Please contact the library to confirm. To register for programs, visit bit.ly/UPLlive.

VIRTUAL YOUTH PROGRAMS

Weekly Programs

Virtual Biographical Storytime

Tuesdays, at 7:00 p.m..

| All ages | No registration necessary

Learn all about important figures from the past and present, broadcast on UPL's Facebook Live

Virtual Storytime

Wednesdays: at 10:30 a.m.

| All ages | No registration necessary

Spend this special time listening to a story and singing songs & rhymes, broadcast on UPL's Facebook Live and on UPL's Instagram!

Virtual Storytime

Fridays at 10:30 a.m.

| All ages | No registration necessary

Spend this special time listening to a story and singing songs & rhymes, broadcast on UPL's Facebook Live and on UPL's Instagram!

ADDITIONAL PROGRAMS

Outdoor Music & Movement

Wednesday, November 4 at 10:30 a.m.:

Boogie Woogie Babies | All ages |

Registration required

Enjoy an outdoor, socially-distanced music & movement class led by Boogie Woogie Babies!

Kids' Paint-Along

Friday, November 6 at 10:30 a.m.

Wednesday, November 4 at 4:00 p.m.

| Ages 5 - 13 | Registration required

Grab some art supplies and join us for this month's virtual paint-along! This program will take place on Zoom.

Club Teen Virtual Check-In

Wednesday, November 4 at 6:00 p.m.

| Ages 14 - 18 | Registration required

Catch up with your pals at Club Teen without leaving the house! For high school-aged teens. To sign up, email us at teens@uplnj.org. This program will take place on Zoom.

Construction Zone Virtual Challenge

Monday, November 9 at 4:00 p.m.

| All ages | Registration required

Challenge yourself to design new creations with your own Legos and blocks!

Club Teen Virtual Check-In

Wednesday, November 18: at 6:00 p.m.

| Ages 14 - 18 | Registration required

For high school-aged teens. To sign up, email us at teens@uplnj.org. This program will take place on Zoom.

Virtual Bedtime Storytime

Thursday, November 19: at 7:00 p.m.

| All ages | No registration necessary

Get ready for bedtime with a great story, broadcast on UPL's Facebook Live.

Construction Zone Virtual Challenge

Monday, November 23: at 4:00 p.m.

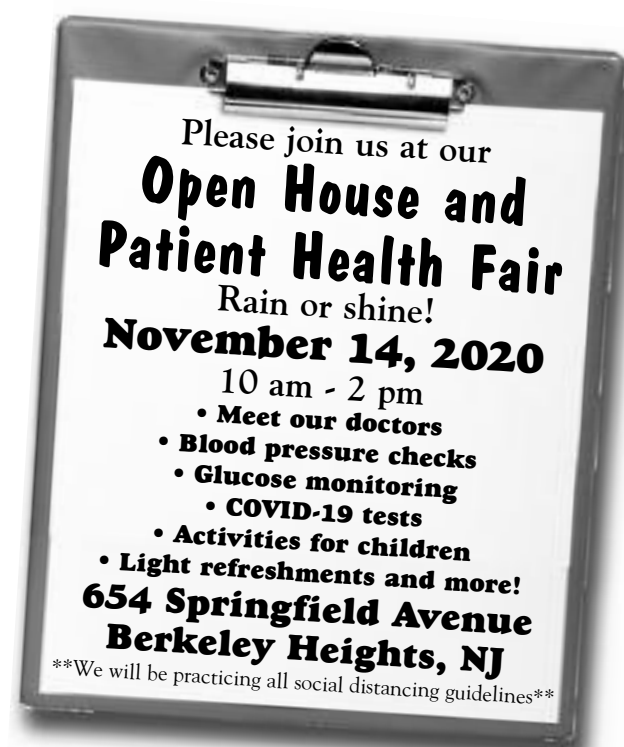
| All ages | Registration required

Challenge yourself to design new creations with your own Legos and blocks! This program will take place on Zoom.

Announcing
Edward Anthony Somma, MD

Internal Medicine

New Office in Berkeley Heights



After graduating from medical school, Dr Somma served his internship in Internal Medicine at Trinitas Regional Medical Center. He then completed his residency in Internal Medicine at Seton Hall Post Graduate School of Medicine, where he was elected Chief Resident of Internal Medicine in his final year.

Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall's Physician Assistant Program and is an Associate Professor of Medicine for their Internal Medicine program.



“Providing exceptional comprehensive health care with unrivaled compassion and personalized attention for more than 2 decades”

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