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Watchung's Hometown Newspaper

NJ

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I AM MY BROTHER'S KEEPER! ARE YOU?

Submitted by Michael D. Boll, Director of New Jersey Veterans Network and United States Marine Corps Veteran

A few years ago, I was approached by a friend and co-worker of mine who expressed how extremely depressed he was and that he wanted to take his own life. Initially, I was completely shocked because this guy always seemed to be upbeat and happy all the time. Immediately, I asked him to come with me to a private office so we could talk about his awful situation. This was the first time in my life that I had a friend talk to me about suicide, and I knew I had to really do my best to help him get through this horrible ordeal. We spoke for a few hours and I listened closely to everything he said. I was able to convince him to immediately get some help and we went to the hospital. I stayed with him at the hospital and met with him when he was released. I did everything to show my friend that I had his back and because of this he is alive today. This awful situation inspired me to do whatever I possibly can to help others in need and shortly after we created our mobile outreach program.

In today's day and age, most of you have known a veteran or first responder that has taken their own life. Every day we lose nearly twenty-two veterans and approximately three hundred first responders every year to suicide. Even with all the awareness and new anti-suicide programs available, this number has not changed and, in some cases, has increased. The Veteran Hospitals' PTSD and mental health programs are packed with patients and unfortunately, they continue to grow. More of our first responders are also seeking help and utilizing some of the state programs being offered. So many people want to help and put an end to this crisis but sadly there isn't a foolproof program available that will stop this ever-growing crisis from destroying our uniformed heroes and their family's lives.

For the last two years our team has been working tirelessly with other charities to come up with a better solution to help prevent this epidemic from continuing. Personally, we believe our "Mobile Outreach Team" is really making a difference and everyday it helps our uniformed heroes live a better way of life.

The first thing we learned is to lose your



"EGO" and seek out other groups and organizations that are looking to save lives. Then we find the right volunteers who are committed and dedicated with being a mentor to a person in crisis. Volunteers are extremely valuable because they want to be there, and they usually care more than the people who get paid for their services.

To date, we have been able to change and save countless lives because of the incredible commitment from the volunteers and other supporting groups.

Our approach is to aggressively seek out and contact a veteran or first responder in crisis. Our goal is to immediately work on building trust by being completely honest with the person in crisis. Using our network is wonderful, but it's more important to show the person in need that we are there for them and won't give up. Usually, we go out and meet with those in crisis and spend whatever time is needed to help them get in a better frame of mind. Bottom line "Human Contact" and "Friendship" is the key to saving a life.

Our Mobile Outreach Team is unique because it consists of mentors from all over the state that are willing to do whatever it takes to save and change a life.

If you are interested in joining our team please feel free to contact me at (973)-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.

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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Watchung Post is published by Renna Media. 3,000 newspapers are printed monthly and mailed to every business and home in Watchung, NJ and the balance are distributed for free pick-up throughout town.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Renna Media welcomes the comments and concerns of its readers put into writing and sent via fax or email to:

Renna Media, LLC
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Fax: 908-709-9209
Email: joerenna@rennamedia.com

PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

**Organizations
who are interested
in submitting
content can
email**

**editor@rennamedia.com
or call 908-418-5586**

WILSON MEMORIAL CHURCH CHRISTMAS MEMORIAL

This holiday season Wilson Memorial Church of Watchung will once again erect Christmas trees memorializing loved ones.

Last season two dozen lighted Christmas trees were erected along the corner of Hillcrest and Valley Roads memorializing loved ones. The twinkling white lights were a warm and lovely sight approaching the area. Each tree, designated as a remembrance for an individual, bore a note in that person's name. The trees, purchased by individuals and erected by members of the church, honored someone special and helped to provide funding for the church's many programs. In this year of Covid-19, Wilson Memorial opens up the opportunity to the surrounding community

to join in providing light, love and hope in trying times.

For more information visit
wilsonmemorialchurch.org/trees
or contact Lisa Shpunder 908-347-7892,



Light Up Our Corner of the World!

(corner of Valley & Hillcrest)

Once again, Wilson Memorial Church will celebrate the Christmas season illuminating our grounds by erecting beautiful, fresh cut Christmas trees, decorated with white lights.



The trees will remain lit each evening from 6:00 PM until midnight during the entire Christmas season.

Trees may be lighted in honor of a loved one, a family or maybe a special hope for the coming year.

The cost to memorialize one of these beautiful trees is **\$200**.

Trees will be identified with a plaque containing the name(s) or family to be memorialized.

In addition, we would like to offer the opportunity to add an additional donation to support
Plainfield Food Security Project for Covid-19.

Registrations are due by Sunday, November 8th.

For more information: www.wilsonmemorialchurch.org/trees or call Lisa Shpunder (908) 347-7892
Checks can be made to Wilson Memorial Church, 7 Valley Rd., Watchung, NJ 07069



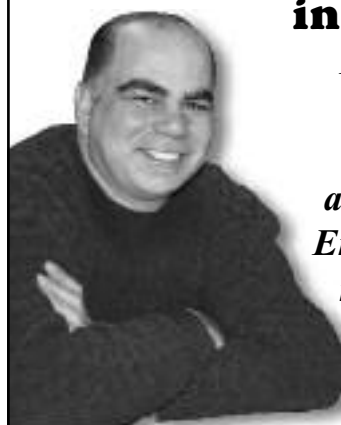
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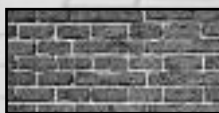
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THERAPY DOG AT LIBRARY IMPROVES CHILD SELF-ESTEEM, HAPPINESS



(above) On November 9 from 4:30-5 p.m., families will have the opportunity to meet local children's author Valerie Peña and her certified therapy dog Zoey through a virtual program. t.info/event/4506706.

On November 9 from 4:30 - 5 p.m., families will have the opportunity to meet local children's author Valerie Peña and her certified therapy dog Zoey with the Somerset County Library System of New Jersey (SCLSNJ) through a virtual program.

During the program Peña, an occupational therapist and therapy dog handler, will read her first published book "Wally's Wish" from the Wally's World series; discuss how she writes and where her ideas come from; and answer any questions Library customers may have.

"The 'World of Wally' books were written to be a source of comfort and empowerment for all children," said Peña. "When I began writing, I became aware of the parallels between the topics in the stories to the issues children face in their lives. Their purpose is to help children believe in themselves and their own abilities to face and conquer whatever life throws their way."

Continued Peña, "Children face many challenges in their lives, and sometimes it is difficult to know how to overcome them. My books provide a way for children to experience life's difficulties through the eyes of Wally, who faces many of the same challenges that they do. Whatever it is that a child may be experiencing, it is comforting to know that Wally has also gone through a similar situation, and was able to overcome it."

In addition to delving into her experiences as

an author Peña, who has visited SCLSNJ's Watchung Library branch with her therapy dog Zoey, will also explore the benefits of reading to a therapy dog.

"I believe therapy dogs provide unconditional love and comfort without any judgement, and enable children to be themselves without feeling intimidated, the way they might feel being around people," said Peña. "What I would like to accomplish through my therapy dog visits is to work with Zoey to help develop self-esteem, comfort, and happiness in every child we meet and with whom we develop relationships."

"Valerie and Zoey have become a beloved part of SCLSNJ's programming lineup," said Lynn Mazur, youth services supervisor. "I am so excited for Valerie to share her first book with the children of Somerset County, and to give them the chance to explore her writing process. She will surely help children discover a lifelong love of reading and writing."

The author, who began writing in 2004, is currently working on a book that she hopes will help empower children. The book will feature Zoey and explore Peña's 25-plus years of experience working as a school-based occupational therapist.

#BeSafeAtHome and explore "Wally's Wish" with Peña, Zoey, and your Library. For more information or to register: sclsj.libnet.info/event/4506706.

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Nathan Weiser
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Spring Grove is by far the best rehab center I have ever been to. The staff are kind and caring and have gone above and beyond my expectations. The building is kept extremely clean and the new renovations are very nice.

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
 ★★★★★

The nursing staff and administration is professional, patient, attentive and understanding. The facilities are very clean and well maintained. My parents room is always clean and tidy. Although it was a difficult decision to make relocating my folks from a home environment to a senior living facility, Spring Grove made my decision easy.

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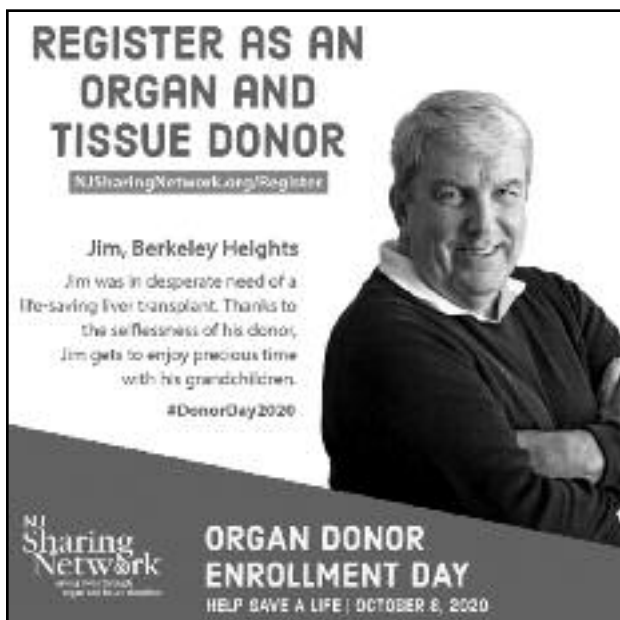
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(above) Jim Rhatican of Berkeley Heights was in desperate need of a life-saving liver transplant. Thanks to the selflessness of his donor, Jim gets to enjoy precious time with his grandchildren.

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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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DOMESTIC VIOLENCE SURVIVORS HOLIDAY DRIVE

During the holidays, Safe+Sound Somerset (S+SS) seeks to give additional support to our clients and their families through our Holiday Drive. Last year, with the help of supporters like you, S+SS was able to provide close to 150 individual family members with a brighter holiday season and the creation of new, positive memories.

As we prepare for the 2020 Holiday Drive during the coronavirus pandemic, we are asking for your help as we find ourselves needing to make some changes for the safety and security of our clients, volunteers and staff.

Most importantly, we will only be collecting \$25 Amazon, Walmart, Target and Visa gift cards for our Holiday Drive this year.

If you purchase electronic cards, please send them to kcantwell@safe-sound.org.

If you purchase actual gift cards, please mail them to Safe+Sound Somerset, Attn: Kristin Cantwell, 427 Homestead Rd, Hillsborough, NJ 08844.

We are collecting gift cards for the Holiday Drive now through Friday, November 20.

Gift cards will be provided for each member of the family, along with a family gift. Zarephath Christian Church will be providing our families with a holiday dinner.

Monetary gifts are also greatly appreciated for the Holiday Drive and to ensure the availability of services for survivors. You can make a gift

today at safe-sound.org/support/donate. If you want to designate your gift, in the "This gift is made in Memory or Honor of:" field, type "Holiday Drive."

If you belong to a business, community or other group that is interested in hosting a Holiday Drive on behalf of our clients, please reach out to Kristin Cantwell, Director of Development at kcantwell@safe-sound.org, if you need promotional support or to make special arrangements for delivery of your collected gift cards.

Thank you in advance for helping to make the holiday season special for the clients of Safe+Sound Somerset. Because of you and your generosity, these survivors of domestic abuse and their families can look forward to a brighter holiday season.

Safe+Sound Somerset is the only private, non-profit organization in Somerset County providing comprehensive services to survivors of domestic abuse and their families. Established in 1978, S+SS has continually expanded, offering a comprehensive range of services for survivors while working towards ending intimate partner violence and domestic abuse once and for all.

For help or to request additional information about Safe+Sound Somerset's services, call or text our 24/7 confidential hotline at 866-685-1122. Services are provided free of charge, in a confidential and culturally sensitive environment.



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HOME SAFETY REPAIR PROGRAM DESIGNED TO HELP PEOPLE IN-NEED

For many low-to-moderate income homeowners in Somerset and Hunterdon Counties, resolving critical home safety repairs is financially impossible. There are a significant number of residents who are living with water leaks and cold drafts due to failing roofs, doors and windows. Raritan Valley Habitat for Humanity (RVHFH) has developed a new Home Safety and Repair Program with these residents in mind. RVHFH is actively seeking qualified Somerset and Hunterdon County homeowners in need of home safety repairs to apply for this program.

This program focuses on helping local homeowners to continue to live independently, safely and comfortably in their homes. RVHFH's Home Safety and Repair Program serves low-to-moderate income homeowners of any age including veterans, people with disabilities and seniors. The program also assists non-profit organizations that offer permanent or temporary shelter.

Program projects have included: leaky roof repairs, weatherizing and increasing security of aging doors and windows, and home modifications and ramp installations for people with disabilities. One homeowner served by the program in Somerset says, "A volunteer installed a screen door and fixed the lock on my front door. Now my home is secure and water no longer comes in. I am so grateful and finally warm in my home."

Ramp installations are a crucial part of what RVHFH does for the safety of those in wheelchairs. A recent program recipient was a local non-profit organization that needed a ramp built for the people they serve. The Executive Director there commented, "We truly appreciate the professional work of Raritan Valley Habitat for Humanity. They built a beautiful ramp to make our building accessible for all clients."

Other program services help senior residents "age in place." Most seniors want to stay in their homes but many need to make costly repairs or improvements in order to do this. According to a family served by our program, "The Raritan Valley Habitat for Humanity team who came out to install grab bars for my mom were like angels sent from heaven."



(above) Raritan Valley Habitat for Humanity's program to help low-to-moderate income homeowners in Somerset and Hunterdon Counties resolve critical home safety repairs.

"We truly appreciate the support we've received for this important program from volunteers and donors in our community, particularly Provident Bank Foundation and NJM Insurance Group, and look forward to expanding our impact in helping more people to have a decent place to live in Somerset and Hunterdon Counties," says Jan Holmstrup, Executive Director of RVHFH.

If you or someone you know is low-to-moderate income and in need of home safety repairs, RVHFH's website has specific income qualification criteria to review and a program application to fill out, at the following link: rvhabitat.org/projects-programs/home-safety-repair/. Interested program applicants can also leave a message at 908-704-0016, ext. 12 and a

trained program volunteer will return the call.

This program and others like it could not exist without the support of people in the community. To make a donation to RVHFH, please visit rvhabitat.org or write a check payable to Raritan Valley Habitat for Humanity and send to P.O. Box 6275, Bridgewater, NJ 08807.

Seeking to put God's love into action, Raritan Valley Habitat for Humanity (RVHFH) brings people together to build homes, communities and hope. In 29 years, RVHFH has built 53 homes in Hunterdon and Somerset counties. The affiliate also operates a Habitat ReStore in Manville, which is a store that sells gently used household goods to benefit the building and repair of more homes in our community. To learn more, visit rvhabitat.org or call 908-704-0016.

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Joe Renna has been in business since 1984 supplying businesses with a full array of marketing and advertising services. From developing business and marketing plans to multimedia production, over the years, his ad agency has worked with every size business. Since 2000 Renna Media has been publishing hyper-local community newspapers.

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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EXPLORE LIBRARY'S VIRTUAL PROGRAMS

All programs listed are free. Registration is required unless otherwise indicated. Programs are subject to change. All programs are virtual unless otherwise indicated. Visit sclsnj.libnet.info/events.org for SCLSNJ's complete calendar of events. For questions contact SCLSNJ staff at ask@sclibnj.org.

ALL AGES PROGRAMS

The Wizard of Oz - A Staged Radio Play

November 7, 2-3 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4504625.

The Declaration of Independence - The Influence of Mary Kathryn Goddard

November 9, 7-8 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4509221.

CHILDREN, TWEEN, AND TEEN PROGRAMS

Wanted - Villains (grades 9-12)

November 2, 4-5 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4529259.

Bilingual English/Spanish Storytime (ages 3-7)

November 3, 5:30-6 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4510709.

STEAM Lab (grades K-2 and their caregivers)

November 4, 5:30-6:30 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4517524.

Hooray for Veterans Day - Meet a Veteran (families with children)

November 7, 2-2:45 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4524517.

Meet the Author - Valerie Peña (families)

November 9, 4:30-5 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4506706.

NaNoWriMo - National Novel Writing Month Challenge (grades 6-12)

6:30-7:30 p.m.

Program is virtual. Register now:
November 9

sclsnj.libnet.info/event/4555512.

November 23

sclsnj.libnet.info/event/4561060.

November 30

sclsnj.libnet.info/event/4561809.

Diwali - One Festival Many Stories (families with children)

November 11, 4-5 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4524615.

LEAD - Leadership Exploration and Development Club (grades 6-8)

November 11, 5:30-6:30 p.m.

Program is virtual. Register now
sclsnj.libnet.info/event/4517548.

December 2: sclsnj.libnet.info/event/4517554. Young Adult Crossover Club - "Little Women" by Louisa May Alcott (grades 6-12)

November 18, 6-7 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4560200.

Intro to Robotics - Sweep the Castle (grades 6-12)

November 19, 5-6:30 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4479977.

Story and Craft - Pumpkin Pie (families)

November 23, 10-10:30 a.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4560827.

Baby Songs

(ages birth - 2 years and caregivers)

November 30, 2:30-3 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4561118.

ADULT PROGRAMS

Conquering Mount Everest

November 5, 7-8 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4498242.

My Favorites - An Evening of Jazz With Danielle Illario

November 6, 7-8 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4561837.

Book Discussion Salon

November 11, 7:15-8:45 p.m.

Traditionally hosted at the Warren Twp. branch

- "Small Great Things" by Jodi Picoult

Program is virtual. Register now:
sclsnj.libnet.info/event/4565954.

Meet the Author

Michael C. Gabriele

November 12, 7-8 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4500448.

David Treuer

November 19, 7-8 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4497284.

Fantastic Plant Stories - Presented by Somerset County Park Commission

November 14, 2-3 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4440510.

Implicit Bias in Public Education - Presented by Dr. Anne Gregory of Rutgers University

November 16, 6-7:30 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4551783.

Using Online Job Applications

November 17, 7-8 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4519407.

The RVCC Workforce Training Center - Career Pathways and Continuing Education

November 18, 7-8 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4527666.

Let's Talk Turkey and Side Dishes With Chef Jesse

November 20, 3-4 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4513508.

Presidential Signatures

November 21, 2-3 p.m.

Program is virtual. Register now:
sclsnj.libnet.info/event/4498324.

FREE PROGRAMS HELPS WITH VISION LOSS

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
www.vlanj.org/programs/

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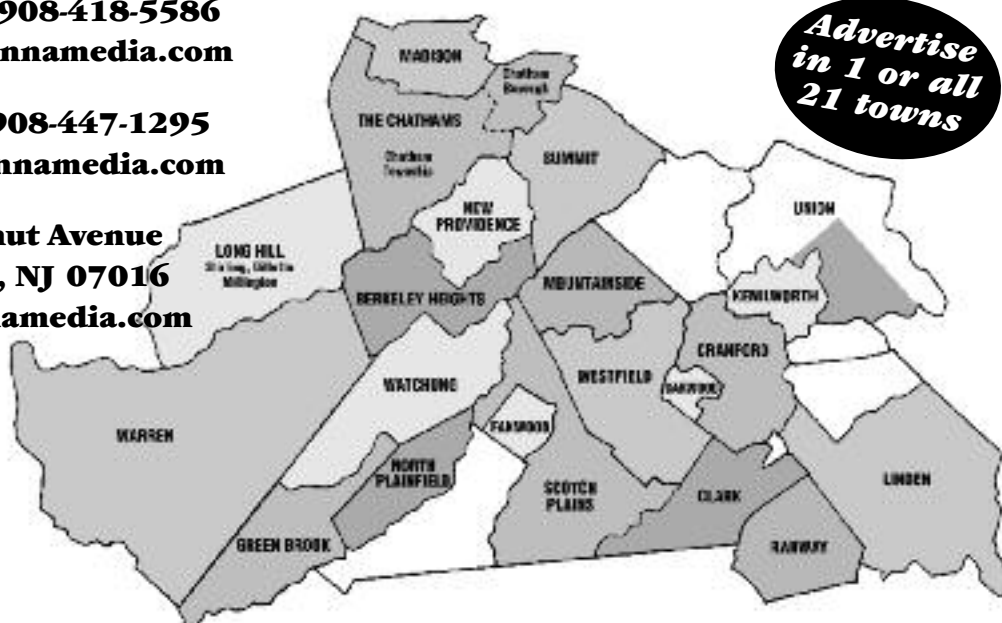
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OUR TOWN Rahway NJ Qty: 12,400 Mailed to every home and business. Zip: 07065	Scotch Plains NJ Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit & Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. 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. Adwork 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 count. First served basis. Current advertiser has right of first refusal.

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Online Marketing is like the Wild West

Too many carpebaggers 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

CLEAN OUT YOUR CLOSETS FOR GOOD COLLECTION

NOV. 13TH & 14TH

The St Vincent de Paul Parish is collecting wearable, usable clothing for the needy throughout the world. The collection will take place all day Friday, November 13th until 7 p.m., and on Saturday, November 14th until 9:30 a.m. Drop off at the church, 250 Bebout Ave., Stirling, NJ.

Needed items are men's, women's and children's clothing, shoes, belts and handbags. We are also accepting linens, bedding, curtains, towels, stuffed animals, soft toys, bikes and strollers.

Please put all items in standard kitchen garbage bags (except for the bikes and strollers) and tie the bag closed. Bags should not exceed 20 pounds. Please bag shoes separately. Please do not bring your items to the church meeting room prior to the collection date. All items will be picked up at 1 p.m. on Saturday. For questions or to volunteer to assist please call 908-647-0118.

WHRHS CLASS OF 2021 STUDENTS QUALIFY FOR NATIONAL MERIT COMMENDED LIST

Submitted by Denis Kelly

The following Class of 2021 Watchung Hills Regional High School (WHRHS) students have been named to the 2021 National Merit Scholarship program Commended List, according to information released by the National Merit Scholarship Corporation (NMSC) of Evanston, Ill.

THEY ARE:

Arian Alam, Jacob D. Bash, Anish Bhatnager, Trevor Bokach, Jaden Bryant, Renee Cai, Thomas Casale, Andrew Cuonzo, Aidan Decker, Melanie Du, Riyaan Gunaratne, Samantha Hoffmann, Ariana Huang, Jasmine Hwang, Sanjay Kathineni, Gabrielle Ku, Kathie Liang, Zachary Linder, Frank Liu, Sunwoo Park, Ajay H. Patel, Shruthi Ramasamy, Anthony Roca, Ammar Salam, Sydney Sharma, Aaron Shieh, Marshall White, Jordyn Youngelson, and Maylin Zhu.

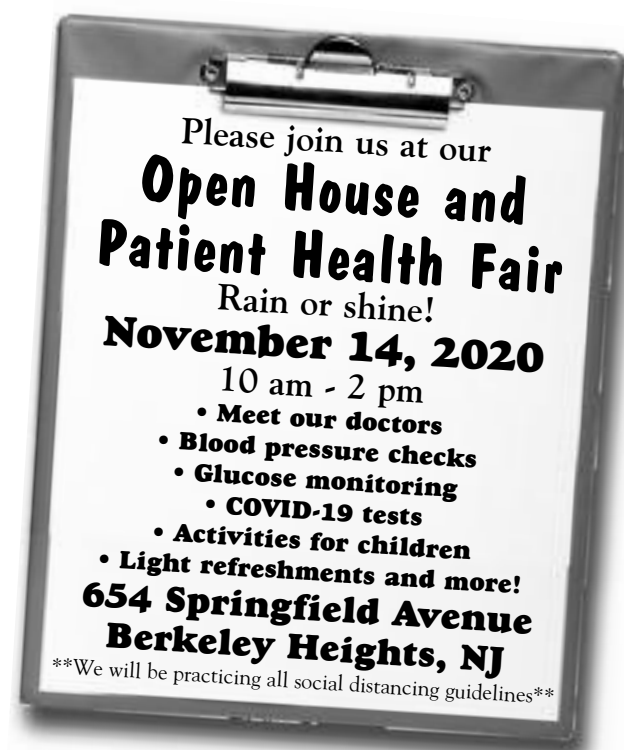
Earlier in September, it was announced by NMSC that 11 Class of 2021 WHRHS students have been named National Merit Semifinalists. They are: Michael Horzepa, Victor Hu, Elizabeth Huang, Charles Margulies, Nora Mehler, Rohil Novani, Paulina Przybylski, Wesleu Tseng, Neha Venkatesh, Valerie Wang, and Tyler Wu.

Students who qualified for the Commended List and the Semifinalist List did so by taking the 2019 Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT) in the Fall of 2019. The annual PSAT/NMSQT serves as an initial screening of program entrants.

Announcing
Edward Anthony Somma, MD

Internal Medicine

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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.



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