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NJ

Published by Renna Media, LLC. On-line at RennaMedia.com

ISSUE 87 • DECEMBER 2020

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GIRL SCOUTS LEARN CAMPFIRE SKILLS AT ANNUAL EVENT

Submitted by Allison Kempe

This year Long Hill Township's Girl Scouts were able to preserve their tradition of teaching scouts how to build a fire safely and come together to have fun while providing service to those in need.

Taking all safety precautions, they met in the wide-open space at the Stirling Elks on Saturday, November 8th to celebrate the founder of Girl Scouts, Juliette Gordon Low's birthday (her real date is Halloween).

The Cadette troops learned how to build a fire...and with fire naturally comes S'Mores which is always delicious! New Daisy Scouts learned traditional girl scout songs like "Make New Friends, But Keep the Old". They also sang favorite patriotic songs and songs that included hand and body movements to keep the positive energy flowing.

As part of their commitment to community service, non-perishable food was collected and donated to the St. Vincent's food pantry.

A big thank you to Lombardo Farms for their donation of the firewood and to the Elks for the use of their field!



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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 908-858-4012

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SANTA CAN VISIT YOUR HOME

Submitted by Frank Reilly

Santa Claus can come to your home on a real fire engine and deliver a special present to your child(ren) on Saturday, December 15 making an unforgettable memory for your child and everyone in your family. (Arrival times are flexible.)

This is an annual fund raiser for the Stirling Volunteer Fire Dept. and supports them in paying for training, equipment, etc. A \$40 per household donation is required and you must drop off your wrapped gift at the Stirling Firehouse (321 Somerset St., Stirling) on December 13 or 14 between 5 and 8 p.m. Your \$40 donation is requested when you drop off your gift, checks payable to the Stirling Vol. Fire Dept.

Upon arrival at your home Santa will visit with your child(ren) and you may take their photos with Santa and/or get the whole family in the photo. He'll also be accompanied by

firefighter Santa helpers appropriately dressed as Santa's elves, which will make this an event that your child(ren) and your family will cherish for years. Children love Santa and they love fire engines so what can be better than having Santa arrive on a real fire engine to make his visit personal?

You will be called on Saturday morning, December 15, to be advised when Santa will arrive at your home. You may request a morning or afternoon visit.

To sign-up for Santa's exciting personal visit call the Stirling firehouse general (non-emergency) telephone number 908 647-2669, leave your phone number, and say, "I want to sign-up for Firefighter Santa." Or you may email Firefighter Santa at: stirlingfd@yahoo.com. A firefighter Santa's helper will return your call with additional information needed to make this an enjoyable event.



(above) Firefighter Santa will be making home visits on December 15 with the Stirling Volunteer Fire Dept.

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ST VINCENT'S DE PAUL FOOD PANTRY AND COMMUNITY OUTREACH

St. Vincent de Paul Parish is a Catholic community rooted in the Eucharist and committed to the service and needs of the poor. We take this mission seriously by participating with Bridges Outreach, Inc. to end homelessness through a volunteer driven outreach to meet the homeless most urgent needs of hunger and clothing items.

Volunteers donate needed supplies to make over 200 sandwiches and fill toiletry bags for the homeless in the cities of Newark, Irvington, and New York. The food and clothing items are distributed through Bridges Outreach, Inc. in Summit, N.J.

St. Vincent de Paul Church has scheduled preparation and distribution days. The next days will be, January 9, March 5, and April 24, 2021. If you are interested in supporting this endeavor visit our Church website, stvincentschurch.org, for more information. Monetary donations may

be mailed or dropped off to St Vincent de Paul Parish Office, 250 Bebout Avenue, Stirling, NJ 07980, from Monday to Thursday.

St. Vincent de Paul parish also sponsors a food pantry which serves the local community of Long Hill Township and beyond. We depend on donations to stock the food pantry. We usually serve 60 or more families a month. Due to high demand food pantry donations deplete quickly.

The food pantry needs are canned vegetables, canned fruits, canned spam, canned chicken, canned tuna fish, coffee, pasta, soups, dried

beans, rice (not instant), pancake mix, pancake syrup, jelly, and tomato sauce.

Donations may be brought to the Church narthex (lobby). Your generosity makes a difference in the lives of many people.

If you or someone you know are in need of food contact St. Vincent de Paul parish office at 908-647-0118.

As St. Vincent de Paul has said: "Charity is the cement which binds communities to God and persons to one another." During this time of Covid-19 pandemic, may we all take this saying of St. Vincent de Paul to heart and act upon it.

HOLLIDAY HAPPENINGS IN LONG HILL

The Long Hill Parks & Recreation Dept. has been authorized by Santa Claus to help gather letters to Santa from Long Hill children and delivery them to the North Pole. Letters can be dropped in the special mailbox located at Town Hall near the library entrance or can be mailed to "Santa".

Please see our website for the flyer and additional mailing instructions longhillnj.gov/recreation.

The Long Hill Parks & Recreation Dept. is hosting our 1st Annual Holiday House Decorating Contest. You must register your home on Community Pass and select Winter 2020 by December 13th. Decorations must be visible from the roadway. This contest is only

for exterior decorations. Judging will take place the week of Dec 14th-Dec. 18th. Registration is Free and is open to all Long Hill Residents. Please see our website for the flyer and additional information on the contest longhillnj.gov/recreation.

The Long Hill Parks & Recreation Dept. invites you to our 1st Annual Holiday Cookie Decorating Contest. Submit your decorated cookie pictures to us by Dec. 20th. Winners will be announced on Dec. 21st. Forms and additional information are located on our website at longhillnj.gov/recreation.

Any questions, please contact the Recreation Dept. at recreation@longhillnj.gov or recreationasst@longhillnj.gov.

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HELP YOUR STIRLING VOLUNTEER FIRE CO. DURING ANNUAL FUND DRIVE

Submitted by Frank Reilly

During this trying time with the coronavirus, your local volunteer firefighters need your financial help. They answer your calls for help 24/7, every day of the year regardless of the weather, what they are doing, or virus. They promptly respond for more than 300 emergency calls a year.

The annual fund drive notice has been mailed to all residents of Gillette, Meyersville, Homestead Park, and Stirling. These communities are the Stirling Volunteer Fire Co.'s primary first responder region. Please make your donation as soon as possible and be as generous as possible. If you did not receive the fund drive letter, please mail your donation to these local heroes, who are your neighbors, at:

Stirling Volunteer Fire Co., P O Box 122, Stirling, NJ 07980.

They are a very dedicated, hard-working group with expertise in firefighting, hazmat response, rescue techniques using tools such as their Jaws of Life and gas and CO meters and they do fire safety and fire prevention training to school children and groups.

When the fire siren sounds to alert them to an emergency call for help, they respond quickly. Please thank them for their dedication and selflessness to the community by donating today.

DID YOU KNOW?

The Stirling Volunteer Fire Co. is always there for you every day of the year and every hour of the day or night.

They have stopped every house fire in recent years and saved occupants and pets as well as many valuable and sentimental possessions.

They respond to more than 300 calls for help each year.

Many of Stirling's firefighters are in their homes or places of employment right now ready to stop what they're doing to respond to an emergency, possibly yours.

You are saved well over \$1 million a year in your local taxes because they are unpaid volunteer firefighters using a firehouse they built themselves at their own expense and they maintain it. They are caring and compassionate residents of Long Hill Township who are your neighbors and they need your financial help now.



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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 as an Associate Professor of Medicine for their Internal Medicine program.



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THE GIFT OF SIGHT: SAYING YES! CAN CHANGE SOMEONE'S LIFE

"I am passionate about spreading the important lifesaving and enhancing message of organ and tissue donation because I know the powerful impact it can have," said Peter DeSarno, member of the New Providence Lions and double cornea transplant recipient. "It is an honor to bring together two organizations (The Lions Club and Eversight) that do so much good and have personally impacted my life".

That was the way the presentation at the November 4 New Providence Lions Club meeting began as members heard the personal story of one of its own members receiving the gift of sight and discussed the 50-year history of Eye Banking in New Jersey with Jennifer Rosenblatt, Director of Philanthropy at Eversight.

Peter went on to share that when he was in high school, he was diagnosed with a condition called Keratoconus that affected both of his eyes and at the age of 24. He then received two cornea transplants that restored his vision and forever changed his life.

The gift of his first donor cornea in his left eye came to him with the assistance of the Lions Eye Bank of Texas. The second transplant in his right eye was procured with the assistance of the Lions Eye Bank of New Jersey (now Eversight) working in conjunction with the New Providence based, NJ Sharing Network.

Peter put his experience into perspective by saying that today he looks out of the eyes of two other individuals. Peter explained that unfortunately he has not been able to make contact with and thank his donor families. He said what he does know is that they were two heroic human beings who came from two loving, caring and generous families who in their darkest hour displayed an incredible amount of love and compassion in providing him with the gift of sight. He said that he doesn't think humanity gets any more beautiful than that.



(above) Jennifer Rosenblatt, Director of Philanthropy of Eversight, shared with the New Providence Lions Club an inspiring presentation about the Eye Banking in New Jersey and the work of her organization.



(above) Peter DeSarno, member of the New Providence Lions and double cornea transplant recipient, recently shared his personal story with the Lions Club.

The Lions Club's work in fighting blindness goes back many years. In 1925, as an ambassador for the newly formed American Foundation for the Blind, Helen Keller addressed the Lions Club International Convention in Cedar Point, Ohio hoping that the Lions would partner with the American Foundation for the Blind and lend their support as an organization to those who had lost their sight.

It was at that convention where she appealed to the Lions and challenged them to become "knights of the blind in this crusade against darkness."

She had no idea just how far the association would take her challenge. Before the convention was over, the association dedicated itself to making Keller's dream a reality and the Lions would become Keller's Knights of the Blind.

Since 1925, millions of lives have been changed through the vision-related work of Lions around the world, and today the association is as dedicated as ever to hastening the day when no one should suffer unnecessarily from vision problems. Lions work to end preventable blindness and aid the visually impaired through eye centers and hospitals, medicines and surgeries, eye glasses and eye banks.

Jennifer Rosenblatt, Director of Philanthropy of Eversight, shared with the New Providence Lions Club an inspiring presentation about the

Eye Bank in New Jersey and the work of her organization. Specifically, the work at Eversight to restore sight and prevent blindness through the healing power of donation, transplantation and research.

From its home in Clark, NJ, Eversight proudly partners with NJ Sharing Network, Lions Clubs, surgeons, businesses and philanthropists throughout New Jersey to advance its mission.

In 2019, Eversight worked with the families of 882 New Jersey residents who gave the gift of sight for transplantation, research and education. Through outreach and programs, Eversight provided donated tissue for 8,176 sight-restoring corneal transplants in 2019 in New Jersey and around the world.


Saying "yes" to donation can change someone's life.

For details about donation visit eversightvision.org/our-work/donation.

For how to register to become a donor, visit eversightvision.org/get-involved/#join-registry.

The New Providence Lions Club is a 501(c)3 organization, giving back to the community 100% of the proceeds raised. Being a Lion empowers you to help others in a way that no one person could alone. The Lions are dedicated to helping others. Lions make a difference! For more information/membership please email info@nplions.org and visit nplions.org.

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NEW JERSEY'S FAITH LEADERS DISCUSSED SUPPORT FOR ORGAN AND TISSUE DONATION DURING LIVE PANEL DISCUSSION

Submitted by Gary Mignone

On November 12, NJ Sharing Network kicked off National Donor Sabbath weekend with an interactive Donation and Faith Panel Discussion that brought together faith leaders from throughout New Jersey to discuss why most major religions in the United States support organ and tissue donation as an unselfish act of charity. A recording of the panel discussion can be viewed on NJ Sharing Network's Facebook page or at www.YouTube.com/NJSharingNetwork. Some of the key messages from the panelists included:

E. Denise Peoples, Agape Family Worship Center of Rahway and NJ Sharing Network panel moderator, and double-lung transplant recipient – “We are extremely fortunate to have strong partners in our local faith-based communities who support our life-saving mission by discussing organ and tissue donation with their congregations and by sharing their inspirational stories and unique perspectives about donation.”

Rev. Dr. Vanessa M. Brown, Rivers of Living Water Ministries UCC of Newark – “Life is one of the greatest gifts that you can give, and it is a gift that can be shared. It is part of us doing good in this world by saving lives.”

Rev. Dr. Marilyn M. Harris, First Baptist Church of Teaneck – “We share information with our community about organ and tissue donation to show them what love looks like. Many in our faith community have had life-saving transplants and they show others what the gift of life looks like.”

Rajesh Karnani, son of a tissue donor and member of the Hindu community – “My father was passionate about his family, his faith and his support for organ and tissue donation. He would often speak with our Hindu religious leaders to discuss the virtues of organ donation, and they recognized it as the best gift anyone could give to another person.”

Rabbi Ari Lucas, Congregation Agudath Israel (CAI) of Caldwell – “Organ and tissue donation is supported by all major streams of Judaism. Many in our synagogue community have been profoundly affected by the generosity of people who gave and they are the greatest preachers of the importance of this because they are living testaments to the value of organ and tissue donation.”

Fr. Edmund Luciano, Parish of the Visitation of New Brunswick, and heart transplant recipient – “The Catholic Church is very much in support

of organ and tissue donation. We encourage our families to be aware of this. It is a testament of love for our neighbor.”

Observed annually in November, National Donor Sabbath seeks to educate faith-based communities across the country about the critical need for organ and tissue donation, and the vital role faith plays in making the decision to register as a donor.

For National Donor Sabbath tools and other resources visit NJSharingNetwork.org/donor-sabbath.

ABOUT NJ SHARING NETWORK

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



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WHEN COVID-19 HITS THE NJ VETERANS COMMUNITY 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 Salermo (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.

Perhaps, VFW 2319s Commander Bob Kolesare said it best, "VFW 2319 really enjoyed taking care of our vets. We hope that we were able to brighten their days just a little bit during this crisis."

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 mbollio@optonline.net. To learn more visit njvn.org.



(above) NJVN President Michael Boll dropping off masks and gloves to a care facility.



(above) NJVN President Michael Boll, Outreach Director Frank "Doc" Schupp and Reverend Richard Starling dropping off food and snacks for the Senior Veterans of Menlo Park Senior Home.



(above) NJVN Outreach Director Doc Schupp and sidekick Shadow dropping off hot meals to National Guardsmen.

BLOOD DONORS URGENTLY NEEDED CHRONIC SHORTAGES THREATEN HEALTHCARE

New Jersey Blood Services, a division of New York Blood Center (NYBC), wants to increase blood donations for area hospitals. The COVID-19 pandemic has created a chronic shortage across the country that shows no sign of improving. This is particularly dangerous given the looming uncertainty surrounding the pandemic's trajectory over the course of the next few months.

Blood is urgently needed. The region's healthcare system requires 1,500 donations each day to treat patients ranging from trauma victims and cancer patients to newborn babies and their mothers. Prior to the pandemic, blood drives were held at businesses, high schools, colleges and community groups. Most of those groups have had to cancel their blood drives due to COVID-19. Donations are at just 65% of pre-pandemic levels - well below what is needed by hospitals and patients in our area.

"This is an incredibly challenging time for our communities. We are now relying on people seeking out a place to donate. So far, that is not happening at the level we need," said Andrea H. Cefarelli, Senior Executive Director of Recruitment & Marketing for New York Blood Center.

We are asking our community to visit our donor centers or to find a convenient community blood drive to donate. "The Covid-19 pandemic has created blood shortages for all New Jersey and NY hospital systems, said Cefarelli. Donated blood is essential for trauma and surgery patients in need. We encourage healthy New Jersey residents, aged 16 to 75, to donate blood at NJBS blood drives and donation sites now. Visit NYBC.org or Call 1-800-933-BLOOD (2566) to make an appointment today."

4-H KIDS HAVE FUN WHILE LEARNING LEADERSHIP AND LIFE SKILLS

4-H is a community of young people across the United States who are learning leadership, citizenship, and life skills. The New Jersey 4-H Youth Development Program offers everyone in kindergarten to one year out of high school the opportunity to explore countless opportunities in science, arts, foods, outdoor adventure and more. 4-H is where there's fun in learning and learning is fun!

Morris County residents can register for 4-H programs online, including puppy clubs, STEM, Minecraft, robotics and other animal and agriculture clubs. Here is the current list. Don't see a club that suits you? Start your own. For more information on Morris County 4-H, visit the website, morris.njaes.rutgers.edu/4h/.

New and current 4-H members can get started by going to v2.4honline.com. Interested members should submit enrollment right away to ensure membership and receive email communications.

HOW NEW JERSEY RESIDENTS CAN HELP:

To make an appointment to donate blood, visit donate.nybc.org/donor/schedules/zip.

NYBC also needs more partners to step up and help host drives in large venues. If you have a space available and would like to host a blood drive, please sign up at nybloodcenter.org/support-us/host-blood-drive/apply-host-drive.

For information on the extra precautions being taken to help prevent the person-to-person spread of COVID-19, visit our website.

ABOUT NEW YORK BLOOD CENTER

Founded in 1964, New York Blood Center (NYBC) is a nonprofit organization that is one of the largest independent, community-based blood centers in the world. NYBC, along with its operating divisions Community Blood Center of Kansas City, Missouri (CBC), Innovative Blood Resources (IBR), Blood Bank of Delmarva (BBD), and Rhode Island Blood Center (RIBC), collect approximately 4,000 units of blood products each day and serve local communities of more than 75 million people in the Tri-State area (NY, NJ, CT), Mid Atlantic area (PA, DE, MD, VA), Missouri and Kansas, Minnesota, Nebraska, Rhode Island, and Southern New England. NYBC and its operating divisions also provide a wide array of transfusion-related medical services to over 500 hospitals nationally, including Comprehensive Cell Solutions, the National Center for Blood Group Genomics, the National Cord Blood Program, and the Lindsley F. Kimball Research Institute, which — among other milestones — developed a practical screening method for hepatitis B as well as a safe, effective and affordable vaccine, and a patented solvent detergent plasma process innovating blood-purification technology worldwide.

Need assistance? Contact the 4-H office at 4hmorris@njaes.rutgers.edu to help you through the registration process.

New Jersey 4-H from Home is an online resource developed for use by all New Jersey youth and their families. In this section you will find information about our interactive webinars, short term NJ 4-H STEP clubs, and many valuable resources you and your family can use at home.

From science to healthy living and community service to the arts you should be able to find something of interest for everyone in your family. If you have questions please feel free to contact the 4-H From Home team at 4hFromHome@njaes.rutgers.edu.

4-H welcomes all young people, empowering them to create positive change in their communities. Get involved to receive educational at-home activities for kids, learn about in-person and virtual 4-H programs and more.

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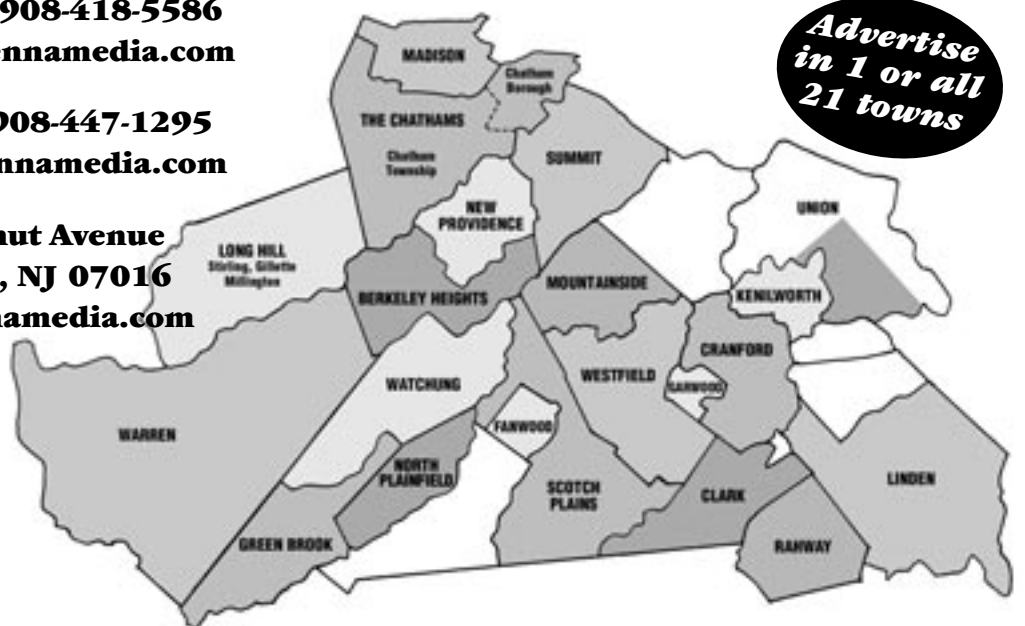
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|------------------------|--------------------------|--------------------------|---------------------------|---------------------------|---------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 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 | | | | | | | |

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- 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,
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- 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.

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