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Issue 38 • February 2021

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THE CHATHAMS NJ

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SEA SCOUT SHIP 228 VIRTUAL OPEN HOUSE

Are you interested in boating, sailing, or mechanics? Come check out Sea Scouting and let the adventure at sea begin! The crew of Ship 228 will be hosting a virtual open house, taking place over Zoom on Saturday, March 13 at 4:00 p.m. and featuring various activities that are bound to pique a young adult's interest in scouting.

Sea Scouting is open to both male and females ages 14-21 who have graduated the 8th grade; we also have a new Maritime Explorer Club for younger youth in 6th to 8th grade. Adult volunteers with maritime experience or captain's licenses are needed too. Join us for a day on the water and bring a friend! Visit our website for more information ship228.com.

Ship 228 is proud to host the virtual open house. The event will include a tour of the ship's main vessel (the 65' Sea Dart II, one of the largest Sea Scout vessels on the east coast), an

introduction to the Sea Scout program, appearances from current Sea Scouts, a lively Q&A, and more.

To register, please provide your name, email address, and phone number (which is optional) in an email to Ship228.SeaDart@gmail.com.

Sea Scouts from Ship 228 operate the 65' vessel Sea Dart II, along with a fleet of smaller vessels (including sailboats) from their picturesque base located in Linden, New Jersey. Sea Scouting (which is part of the Venturing Program of the Boy Scouts of America) offers young adults the opportunity to travel and learn skills that could be useful in future careers. Whether you're steering the vessel from the wheelhouse, learning engine room repair, or visiting a new location on one of the many trips, there's something you'll enjoy in Sea Scouting. So, try something different, check us out, and prepare yourself to set sail for a real adventure.



(above) Sea Scouts from Ship 228 operate the 65' vessel Sea Dart II, one of the largest Sea Scout vessels on the east coast, along with a fleet of smaller vessels (including sailboats) from their base located in Linden, NJ. Sea Scouting (Part of the Venturing Program of the BSA) offers young adults the opportunity to travel and learn skills that could be useful in future careers.



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MORRIS VOCATIONAL SCHOOL'S PROGRAMS

The application deadline for a tenth-grade student to apply to a Share Time Program is March 26.

The Morris County Vocational School District offers a program of half-day specialized career and technical education for Morris County high school students during their junior and senior years of high school.

These Share Time Programs are designed to prepare students for career-related employment and post-secondary placement. Students in 10th grade may apply via an online application between January-March at mcvts.org/apply.

Upcoming virtual information sessions offer an overview of the programs at each site: the allied health programs at Pequannock High School on February 10, programs at CCM on February 24 and those on the Denville campus on March 4. Visit mcvts.org/apply, click on Share Time Programs.

Students benefit from studying a specific career area of interest with a hands-on approach

to instruction, may earn industry standard certifications, and gain from valuable business and education collaboration.

Share Time Programs include: Allied Health, Auto Body Collision Repair, Auto Service Technology, Carpentry, Culinary Arts & Hospitality, Cosmetology, Cybersecurity and Information Protection, Electrical Trades, Engineering, Design and Advanced Manufacturing, Exercise Science, Fundamentals of Building & Grounds Maintenance, Fundamentals of Food Services, Plumbing and Pipe Fitting and Welding Technologies.

The application deadline for a tenth-grade student to apply to a Share Time Program is March 26.

Most Share Time CTE programs are located at the Morris County School of Technology in Denville. Additional Share Time CTE programs

offered are in partnership with the County College of Morris and Pequannock High School. Each of the Share Time CTE programs has a focused 2-year curriculum in the respective career area. The programs are guided by Advisory Councils which consist of business and industry partners, representatives from post-secondary institutions, students, parents and other important stakeholders.

The Morris County Vocational School District, mcvts.org, offers programs for Morris County high school students, including full day Career Academies and Share Time Programs. Adults can take advantage of similar training through Continuing Adult Education programs.

For more information,
email didomenicog@mcvts.org
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Photos by County of Morris



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Edward Anthony Somma, MD
Internal Medicine

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

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Celebrating Our 36th Year!

BICYCLE COLLECTION FOR DEVELOPING COUNTRIES

Submitted by Larry Holt

In August 2020, Renna Media reported that Faith Lutheran Church collected and repaired 170 used bikes from residents of New Providence, Berkeley Heights and neighboring towns. The collection was conducted on behalf of Pedals for Progress, an organization which recycles bikes for persons in developing countries. Faith contributed \$1,700 toward the shipment of the bikes.

In the United States daily transportation occurs conveniently with little or no forethought. This is not the case in developing countries, where a village may not have one car. The mode of transportation for commuting to work, going to market and receiving medical care is frequently a pedal bike.

Later this year, Faith will again be asking persons to donate bikes for Faith to process through Pedals for Progress. A person may ask Faith to pick up the bike from his/her house or deliver the bike to Faith. If one wishes to donate a bike before the request, one may place the bike by the shed at the back of Faith's parking lot located at 524 South Street, New Providence, NJ. If you would like a bike picked up call 908-464-5177.

Since 2002 Faith has been participating in the Pedals for Progress program. For the past five years, Casey Walsh has chaired the ministry for Faith.

The pastor of Faith is Rev. Jane McCready. Visit online at famfaith.org, or reach by phone at 908-464-5177.



(above) This picture, sent to Faith by Pedals for Progress, demonstrates how completely and creatively the recipients use their bikes.



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HOW TO BE A GRANDPARENT DURING THE PANDEMIC

SAGE Eldercare and Your Decisions Matter will host a live zoom event featuring New York Times bestselling author and Ph.D. Michael Thompson on February 9th at 4:00 p.m. “Grandparents are missing their grandchildren; grandchildren want to see their grandparents, and the parents in the middle are missing the support and connection across the generations,” explained Thompson, who himself is a grandparent of three.

While Facetime and Zoom allow for face-to-face communication, the technology can feel awkward and unsatisfying to older adults. Thompson will discuss this and the stress of being separated from families, the yearning to be in touch and the unique difficulties grandparents are experiencing during COVID-19. He will also share alternative modes of connecting that can help.

Thompson is the author or coauthor of nine books, including the New York Times bestseller *Raising Cain: Protecting the Emotional Life of Boys* as well as *Best Friends/ Worst Enemies: Understanding the Social Lives of Children*, *The Pressured Child* and *Homesick and Happy: How Time Away from Parents Can Help a Child Grow*. He also works as a clinical psychologist and school consultant. He is presently the supervising psychologist for the Belmont Hill School in Belmont, MA and has worked in over

700 schools in the U.S., Asia, Africa Europe and Central America.

“We are excited for SAGE to offer this very informative program,” said Nina Tiger, Coordinator of Your Decisions Matter. “We know the difficulty older adults are facing during this unprecedented time and one of the biggest issues they are voicing is that they miss their grandchildren terribly. We’re hopeful this program will offer them helpful solutions.”

Register here: bit.ly/SAGEEldercare.

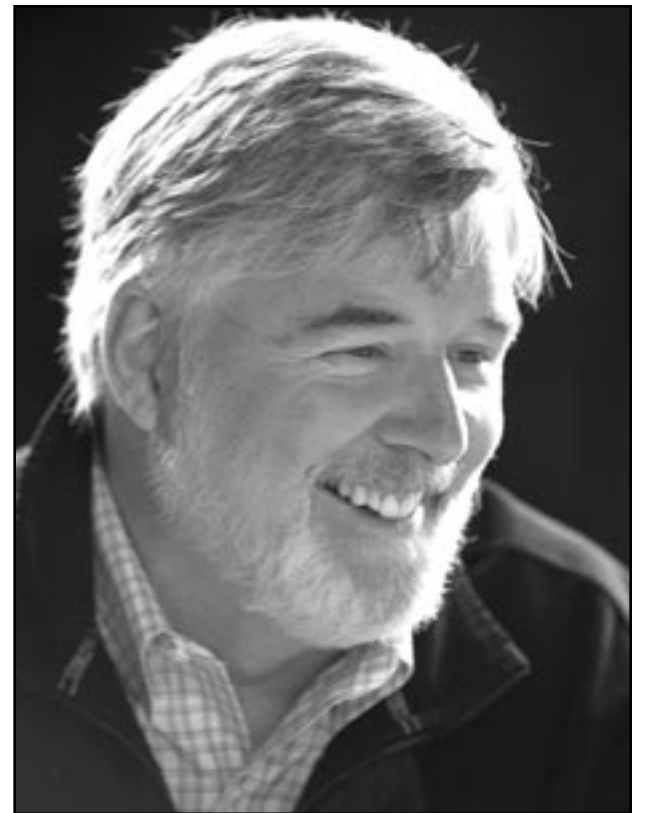
For questions, more information or help using ZOOM - email:

yourdecisionsmatter@sageeldercare.org or call 908-598-5511.

Your Decisions Matter is a community initiative funded by Atlantic Health’s Chilton and Overlook Medical Centers’ Community Advisory Boards whose goal is to encourage families to talk with their loved ones about end-of-life care and decision making.

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The non-profit organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible.

For more information, please call 908-273-5550 or visit sageeldercare.org.



(above) SAGE Eldercare and Your Decisions Matter will host a live zoom event on February 9th at 4:00 p.m. with New York Times bestselling author and PH.D. Michael Thompson. The topic will be “How to be a grandparent during the pandemic”. Register here: <http://bit.ly/SAGEEldercare>. For questions, more information or help using ZOOM - email: yourdecisionsmatter@sageeldercare.org or call 908-598-5511.


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U.S. News

SHORT-TERM
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2019-20



Nathan Weiser

★★★★★

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.

Thank God for them!

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HELP COMBAT CAR THEFT AND CAR BURGLARIES

LOCK YOUR CAR, TAKE THE KEY FOB

An Auto Theft Task Force has been created to stop a persistent trend in car thefts and car burglaries in Morris County, as experienced by other counties in northern New Jersey. Vehicle owners, too, can reduce the thefts and protect their property by following a few simple steps.

In a recent three-day period alone in Morris County, six vehicles were stolen – in Madison, Mountain Lakes, Montville, Mount Olive and Roxbury – including two that were taken in afternoon daylight.

Communities targeted by thieves are generally close to highways, including Routes 80, 287, 46 and 24. Most of the vehicles have been recovered – 75 percent – but typically are damaged. The stolen vehicles have predominantly been disposed of in Essex County.

Law enforcement asks community members to take simple, proactive steps to discourage thieves who roam residential neighborhoods in the dark of night, checking parked vehicles determine whether they are locked.

- Vehicles should never be left unlocked.
- Never leave a key fob in a vehicle.
- Neighbors should watch out for neighbors.

Call your neighbor if you see that their car is unlocked or valuables are visible inside the vehicle.

- Report any suspicious activity or person.
- Call 911 to report crimes in progress.

In 2019 in Morris County, 215 vehicles were stolen and another 233 vehicles were burglarized. In 2018, 227 vehicles were stolen in Morris County and another 231 vehicles were burglarized, with valuables removed, but the vehicles were not removed from the premises. In the majority of these cases, stolen vehicles have been left unlocked by the owner with a key fob left in the car allowing a thief to immediately drive it away.

Alarming, in some incidents in Morris County, suspects have entered victims' homes by using garage door openers found in unlocked vehicles. Once inside the homes, thieves have been able to locate key fobs and steal cars.

Unlocked vehicles that do not have a key fob inside are also being searched for valuables. In some cases, car burglars have resorted to smashing windows of vehicles parked at gyms, parks, and day care centers and grabbing purses, wallets and other valuables left inside. Bank and credit cards stolen from inside these vehicles are being used in multiple locations, compromising victims' finances.

Of critical concern to law enforcement is that some vehicles stolen in Morris County have been used to commit violent crimes in other areas, such as shootings, armed robberies and homicide. One incident involved a vehicle stolen from Parsippany that was used in a shooting involving three firearms in Essex County.

High-end makes and models – Mercedes Benz, Lexus, Range Rover, Porsche, Audi and Ford pick-up trucks – are most commonly targeted. But when they are locked, and no key fob is available, other models are targeted.

To further combat this and other issues

affecting our community, a multi-agency auto theft/anti-crime task force has been launched to enhance patrols and further investigations of auto theft and other pattern-type crimes. This initiative, first conceptualized by Chief Andrew Caggiano of the Montville Police Department, has come about through a partnership between the Morris County Sheriff's Office, the Morris County Police Chiefs' Association, the Morris County Prosecutor's Office and the New Jersey State Police Auto Theft Task Force, in coordination with various law enforcement agencies.

The Newark Police Department also is a partner in the task force, and in February 2020 started its own 90-day pilot program called the Felony Auto Theft Investigative Unit. According to Newark Public Safety Director Anthony Ambrose, Newark police as of February 2020 recovered 120 vehicles stolen from other municipalities, with 41 of them, or 34 percent, involved in violent crimes.

Law enforcement is also tapping into technology to communicate with neighborhoods where car thefts or burglaries occur and ask residents to check for surveillance footage that may prove helpful in identifying suspects and other vehicles that may have been involved. Several apps that use home Wi-Fi to alert homeowners to the presence of someone at their door or within range of a security camera can provide a high-density video stream of activity on the exterior of their property.

The critical aspect of this initiative is to partner with members of the community, who are asked to be alert and provide information to law enforcement so that they can target suspects committing crimes in the county. "If you see something, say something." Not just near your home but anywhere you observe something suspicious.

The Morris County Auto Theft Task Force can be contacted at 973-285-6300 or after hours at 973-285-2900.

ROTARY DICTIONARY PROJECT GOES VIRTUAL

Submitted by Carmela Moeller

Creative thinking was needed to figure out how the annual Madison Rotary Dictionary Program could be accomplished this year, given the many restrictions presented by COVID 19. Outside Visitors to the Madison schools are very limited. Rotarian Judy DeGennaro, Literacy Program Chair, worked with educators to come up with an alternative plan for distribution. The supply of this special personalized dictionary and gazetteer will be delivered curbside contactless style to the schools and distributed to the students by the school staff.

In the past, Rotarian volunteers would hand

deliver the dictionaries to the 3rd grade classrooms, followed by a highlighting the information contained in the books, an introduction to Rotary, and how Rotary's efforts and projects are seen around Madison. Instead, this year the program will be done virtually with a video on Youtube presented by Judy.

In addition to the 218 Third graders receiving the dictionaries, additional copies will be sent to the Kirby Center, as well as the Adult School as part of their ESL Program. To date 4,752 dictionaries have been distributed to Madison 3rd graders since the onset of the program.

For information about Madison Rotary, please visit the website: madisonrotarynj.org.

OPEN INVITE TO SENIORS ZOOM PROGRAM HOSTED BY SCOTCH PLAINS LIBRARY

Learn to Move with Awareness for Better Balance and Fitness

Discover a Unique Approach to Fitness! Through funds provided by the All of Us Research Program, the Scotch Plains Public Library is pleased to be offering a weekly balance and gentle fitness class live via Zoom, led by instructor Yasmin Ofek. Classes are held on Friday mornings at 10 a.m., and will continue through April. All are welcome, you do not need to be a Scotch Plains resident to participate.

Older adults in particular are encouraged to join these classes, which are designed to address the loss of balance and strength that can occur as we age. Yasmin's instruction integrates principles from the Feldenkrais Method, which emphasizes moving with awareness to allow your nervous system to discover easier, more efficient movement patterns. Combined with her knowledge of anatomy and experience as a fitness trainer, Yasmin's classes can help you establish a better connection between the brain

and body, while also gently strengthening the muscles that keep your body upright.

All you'll need are a chair and sneakers to begin this gentle but effective approach to moving confidently throughout the lifespan! Registration is required. Please sign up at scotlib.org/events or call the Library at 908-322-5007, x204. You will be sent the Zoom link prior to the class. Live closed-captioning will be available during the classes to anyone who would like to use this service.

Developed resources reported in this project are supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

COMMUNITY HOPE CONNECTS VETERANS AND THEIR FAMILIES WITH HOUSING, SERVICES

CALL THE REFERRAL HOTLINE FOR ELIGIBILITY

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

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

The increase in support services to veterans and their families during the COVID-19 pandemic is possible thanks to funding from the U.S. Department of Veterans Affairs.

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

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

Community Hope is a nonprofit that helps individuals, including veterans, and their families, overcome mental illness, addiction, homelessness and poverty. Learn more at communityhope-nj.org.



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A DREAM COME TRUE WEDDING FOR COUPLE WITH DISABILITIES

Submitted by Erin Jerome, CAU

After six months of physical separation during COVID-19 lockdown, Megan and Maurice Stephens couldn't wait to be together and say their vows.

"COVID-19 wasn't going to stop our wedding," Megan said. It was meant to be, according to Maurice.

From the time they met at a Halloween party held by Community Access Unlimited (CAU), the two instantly connected and took things slowly to make the relationship a lasting one, Megan said. CAU is a Union County-based, statewide nonprofit that strives to integrate people with disabilities and youth at risk into the general community through comprehensive supports.

Maurice proposed to Megan on her birthday in June of 2019 at one of her favorite places to eat, the Rainforest Cafe.

"I was scared and nervous but I knew Megan would be happy no matter what," he said.

A few months into planning their nuptials, the

couple realized that their plans to have a large wedding wouldn't be possible due to the pandemic. To make matters worse, they were separated while quarantined at different CAU residential programs.

"We couldn't see each other and it was very hard," Megan said. "It did make our wedding day more special."

Thankfully, their family and support system at CAU stepped up to make their special day possible and find the couple the perfect apartment in Fanwood, where they moved just in time for the wedding. On October 17, the couple were married before their closest family members and friends in a garden at Warinanco Park in Roselle.

"It was important for us to invite CAU members and staff because they really are a second family for both Megan and Maurice - we really wanted to share the day with them," said Marguerite Modero, Megan's mother. Rolando Zorrilla, managing assistant executive director of youth services at the agency, served as the best man.

Modero teaches music and theater classes at the CAU Academy of Continuing Education and is the founder and director of the CAU Community Players, an inclusive theatre group made up of performers with and without disabilities.

Maurice has brought his talents in painting and visual arts to CAU productions to share in the family's love of musical theater. He said Megan's passion for the shows convinced him to join in.

"Maurice is a very creative person and he fits in perfectly with our family," Modero said. "It meant so much to have everyone at CAU at the wedding, because without the staff at CAU they would not have made this journey into adulthood and found this love."

Through employment supports at CAU, both

Megan and Maurice are working part-time to help finance their independence.

"Maurice is one of a kind - he loves me a lot and he cares for me," Megan said. "We share a lot of happiness and ups and downs. We have a lot of togetherness and we understand each other...We were very excited to move in together. I want to be on my own and independent."

Many people discount that people with disabilities want to find love and companionship, according to Modero.

"I think as advocates of people with disabilities we need to say that they deserve love and a relationship and their happily ever after if it's possible," she said. "I'm grateful to CAU for having an enlightened perspective on marriage. They treated them as two adults with dignity and understood they were in love."

Megan agreed that finding love can mean taking chances to connect with others in your community.

To learn more about CAU, visit caunj.org or follow the agency on Facebook, Twitter and Instagram.

ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating more than 40 years in 2020, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.



(above) Executive Director of CAU Bernadette Griswold, left, received a corsage from Megan Stephens at the wedding.



(above) Mr. and Mrs. Stephens at their wedding in Warinanco Park.

COUNTY COMMISSIONERS ANNUAL REORG

The Morris County Board of County Commissioners held their annual reorganization meeting on January 4, unanimously selecting Stephen H. Shaw of Mountain Lakes to serve as Director and Deborah Smith of Denville as Deputy Director.

Tayfun Selen of Chatham Township was sworn to a three-year term as Commissioner after serving the past year in an unexpired term on the board and winning the general election for a full term last November. His return leaves the board essentially unchanged from 2020, with Commissioners Douglas Cabana, Kathryn DeFillippo, Thomas Mastrangelo and John Krickus continuing in their terms.

But there was a slight difference. The board convened for the first time as the Morris County Board of County Commissioners, shedding the age-old moniker of Morris County Board of Chosen Freeholders due to a state law that went into effect Jan. 1, 2021, changing the name of all 21 county government boards.

"As we wind down this first ever meeting of the Morris County Board of Commissioners, gone forever are the jokes about Freeholders and Frozen Cheese Holders. While the name may be changed, our commitment to serve the residents of Morris County is unwavering," said Director Shaw at one point during the meeting.

It was an unusual reorganization meeting, the first ever in Morris County to be completely virtual and conducted through the online meeting service, Webex. But that is how the county has conducted all of its public meetings since the COVID-19 pandemic hit the nation last spring.

There were no bagpipes this year, no color-guard, no crowd of well-wishers, family, friends and public officials packing in the 5th floor meeting room of the Morris County Administration Building in Morristown. But the county still managed a bit of fanfare. The public and other elected officials were invited to watch the virtual proceedings, and the county enlisted some special guests to participate before showing a video highlighting what Morris County officials did in response to the pandemic and what was

accomplished despite it.

Director Shaw's son, Matthew, opened the meeting by leading The Pledge of Allegiance, and The Star-Spangled Banner was sung by Justine Brooke Murray of Denville. Rabbi Levi Dubinsky of the Chabad Center for Jewish Life gave the invocation.

In keeping with reorganization traditions, each commissioner also was provided a moment to reflect on the past year and talk of goals for 2021.

Director Shaw concentrated his remarks on thanking each of his fellow Commissioners for their efforts throughout 2020 and by emphasizing the strengths they each bring to the board.

"As I mentioned earlier, we act as a body formulating policy. In arriving at that policy each of us brings a different skillset, institutional knowledge, and personality to the board. We may not always agree, and sometimes our discussion can be spirited. But to me that is a strength that makes us arrive at better policy decisions. I would like to thank each of you for your contributions in 2020," Shaw said.

Commissioner Smith, relinquishing the director title she held through 2020 to become deputy director, also reflected on the accomplishments of the board and county administration in 2020.



(above) Tayfun Selen of Chatham Township is sworn in by Morris County Counsel John Napolitanos.

Photo by County of Morris

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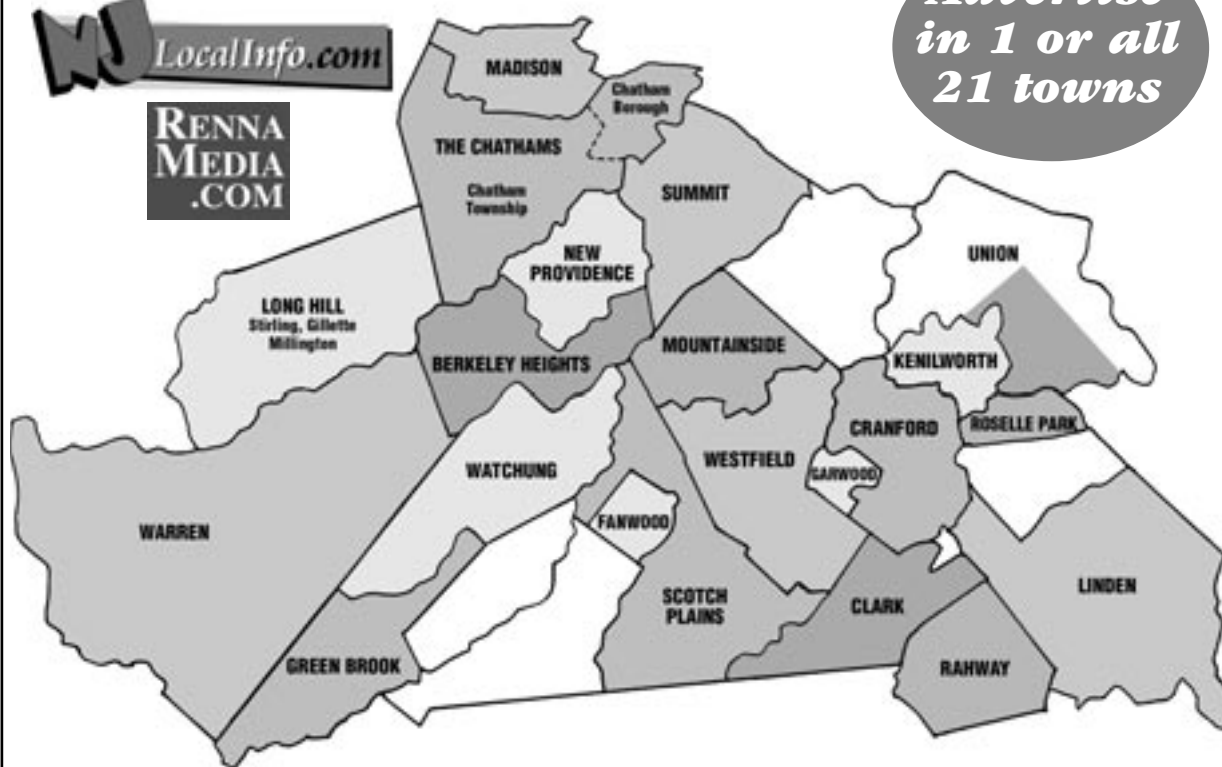
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6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
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