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NETWORK HELPS VETS AND FAMILIES LIVE BETTER LIVES

Submitted by Michael D. Boll, President

Memorial Day weekend is one of the most challenging for the New Jersey Veterans Network and its team of volunteers and mentors. This is a difficult time for many veterans because they reflect on their brothers and sisters that didn't make it home. Every day our nation loses 22 veterans to suicide, and it seems that number isn't coming down. If you are a veteran, or a family member, who is feeling alone, or are in need of assistance, we are here for you. Please reach out to us.

Our team focuses on helping our veterans and first responders have a better way of life through our volunteer mobile outreach mentoring program. We believe by aggressively seeking out veterans in need and contacting them before they are in crisis, we can really have some positive results. Contacting a person in need first is a great way to build trust and make it easier to begin a friendship. People will do better when they have human contact in their lives, too many programs are automated and lack the empathy and compassion needed to help someone in crisis.

We are not afraid to tell our veterans and first responders that they are loved and we strive to give them purpose. The team immediately empowers and gives its members a new family unit to be part of again. Nearly everyone that joins the team wants to help others and make a difference in someone else's life. Helping others definitely is a medicine that will make you become a better person, and you'll feel really good about it.

New Jersey Veterans Network is constantly keeping active thru our Operation Rebound Racing Team which hosts numerous hikes, runs, bike rides and all other types of physically challenging events. However, we also focus on non athletic events like hosting a BBQ, comedy show, tailgate, camping trip, and several other fun outings throughout the year. But it doesn't stop there, the team works well with other charities and hosts numerous food drives and clothing events which normally take place at our veteran hospitals and shelters. If you would like to help, there is something for you to contribute.

Most recently, in April, our outreach director Frank "Doc" Schupp spearheaded our "Helping Heroes" program, and "Hero Day". These two programs were responsible for providing over 3,000 veterans and National Guardsmen throughout the state with food, PPE, and personal items.

In the last few years New Jersey Veterans Network has grown and has been able to save lives, provide cars, employment, housing, clothing, food, toiletries, and so much more to heroes.

In the next few weeks, we will be launching a statewide anti-suicide and PTSD awareness campaign. We have joined forces with the NJ VFW, NJ American Legion, NJSPBA, NJ FMBA, NJ FOP, NJ Veterans Affairs, State Legislators, and numerous other groups and organizations.

HOW YOU CAN HELP

Financial donations are great but we mostly rely on volunteers and donated resources. Our charity allows donors the opportunity to choose



(above) Chatham resident Jim Coyne volunteered to help out during Hero's Day, helping to sort and distribute food, personal hygiene items, and clothing to veterans.

where their funds go and the volunteers get to play an active role in changing someone's life.

If you are interested in joining the team as a volunteer, or are a veteran in need of assistance or comradeship, please contact us at NJVN1775@gmail.com or call 973-332-1556. Visit online at 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 contribute to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.

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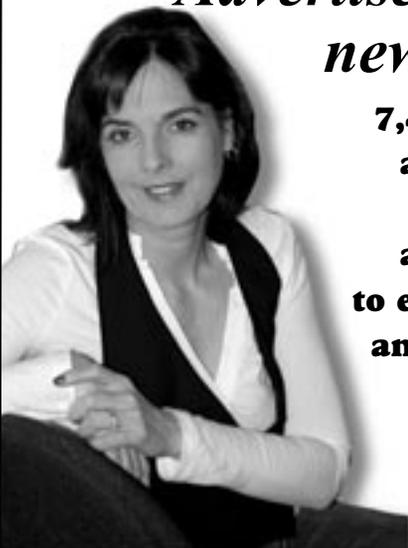
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CAMP PATRIOT RUN, RUCK, RIDE CHALLENGE TO SUPPORT DISABLED NJ VETERANS

Backpacks For Life and New Jersey Veterans Network are teaming up to host the 1st Annual Camp Patriot Run, Ruck, Ride Challenge from June 17 to 20, 2021.

Camp Patriot's mission is to empower American Disabled Veterans by providing them the right relationships and assistance so that they can once again enjoy the great outdoors. The proceeds raised from this event will help send disabled New Jersey Veterans to attend Camp Patriot. The event will take place both virtually and in-person over the span of five days. This allows individuals to participate from the comfort of their own homes, neighborhoods, local parks or join us in person at our event location which will be announced at a later date on our registration page.

"We're excited to get back out there, bring together the community and help raise money to send deserving Veterans to Camp Patriot." - Brett D'Alessandro, President of Backpacks For Life
"The New Jersey Veterans Network is excited to be teaming up with Backpacks For Life and doing an event to shed a light on our Anti-

Suicide and PTSD Awareness campaign. All funds raised will go towards sending disabled New Jersey Veterans to Camp Patriot in Montana." - Michael Boll, President of New Jersey Veterans Network

To learn more about the event and register to participate, visit <https://tinyurl.com/runruckride>. With your registration, you receive an event bib, t-shirt and challenge coin.

Backpacks For Life is a 501(C)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to Veterans on the streets and providing mentorship to at-risk Veterans and their families, Backpacks For Life aims to bridge the gap between Veterans and the resources available to them.

New Jersey Veterans Network's mission is to help New Jersey Veterans and their families enjoy a sustainable quality of life by creating a network of Community Veteran Liaisons ("CVL") whose role is to identify veterans, and connect them with resources & solutions designed to meet the unique set of veteran needs.

GREEKFEST "TO GO" – JUNE 4 – 5

If you're looking for some good homemade Greek food, Holy Trinity Greek Orthodox Church in Westfield is hosting their Annual GreekFest but it's "TO GO". Get some delicious take-out on Friday, June 4th from 4 – 9 p.m., and Saturday June 5th from 11 a.m. – 9 p.m.

Some of their specialties like Pasticcio, Souvlaki, Gyros, and desserts like Baklava and

Galatapuriko will be available to order on-line at NJGREEKFEST.COM.

So, order online at NJGREEKFEST.COM, and pick up your food in the parking lot of the church located at 250 Gallows Hill Road, Westfield, NJ. Who knows? There may be dancing in the isles!!

And remember, everyone can be Greek for a day at NJGreekFest!

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KIWANIS FISH & CHIPS DINNER

Submitted by Justin Montanaro

The Kiwanis Club of Chatham/Madison Annual Fish & Chips Dinner at Chatham High School will be out doors. Thistle Catering of Randolph provided a food truck – cooking the fish & chip dinners on the spot. Chef/owner Bill Leahy, alongside his wife and daughter, kept the meals coming to ensure the attendees were in and out quickly. Members of the Chatham & Madison High School Key Clubs as well as Kiwanis members helped keep the car line and meal delivery in order. A big thanks to the sponsors who helped provide ancillary items as well as donations: Chatham Moving & Storage, Village Hardware, Noke and Heard, Suburban Chiropractic Center, John E Deutsch Jr. DDS, Dave's Auto Repair, ECLC, Simonfay Landscaping Inc, Specialized Auto Craft, Pine Acres Healthcare & Rehabilitation.

The Kiwanis Club is always looking for members, if interested please call Justin Montanaro at 973-714-6656.

GLORIOUS GARDEN TOUR - JUNE 5

Submitted by Lisa O'Hara

The 8th edition of the Glorious Garden Tour, cultivated by the Senior Center of The Chatham, will be held on June 5, 2021 from 10 a.m. to 4 p.m., rain or shine. This event occurs once every two years and provides a wonderful opportunity to usher in warmer weather by touring eight beautiful and varied gardens in the Chatham. Each garden is distinctive: shade-loving and sun-loving; meticulously manicured and less formal; perennials and annuals; container gardening; water features and more. There's something here for gardeners of all stripes and skill sets!

All proceeds benefit the Senior Center of the Chatham, a not-for-profit agency which is celebrating over thirty (30) years of service to the Chatham and surrounding areas. The mission of the Center is to encourage the independence and well-being of seniors and

their families by connecting them with each other and the community at large. To that end, the Senior Center offers a wide range of programs and services that promote successful aging in our communities – with no membership fees or residency requirement.

Advance registration is available for \$50 per person online at chathamseiorcenter.org or in person at the Senior Center of the Chatham. Program/map will be available for pickup at the Chatham Gazebo (next to the Chatham Borough Fire Department) or the Red Brick Schoolhouse Museum (corner of Fairmount Ave and Southern Blvd) on the day of the Tour. Day of Tour admission will be \$55 per person. Tickets are payable by cash or check on day of the tour, or by credit card at the Center prior to the event.

The Center is located at 58 Meyersville Road (lower level), Chatham. All COVID-protocols will be followed for this outdoor event.



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SIX HIGH SCHOOL SOPHOMORES JOIN RANKS OF EMERGENCY SQUAD

Submitted by Evan Skinner

The Chatham Emergency Squad (CES) is proud to welcome its 19th Cadet Class. Joining CES after graduation in the spring are rising Chatham High School Juniors Molly Alperowitz, Jorah Burns, Shannon Carey, Bennett Marshall, Sarah Meyler and Ian Reardon. The new cadet class joins rising Senior cadets Kylie Finkelstein, Sophia Gagliardi, Mihir Rao, Risha Surana, Jack Tapper, Roma Welsh and the graduating class of 2021, Hayley Baumgartner, Sam Cooperman, Tanay Malla, Claire Silverstein, Amalie Srinivas, and Mary Kate Vowells.

The CES Cadet program welcomed its first Cadet class in 2003 as part of CES's commitment to encouraging involvement in all aspects of the community. It is a highly competitive two-year program open to all high school sophomores who are Chatham residents and will be 16 years old by June 1. The successful candidates represent a variety of interests, experience and future plans. What they have in common is their willingness to make a commitment to an intensive, multi-year program combining hands-on experience and ongoing training. After graduation, each cadet

begins riding with their assigned crew, which they continue to do until the summer after their senior year of high school. Although they are students, they are considered full members of their crew, and once they pass the National Registry EMT exam, have all the rights and responsibilities of other EMTs on the Squad. This year, all six new cadets will attend the EMT training program as a group at the Union County Community College in Plainfield, NJ.

Many past cadets go on to pursue higher education in the field of medicine. Founding member Courtney DuBois Shihabuddin, now a Nurse Practitioner in Ohio said, "The Chatham Emergency Squad was like a family to me. It was such a joy bringing this program to life and getting to participate as a cadet EMT. My experience with CES helped to develop my passion for healthcare."

Two current Squad members, Sarah Nelson (2009) and Jay Crigler (2013) are employed full time as Registered Nurses at area hospitals and continue to volunteer once a week on their regular crew. Sarah said about her cadet experience, "Having the opportunity to have

hands-on medical experience while I was still in high school crystallized my desire to become a nurse. Volunteering with CES is personally rewarding and makes me a better nurse."

Numerous cadets continue to serve on the Squad through the summer after graduation to achieve regular member status and return to active service on vacations. Presently, this includes 9 members of the Cadet classes of 2017, 2018 and 2019. The application process for the 2022 Cadet class opens in early January; all area high schools are notified of the opportunity long before the application deadline.

The Chatham Emergency Squad never charges for its services; most of its annual expenses are paid for by donations from the community. In addition to providing Basic Life Support (BLS) service 24/7, 365/days/year, CES provides stand-by support for community events, such as the Chatham Turkey Trot, the Fishawack Festival, and school sports events. CES also hosts blood drives and provides free CPR training to residents, teachers, coaches, school crossing guards and emergency personnel, including fire and police. CES is always interested in speaking to potential volunteers. To

learn more, to donate or to volunteer, visit chathamemergencysquad.org.



(above) The Chatham Emergency Squad welcomes its 19th Cadet Class, Molly Alperowitz, Jorah Burns, Shannon Carey, Bennett Marshall, Sarah Meyler and Ian Reardon

(above) Cadets pictured in 2004 at the start of the program, Liz White, Andy Beers, Emily Halldorson and Courtney DuBois.

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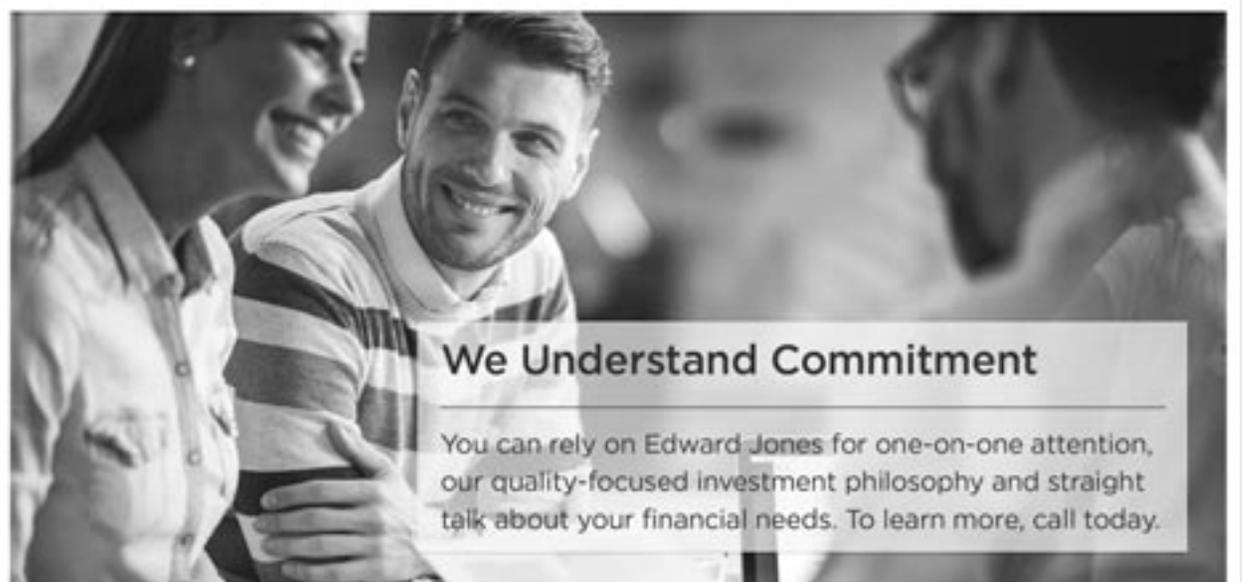
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MADISON ROTARY ANNOUNCES JUNE SPEAKERS

The Rotary Club of Madison is an enthusiastic and engaged network of ordinary people doing extraordinary things to serve people in our local and global communities. At the Rotary's weekly meetings, guest speakers present on a broad range of topics that are of interest to the community. Rotary meetings are at 8:00 a.m. each Thursday via Zoom. For June 2021, the line-up of guest speakers for Rotary meetings includes:

On June 10th Jim Burnet will discuss Hillside Cemetery on Main Street in Madison. In addition to his critical role in Madison as the Borough's Chief Financial Officer, Jim is very active in efforts supporting Hillside Cemetery – not only celebrating its history, but protecting and preserving this downtown treasure.

On June 17th Sandra Benedict, Development Director for the Interfaith Food Pantry in Morris County (IFP), will discuss food insecurity and the efforts of the IFP and other governmental and non-governmental entities to address this widespread dilemma. The economic disruptions caused by the pandemic have made these hardships more acute and have made the IFP's mission all the more critical. Sandra will discuss these needs and the collaborative efforts of the IFP and others to alleviate these hardships.

On June 24th Rotary's guest speaker will be Lisa Barsky-Firkser, the Executive Director of Court Appointed Special Advocates of Morris

and Sussex Counties (CASA). For 34 years CASA has been a strong voice for the best interests of vulnerable children who have been removed from or are under court supervision due to abuse, neglect or abandonment. CASA recruits, trains and supervises community volunteers to be advocates, mentors and champions for each child. Lisa will provide an overview of CASA's mission, its programs and how CASA volunteers have had a positive impact on the lives of at-need children in our communities.

Rotary meetings are open to the public and non-Rotarian members of the community are welcome to attend. The 8:00 a.m. meetings are being held by Zoom; log-in information can be found at the Rotary website at www.madisonrotarynj.org. Interested speakers may also contact us through the website.

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Nathan Weiser
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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.

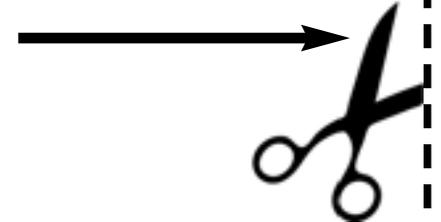
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Eat Better

- Drink AT LEAST 4 Water bottles
- Have a fruit or veggie with each meal
- Have nuts instead of chips as a snack
- Have a source of protein in each meal
- Take a multivitamin
- Limit sweets to only one serving

Get stronger

- Perform 50 bodyweight squats
- Perform 50 pushups
- Perform a plank for 60 seconds 3 times
- Perform 25 vertical jumps
- Get at least 8 hours of sleep a night

Be Happier

- Get at least 30 minutes of exercise
- Do a morning routine that you enjoy
- Write 5 things that you are grateful for
- Adopt a Growth Mindset
- Listen to music whenever you can

Run Faster

- Do 10 hill sprints
- Perform 15 Broad Jumps
- Sprint for 50 yards
- Perform single leg jumps
- Perform High Knee Marches

Build Confidence

- Do something outside of your comfort zone
- Read a book
- Practice or spend time on your hobbies
- Learn a new skill
- Work towards a new Goal

Be More Active

- Walk during TV show commercials
- Schedule exercise time
- Whenever you see a commercial for a car company, perform 10 squats
- Find a buddy, and exercise with them
- Try a new method of exercise every week (i.e. biking, running, lifting weights, etc.)

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- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.



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**STEP 2
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**STEP 3
Leo Will Call You
To Set You Up**



About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

The Details

Dates:
JUNE 21-AUGUST 27

Age Groups

- 6-8 (Spaces Remaining: 11)
- 9-13 (Spaces Remaining: 8)
- 14+ (Spaces Remaining: 13)

Please visit www.gritathletes.com
for days/times at each age group

Location: Sessions are held at the
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**Early Bird Registration
Expires June 21**

FIREFIGHTER MATHEW PRIBISH HELPS NJ SHARING NETWORK

NJ Sharing Network

Celebrated in April each year, National Donate Life Month features local, regional and national activities that encourage Americans to register as organ and tissue donors and to celebrate those who have saved lives through the gift of donation.

Linden, NJ firefighter Mathew Pribish helped NJ Sharing Network kick off National Donate Life Month by sharing his personal heart transplant story to help raise awareness about the importance of organ and tissue donation. Inspired by Mathew's story, Linden Mayor Derek Armstead and the Linden Police and Fire Departments teamed up to educate the community through speaking engagements and a public service announcement on LindenTV, which can be viewed on youtube.com. Mathew's personal story is detailed below.

A PERSONAL STORY FROM MATHEW PRIBISH

My gift of life story started more than a decade ago when I went to the doctor for a regular cardiology checkup because heart disease runs in my family and I wanted to make sure that, as a firefighter, my heart was healthy. I was told during one of these regular checkups that I have Marfan Syndrome, a connective tissue disorder that affects the heart, joints and other parts of the body.

In 2013, after being monitored for a few years, my aortic root was enlarged to the point that I needed replacement surgery. Although my surgery went well, I had an adverse reaction and went into advanced heart failure. The doctors



(above) Mathew Pribish, a Linden Firefighter, shared his heart transplant story to help raise awareness about the importance of organ and tissue donation.

made the decision to implant a Centrimag BiVad, an external device to pump both sides of my heart. After a couple of weeks, my heart healed enough to remove the device and implant an LVAD-Left Ventricular Assist Device. That was my lifeline for four years and I was placed on the New York heart transplant list.

Life with an LVAD isn't easy and it was hard to adjust to at first - no swimming, limited showers, limited activities and lots of medication. Thankfully, with my family, my fire department family and my doctors, I was able to forge through into this new normal. I was able to return to work for the fire department as an Administrator and Fire Inspector. I started to walk/jog in local 5K events in a healthy condition so that I would be a perfect candidate for transplant.

In 2017, my cardiologist recommended that I also be put onto the New Jersey transplant list. In the time leading up to my approval on the New Jersey transplant list, the alarm of my LVAD

device started to sound, on and off. The team of doctors decided that it was a mechanical issue and that they would either need to either replace the LVAD or hold me in the hospital for transplant.

On June 22, 2017, I was informed by Newark Beth Israel Medical Center that I was officially listed on the New Jersey list. It was just four days later that my wife got the phone call early in the morning. They said, "Mrs. Pribish, we found a heart for your husband."

There were so many emotions that day. I felt happy and thankful that I now had hope that my health could be restored. I also felt a great deal of sadness for the family that lost their loved one. On June 27, 2017, I had a successful LVAD removal/Heart Transplant.

Since my transplant, I have been blessed to return to the life I had known before. In my donor's memory, I decided to become a transplant advocate through NJ Sharing Network.

In Fall 2018, I was released by the doctors to return to full firefighting duties. On January 3, 2019, I officially returned to the fire department for my first day back at the position I left almost six years before.

I never thought that the day would come where I could return back to active duty. But thanks to my donor, my doctors, and NJ Sharing Network, this dream became a reality. I hope that my story can give hope to others that may need a transplant to inspire them to keep the faith.

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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DONATE BLOOD LOCALLY DURING EMERGENCY BLOOD SHORTAGE

Every day, patients rely on blood transfusions and the transfusion of red blood cells, platelets and plasma to stay alive. But blood and blood products cannot be manufactured; they can only come from volunteer donors.

Blood products also typically have a short shelf life – ranging from five to 42 days, so constant replenishment is needed.

There remains an emergency blood shortage due to the coronavirus pandemic, which has limited the amount of walk-in community blood drives at such convenient locations as schools, libraries and houses of worship.

New Jersey Blood Services (2279 South Ave., Scotch Plains), a division of New York Blood Center, is part of one of the largest independent, community-based, non-profit blood centers in the United States that provides lifesaving blood products and services to nearly 200 hospitals in the tri-state area.

In order to be an eligible donor, you must be at least 16 years old (with parental permission or consent for those under 18 years of age), who weigh a minimum of 110 pounds, are in good health and meet all FDA and state Department of Health donor criteria. People over 75 years old may donate with a doctor's note.

To donate call (908) 232-9234, or schedule on-line: donate.nybc.org/donor/schedules/zip



(above) To learn more about New Jersey Blood Services visit the Scotch Plains Township channel on Youtube to view "Business of the Week: New Jersey Blood Services".

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(above) Ashley Kerekgyarto from Mosquito Control sets a mosquito trap that uses dry ice.

Photo by County of Morris

IT'S MOSQUITO SEASON: REDUCE BUGS BY REMOVING STANDING WATER

County of Morris

Morris County's mosquito control teams are on the job inspecting and treating 10,000 wet areas around the county to eliminate breeding grounds for mosquitos and keep tabs on mosquito numbers and disease

While those efforts can pay major dividends in minimizing infestation, individual property owners have the ability to make a major difference, too, particularly after recent wet weather.

"If everyone would take steps around their own homes to eliminate standing water, it could reduce the number of mosquitoes by many hundreds of thousands, if not millions, where you live," said Morris County Mosquito Division Superintendent Kristian McMorland.

STEPS YOU CAN TAKE TO REDUCE MOSQUITO POPULATIONS INCLUDE:

- At least once a week, empty water from flowerpots, pet food and water dishes, birdbaths, swimming pool covers, buckets, barrels, and cans
- Check for clogged rain gutters and clean them out

- Poke holes in trash cans and recycling containers
- Recycle discarded tires, and remove other items that could collect water
- Check for containers in places that may be hard to see, such as under bushes or under your home;
- Aerate ornamental pools or stock them with fish like fathead minnows
- Do not allow water gardens to stagnate
- Clean and chlorinate swimming pools, including those not in use (mosquitoes may even breed in water that collects on pool covers);
- Dispose of cans, plastic containers, ceramic pots or similar water-holding containers that have accumulated on your property

In addition to the nuisance, mosquitoes also bring the possibility of diseases such as West Nile Virus, Eastern equine and St. Louis encephalitis, which are transmitted through mosquito bites.

For more details on mosquitoes, visit: morriscountynj.gov/Departments/Mosquito-Control/About-Mosquitoes

MORRIS COUNTY WALKING TOUR APP & VIDEO

The Morris County Tourism Bureau celebrated National Tourism Week by launching a free, digital walking tour app and a new video welcoming visitors back to the area.

The short video salute features several local business owners who are open and ready to get back to pre-COVID-19 levels of service. They include museums, attractions and restaurants who are expanding days and hours of operation and offering special meals and deals.

You can view the Morris County Tourism Bureau's "We're Open for Business" video on YouTube.

The Bureau also has released its new digital walking tour app which is available wherever you get your apps. The app, called "Morristown Walking Tour and Beyond," provides information, photos and audio clips for 27 historic sites within downtown Morristown and in the County of Morris. The app is free. You can also view the app in your browser.

TO ACCESS THE NEW APP, YOU CAN VISIT:

- Apple: apps.apple.com/;
- Google: play.google.com/store
- Or the Morris County Tourism web link: <https://morristownwalkingtour.stqry.app>

According to recent projections, when people plan post-pandemic vacations, they will travel domestically, stay close to home, and drive to their destination. The new app will serve this market in 2021. It is self-guided, you can begin and end as you like, and have a wealth of information about each site at your fingertips.

Within the app, links are provided for additional in-depth information.

The digital walking tour app provides a safe and secure way to visit Morris County. It highlights the top attractions in Morris County and serves as a vacation planner. The stops on the

app will keep a family busy for a long weekend stay in Morris County. For those who want to learn about Morris County from a comfortable armchair, the app is good for that, too!

The app was developed by a destination software company called STQRY. The tour was partially underwritten through the generosity of three sponsors: Atlantic Health System, the Morristown and Morris Township Library and the Morris County Historical Society at Acorn Hall.

The Morris County Tourism Bureau (MCTB) is a 501 (c) 6 not-for-profit destination marketing organization that positively affects the economy of Morris County by promoting the area's exceptional historic, cultural and recreational attractions by providing services to residents, business travelers and tourists.

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AFC URGENT CARE OPENS IN SHORT HILLS, NJ

American Family Care (AFC) announced its opening of a new 3,300+ square foot state-of-the-art urgent care facility in Short Hills, increasing access to high-quality health care for residents in the area. The ribbon-cutting took place on April 26 with patients being welcomed that morning.

The AFC facility will feature a high-tech, high-touch approach – including digital x-rays, on-site lab testing, state of the art diagnostics, and electronic medical records. Well-trained, compassionate care is available for non-critical conditions such as strep throat, sprains, fractures, lacerations, minor rashes and burns and the flu, among others. Certain vaccinations, DOT, CDL, sports and camp physicals and drug testing will be offered as well as rapid and PCR Covid testing.

“We are excited to offer quality urgent care to Short Hills and the surrounding communities. AFC has a strong history of expanding access to quality care and investing in the communities it serves. We look forward to providing immediate access to care, so our patients can get the treatment they need and get back to their routines,” said Michael Harvey, president of AFC Urgent Care Short Hills.

The Short Hills clinic is located at 704 Morris

Turnpike near Panera Bread and the new WaWa. It will offer urgent care, family care and occupational medicine seven days a week from 8am to 8pm, Monday-Friday and from 8am to 5pm Saturday and Sunday. Appointments are not necessary (walk-ins are welcome) however, visits can be scheduled either by calling 973-671-5350 or online at afcurgentcareshorthills.com. AFC Urgent Care Short Hills provides 7 private exam rooms along with onsite x-ray and lab services and accepts most insurance plans.

ABOUT AMERICAN FAMILY CARE

Founded by Dr. Bruce Irwin with a single location in 1982, American Family Care has pioneered the concept of non-emergency room urgent care. Today, AFC is the nation’s leading provider of urgent care, accessible primary care, and occupational medicine, with more than 220 clinics and 500 in-network physicians caring for more than 2 million patients a year. Ranked by Inc. Magazine as one of the fastest growing companies in the U.S., AFC continues to expand its reach of its network through organic growth and partnerships with some of the nation’s most respected hospital systems.

For more information visit www.americanfamilycare.com.



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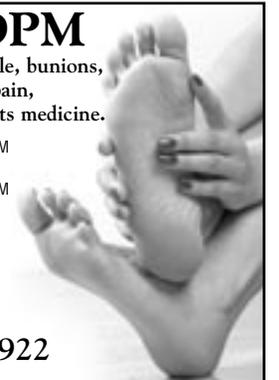
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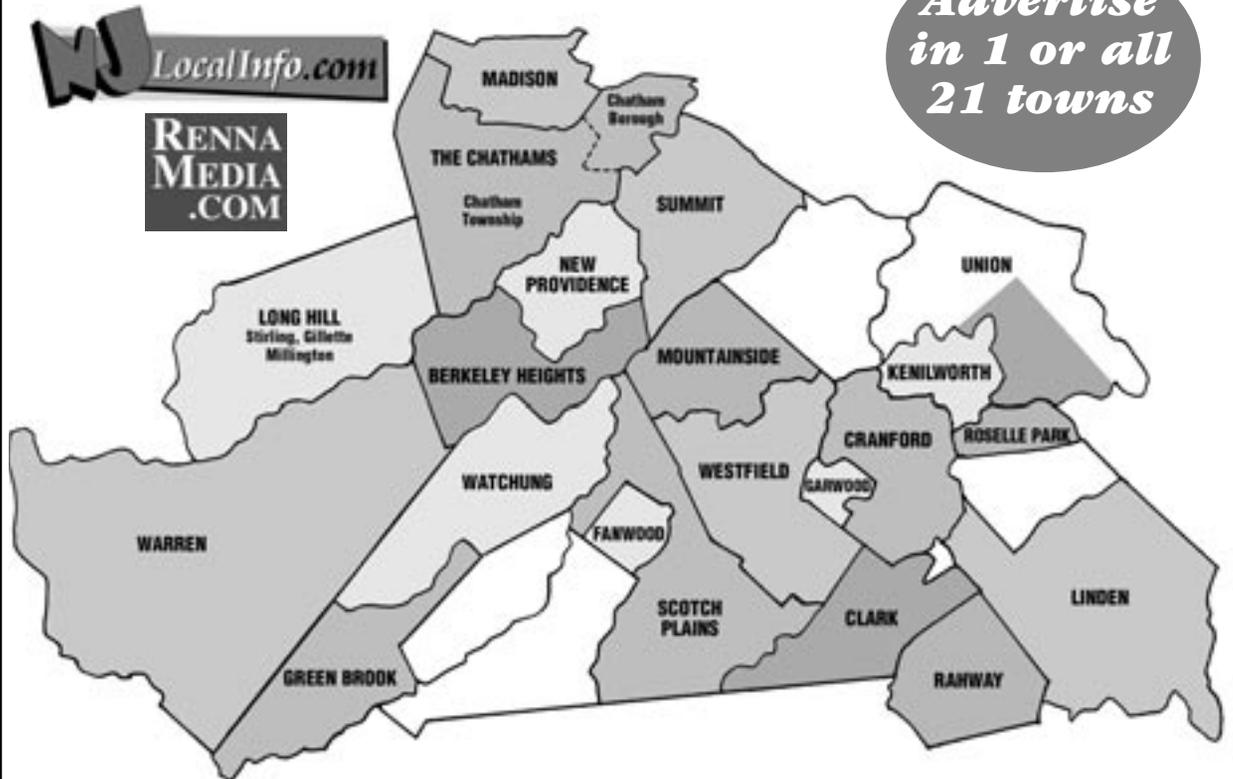
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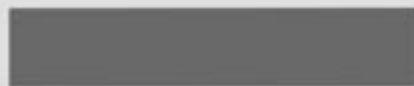
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An alternative to expensive pay-per-click programs
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Advertising webpage includes many features including write-up, images, video, Google map, etc.
- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**
Posts shared on multiple Facebook pages and twitter.
- **PAID SEARCH ENGINE PROMOTIONS**
Posts are promoted by industry, key words and location.
- **TRACKABLE RESULTS**
All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$20
PER POST
Block of 20
for \$200**



WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**
Know where your web traffic is coming from and why.
- **ELIMINATE / AVOID COSTLY SCHEMES**
Evaluate the return you are getting from your online marketing costs.
- **INCREASE ONLINE MARKETING RESULTS**
Recommendations include ways to increase traffic to your website
- **NO OBLIGATION**
This service is recommended even if you have an existing web management contract. Use it to tune up your marketing plan.

**ONE TIME
FLAT FEE
\$250**

**Call for a consultation
if you do not have a website
or if need a new one.**

Joe Renna at 908-447-1295
email: JoeRenna@RennaMedia.com

WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**
Basic static site that can be developed further
- **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

**Call for free a consultation if you need
help developing an online marketing plan.**

Joe Renna at 908-447-1295
email: JoeRenna@RennaMedia.com

**STARTER
WEBSITE
\$500**

Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

- MENUS - PRINTING - \$50 PER THOUSAND**
Rate is for quantities of 25,000 or more.
For quantities less than 25,000 cost is \$68 per thousand.
11"x17" / Full color / 2 sided / 60lb gloss coated stock /
Includes folding (quarter fold or tri-fold, with or without coupons tab)
- FLYERS - \$35 PER THOUSAND**
8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock /
Tri-fold add \$10 per thousand
- INSERTED AND MAILED TO EVERY HOME AND BUSINESS**
\$60 per thousand. (as low as \$30 per thousand depending on quantity.)

Joe Renna at 908-447-1295
email: JoeRenna@RennaMedia.com



**FLYERS
\$35
PER 1,000**

**MENUS
\$50
PER 1,000**

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Photos of this and other events can be found
at www.rennameia.com
and Berkeley Heights News Facebook page.
Feel free to “Like”, “Tag”, and “Share”.

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OUR FULL COLOR
PRINTING SERVICES
AND INSERTS.
JOE 908-447-1295**

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(above) Photos from this and other events can be found online at
rennameia.com and on the Berkeley Heights Community News page on
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**Each month 4,800 newspapers are printed
mailed free to every home and business in Berkeley Heights.**

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