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## STUDENTS RECOGNIZE CHILDREN BATTLING CANCER

*Submitted by Allison Kempe*

To honor Brain Tumor Awareness month and specifically “National Gray Day” on Thursday, May 27, Long Hill K-5 students attending Gillette and Millington schools took time to send their well wishes to children undergoing treatment for cancer. They wore gray to school and made cards to give to kids in the hospitals. The color gray represents the “gray matter” in the brain.

Brain tumors are the second most common type of childhood cancer (after leukemia) and the leading cause of cancer deaths among children and adolescents.

Ms. Rodrigues, Long Hill’s elementary counselor, along with Grace Eline, a brain tumor survivor who lives in Gillette, worked together to make the day possible. Grace and her mom, Aubrey Reichard-Eline, co-founded “WITH Grace” to make an impact by supporting pediatric cancer research initiatives and families when they need it most.

“Childhood cancer affects many kids. Having the support of the community means so much to us,” exclaimed Grace. “It is critical to bring awareness to this cause and help show the kids in treatment that we care and are fighting for them.”

To further support children with cancer, please consider donating at [withgraceinitiative.org](http://withgraceinitiative.org).



*(above) Students made cards for children in the hospital.*



*(above) Students wore gray for Go Gray Day.*

Photos by Long Hill Township Public Schools

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*(above) On Thursday, May 27, Long Hill K-5 students attending Gillette and Millington schools participated in Go Gray Day to show support for children undergoing treatment for cancer.*

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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](mailto:editor@rennamedia.com) or call 908-858-4012*

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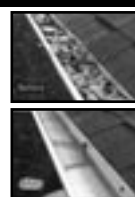
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## LONG HILL TEAM EFFORT SAVES BLUE HERON

A Blue Heron that was tangled in fishing line with an insured wing was rescued recently by a team that included the Long Hill Police, First Aid Squad, Animal Control, Millington Volunteer Fire Company and the Long Hill Fire Department.

The bird was freed and transported to The Raptor Trust to treat its injuries.

The Raptor Trust, located in Millington on White Bridge Road, bordering the Great Swamp

National Wildlife Refuge, provides free medical care to all species of wild birds since 1983. The Trust has a fully equipped medical infirmary, including an intensive care wing. The Raptor Trust provides care for approximately 50% of all birds and 25% of all wildlife admitted to rehabilitation centers in New Jersey. For more information visit [theraptortrust.org](http://theraptortrust.org).

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**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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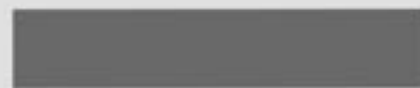
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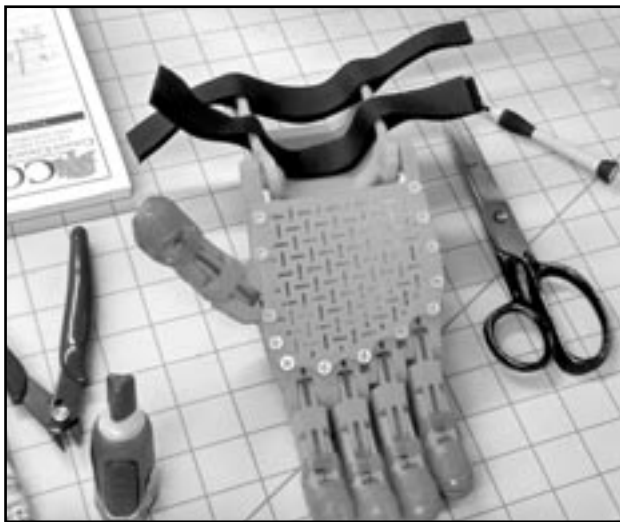
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# ENGINEERING STUDENTS MAKE PROSTHETIC HANDS FOR CHILDREN



(above) Prosthetic hand with assembly tools



Photos courtesy of Professor Tom Roskop, Asst. Professor, Engineering, County College of Morris.

## Morris County Vocational School

A dozen prosthetic hands are being shipped to children in Malawi in southeastern Africa thanks to students enrolled in the Share Time Engineering Design & Advanced Manufacturing (EDAM) program at Morris County Vocational School District.

Working in partnership with County College of Morris professor Tom Roskop, the students used a 3-D printer to manufacture the components and then assembled the hands at home.

In May, the dozen hands were shipped to e-NABLE, a non-profit organization that helps volunteers create the hands using 3-D printers, and then ships the prosthetics to recipients all over the world. These hands are inexpensive to create, which is a benefit to the children who will outgrow the limbs as they grow.

The Morris County Vocational School District (mcvts.org) provides vocational and enrichment

programs that inspire and prepare students to succeed in today's world and pursue tomorrow's opportunities. The Share Time Engineering Design & Advanced Manufacturing Program, located and in partnership with County College of Morris, is a two-year, half-day public high school program.

Students enrolled in EDAM earn certificates in Mechanical Computer Aided Drafting and Engineering Technology and 32 college credits, along with their high school diploma.

High School sophomores may apply to a Share Time Program of the Morris County Vocational School District during the open application period from January to March.

For more information, contact Gina DiDomenico, Community Relations at didomenicog@mcvts.org or 973-627-4600 ext. 277.

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# GIRL SCOUT SENIOR TROOP CREATES RECIPE BOOKLET

Submitted by Allison Kempe

As a part of their "Sow What?" Journey, Girl Scout Senior Troop 5050 created a recipe booklet full of healthy, low cost, easy to make meals with ingredients that come from a food pantry, grocery store, or indoor garden.

The journey they completed was about food sourcing, the footprint of items, and the benefits and downsides of using local ingredients versus out of state products. They learned that food prints show everything it takes to get food from the farm to your plate, and that nutritional value is gained from cooking with fresh ingredients. They will be posting a flyer advertising the booklet in local food pantries.

While shopping, they encountered a problem: finding fresh ingredients such as meats and veggies in a food pantry was scarce and hard to keep within a tight budget. However, they were able to come up with a solution: include alternatives found in a can or grow fresh ingredients at home. In the booklet, they included the approximated cost per serving as well as a

guide to growing fresh ingredients indoors.

Senior Troop 5050 includes members Kyra Langell, Ava Slimowicz, Jillian Gaydos, Emily McCormick, Linda Sarni, Sofia Squizziato, Shaye Bundonis, Sophia Ehlert, Amaya Campos, and Emma Goodbody and is led by troop leaders Whitney Gaydos, Joanne Bundonis, and Jill Langell.



(above) The QR code to the booklet

A sample recipe of Chicken Pot Pie, included in the booklet, can be found below.

## CHICKEN POT PIE

Serves 6 people for around \$4 per person

1 pound skinless, boneless chicken breast halves - cubed

1 cup carrots, sliced

1 cup frozen green peas

1/2 cup celery, sliced

2 scallions, sliced

1/3 cup butter

1/3 cup onion, diced

1/3 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon celery seed

1 3/4 cups chicken broth

2/3 cup milk

2 (9 inch) unbaked pie crusts

Preheat the oven to 425 degrees F. In a saucepan, combine chicken, carrots, peas, celery, and scallions. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside. Place the chicken mixture in the bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape. Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving. Adapted from a Cooks Country TV Show Cookbook recipe.



## WHAT'S THE SCOOP?

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(above) Emma Rothman

## ROGER SUPPORTS VETS

ROGER, a search platform for New Jersey veterans, launched on November 9th, just ahead of Veterans Day 2020. The platform was created by Backpacks For Life founders Brett D'Alessandro and Alexa Modero. After serving the Veteran community for 6 years, they found many inefficiencies and convoluted systems that prevented veterans from getting the care they need in a quick and efficient way. From lengthy intake processes to outdated information on organizations' websites, the Backpacks For Life team knew there was a better way to get veterans the care they needed.

ROGER allows veterans and their family members to search for programs, resources and care by a variety of factors such as zip code, branch of service, discharge status and income. With these customizable search features, veterans will see only the programs that they qualify for. This helps mitigate time wasted for not only veterans searching for programs that fit their needs, but also the service providers to ensure the veteran is a good fit for them.

"Navigating through resources is hard...we get it. As a veteran myself, I was often running around in circles trying to find programs that I was eligible for and that fit my needs. When we're working with veterans, every minute matters and with ROGER we can work more quickly to get veterans what they need. We're excited to bring ROGER to the NJ veteran community." - Sgt. Brett D'Alessandro, Retired US Marine & President of Backpacks For Life

To explore ROGER, visit [www.roger.vet](http://www.roger.vet) or contact the ROGER team at [roger@backpacksforlife.org](mailto:roger@backpacksforlife.org)

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.

## CELEBRATING 10 YEARS WITH HEART TRANSPLANT

### NJ Sharing Network

Emma Rothman of Cranford, NJ graduated this spring from Syracuse University with a degree in Food Studies. Like most college graduates, she has mixed emotions about taking the next step in her life's journey.

"I am definitely a bit terrified, but I am excited about the variety of opportunities that lie ahead," said Emma.

This is a remarkable time for Emma as she celebrated the 10th anniversary of her life-saving heart transplant (April 1). She is humble and always thankful for her donor who gave her the gift of life and made her achievements possible.

"Everything after my heart transplant was working towards moments like this," said Emma. "It motivates me to appreciate the day to day – being able to travel, go away to school, and have life experiences without my health dictating what I can and cannot do is a blessing. I owe all of this to my organ donor's act of extraordinary humanity."

In March 2011, Emma was 12-years-old when she suddenly began to feel extremely fatigued and could not make it through an entire day at school. Her parents brought her to Newark Beth Israel Medical Center (NBIMC) for what was supposed to be a quick, routine blood test. However, Emma went into cardiac arrest, was put on life-support under an induced coma and was rushed to the pediatric cardiac intensive care unit at New York-Presbyterian/Morgan Stanley Children's Hospital.

Emma, who showed no prior symptoms, was somehow battling end-stage heart failure brought on by hypertrophic cardiomyopathy. On April 1, 2011, Emma, underwent a successful emergency heart transplant, which saved her life. Just 15 days later, Emma was discharged, taking with her new knowledge about what a heart transplant is and how she could best care for her new heart at home.

"The last thing I remember was feeling uncomfortable while the nurses were attempting to draw blood at the hospital thinking I might have had mono or a virus," said Emma. "I woke up six days later and learned that I had a heart transplant. Prior to that, I had never heard of

organ and tissue donation or transplantation."

In 2013, Emma and her family, guided by their firsthand experience, established Hearts for Emma, a 501 (c)3 organization that provides assistance to families of children with heart disease, and supports educational initiatives related to heart transplantation and promotes awareness of organ and tissue donation. As part of a joint outreach effort, Hearts for Emma established a Partner Fund within the NJ Sharing Network Foundation that has raised more than \$50,000 since its inception. The Hearts for Emma Partner Fund has helped educate more than 100,000 students in New Jersey about organ and tissue donation and transplantation through the production and distribution of education materials and related programs, and provides scholarships to high school seniors who are advocates of or personally impacted by the mission.

To learn more, get involved and register as an organ and tissue donor, visit [NJSharingNetwork.org](http://NJSharingNetwork.org).

In New Jersey, there are nearly 4,000 residents currently waiting for a life-saving transplant, and one person in New Jersey dies every three days waiting for a transplant. Just one organ and tissue donor can save 8 lives and enhance the lives of over 75 people. Transplantable organs include heart, kidneys, liver, lungs, pancreas and intestine. Transplantable tissue includes corneas, heart valves, skin grafts, and bone grafts, ligament and tendons.

### 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 [www.NJSharingNetwork.org](http://www.NJSharingNetwork.org).

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# TAKE A STORYWALK AT KANTOR PARK

The Friends of the Long Hill Township Library wanted to do something fun for the community. They worked with Miss Jess at the library and came up with the idea of creating a StoryWalk at Kantor Park.

The StoryWalk® Project was initially created by librarian Anne Ferguson of Montpelier, VT and developed at the Kellogg-Hubbard Library. Libraries around the world have picked up the banner and been making StoryWalks ever since.

Our StoryWalk is Dog Loves Books by Louise Yates. Dog loves books so much that he decides to open his own bookstore. Disappointed by an initial lack of business on his new bookstore's

opening day, Dog passes the time by reading exciting stories. He is engrossed in his imaginary adventures when his first real customer asks for a book. Of course, he knows exactly what to suggest. The simple story is accompanied by soft pastel pencil and watercolor drawings that give the book a whimsical, dreamy quality. Dog is surrounded by nonthreatening dinosaurs, space aliens, and other creatures when he is reading about them. It's a picture-book treat for the youngest dog lovers.

Take a StoryWalk at Kantor Park when you visit the Long Hill Township Library at 917 Valley Road, Gillette, NJ.



(above, l-r) Toni Marino, Theresa Filippone, Agnes Lonergan, all from the Friends of the Long Hill Township Library; and Jessica Buban, Children's Librarian.

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# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

## NEWSPAPER ADVERTS

We mail 135,000 newspapers to every home and business in 21 towns. You can advertise in any number of towns. Ads start at \$60.

## FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$35 per thousand.

## DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

## ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

## SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

## WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

**CALL JOE RENNA FOR A FREE CONSULTATION.**  
**908-447-1295**

## RENNA MEDIA NEWSPAPER RATE SHEET

**WE MAIL 135,000 NEWSPAPERS MONTHLY!**

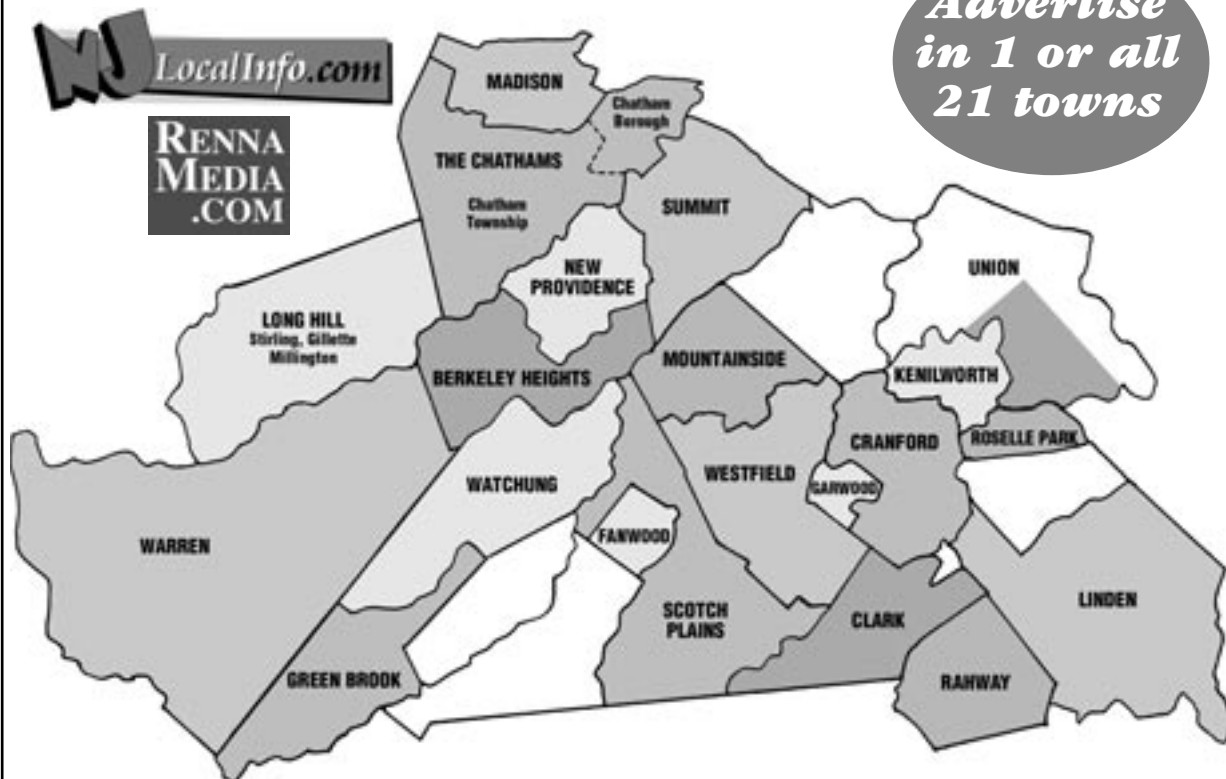
**Tina Renna 908-418-5586 • tinarena@rennamedia.com**

**Joe Renna 908-447-1295 • joerenna@rennamedia.com**

**202 Walnut Avenue, Cranford, NJ 07016**

**Call today for FREE consult on marketing and business plans.**

Online at [RennaMedia.com](http://RennaMedia.com)  
and [NJLocalInfo.com](http://NJLocalInfo.com)



<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Mailed to every home and business. Zip: 07066	<b>CRANFORD MONTHLY</b> NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	<b>Fanwood Post</b> TM Qty: 3,000 Mailed to every home and business. Zip: 07023	<b>Garwood NJ Times</b> Qty: 2,200 Mailed to every home and business. Zip: 07027	<b>Green Brook Gazette</b> Qty: 3,000 Mailed to every home and business. Zip: 08812
<b>KENILWORTH</b> NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	<b>LIFE in LINDEN</b> NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zips: 07933, 07946, 07980	<b>MADISON MONTHLY</b> NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	<b>MOUNTAINSIDE VIEW</b> NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	<b>OUR TOWN Rahway, NJ</b> Qty: 12,400 Mailed to every home and business. Zip: 07065
<b>ROSELLE PARK MONTHLY</b> Qty: 5,600 Mailed to every home and business. Zip: 07204	<b>Scotch Plains NJ</b> WHAT'S HAPPENING MONTHLY Qty: 9,600 Mailed to every home and business. Zip: 07076	<b>Summit NJ Times</b> Qty: 9,600 Mailed to every home and business. Zip: 07901	<b>Spirits of UNION</b> NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

### NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 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							

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

# ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**  
An alternative to expensive pay-per-click programs
- **FREE AD DESIGN AND COPYWRITING**  
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**

Call Today for a Free Estimate!  855.624.6655



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SIDING \$289	PORCHES/STEPS \$185

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Estimated monthly payments.  
Rates & payments based on credit approval.

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