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TENTH ANNUAL MAYOR'S DAY 5K RUN

Union Township Chamber of Commerce

Runners and walkers of all levels are invited to join the Union Township Chamber of Commerce again this year at its Tenth Annual Mayor's Day 5K Run on Sunday, September 26. A committee is actively working over the summer to plan and expand this year's event.

Held rain or shine, the race will start and end at Union High School on Cooke Drive, following a course certified by USA Track & Field. Registration begins at 7:30 a.m. with the actual race commencing at 9:00 a.m.

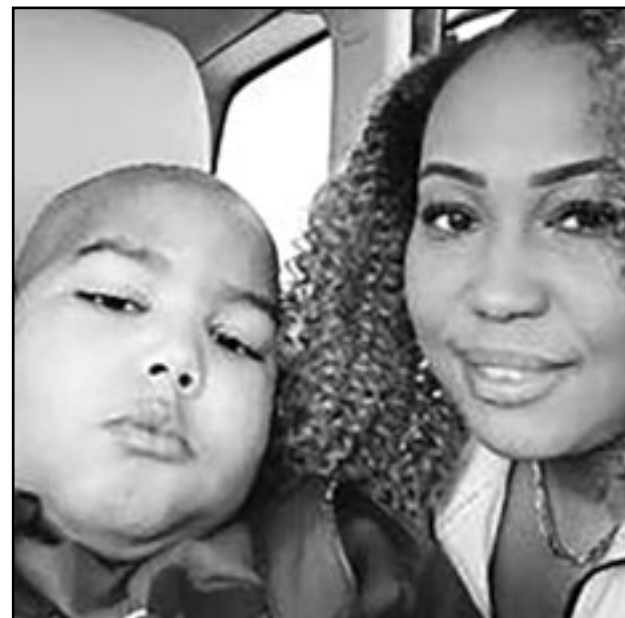
"We missed having our 5K last year due to Covid, but this year marks the tenth anniversary of this popular community event, and we are working to continue to make a big impact," said Chamber Executive James Masterson. "We are grateful to the Township of Union Board of Education for generously hosting this event, and we hope for great participation again for 2021."

Prizes will be awarded for various age categories, and t-shirts and gift bags will be distributed to the first 300 registrants.

Masterson added that a portion of the proceeds will go to help defray the medical expenses of a local resident and his family, specifically, the family of nine-year-old Davian Simpson, who was stricken with a life-threatening illness.

To register, go online to runsignup.com, and enter Mayor's Day 5K. Further information is available by contacting the Chamber directly at 908-688-2777, visiting unionchamber.com or emailing the Chamber at executivedirector@unionchamber.com.

Businesses wishing to become a sponsor may contact Masterson at executivedirector@unionchamber.com for a listing of the various levels of support. All sponsorships include a table at the event for businesses to highlight their companies.



(above) Davian Keith Simpson and mom.



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Mike Cross, for wrestling, at NJCU



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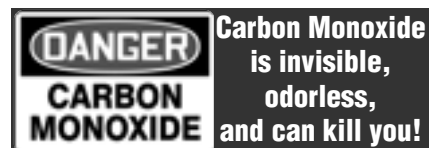
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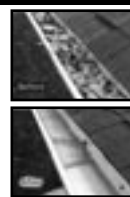
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YMCA SWIM TEAM TRYOUT DATES ANNOUNCED

The Gateway Family YMCA has announced upcoming tryouts for the 2021-2022 Fall/Winter Rapids Swim Team, scheduled for Tuesday, August 24 and Wednesday, August 25, 6:00-8:00 p.m. at The Gateway Family YMCA – Rahway Branch, 1564 Irving Street, Rahway, NJ. Swimmers, ages 6 – 18 are invited to visit the YMCA to tryout for the Rapids Swim Team, no registration is necessary.

“YMCA competitive swimming and diving teams are the natural progression from Safety Around Water and Y Swim Lessons, encouraging children and teens to continue their love of swimming while providing an ideal environment for cognitive, physical and social-emotional development,” said Krystal R. Canady, CEO, The Gateway Family YMCA. “Through competitive aquatics programs, participants experience achievement, feel a sense of belonging and build supportive relationships, which is especially important at this time.”

Registration for the 2021-2022 Fall/Winter Rapids Swim Team will begin on Tuesday, August 24 at 10:00 a.m. online at tgfymca.org.

“Our team is a year-round competitive swim team offering quality coaching and technique instruction. The goal of the team is to provide every member an opportunity to improve swimming skills and achieve success at their individual level of ability,” added Melynda A. Mileski, EVP, Chief Operating Officer, The Gateway Family YMCA.

The competitive swim season typically runs from September through March, with dual meets starting in October and Championship meets starting in February. The Rapids swim team competes against other YMCA’s in the league. Swim meets are held at The Gateway Family YMCA - Rahway Branch or at the site of the competing YMCA.

As a leading nonprofit committed to youth development, the Y has been a leader in providing swim lessons, teaching water safety and inspiring competitive swimmers. The

Gateway Family YMCA continues to help youth and adults experience the joy and benefits of swimming, so they can be healthy, confident and secure in the water. There are a variety of programs to choose from, including swim lessons for all ages, starting with parent/child lessons through adult, water exercise, family swim, and

competitive swimming. To ensure that everyone has an opportunity to participate, financial assistance is available to those who qualify.

To learn more about The Gateway Family YMCA’s Swim Team programs, please visit tgfymca.org or contact the Rahway Branch 732-388-0057.



(above) Tryouts for the 2021-2022 Fall/Winter Rapids Swim Team are scheduled for Tues, August 24 and Weds, August 25, 6:00-8:00 p.m. at The Gateway Family YMCA – Rahway Branch.



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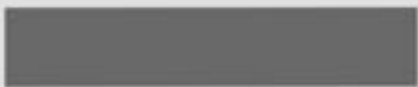
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Submitted by Christopher D Sands

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The General Phil Kearny Camp #20 meets four times a year at the Abraham Clark House in Roselle, NJ. The next scheduled Camp meetings are September 11, and November 13, 2021, all Saturdays at 1 p.m. We support over 20 high schools and 2 universities with the SUVCW ROTC Medal. Our current program is to place signs where Grand Army of the Republic (GAR) posts met in North Jersey.

For more information visit suvchw.org.



(above) Colonel Stephen Harlan is inducted into the General Phil Kearny Camp 320 membership. Chaplain James O'Halloran, Secretary Clark McCullough, and Commander Peter Lindsey conduct the induction.

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NJ Trades Opportunities and Apprenticeships

Tuesday, 8/3 at 6:00 p.m.

There are plenty of good jobs and apprenticeships in the construction trades within the state. Learn how to find them.

Letters from Oscar Hammerstein

Wednesday, 8/4 at 6:30 p.m.

Mark Horowitz, senior music specialist for the Library of Congress, shares insights into Oscar Hammerstein through correspondence with family, friends, and colleagues, including love letters to his wife.

Meditation with Bindu Bhatt

Thursday, 8/5 at 11:30 a.m.

No experience necessary.

Beginners Flow Yoga

Thursday, 8/5 at 6:00 p.m.

Improve muscle strength and promote flexibility. Build your own yoga program through postures, body awareness, relaxation, and connecting with your breath. (Zoom)

Rock 'N Roll History - Blues to British Invasion

Monday, 8/9 at 6:30 p.m.

How did African-American folk songs from the Mississippi-Yazoo Delta inspire the British invasion? Enjoy recordings from Elvis and Jerry Lee to the Beatles, Rolling Stones, and Zombies. Speaker John Groom attended the same High School as Paul McCartney and George Harrison.

Keys to Financial Success

Tuesday, 8/10 at 12:30 p.m.

Learn to establish a secure base for your financial future including budgeting tools, debt management strategies, Investments and more.

Presented by financial coach Stanley

Bridgeforth. Register at

<https://uplnj.org/events/list/>. (Zoom)

Memoir Book Club Reads Girl, Interrupted

Wednesday, 8/11 at 7 p.m.

Professor Lisa Sisler from Kean University leads a discussion of Girl, Interrupted by Susanna Kaysen. Don't miss this unique book club experience! Get the link and register at <https://uplnj.org/event/memoir-book-club-2/> (Zoom)

Meditation with Bindu Bhatt

Thursday, 8/12, at 11:30 a.m.

No experience necessary. Register at

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Watercolor Florals for Beginners

Thursday, 8/12 at 7:00 p.m.

Contact the Library after you register to pick up your supplies (limited number). Get the link and register at <https://uplnj.org/event/watercolor-florals-for-beginners/>. (Zoom)

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Investing 101

Tuesday, 8/17 at 12:30 p.m.

Financial coach Stanley Bridgeforth helps demystify investing and the stock market. Register at <https://uplnj.org/events/list/>. (Zoom)

Meditation with Bindu Bhatt

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Beginners Flow Yoga

Thursday, 8/19 at 6:00 p.m.

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Memoir Writing

Wednesday, 8/25 at 7:00 p.m.

Ever want to write stories from your life for yourself or others to read? Professor Lisa Sisler from Kean University leads a two-part workshop to help you get started. Register and get the link at <https://uplnj.org/event/memoir-writing-part-ii/> (Zoom)

Meditation with Bindu Bhatt

Thursday, 8/26 at 11:30 a.m.

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Beginners Flow Yoga

Thursday, 8/26 at 6:00 p.m.

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Animal Crossing

Friday 8/27 at 2:00 p.m.


Check out our inclusive virtual library building with its Mario-themed maze, money trees, Nooks & Abels store, and craft DIYs. To visit -- add us as a friend with UPL Nintendo friend code SW-4027-1837-6212, reservation not required. For all ages. Questions? Contact jcarvajal@uplnj.org.

Antique Road Show-Union Style

Monday, 8/30 at 6:30 p.m.


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For patients in the emergency room, fighting cancer or coping with a life-threatening illness, help can't wait. Their health is reliant on the selfless generosity of blood donors. However, the blood supply continues to face challenges from the ongoing pandemic and extreme winter weather that impacted much of the U.S. last month.

More donors, especially those with type O blood, are needed now to ensure that patients have lifesaving blood products available for emergencies and everyday medical treatments. Schedule a blood donation appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

SMALL BUSINESS RELIEF GRANT

Township of Union

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The American Rescue Plan Small Business Relief Grant, a funding program to assist small businesses that have been negatively impacted due to the COVID-19 pandemic is on the way!

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Small-Business-Relief-Grant-Program, call our Hotline at 1-800-608-5176 or email UnionTownshipGrants@nwfinancial.com

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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

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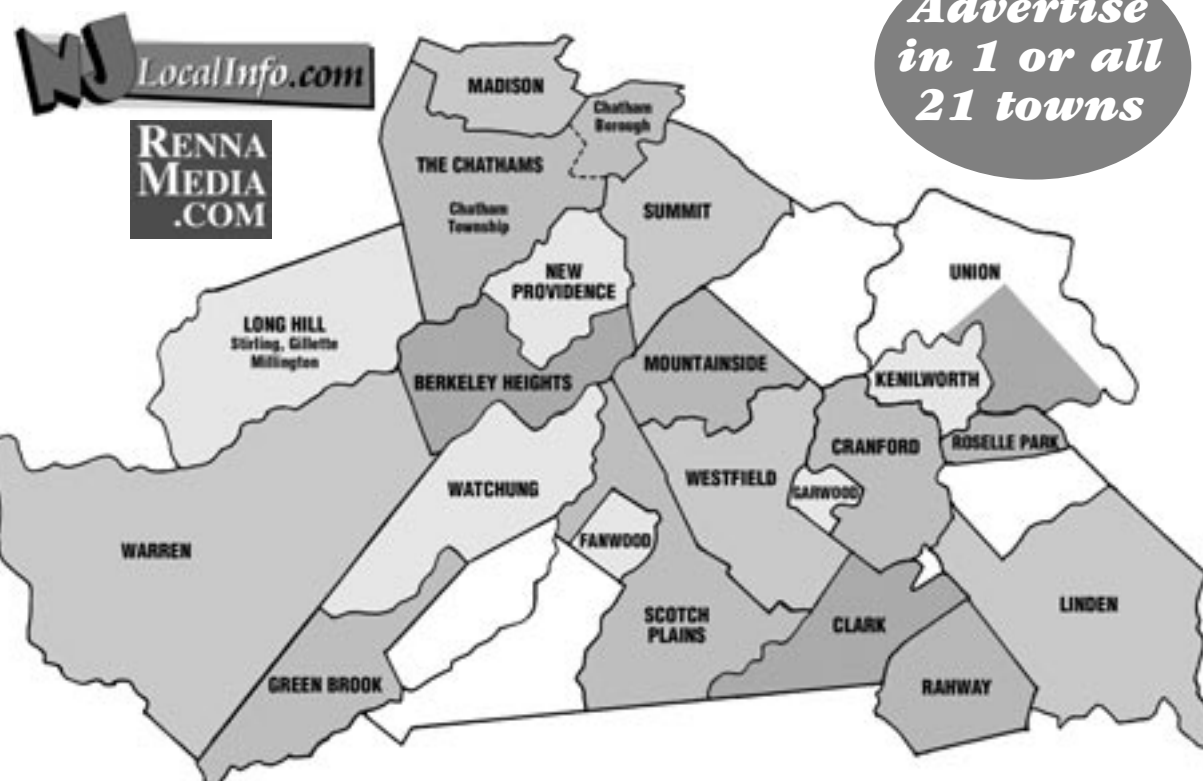
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KENILWORTH NJ BUSINESS • LIFE Qty: 3,600 Mailed to every home and business. Zip: 07033	LIFE in LINDEN NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07933, 07946, 07980	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAINVIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	OUR TOWN Rahway, NJ Qty: 12,400 Mailed to every home and business. Zip: 07065
ROSELLE PARK MONTHLY NJ Qty: 5,600 Mailed to every home and business. Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07083	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

NEWSPAPER AD RATES

Rates are per month. 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							

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

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TEEN VOLUNTEER FOLLOWS HER DREAMS TO PRINCETON

Trinitas Regional Medical Center offers teenagers with an interest in healthcare several opportunities to test-drive their dreams. Dimiana Ibrahim, an Elizabeth resident, followed her dream of becoming a doctor to Princeton University to join the Class of 2025. What helped make the decision to study medicine were her experiences as a volunteer and a Medical Explorer at Trinitas.

As a high school sophomore, she entered the Teen Volunteer program, run by Lisa Liss, Director of Volunteer Services at Trinitas. "I wanted to be further exposed to the hospital setting to see if medicine was really the right path for me," Dimiana says. "Volunteering on the maternity floor allowed me to observe the ins and outs of how a hospital floor works. Helping different varieties of patients exposed me to how different and equally important each patient's story is. I was exposed to real-world hardships, celebrations, and stories that I would've never been able to see otherwise. It taught me the great importance of patience and compassion in the

field, which is something you really have to feel and not just read about in a book."

Then Dimiana joined the Medical Explorers Club, for those interested in healthcare, nutrition, physical therapy, and nursing, among other careers. "Although short-lived due to COVID, it was an overall really fun and educational experience for my friends and me. I learned a lot about different specialties in the hospital, like anesthesia and dialysis. It showed me how truly excited I felt learning about medicine. It helped me realize that this is the excitement I aspire to have my entire life when it comes to my chosen field. These experiences, along with many others, helped me achieve the self-reflection and discovery needed to not only find my career path, but to recognize how I intend to get there. Attending Princeton University will be one of my first of many steps towards becoming a physician."

Liss, who also oversees Nurse Camp for high school students and the Collegiate Medical Mentor program for college students, says, "I'm



always thrilled to hear about students taking their experiences at Trinitas and running with them. Dimiana was a shining example of how enriching these programs can be for students who may either be on the fence about healthcare as a profession and figure out that they definitely want it, or know for sure they want to study medicine at some level and can't wait until college to get started. Dimiana took advantage of what we have to offer and we hope to see her in our Collegiate Medical mentor program as she excels at Princeton."

For more information about Volunteering at Trinitas or to get involved with one of the medical mentoring programs, call Lisa Liss, 908-994-5164.

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