Union's Hometown Newspaper

Issue 130 • September 2021

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TOWNSHIP OF UNION NATIONAL NIGHT OUT 2021

National Night Out, a national community-building campaign that promotes police-community partnerships, was held at Police Headquarters on Tuesday, August 3rd from 5 to 9. The event was sponsored by the Township of Union and the Union Police Department. The free community event was well attended. It featured giveaways, demos, games, exhibits, food, music, and more.

National Night Out culminates annually on the first Tuesday in August. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. For more information visit natw.org.



(above) Township of Union Fire Department









(above), Officer Joe Devlin in Dunk Tank

(above) DJ Danny T

(above) Township of Union Police Department









Photos from this and other events can be found online at rennamedia.com and on Spirit of Union page on facebook.com Feel free to "Like," "Tag," and "Share."

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Tina & Joe Renna, Publishers 202 Walnut Ave., Cranford, NJ 07016 (908) 418-5586 • Fax: (908) 709-9209 E-mail: info@rennamedia.com

SEND US YOUR NEWS

Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Renna Media your news!

Call: 908-418-5586 Email: editor@rennamedia.com

BUILDING FUTURE LEADERS

Commerce collectively donate to create meaningful scholarships to graduating seniors of Union High School. This year's recipients are Lucas Dias who plans to attend Rutgers Business School and Lorraine Panes who will study at the Fashion Institute of Technology.

Pictured, 1-r, are some of the donors who attended a recent Chamber scholarship presentation at the Golden Krust Restaurant in Union: James Masterson, Chamber Executive Director; Arthur Pinckney, Chamber Board Member and owner of NJ Arts World; Dr. Laura Rokosz, owner of Egglrock Nutrition; Jeff

Every year, members of the Union Chamber of Morton, Chamber Board Member and owner of Shake of Paw; scholarship recipients Lucas Dias and Lorraine Panes; Barbara La Mort, Chamber Board Member and President of the Union Township Historical Society; David Arminio, Chamber Board President and President of the Friends of the Union Library; and Kenisha Phillips of Golden Krust Restaurant.

> In addition to the above businesses, donors to the fund also included Rapid CPR, Northfield Bank, 2nd Avenue Thrift Stores, Cozy Corner Deli, Unity Bank, BCB Community Bank, CED Solutions, Ultimate Side Dish, SGS/Harrison Research Labs and Mr. Tod Angus.



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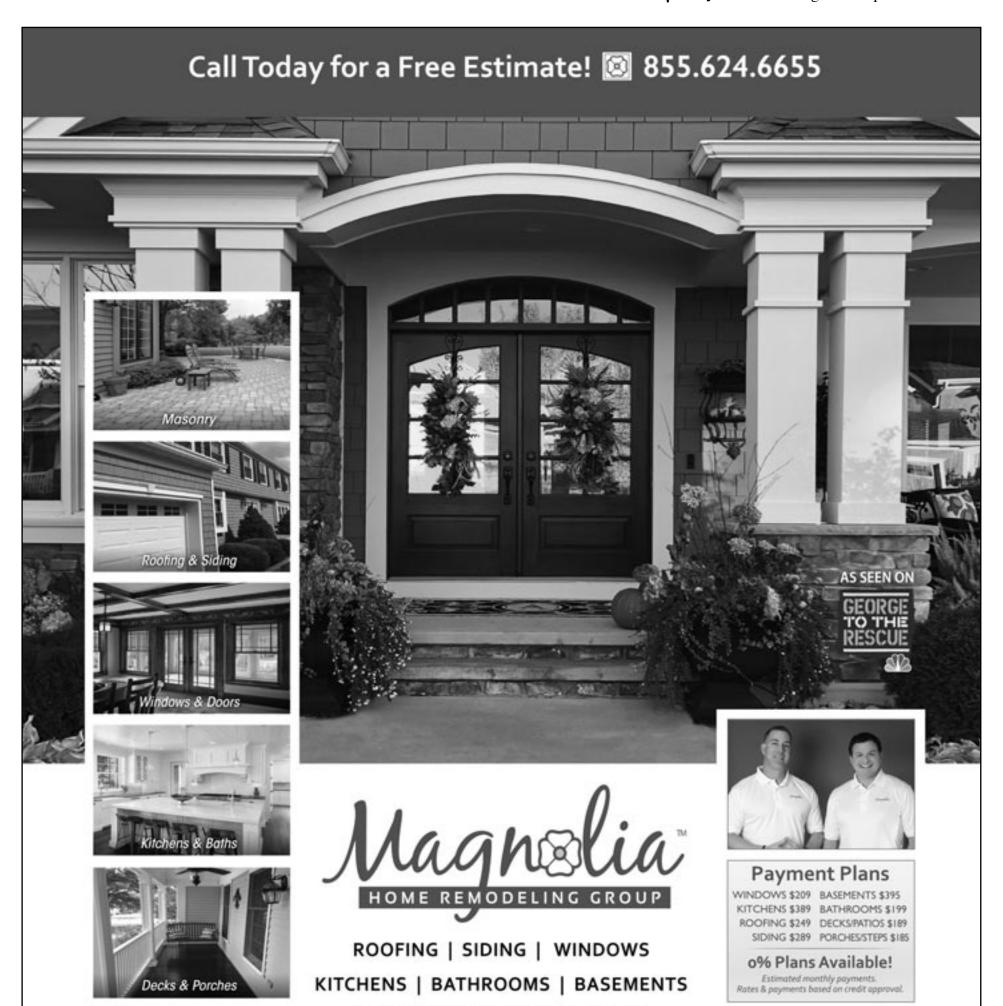
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RACHEL JACK CHOSEN AS A FUTURE MEDICAL LEADER

Congress of Future Medical Leaders

Rachel Jack, a Union resident and a rising 11th grader at Morristown Beard School of Morristown, New Jersey, was a Delegate to the Congress of Future Medical Leaders held on June 26th and 27th, 2021.

Rachel was chosen to represent New Jersey based on her academic achievement, leadership potential and determination to serve humanity in the field of medicine.

Rachel's nomination was signed by Dr. Mario Capecchi, winner of the Nobel Prize in Medicine and the Science Director of the National Academy of Future Physicians and Medical Scientists.

The Congress is an honors-only program for high school students who want to become physicians or go into medical research fields. The purpose of this event is to honor, inspire, motivate and direct the top students in the country interested in these careers, to stay true to their dream and, after the event, to provide a path, plan and resources to help them reach their goal.

During the two-day Congress, Rachel Jack joined students from across the country and heard Nobel Laureates and National Medal of Science



(above) Rachel Jack





Winners talk about leading medical research; she opportunities for students to be guided and was given advice from Ivy League and top medical school deans on what to expect in medical school; witnessed stories told by patients who are living medical miracles; be inspired by fellow teen medical science prodigies; and learned about cutting-edge advances and the future in medicine and medical technology.

This is a crucial time in America when we need more doctors and medical scientists who are even better prepared for a future that is changing exponentially. Focused, bright and determined students like Rachel Jack are our future and she deserves all the mentoring and guidance we can give her.

The Academy offers free services and programs to students who want to become physicians or go into medical science. Some of the services and programs the Academy offers are online social networks through which future doctors and medical scientists can communicate; call 617-307-7425.

mentored by physicians and medical students; and communications for parents and students on college acceptance and finances, skills acquisition, internships, career guidance and much more.

The National Academy of Future Physicians and Medical Scientists was founded on the belief that we must identify prospective medical talent at the earliest possible age and help these students acquire the necessary experience and skills to take them to the doorstep of this vital career. Based in Washington, D.C. and with offices in Boston, MA, the Academy was chartered as a nonpartisan, taxpaying institution to help address this crisis by working to identify, encourage and mentor students who wish to devote their lives to the service of humanity as physicians, medical scientists.

For more information visit FutureDocs.com or



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FALL FAMILY FITNESS FESTIVAL – SEPT. 18

The Union Rotary Club, in conjunction with Union SID and the Township of Union, is holding a Fall Family Fitness Festival on Saturday, September 18 from 8 a.m. - 2 p.m. in front of Union town hall. For only \$10 per adult and free for children, participants can take fitness classes including yoga, meditation, Zumba, cardio kickboxing and kids' Zumba.

Activities for children include face painting and tattoos, mini-pumpkin painting, and arts and crafts. Monies raised will be used to benefit Union students and families in need during these turbulent times. Businesses interested in sponsoring the event can participate in tables, or with program listings. For more information, contact the President of the Union Rotary Club, Claudia Schiavone, at 908-777-7715.



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ANNUAL FUND DRIVE CONTINUES

Boys & Girls Clubs of Union County

Thank you to everyone who has contributed to our 2021 Annual Fund Drive! Because of your continued support, we are closer to reaching our goal. The funds received are immediately reinvested into our members. Funding helps improve the overall quality and number of programs, as well as activities available to our members. With your support, we will reach our goal of \$125,000. Your contribution allows many of our members to attend programs in our Clubs. Each day, we serve an average of 800 youth ages 5-18 in Union County.

Currently, members are engaged in summer programs and Teen Leadership Club. Teens have the opportunity to work on career exploration, including visiting colleges/universities and taking part in "Career Day" events with our corporate partners. Teens also participate in community service projects throughout the year, including volunteering at Community Food Bank of NJ and Children's Specialized Hospital.

"We are thrilled to offer Summer Programs in our 3 Club sites in Union, Elizabeth & Plainfield. Staff and members are excited to be back in the Clubs," said Russell Triolo, Chief Executive Officer. "We do not turn away members who are not able to pay. Your support is needed to ensure these youth are able to participate in programs in a safe and nurturing environment."

Core programs include: Teen Leadership Programs, Digital Literacy, Educational Enhancement, Aquatics, Healthy Lifestyle Choices, Community Engagement, Drug and Alcohol Prevention, Youth of the Year and Career Preparation, and Summer Camp. Each program is made up of components designed to prepare members to reach their full potential as adults. We are committed to do Whatever It Takes to build great futures for our members. During the

COVID-19 pandemic, we have seen an increased need for our services and programs in the communities we serve. Youth need a safe place to grow and learn, where they can flourish. Please visit our website bgcuc.org and click the Annual Fund Drive banner to make a donation. Follow us on Facebook, Instagram, and Twitter to keep updated on daily activities.

Teen Leadership Club programs are available at our Clubs in Plainfield, Elizabeth, and Union. Teen members participate in character, leadership, career preparation, and community service activities throughout the year.

Boys & Girls Clubs of Union County seek to inspire and enable young people, who need them most, to realize their full potential and have provided opportunity for youth since 1955. They are part of a national network of some 4,000 neighborhood-based facilities, Boys & Girls Clubs of America, which serves more than 4.6 million young people annually, in all 50 states and on U.S. military bases worldwide. Clubs provide guidance-oriented character development programs on a daily basis for children 6-18 years old, conducted by a full-time professional staff. Key Boys & Girls Club programs emphasize leadership development, education and career exploration, financial literacy, health and life skills, the arts, sports, fitness and recreation, and family outreach.





(above) Summer Campers recently visited the Turtle Back Zoo.

GARDEN CLUB MEETS MONTHLY

The Township of Union Garden Club meets the first Wednesday of the month. Our next meeting is October 6, 2021, in the Bonnel Union, at 7:00 p.m. The topic will be President Veronica Doll 908-447-1991.

"Preparing Your Garden for Winter". Visitors are welcome.

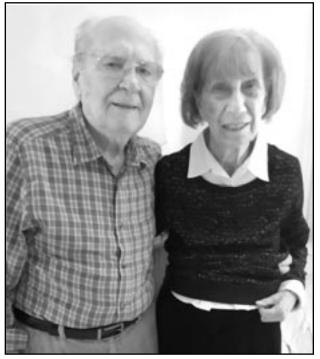
For more information, please check our Room of Town Hall, 1976 Morris Avenue, website uniongardenclub.org or contact



CHARLES AND ROSE SOMMER

celebrate 70th Wedding Anniversary

Charles and Rose Sommer of Union, N.J. celebrated their 70th wedding anniversary on August 19, 2021. They were married at Sacred Heart Church in Bloomfield, N.J. on August 19, 1951. They have 3 children, Susan Junice, David Sommer and Brian Sommer. Four grandchildren and 4 great-grandchildren. They have since lived in Bloomfield, Irvington, and have resided in Union, N.J. for the past 62 years. They currently live in the house they built in 1967.



Are you ready for the Winter!



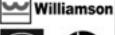
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National Minority Donor Awareness Month honors the generosity of multicultural donors and their families, while also underscoring the critical need for people from diverse communities to register as organ and tissue donors. NJ Sharing Network, the non-profit, federally designated organ procurement organization responsible for the recovery of organs and tissue in the state, leads these local outreach efforts throughout the with its #DonationNeedsDiversity campaign, an initiative to empower multicultural communities to become more involved in saving and healing lives through organ and tissue donation.

Joe Roth, president and CEO of NJ Sharing Network, stresses the importance of National Minority Donor Awareness Month and the #DonationNeedsDiversity campaign. According to United Network for Organ Sharing (UNOS), nearly 4,000 New Jersey residents are waiting for a life-saving transplant, and 67% are people of

"Each year in New Jersey, thousands of lives are saved and enhanced through organ and tissue donation and transplantation. Clearly, this is something to celebrate. However, there is an urgent need to raise awareness of organ and tissue donation to help save more lives in our diverse communities of New Jersey," said Roth. "Although organs are not matched according to race and ethnicity, and people of different races frequently match one another, all individuals waiting for an organ transplant will have a better chance of receiving one if there are large numbers of donors from multicultural communities."

E. Denise Peoples, hospital and community services specialist, NJ Sharing Network, is a double-lung transplant recipient and a Newark resident who works throughout the year to promote NJ Sharing Network's life-saving mission in local schools, faith-based organizations and community associations.

"We have all experienced how health issues such as hypertension, diabetes and kidney failure have impacted those around us – our mothers, fathers, aunts, uncles, friends and neighbors. That's why there is a greater need than ever for transplants among our racial and ethnic minorities. We need the active support of our community members to help educate others and dispel any myths and misinformation about organ and tissue donation," said Peoples.

NJ Sharing Network's #DonationNeedsDiversity year-round campaign features a combination of in-person community events and activities as well as virtual programs on NJ Sharing Network's robust social media channels, website and targeted e-mails. NJ Sharing Network also provides online tools that supporters can use, such as Facebook photo frames and messages, and encourages community interaction by sharing stories of how organ and tissue donation has improved lives. For more information about ways to get involved and support the #DonationNeedsDiversity campaign, please visit NJSharingNetwork.org/donationneeds-diversity.

To register as an organ and tissue donor, visit NJSharingNetwork.org.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the nonprofit organization responsible for the recovery and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBiz as one of the state's "Best Places to Work" for the fourth consecutive year, is also part of the national recovery system, serving the 110,000 people on the national waiting list. To learn more, get involved and register as an organ and tissue donor, visit NJSharingNetwork.org.



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THREE UNION RESIDENTS GRADUATE THE TRINITAS SCHOOL OF NURSING

diplomas from the Trinitas School of Nursing for what would have been the 166th Convocation Ceremony on June 3, 2021. Including Union residents, Kristine Joy Castillo, Douglas Powell, and Samantha Villar Gonzalez, who also received the Emily H. Wall Memorial Award. Vauxhall resident Debra Esther Waruinu Mbugua, also received the Alumni Association Award.

Fifty-eight women and 11 men became eligible to sit for the registered nurse licensing exam. The

Sixty-nine students received their nursing convocation ceremony was a hybrid event of inperson ceremony and taped speeches. The class gathered in person in two groups to maintain social distancing. The students received their awards, pins, and nursing diplomas in person. No outside visitors were allowed. The event was recorded and edited by the UCC Media department, and the premiere of the complete version of the ceremony was conducted on June 11, 2021 at 6 p.m. A gift of the video was given by the school to each graduate.

"During the pandemic, the School of Nursing successfully underwent accreditation by the Accreditation Commission for Accreditation in Nursing (ACEN)," said Dr. Roseminda Santee, Dean of the Trinitas School of Nursing, which is affiliated with Union County College. "The school was granted the full eight years continuing accreditation by ACEN in March 2021. Graduates participated actively in the accreditation process. I am very proud of these graduates."





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To register for all events go to: https://uplnj.org/events/list/.To participate by phone call 908-851-5450 x3. Please check whether programs are virtual (Zoom) or on-site. Take a look.

Meditation with Bindu Bhatt

Thurs., 9/2 at 11:30 am

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Beginners Flow Yoga

Thurs., 9/2 at 6:00 pm

Improve muscle strength and promote flexibility. Build your yoga program through postures, body awareness, relaxation, and connecting with your breath. Register at https://uplnj.org/events/list/ (Zoom)

Meditation with Bindu Bhatt

Thurs., 9/9 at 11:30 am

No experience is necessary. Register at https://uplnj.org/events/list/ (Zoom)

Beginners Flow Yoga

Thurs., 9/9 at 6:00 pm

Improve muscle strength and promote flexibility. Build your yoga program through postures, body awareness, relaxation, and connecting with your breath. Register at https://uplnj.org/events/list/ (Zoom)

Jump Start Your Job Search

Tues., 9/14 at 12:30 PM

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Meditation with Bindu Bhatt

Thurs., 9/16 at 11:30 am

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Thurs., 9/16 at 6:00 pm

Improve muscle strength and promote flexibility. Build your yoga program through posture, body awareness, mental relaxation, and connecting with your breath. Register at https://uplnj.org/events/list/ (Zoom)

Animal Crossing

Fri., 9/17 at 2:00 pm

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.

Improv for Everyone

Harry Patrick Christian returns for a fun improv comedy class. Learn how to think on your feet by freeing your mind, body and imagination through group exercises and games in a safe and supportive atmosphere. Improv is a valuable skill for auditions and job interviews, too. Register at: https://uplnj.org/event/laughand-learn-through-improv/ (In person at Main Library)

Living Longer, Living Smarter

Tues., 9/21 at 12:30 pm

Make healthy choices now that lead you towards the future you want – includes long-term care, and general health-related issues.

Presented by AARP. To get the link, register at: https://uplnj.org/event/lunch-learn-aarp-presents-living-longer-living-smarter/ (Zoom)

How to Get Health Insurance in NJ Wed., 9/22 at 4:00 PM

Shalini Rajput from the New Jersey Citizen Action Education Fund offers advice and answers individual questions about how to obtain, use and understand health insurance; and special Covid-19 enrollment, timing, and eligibility; all in simple language. Learn about the ACA. Register at https://uplnj.org/event/get-affordable-health-insurance-in-new-jersey/
(Zoom)

Best Tips for Crossword Puzzlers

Wed., 9/22 at 6:30 pm

Ever been stymied by the devilish clues in a crossword puzzle? Join Deb Amlen, lead columnist and senior editor of "Wordplay," the crossword and games column of The New York Times, as she shows you what those tricky clues are asking you to do, and prove that the crossword is for everyone. Register at https://uplnj.org/event/best-tips-for-crossword-puzzle/ (Zoom)

Meditation with Bindu Bhatt

Thurs., 9/23 at 11:30 am

No experience is necessary. Register at https://uplnj.org/events/list/ (Zoom)

Beginners Flow Yoga

Thurs., 9/23 at 6:00 pm

Improve muscle strength and promote flexibility. Build your yoga program through posture, body awareness, mental relaxation, and connecting with your breath. Register at https://uplnj.org/events/list/ (Zoom)

Off the Shelf Book Club Reads In the Time of Butterflies

Thurs., 9/23 at 7:00 pm

This month the group reads In the Time of the Butterflies by Julia Alvarez. New members are always welcome. Register at https://uplnj.org/event/off-the-shelf-book-club-6/ (Zoom)

Hilton Readers Book Discussion Group

Mon., 9/27 at 6:00 pm

September's title is Olympic Pride, American Prejudice by Deborah Riley Draper. Join us! Register at https://uplnj.org/event/hilton-readers-book-discussion-group/ (Zoom)

Meditation with Bindu Bhatt

Thurs., 9/30 at 6:00 pm

No experience is necessary. Register at https://uplnj.org/events/list/ (Zoom)

Beginners Flow Yoga

Thurs., 9/30 at 6:00 pm

Improve muscle strength and promote flexibility. Build your yoga program through posture, body awareness, mental relaxation, and connecting with your breath. Register at https://uplnj.org/events/list/ (Zoom)





TREAT ARTHRITIS THROUGH FUN, **LAUGHTER AND FRIENDSHIP**

The Gateway Family YMCA

The Gateway Family YMCA is offering EnhanceFitness, an evidence-based physical activity program proven to increase the physical, mental and social functioning of older adults particularly those with arthritis.

According to the Centers for Disease Control and Prevention, 52 million Americans have arthritis, including about half of all adults over age 65. Almost 23 million Americans report that arthritis limits their physical activity. Research has shown that low-intensity physical activity performed on a regular basis can reduce pain, improve functioning, elevate mood and delay the onset of disability.

Participants in EnhanceFitness receive in person or virtual classes each week from certified Y staff that include proven aerobic, strength training, balance and flexibility exercises that are safe, effective and modifiable for a variety of fitness levels. In addition to physical benefits, the program will provide a fun, social atmosphere that fosters relationships between program participants.

"With a mission centered on balance in spirit, mind and body, the Y strives to be a leading voice for health and well-being in our community so that all people, no matter what their circumstance or age, can achieve greater health," said Krystal R. Canady, CEO, The Gateway Family YMCA. "Throughout the COVID-19 pandemic, social isolation and lack of daily care for chronic conditions have caused a backslide in progress for many of our seniors. The Y is here to support their unique needs through programs such as Enhance Fitness."

EnhanceFitness is available for in-person programs at multiple branches of The Gateway Family YMCA and is also offered as a virtual program, with registration at tgfycma.org. This program is free to YMCA members, and is available to anyone who qualifies for

SilverSneakers or Renew Active, as well as other membership programs and financial assistance is available.

"Providing healthy aging programs is a priority for the Y, especially as the number of older adults continues to increase. We are excited to collaborate with the National Association of Chronic Disease Directors and Senior Services and the YMCA of the USA to offer older adults the support they need to build physical strength and decrease arthritis symptoms in a fun atmosphere," stated Melynda A. Mileski, EVP/COO, The Gateway Family YMCA.

To support those who may be socially isolated, Gateway Family YMCA approximately 30 live virtual, instructor-led group exercise, chronic disease management, youth and WISE Adult Services programs in addition to in-person YMCA programs including group exercise, swimming lessons, youth sports, summer day camp, child care and residential housing programs.

The Gateway Family YMCA is a leading 501(c)(3) nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. With a focus on empowering young people, improving health and well-being, and inspiring action in and across the local community, the Y brings together people from different backgrounds, perspectives and generations, to ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information, visit tgfymca.org/enhance-fitness or contact Paul Mickiewicz, Senior Director of Healthy Living at pmickiewicz@tgfymca.org or 908-349-9622. For Spanish, contact Rafael Cano, Director of Healthy Living rcano@tgfymca.org 908-355-9622.

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for more information about our services, and ways you can make a difference in a heroes life.

K OF C GOLF OUTING TO BENEFIT NEW JERSEY VETERAN'S NETWORK



Cranford Knights of Columbus Council 6226 ANNUAL GOLF OUTING Friday, September 17, 2021

Galloping Hill Golf Course Kenilworth, NJ

The cost is \$150.00 per Golfer

Includes Golf, Golf Cart, Lunch, Refreshments, Prizes and Dinner with Lunch Starting at 11:30 AM and a Shotgun Start at 1:00 PM.

The Golf Outing proceeds will benefit our Council supported Charities and Programs. We will also be making special donations to the New Jersey Veteran's Network and Cranford Front Line Appreciation Group (FLAG for Cranford) in recognition of all of the great work both organizations have done and are doing in support of our Veterans and First Responders during these trying times.

For More Information about Sponsorships, Playing or to get involved, please contact: Jerry Conheeney – Grand Knight......908-416-3464jerryconheeney@gmail.com Kevin Cumiskey – Deputy Grand Knight973-390-9327kevin.cumiskey@gmail.com John Doolan - PGK, Lecturer & Golf Outing Chair908-451-8947jdoolan@verizon.net Wally Shackell – Golf Outing Committee......908-868-9988shackell3@yahoo.com Jim Feehan - PGK & Golf Outing Committee908-217-9245jfeehanjr1@gmail.com

Golf & Sponsorship Registration

Registration & Payment is due no later than September 10, 2021 Registration / Sponsorship Levels

Tournament Sponsors

Tournament oponsor:	
Gold (Includes a Foursome & Signage)	\$5,000
Silver (Includes a Foursome & Signage)	\$2,500
Dinner Sponsor (Includes a Foursome & Signage)	\$1,000
Beverage Sponsor (Includes a Foursome & Signage)	\$1,000
Lunch Sponsor (Includes a Foursome & Signage)	\$1,000
Beverage Cart (Includes a Foursome & Signage)	\$1,000
Contest Sponsor (Includes a Foursome & Signage)	\$1,000
Driving Range Sponsor (Includes Signage)	\$300
Putting Green Sponsor (Includes Signage)	\$300
Hole Sponsor (Includes Signage)	\$100

Golfers:

Day of Golf \$150 • Foursome \$600 • Dinner Guest Only \$35

Checks should be made payable to Cranford Knights of Columbus 6226 and mailed to: Cranford Knights of Columbus P.O. Box 501; Cranford, NJ 07016 or Venmo to: @John-J-Doolan

www.nivn.org

facebook.com/groups/flagforcranford

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

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ONLINE MARKETING

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

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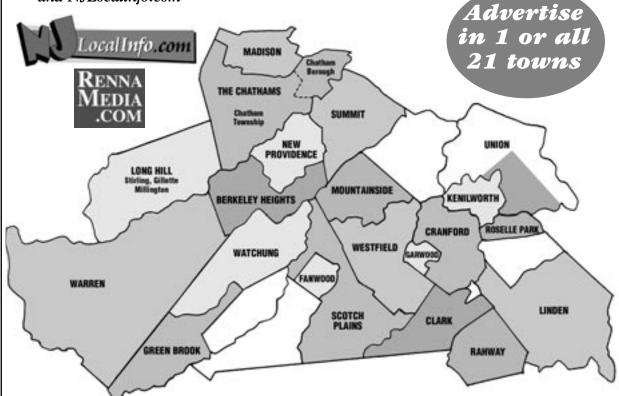
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Unit	<u>s</u>	0.0500000	Size	NEWSPAPER
1	Unit (Business card)	3.25° x	2"	\$60
2	Units 6.5° x 2° or	3.25° x	4"	\$100
4	Units 3.25° x 8° or	6.5° x	4"	\$180
6	Units 6.5° x 6.25° or	10° x	4"	5240
9	HALF PAGE 65 x 9 or	10° x	70	\$320
12	Units	10° x	8"	8360
18	FULL PAGE	10° x	14"	\$400
2 P/	AGE SPREAD	21" x	14"	\$700
BAC	CK PAGE	10° x	14"	\$500
FRC	NT PAGE BANNER	8.25° x	2"	\$320
FRO	ONT PAGE BOX	1.5° x	4.5"	\$240

3k cover, front page banner and front box reserved on first or first served basis. Current advertiser has right of first refund.

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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

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\$60 per thousand. (as low as \$30 per thousand depending on quanttiy.)

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\$35 PER 1,000

MENUS \$50 PER 1,000

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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.

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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.

STARTER WEBSITE \$500

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DRAINAGE

- Catch Basins
- Pipe

SOILPrices per yard Black Topsoil\$36

MULCH

Black Dyed	\$30
Brown Dyed	
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Hardwood	

QUARRY BASE MATERIALS

Concrete Sand	\$50
3/4 Clean Stone	\$44
Stone Dust	\$34
QP	\$36

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3/8 Red Stone	\$74
³ / ₄ Red Stone	\$70
³ / ₄ Goose Egg	\$94
1 ¹ / ₂ -3 Goose Egg	
³ / ₄ Arctic White	
3/8 Riverbed / Pea Gravel	\$60
1 Riverbed	\$70
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