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## GREEK FEST WISHES GOOD HEALTH TO YOU AND WELCOME!

*Yia Sas And Kalos Oristate!*

Saint Demetrios Greek Orthodox Church, located at 721 Rahway Ave., Union, NJ, celebrated its 44th annual Greek Festival on September 9-12, 2021. The Annual Festival, which was established in 1985 draws a huge crowd. Patrons of the church bring along their families, and come from throughout Union County as well the tri-state area.

This year's festival represented an important stepping stone in the life of the church. The proceeds are to be used for the enhancement of the church and community center.

An army of church volunteers make this cultural event happen. Visitors stepped into Greece as they experienced family and friends gathering, and enjoyed a large menu of authentic, home cooked Greek staples, including appetizers, meals, desserts, and Greek beverages including beer, Ouzo, brandy, and coffee. All at reasonable prices. A DJ and band played Greek music. There were games for children, and vendors with Greek nick-nacks, and more.

Under the direction of Father Peter Souritzidis Saint Demetrios Greek Orthodox Church offers families Sunday worship services, Sunday School, Greek School, a library, toddler Mommy & Me classes in Greek, and more.

For more information visit [stdemetriosunion.org](http://stdemetriosunion.org), call 08-964-7957, or visit and experience the beautiful church at 721 Rahway Ave., Union, NJ.




Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Spirit of Union page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."

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## 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**

## FALL RUMMAGE SALE - FRIDAY, OCTOBER 15TH

Townley Presbyterian Church, 829 Salem Road, Union, NJ, will be holding its Fall rummage sale on Friday, October 15th from 9 a.m. to 6 p.m., and Saturday from 9 a.m. to noon. Lots of merchandise including clothing, toys, books, household goods, and more. A portion of our proceeds supports local charities. Masks are required.

Cleaning house? Drop your unwanted items off and support a good cause ONLY on Sunday, Oct. 10 – Thursday, Oct. 14th. Put them in bags or boxes and drop by the side door (Salem Rd. parking lot side). All donations are tax deductible. If you drop off Mon. – Thurs., Oct 11 – 14

between 7-9 p.m. we will have members there to help unload your vehicle. Bring: clothing, shoes, purses, furnishings, knick-knacks, books, LPs, CD/DVD's, videos, glassware, art, frames, tools, electronics, kitchen ware, small appliances, jewelry, holiday items, toys, antiques, bicycles, garden tools.

Please don't bring: TVs, computer parts, or furniture too big to fit in a car.

Townley Presbyterian Church gathers at 10 a.m. on Sunday for family worship, followed by coffee and fellowship. Services are also live on Facebook@TownleyChurch. Please join us. Our phone number is 908-686-1028.

## VOTE411.ORG

VOTE411.org is a one-stop shop for election-related information that provides nonpartisan information to the public. On VOTE411, you can register to vote, see what's on your ballot, and see where your candidates stand on the issues that matter in our community. In order for us to be informed about the candidates on our ballot, we must hear from the candidates themselves.

All local Union County Municipalities and the Union County Commissioners have been invited to participate in Vote411. Many candidates have elected to respond. There are still many who (even though they are running unopposed) have to date declined to submit responses. We thank those candidates for

responding to the call already and making sure voters know where they stand.

VOTE411 is a project of the League of Women Voters that serves millions of voters every election as a trusted source of objective and nonpartisan election information. Using VOTE411 before heading to the polls helps voters make informed decisions and gives everyone an equal voice in democracy.

Please go to Vote411.org, put in your address and see all the candidates for whom you can vote up and down the ballot as well as the two public questions. If your candidate has not responded, call on that candidate to respond and let us know where they stand on the issues that matter to us by filling out the VOTE411 voter guide.

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## HEALTHY HABITS CAN REDUCE CHILDHOOD OBESITY

### The Gateway Family YMCA

For Childhood Obesity Awareness Month, The Gateway Family YMCA is working to inform the community of healthy program options. While the dangers of childhood obesity are well chronicled, many families need support changing their families' habits with the goal of overweight and obese children obtaining and maintaining a healthy weight. Childhood obesity and wellness is even more of a concern during the Covid-19 global pandemic, where social distancing often became a sedentary lifestyle change. That is why The Gateway Family YMCA — a leading community-based organization dedicated to improving health—wants families to understand the dangers of childhood obesity and ways to reverse course through improved eating habits and increased physical activity.

According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity has remained stable at about 17 percent and affects about 12.7 million children and adolescents. Today, obesity affects one in six children and one in three are overweight, which poses greater risks for many health problems such as type 2 diabetes, high blood pressure, high cholesterol and some cancers. Here in New Jersey, 31% of children ages 10-17 years old are overweight or obese, according to [childhealthdata.org\[1\]](http://childhealthdata.org[1]).

“Changing habits is never easy, and that’s where the Y comes in to help. Many parents have heard the dangers of childhood obesity, but making the necessary lifestyle changes—as a family—remains the biggest barrier to real progress,” said Krystal R. Canady, CEO, The Gateway Family YMCA.

“Together we can work together with your family, side-by-side to learn healthy behaviors and develop habits that will last a lifetime. Community-based organizations like the Y can provide a helping hand, with wellness coaches, programs like Healthy Weight and Your Child, access to equipment in a safe environment and more,” stated Melynda A. Mileski, EVP/COO.

The Gateway Family YMCA is helping families improve their health and potentially reduce the impact of childhood obesity through healthy living program for youth and families. While outside support is key, developing healthy habits begins at home. The following tips are some great ways to incorporate healthier eating habits and more physical activity and into your daily family routine:

- **Eat & Drink Healthy:** Make water the drink of choice and encourage everyone to fill half their plates with fruits and vegetables by offering two or three colorful options at every meal. As a family choose a new fruit and veggie every week to taste together. Place a full pitcher of water on the table during meals and allow children to pour their own water. Keep full water bottles available in the car and back packs.
- **Play Every Day/Go Outside:** Children should have at least an hour a day of unstructured play outside (when possible) and break a sweat at least three times a week by getting 20 minutes or more of vigorous physical activity.

Join your children in games that get your hearts pumping and bodies moving.

- **Get Together:** Eat as a family as frequently as possible. Involve kids in meal planning, preparation and clean up. In addition, adults should take a break from electronics and spend one-to-one time each day with their kids, enjoying one another’s company.
- **Reduce Recreational Screen Time:** Time spent in front of a television, computer, tablet, cell phone or video games should be limited to two hours or less per day. Make a family plan to reduce screen time at home (i.e. turn off screens during meals, charge electronics/screens in the kitchen overnight, go for a walk after a meal, set a timer to remind you to power down the screen).
- **Sleep Well:** Kids and adults need to keep a regular sleep schedule; unwind together in the evenings by reading a book or listening to soft music to ensure the body is preparing for

sleep. Kids are growing and need 10-12 hours of healthy sleep per night and seven to eight hours for adults.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community and stands For Youth Development, For Healthy Living and For Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services to people of all ages, races, faith or incomes. The Y doesn’t just strengthen bodies – it strengthens people, families and communities.

To learn more about The Gateway Family YMCA’s Healthy Living programs, please visit [www.tgfymca.org](http://www.tgfymca.org) or contact the Elizabeth Branch at 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057, Wellness Center Branch 908-349-9622 or WISE Center YMCA Branch 908-687-2995.



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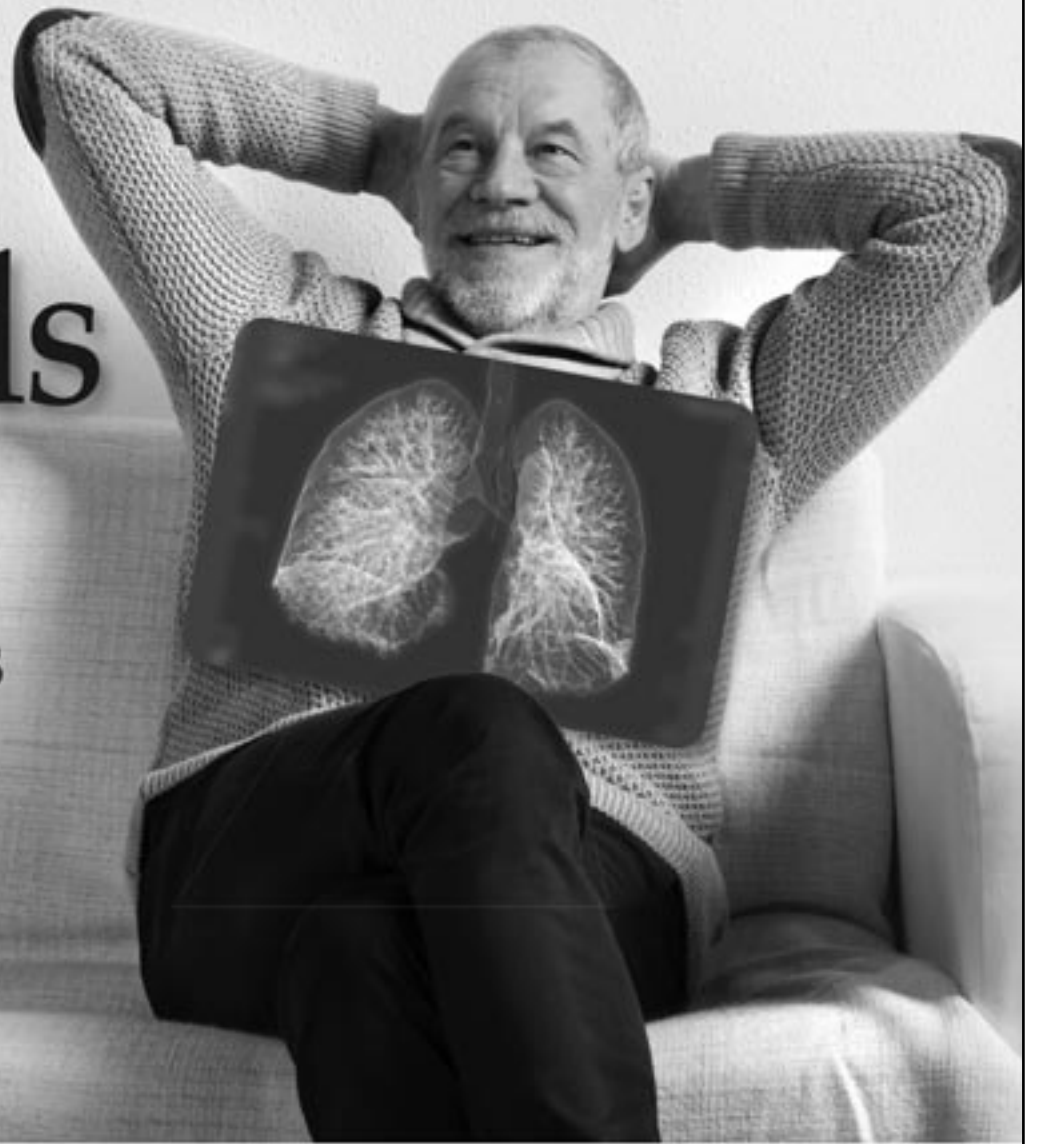
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## FOUR CENTURIES IN A WEEKEND AT CALDWELL PARSONAGE

The Caldwell Parsonage invites visitors to an open house on Saturday and Sunday, October 16 and 17, from 12 noon to 5 p.m. The event is part of Union County's annual Four Centuries in a Weekend. "Rev. James Caldwell," aka Doc Burkhardt, will greet guests on Saturday. Student docents will provide tours of the Parsonage and of the adjacent Tool Museum in the carriage house.

A Crossroads of the American Revolution sign will be unveiled on the lawn at 12:30 p.m. on Saturday. The placement of the historic marker is part of plans for the celebration of the 250th anniversary of American independence in 2026.

Hannah Caldwell's everyday attire will be on display for the first time. The dress is the creation of Gail Alterman, a historic costume consultant.

### CHILDREN (OF ALL AGES) WILL BE ABLE TO:

Create their own tricorne hats and colonial-style bonnets;

Make "church" dolls;

Play colonial and Native American games;

Collect Hannah Caldwell (pictured), James Caldwell, and Battle of Connecticut Farms trading cards;

Get Union County Passport booklets and have them stamped--the Parsonage is part of the Crossroads of the American Revolution National Heritage Area and an official cancellation location.

Admission is free. Souvenirs and vintage books will be available for purchase. For more information, please call 908-591-4377.

## SONS OF UNION CIVIL WAR VETERANS

*Submitted by Christopher D Sands*

The Sons of Union Veterans of the Civil War is a fraternal organization dedicated to preserving the history and legacy of those who fought and worked to save the Union. Hereditary membership is available to a male descendant, 14 years of age, who directly descends from a Soldier, Sailor, Marine or member of the Revenue Cutter Service between April 12, 1861 and April 9, 1865.

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](http://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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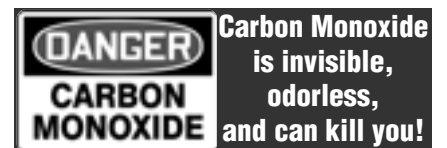
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## CASA SALUTES ITS VOLUNTEER CHILD ADVOCATES AT BBQ

Court Appointed Special Advocates (CASA) of Union County, the only local nonprofit advocating for youth from birth to age 21 involved in the child welfare system due to abuse, neglect and abandonment, took time-out on a recent sunny Sunday afternoon to fete its community members who are trained as child advocates and continuously give of their time to ensure the best interests of Union County's most vulnerable youth are protected and their needs are met.

Seeley's Picnic Grounds in Watchung Reservation was host to a guest list that included each of the organization's nearly 170 current volunteer advocates and their families and dogs, its funders, and court personnel with whom the organization regularly works as cases are heard by Union County Superior Court. CASA staff and several members of the Board of Trustees

served guests such grilled fare as ribs, pulled pork, hotdogs, burgers, and sides and dessert galore. Executive Director Mariel S. Hufnagel's husband Anthony was grill master.

Amid the frivolity of lunching, chatting and even competition at the cornhole and KanJam playing fields, CASA volunteers and staff still managed to make time for advocacy work, too. Each year as the summer draws to a close, the organization runs a school supply drive to ensure every foster youth served has a new backpack chock-full of needed supplies so their first day feels full of promise. The park's pavilion became backpack depot where advocates checked in to secure their foster youth's backpack, lunchboxes, and supplies.

Anne Collart, President of the Board of Trustees, was among those welcoming advocates. "It was a gorgeous day, and the

perfect setting for CASA of Union County to give its time for all those who gift their time for local foster youth, and keep the organization moving forward in its mission. Today, we wanted to be in their corner, and encourage each advocate to relax, connect and enjoy our gratitude for all they do."

Since 2005, the nonprofit has recruited, trained, supported and supervised nearly 600 volunteers to advocate for more than 900 youth, protecting best interests in the courtroom, classroom and community, and helping ensure already experienced trauma is not exacerbated as youth await permanency in a safe and loving home.

For details on the advocate experience and joining upcoming information and training sessions, email Lucia at [info@casaofunioncounty.org](mailto:info@casaofunioncounty.org).



(above) Among the CASA volunteers attending were, from left, James Walker Jr. of Elizabeth, Isabella Blumberg of Springfield, Barbara Bagger of Westfield, Arlene Sumner of Linden, Carmen Iyala of Scotch Plains, Quetzali Sevillano of Rahway, Lara Gibbemeyer and Robert Bridgeman of Westfield, Flor Maria Mendez of Elizabeth, Mollie Yang of Mountainside, Fernando Porras of Clark, Katherine Romano of New Providence, Shelley Grobe of Cranford, Kristen Kim of Westfield, Rebecca Muston of Summit, Teresa Lastella of Clark, Kevin JeanCharles of Roselle, Donna Isidron of Clark, Karime Herrera of Elizabeth, Komal Nankani of Summit, Lisa Kalichman of South Orange, Sean O'Leary of South Plainfield, Carolyn Colonna of Fanwood, Cynthia Evans of Scotch Plains, and Lydia Pernia of Linden.



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## UNION COUNTY ANNUAL DAY OF PRAYER - OCT. 6

As the nation continues to reckon with the effects of the COVID-19 pandemic, the seventh annual Union County Day of Prayer will serve as "A Memorial Service to Those in Our Memory" on Oct. 6.

The event will be held at 7 p.m. at Holy Trinity Roman Catholic Church in Westfield and is sponsored by Union County Interfaith Coordinating Council and Community Access Unlimited.

The annual Day of Prayer brings the community and leaders of different faiths together for an evening of music, prayers of unity and reflective readings. UCICC works to build bonds within the interfaith community and promotes the respect, inclusion and welcoming of others at houses of worship.

"We cannot do justice to all of the lives that have been taken from us at the Union County Day of Prayer on Oct. 6th, but we can begin to do so together," said Pastor Carmine Pernini of Zion Evangelical Lutheran Church in Rahway. "We can take a few small steps to appreciate the gift that is the life we have yet to live together by honoring those loved ones, those impossible times we have made it through, and those trials that have forged who we are and will be from this side of the pandemic."

The event includes speakers, musicians and readers representing major Abrahamic and Indian religions; among the performers scheduled are students of the Muslim Community Center of Union County and Eliezer Almonte of Comunidad Cristiana in Elizabeth. Masks are required and attendees will observe social

distancing.

UCICC works closely with Community Access Unlimited to promote accessibility in the local faith community for individuals with developmental disabilities. Past events have included weekly interfaith services and introducing members to different houses of worship in the area.

"Religion and communities of faith are an important part of spiritual life that everyone should have access to regardless of their abilities and needs," said Walter Kalman, associate executive director of Advocacy, Communications and Resource Development at CAU. "We are proud of our continuing partnership with UCICC and the growing community and the teamwork it has fostered."

### ABOUT COMMUNITY ACCESS UNLIMITED

Community Access Unlimited (CAU), celebrating 42 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 3,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908.354.3040, online at [www.caunj.org](http://www.caunj.org) or by mail at 80 West Grand Street, Elizabeth.



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Love singing? Come sing with the Hickory Tree Chorus on Wednesday evenings in October from 7 to 9 p.m. OktoberSingFest singing workshops are free and will be held via Zoom or in person for fully vaccinated members and guests as covid safety protocols permit. Participants will learn more about chord-

ringing, fun-filled, four-part harmony. Broadway, Beatles, and more!

Hickory Tree is an award-winning women's chorus singing four-part a cappella harmony in the barbershop style. We are passionate about music, performance, fun and friendship. We believe every voice counts and encourage

women singers of all ages, colors, ethnicities, and orientations to visit us and share our joy of music.

Please register for OktoberSingFest by email [info@hickorytreechorus.org](mailto:info@hickorytreechorus.org) or call 908-377-1399. More information can be found at [hickorytreechorus.org](http://hickorytreechorus.org).



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As Fall approaches Union Public Library is ready with a full slate of programs and materials to kick it off. Sign up for our newsletter and be the first to know what's happening at the library by going to [uplnj.org/subscribe-to-our-newsletter/](https://uplnj.org/subscribe-to-our-newsletter/).

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

### **An Evening of Poetry and Open Mic Readings (Zoom and in-person at Kean University)**

*Friday, 10/1 at 6:30 p.m.*

Join Kean University Poets and read your own work (limited to one poem) in a very special hybrid event. Please register to read by writing to [dwalter@uplnj.org](mailto:dwalter@uplnj.org). To participate by Zoom, please register and get the link at [uplnj.org/events/](https://uplnj.org/events/). To attend in person at Kean University, please check [uplnj.org/events/](https://uplnj.org/events/) as the date nears for further information. Please note:

Kean requires vaccination for all events.

### **Black Women's Activism, A Historical Perspectives (Zoom)**

*Tuesday, 10/5 at 7:00 p.m.*

Dr. Betty Livingston Adams explores African American women's agency in the political arena and invites us to reflect on the expansion of American democracy and voting rights and grassroots resistance to white supremacy. She holds a Doctor of Philosophy and a Master of Philosophy from Yale and a Master of Divinity from Drew and the author of *Black Women's Christian Activism: Seeking Social Justice in a*

Northern Suburb. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/)

### **¡Consiga un seguro de salud asequible en Nueva Jersey! (Zoom)**

*Wednesday, 10/6 at 6:30 p.m.*

El Fondo de Educación para la Acción Ciudadana de Nueva Jersey ofrece asesoramiento y respuestas a preguntas individuales sobre cómo obtener, utilizar y comprender el seguro médico; especial Covid - 19 matrícula, cronometraje y elegibilidad, todo en lenguaje simple y lo que es la ACA. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/).

### **Meditation with Bindu Bhatt (Zoom)**

*Thursday, 10/7 at 11:30 a.m.*

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

### **Beginners Flow Yoga (Zoom)**

*Thursday, 10/7 at 6:00 p.m.*

This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind and a connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your own yoga program specific for your mind and body. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/).

### **Starting A Business (Zoom)**

*Tuesday, October 12 at 12 :30 p.m.*

October is National Women's Small Business Month. This workshop reviews entrepreneurship basics like: business plans, financing, registration, certifications, and provides access to available resources in NJ.

Presented by Women's Center for Entrepreneurship. Get the link and register at [wcecnj.org/WBC/ClassSchedule/seminar-details.aspx?ClassID=8242](https://wcecnj.org/WBC/ClassSchedule/seminar-details.aspx?ClassID=8242)

### **Memoir Writing (Zoom)**

*Wednesday, 10/13 @ 7:00 p.m.*

Ever want to write stories from your life for yourself or others to read? Lisa Sisler from Kean University leads this directed workshop to get you started. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/)

### **Meditation with Bindu Bhatt (Zoom)**

*Thursday, 10/14 at 11:30 a.m.*

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### **Beginners Flow Yoga (Zoom)**

*Thursday, 10/14 at 6:00 p.m.*

This class will lead you through the foundations of yoga postures, body awareness and alignment, relaxation of the mind and a connection with the breath. You will learn how to improve muscle strength, promote flexibility, and build your own yoga program specific for your mind and body. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/).

### **Latinx Influence on American Jazz (Zoom)**

*Thursday, 10/14 at 7:00 p.m.*

What do Jelly Roll Morton, Dizzy Gillespie, Stan Getz, Ella Fitzgerald, Herbie Hancock, and Hip Hop have in common? Find out about the "Spanish Tinge" and its influence on American jazz. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/).

### **Communication Essentials for Women (Zoom)**

*Tuesday, 10/19 at 12:00 p.m.*

October is National Women's Small Business Month. This hands-on training presented by the WCEC equips women with the skills and confidence to have influence and motivation in any situation. Here is the link for registration [wcecnj.org/wbc/classschedule/seminar-details.aspx?ClassID=9243](https://wcecnj.org/wbc/classschedule/seminar-details.aspx?ClassID=9243)

### **Getting Ready for Retirement: Social Security (Zoom)**

*Wednesday, 10/20 at 6:00 p.m.*

Deciding to claim Social Security is more complex than people realize, and retirees can miss out on hundreds of thousands of dollars. This workshop focuses on the most important rules and decisions that are the least understood and most overlooked. Sponsored by the Union Township Chamber of Commerce and presented by the National Association of Registered Social Security Analysts. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/)

### **Meditation with Bindu Bhatt (Zoom)**

*Thursday, 10/21 at 11:30 a.m.*

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### **Beginners Flow Yoga (Zoom)**

*Thursday, 10/21 at 6:00 p.m.*

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

### **Off the Shelf Book Club (Zoom)**

*Thursday, 10/21 at 7:00 p.m.*

This month the group reads *Old New York* by Edith Wharton. New members are always welcome. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/)

### **Hilton Readers Book Discussion Group (Zoom)**

*Monday, 10/25 at 6:00 p.m.*

Hilton Readers Book Discussion Group members will discuss some of their favorite books and authors! New members are always welcome. October's title is *The Woman in the Window* by A.J. Finn. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/)

### **12 Day Holiday Countdown Challenge with Jamie Novak (Zoom)**

*Wednesday, 10/27 at 6:30 p.m.*

Tidy the house and trim your to-do list for a less stressful holiday season. Log on for this not-to-be-missed holiday countdown program with organizer and author Jamie Novak. Get ready for an enjoyable (and clutter-free) holiday season. Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/)

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*Thursday, 10/28 at 11:30 a.m.*

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### **NJ Cemeteries with Rich Veit (Zoom)**

*Thursday, 10/28 at 6:30 p.m.*

Just in time for Halloween, enjoy a tour of New Jersey's cemeteries from High Point to Cape May, from the colonial period to the present. Who knew that these burial grounds would serve as treasure troves of information for genealogists, archaeologists, and historians or all kinds! Please register for the program and get the link at [uplnj.org/events/](https://uplnj.org/events/)

# VERONICA GARDNER SWORN IN AS ADVOCATE FOR FOSTER YOUTH

## CASA of Union County

The latest class of community members to step up and train as advocates for Union County foster youth have taken their oath before a Union County Superior Court Judge and are now ready to be matched to their case as the newest volunteers with Court Appointed Special Advocates (CASA) of Union County. Veronica Gardner of Union is among them.

The nonprofit, which began in Union County in 2005, recruits, trains, supports, and supervises volunteers to serve local child-victims removed from their homes due to abuse, neglect or abandonment, and living in foster care. It is the only nonprofit serving as extra eyes and ears for Union County judges hearing youth cases.

"I've always had a soft spot for children and when I saw the CASA flyer, I knew that it was time for me to get involved," said Gardner. "Dedicating my time to a child to advocate for their best interest is not only a benefit for them

but for me as well. I'm excited to be working with CASA and look forward to working on my first case," she added.

Superior Court Judge James Hely presided over the swearing-in ceremony via Zoom; once matched to their youth or sibling set, advocates will begin putting their 30 hours of training into practice. Gardner was joined by fellow classmates Janet Colman of Warren, Komal Nankani of Summit, Karime Herrera and James Walker Jr. of Elizabeth, Mike Caporaso of Lebanon, and Regina O'Connor of Fanwood.

Volunteers need no special prior background or experience to serve as advocates; each undergoes a thorough training process and is supported by CASA staff. Successful advocates bring with them varied life experiences and professional backgrounds. No matter the age of the youth to whom they are assigned, advocates' commitment to being a consistent presence – many foster youth experience a revolving door of

professionals in addition to the separation from family members – and ensuring needs are identified and recommendations are made to the judge and stakeholders, the trajectory of a child's life can be changed for the better.

Upon being court-ordered to a case, the CASA volunteer has access to the youth, foster parents, doctors, caseworkers, therapists, and teachers in order to identify and report to the judge any concerns and needs in order to protect best interests.

The organization remains committed to serving every Union County youth in foster care; to do that, more community volunteers are needed to step up and train as an advocate for a child-victim who range from birth to age 21.

Contact Lucia at

[lfield@casaoofunioncounty.org](mailto:lfield@casaoofunioncounty.org)

for details on upcoming information sessions, how to join a training class, and all the ways you can Change a Child's Story.



(above) Janet Colman of Warren; Komal Nankani of Summit; middle row, Karime Herrera of Elizabeth; Mike Caporaso of Lebanon; Regina O'Connor of Fanwood; bottom row, James Walker Jr. of Elizabeth; Veronica Gardner of Union.




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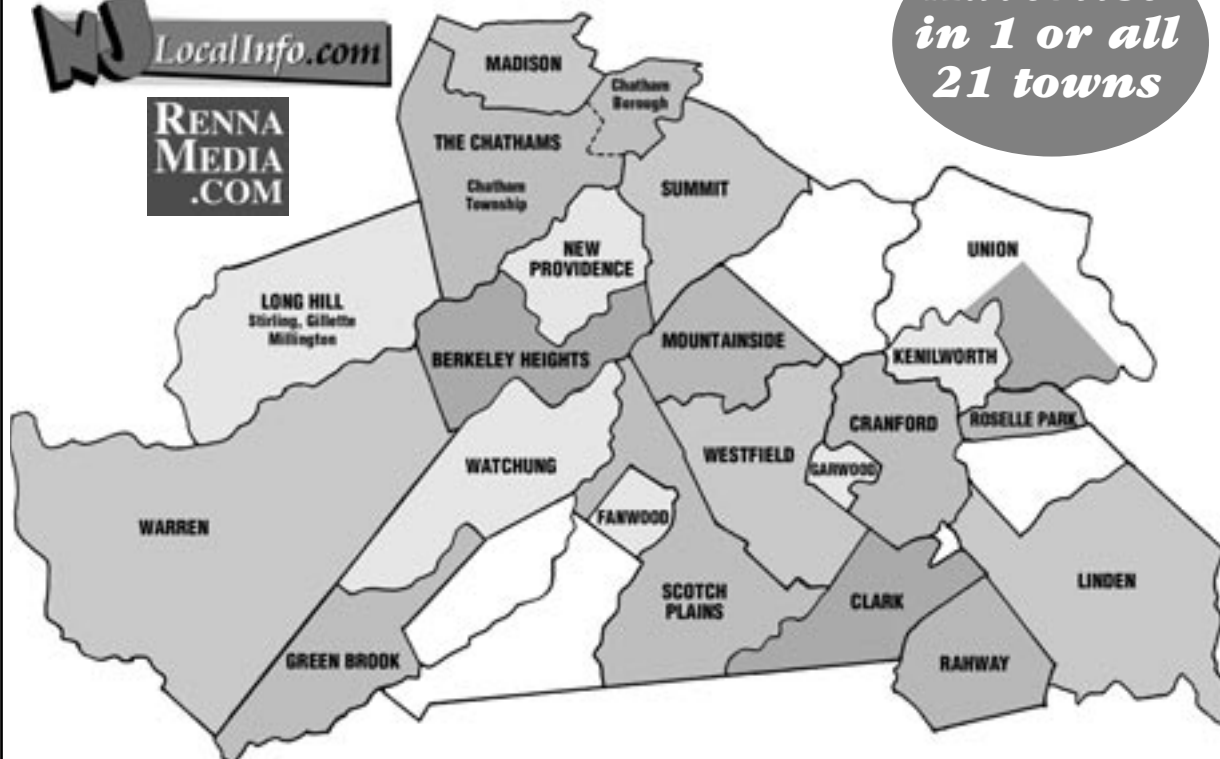
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Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" 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.

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

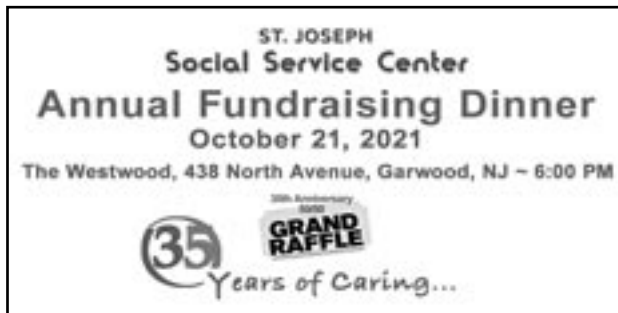
Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

# 35TH ANNIVERSARY RAFFLE AND DINNER

St. Joseph Social Service Center

St. Joseph's serves the materially poor and homeless community of greater Elizabeth. The economic fallout from the pandemic has created an unanticipated increase in the demand for basic human needs such as food and medications. We are celebrating 35 years of service to our community, and raising funds to continue our work.

Now, more than ever, we could use the support and participation of the community at our annual fundraising dinner, which will be held on October 21 at 6 p.m., at the Westwood in Garwood, NJ.



## HERE'S HOW TO SUPPORT OUR FUNDRAISER:

**Online:** To purchase dinner tickets, sponsorships, or to donate online, please visit Eventbrite: St. Joseph Social Service Center - 35th Anniversary Raffle and Dinner

**Mail:** To purchase raffle tickets, dinner tickets, sponsorships, or to donate on-line, please visit [www.sjeliz.org](http://www.sjeliz.org). Or call 908-354-5456 if you do not have internet access.

**In Person:** To purchase grand raffle tickets in person, here are the locations: St. Joseph Social Service Center, 118 Division Street, Elizabeth, NJ 07201 - Emy Cruz, 908-354-5456 x3; St. Helen's Parish Center, 1600 Rahway Avenue, Westfield, NJ 07090 - Marilyn Ryan, 908-232-1214 x113.

We hope you'll support us with ticket purchases, sponsorships, and donations and join us at our dinner on October 21. Together, we can satisfy hunger, improve health, and inspire hope in our community!

## 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](mailto:JoeRenna@RennaMedia.com)



FLYERS

\$35

PER 1,000

MENUS

\$50

PER 1,000

## 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](mailto:JoeRenna@RennaMedia.com)



\$10  
PER POST

Block of 20 for \$200

Single post is \$20

## 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](mailto: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.

STARTER  
WEBSITE  
\$500

Joe Renna at 908-447-1295

email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)

## HOLIDAY SPECIAL BUY 1 GET 1 FREE

Offer Expires 10/31/21

Only \$25!  
FREE SHIPPING



## Peterstown Book

By Joe & Tina Renna

## Cent'Anni

The 100 year history  
of an Italian-American  
neighborhood



776  
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Pages

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of Photos

Hundreds  
of Recipes

Great gift  
to leave to  
the next  
generation

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On line at [PeterstownNJ.com](http://PeterstownNJ.com)

- Mail Check and form to:

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202 Walnut Ave.,  
Cranford, NJ 07016

- Email inquiries to:

[joerenna@rennamedia.com](mailto:joerenna@rennamedia.com)



# JERSEY LANDSCAPE & GARDEN SUPPLY

**908-688-8333**

**528 N. Michigan Ave. Kenilworth, NJ**

**Hours:** Monday - Saturday: 7:30 am - 5 pm • Sunday: Closed

**We accommodate the trade as well as the do-it-yourselfers! We are always ready to assist.**

**FREE**  
**Same Day Delivery**  
*5-Yards or more*

## LAWN & GARDEN



Grass – Seed  
Fertilizers  
Peat Moss



Polymeric Sand  
Paver Sealer  
Paver Cleaner



## HARDSCAPE

- Cement
- Concrete Block
- Belgium Block
- Curbing
- Limestone Treads
- Diamond Blades

## TOOLS

- Mason Tools
- Shovels
- Rakes

## DRAINAGE

- Catch Basins
- Pipe

## SOIL

Prices  
per yard

Black Topsoil .....\$36

## MULCH

Black Dyed.....\$30  
Brown Dyed.....\$30  
Red Dyed.....\$32  
Hardwood.....\$24

## QUARRY BASE MATERIALS

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

## DECORATIVE STONE

3/8 Red Stone .....\$74  
3/4 Red Stone .....\$70  
3/4 Goose Egg .....\$94  
1 1/2-3 Goose Egg.....\$98  
3/4 Arctic White.....\$98  
3/8 Riverbed / Pea Gravel.....\$60  
1 Riverbed .....\$70  
1 1/2-3 Riverbed.....\$80

Prices subject to change without notice.

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**Largest Display of  
Cambridge Pavers  
in Union County**

**Waterfalls • Fireplaces**

**• Fire Pits • Walls • Walkways**

**• Patios • Curbs**

