

Clark Monthly NJ

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CLARK SENIORS CELEBRATE VALENTINE'S DAY

Clark senior citizens had the opportunity to enjoy a fun Valentine-themed monthly meeting in February. Recreation Director Ralph Bernardo provided seniors a box lunch from the Honey Baked Company. Entertainment was provided by Great Scott the Magician.

Clark," said Bernardo. "Doing these types of special things for them throughout the year brings them joy and shows our gratitude too." The meeting closed with a visit from Clark preschoolers who gave each senior a handmade Valentine's Day card. Attendees also received a box of chocolates and Valentine's Day cookies.

Photos by Township of Clark



(above) Clark preschool children present seniors with handmade cards for Valentine's Day.



(above, l-r) Great Scott the Magician

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Clark Monthly NJ

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Clark Monthly is published by Renna Media. 6,700 newspapers are printed monthly and mailed to every business and resident in Clark.

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Do you have a community service that you need help publicizing? Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.), send us your news!

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Clark Monthly

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VALLEY ROAD SCHOOL HOLDS PAINT NIGHT

Clark Public Schools

Valley Road School students and parents put their art skills to the test during a recent PTA-sponsored Paint Night. Under the direction of art teacher, Kerry Kennedy, the students painted Valentine's themed puppy dogs. Eighty second and third graders attended this exciting event.

Mrs. Kennedy stated, "Paint night is a fun and enjoyable evening that brings the school community together. The students and parents created beautiful pieces!" The third and final paint night takes place on March 7th for fourth and fifth grade students. Families can sign up through Genesis.



(above l-r) Valley Road School students enjoy Paint Night.

Photos by Clark Public Schools

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620 Old Dutch Rd., Bedminster
295 Douglas Rd, Bernards Twp
21 Shaffer Ave., Branchburg
77 John St, Clark
39 Frances Dr., Clark
45 Starlite Drive, Clark
17 Hillside Ave., Clark
1119 Maurice Ave., Clark
12 Ascot Way, Clark
47 Briarwood Path, Clark
12 Yorktown Dr., Clark
61 Coldevin Rd., Clark

309 Oak Ridge Rd., Clark
1 Rose Terrace, Clark
15 Tudor Dr, Clark
303 West Ln., Clark
84 Wheatsheaf Rd, Clark
1 Jarvis Ter, Clark
5 Tudor Dr., Clark
14 Washington St, Clark
118 Jupitor St., Clark
61 Sycamore Rd, Clark
26 Rugby Rd., Colonia
10 Wildwood Place, Colonia
29 Roselle Ave., Cranford
31 Iroquios Rd., Cranford

345 Diamond Spring Rd., Denville
9 Boltin St., Edison
27 Morrell St, Elizabeth
247 Fulton St., Elizabeth
46 Florida St, Elizabeth
43 Fox Grape Rd., Flemington
244 3rd Ave, Garwood
109 Willow Ave, Garwood
408 Hemlock St., Garwood
304 Myrtle Ave, Garwood
299 Gemini, Hillsborough
91 Park Dr. Kenilworth
117 Woodland Dr., Keyport
829 Erudo St., Linden

25 E. 13th St., Linden
911 Cranford Ave., Linden
345 Miltonia St., Linden
2731 Wickersham Ave., Linden
1611 Wood Ave., Linden
2006 Orchard Terr, Linden
2616 Orchard Terr., Linden
110 Main Street, Linden
2603 Summit Ter, Linden
613 Miltonia St, Linden
41 Pallant Ave, Linden
1037 Forest Dr., Linden
207 W 11th St, Linden
2838 Wickersham Ave, Linden

123 Springfield Rd, Linden
315 Lincoln St, Linden
2 Sherwood Cir. Linden
230 Marion Ave., Linden
936 Baldwin Ave., Linden
1607 Summit Ter, Linden
345 Raritan Rd, Linden
1706 Westover Rd, Linden
46 Edgewood Rd., Linden
612 Ainsworth St, Linden
148 E. Chestnut Ave., Metuchen
11 Clinton Ave., New Providence
701 Pine St, North Brunswick
67 Elm Ave., Rahway

2010 Rutherford St. Rahway
1650 Columbus Pl, Rahway
39 Frances Dr, Rahway
2124 Evans St, Rahway
1215 Kline Pl., Rahway
2020 Rutherford St, Rahway
160 Cornell Ave., Rahway
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PACK 145 LION DEN TOURS CLARK POLICE DEPARTMENT

Submitted by Michelle Gargiulo

The Lion Den of Clark's Cub Scout Pack 145 took a tour of the town's new Police Department on the morning of January 17, 2022,

The boys are working towards their "Animal Kingdom" loop — which encompasses learning about what, as well as who, make up a community.

Clark's local ShopRite generously donated a \$50 gift card, which was used to purchase various snacks to fill the officers' new break room.

During the tour, the boys got to learn a little about the day in the life of a detective, visit the control room where there were large screens that showcased surveillance of areas in Clark (including the jail cell!), and had a lesson on the

importance of using 911, as well as knowing your address.

All in all, it was a fun and informative experience from some of Clark's finest community members, to some of its youngest.

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(above) Pack 145 Lion Den visiting the Clark Police Department. Photo by Pack 145



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LORI'S CLARK TRANSACTIONS FROM 1/1/20 TO PRESENT

| | | | |
|----------------------------|-------------------|-------------------|-----------------------|
| SOLD | 187 Liberty St. | 8 Wendell Place | 39 Frances Dr. |
| 15 Westfield Ave. | 11 Harding Ave. | 13 Blake Dr. | 28 Gibson Blvd. |
| 40 Ivy St. | 40 John St. | 42 School St. | 41 Largo Lane |
| 15 Tudor Dr. | 77 John St. | 29 Harvey Ct. | 5 Tudor Dr. |
| 10 Washington St., Unit 03 | 17 Hillside Ave. | 18 Yorktown Dr. | 111 Westfield Ave. |
| 47 Briarwood Path | 11 Avon Rd. | 45 Starlite Dr. | 14 Washington St. |
| 39 King St. | 81 New York Ave. | 1538 Franklin St. | 118 Jupiter St. |
| 56 Lexington Blvd. | 42 Kenneth Pl. | 40 Conger Way | 61 Sycamore Rd. |
| 13 Blake Dr. | 303 West Ln. | 15 Ayers Lane | 18 Terhune Rd. |
| 213 East Lane | 1 Kathryn St. | 72 Dorset Dr. | 15 Briarheath Ln. |
| 1168 Lake Ave., Unit 4 | 29 Hillside Ave. | 5 Schmidt Lane | 43 Kathryn St. |
| 45 Wendell Pl. | 9 Shetland Dr. | 269 Willow Way | 54 Harding Ave. |
| 501 Oak Ridge Rd. | 12 Yorktown Dr. | 18 Ginesi Dr. | |
| 309 Oak Ridge Rd. | 84 Wheatsheaf Rd. | 7 Blake Dr. | UNDER CONTRACT |
| 29 Conger Way | 12 Ascot Way | 43 Willow way | 306 Parkway Dr. |
| 13 Florence Dr. | 301 West Lane | 95 Briarheath Ln. | 1 Plymouth Rd. |
| 303 West Ln. | 1119 Maurice Ave. | 18 Terhune Rd. | 75 Union County Pkwy |
| 1 Rose Ter. | 1 Longfellow Lane | 1 Jarvis Ter. | |

TOTAL NUMBER OF TRANSACTIONS = 126, 92 ARE IN CLARK

A VIRTUAL VISIT FROM A COMMUNITY HELPER

Clark Public Schools

The Clark Public Library's Children's Librarian Dierdre Morley recently visited kindergarten classes at Valley Road School via Zoom as part of their Community Helpers Unit. Morley shared the important role of the Library in town and what her job as a librarian entails, specifically how she helps the community.

She then shared the story Larry Gets Lost in the Library. According to Kindergarten teacher Kimberly Nacht, "The classes really enjoyed getting to see a 'real live community helper' that they could ask questions to. It sparked an interest in going to the library and many were inspired to take a trip there with their parents! We thank Ms. Morley for visiting us and, not only sharing her important role as a community helper, but her love of reading!"



(above) Visiting Librarian Dierdre Morley gets Valley Road School kindergartners involved in her presentation.

Photo by Clark Public Schools

SUBSTITUTE TEACHERS NEEDED

Clark Public Schools

Interested in becoming a substitute teacher for the Clark Public Schools? Please visit clarkschools.org and then follow the below steps to apply online:

Select Departments > Human Resources > Employment Opportunities > Categories > Substitute. Then scroll down to Substitute Teacher 2021-2022 School Year. You will apply there.

YOU WILL NEED:

1. A County substitute teacher certificate OR a completed County substitute teacher application that requires an official college transcript showing: the completion of at least 30 college credits AND current college enrollment OR the completion of at least 60 college credits
2. TB/Mantoux test result
3. Criminal history background check (i.e., fingerprints for public school employment)

Submitting all three of the above together will

expedite the process.

The Board of Education recently increased the pay rates for our substitute teachers. These new daily rates are as follows.

Substitute Certificate: \$95.00 (first five days) and \$100.00 (on the sixth or more day)

College Degree: \$105.00 (first five days) and \$110.00 (on the sixth or more day)

Certified: \$120.00 (first five days) and \$125.00 (on the sixth or more day)

You are eligible for the "sixth or more day" rate of pay as soon as you reach your sixth day substituting in our district, not necessarily consecutive days or for the same teacher.

Please read the Applying as a Substitute Teacher in the Clark Public Schools document at tinyurl.com/yynk9pe2. This document can also be found on the district website under that same Departments > Human Resources tab.

Questions? Contact Mrs. Bonnie Bryson by email at bbryson@clarkschools.org.

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2/2/22 TIME CAPSULES WILL BE OPENED 3/3/33

Clark Public Schools

First grade students at Frank K. Hehnly Elementary School in Ms. Sarah Kasko, Mrs. Samantha Johnsen, Mrs. Sharon DeAngelis, and Ms. Lisa Cepeda's classes created small time capsules to remember 2/2/22—a unique date. Their time capsules include their current likes, future occupation, and words of encouragement to their future selves. The students can open their mini time capsules 11 years from now on another unique date—3/3/33. Ms. Kasko observed, "When the letters are being opened, this bunch will be in the middle of their senior year of high school. These letters are sure to bring back the exciting memories made in first grade."

| PRESENT | FUTURE |
|---|---|
| This is what I look like in first grade! | This is what I think I will look like when I am in high school! |
| The date today is <u>2/2/22</u> | |
| When I am older I want to be <u>a mom</u> | A note to my future self: <u>I hope you have</u> |
| Some of my favorite things: | <u>a good year</u> |
| <u>unicorns</u> <u>fairies</u> | |
| <u>Pandas</u> <u>Hot coco</u> | |

(above) The time capsule of a Hehnly Elementary School student who loves pandas and hopes to be a mom.

Photos by Clark Public Schools

STUDENTS ATTEND LEADERSHIP CONFERENCE

Clark Public Schools

Sixteen Carl H. Kumpf Middle School students recently attended the NJ State Elks Association Path to Leadership Conference at the Ocean Place Resort and Spa in Long Branch. Teacher Suzanne Hamilton and Guidance Counselor Danielle Crincoli accompanied them. Over 450 students from around the state attended.

The conference focused on bullying, cyberbullying, social media issues, and related topics. The students learned how to best handle these situations and how to be a leader amongst

their peers. Kumpf students enjoyed the conference and the opportunity to collaborate with students from other NJ schools.

Kumpf Principal Rick Delmonaco said, "I am extremely happy that we could send these student leaders to such a worthwhile program. The lessons they learned will help them in the future. These young student leaders represented our school and town in such a positive manner."

The Clark Municipal Alliance and the Clark Board of Education shared the cost to send the students to the conference.



(above) Kumpf students attended a Path to Leadership Conference.

Photo by Clark Public Schools

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CARE PACKAGES FOR US TROOPS

St. Agnes R.C. Church

St Agnes R.C. Church undertook a project to create care packages for US troops stationed in the Middle East. One of our priests, Father AJ DeSilva, is an Army chaplain who was deployed

to the Middle East. Our generous parishioners donated various items for the troops. The children in the religious education program made cards for the troops. The high school

Youth Group assembled the care packages. It was a great service project and we were happy to show love and appreciation to our US troops for their dedication and service to our country.




(above) The St. Agnes Youth Group assembled care packages for our troops in the Middle East.



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Monday, Tuesday, Thursday: 9:30 am - 9:00 pm • Wednesday, Friday, Saturday: 9:30 am - 5:00 pm • Sunday: Closed

[Hybrid] Baby Bookworms

Tuesdays, March 8, 15, 22, 29
at 10:00 a.m.

Babies and toddlers are invited to enjoy books, songs, rhymes, lap bounces, and fingerplays in person or via Zoom.

Totally New Tuesdays

March 8, 15, 22 at 6:30 p.m.

Movies are back at the Library! No registration is required.

Thursday Afternoon Movies

March 10, 17, 24 at 1:00 p.m.

Movies are back at the Library! No registration is required.

Celebrate Through Film: Women's History Month

Fridays, March 4, 11, 18, 25 at 1:00 p.m.

Join us every Friday in March as we screen a movie featuring important women in history.

Registration not required.

Barks & Books

Saturday, March 5; 10 a.m. - 11 a.m. or
Tuesday, March 22; 3:30 p.m. - 4:30 p.m.

If you have a young, reluctant or struggling reader, we want you to meet our therapy dogs! Therapy dogs are non-judgmental listeners and furry friends to read to that won't laugh if a child makes a mistake or stumbles over a word.

Over time, the child's reading ability and confidence can improve from practicing their skills. Children will each get approximately 15 minutes of reading time with Bubble, Magnolia, or Sophie. Register for a 15-minute time slot.

Tales for Tots

Mondays, March 7, 14, 21, 28
at 10:00 a.m.

Stories and songs for active listeners. Geared toward ages 2-3 with a caregiver. Older children are welcome. Thirty minutes of open play follows. Registration required.

[Virtual] Women's History Month Kahoot! for Kids

Monday, March 7 at 3:30 p.m.

Celebrate Black History Month with a game of trivia on Kahoot! just for kids! The faster you answer, the more points you earn. A computer, tablet, or smartphone is needed to play Kahoot!

Clark residents may borrow Chromebooks or iPads from the Library. Prizes for the winner and runners-up. Prizes must be picked up; they will not be mailed.

Krafty Kids

Wednesdays, March 9 & 23 at 3:30 p.m.

Join us as we make some fun and creative artwork. Using a few art supplies we will make a new craft each session. Don't forget to bring your imagination and creativity!

[Virtual] Opera Talks with Tanisha Mitchell: Marian Anderson

Wednesday, March 9 at 7:00 p.m.

Join librarian and opera singer Tanisha Mitchell for this virtual opera talk. Sponsored by the Friends of the Cranford Public Library. This program is part of our Better Together series with the Cranford Public Library.

Tinker Tots: Leap into Science

Thursday, March 10 at 10:00 a.m.

Come join us for a morning of fun science activities perfect for little ones. This month we will Leap into Science and learn about light and shadow. Curriculum and supplies are provided by the Franklin Institute. For children ages 3 through Pre-K. Registration required.

Teen Thursday: St. Patrick's Day Wreath

Thursday, March 10 at 3:00 p.m.

Make an adorable shamrock wreath to hang for St. Patrick's Day. Open to Grades 6-12.

[Virtual] Pajama Time

Thursday, March 10 at 7:00 p.m.

Join us in your PJs for an evening Storytime session for the family on Zoom. Register to get the Zoom link.

[Hybrid] Stories & More

Fridays, March 11, 18, 25 at 10:00 a.m.

Stories, movement, songs, and a take-home craft for active listeners ages 3-5. In person or via Zoom. Registration is required for supplies.

[Virtual] Adult Coloring Club

Friday, March 11 and 25 at 11:00 a.m.

Pick up coloring sheets and crayons at the Library or use your own and meet up on Zoom for some soothing music and relaxation.

[Virtual] Revolutionary Women: Writing About War

Wednesday, March 16 at 7:00 p.m.

The Museum of the American Revolution in Philadelphia will present this fascinating virtual talk on Revolutionary Women.

Little Scientist:

Leap into Science with Light and Shadow

Thursday, March 17 at 3:30 p.m.

Children will explore the characteristics of light and shadow by listening to a story, recreating shadow shapes, and designing shadow shapes of their own. For children ages 6 and up. Equipment provided by the Franklin Institute.

[Adult; In-Person] The Five-Week Book Club

Thursday, March 17 at 7:00 p.m.

Our book this month is *Uncanny Valley*: a Memoir, by Anna Wiener. A young millennial seeking meaningful work lands a job in the heart of Silicon Valley and gives us a first-hand glimpse into the rapidly transforming tech industry. See a librarian if you need a copy of the book.

[Adult] The Crafty Folks

Friday, March 18 at 3:30 p.m.

Thursday, March 24 at 7:00 p.m.

Make a no-sew fleece pillow. This is an Adult craft but Teens in High School are welcome!

Evening Book Club

Monday, March 21 at 7:00 p.m.

We will be discussing *The Language of Flowers* by Vanessa Diffenbaugh. See a librarian or email reference@clarklibrary.org for the book.

LEGO® Club & Craft

Friday, March 25 from 3:15 p.m. - 4:15 p.m.

Join us for the LEGO® Club at the Clark Public Library! Create your own LEGO® structures.

LEGOS are provided by the Library. For children in Grades K-5.

Leap into Science Family Workshop

Saturday, March 26 at 10:00 a.m.

Leap into Science is a nationwide program from The Franklin Institute that integrates open-ended science activities with children's books for children and families to learn together. This Month is all about light and shadows. Families with children ages 3 and up will be able to investigate the characteristics of light and the ways it interacts with other objects.

LEGO® We Do Robots

Saturday, March 26 at 1:00 p.m.

Join us for the 8th Annual New Jersey Makers Day! We will provide our LEGO Robots for groups to build. New Jersey Makers Day inspires and activates libraries to showcase and highlight STEM and maker culture, enhancing life-long learning. For children in Grades K-5.

[Virtual] Teen Advisory Board Meeting

Monday, March 28 at 7:00 p.m.

Teens, let your voice be heard at the Library! The Teen Advisory Board (TAB) helps create, plan, and run teen programs and services they would like offered at the Clark Public Library.

Open to teens in Grades 6-12. Members can earn volunteer hours for attending meetings and for participating in TAB activities.

New! Inkthoughts

Thursday, March 31 at 4:00 p.m.

A gathering of poets and poetry lovers, this group is open to Adults & Young Adults in high school and older. A casual group who enjoy talking about, writing, reading and performing poetry, speeches, and essays.

Female Spies of World War II

Thursday, March 31 at 7:00 p.m.

Join us as speaker Alisa Dupuy from *The Ladies of History* portrays real-life spymaster Vera Atkins in this thrilling exposé of women that were never suspected of being spies.

Boredom Buster for Kids

Each month we have a new take-home craft for kids to pick up and make at their leisure.

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Boredom Buster for Adults and Teens

Each month we have a new take-home craft for adults and teens to pick up and make at their leisure. Available now, while supplies last.



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RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Addictions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to the Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."
- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."
- Perry O.

"After only four visits, I have absolutely no pain! The staff is "top-notch."
- Quenton L.

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FLAGS 4 FOSTER YOUTH CAMPAIGN

CASA of Union County

In honor of Child Abuse Prevention Month in April, Court Appointed Special Advocates (CASA) of Union County has launched Flags4FosterYouth, and is seeking community members to help create a sea of blue to raise awareness of the devastating consequences of child abuse locally and highlight the need for community members to train as volunteer child advocates.

Throughout March, the public is encouraged to log onto the nonprofit's campaign page, casaofunioncounty.org/Flags4FosterYouth-2022, and sponsor blue flags—the color of child abuse prevention—for \$10 each. The flags will be displayed throughout April in three Union County towns. Each flag represents one local youth involved with the child welfare system.

"Each youth in the child welfare system has experienced varying levels of abandonment, abuse, or neglect, and CASA of Union County and our advocates work every day to ensure not only that their needs are met, but that their best interests always remain at the forefront of the case," shared Executive Director Mariel S. Hufnagel. "Flags4FosterYouth provides the greater community an extraordinary opportunity to show each of these children that together we have their back. Bring on the blue!"

According to the Centers for Disease Control and Prevention, at least 1 in 7 children have experienced abuse and/or neglect in the past year. Since 2005, the nonprofit has recruited, trained, and supervised nearly 600 community volunteers to advocate for more than 950 such youth, protecting best interests and ensuring needs are met in the courtroom, classroom, and community. As caseworkers, foster home placements and schools can change frequently, CASA volunteers often are the only consistent, caring, and informed adult in a youth's corner, helping ensure already experienced trauma is not exacerbated.

The public is encouraged to visit the flags on public display—the locations will be released in early April—take a selfie in the sea of blue, and post to social media with the hashtags #Flags4FosterYouth #CASAofUC and #SayNoToChildAbuse. Flag sponsorship not only helps raise awareness of victims of child abuse in Union County, but funds raised support the organization's recruitment and training of volunteer advocates to serve as extra eyes and ears for local judges and a voice for their assigned youth.

Last year, CASA volunteers donated more than 7,000 hours to serve 338 child-victims, and 99.7 percent of all court their recommendations were accepted by judges. For details on how you can become an advocate and Change a Child's Story, or other ways you can support the agency's efforts, contact info@casaofunioncounty.org.

A TOUCH OF SPRING DELIVERED WITH MOBILE MEALS

Rake and Hoe Garden Club of Westfield

Twelve members of the Community Projects Committee of Rake and Hoe Garden Club of Westfield recently met at the First Baptist Church of Westfield, where Mobile Meals originates, and made 60 small floral arrangements to accompany the meals delivered that day. The club supplies the flowers and prepares the arrangements in laundry detergent caps. These cheerful multicolored floral arrangements were decorated with red and pink paper hearts. The club preforms this service in spring, fall and winter and is much appreciated by the clients who look forward to receiving these colorful arrangements. The event was coordinated by Kris Luka and Mary Foley Smith.

Mobile Meals is a voluntary, non-profit program that provides home-delivered meals to those who are unable to shop and prepare their own meals on either a temporary or permanent basis. It is available to residents of Westfield and surrounding communities including Mountainside, Fanwood, Scotch Plains, Clark, and Cranford. For more information, call

(908) 233-6146.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and National Garden Clubs, Inc. The Club meets on the second Wednesday of the month at 12:00 p.m. at the

Scotch Hills Country Club. Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga at (908) 228 2865 or visit rakeandhoe.org or the Club's Facebook page.



(above) Rake and Hoe Garden Club members with their floral creations for Mobile Meals clients (front row l-r): Kris Luka, Margot Partridge, Lena Peitsinovski, Jeanie Pelikan, and Betty Gulino; (back row l-r): Karen Jolley-Gates, Clare Minick, Beth Siano, Mary Foley Smith, Richard Pelikan, Maryfran Annese, and Mary Lou Nolas. Photos by Rake and Hoe Garden Club

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ASAL FAMILY NAMED VOLUNTEERS OF THE YEAR

Township of Clark

Recreation Director, Ralph Bernardo, recognized the Clark Recreation Volunteers of the Year at the January town council meeting. This year's winners are a family of four that has been volunteering at the Recreation Center since 2005.

Bernardo named Fred and Jean Asal and their daughters, Lisa Dunn and Patty Palmer, as this year's winners.

"Anything these four do, it's always with a smile, calm personality, humor, and enthusiasm," Bernardo said. "They are assets to the Recreation

Department and to the Township of Clark. They exemplify the meaning of hard work, dedication, and especially giving of themselves and not expecting anything in return."

After so many years, Bernardo sees the family as an extension of his own. He also said they were instrumental in bringing about the first Winter Festival, which has evolved into Clark Recreation's Annual Tree Lighting over the years. The family still volunteers many hours and makes significant personal donations to the event every year.



(above) Fred and Jean Asal with their daughters, Lisa Dunn and Patty Palmer, receive Clark Recreation Volunteers of the Year award from Ralph Bernardo and Myor Sal Bonaccorso.

Photos by Don Smith for Clark Township

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TATUM DOBBINS HONORED



(above) Tatum Dobbins is Arthur L. Johnson High School's NAGWS recipient.

Photo by Clark Public Schools

Clark Public Schools

Recently, Tatum Dobbins, of Arthur L. Johnson High School in Clark, joined together with over 140 female student-athletes from New Jersey's high schools, colleges, and universities in celebration of National Girls and Women in Sports Day (NAGWS). NAGWS is one of the largest events in the state that recognizes women's athletics. Tatum was nominated by her coaches for her accomplishments as an outstanding female high school athlete in Field Hockey, Winter Track & Field, and Spring Track & Field.

Tatum has garnered recognition throughout her high school athletic career:


- GPA Challenge Winner (Fall Athletic Teams) Grades 9, 10, 11, 12
- First Team All-State Group 1 - Grades 11, 12
- First Team All-North Jersey: Field Hockey - Grades 10, 11, 12
- MAX Field Hockey Regional Player to Watch Grade 12
- New Jersey's Top 100 Senior Field Hockey Players - Grade 12
- Third Team All-State Group 1 - Grade 10

- Four Year Varsity Gold Letter Winner: Field Hockey - 2018-2022
- First Team All-Union County: Field Hockey - Grades 10, 11, 12
- First Team All-Conference: Field Hockey - Grades 10, 11, 12
- Second Team All-Union County: Field Hockey - Grade 9
- Second Team All-Conference: Field Hockey - Grade 9
- Varsity Field Hockey Most Valuable Player - Grade 12
- Varsity Field Hockey Team Award: Best Offense - Grades 10, 11
- Varsity Field Hockey Team Award: Rookie of the Year - Grade 9

Tatum's accomplishments and involvement off the field include: Homecoming Queen, Prom Princess, Heroes and Cool Kids, and Blue Cru President. The nationwide NAGWS honors the success of female athletes and recognizes the struggle for equality for women in sports. The Outstanding Athlete Awards are presented to one individual from each high school, junior college, and college throughout the country.

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For questions or information, contact Victoria Moran at victoria.moran@scouting.org or 973-765-9322 ext 250.

Trophies awarded to 1st, 2nd and 3rd place finishers.
Lunch will be provided for all players and fans.
This tournament meets the 6a requirement for earning a Chess merit badge.

CLASS EXPERIMENT TESTS THE ARCTIC WATERS

Clark Public Schools

Kindergarten students in Kimberly Nacht's class at Valley Road Elementary School recently studied a unit on Arctic animals. The students learned how animal's blubber keeps them warm in cold weather and water. As part of the unit, the class did an experiment where the children felt icy cold water with their bare hands and then

felt the icy water with their hands immersed in blubber—a simulated version, that is—made from Crisco. Nacht stated, "We recorded our observations like true scientists on a recording sheet. The students were amazed at how much longer they could keep their hand in the water with the blubber hand."



(above) Kimberly Nacht leads her kindergarten class in a scientific experiment that shows how Arctic animals stay warm in frigid temperatures.

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MEET FERNANDO PORRAS OF CLARK

By Jahi McDonald, CASA of Union County

By the time this goes to press, my three-month internship will have ended. What will endure, is getting to know and work alongside my fellow intern Fernando Porras. In addition to stepping up to serve as an intern a year ago — and working some 20+ hours a week since in that capacity — he is an active CASA volunteer, well into his second case as a child advocate.

From processing donor thank yous, navigating excel spreadsheets, seeking community involvement amid a virtual fundraising campaign, to shooting videos for social media, sorting and hauling holiday wish list toys, and even donning superhero costumes for Adoption Day, Fernando has been a patient, committed role model for CASA's critical work. His mantra, "Anything for the kids," is one I've heard him say countless times but seen him put into action even more.

While being an advocate and yearlong intern is plenty for a CASA of Union County highlight, it's his personal journey, and all he's made of it, that shines even brighter. After his first CASA case — a 13-year-old boy — closed, he immediately began his current case, advocating for 5- and 10-year-old brothers. His visits, he says, often include intense Beyblades battles. "I remember playing with Beyblades at that age, so it's even more memorable to bond over something I'm familiar with. Also, superheroes! Maybe I'm still a kid at heart," he quips, adding, "As an advocate, you read about their life in stacks of paperwork, but being able to spend time with them as they enjoy the little things? It gives me such a different perspective on life." When he sees their smiles, he says, he's overcome with joy.

And joy is something — like every CASA youth — that Fernando deserves. In April 2018, a month before his college graduation, he was diagnosed with leukemia. He says, "Though I was told the diagnosis was just a matter of 'bad luck' ... my life turned upside down." Sparing the details of hospitalizations, procedures and finishing the tail-end of college amid unknowns and medical crises, let's take Fernando's lead and focus on the positive: August marked three years in remission. Continued monitoring from his medical team as well as navigating other lifelong health challenges resulting from the very treatments that saved his life are now his norm.

Fernando continues, "In summer 2019, I started trying to piece my life back together. I was discussing the future with a hospital social worker and she told me CASA would be a perfect fit. I'm so glad I took her words to heart; I did my research, went to an information session, and the rest is history."

In addition to advocating for three youth, the 25-year-old cancer survivor used the yearlong intern assignment as a sabbatical of sorts, undergoing an intensive and thorough LSAT study period and he's now amid the nerve-racking law school admissions process. I asked him how he juggles it all, when each ball carries great weight: "I've always been a 'yes' person. If something needs to be done, I'll do it. Some may not see that as a positive as I do ... but there's



(above) Fernando Porras

always time to do more."

In addition to enduring love and respect for his close-knit family, Fernando's fondness for travel also keeps him on his toes. Before he embeds himself in a law school lecture hall, there are plans to travel as much as possible, amid Covid-restraints and minding his health, of course. He recently visited family in Ecuador and soon will share his unwavering support for his beloved Atletico de Madrid soccer team with a jaunt to Spain.

When life was suddenly outside his firm grasp, Fernando reached wider and gripped harder, there's no question. Still, he's always sure to make time for the betterment of others' lives. He fondly quotes an uncle, "Never say you 'can't' do something, because what it really means is that you 'won't.' It's stuck with me and allowed me to work outside my comfort zone ... comfortably."

While experiences make you who you are —

and in Fernando's case that certainly proves true —he also reminds me that people make those experiences. For us at CASA, that's Fernando. For Fernando, that's his family, including grandparents who modeled resiliency and hard work, lessons for which he is grateful. When, during the last weeks of his internship, Fernando unexpectedly lost his beloved grandfather, colleagues at services saw firsthand his tightly woven net that is family, and that his commitment to life and bettering it comes from a deep well of connection, generations old.

Asked to look back on recent years, when best-laid plans didn't happen and an unexpected diagnosis did, he offers: "I truly think everything happens for a reason. I'll always have an endless number of unanswered questions — but at the same time, I'll always be grateful that I found CASA of Union County."

In addition to serving as a fall marketing intern for CASA of Union County, Jahi McDonald is a 2020 graduate of Rutgers University-New Brunswick, with plans to begin a career in public relations and marketing.

ABOUT CASA OF UNION COUNTY

Volunteers with Court Appointed Special Advocates (CASA) of Union County serve as extra eyes and ears for family law judges hearing cases involving the county's abused, neglected or abandoned children removed from home and placed in foster care.

CASA volunteers have court-ordered access to all parties in a foster child's life, including foster parents, doctors, caseworkers, therapists and teachers, and incorporate into court reports findings from these contacts as well as from their own time spent with the youth. Advocates ensure a youth's needs are met and their time in care is as short as possible.

It is CASA of Union County's goal that every Union County foster child have an advocate, yet half of the more than 500 such youth still await one. Could you be their voice? Contact Lucia to learn more lfield@casaoofunioncounty.org or visit casaoofunioncounty.org.

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TEACHER AND FAMILY HELPS THOSE AFFECTED BY TORNADO

Clark Public Schools

Arthur L. Johnson High School Spanish Teacher Jessica Lopez-Otalvaro, her husband German, and their three children Bianca, 12, Trinity, 10, and John, 8, left for Kentucky on December 24 to help those affected by the December 10th tornado which took the lives of 58 people and left devastation throughout the area.

Lopez-Otalvaro shared that the timing reminded her family of a time when the community came together to help them. Three years ago, their house flooded while the family was away. Lopez-Otalvaro is grateful to all those who helped her family and wanted to “pay it forward.”

Additionally, according to Lopez-Otalvaro, “We went because we wanted to help others in need and also to teach our children the importance of serving others. We hoped that

spending Christmas putting others first and giving rather than receiving would help show them that.”

Prior to leaving, Lopez-Otalvaro organized a collection at ALJ and the larger Clark community for a variety of items including food, toys, and clothing. The family actually had to get a bigger trailer given the amount of donations received. Once in Kentucky, the family distributed the items door to door. They spoke with residents and heard their stories as well as felt their gratitude. They were also able to use monetary donations received to buy other items needed.

Lopez-Otalvaro continued, “It was a life-changing experience that brought us even closer as a family to spend Christmas helping others in their time of need. Everyone there was so incredibly grateful to the entire Clark community and beyond who helped make this possible.”

Courtesy photo



(above) The Lopez-Otalvaro Family

REPAIR CAFE EVENT SET FOR MARCH 26

Repair Café Garden State

Bring your beloved but broken items to Summit’s Repair Café on Saturday, March 26 from 11 a.m. - 3 p.m. at Christ Church, located at 561 Springfield Avenue, at the corner of Springfield and New England Avenues, Summit, NJ. Please follow outdoor signage and enter the event from New England Avenue. No appointment necessary. Non-Summit residents are welcome.

Repair services available at this event include small electronics, jewelry, sewing/textiles, lamps, wooden items, and knife sharpening. This is a free event, but please note that a voluntary contribution is appreciated when an item is brought for repair. Donations help to fund future repair events. Replacement parts for lamps will be on hand for an at-cost fee. Please only bring items that you can carry unaided into our event.

Summit’s Repair Café events are co-sponsored by the Summit Area Green Faith Circle and Repair Café Garden State. Green Faith Circle’s goal is to inspire, educate, organize, and mobilize people of diverse religious and spiritual backgrounds globally for environmental action. Repair Café Garden State is a network of community organizers who host monthly repair events across the state. This collective shares news and schedules of all upcoming Repair Café events in New Jersey via their website repaircafes.org. Here you can find all the details of Summit and other local repair events.

If you would like to volunteer or help repair beloved but broken items at this event or future events reach out via email: summit@repaircafes.org or visit repaircafes.org for more information.



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SNOWMAN CONTEST WINNERS

Clark Recreation Department

Clark Recreation Director Ralph Bernardo recently announced the winners of this year's 'Do You Want to Build a Snowman?' contest. Bernardo selected three creations from the variety of entries. Winners received their very own snowman and a gift card.

Bernardo started the tradition during the pandemic when, due to statewide restrictions, there weren't many activities available through the Recreation Department.

"I couldn't stand that there were no activities

for children during those early days of the pandemic. I felt like they were all locked in their houses for school and for everything and I just wanted to give them an opportunity to do something fun and get them outside and bring some joy," said Bernardo. "The kids had a great time with it, and I knew right away this was going to become an annual tradition."

This year's winners are: Jessica Oliveira, Maeve Philips, Michael Riley. Congratulations to Jessica, Maeve, and Michael!



(above) Maeve Philips, winner of Do You Want to Build a Snowman? poses with her mom.

Photo by Clark Recreation Department



(above) Jessica Oliveira, winner of Do You Want to Build a Snowman? poses with her winnings.



(above) Michael Riley, winner of Do You Want to Build a Snowman? poses with his mom.



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We mail 160,000 newspapers to every home and business in 24 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.

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

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| | | | | | |
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| Florham Park Press NJ Qty: 5,500 Zip: 07932 | Garwood Times NJ Qty: 2,500 Zip: 07027 | Green Brook Gazette NJ Qty: 3,000 Zip: 08812 | BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033 | NJ LIFE in LINDEN Qty: 17,900 Zip: 07036 | Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980 |
| MADISON MONTHLY NJ Qty: 6,300 Zip: 07940 | MOUNTAINSIDE VIEW NJ Qty: 2,900 Zip: 07092 | New Providence NEWS NJ Qty: 5,100 Zip: 07974 | OUR TOWN Rahway, NJ Qty: 13,000 Zip: 07065 | ROSELLE PARK MONTHLY Qty: 5,600 Zip: 07204 | Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076 |
| Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078 | Summit Times NJ Qty: 9,600 Zip: 07901 | Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial) | WARREN MONTHLY NJ Qty: 6,200 Zip: 07059 | Watchung Post NJ Qty: 2,700 Zip: 07069 | Westfield MONTHLY NJ Qty: 11,800 Zip: 07090 |

NEWSPAPER AD RATES

| Units | Size | 1 TOWN | 3 TOWNS | 6 TOWNS | 9 TOWNS | 12 TOWNS | 15 TOWNS | 18 TOWNS | 21 TOWNS | 24 TOWNS |
|------------------------|--------------------------|--------|---------|---------|---------|----------|----------|----------|----------|----------|
| 1 Unit (Business card) | 3.25" x 2" | \$60 | \$150 | \$250 | \$350 | \$400 | \$450 | \$500 | \$550 | \$600 |
| 2 Units | 6.5" x 2" or 3.25" x 4" | \$100 | \$250 | \$400 | \$500 | \$600 | \$700 | \$800 | \$900 | \$1000 |
| 4 Units | 3.25" x 8" or 6.5" x 4" | \$180 | \$450 | \$700 | \$900 | \$1100 | \$1300 | \$1500 | \$1700 | \$1900 |
| 6 Units | 6.5" x 6.25" or 10" x 4" | \$240 | \$600 | \$900 | \$1200 | \$1400 | \$1600 | \$1800 | \$2000 | \$2200 |
| 9 HALF PAGE | 6.5" x 9" or 10" x 7" | \$320 | \$800 | \$1000 | \$1300 | \$1600 | \$1900 | \$2200 | \$2400 | \$2700 |
| 12 Units | 10" x 8" | \$360 | \$900 | \$1200 | \$1500 | \$1800 | \$2100 | \$2400 | \$2700 | \$3000 |
| 18 FULL PAGE | 10" x 14" | \$400 | \$1000 | \$1400 | \$1800 | \$2200 | \$2500 | \$2800 | \$3000 | \$3400 |
| 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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NJ Department of Agriculture

The weather is warming up, check your trees for Spotted Lanternfly (SLF) egg masses. When you find them crush them. Use an old bank card, small rolling pin or putty knife.

Citizens are advised to destroy the Spotted Lanternfly in all its forms.

SLF is a serious invasive pest with a healthy appetite for our plants and it can be a significant nuisance, affecting the quality of life and enjoyment of the outdoors. The spotted lanternfly uses its piercing-sucking mouthpart to feed on sap from over 70 different plant species. It has a strong preference for economically important plants and the feeding damage significantly stresses the plants which can lead to decreased health and potentially death.

As SLF feeds, the insect excretes honeydew (a sugary substance) which can attract bees, wasps, and other insects. The honeydew also builds up and promotes the growth for sooty mold (fungi), which can cover the plant, forest understories, patio furniture, cars, and anything else found below SLF feeding.



(above) The weather is warming up, check your trees for Spotted Lanternfly egg masses. When you find them crush them. Use an old bank card, small rolling pin or putty knife.

RENNA MEDIA LAUNCHES THREE NEW NEWSPAPERS

Beginning in March three new towns have joined Renna Media's growing family of newspapers: Florham Park Press, Millburn Short Hills Monthly, and Elmora Hills Elizabeth. Renna Media is now mailing 160,000, town-specific newspapers, to 24 towns each month.

The newspapers' goal is to be a positive influence on the economic development and overall well-being of the town. Our publications exist to share community service news and the good things that are happening in the community.

Renna Media is a Cranford, NJ based business owned and operated by husband and wife team of Joe and Tina Renna. Renna Media's family of 24 community newspapers are published in Morris, Essex, Union and Somerset counties, with a total circulation of 160,000. The publications are "hyperlocal" in nature in that they contain information focused on each individual town, and are direct mailed within those towns.

The concept of being hyper-local is to give local businesses a venue to promote services. Reaching local customers gives you the highest return for your advertising dollars. The newspapers are designed (black ink on newsprint) to keep the cost of an advertisement to as low as \$60. Regional businesses can take advantage of one low rate for advertising in multiple Towns.

Renna Media also prints full-color flyers that get mailed along with the newspapers. A cost effective alternative to mailing postcards.

For more information about Renna Media publications, please visit rennamedia.com.

You can contact Tina Renna regarding advertising, or to submit news, via email info@rennamedia.com; or call 908-418-5586.

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

MENUS - PRINTING - \$50 PER THOUSAND

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For quantities less than 25,000 cost is \$68 per thousand.

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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



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\$35

PER 1,000

MENUS

\$50

PER 1,000

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• TRACKABLE RESULTS

All ads include a live view counter.

\$10 PER POST
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• INCREASE ONLINE MARKETING RESULTS

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Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

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• WEBSITE CREATION/UPDATE: \$2,400

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• WEBSITE HOSTING: \$300 PER YEAR

Includes website hosting, software updates, monthly website content updates

• SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH

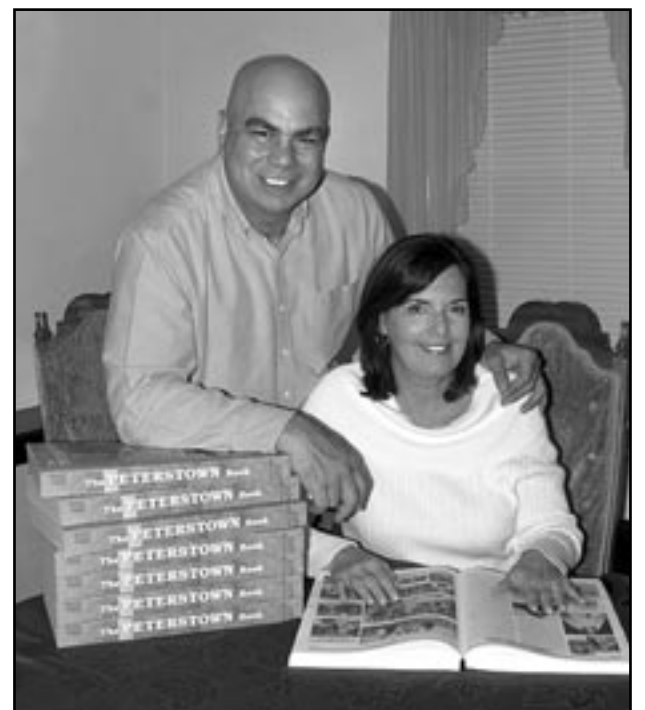
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Call for free a consultation if you need help developing an online marketing plan.

STARTER WEBSITE \$500

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



(above) Joe and Tina Renna, owners of Renna Media, LLC, publish 24 direct-mailed community newspapers with a total circulation of 160,000. They have been publishing community newspapers since 1998. For more information, please visit rennamedia.com.



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| Buchanan's 12yrs old | 1.75L | \$55.99 |
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| Chivas Regal | 1.75L | \$58.99 |
| Chivas Regal 18 yrs old | 750 ml | \$72.99 |
| Crown Royal | 750ml | \$28.99 |
| Crown Royal | 1.75L | \$49.99 |
| Dewars 12 yrs old | 750ml | \$25.99 |
| Dewars 12 yrs old | 1.75L | \$45.99 |
| Dewars White Label | 750 ml | \$19.99 |
| Dewars White Label | 1.75L | \$32.99 |
| Gentleman Jack | 750ml | \$29.99 |
| Gentleman Jack | 1.75L | \$52.99 |
| Glenmorangie 10 yrs old | 750ml | \$40.99 |
| Glenlivet 12 yrs old | 750 ml | \$47.99 |
| Glenlivet 12 yrs old | 1.75L | \$94.99 |
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| Grants | 1.75L | \$23.99 |
| Jack Daniels | 750ml | \$25.99 |
| Jack Daniels | 1.75L | \$45.99 |
| Jack Daniels Fire | 750ml | \$25.99 |
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| Jameson | 1.75L | \$54.99 |
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|-----------------|-------|---------|
| Beefeater | 1.75L | \$35.99 |
| Bombay Sapphire | 1.75L | \$37.99 |
| Seagram's gin | 1.75L | \$19.99 |
| Tanqueray | 750ml | \$21.99 |
| Tanqueray | 1.75L | \$36.99 |

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|----------------------|-------|---------|
| Courvoisier V.S. | 750ml | \$31.99 |
| Courvoisier V.S. | 1.75L | \$53.99 |
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| Remy Martin V.S.O.P. | 1.75L | \$99.99 |

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|----------------------|-------|---------|
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| Duggan's Irish Cream | 1.75L | \$28.99 |
| Kahlua | 1.75L | \$39.99 |
| Krupnik | 750ml | \$17.99 |
| Licor 43 | 750ml | \$25.99 |
| Licor 43 | 1.75L | \$42.99 |

VODKA

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|--------------------------|-------|---------|
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| Absolut (regular) | 1.75L | \$29.09 |
| Belvedere Vodka | 750ml | \$27.99 |
| Belvedere Vodka | 1.75L | \$44.99 |
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| Ciroc (all types) | 1.75L | \$57.99 |
| Finlandia | 750ml | \$15.99 |
| Finlandia | 1.75L | \$24.99 |
| Grey Goose | 750ml | \$24.99 |
| Grey Goose | 1.75L | \$39.99 |
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| Ketel One | 1.75L | \$39.99 |
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| Pinnacle (80 proof) | 1.75L | \$17.99 |
| Skyy | 1.75L | \$19.99 |
| Sobieski | 750ml | \$11.99 |
| Sobieski | 1.75L | \$19.99 |
| Stolichnaya (all types) | 1.75L | \$29.09 |
| Tanqueray Sterling | 750ml | \$19.99 |
| Tanqueray Sterling | 1.75L | \$30.99 |
| Three Olives (all types) | 1L | \$19.99 |
| Tito's Vodka | 1.75L | \$30.99 |

RUM

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|----------------------|-------|---------|
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| Bacardi Light & Gold | 1.75L | \$19.19 |
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| Malibu | 750ml | \$17.99 |
| Malibu | 1.75L | \$25.09 |

TEQUILA

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|------------------------------|-------|---------|
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| Deleon Blanco Tequila | 1.75L | \$59.99 |
| Patron Silver | 750ml | \$46.99 |
| Patron Silver | 1.75L | \$99.99 |
| Cantera Negra Coffee Tequila | 750ml | \$26.99 |

BEER

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| Bud and Bud Lite cans | 30pk | \$24.99 |
| Bud and Bud Lite loose bottles | 24pk | \$20.99 |
| Coors Lite (24oz) cans | 12pk | \$17.49 |
| Coors Lite/Miller Lite loose bottles | 24pk | \$20.99 |
| Coors Lite/Miller Lite | 30pk | \$24.99 |
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| Dab (16oz) cans | 24pk | \$23.99 |
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| Land Shark | 24pk | \$26.99 |
| Lech (500ml) | 20pk | \$28.99 |
| Modelo Especial cans | 12pk | \$15.99 |
| New Belgium Fat Tire | 24pk | \$34.99 |
| Pabst Blue Ribbon cans | 30pk | \$19.99 |
| Pilsner Urquell | 24pk | \$32.99 |
| Sagres | 24pk | \$24.99 |
| Sam Adams Boston Lager | 24pk | \$33.99 |
| Stella Artois loose bottles | 24pk | \$29.99 |
| Yuengling Lager bottles | 24pk | \$20.99 |
| Zywiec (11.2oz) | 24pk | \$20.99 |

WINE

| | | |
|--------------------------------------|-------|----------|
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| Barone Fini Pinot Grigio | 750ml | \$11.99 |
| Beringer White Zinfandel | 750ml | \$ 5.99 |
| Beringer White Zinfandel | 1.5L | \$ 9.49 |
| Black Box (All Types) | 3L | \$19.99 |
| Carnivor Cabernet Sauvignon | 750ml | \$10.99 |
| Casal Garcia Vinho Verde | 1L | \$ 5.99 |
| Cavit (All Types) | 1.5L | \$15.99 |
| Clos du Bois Chardonnay | 1.5 L | \$19.99 |
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| Ecco Domani Pinot Grigio | 750ml | \$ 9.99 |
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| Coupons not valid on sale items. | Coupons not valid on sale items. |
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"Cold or warm Beer = Same Price"

"Visit the store for more In-Store Specials!"

ABC prices prevail other prices, limited to store inventory.

Not responsible for typographical errors.

Prices may vary.