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STUDENTS GET A TASTE OF SUCCESS AT LUNCH FORUM

Rahway Public Schools

Recently, Rahway High School students were invited to participate in the second school lunch forum of the 2021-2022 school year. The school lunch forum was created out of student-led action in reaction to school lunch quality and service. After reviewing the student survey data, High School Principal Dr. Cary Fields wanted to ensure that students were heard: "I believe in elevating student voices whenever appropriate. Students are stakeholders in the educational process and their concerns should be addressed as readily as those of staff members."

Students initially completed a survey in which they were able to express their satisfaction or concern with the school lunch, and were then asked to participate in a Q & A session with members of the school lunch management team.

Pomptonian, the food service provider, used feedback from the first forum to redesign the school menu as well as offer

more choices for students in an effort to improve the quality of the food. During the second forum students were presented with smoothies, bottled water, and varied international dishes including Peruvian chicken and rice to sample.

Following the menu sampling students were able to ask additional questions. Some students were still concerned about food options for those with special dietary considerations such as vegans. Pomptonian offered several options such as black bean burgers for students with this type of diet. Additionally, Pomptonian asked students what types of food they eat when away from school. Pomptonian might then be able to mimic the food served by popular national brands to make cafeteria food more palatable to students.

Overall, students were pleased to be included in the process and be given an opportunity to voice their concerns about something that impacts them daily in school.



(above) RHS students meet with Pomptonian, the cafeteria food service provider, to break bread and upgrade the lunch menu.

Photos by Rahway Public Schools

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OUR TOWN *Rahway*

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VALENTINES FOR SENIORS

Rahway Public Schools

Recently, the Blue & Gold Club of Franklin Elementary School in Rahway made Valentine's Day cards for seniors. The cards were given out along with candy hearts to everyone playing

bingo at the Rahway Senior Center. The Blue & Gold Club is a school-based community service club. Students volunteer their time throughout the year and enjoy taking part in many different community-based service projects.



(above, l-r) Front row: Seniors Israel Torres, Elba Czeresko; Back row: Pat Ziolkowski, and Mel Dabinett enjoy Valentine's Day cards made for them by Franklin Elementary School children.

Photo by Rahway Public Schools

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DINNER IS SERVED

Rahway Knights of Columbus Council 1146

Beginning Friday, March 4, the Rahway Knights of Columbus will be serving Lenten fish dinners every Friday through Good Friday on April 15. Price: \$10 per adult, \$5 per child under age 10. Hours: 5 - 8 p.m.

In addition, on Sunday March 20, the Knights have its annual St. Patrick's Day event. Choose either corned beef sandwiches or corned beef and cabbage dinner. Start time: 2 p.m. Price: \$10 each.

Dinners for each event can be eat-in or take-out. Both events will take place at the Columbian Club Hall located at the corner of Inman Avenue and Jaques Street in Rahway. For more information call (732) 388-3990.

SPRING MUSICAL

Little Shop of Horrors!

Rahway High School is thrilled to bring our students back to the stage for a live audience for our spring musical, Little Shop of Horrors!

Directed by Alison Dooley and musically directed by Robert Van Wyk, this smash hit musical has been entertaining audiences for over 30 years. Shy florist Seymour Krelborn, hopelessly in love with his coworker, Audrey, discovers a new breed of plant he names "Audrey II." Audrey II grows into a giant, soul-singing, trash-talking menace that feeds on human blood - while bringing Seymour fame and fortune beyond his wildest dreams.

Little Shop of Horrors will be presented on Friday, March 4, and Saturday, March 5, at 7:30 p.m., and Sunday, March 6, at 2:00 p.m. at Rahway High School's Center for the Performing Arts, 1012 Madison Ave. For tickets, please visit <https://rwhs.booktix.com>.



HIGH SCHOOL SCHOLARSHIP APPLICANTS SOUGHT

Bayway Complex Community Advisory Panel

For the year 2022, the Bayway Complex Community Advisory Panel (CAP) has elected to offer High School Seniors who are residents of Linden, Rahway, Elizabeth, and Staten Island the opportunity to be awarded a CAP scholarship. Several one-year scholarships will be awarded in the amount of \$1,000 each to students in these four municipalities represented by the CAP.


The winners will be selected by the CAP Scholarship Committee, who will be taking the following areas into consideration when reviewing the applications: The applications must be computer-generated and all sections completed; Academics (transcript/SAT/ACT scores); Financial Need; Essay; Science/Math Teacher Recommendation Letter(s).

This scholarship is open to candidates who will be pursuing a college, university, career or vocational school education in the Industrial,


Process Technology, or Engineering (Chemical, Civil, Mechanical, Environmental, Computer) fields.

Please contact your high school guidance counselor for more information and the application forms. The submission deadline is March 28, 2022.

The Bayway CAP is a committee of community representatives from Linden, Rahway, Elizabeth, and Staten Island including neighbors, educators, retirees, public officials, emergency responders, and environmental organization representatives who attend quarterly meetings that serve as a forum for dialogue between the community and company representatives from Phillips 66 Bayway Refinery, Infineum USA L.P., Linden Cogeneration Plant, Veolia North America, Solutia, Linden VFT LLC, and PSEG.



Village Green REALTORS



It's March AND SO WHAT'S POPPING?

Can you smell it? Crocuses, hyacinths and tulips are going to pop; trees will bud and temps will start to pop up. After a year of stress and distress this is the fabulous & much needed anticipated pop for our mental status.

Covid stats are stbilizing and vacination stats are popping up so then mask requirements are easing, but not getting a vacination can likely pop, pop, pop your chances up to still get omicron or more.

Unfortunately it seems mortgage rates, although still relatively low, will also continue popping up. Home prices may still continue to pop up but likely smaller pops than in the past.


Get some spring in your step with my help and pop up your chances for finding or selling your home, finding that perfect apt, or locating/ selling that great commercial deal that will pop up your profits.

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Matt Dobrowolski

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620 Old Dutch Rd., Bedminster	15 Tudor Dr, Clark	27 Morrell St, Elizabeth	345 Miltonia St., Linden	2 Sherwood Cir. Linden	39 Frances Dr, Rahway
295 Douglas Rd, Bernards Twp	303 West Ln., Clark	247 Fulton St., Elizabeth	2731 Wickersham Ave., Linden	230 Marion Ave., Linden	2124 Evans St, Rahway
21 Shaffer Ave., Branchburg	84 Wheatsheaf Rd, Clark	46 Florida St, Elizabeth	1611 Wood Ave., Linden	936 Baldwin Ave., Linden	1215 Kline Pl., Rahway
77 John St, Clark	1 Jarvis Ter, Clark	43 Fox Grape Rd., Flemington	2006 Orchard Terr, Linden	1607 Summit Ter, Linden	2020 Rutherford St, Rahway
39 Frances Dr., Clark	5 Tudor Dr., Clark	244 3rd Ave, Garwood	2616 Orchard Terr., Linden	345 Raritan Rd, Linden	160 Cornell Ave., Rahway
45 Starlite Drive, Clark	14 Washington St, Clark	109 Willow Ave, Garwood	110 Main Street, Linden	1706 Westover Rd, Linden	404 E. 6th Ave., Roselle
17 Hillside Ave., Clark	118 Jupiter St., Clark	408 Hemlock St., Garwood	2603 Summit Ter, Linden	46 Edgewood Rd., Linden	217 E Clay Ave, Roselle Park
1119 Maurice Ave., Clark	61 Sycamore Rd, Clark	304 Myrtle Ave, Garwood	613 Miltonia St, Linden	612 Ainsworth St, Linden	119 Warren Ave, Roselle Park
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47 Briarwood Path, Clark	10 Wildwood Place, Colonia	91 Park Dr. Kenilworth	1037 Forest Dr., Linden	11 Clinton Ave., New Providence	302 Passaic Ave., Stirling
12 Yorktown Dr., Clark	29 Roselle Ave., Cranford	117 Woodland Dr., Keyport	207 W 11th St, Linden	701 Pine St, North Brunswick	143-C Beverly Hills Ter, Woodbridge
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RAHWAY JOB FAIR - MARCH 15TH

In response to the recent economic climate and the impacts by the COVID-19 pandemic, a Community Job Fair will be held on March 15th from 1 p.m. -4 p.m. at the Rahway Recreation Center, located at 275 E. Milton Ave, Rahway, NJ. This Community Job Fair is led by the Rahway Special Improvement District, in

partnership with the Rahway Chamber of Commerce and County of Union in an effort to connect local businesses and organizations with those seeking employment opportunities.

The upcoming job fair will feature MERCK Pharmaceuticals, RWJBarnabas Health, YMCA, Watt Hotel, and other local employers offering positions for all experience levels and across industries including pharmaceutical, medical, administrative, and customer service. Entry level positions will be available as well.

Employer registration is complimentary for Rahway based businesses and available at rahwayishappening.com/jobfair.

"In meetings with local businesses, one of the major reoccurring themes has been how staffing shortages are negatively impacting them," said Rahway Mayor Raymond Giacobbe. Both Mayor Giacobbe and Rahway City Council President Joanna Miles called upon the Rahway Special

Improvement District (SID) to act in a proactive way by hosting a job fair. "This is an important initiative for our local economy, as it will assist employers in getting the quality talent needed while simultaneously providing good paying jobs to the residents of our community," continued Giacobbe. Council President Miles echoed the mayor's sentiment and acknowledged the invaluable help of the Rahway Chamber of Commerce and the Union County Board of County Commissioners who are partnering with this event.

Heidi Loder-Rosal, President of the Rahway Chamber of Commerce, has expressed the Chamber's commitment to helping connect employers and job seekers, especially in this challenging environment.

For additional information, please contact Elton Armady, Economic Development Officer, at 732-827-2193.



Mayor Raymond A. Giacobbe and the Rahway City Council Present

RAHWAY JOB FAIR!

SPONSORED BY: The Rahway Special Improvement District, the Rahway Chamber of Commerce and the County of Union.

Featuring: Merck, RWJ University Hospital Rahway, The Gateway Family YMCA-Rahway Branch, the Watt Hotel and more.

Positions include pharmaceutical, medical, administrative, hospitality, customer service and entry-level positions.

TUESDAY March 15th 1-4PM

Location: Rahway Recreation Center 275 E Milton Ave, Rahway, NJ 07065

Employers can register at the following link RahwayIsHappening.com/jobfair

FREE EVENT! Open to the general public!

cityofrahway

BLUE AND GOLD CLUB COAT DRIVE A SUCCESS

Rahway Public Schools

Recently, the Blue and Gold Club at Franklin Elementary School in Rahway held its annual coat drive and collected over 200 coats. The coats went to people in need in the Rahway community and parishioners and at the AME Church.

This community project was run by the students in the school's Blue and Gold Club, which is made up of students who volunteer their time throughout the year. The students very much enjoy taking part in a variety of community-based service projects.



(above l-r) Franklin Elementary School's 6th graders, Sofia DaSilva and Ramely Lopez.

Photo by Rahway Public Schools



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100 DAYS AT FRANKLIN ELEMENTARY SCHOOL



Photo by Rahway Public Schools

(above) Franklin Elementary School in Rahway celebrated the 100th day of school. Students took part in various activities to commemorate the big day. It was an exciting day filled with fun and learning that students will be sure to remember. The celebratory mood is evident by colorful decorations, posters, cheerful sweaters, and broad smiles as Franklin Elementary School students and staff mark 100 days at school.



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The Post-COVID Recovery Program enlists RWJUH Rahway's highly skilled physiatrists, physical, occupational, and speech therapists who work together to evaluate and create a plan of care for each patient. Each of these disciplines is needed to address the wide range of symptoms presented by post-COVID patients, from fatigue, decreased endurance, and difficulty breathing to joint pain and problems with sleeping and concentration known as "brain fog." Patient care is provided by clinical experts at one of our three locations: RWJUH Rahway, RWJ Fitness and Wellness Center in Scotch Plains, and RWJ Fitness and Wellness Center in Carteret.

"While it is still yet to be seen if long-COVID will affect those who have contracted COVID-19 during this most recent surge, we have learned that early intervention, addressing all symptoms through a unique and interdisciplinary approach will lead to a much better outcome," said Paul Abend, DO, FAAPMR, Physiatrist and Medical Director of Rehabilitation Services, RWJUH Rahway, an RWJBarnabas Health facility.

RWJUH Rahway's Post-COVID Recovery Program requires a prescription and an initial evaluation to custom design a plan of care. For more information and to make an appointment, please call 732-499-6012.

VALENTINE'S CHEER FROM BLUE & GOLD CLUB

Rahway Public Schools

Members of the Blue and Gold Club at Franklin Elementary School in Rahway have been busy making homemade heart-shaped pillows and Valentine's Day cards. The items were delivered to the Center for Hope Hospice in Scotch Plains in preparation for Valentine's Day.

The Blue and Gold Club is a school-based club. Students volunteer their time throughout the year to help with different community service activities. They continually do a great job and work diligently to make a difference in their community. The club is overseen by the school nurse, Mrs. Barbara Maher.



(above) Franklin Elementary School's Blue & Gold Club members display their handcrafted Valentine's Day gifts made with love for local hospice patients.

Photo by Rahway Public Schools



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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. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

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- 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.'"

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PHILLIPS 66 PROVIDES DISASTER FUNDS

Phillips 66 Bayway Refinery made a \$6,600 donation to the Community FoodBank of New Jersey (CFBNJ) towards their Recovery Challenge Initiative—a three-year strategic project that prioritizes ongoing and expanded services.

With the ongoing COVID-19 pandemic and the devastating impact Hurricane Ida had on the CFBNJ Hillside, NJ facility and their community partners, CFBNJ saw many more households in need of emergency food. CFBNJ's three-pronged response plan is to address damage to the Hillside facility and underlying flood zone issues, support agency partners who were wiped out, and provide emergency food to those in Ida-impacted communities.

CFBNJ will leverage the \$6,600 donation from Phillips 66 Bayway Refinery to expand their capacity to meet the immediate need and to provide resources to mitigate long-term food insecurity.

"The communities that surround our facility have a significant percentage of low- to moderate-income families who rely on the food bank and on our continuing support during these challenging times," said Phillips 66 Bayway Refinery General Manager Chris Gallo. "We are pleased that our donation will assist the CFBNJ in continuing their important work of providing for the needs of the community."

"Amid the unprecedented challenges posed by the COVID-19 pandemic and Hurricane Ida, support for our community partners and neighbors in need is more critical than ever before," said Carlos Rodriguez, President & CEO of the Community FoodBank of New Jersey. "We're grateful to Phillips 66 Bayway Refinery for their generous contribution to our Recovery Challenge Initiative, which will help us build back our communities as we continue providing food, help, and hope."

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EARL REED SILVERS – PROLIFIC WRITER AND RESPECTED RUTGERS DEAN

Submitted by Al Shipley, City Historian and Rahway Library Research Consultant

Earl Reed Silvers (1891-1948), a Rahway resident for almost his entire life, became a widely-known author of short stories and novels and a popular and respected figure on the campus of Rutgers University in a career that spanned 37 years. His achievements in the fields of literature and academia were acknowledged when he became the first Rahwayan to be selected and included in “Who’s Who in America” (1926-1927), the well-known list of noted American personages. Although he was recognized well beyond the bounds of Rahway, he remained a familiar figure in the city by serving on important civic boards and taking an active part in community groups.

Silvers, whose ancestry had deep roots in Rahway, attended the city’s grammar schools and graduated from Rahway High School in 1909. After graduation he attended Rutgers University where he was editor of the university’s newspaper, *The Targum*, and the senior class yearbook, *The Scarlet Letter*. An all-around student/athlete, he was president of the Varsity Club and the vice-president of the Philoclean Society, a university literary group. He graduated in 1913 with high honors and was elected to membership in the Phi Beta Kappa Society.

Shortly after returning to Rahway, he became editor of the *Rahway News Herald*, a bi-weekly publication of local news. His tenure as editor was short lived, however, as he was called back to Rutgers to begin a career that would last almost four decades. He spent his first year in the position of Alumni Secretary and in 1916 was promoted to the office of Assistant to the President, a post he held until 1925. During World War I he directed the university’s War Service Bureau and subsequently wrote a history of the Rutgers men who served in the war. After nine years on the president’s staff, he was named Director of Public Information and eight years later became Director of Alumni Public Relations. It was in this position that he was

awarded First Prize for the Best Editorial of the Year (1936) by the American Alumni Council for his entry “At Rutgers No Athletics are now being Over Emphasized.” The editorial was written in defense of collegiate athletes in view of reports alleging that universities were buying athletes to participate in their athletic programs. Silvers founded the Rutgers Alumni Quarterly and edited its successor, the Rutgers Alumni Monthly. In 1937 he was appointed the first director of Rutgers University Press. It should be noted that while he was fulfilling the responsibilities of these various important positions, he was educating the young men of the university as an Associate Professor of English. In 1944 he was named Dean of Men, a position he held until his death in 1948.

It was after Silvers started his work at Rutgers that he began to write. Penning his first story in 1916, he would go on to produce more than 1000 short stories, 27 adolescent-themed novels and several books for adult audiences. His Dick Arnold and Nick Beals serials were tales about the exploits of high school athletes and students. In these entertaining stories, the author always presented a sensitive and insightful analysis into the situations encountered by young adults. He was a prolific contributor to magazines, including *Boy’s Life*, *Reader’s Digest*, *American Magazine*, and *Good Housekeeping*, often writing under the penname David Stone. Silvers was published in so many magazines so frequently that he once wrote an article that became popular for would-be authors titled, “The Editor Accepts – How to Write Short Stories that

Magazines Buy.” One of his short stories, “If in Years to Come” was dramatized by Orson Wells as a radio feature in 1941. The famous actor/director praised the story as, “One of the warmest and nicest love stories I have ever found for radio.” In 1942, he was awarded an honorary degree of Doctor of Letters by his Alma Mater.

With all of his responsibilities at Rutgers and the efforts he devoted to his writing, Silvers still gave time and attention to his home town, most often serving on committees that involved youth. He was a member of the Board of Education, serving several terms as its president, and was an influential member of the Juvenile Advisory Panel. In 1942 he was named secretary of the Recreation Planning Committee, a group formed to find a suitable recreation facility for use by the black community. He was a faithful member and elder of the First Presbyterian Church and was active in several social clubs including the Ilderan Outing Club.

Upon his passing, funeral services were held at Kirkpatrick Chapel on the Rutgers campus. It was reported to have been one of the largest funeral gatherings in the history of the school. The Rutgers President gave the eulogy remarking, “He possessed the gift of being able to look into the hearts and minds of young men to understand their perplexities and their aspirations, to guide them, to restore confidence and hope. He was not concerned with a man’s ancestry, or the color of his skin, only with the quality of his mind and the color of his heart. He had unbounded faith in students and they had unbounded faith in him.”

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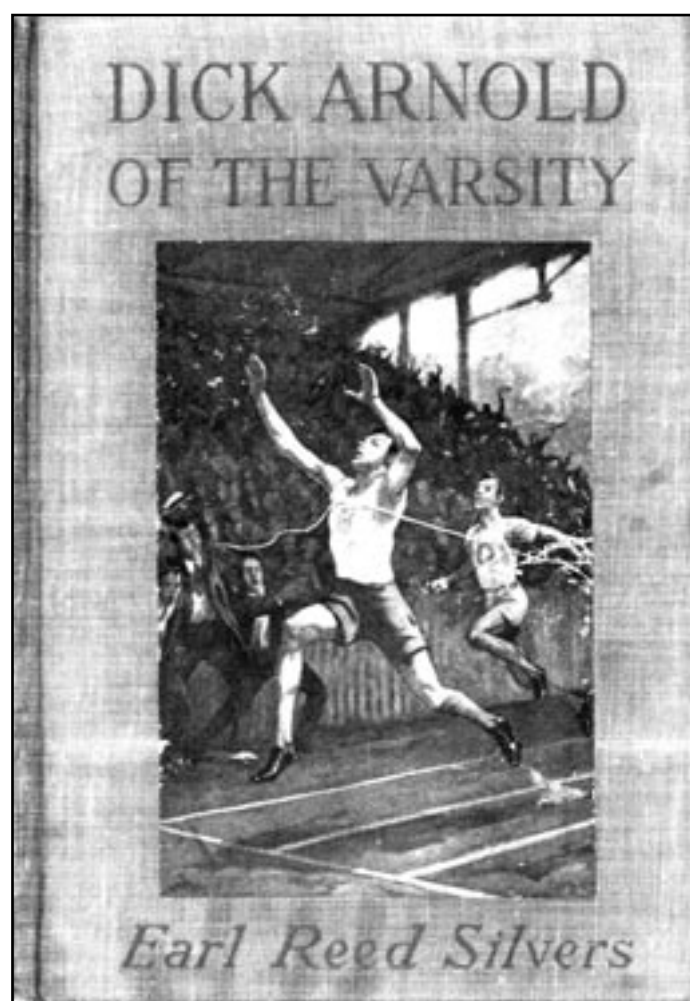
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(above) Earl Reed Silver



(above) A typical jacket cover from the Dick Arnold series.



POLLINATORS

Although most gardeners rush out into our gardens at the first sign of nice weather, many professionals suggest we wait until temperatures reach fifty degrees before we clean our gardens. This is the same time when lawns begin to turn green and forsythia bushes begin to bloom.

Why? By this time many of our pollinators have come out of hibernation and are safer from destruction caused by gardeners invading their winter habitats.

Why are pollinators so important? Creatures such as bees, butterflies, birds, hummingbirds, flies and bats are essential for our survival on Earth. Humans depend on plant pollination for many resources, including nearly all the food we eat.

Plants and pollinators have co-evolved over millions of years in this win-win relationship. Although this relationship is much older than human civilization, it is now in danger around the world and in many cases, humans are to blame.

As our population spreads out, we destroy territory never occupied by humans before, cutting down trees, clear cutting forests and meadows as our population grows faster than ever before.

In recent decades manmade chemicals have been used carelessly by uninformed people to kill every insect that walks by without a second thought about our environment or their place in it. Not only do we spray indoors, chemical companies encourage us to spray outdoors also.

Bees: When we hear the word "pollinators" many of us think of bees, and with good reason. Bees are the most efficient pollinator. A single honeybee colony can pollinate 3 million flowers a day.

Surprisingly honeybees are not native to North America. They were brought by early settlers to produce honey. Today honeybees are our most important, hard-working pollinator.

A major difference between honeybees and our native bees is our native bees don't nest in hives. They tend to nest alone or in small numbers in rock crevices, shrubbery or holes in the ground.

We should not underestimate the pollinating power of native bees. Though evolution many plants and native pollinators have perfected techniques that are unique to each plant and bee, or other pollinators species.

Butterflies: Over the centuries Monarch Butterflies have captivated humans with their bright colors and annual migration during which they often appear in large groups, called a 'roost'. The Monarchs actually migrate alone and not in flocks like birds. On this journey Monarch populations depend on Native North American "Milkweeds", the only plant on which they lay their eggs.

In our area, with modern construction taking more land for development, milkweed plants are rapidly disappearing. In rural areas and farm lands, the use of herbicides is also taking its toll



(above) Although not native, 'Honeybees' pollinate most of the food we eat.

on Milkweeds. This sadly has a negative effect on the Monarch population. They have less host plants for their eggs and caterpillars.

Milkweeds (*Asclepias*) get their name from the sticky white sap that oozes from the leaves when they are damaged. More than 100 species of this herbaceous perennial are native to the U.S. and Canada. Many have adapted to different regions of the country and a wide range of climates and terrains, from deserts and rocky areas to marshes and open prairies. Some species grow exclusively in specific regions while others will thrive in just about any habitat.

Milkweed is both a food source and the only host plant on which the Monarch lays her eggs, depositing them on the underside of the leaves. The caterpillars then feed on the leaves after hatching, but cause no permanent damage to the plant. In turn, the toxic chemicals contained in the sap of Milkweed plants make both the caterpillars and adult butterflies unappetizing and even toxic to predators.

This technique has worked so well for Monarchs, it was long believed Viceroy butterflies had evolved with similar colors and markings to mimic the Monarch and fool predators that they too are unappetizing. Recent studies now show Viceroy butterflies are also toxic.

The black swallowtail butterfly is native to eastern North America. This butterfly feeds on nectar but the caterpillar eats plants in the carrot family dill, parley, carrots, fennel and one of my favorite wildflowers Queen Ann's Lace which is not a native flower.

Because some of these herbs are common and easy to grow, many people now help these butterflies by bringing the eggs and caterpillars indoor for safety until the leave their chrysalis and can be more safely released into the wild. It is very important to ensure your herbs are pesticide free or you will poison your caterpillars. Do not feed them parsley or herbs bought in a super market.



(above) Past President of The Rahway Garden Club, James Keane, has been researching and answering garden questions since 1995.

Visit 'Keane Gardener' blog at:
keanegardener.blogspot.com

In the wild it is estimated that only 2% of swallowtail caterpillars survive to adulthood. Birds, wasp and other predators feast on the eggs, caterpillars and defenseless chrysalis (cocoon). The goal is to help these butterflies to survive to adults and reproduce the next generation.

What can we do? Plant native species such as common milk weed, a bright orange flower that attracts Monarch butterflies for food and reproduction.

I plant beds of parsley around flower beds to give the swallowtails easy to care for plants on which to lay their eggs.

Buy a hummingbird feeder to attract them to your garden. There are recipes on line that are easy to make and store. Keep your feeder clean and change nectar (simple syrup) three times a week. Hummingbirds will quickly reject a dirty feeder. Keep nectar refrigerated until use.

If you are wary of insects please just stay away and do them no harm.

Happy Gardening,

James



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THURSDAY, MARCH 17, 2022

7 PM until 8:30

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ASIAN SPOTTED LANTERN FLY CONTROL



(above) 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 Ave., Summit, NJ, at the corner of Springfield and New England Avenues.

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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9:00 am to 2:00 pm

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Registration is \$15 • Note: this is a non-rated tournament.

Scouts can register online at <https://scoutingevent.com/999999>

Non-scouts (under 18 only) can register by calling Joe Renna at 908-447-1295.

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

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This tournament meets the 6a requirement for earning a Chess merit badge.



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A CHORUS LINE COMING TO CDC THEATRE IN CRANFORD



(above) Cast of *A Chorus Line*. Visit cdctheatre.org for ticketing information.

Come be part of Broadway’s most legendary musical audition. After having been postponed from its 101st season, *A Chorus Line* will run at CDC Theatre in Cranford from March 11 through March 26, 2022. This stunning concept musical captures the spirit and tension of a Broadway chorus audition and explores the inner lives and bittersweet ambitions of professional Broadway performers. Winner of nine Tony Awards, including Best Musical and the Pulitzer Prize for Drama, the show features one powerhouse number after another. Michael Kidney leads the talented cast as director and choreographer. Visit cdctheatre.org for ticketing information.

AUDITIONS FOR A BRONX TALE

CDC Theatre in Cranford

Auditions for *A Bronx Tale* will take place at CDC Theatre, 78 Winans Ave., Cranford, NJ on March 14, at 7 p.m. for young Calogero only; and March 15 and 16 at 7 p.m. for all other roles. Callbacks will be on Tuesday, March 22 at 6 p.m. by invitation only.

Please bring a headshot and resume stapled together and provide proof of vaccination. Prepare a 32-bar cut of a contemporary Broadway song; sides will be provided.

Based on the critically acclaimed play that inspired the now classic film, this streetwise musical will take you to the stoops of the Bronx in the 1960s—where a young man is caught

between the father he loves and the mob boss he’d love to be. Featuring a book by Academy Award nominee Chazz Palminteri, music by Oscar, Grammy, and Tony Award winner Alan Menken, and lyrics by Grammy Award winner and Oscar and Tony Award nominee Glenn Slater, *A Bronx Tale* is a story about respect, loyalty, love, and above all else: family.

Rehearsals will take place at CDC, in the evenings on Tuesdays, Wednesdays, Thursdays and Sundays, starting April 5th. Performances are June 10, 11, 17, 18, 24, 25 at 8pm, and June 19th at 2 p.m. Additional information can be found by visiting cdctheatre.org.

CDC THEATRE PRESENTS

A CHORUS LINE

A CHORUS LINE

A CHORUS LINE

A CHORUS LINE

Conceived & Originally Directed & Choreographed by **Michael Bennett**
Book by **James Kirkwood** and **Nicholas Dante**
Music by **Marvin Hamlisch**
Lyrics by **Edward Kleban**
Co-Choreographed by **Bob Avian**

March 11-26 Fri/Sat-8pm
March 20-Sun-2pm

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GRANT TO ASSIST WITH CHILD CARE SERVICES

The Gateway Family YMCA

The Gateway Family YMCA was awarded a \$5,000 grant from Ronald McDonald House Charities New York Metro to assist with YMCA Child Care services. The grant includes classroom supplies and equipment promoting diversity and inclusion in learning activities, early interest in STEM and language skills, and furniture that adheres to COVID-19 best practices in child care.

"We are so proud to support the invaluable resources that The Gateway Family YMCA provides for our community," said Matt Campo, CEO, Ronald McDonald House Charities New York Metro. "We are eager to see the meaningful impact they continue to make in the lives of the children they serve," he continued.

"During the global pandemic there has been an increased need for child care for essential workers," stated Krystal R. Canady, CEO. "The Gateway Family YMCA has served the community for over 121 years and we thank Ronald McDonald House Charities New York Metro for their support. As a charity, having community partners allows us to continue to serve the community."

The Gateway Family YMCA provides child care for approximately 800 children each year and summer day camp for 1,300. Child Care and early learning programs at the Y focus on comprehensively nurturing child development by building foundational skills, fostering healthy relationships, and boosting self-reliance—all in a safe and supportive environment.

"During these challenging times, the Y has remained a constant, steady partner for our working families," said Melynda A. Mileski, EVP/COO, The Gateway Family YMCA. "Children attending YMCA child care relied on the safety, consistency, and learning provided through our Child Development Centers and caring staff."

The Gateway Family YMCA is a leading 501(c)(3) non-profit, health and community service organization committed to strengthening community by connecting all people to their potential, purpose, and each other. For more information about The Gateway Family YMCA or YMCA Child Care programs, visit www.tgfymca.org or contact 908-688-9622.

Photos by The Gateway Family YMCA



(above) The \$5K grant recently received from Ronald McDonald House Charities New York Metro will boost services given by The Gateway Family YMCA's Child Care program.

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FLINTLOCKS CELEBRATE 100TH BIRTHDAY OF MEMBER

Dr. D. Michael Hart

Not many centenarians get to celebrate their 100th birthday surrounded by friends. On Thursday, February 17, the Flintlocks celebrated Fanwood resident Joe Schott's 100th birthday. Joe has been active in this volunteer group for 33 years since retiring from Bells Labs. He recruited many of his friends to join, and even a few relatives. Joe has a wry sense of humor, so they presented him with a parking plaque which reads: "Reserved Parking Only for Flintlocks Over 100 Years Old."

The Flintlocks are a group of retired scouts who devote every Thursday all year round to helping the Scout Camps. They build cabins,

make picnic tables, paint the dining hall, do maintenance and build craft kits for the Scout shops. The Flintlocks represent a wide range of skills, including: two electricians, a millwright, carpenters, plumbers, diesel mechanics, police officers, heavy equipment operators, but also many professionals such as a dentist, two college professors, computer experts, financial advisors, salesmen, etc.

The most popular craft kits sold at the Cedar Knolls and Mountainside Scout Shops are the bird houses, bird feeders, benches and handy boxes. The men also volunteer at many of the Patriot Path Council activities for the scouts. Since they are a 501c3, they do not need to pay

sales tax, and they provide skilled labor for free. The Council has 3 camps and the volunteers are important to keep things running smoothly. Many of the scouts had children or have grandchildren in the scouts. More than half of the volunteers have been awarded the Silver Beaver Award, which is the highest National Honor offered by the Boy Scouts of America. They are an outstanding group of volunteers.

The Flintlocks meet every Thursday from 8 am to 2 pm at Camp Winnebago in Rockaway. Guests are always welcome. For information, contact Secretary Dr. D. Michael Hart by email drmhart@yahoo.com.



(above) Joe Schott seated to the immediate right of the parking sign, behind the cake, in a flannel shirt; celebrating his 100th birthday with his 24 Flintlock friends around him.



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HIRING PEOPLE WITH DISABILITIES IS A WIN FOR EVERYONE

Community Access Unlimited

Ronald Vigliano has proven himself as a valuable employee with nearly 22 years of experience working at ShopRite. He prepares orders, delivers them to customers, and processes returns at the bustling store.

Tonya Hopson enjoys her job at Target and has worked at the store for 18 years, stocking and organizing in different departments and preparing drinks at Starbucks.

Vigliano and Hopson are two of thousands of people with developmental disabilities who have unique skills and a desire to work in the United States. Yet across all age groups, people with disabilities are much less likely to be employed than people with no disabilities.

The 2018 American Community Survey found that only 36% of people with disabilities were employed, compared to 77% of the total population. Further, according to a 2019 Census Bureau report, workers with disabilities earn only two-thirds as much as the average worker without a disability. Workers with disabilities have also been disproportionately affected by the pandemic, making this a critical time for inclusive hiring practices in American economic recovery.

“If they have the ability to do the work, they should be allowed to have a job,” Vigliano said. “Why not?”

Vigliano’s boss, Store Manager Frank Juba, said the store welcomes employees with different abilities and works to accommodate them.

“We’re flexible, and a gentleman like Ron is fully capable,” Juba said. “We find a position that suits their abilities.”

Vigliano and Hopson receive job coaching support from Community Access Unlimited (CAU). Every week, Deirdre McCray visits them at work to provide supervision and assistance with any work-related tasks that they need, such as, learning how to use a register or taking a training test. People with disabilities that are seeking assistance in their job search, job readiness training, or businesses looking to hire people with disabilities in New Jersey, can contact CAU. CAU is an Elizabeth-based nonprofit that seeks to integrate individuals into the community through comprehensive ways.

“The people I work with know their jobs,” McCray said. She added that she helps members stay on task and follow any business procedures and rules, as well as may pitch in physically depending on the member’s needs.

The extensive benefits of hiring people with different abilities are becoming well-documented. A 2018 study by Accenture, in partnership with the American Association of People with Disabilities as well as Disability:IN, reports that businesses that actively seek to employ people with disabilities outperform businesses that do not. Their revenues were 28% higher, net income was two times more, and profit margins were 30% higher. Additionally, workers with disabilities have high employee retention rates, high reliability, and a positive effect on employee motivation.

Vigliano and Hopson said that working is an

important part of their lives. They feel productive during the day, get out of the house, and most importantly, earn an income that helps pay their bills and other expenses.

“I like to be out of the house and the activity — I like to be working,” Vigliano said.

Hopson said she loves the people she works with and appreciates that the store hires people with different abilities.

“There’s someone at my job who is deaf, but she works great,” Hopson said. “They’re equal at my job and there’s no prejudice or anything.”

After paying bills, Hopson said her favorite way to spend her money is to take care of her dog, Lexie. For Vigliano, it’s important to have extra funds to buy his favorite foods.

“We work to find the right jobs for people with different abilities, and we want businesses to see the opportunity and benefits of hiring them,” said Sandra Lynch, Managing Assistant Executive

Director of Supported Employment and Vocational Programs.

ABOUT COMMUNITY ACCESS UNLIMITED:

Community Access Unlimited (CAU), who is celebrating 42 years in 2021, supports people with special needs in achieving real lives in the community. CAU provides support and gives voices to adults and the 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 growing each year. For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org, or by mail at 80 West Grand Street, Elizabeth, NJ, 07202.



(above) Tonya Hopson at home with her dog Lexie



(above) Ronald Vigliano delivers an order at ShopRite

FUNDRAISER FOR CRANFORD FIREFIGHTER

Knights of Columbus of Garwood and Cranford

**FINAL FOUR
Charity Fundraiser**

**Saturday, April 2
6:00pm – 11:00pm**

**Columbian Club of Garwood
37 South Ave**

Tickets \$35/person

Tickets sold at the bar or
at the door on the night of the event

venmo
@KofC6226 - use code 7778

Includes:
Draft beer, wine, soda and food from
6:00 pm – 11:00 pm

Proceeds to benefit
Cranford fireman

Robert Hurewitz

**GoFundMe
Campaign**

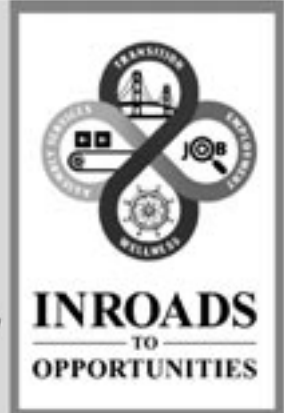
<https://gofund.me/e460a236>

(above) Help raise funds on April 2 for Firefighter Robert Hurewitz whose injuries sustained in the line of duty prevent him from working.

PRACTICE MAKES POSSIBILITIES

Could We Practice with You?

Since 1959, Inroads to Opportunities, formerly the Occupational Center of Union County provides programs and services to over 400 individuals each year with all types of disabilities and ranging in age from 16 through retirement many of whom are economically disadvantaged. Programs and services include vocational preparation, transition from school to work, job placement and more.



Inroads to Opportunities is seeking “practice” job sites that will allow us to visit your location to expose some of the adults we serve to a variety of job tasks and work environments.

Contact Dan Bagnato, Director of Vocational Services

908-241-7200 X 3032 | dbagnato@inroadsto.com

Inroads to Opportunities | 301 Cox Street Roselle, NJ 07203 |

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



Berkeley Heights COMMUNITY NEWS Qty: 4,700 Zip: 07922	THE CHATHAMS NJ Qty: 7,500 Zip: 07928	Clark Monthly NJ Qty: 6,700 Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,900 Zip: 07016	Elmhurst Hills ELIZABETH, NJ Qty: 5,400 Zip: 07208	Fanwood Post NJ Qty: 3,000 Zip: 07023
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 NJ Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
MADISON MONTHLY NJ Qty: 6,300 Zip: 07940	MOUNTAINVIEW 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 NJ 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			Rates are per month. Artwork included in price. Newspapers are black on white.							
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								

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PREPAY 12 MONTHS AND GET 3 MORE FREE

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PREPAY 12 MONTHS AND GET 3 MORE FREE**

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

CHECK TREES FOR SPOTTED LANTERNFLY EGG MASSES

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.

WHY YOU SHOULD CARE

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.

If you see a Spotted Lanternfly, help us Stomp it Out!



(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

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



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\$35
PER 1,000

MENUS

\$50
PER 1,000

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Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



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PER POST

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Single poay is \$20

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• 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

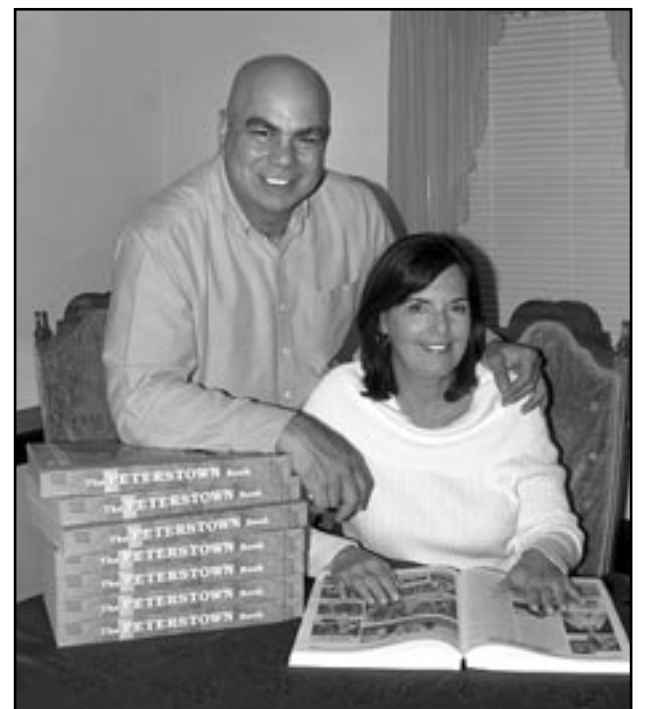
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WEBSITE
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Joe Renna at 908-447-1295

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	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$55.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$29.99
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
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Dewars White Label	1.75L	\$32.99
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Gentleman Jack	1.75L	\$52.99
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Glenlivet 12 yrs old	1.75L	\$94.99
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Grants	1.75L	\$23.99
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Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$47.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$54.99
Jim Beam Whisky	1.75L	\$29.99
Johnnie Walker Blue	750ml	\$187.99
Johnnie Walker Blue	1.75L	\$399.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$57.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double cask)	750ml	\$59.99
Makers Mark	750ml	\$27.99
Makers Mark	1.75L	\$52.99

GIN

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
Remy Martin V.S.O.P.	750ml	\$48.99
Remy Martin V.S.O.P.	1.75L	\$99.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
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

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
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
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Lukusowa Vodka	1.75L	\$23.99
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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

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$17.99
Malibu	1.75L	\$25.09

TEQUILA

Deleon Blanco Tequila	750ml	\$37.99
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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Coors Lite/Miller Lite loose bottles	24pk	\$20.99
Coors Lite/Miller Lite	30pk	\$24.99
Corona/Corona Lite loose bottles	24pk	\$30.99
Dab (16oz) cans	24pk	\$23.99
Dogfish Head 60 min.	24pk	\$35.99
Heineken/Heineken Lite bottles	24pk	\$29.99
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

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Beringer White Zinfandel	1.5L	\$ 9.49
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Cavit (All Types)	1.5L	\$15.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$199.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$ 9.99
Adagio Pinot Grigio	1.5L	\$ 9.99
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$29.99
Kendall Jackson Vintners Chardonnay	750ml	\$12.09
Kim Crawford Sauvignon Blanc	750ml	\$13.99
Louis Jadot Beaujolais Villages	750ml	\$11.99
Louis Jadot Pouilly Fuisse	750ml	\$24.99
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$43.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$10.99
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Ruffino Chianti	1.5 L	\$13.97
Ruffino Pinot Grigio	1.5L	\$13.99
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Santa Margerita Pinot Grigio	750ml	\$22.09
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