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ISSUE 115 • APRIL 2023

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IFPN SPRING GALA “SUSTAINING HOPE”

The Interfaith Food Pantry Network (IFPN) will be holding its annual Spring Gala, Sustaining Hope, on April 21, 2023, at the Birchwood Manor, Whippany. IFPN will be honoring Barclays, a British universal bank, as its Outstanding Service Award recipient for its partnership in the execution of IFPN’s strategic efforts; the Margaret A. Darrin Charitable Trust will receive the Pantry Partner Award for funding the expansion and renovation of its Healthy Choices Marketplace and Resource Center; and Chris & Jim MacDonald will be the recipients of the Neighbors Helping Neighbors Award for their long-term commitment and support of the IFPN over the last 20 years especially as volunteers and Chris’s dedication as a Board Trustee. “The individuals and organizations being honored have made significant contributions to our organization, in time, talent and treasure, and have impacted the lives of thousands of people in our community, improving their health, financial stability and well-being”, said Carolyn Lake, Executive Director.

The evening will highlight IFPN’s current goals as well as its achievements over the last year, including the expansion of its cold storage units by 550% and the distribution of 1.7 million pounds of nutritious food, including 673,000 pounds of fresh produce. Through the pantries they operate and their mobile network partners, the IFPN accommodated more than 31,000 household visits. The event will also celebrate IFPN’s future plans to welcome its clients back into its newly expanded and renovated Client Choice Marketplace this summer for the first time since the onset of the Covid-19 pandemic. “Our new marketplace will feature an expanded and updated waiting area for providing client resources and a client-choice pantry that empowers our guests to choose healthy foods that they know their families will use and enjoy”, Lake said.

Proceeds from Sustaining Hope will be used to fund IFPN Healthy Choices Marketplaces and Mobile Network programs providing healthy food to the ever-growing number of families facing food insecurity and hunger throughout



(above) The Interfaith Food Pantry Network (IFPN) is the largest and most relied upon resource for emergency and supplemental food among Morris County residents in need.

Courtesy photo

Morris County. The IFPN is currently experiencing a 49% increase in client visits in January 2023 as compared to January 2022 and this trend will likely continue as clients face high inflationary costs while concurrently, many SNAP (Food Stamp) recipients are facing a decrease in their benefits as federal emergency allotments reach an end this month. Pantry clients include low-income working families, seniors living on fixed incomes, people with disabilities and those suffering from illness or job loss.

Tickets to this fundraising event are \$250 each and include cocktail reception, dinner, silent & live auctions, 50/50 raffle and DJ and dancing. They can be purchased online at <https://one.bidpal.net/ifpn23/welcome>. For further information please contact Shana Baer at 973-538-8049 ext. 221 or sbaer@mcifp.org.

The Interfaith Food Pantry Network (IFPN) is the largest and most relied upon resource for emergency and supplemental food among Morris County residents in need. IFPN operates two food pantries, a resource center, and serves 31 partner locations throughout the County through its Mobile Pantry program. It is a registered 501(c)(3) non-profit organization. For more information or to get involved, visit mcifp.org or contact 973-538-8049.

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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 (honor, award, etc.), send us your news! Email: editor@rennamedia.com

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STIRLING STREET FAIR – SUNDAY, APRIL 23RD

This event, sponsored by the Long Hill Chamber of Commerce, will be held on Sunday, April 23rd, along Main Avenue between Mercer & Somerset Streets from 10 a.m. – 5 p.m. rain or shine. The street will be closed to vehicle traffic during the event and will be transformed into a giant block party. If you like shopping outdoors then this is the place to be.

We have quality exhibitors selling a selection of assorted items, a special arts & crafts section, live entertainment, kiddie rides and games, great festival foods and food trucks, and so much more. Don't miss stopping by the many local merchants and civic organizations to see what goodies they are passing out between Union and Essex Streets.

As you stroll along stop to have a bite to eat

and sit at tables in our live music area. See the show we have planned with live music, dancing, karate demonstrations and more. So come hungry and enjoy eating carnival food favorites like a sausage and pepper sandwich, cheesesteaks, kettle corn, chicken fingers, ice cream, zeppole, shish kabobs, gyros, fresh-cut fries, fresh-squeezed lemonade, Italian ice, and the many great gourmet foods from the food trucks.

We also have The "Kidz Traveling Shindig" which is a section dedicated to children with kiddie bounce rides, slides, interactive blow-ups, face painters, sand art and kids games just to name a few things.

For more information contact events@jcpromotions.info or call 201-998-1144.

TOWNWIDE GARAGE – MAY 6

Registration is open for the
Long Hill Township Townwide Garage Sale.

It will be held on

Saturday, May 6, 8 a.m. – 3 p.m.

Rain or shine!

The price is \$25 to have your address on the map. Registration deadline is May 2. The sale will be advertised on social media and in local newspapers.

PAYMENTS:

Please include address, phone number and email address with all payments.

Checks made out to the Stirling Elks can be dropped off in the black mailbox anytime or mailed to:

Stirling Elks, c/o Kelly Mazzocchi,
1138 Valley Road, Stirling, NJ 07980.

Pay by credit card via:

townwidegaragesale@gmail.com.

A return email will be sent to you with a link to pay by credit card.

Any questions, please email
townwidegaragesale@gmail.com

Emails will be answered within 48 hours of receipt of email.



FAITH Lutheran Church

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Sunday Mornings

8:00 and 10:00 a.m. Liturgies with Eucharist
8:45 a.m. Education Hour

Passion/Palm Sunday - April 2

8:00 a.m. Spoken Liturgy with Eucharist
10:00 a.m. Festival Liturgy with Eucharist

Holy Thursday - April 6

12 noon Spoken Liturgy with Eucharist
7:30 p.m. Liturgy with Rite of First Holy Communion

Good Friday - April 7

12 noon Ecumenical Community Service
7:30 p.m. Service of Tenebrae

Holy Saturday - April 8

A Day of Silence, Prayer & Reflection

Easter Celebration - April 9

7:00 a.m. Memorial Garden Liturgy
8:00 and 10:00 a.m. Liturgies with Eucharist

Visit our website or Facebook at
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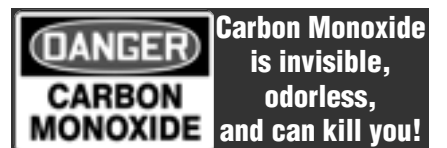
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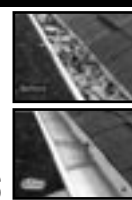
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ANNOUNCING 2022 LANDMARK TREE LIST

Long Hill Township

The Long Hill Shade Tree Commission is pleased to announce that it has put the '2022 Landmark Tree List' on the Long Hill Township website. This list highlights some of the largest and/or oldest trees found in Long Hill Township.

Susan Jeans (LHSTC Chair) and John Linson (Arborist Consultant) reviewed the list completed in 1993 and removed trees that were no longer here due to disease, storms, age or human intervention. They then selected replacement trees of interest including both native and introduced species. This is just a small sample of the fine trees in our Long Hill urban forest. They are a reminder of this precious resource that should be protected and expanded to provide shade, beauty, water control and shelter for birds and small animals that enhance our community.

Mary DeLello (Recorder) designed and created an interactive Landmark Tree list and published it on the Long Hill Township website. This very informative list includes a link to a map of Long Hill Township with the location of each tree and a link to details for each tree. Please click the link on the Shade Tree Commission page under the Government tab to see this list and to access the map and details links.

We encourage you to check out the 2022 Landmark Tree List and even to drive around to see the trees. Winter is good time to view their unique structure and bark. Please direct any questions or comments to Susan Jeans at (908) 647-5456.

TREES AVAILABLE THROUGH GRANT IN LONG HILL

Home or property owners in Long Hill can apply to purchase up to two deciduous shade trees for \$225 each through a challenge grant offered through the Shade Tree Commission. The \$225 level includes a variety of flowering and shade tree species and other species may be available upon request and at a higher amount.

Through the program, property owners may purchase a tree for about half the retail value, with the Township paying the balance with grant funds. Installation is free and arranged by the Township, resulting in substantial savings for property owners.

Business owners are also encouraged to apply, particularly those along the Valley Road corridor. All trees must be located so they can be seen from the street.

"We have seen the hazards of planting too many trees of one species such as the ash tree," said Shade Tree Commission Chair Susan Jeans. "This year therefore, we are expanding our species list to include some new and exciting choices such as the Swamp White Oak and the Eastern Redbud."

Those interested in participating must complete and application available on the township website at <https://www.longhillnj.gov/forms/Challenge-grant-program-application.pdf> This application should be accompanied by a check for \$225 per tree with a two tree limit and mailed to Township of Long Hill 915 Valley Road Gillette, NJ 07933

Applications are due by Monday, April 17, 2023. Only 20 applications will be accepted on a first come, first served basis.

Trees will be planted mid- to late-April. A Shade Tree Commission representative will contact the property owner to approve the location of tree(s) on the property and to select the variety of tree that would be the best fit for the location.

The commission reserves the right to make the final decision on location and arrangement for installation. Once installed, the property owner becomes responsible for the watering and maintenance of the tree as prescribed by the Shade Tree Commission.



(above) "The Swamp White Oak is a great choice for a shade or street tree, with the ability to grow at a moderate pace and live more than 300 years. It's the kind of tree you plant for not only your enjoyment but for the benefit of generations to come."



(above) Eastern Redbud "Rosy pink flowers appear in April. Reddish-purple leaves change to dark green, then to yellow. Forms a spreading, graceful crown. Full sun or light shade. Partial shade preferred in windy, dry areas."

Photos by Arbor Day Foundation

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CLASS OF 2023 PROJECT GRADUATION SEEKS COMMUNITY SUPPORT

The Watchung Hills Regional High School Project Graduation Committee has been busy working on the Class of 2023's Senior year events and graduation night event since the beginning of the school year in September.

This year's graduation night event will take place at Iron Peak Sports & Events. Project Graduation is a year-long celebration for the

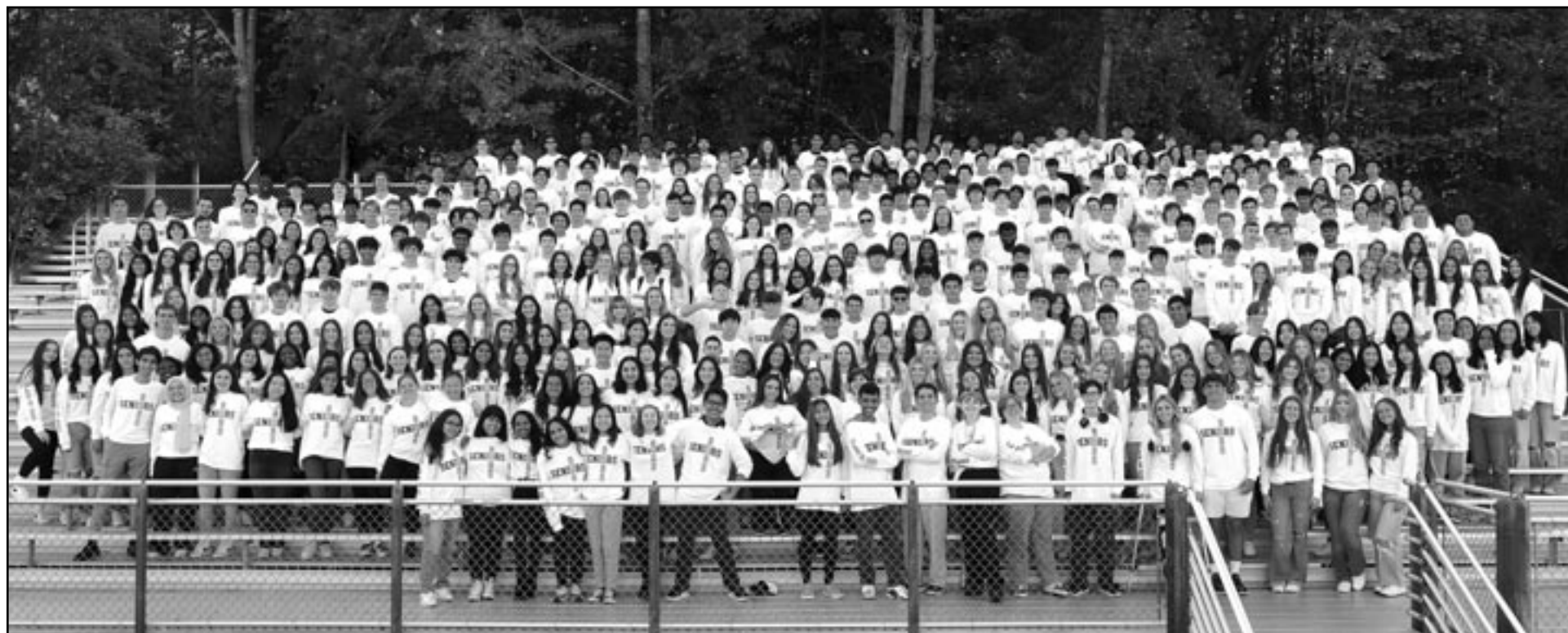
Senior Class that began in October with the distribution of "Senior Class of 2023" t-shirts where students then had a class photo taken to help kick off their Senior Year!

The Project Graduation event is held the night of graduation to help safeguard our Seniors by providing a fun filled, substance free celebration

in a safe environment to keep our graduates safe.

Parents, community members and local businesses are the heart of our success.

Please show your support to our program by sending in your tax-deductible donation today to WHRHS Project Graduation,
108 Stirling Road, Warren, NJ 07059.



(above) Please show your support by sending in your tax-deductible donation today to WHRHS Project Graduation, 108 Stirling Road, Warren, NJ 07059.

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**ATTENTION
PARENTS
OF KIDS
AGES 6-18**

Summer Athlete Performance Camp in Berkeley Heights

**Discover how to get your children strong, fast, and confident
this summer...so they can become the best athletes they can be.**

This program is for your child if:

- They want to get better at sports but struggle because of **lack of speed, strength or stamina.**
- They **eat more junk food than healthy food** and you need another voice to help them understand how important a healthy diet is during these developmental years.
- They **need to improve their confidence** and you want them to start to get better at recovering from their mistakes.
- They're doing pretty good right now but want to take their performance in their sport to a **higher level.**

Here's what parents can expect to happen:

- **They will get stronger** which means when they show up to their sport they'll be able to perform better than ever.
- **They will run faster and jump higher** so they can show up to their next season and people will start asking what the heck have they been doing.
- They'll become **more coordinated and improve agility** which means they'll pick up new skills their coaches teach them faster.
- **Your children will start to eat better** because we'll be educating them daily on what's good and what they should avoid...don't be surprised if they start asking you to buy more vegetables.
- **Confidence will skyrocket.** When kids get stronger, faster and more fit...their confidence will rise ...so will their self-esteem which means their performance in every aspect of life will get better.
- **Their mindset will improve.** We're going equip your child with very specific mindset skills that'll help them learn how to transform how they think about mistakes and failures.

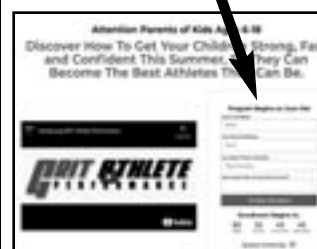


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STEP 2 Enter Your Info When You Get To This Page



STEP 3 Coach Mike will call you and set you up



About Grit Athlete Performance (A Gabriele Fitness Company)

GRIT helps kids ages 6-18 get strong, fast and confident so they can build a bigger and better future. They are located in Berkeley Heights inside Gabriele Fitness. All Grit coaches have been handpicked via a very lengthy interview process by Gabriele Fitness founder, Vince Gabriele.

The Details

Dates:

JUNE 19-AUGUST 24

Age Groups

6-10 (Spaces Remaining: 11)

11-13 (Spaces Remaining: 7)

14+ (Spaces Remaining 13)

Location: Sessions are held at the

GRIT SPORTS PERFORMANCE COMPLEX

(Located inside Gabriele Fitness in Berkeley Heights)

**Early Bird Registration
Expires June 19**

EASTER PIE & BAKE SALE

The St. Damien Council of the Knights of Columbus of St. Vincent de Paul parish in Stirling is sponsoring an Easter Pie & Bake Sale.

A large selection of fresh baked 10" pies along with cinnamon buns, babka, natas (custard cups), hot cross buns, specialty Easter cakes, cookies and gourmet apple filled horseshoes will be available.

Order forms can be found online at the St. Vincent de Paul Parish web site, stvincentschurch.org/k-of-c-pie-sale with the ability to pay by credit card. Pre-paid orders will be accepted through Palm Sunday, April 2nd. Pick up will be on Saturday, April 8th at the gym (clock tower) from 12:00 to 2:00 at St. Vincent's, Bebout Avenue, Stirling.

MOMS CLUB HOSTS PRESCHOOL FAIR

The MOMS Club of Long Hill is a 501(c)3 non-profit that is dedicated to assisting mothers. At the end of January the Club hosted a free "Preschool Fair" for parents and caregivers to come and see what local businesses have to offer for small children. The event had a wonderful turnout.

We were able to arrange 20 preschools and children's activities to connect with families in

our community.

Thank you to all the local schools and businesses that participated. Each school and business made a donation per table and the funds have been used to donate to a local charity. We plan to run this fair each winter.

If your preschool or business would like to participate in this fair next year, please reach out to: Longhillmoms@gmail.com.

REDUCE, REUSE AND RECYCLE EVENT – APRIL 22

The Madison Rotary Club is inviting the public to its biannual Community Shredding Day, joined by Morris Habitat for Humanity's ReStore collection truck. The event will take place from 9 a.m. to 12 noon on Saturday, April 22, 2023, at Madison Municipal Parking Lot #1, at the corner of Prospect Street and Kings Road by the Madison Volunteer Ambulance Squad.

All are encouraged to honor Earth Day 2023 and take advantage of Morris Habitat for Humanity and Madison Rotary's services to reclaim valuable space in their homes and offices at the same event, both by donating unneeded items and by safely destroying and recycling sensitive documents.

Madison Rotary has contracted a professional shredding service to provide secure and confidential destruction of sensitive documents on-site, after which the shredded papers will be recycled into other paper products. The cost is \$8 per box or grocery bag. Larger containers will be accepted and priced accordingly. Cash and checks accepted. Proceeds will be used by the Madison Rotary for service projects benefiting the community.

A truck from the Morris ReStore will

gratefully accept area residents' new or very gently used home building materials, lighting and plumbing fixtures, hardware items in original packaging, fine art and collectibles, and other home furnishings in excellent condition. ReStore's inventory is 100% donated by businesses and individuals and sold to the general public at a fraction of the retail price at their 40,000 square foot home improvement outlet located at 274 South Salem Street, Randolph, NJ and its ecommerce web site: morrisrestore.org

Proceeds are used to build affordable homes in Morris County and surrounding areas. According to Jeannie Tsukamoto, former President of both Madison Rotary and Morris Habitat for Humanity, "donations to ReStore have built 33 homes in Morris County and have kept over 15,000 tons of reusable materials out of landfills since 2007." Donations to the ReStore are tax-deductible. A receipt will be provided for ReStore donations.

Please contact Steve Shannon at realsteveshannon@gmail.com for questions about the event. Please visit madisonrotarynj.org for more information about Madison Rotary.

Long Hill Parks & Recreation Presents

SPRING EGG HUNT

SAT | APR 1ST | 10AM SHARP
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Egg Hunt for Long Hill
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IMAGINE SEEKS LOVING LISTENERS

You may be familiar with Imagine and know that the non-profit provides free peer support groups for children, youth, young adults and parents/guardians who are grieving. Did you know that the groups are facilitated by an amazing team of volunteer facilitators? Imagine's volunteer facilitators come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary.

Volunteers must be 18 years or older. Spanish-speaking volunteers are needed as well. Volunteers serve as companions and loving listeners for those who are grieving and help create a safe space where participants can share tears and embrace the joys of life.

Here's how some of our current volunteer facilitators have described their experience:

"Being an Imagine volunteer has been the most fulfilling and worthwhile volunteer experience I've ever had. I feel that the model is just what it should be, and I love being a part of it. I think being an imagine volunteer helps me fulfill my desire to be a good person." Aimee-6+ years as Imagine Facilitator

"People outside of Imagine are always supportive when they hear that I volunteer at a grief support center. But I know it can be a little confusing to hear that volunteering at a grief support center is the best night of my week. And that's the magic. That as a volunteer, the joy is not in what we bring, but what we take home from our participants." Rob-4+ years as Imagine

Facilitator

"I have found the people at Imagine to be among the best that I have ever met." Diane-6 months as Imagine Facilitator

If you'd like to join Imagine's amazing team of volunteer facilitators, there is a training planned for June 2 - 4. Each training is held from 9 a.m. - 5a.m. each day over 3 days at Imagine's Mountainside center. Imagine asks that you plan to attend the entire training. Participants in the training will have an opportunity to learn companioning and facilitation skills while sharing stories with one another and providing each other with support. Many of Imagine's facilitators come away from the training feeling truly connected to one another and describe the experience as "life changing" Participants also come away better prepared to support those at Imagine, and those in their lives who have experienced a loss.

If you'd like to join one of the upcoming trainings, please visit Imagine's website at imaginejnj.org or call the center at 908-264-3100. Imagine's staff and volunteers hope to welcome you to the team!

Imagine is a 501c3 nonprofit that offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imaginejnj.org.

FIRST AID SQUAD CONGRATULATES SIMMY PANESAR

Congratulations are in order for our long time member, Simmy Panesar, who matched for her medical school residency at Morristown Medical Center. She joined us as a high schooler, almost 11 years ago, became an EMT, and has continued to volunteer with us throughout her college and medical school years. She's going to make a great surgeon!

For more information about joining visit: longhillnj.gov/firstaid
Follow Long Hill First Aid Squad on Facebook.



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Must Sign Release, for purpose of filming job! This must be a complete remodeling job, not just patch up work. This remodeling is to be specially priced, with compensation going back to the homeowner for a signed release.

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 Ask for TV Project Department, for job evaluation and estimate of cost and compensations!

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ARM PAIN
 You Don't Have To Live With It!

That "searing, burning pain" in your arm and shoulder... that "achy, numbing" feeling in your forearm... that "tingling" and loss of strength in your hand... It interferes with your ability to use the computer, play golf, garden... to have **FUN IN LIFE!**

Arm pain, hand and arm numbness, and tingling down the arm may actually be caused by a pinched neck nerve even though you have NO neck pain - Or something as simple as tendinitis of your shoulder and forearm.

Dr. Murphy is an expert at finding the **CAUSE** of your arm pain and numbness and **CORRECTING IT... WITHOUT THE USE OF DRUGS OR SURGERY.**

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Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

NEWSPAPER ADVERTS

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 \$45 per thousand.

DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

ONLINE MARKETING

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

SOCIAL MEDIA

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

WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

CALL JOE RENNA FOR A FREE CONSULTATION.
908-447-1295

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Call today for FREE consult on marketing and business plans.

Advertise in 1 or all 24 towns



Qty: 4,700
Zip: 07922



Qty: 7,500
Zip: 07928



Qty: 6,700
Zip: 07066



Qty: 9,900
Zip: 07016



Qty: 5,400
Zip: 07208



Qty: 3,000
Zip: 07023

Section of Elizabeth, NJ



Qty: 5,500
Zip: 07932



Qty: 2,500
Zip: 07027



Qty: 3,000
Zip: 08812



Qty: 3,500
Zip: 07033



Qty: 17,900
Zip: 07036



Qty: 3,500
Zips: 07933, 07946, 07980



Qty: 6,300
Zip: 07940



Qty: 2,900
Zip: 07092



Qty: 5,100
Zip: 07974



Qty: 13,000
Zip: 07065



Qty: 5,600
Zip: 07204



Qty: 9,400
Zip: 07076



Qty: 8,200
Zips: 07041, 07078



Qty: 9,600
Zip: 07901



Qty: 6,800
Zip: 07083 (partial)



Qty: 6,200
Zip: 07059



Qty: 2,700
Zip: 07069



Qty: 11,800
Zip: 07090

Rates are per month. Artwork included in price. Newspapers are black on white.

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.

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

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

ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**

An alternative to expensive pay-per-click programs

- **FREE AD DESIGN AND COPYWRITING**

Advertising webpage includes many features including write-up, images, video, Google map, etc.

- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**

Posts shared on multiple Facebook pages and twitter.

- **PAID SEARCH ENGINE PROMOTIONS**

Posts are promoted by industry, key words and location.

- **TRACKABLE RESULTS**

All ads include a live view counter.

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com

**\$10
PER POST**

Block of 20 for \$200

Single post is \$20

**RENNA
MEDIA
.COM**

NJ LocalInfo.com

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

FLYERS - \$45 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock
Tri-fold add \$10 per thousand. Minimum order \$450

LARGE MENUS - PRINTING - \$85 PER THOUSAND

For quantities more than 50,000 cost is \$55 per thousand.

11"x17" / Full color / 2 sided / 60lb gloss coated stock. Min. order \$850
Includes folding (quarter fold or tri-fold, with or without coupons tab)

INSERTED AND MAILED TO EVERY HOME AND BUSINESS

\$60 per thousand. (as low as \$30 per thousand depending on quantity.)
Minimum order \$400

Joe Renna at 908-447-1295

email: JoeRenna@RennaMedia.com



**FLYERS
\$45
PER 1,000**

**MENUS
\$85
PER 1,000**

WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**

Basic static site that can be developed further

- **WEBSITE CREATION/UPDATE: \$2,400**

Cost for average website: 12 pages, contact form, SEO friendly, responsive design

- **WEBSITE HOSTING: \$300 PER YEAR**

Includes website hosting, software updates, monthly website content updates

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

Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

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

**STARTER
WEBSITE
\$500**

Call Walter at 201-478-7408

email: wwwinnj@gmail.com

WEBSITE AUDIT/ANALYSIS AND RECOMMENDATION PLAN

- **SEE WHAT IS WORKING AND NOT WORKING**

Know where your web traffic is coming from and why.

- **ELIMINATE / AVOID COSTLY SCHEMES**

Evaluate the return you are getting from your online marketing costs.

- **INCREASE ONLINE MARKETING RESULTS**

Recommendations include ways to increase traffic to your website

- **NO OBLIGATION**

This service is recommended even if you have an existing
web management contract. Use it to tune up your marketing plan.

**ONE TIME
FLAT FEE
\$250**

**Call for a consultation
if you do not have a website
or if need a new one.**

Call Walter at 201-478-7408

email: wwwinnj@gmail.com

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