

# Scotch Plains NJ

## WHAT'S HAPPENING MONTHLY

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### IMMACULATE HEART OF MARY SUMMER FEAST

Immaculate Heart of Mary Church held a Summer Feast on Sunday, June 25, 2023. The feast followed the 12 p.m. mass which welcomed the families that were starting the two-week Summer Academy. The Academy teaches youth about the beauty and mystery of the Catholic Mass, and the importance of the parish community in their lives.

It was all live music, fun and games until the rain started 3 hours earlier than the weather apps predicted. Then the congregation got closer, while they huddled under whichever tent they found themselves under. The grill workers kept on grilling, and Father Mike, under a large umbrella, delivered hamburgers to the tents.

For the community at large the parish has a food pantry. It also offers faith formation including a spirituality seminar series which is a book group; and the Alpha program which offers content and guidance for churches to create a space for honest and open conversations about life's biggest questions.

IHM is located at 1571 South Martine Ave. Scotch Plains, NJ. For more information about IHM and the programs they offer visit [ihmparish.net](http://ihmparish.net), or call 908-889-2100, or email [office@ihmparish.net](mailto:office@ihmparish.net).



(above) Rev. Michael G. Ward (Father Mike), delivered food to groups under their respective tents.

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(above) The Bobcats



(above) The next Alpha program will be starting in the fall. For more info, and to register, visit [ihmparish.net](http://ihmparish.net).




(above) Father Mike invited children in the Summer Academy to sit around the altar with him to listen to his homely.



Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on Scotch Plains Monthly page on [facebook.com](http://facebook.com). Feel free to "Like," "Tag," "Comment," and "Share."

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# Scotch Plains NJ

WHAT'S HAPPENING MONTHLY

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## SUMMER IN THE COSMOS: SPIRITUALITY SEMINAR

Immaculate Heart of Mary Church

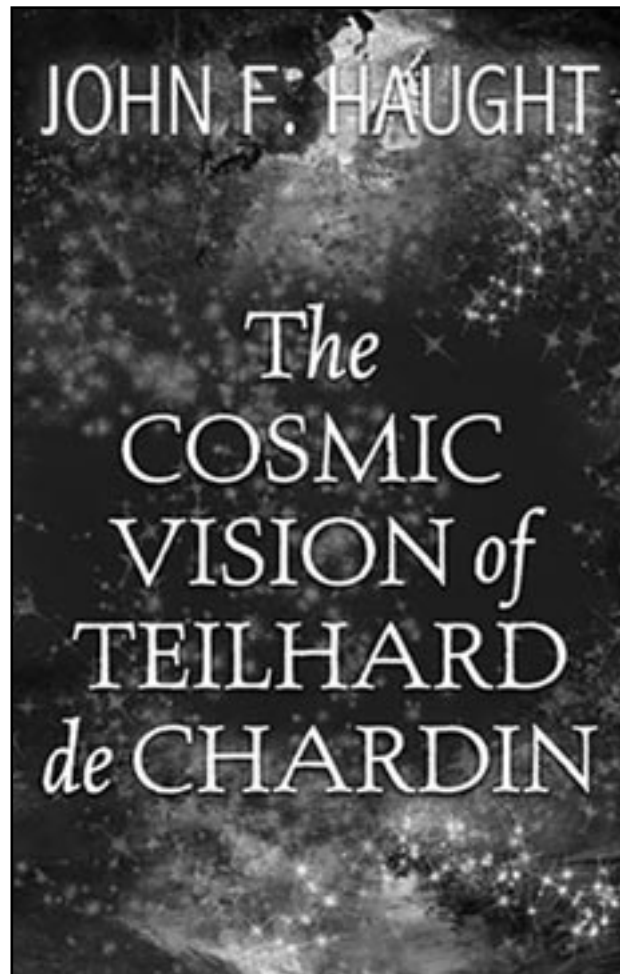
We end each liturgical year with the Solemnity of Our Lord Jesus Christ, King of the Universe. But what does that title mean? How can a deeper understanding of this solemnity transform our spiritual lives? What is this cosmic kingdom? Our spiritual guide is Teilhard de Chardin...

Our book is *The Cosmic Vision of Teilhard de Chardin* by John F. Haught. Each chapter explores a different topic—including the cosmos, spirituality, suffering, thought, God, and life—and how each topic has developed the author's own theology. In particular, the book focuses on the cosmic future and the implications of Teilhard's thought for this century and beyond.

We will gather on Tuesday evenings over Zoom beginning July 25, 2023, from 7:15 – 8:15 p.m. We will finish the Tuesday evening sessions... when we finish. Since we are dealing with the universe it seems we have all the time in the world!

The Immaculate Heart of Mary Spirituality Seminar Series is lead by Father Robert Kunze. All are welcome to join in. There is no fee to participate. You will need to purchase the book, it is available on Amazon.

Any questions, or to register, please contact Fr. Rob at [frrob@ihmparish.net](mailto:frrob@ihmparish.net).



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## \$24,000 IN STUDENT SCHOLARSHIPS AWARDED

The Fanwood-Scotch Plains Service League awarded a total of \$24,000 in student scholarships to nine deserving high school seniors at the Scotch Plains-Fanwood High School Scholarship Awards Night on May 31, 2023.

Students were selected for the scholarship awards based on a combination of their academic records and service to the community. Recipients and the schools they will be attending in the fall are Minahal Azhar (Rutgers University); Weston Fischer (Gettysburg College); Alisa Lamastra (Seton Hall University); Stephanie Muenzen (Rutgers University); Jessica Navarro (Yale University); Natasha Vega (Case Western University); Isabella Calamusa (University of Miami); Jordana Reisberg (University of Wisconsin); and Olivia Stahley (Scranton University).

The scholarships were part of a total \$60,000 in contributions by the Service League to Union County community organizations in 2023. That brings the Service League's giving to more than \$1.5 million during the 50 years that it has been in existence. Proceeds come from operation of the Thrift Shop at 1741 East Second Street - a staple in downtown Scotch Plains offering good quality, reasonably priced merchandise to customers. All goods sold at the store come strictly from very generous donors who provide the shop with new or gently used items that they

no longer need or want, giving these goods a second chance at a useful life.

Congratulations to all of the scholarship winners and to everyone in the community who donates and/or purchases merchandise at the Thrift Shop, thus allowing the Service League to serve its mission to "Help Us Help Others."

To learn more about the Fanwood-Scotch Plains Service League, the types of donations accepted and volunteer opportunities, please call the store at 908-322-5420. You can also visit the Scotch Plains Thrift Shop web site: [scotchplainsthiftshop.weebly.com](http://scotchplainsthiftshop.weebly.com), or on Facebook.



(above) Recipients of the Fanwood-Scotch Plains Service League 2023 scholarships were all smiles after accepting their awards at the Scotch Plains-Fanwood High School Scholarship Awards Night on May 31.

Courtesy photo



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*Thank you,  
Julie*



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# ST. BARTHOLOMEW CHURCH WELCOMES NEW PASTOR



(above) St. Bartholomew the Apostle Catholic Church welcomes Fr. Andy Prachar to the role of Pastor. Courtesy photo

This summer, St. Bartholomew the Apostle Catholic Church in Scotch Plains, NJ welcomes Fr. Andy Prachar to the role of Pastor.

"I am very excited about being a part of the leadership of this faith community which Fr. John [Paladino] has shepherded so well and with great love," Fr. Prachar stated.

Fr. Prachar grew up in Newark, attended Seton Hall University and was ordained to the priesthood in 1990. He served as Pastor of his home parish, Sacred Heart Catholic Church in Vailsburg, followed by fourteen years as Pastor of the Church of the Little Flower in Berkeley Heights. Fr. Prachar holds many years of experience in ministry to youth, young married couples, and serves now as a chaplain to men and women in the fire service and law enforcement.

Fr. Prachar succeeds Fr. John Paladino as pastor. He held the pastorate for eighteen years. As Fr. Paladino moves to a new assignment, he

shares his hopes for the future as the church moves forward in its 75th year:

"As we commemorate this milestone, let us not only look back with gratitude but also forward with renewed determination. The journey that began 75 years ago is far from over. It is an opportunity for us to recommit ourselves to the values that have defined our church—compassion, forgiveness, and service to others."

The parish community of St. Bartholomew Church sends Fr. Paladino off to his next assignment with great love and deep gratitude for his many years of faithful leadership and service to the Church. The community offers a warm welcome to Fr. Prachar and, echoing Fr. Paladino's vision for the future, looks forward with eager anticipation and hope for what is yet to come.

Find out more about St. Bartholomew the Apostle Church parish at [www.stbartholomewchurch.org](http://www.stbartholomewchurch.org).

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## ENRICHING THE COMMUNITY THRU FLOWERS

### *Rake & Hoe Garden Club*

May was a busy month for the Community Projects Committee of the Rake & Hoe Garden Club of Westfield. On May 9, members of the club met at Jardine Academy in Cranford, to help the children plant a variety of annual flowers in colorful planters. A total of 83 planters were filled and decorated with satin bows made by club members. The children gave these beautiful planters to their mothers on Mother's Day.

Nine days later, club members met at the First Baptist Church of Westfield where Mobile Meals originates and made 55 colorful small floral arrangements in laundry detergent caps using Gerber Daisies and garden greens. The arrangements were placed on the meal trays and delivered to the clients. The club preforms this service in spring, fall and winter and is much appreciated by the clients who look forward to receiving these cheerful floral arrangements.

Both projects were coordinated by Betty Gulino (Chair of the Community Projects Committee) and made possible by club members who gave generously of their time and talents.

Rake and Hoe Garden Club meets on the second Wednesday of the month at 12:00 p.m. at Shady Rest Country Club, Scotch Plains. Meetings feature speakers on horticulture, floral design, floral crafts, and environmental topics.

Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga 908-228 2865 or visit the club's website, rakeandhoegc.org, or Facebook page.



*(above, l-r) Floral Arrangements for Mobil Meals: First Row: Carmen Skoletsky, Margot Partridge, Betty Gulino, Kay Cross; Second Row: Jane Christiani, Cathy Becker, Donna Sevchuk and Martha McDonald. Not pictured: Regina Kelley, Lena Peitsinovski, Beth Siano and Mabel Woloj*

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## CANTOR JACOB GREENBERG WELCOMED



(above) Jacob Greenberg  
Cantor, Congregation  
Beth Israel

Congregation Beth Israel (CBI) in Scotch Plains welcomed Jacob Greenberg as its new cantor on Friday, June 30. His predecessor, Matt Axelrod, served as cantor of the synagogue for 33 years and is departing to become the Executive Director of the Cantors Assembly, the professional organization of cantors in the

Conservative Jewish movement.

Jacob Greenberg comes to the Scotch Plains synagogue from Congregation B'nai Israel in Toms River, NJ, where he served as Cantor and Youth Director for the past three years. In Toms River, Cantor Greenberg produced many large concerts and performed at several gatherings in the community. He also served on the Board of Directors of the Jewish Federation of Ocean County.

Originally from the Baltimore area, Cantor Greenberg received his Masters of Sacred Music and Cantorial Ordination from the Jewish Theological Seminary in New York and his Bachelor of Music in Vocal Performance with an emphasis in Pre-Cantorial Studies from the Hartt School of Music in Connecticut.

"We are excited to welcome Cantor Greenberg to CBI as our newest member of the clergy," said Ryan Teicher, president of Congregation Beth Israel. "Jacob Greenberg demonstrated the passion and maturity we were looking for in a cantor. More importantly, we experienced an instantaneous connection with Cantor Greenberg and felt he was a great fit for our close-knit synagogue family. He felt that connection too, and really wants to be part of CBI's present and future."

"I was so impressed with the enthusiasm and energy Cantor Greenberg brings to the bimah when leading services," said Howard Tilman, Rabbi of Congregation Beth Israel. "We immediately felt at home with his presence and leadership, which will help ensure a smooth transition into the High Holidays and beyond. Cantor Greenberg connected well with students and adults of all ages and is excited to work with B'nei Mitzvah families and many other members of our community."

Congregation Beth Israel is an egalitarian Conservative synagogue, serving the religious, cultural, educational and social needs of congregants from Scotch Plains, Fanwood, Westfield and surrounding towns. It has an active Sisterhood, Men's Club and youth group, plus a wide array of programs, ranging from adult education courses to social action opportunities.

## RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

### DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



### If Knee Surgery Sounds Scary, It Should

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

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

### Consider This Alternative To Surgery

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

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

### How Does This New Treatment Work?

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

### Do you Suffer from any of these Symptoms?

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

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

### Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

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# 40TH ANNUAL LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS

Fanwood and Scotch Plains police officers participated in the 2023 Law Enforcement Torch Run, the statewide fundraiser for the New Jersey Special Olympics.

It's the 40th anniversary of the event which benefits those with special needs with inclusive athletic programs, support and competition in the Special Olympics. Known as Guardians of the Flame, law enforcement agencies nationwide participate to raise millions of dollars to allow

young men and women with intellectual disabilities to participate free of charge.

Running for Fanwood was Lt. Dan Kranz. He was joined by Scotch Plains officers Gerard Rites, Vincent Conti, Michael Baltazar, Joseph

Kostecki, Krysti Janusz, Damian Serafin and Charles Tripet. They mustered at the 7-11 on South Avenue to take the symbolic "torch" from the Westfield Police, then ran through downtown Fanwood into Scotch Plains.



(above, l-r) Gerard Rites SPPD, Vincent Conti SPPD, Daniel Kranz FPD, Michael Baltazar SPPD, Joseph Kostecki SPPD, Krysti Janusz SPPD, Damian Serafin SPPD, Charles Tripet SPPD.

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## SUMMER FAN JAM - JULY 9TH

The GWACC Chamber of Commerce is thrilled to unveil the highly anticipated Fanwood 6th annual Summer Fan Jam, the ultimate celebration of music, arts, and community spirit! Mark your calendars for this sensational event taking place in the heart of Fanwood in LaGrande Park on July 9th from 11 a.m. to 7 p.m. Get ready for an unforgettable day filled with sensational performances, engaging activities, and so much more! This year the Presenting Fan Jam Sponsor is the Family Investors Company, and the Official Sponsor is Dentalcare Associates. GWACC would like to thank all the sponsors of Fan Jam for making the event possible.

A combination of a classic car show and a Kids Zone ensures there's something for everyone to enjoy. The Classic Car Show brought to you by Hot Rod Mike will be a highlight for car enthusiasts and those who appreciate vintage automobiles. You can expect to see a wide range of classic cars on display, including well-preserved models from different eras. The show might feature various categories, such as muscle cars, hot rods, vintage imports, and more. Attendees will have the opportunity to admire these beautiful vehicles, learn about their history, and engage in conversations with passionate car owners. The Kids Zone is an area specifically designed to entertain and engage children. It typically includes a variety of activities, games, and attractions suitable for kids of different ages. The exact offerings may vary, but you can anticipate things like inflatable bouncy castles, face painting, arts and crafts stations and carnival-style games. The Kids Zone aims to create a fun and safe environment where children can have a great time while their families explore

the rest of the event.

Alongside the Car Show and Kids Zone, the Fan Jam features live entertainment to keep the festive atmosphere alive. This includes live music performances by professional bands all day long on the main stage. At 12 noon, Macho Men (Classic & Punk Rock) will start the day; followed by Higher Ground (Oldies, Goodies and Old Rock). At 2 pm, The Funktion Band (Soul, Funk and Pop) is returning to Fan Jam once again but popular demand. At 3:30 pm, Christina & the Gents (Rock, Pop and Metal Hits) will perform and then at 5:30, Radio Petty (an awesome tribute to Tom Petty and the Heartbreakers!) will close out a full day of fine entertainment. Bring your lawn chairs and blankets and sit back and enjoy the music. The entertainment aims to provide a lively backdrop and enhance the overall experience for attendees.

Fanwood Summer Fan Jam will offer a variety

of food and refreshment options. You can expect to find food vendors and food trucks serving a range of cuisines, including classic festival fare like hot dogs, burgers, pizza, ice cream, and other tasty treats. Cousins Main Lobster is expected to attend. There will also be a Sheelen's Crossing Beer and Wine Garden offering refreshing adult drinks to quench your thirst while you enjoy the music from the stage.

Once again, our thanks to Aimee Nuzzo, GWACC Board member and Fanwood Resident for her leadership in managing this wonderful event from its inception in 2017.

There is Free Parking available at the South Side lot of the Fanwood train station. Please note that pets, skateboarding and roller blading are prohibited in the festival area. For further information, please contact the GWACC, 908-233-3021, or visit the website [www.gwaccnj.com](http://www.gwaccnj.com) and look for Street Fairs.

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# IS IT REALLY POSSIBLE FOR A KID TO LEARN HOW TO RUN FASTER?

Retired San Francisco 49ers QB Joe Montana, is arguably one of the greatest NFL players that has ever played football...when his son started playing football it would have made sense for him to help his son learn how to play Quarterback.

But that's not how it went. Joe Montana had to hire a quarterback coach to help his son be a better football player. Here's possibly the greatest NFL QB of all time, needing to hire someone else to help his son. It was not that Joe Montana was not equipped for the job...it was that his son needed a second voice to help him get to the next level.

Many parents who have much less knowledge, experience, and skills than Joe Montana are in the same boat in regards to helping their kids get stronger, faster, and more confident.

Most parents we've come across want their kids to eat healthier, be more active, and have a stronger mindset. But many have told us they need help.

Even with the constant reminders of telling their kids to eat more vegetables, get outside instead of watching TV, practice their sport more, get to bed earlier...they find that sometimes the message falls on deaf ears...and some backup would be helpful toward their vision of helping their kid be the best they can be.

Parents have told us that having us (the Grit Athlete Performance Coaches) as a second voice to help reinforce the habits they want for their kids...is changing the game.

Further...Our Grit Athlete Founder has over 20 years experience with training athletes himself...and certainly knows a LOT more about getting stronger and faster than the average parent...But has all 3 of his children (9, 8 and 6) enrolled in Grit year round...because he knows the power of that second voice.

And after they come through our program, parents tell how it's turbocharging their parenting. Here are some real-life examples that have been reported...

Before, parents struggled with getting kids to eat vegetables...now their kids are asking for more.

Before, parents struggled with getting their kids to get enough sleep...now their kids are getting to bed earlier on their own.

Before, parents struggled with getting their kids to watch less TV or play video games...now they are limiting these activities because they've learned they don't really help them become better athletes.

Before, parents struggled with helping their kids have more confidence...now their kids are doing things out of their comfort zone more often which is helping them believe in themselves which further improves self-esteem.

Before, parents had no clue how to help their kid get faster...now they are faster because they've learned that speed is a skill, and a few simple tweaks can make a kid faster immediately.

Before, parents could not get their kids to make their beds...now their kid makes their bed each morning on their own

because they learned that making their bed in the morning helps them have a better day.

Before, parents struggled with getting their kids to do even one good push-up...now they catch them in their room practicing on their own.

Before, parents wanted their kids to have more determination and grit when training new things...now they are staying calm under pressure and seeking out challenges instead of avoiding them.

Many times it's not about telling your kid to eat more vegetables or stop watching TV...but rather finding the right environment for them to be more successful.

Right in your backyard, there's a team of great coaches waiting to be second voices for your kids...so that all the things you're teaching as parents will be reinforced. But most importantly, the results you're after for your kids will actually become a reality. The Grit Athlete summer Sports Performance session runs June 19 until August 24 in Berkeley Heights NJ, visit [www.gritathletes.com](http://www.gritathletes.com) to fill out an application for your child.

*Grit Athlete Performance is a Sports Performance Training Company located in Berkeley Heights that helps kids ages 6-18 get strong, fast, and confident so they can have a bigger and better future. They have just released the dates for their summer program that starts on June 19 and runs til August 24.*

*Visit [www.gritathletes.com](http://www.gritathletes.com) to register for their summer session...or see below for more details...*

**Do you want  
GRIT ATHLETE PERFORMANCE  
to Help You with all of this?**

**The Summer Program began June 19.  
Scan the QR code to see if  
there is any availability left.**

***The program ends August 24***



Scan QR Code for cost, timeslots, and dates.



## Attention Parents of Kids Ages 6-18

# UPDATE: THE GRIT ATHLETE PERFORMANCE SUMMER PROGRAM HAS STARTED!

Scan Below to see if there are any spots left.

We'll have your kid stronger, faster, and more confident...guaranteed.

### 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.

## HAPPY PARENTS TALKING ABOUT THE PHYSICAL AND MENTAL TRANSFORMATION OF THEIR KIDS...

- “When my son started Grit he was quiet, shy, and had some difficulty with movements...Now he is confident in himself, has become more vocal, and is mastering the exercise he struggled with in the past.”  
*- Jen O'Brien, Grit Athlete Parent*
- “My son is more disciplined and confident in himself”  
*- Steve Hughes, Grit Athlete Parent*
- “I have watched my children become more confident and vocal.”  
*- Christine Stramandinoli, Grit Athlete Parent*
- “His confidence has shot up in the last few months...and has carried forward to the way he approaches other activities like sports and schoolwork. My son is now making his bed daily and exercising every day.”  
*- Catherine Solfaro, Grit Athlete Parent*

## GET MORE INFORMATION (STARTED JUNE 19TH)

### STEP 1

Scan This QR Code



### STEP 2

Enter Your Info When You Get To This Page



### STEP 3

Coach Mike will call you and set you up



**Warning: The Summer session is extremely popular and we cannot guarantee a spot in the program now that it has begun. Please scan the QR code and enter your information to find out if there are spots left in your child's age group.**



(above) Andrew Bartley & Daniela Sellinger



(above) Jacob Jones & Daniela Sellinger



(above) Gianna Tucker & Daniela Sellinger



(above) Jacob Gianna Andrew



(above) Stephanie Muenzen & Angelo Ucciferri

## SCOTCH PLAINS FANWOOD UNICO 2023 SCHOLARSHIPS

*Submitted by Angelo Ucciferri*

The Scotch Plains Fanwood UNICO chapter recently awarded its annual memorial scholarship to four exceptional local students: Andrew Bartley, Jacob Jones, Stephanie Muenzen, and Gianna Tucker. These esteemed scholarships, valued at \$2,500 each, are available to high school seniors of Italian descent who have plans to pursue post-secondary education at 2 or 4-year colleges, as well as vocational, technical, or trade schools. The scholarship winners were selected based on a combination of academic excellence, active participation in extracurricular activities, and civic engagement.

Scotch Plains Fanwood UNICO is committed to supporting local students in realizing their talents and aspirations through educational pursuits. For nearly five decades since the establishment of the chapter, over a quarter of a million dollars in scholarships have been awarded.

To learn more about becoming a UNICO member and to obtain additional information, please contact the chapter at [unicospf.org](http://unicospf.org) or [spfunico@gmail.com](mailto:spfunico@gmail.com). By becoming a part of Scotch Plains Fanwood UNICO, you can actively contribute to making a difference in the lives of students within the community.

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SCOTCH PLAINS  
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Even landscape professionals occasionally need assistance identifying problems. Diseases of trees and shrubs or insects need to be properly diagnosed before they can be cured or controlled. Luckily for us, Rutgers Cooperative Extension has county offices throughout New Jersey. Your county office can be found in the yellow pages or online. Rutgers Garden Helpline is staffed by trained volunteers to assist the citizens of their county with continuing educational opportunities supplied by Rutgers agricultural department agents during the year.

Rutgers Garden Helpline of Union County is located at 300 North Ave East, Westfield, NJ, (Colleen Fraser Building, 2nd floor)

For questions and office hours call the Garden Helpline at 908-654-9852.

There are three ways you can reach the garden helpline with your questions.

- First you can call them at number above.
- Secondly you can e-mail questions and photographs to: [mastergardeners@ucnj.org](mailto:mastergardeners@ucnj.org)
- Or clients can bring a plant, lawn, or insect samples to the office. Specimens are the surest way to guarantee a proper identification.

The Garden Helpline volunteers are well trained to identify tick species including 'deer ticks' which transmit Lyme disease to humans and pets. This is an extremely valuable service as the deer and tick population continue to grow in New Jersey. Along with garden critters the Helpline will identify house infesting insects such as carpenter ants, termites and food infesting pests.

## FARMERS' MARKETS OPENING IN JUNE



Jersey Fresh Markets offer produce grown in New Jersey and sold by the farm that grows it and are designated Jersey Fresh.

Visit

[JerseyFarmersMarkets.com](http://JerseyFarmersMarkets.com)  
For more details.



The New Jersey Council of Farmers and Communities (NJFCFC) is a non-profit organization dedicated to developing and growing the network of community farmers' markets and farmers throughout northern and central New Jersey.

## A MASS OF HEALING FOR CANCER


A Mass of Healing for Cancer will be offered on July 7 at the Koinonia Academy Gym, 1040 Plainfield Avenue, Plainfield, NJ 07060 by Fr. John Gordon, Secretary of the Office of Evangelization for the Newark Archdiocese. The

Mass is for all cancer patients, caregivers, family and friends to pray for those with cancer or have succumbed to cancer. All are welcome, there is no charge or obligation. For further information call 908-256-1788.

Jesus is Lord!

# CANCER HEALING MASS

## FR JOHN GORDON



**FRIDAY, JULY 7TH**

**7:30pm**  
Koinonia Academy  
1040 Plainfield Ave, Plainfield, NJ 07060  
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ALL MY BEING, BLESS HIS HOLY NAME!  
BLESS THE LORD, MY SOUL  
AND DO NOT FORGET ALL HIS GIFTS,  
WHO PARDONS ALL YOUR SINS  
AND HEALS ALL YOUR ILLS"*

**PSALM 103:1-3**

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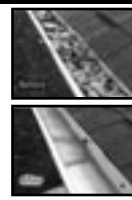
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## COLLEGE CLUB ELECTS OFFICERS

The College Club of Fanwood-Scotch Plains elected officers for the 2023-24 club year at the Annual Meeting on May 22nd. The newly elected officers are:

Co-Presidents, Jean Naugle and Joan Skubish, Vice President, Laurie Chichester, Treasurer, Joanne Sheffield, Co-Recording Secretaries, Patricia Aiere and Barbara Catterall, Corresponding Secretary, Mary Cappio and Co-Directors, Tish Isack and Dorothy Lusk.

During the meeting, Co-Presidents, Jean Naugle and Joan Skubish, reviewed the successful fundraisers, community service projects and social events of the past year while thanking and applauding the untiring efforts and

commitment of the club's 41 active members.

The mission of the College Club continues to be to empower young women through education by providing scholarships. Without skipping a beat, the newly elected officers and committee chairs will begin planning fundraisers, programs for monthly meetings, community service projects and social events for the College Club's 91st year.

New members are welcome to join the College Club in serving the local communities and helping the College Club continue its mission. Membership information and further inquiries about the College Club of Fanwood-Scotch Plains can be obtained by sending an email request to [fspcollegeclub.org](mailto:fspcollegeclub.org).

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This year's Summer Reading theme is All Together Now. Stop in the library or visit our website, [scotlib.org](http://scotlib.org), for more details.

### Monday Movies

Mondays at Noon

We'll show Monday Movies in our downstairs meeting room.

### Balance Awareness with Yasmin Ofek

Fridays at 10am

a gentle but effective approach to moving confidently throughout the lifespan. Registration is required for this virtual class.

### Hypertension Clinic

Friday, July 7, 10am to Noon

Inside the Library with a public health nurse from Union County.

### Bring Your Own Book

Monday, July 10, 10am

an informal discussion of what participants have recently read and enjoyed. We'll meet at the Library, outside if weather permits.

### Silent Reading Party

Wednesday, July 12, 7pm

Bring that book you've been meaning to pick up to our Silent Reading Party, outside if weather permits. Registration is recommended.

### Guided Meditation, with Barbara Brown

Thursday, July 13, 7pm

inside the Library. Registration is recommended.

### Senior Book Chat

Wednesday, July 19, 2pm

an informal book discussion at JerseylandPark. Please register in advance.

### Animal Friendships and Why Dogs Love Us Back

Thursday, July 20, 7pm

Author Jennifer Holland will discuss Animal Friendships and Why Dogs Love Us Back while discussing her two books. Registration is required for this virtual program.

### Drop In Crafting

Tuesday, July 25, 1-2:30pm

Bring your current work-in-progress to the Library to work alongside other crafters.

### Drop In Crafting

Thursday, July 27, 7-8:30pm

an evening session for you to bring your current project to the Library to work on.

The Hickory Tree Chorus chapter of Sweet Adelines International invites singers to register for its free "Big Summer Sing." You can come on any or all of the following Wednesdays: July 12, July 19, July 26, and August 2 from 7 to 9:30 p.m. at The Shrine of St Joseph, 1050 Long Hill Road, Stirling, NJ for chord-ringing, fun-filled, four-part a cappella music.

Each week, guests will participate in vocal and physical warm-ups and work on songs with the chorus. The chorus sings a variety of music, including old-fashioned love songs, Broadway, Disney, Beatles, and more.

For more info, or to register for the free "Big Summer Sing," visit [hickorytreechorus.org](http://hickorytreechorus.org), email [info@hickorytreechorus.org](mailto:info@hickorytreechorus.org) or call 908-377-1399.



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receive all the support you need, including training and supplies (including but not limited to dog food, crate, bowls, toys, etc.), to make this a positive and rewarding experience for you and your foster dog.

Don't wait - the need is urgent. Help us save more lives by fostering a dog today.

Fill out our foster application now at [homeforgooddogs.org/foster-application/](http://homeforgooddogs.org/foster-application/) and help us give them the second chance they deserve.

If you have any questions prior to completing the foster application you may also call our 'Foster Hotline' at 908-377-2840. If you cannot foster at this time, please share with your friends and family. Thank you for your support!

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# SALEM ROADHOUSE CAFÉ JULY SHOW

The Salem Roadhouse Café presents Carrie Jackson and the Jazzin' All Stars, Saturday, July 8, 2023. The doors open at 7:15 p.m., the show starts at 8:00 p.m. Admission is \$20 and includes show, snacks, non-alcoholic beverages, and dessert. The venue is located in the basement of Townley Presbyterian Church, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities.

Carrie Jackson has graced the stage at the Salem Roadhouse Café many times since its inaugural show. She has always brought fantastic entertainment and music to the events. Accompanied by the area's absolute finest jazz musicians, Carrie brings her clear, unique jazz vocal styles to life, from the golden era of jazz vocals to contemporary hits. Carrie rekindles thoughts of America's great jazz history and attributes her vocal style of singing to her mentors, the Great Ladies of Jazz, Sarah "Sassy" Vaughan, Ella Fitzgerald, Billie Holiday, Dinah Washington, Nancy Wilson, and Carmen Mc Rae. Newark's notable musicians include, Wayne

Shorter, Woody Shaw, James Moody, Ike Quebec, just to name a few.

Original artwork by local artist Dr. Frances E. Billups will be on display for all to enjoy at the Roadhouse gallery of Fine Art.

As always, the Salem Roadhouse Café is live, intimate, up front, and personal. All ages are welcome.

### ABOUT SALEM ROADHOUSE CAFÉ

It's not "church music." It's music music. Folks who've come to the Salem Roadhouse Café know that it's a clean, safe place for people who enjoy listening to live music — in a world otherwise filled with clubs and bars. The Roadhouse has always offered its stage to local and independent mainstream musicians. Jazz, rock, folk, and other groups have performed. What's the common thread? They're all great musicians playing the kind of music people like to hear. There's no message, just music.

The Roadhouse started in 2008 by members of Townley Presbyterian Church with a grant from the Presbytery of Elizabeth. Hey — that's why

we're located where we are, 829 Salem Rd, Union, NJ. The Roadhouse operates as a non-profit that raises funds for several carefully chosen local charities. That's its social mission.

But the many musicians who've played the Salem Roadhouse Café see it as a solid performance venue. They love it because of its special intimacy and great audiences. They say people here "really listen." Ask any of the musicians you meet here — they love to play the Roadhouse, and they want to come back often.

The Salem Roadhouse Café has raised funds for many carefully chosen charities. They include: The Presbytery of Elizabeth E-port Center, Center For Hope Hospice, Community Food Bank, Monarch Housing, Angel Paws Animal Rescue, National MS Society, Haiti Disaster Relief, Hurricane Sandy Disaster Relief, The Union County YWCA Domestic Violence Program, Making It Possible To End Homelessness, Camp Johnsonburg, The Music Institute, and others. Many thousands of dollars have been raised for these deserving charities.

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Carrie has graced the stage at the Salem Roadhouse Café many times since it's inaugural show. She has always brought fantastic entertainment and music to the events. Accompanied by the areas absolute finest jazz musicians, Carrie brings her clear, unique jazz vocal styles to life; from the golden era of jazz vocals to contemporary hits. Carrie's smooth, sultry, soulful sound has captivated thousands, and she maintains a uniqueness that is her own and proudly carries the jazz banner with her own enchanting style.

Original artwork by Dr. Frances E. Billups will be on display at the

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# WESTFIELD SUMMER CONCERT SERIES DRAWS FROM MANY TOWNS

## Westfield Community Concert Band

The Westfield Community Concert Band, under the direction of Dr. Thomas Connors, continues its 111th season with its annual Summer Concert Series in Mindowaskin Park, East Broad Street, Westfield. The band will perform Thursday evening concerts on June 29, July 6 and 13. All concerts begin at 7:30 p.m. and are free to the public.

Highlighting this season's summer concerts will be a special Independence Day program taking place on June 29th featuring appearances by the Westfield Chapter of the Sons of the American Revolution and the Westfield Town Crier. The concert series will also include performances of selections from popular Broadway musicals, including The Music Man, Wicked, My Fair Lady, and Porgy and Bess. All of the band's summer concerts will include popular marches, classical works and many patriotic compositions.

The band has been fortunate to welcome many new musicians this season, including Kyle Ora on saxophone, Tori Larsen on clarinet, Katelyn Morgan on oboe, Lisa Dubeck on French horn, Karen Zatz on French horn, Julia Duggan on piccolo, and Ann Pollack on clarinet. The band also welcomed the return of a few former members, including Ralph Ciotti on tuba and Michael Conway on euphonium. The band also welcomed the return of Dr. Theodore Schlosberg on euphonium. Dr. Schlosberg is a former conductor of the band, having served in that role from 1972 to 1978.

The band was also selected to perform at Carnegie Hall in New York City on June 12, 2023 as part of the 2023 Symphonic Series. The band performed the Robert Russell Bennet arrangement of Porgy and Bess Selection, by George Gershwin and An Irish Rhapsody, by Clare Grundman.

The band rehearses each Wednesday evening from 7:00 to 9:30 p.m. in the Community Room in the Westfield Municipal Building, 425 East Broad Street. The band's membership includes musicians from ages 18 to 90, including many active and retired music educators. Under the baton of conductor Dr. Thomas Connors, director of Instrumental Music Studies and an assistant professor of music education at Kean University, the band continues to perform a wide variety of concert band literature, including many contemporary compositions.

Experienced area musicians who are interested in a position with the band should contact band manager Barry Rosenberg at 908-337-9073 or [info@westfieldcommunityband.com](mailto:info@westfieldcommunityband.com).

The band's Summer Concert Series is sponsored in part by the Westfield Recreation Department, Megan Schaffer, Director, and is made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

Chairs and blankets are recommended. In the event of rain, the concerts will take place in the Westfield Community Room, located in the Westfield Municipal Building.



(above) The Westfield Community Concert Band continues its annual Summer Concert Series in Mindowaskin Park, Westfield, with performances on June 29, July 6, and 13 at 7:30 p.m.

Courtesy photo

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## FIBER ENTHUSIASTS GATHER TO SPIN A YARN

*Kathleen Czarnecki, Kenilworth Public Library*

When was the last time you walked into a library and saw a room filled with fiber artists spinning roving into yarn? Well... if you visit the Kenilworth Public Library the last Tuesday of each month that's exactly what you will see.

Fiber enthusiasts recently gathered from around New Jersey to take part in the library's newest program "Spin A Yarn". Participants brought spinning wheels, roving, spindles and enjoyed time crafting wool into yarn.

There aren't many places to go to gather as a group to enjoy this hobby, so staff at the

Kenilworth Public Library decided to try to bring people together. The inaugural session was held in June and was a big success.

The most important part of this group is the gathering of a community of crafters who enjoy the same unique hobby, to share their knowledge about the craft's techniques, and even the business end of it, with one another.

There are larger plans in store for this group. The future will hold a "fiber-tasting" session, where participants can learn about different types of spinning fibers. We hope to offer hands-on

technique workshops as well.

This program is free for adults. All are welcome. No registration is required. You don't need any experience to join us, we are happy to help show you how to spin fiber into yarn.

We meet the last Tuesday of each month, from 5 - 7:45 p.m.

Visit our website at [kenilworthlibrary.org](http://kenilworthlibrary.org) to view additional programs and services.

The Kenilworth Public Library is located at 548 Boulevard, Kenilworth, NJ. Our phone number is (908) 276-2451.



*(above) Kenilworth residents Suzanne and Kathleen Czarnecki, Kenilworth Library Senior Programming Library Assistant.*



*(above) Claudine is a Summit resident. She teaches sewing classes at Fabricland in Green Brook.*



*(above) Anne Choi of Bedminster, is the owner of Middle Brook Fiberworks. She is a fiber farmer (she owns Shetland sheep), and is the founder of NJ Fibershed, a network of fiber farmers raising small flocks of sheep, alpacas, goats, and other fiber animals in New Jersey. Their goal is to promote face-to-face relationships between fiber animals, farmers, and fiber artists within their community.*



*(above) Charlene, a Green Brook resident, heard about the event thru a friend.*



*(above) Keira from Jersey City.*



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

# DAUGHTER'S KIDNEY DONATION SAVED HER MOM'S LIFE

## NJ Sharing Network

Twenty years ago, Rosemarie Hampp, 58, made the loving decision to donate one of her kidneys to save her mother's life. Today, Rosemarie is forever thankful for that decision, and she is now on a personal mission to support NJ Sharing Network, the nonprofit organization responsible for the recovery and placement of donated organs and tissue in the Garden State.

"My goal is to save and enhance more lives because there are nearly 4,000 people in New Jersey waiting for a life-saving transplant," said Rosemarie. "I believe that everyone should consider being a living organ donor or simply register as an organ and tissue donor to make a positive difference in the lives of others after your time on Earth is done."

Rosemarie's fundraising efforts to support the Sharing Network Foundation have been powered by many of her family members and friends who are participating in the 5K Celebration of Life on May 20 in Ocean Grove. "Team Rosie," named in honor of Rosemarie's mother (Rose Marie Hampp), was established earlier this year to celebrate the 20th anniversary of Rosemarie's life-saving gift.

"My mom lived a healthy and happy life until she was diagnosed with primary amyloidosis," said Rosemarie. "Her health issues grew progressively worse and dialysis treatments were never easy."

Once Rosemarie learned about the possibility of being a living kidney donor for her mother, she was eager to move forward with hopes of giving her mother the gift of life. However, her parents did not want her to donate her kidney.

"Even though I knew they were against it, I secretly got tested for transplant compatibility," said Rosemarie. "When the results showed that I was a great match, I was a nervous wreck because I was not sure how I was going to tell them about it."

Although Rosemarie's mother was hesitant at first, she finally agreed. The successful kidney



(above) Rosemarie Hampp recently celebrated the 20 Year Anniversary of her kidney donation to save her mother's life. Rosemarie creates colorful Donate Life stickers to raise awareness. To support Rosemarie's efforts, visit [events.njsharingnetwork.org/go/TeamRosie23](https://events.njsharingnetwork.org/go/TeamRosie23).

Courtesy photo

transplant was completed by the medical team at Cooperman Barnabas Medical Center on December 17, 2003. Rosemarie's gift gave her mother several additional years to enjoy life's precious moments.

"We named my donated kidney 'Fred,' and we called my remaining kidney 'Ginger' because they worked well together and individually," said Rosemarie. "My mom ultimately passed away in 2006 due to pancreatitis. It was unrelated to her transplant, and her kidney always worked perfectly."

Rosemarie has also used her professional art skills to create colorful Donate Life stickers to raise additional funds and awareness. To support Rosemarie's efforts, visit [events.njsharingnetwork.org/go/TeamRosie23](https://events.njsharingnetwork.org/go/TeamRosie23).

According to United Network for Organ Sharing (UNOS), over 100,000 people in the U.S. are waiting for a life-saving organ transplant, and 17 people in the U.S. die each day waiting for an organ transplant. To learn more, get involved and register as an organ and tissue donor, visit [NJSharingNetwork.org](https://NJSharingNetwork.org).

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MFA, Rutgers-Newark

Learn at your own pace with customized sessions.  
Private lessons conducted via Skype, Facetime, etc.  
Sample my playing on Instagram & Soundcloud:  
Search "PJ Cotroneo Band". For information, contact:  
**PJ Cotroneo 908-380-8438**  
[pj@pjcotroneoband.com](mailto:pj@pjcotroneoband.com)

**STATE ELECTRIC**

Lic.# ....662200 **201-600-3530**

**COMMERCIAL & RESIDENTIAL ALL PHASES OF ELECTRICAL WORK**

- FIXTURES • OUTLETS • PANEL CHANGE
- SECURITY • HIGHHATS • CEILING FANS

Senior Citizen Discount      Free Estimates      24 Hour Emergency Service

# 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**

# RENNA MEDIA NEWSPAPER RATE SHEET

**WE MAIL 160,000 NEWSPAPERS MONTHLY!**

Tina Renna 908-418-5586 • tinarena@rennamedia.com

Joe Renna 908-447-1295 • joerenna@rennamedia.com

202 Walnut Avenue, Cranford, NJ 07016

Online at [RennaMedia.com](http://RennaMedia.com)  
and [NJLocalInfo.com](http://NJLocalInfo.com)



Call today for FREE consult on marketing and business plans.

Advertise in 1 or all 24 towns



<b>Berkeley Heights</b> COMMUNITY NEWS Qty: 4,700 Zip: 07922	<b>THE CHATHAMS</b> NJ Qty: 7,500 Zip: 07928	<b>Clark Monthly</b> Qty: 6,700 Zip: 07066	<b>CRANFORD MONTHLY</b> NJ Qty: 9,900 Zip: 07016	<b>Elmora Hills</b> ELIZABETH, NJ Qty: 5,400 Zip: 07208 <small>Section of Elizabeth, NJ</small>	<b>Fanwood Post</b> NJ Qty: 3,000 Zip: 07023
<b>Florham Park Press</b> NJ Qty: 5,500 Zip: 07932	<b>Garwood Times</b> NJ Qty: 2,500 Zip: 07027	<b>Green Brook Gazette</b> NJ Qty: 3,000 Zip: 08812	<b>BUSINESS • LIFE KENILWORTH</b> NJ Qty: 3,500 Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 17,900 Zip: 07036	<b>Long Hill LEADER</b> NJ Qty: 3,500 Zips: 07933, 07946, 07980
<b>MADISON MONTHLY</b> NJ Qty: 6,300 Zip: 07940	<b>MOUNTAINSIDE VIEW</b> NJ Qty: 2,900 Zip: 07092	<b>New Providence NEWS</b> NJ Qty: 5,100 Zip: 07974	<b>OUR TOWN Rahway, NJ</b> Qty: 13,000 Zip: 07065	<b>ROSELLE PARK MONTHLY</b> Qty: 5,600 Zip: 07204	<b>Scotch Plains NJ</b> WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
<b>Short Hills MILLBURN MONTHLY</b> NJ Qty: 8,200 Zips: 07041, 07078	<b>Summit Times</b> NJ Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> NJ Qty: 6,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> NJ Qty: 6,200 Zip: 07059	<b>Watchung Post</b> NJ Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> NJ Qty: 11,800 Zip: 07090

### NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

**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



## 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

Joe Renna at 908-447-1295  
email: JoeRenna@RennaMedia.com

**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



**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

**STARTER  
WEBSITE  
\$500**

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

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

**Marano & Sons Auto Sales:  
Not only do we sell late model pre-owned vehicles,  
but we will buy your car!**

Any car no matter how old. We will buyout your lease,  
payoff your loan, pick it up at your house.

# MARANO & SONS



## AUTO SALES INC.

### Keeping your car?

Did you know you can purchase an extended warranty for your vehicle?

- coverage up to 120,000 miles - even if you did not buy it from Marano & Sons.



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Visit our website to value your car  
**MaranoSonsAuto.com**

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In Garwood, NJ**

**507-13 South Avenue  
150 South Avenue**

**908-789-1551  
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Fax 908-789-1792**

### LOOKING FOR A CAR, TRUCK OR SUV?

Visit our lots or shop at home. Search over 135 vehicles  
by Make / Model/ Year/ Color / Body type / Engine specs / etc.



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