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# CLASS OF 2024 PREPARES FOR PROJECT GRADUATION



(above) Photo from Watchung Hills Regional High School Class of 2023 Project Graduation

## WHAT IS PROJECT GRADUATION?

Project Graduation is a tradition at many high schools to keep graduates safe and substance-free on graduation night. For WHRHS, the event will be six hours long, filled with all kinds of indoor activities, entertainment and -- of course -- lots of food and drinks! All students are required to ride the bus to and from the event, which will be held on graduation night June 13, 2024. Location TBD.

## WHO RUNS PROJECT GRADUATION?

Project Graduation is an independent parent organization with their own budget, fundraising events and planning committee. Senior parent volunteers work hard to host various exciting events that lead up to the end-of-year graduation night event.

## WHO ATTENDS PROJECT GRADUATION NIGHT?

WHRHS has approximately 500 seniors from the towns of Green Brook, Long Hill, Warren and Watchung who will be graduating on June 13, 2024. The event is open at no cost to the entire WHRHS graduating class, and we hope for 100% participation.

## WHO PAYS FOR THE EVENTS?

Project Graduation is funded completely through donations.

The ability to provide all the events throughout the year is only possible through generous donations from our families & community. This includes the parents, local businesses and community organizations. As we are a regional high school, we are reaching out to the member towns, seeking donations to help offset the costs of this celebration. In the past, we have received pledges as well as goods and services, from many different community members. If you have a business or skill you can offer or know someone willing to help, please let us know!

## HOW TO PARTICIPATE:

VENMO @WHRHS-ProjectGrad2024.

Or Mail checks payable to

WHRHS Project Graduation 2024:

Project Graduation 2024

Watchung Hills Regional High School,

108 Stirling Road, Warren, NJ 07059.

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CHERIE BERGER TEAM

COMPASS

# Watchung Post

Renna Media LLC, Publishers  
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Watchung Post is published by Renna Media. 2,700 newspapers are printed monthly and mailed to every business and resident in Watchung, NJ. Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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## SEND US YOUR NEWS

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

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## DAR HELPS STIR UP A TEMPEST WITH A TEA BAG

Elizabeth Snyder-Continental Chapter DAR

At the 128th Anniversary luncheon of Elizabeth Snyder-Continental Chapter of the Daughters of the American Revolution (DAR) held in January, the chapter reported on their first U.S. Semiquincentennial observance.



(above) Outstanding Junior Ashley Salsano (r.) pictured with DAR President General Pamela Wright at the 2023 Spring State Conference.

Members celebrated the fact that some tea supplied by the chapter was used in the 250th anniversary re-enactment of the Boston Tea Party in December. The chapter contributed a limited edition King's Coronation Tea. "It seemed appropriate," said Chapter Treasurer Barbara Pollison-Beck who donated the tea.

During the luncheon, Ashley Salsano was honored as the chapter's Outstanding Junior member. Four new chapter members were officially welcomed and Beth Kavanaugh of Oldwick was sworn in. Women observing milestone membership anniversaries were also recognized: Carol DeFilippis, Warren, 55 years; Margaret Shilay, North Plainfield, 50 years; Catherine Strohmeier, Watchung, 40 years; Patricia Sullivan, Bridgewater, 10 years.

Monthly meetings will resume on March 12 with a program on Betty Bradbury Vail and planning for a spring service project to clean and help preserve historic headstones in the area. Also on the agenda is the NJDAR State Conference in April.

The DAR is a nonprofit service organization open to women descended from an individual who aided the cause of independence during the American Revolution. New members are welcome. Contact the chapter at [ESCchapterDAR@gmail.com](mailto:ESCchapterDAR@gmail.com).







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## HEART ASSOCIATION AWARDS CERTIFICATION TO SPRING GROVE

Building on its commitment to comprehensive care and services, Spring Grove Rehabilitation & Healthcare Center in New Providence recently earned the American Heart Association's (AHA's) new Skilled Nursing Facility Heart Failure Center Certification. The 106-bed skilled nursing facility, located at 144 Gales Drive, provides post-hospital care, short-term rehab and long-term residential care.

The world's leading nonprofit focused on heart and brain health, the AHA has invested more than \$4.8 billion in research since its founding. Evaluation criteria for its new skilled nursing certification – earned by less than 2% of skilled nursing facilities nationwide, to date – was designed by heart failure experts. Certification requirements include program management, personnel education, clinical management, care coordination and performance improvement, as well as patient and caregiver education and support.

"This advanced certification provides heart patients with the assurance that Spring Grove is recognized by the AHA for delivering the most effective heart failure treatment strategies based on a standardized method of current evidence-based guidelines," said Kani Burgos, regional director of market development at Marquis Health Consulting Services, which supports Spring Grove. "These specific care strategies and services are aimed at improving outcomes for those with chronic heart failure and its co-

morbidities, as well as reducing readmissions."

Spring Grove's reputation for progressive skilled nursing care is well established. The center was named one of the nation's "Best Nursing Homes 2022-23" for long-term care by U.S. News & World Report; marking the third consecutive year Spring Grove has been recognized in at least one program category. It maintains a five-star rating for quality measures from the Centers for Medicare & Medicaid Services (CMS). More information on Spring

Grove can be accessed on the facility's website, [springgroverehab.com](http://springgroverehab.com).

Brick, N.J.-based Marquis Health Consulting Services provides administrative and consulting services to skilled nursing facilities and senior housing communities along the Eastern Seaboard. The organization's operational guidance enables its client facilities to overachieve their quality and customer service goals by embracing a progressive, multi-specialty approach to healthcare.

Courtesy photo



(above) Spring Grove Rehabilitation & Healthcare Center's interdisciplinary care team

## 4 TIME AWARDEE of US News Best Nursing Home Union County's Leading Rehabilitation Option

-  Hospitality Focused Rehab Experience with 24 Hour Guest Services Line
-  Physiatrist Driven Customized Rehab Planning our by Dr. Cristin McKenna
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# LAWRENCE LAW RELOCATES IN WATCHUNG

Lawrence Law has moved and settled into their new home at 744 Mountain Boulevard, Watchung, NJ. Lawrence Law celebrated this special occasion with a Ribbon Cutting Ceremony on November 30, 2023, with Watchung Mayor Ronald Jubin and Watchung Town Council members, Christine Ead, Sonia Abi-Habib and Curt Dahl cutting the ribbon.

The new location at 744 Mountain Boulevard, Watchung, NJ marks an exciting chapter for

Lawrence Law. The spacious and modern setting reflects our commitment to providing our clients with a comfortable and professional environment. This move signifies not just a change in address, but a step forward in our journey to better serve the community's legal needs. As we officially opened the doors to our new office, we look forward to continuing our legal services with continued energy and enthusiasm in our new, welcoming space.





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Scotch Plains. Please register before 1/29/24. More details available at [www.ihmparish.net/alpha](http://www.ihmparish.net/alpha)



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# WARRENBROOK SENIOR CENTER FEBRUARY PROGRAMS

Warrenbrook Senior Center located at 500 Warrentown Road is one of the six county operated Senior Center. Somerset County residents who are 60 years and older are welcome to participate in any of the programs at Warrenbrook Senior Center. They also provide a choice of 4 different meal choices during lunch that seniors can take advantage of during the weekdays. All the programs are free for the registered members. Please call (908) 753-9440 for more information on how to become member of the Warrenbrook Senior Community.

Below is the highlight of some of the programs available at Warrenbrook Senior Center in February.

## **Bingo**

**February 1, 28, 11 a.m.**

Bingo is more than just an exciting activity. Researchers found that playing Bingo has multiple benefits. It promotes socialization, strengthens hand-eye coordination, and improves listening and short-term memory skills.

## **Brains n Games and Hand Bells with Adrienne Graubard**

**February 2, 23, 11 a.m.**

Did you know that solving puzzles or challenging yourself with new mind-stretching activities like learning music can stimulate the brain and enhance your creative and critical thinking processes? Join Adrienne for some mind-tingling, brain-stumping word games and a fun-filled musical workout using hand bells.

## **Spring or Snow**

**February 2, 1 p.m.**

We will play the game to predict what will happen on Groundhog Day, February 2. Even though the real prediction is known only to Phil, we will have fun trying to outwit

Punxsutawney's famous weather prognosticator.

## **Martial Your Strength: Senior Self-Defense by L. Greg Smith**

**February 5, 11 a.m.**

What makes an individual feel secure? As we age, reactions to surroundings change, you get slower, perception is different, or maybe you become less aware. But there are initiatives, techniques, and tips for seniors to learn, all intended for protection. This program will build on the 2023 introduction series by taking it to the next level: high level/basic martial arts move for seniors to see, learn, and do. Lecture, demonstration, participation, and putting into practice for self-defense and life awareness.

You are never too old to learn simple yet effective methodologies that will keep you focused with 'street smarts.' Subsequent classes (1 per month) will continue to emphasize and practice evasive techniques to give you that edge.

## **Using the Dimensions of Wellness for Better Health**

**February 7, 11 a.m.**

Wellbeing is an important part of living a healthy and fulfilled life. There are eight components of Wellness defined by SAMSHA and this presentation will review all eight and how they apply to improving total wellness.

## **Tangrams**

**February 7, 1 p.m.**

The tangram is a puzzle that consists of seven flat shapes: two small triangles, one medium triangle, two large triangles, one square, and one parallelogram. The Chinese word for tangram means "seven boards of skill." The game was created in China around AD 1000 and in the 19th century was carried to Europe and the Americas by sailing ships. Learn about the history of the tangram and try your hand at making shapes in this activity.

## **Craft**

**February 9, 11 a.m.**

No better way to get ready for Valentines Day other than making a cardboard wrapped in heart using the yarn. Reena Yaseen of Brandywine Senior Living will teach us how to make a beautiful red heart using yarn.

## **Fortune Sticks**

**February 9, 1 p.m.**

In ancient China, when people needed guidance or answers to the big questions in life, they often turned to fortune-tellers. The practice is still thriving today in both traditional and modernized forms. Fortune sticks called kau chim (COW sim), sometimes referred to as "lottery poetry," are an ancient Chinese fortune-telling medium. The sticks or lots are numbered, and people draw or shake out a stick. Try your luck by pulling the stick to see what your fortune says.

## **Blood Pressure Screening**

**February 12, 10 a.m.**

The nurse from VNA (Visiting Nurse Association) will meet with you individually and take your blood pressure and answer your questions.

## **Chair Physical Therapy**

**February 12, 11 a.m.**

Improve your strength and mobility without leaving your seat. Nicholas Matthes from Trinity Health in Warren will walk you through some exercises.

## **Move & Groove Mardi Gras Game**

**February 12, 1 p.m.**

To celebrate Mardi Gras, we will play the game of strolling through the Bourbon Street at the height of Mardi Gras celebrations by rolling the dice and reaching the finish line by going through some challenges on the way.

## **Harp Performance with Patricia Turse**

**February 14 – 11 a.m.**

Patricia Turse has been a musician and music therapist for over 25 years. Join us to listen to the dulcet tones of the harp, a complicated and beautiful instrument to celebrate Valentine's Day!

## **Valentine's Family Feud**

**February 14, 1 p.m.**

To celebrate Valentine's Day we will play a modified version of Family Feud.

## **Flight Paths -Rebecca Heisman**

**(Virtual) February 15, 11 a.m.**

The fascinating story of how scientists solved the great mystery of bird migration, "Flight Paths" is an unprecedented look into exciting, behind-the-scenes moments of groundbreaking

discovery. We've all heard amazing facts about bird migration—the long distances that birds travel, the ways that they navigate, etc. But did you ever wonder how we figured all of this out? While working for the American Ornithological Society, Rebecca Heisman became fascinated with the varied and creative techniques that scientists have used to study bird migration, and this eventually became the basis for her book "Flight Paths: How a Passionate and Quirky Group of Pioneering Scientists Solved the Mystery of Bird Migration". In her talk, she'll share some surprising stories from the history of bird migration research and discuss why understanding migration is so crucial for bird conservation.

## **Craft – Bracelet**

**February 16, 11 a.m.**

Make a trendy bracelet using parachute cord and show off your fashion statement. All materials will be provided.

Pre-Registration Required

## **Presidential Games**

**February 16, 1 p.m.**

We will play a game to unscramble the names of the Presidents.

## **Pajama Party**

**February 21, 11 a.m.**

The weather is cold and it's difficult to get out of bed. So, skip the routine and get to the senior center in your lounge wear. Bring your pillows and let's have some pillow fights, play some board games, turn up the music and dance with our Warrenbrook family and sip on sugar free

Hot Chocolate.

## **Arm Chair Travels to Vietnam**

**February 22, 11 a.m.**

Vietnam! An exotic and compelling destination of epic beauty; of lush mountains and hill tribe villages, bustling cities and floating markets.

We will be watching "The land of Rising Dragon", listening to Vietnamese music and dance. At the end we will play Vietnam Trivia and do the word search.

## **History - Overlooked Ingenuity**

**February 26, 11 a.m.**

To celebrate the Black History month Carol Simon Levin portrays the NJ born colonial inventor Sybilla Righton Masters to tell the stories of women who overcame the combined barriers of gender and race and created inventions that have changed our world.

## **Breathing techniques for mental wellness**

**February 26, 1 p.m.**

Dr Prabha Srinivas will be teaching some practices that can be used to distract the mind and induce calm during an anxiety episode. A few techniques can be practiced on a regular basis to develop an ongoing awareness of trigger situations and to calm and regulate the nervous system consistently.

## **Jeopardy**

**February 29, 11 a.m.**

We will play interactive game of Jeopardy in which categories include Winter food comfort; Trivial Pursuit; Time Machine; Love Idioms; Unsolved Mysteries.



# LIBRARY'S VIRTUAL PROGRAMS

Register: <https://sclsnj.libnet.info> - Plus Number in listing

## "Walk With Me" by Kate Clifford Larson February 1, 7-8 p.m.

Explore the life of Fannie Lou Hamer who rose from humble beginnings to become one of the most powerful voices of the civil and voting rights movements for African Americans.

Register: 8660251.

## African Americans in Space Presented by Dr. Bill Thierfelder February 7, 7-8:30 p.m.

Discover some of the African Americans who've helped shape America's space program and who've introduced millions to the wonders of the Universe. Register: 8654902.

## The Tuskegee Airmen - America's First Black Pilots February 12, 7-8 p.m.

Explore the history of the formation of the Tuskegee Airmen, the unit's wartime accomplishments, and the unit's overall effect on American society. Register: 8650739.

## "A Look into Manville's Past" by Kathryn Quick February 13, 7-8 p.m.

Learn about Manville's history and evolution through wonderful photos, stories, and relics from community residents. Register: 9244240.

## Art by African Americans - From the Protest of the '60s to the Age of Black Lives Matter February 15, 7-8 p.m.

Celebrate the rich contributions these pioneers made to American culture and examine some of the work that continues to astonish art lovers today. Register: 8662569.

## A Look at Black History Through Jazz Presented by Sanford Josephson February 21, 7-8 p.m.

Explore black history through the lens of jazz with author and editor of Jersey Jazz magazine, Sanford Josephson. Register: 9018842.

## Tina Turner - Queen of Rock Presented by Vinnie Bruno February 27, 7-8:30 p.m.

Explore the life of iconic rocker Tina Turner as she found success in the rhythm and blues, soul, and rock genres in a career that spanned five decades. Register: 8644941.

## The Lunch Counter Sit-In Movement of 1960 Presented by Professor Christopher Schmidt February 28, 7-8 p.m.

Explore this defining moment of the civil rights movement and how it fits into the continuing history of struggles for equal access to public accommodations. Register: 8892280.

## "Flight Paths" by Rebecca Heisman February 29, 7-8 p.m.

Discover some surprising stories from the history of bird migration research and understand why migration is so crucial for bird conservation. Register: 8874521.

For additional assistance, call (908) 845-8400. To discover all SCLSNJ has to offer, visit [SCLSNJ.org](https://SCLSNJ.org) or connect with SCLSNJ on Facebook, Instagram, X (formerly Twitter), or YouTube.

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Somerset County Library System of New Jersey (SCLSNJ) partners with you to connect, to explore, to share, and to discover. Together we enrich lives, expand knowledge, and strengthen communities. SCLSNJ serves the following communities in Somerset County: Bound Brook, Branchburg, Bridgewater, Green Brook, Hillsborough, Manville, Millstone, Montgomery, North Plainfield, Peapack and Gladstone, Rocky Hill, Somerville, South Bound Brook, Warren Township, and Watchung. Visit [SCLSNJ.org](https://SCLSNJ.org).

# MAH JONGG CLUB OF WATCHUNG

The Mah Jongg Club of Watchung meets every Monday and Thursday afternoon at the Watchung Library beginning at 1:00 p.m. New players are welcome. Knowledge of the game is mandatory. The Club has been meeting at the Watchung Library for over 10 years. Members are from Watchung and surrounding towns. For more information, email Melanie Novello at [Novello1800@aol.com](mailto:Novello1800@aol.com).

# JOIN THE SENIORS

Watchung Seniors Club 55+ regular meetings are held the 2nd Wednesday of each month (except July and August) from 11:00 a.m. - 2:00 p.m. Meetings are held at the Watchung Fireman's Exempt Hall, 31 Mountain Blvd. Watchung (lower level, handicap accessible). Guest speakers, trips, pizza parties, and other fun events are planned throughout the year. Annual picnic in June. Join us! For more information call Madelyn 908-816-0641.

# ANGST-ANXIETY AND OUR YOUTH WORKSHOP

The Somerset County Department of Human Services and Tri County CMO is hosting a workshop called Angst-Anxiety and our Youth.

## Angst-Anxiety and our Youth Thursday, February 22, 2024 5:30 pm - 7:30 pm

Human Services Building Conference Room 1,  
27 Warren Street, Somerville, NJ 08876

Presenters: Nicole Del Duca, MA, LAC and  
Kevin Dyches, BA of Tri County CMO

Angst is a film-based program designed to raise awareness around anxiety. Angst aims to remove the stigma and open the conversation about mental health, helping our youth and their families understand that a certain amount of anxiety is healthy and when to recognize when it's too much. The film includes interviews with kids, teens, educators, experts, parents, and a very special interview with Michael Phelps. Our program includes tips to recognize symptoms and encourages when to reach out for help. This workshop will include a film viewing of approximately 55 minutes, along with discussion and Q&A.

Deadline to register is Thursday, February 15, 2024. For questions, please call 908-704-6300.

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# Open Rehearsals Week

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# ANNUAL TREE OF LIGHTS EVENT BENEFITS RESCUE SQUAD

### Watchung Rescue Squad

The Watchung Rescue Squad hosted its 33rd annual Tree of Lights celebration on December 2nd, 2023. Residents, friends, and families gathered together on the Village Green to honor the Heroes of the Watchung Little League. Alice Olejar was not present at the ceremony but was honored for her hard work in 1975 when she worked to revive the Little League program. The 2023 Little League Board, led by President and Watchung Councilmember Curt Dahl, were

present and were honored for their dedication to reviving the Little League for this year and to allow for the legacy to continue on for years to come.

Many local businesses, including Brandywine Living at Mountain Ridge, Buffalo Wild Wings, Chick-Fil-A, M Square Real Estate, POURtuga, and the Watchung PBA Local 193 were present at the event and handed out various food and beverage items as well as other goodies for all attendees. The ceremony concluded with the

lighting of the tree and a fireworks display by Garden State Fireworks that lit up the winter night sky.

The Tree of Lights ceremony is traditionally held on the first Saturday in December and the tree is lit in honor and remembrance of the lives lost at Pearl Harbor. This event is one of the Watchung Rescue Squad's biggest fundraisers, as well. Individuals make a tax deductible donation and can dedicate a light on the tree in honor or remembrance of a loved one.

Below is the list of dedications for the 2023 year.

### IN HONOR OF ALL WHO SERVE

Anton Cardinal 3 Liam Karpa  
Arthur, William & Annette  
Berkoben, Craig  
Berkoben, Louise & Richard  
Bisignano Family  
Bitenas Family  
Blackadar, Joan, Phyllis & Jeffrey  
Braukle Family  
Buccarelli Family  
Burner Family  
Cicala, Pat, Ella & Family  
Ciuffreda Family  
Clemens Family  
Clemente, Dr. Joseph  
Cocchiara Family  
Connell Family  
Da Silva Family  
DaSilva, Sal & Family  
Delvento Family  
Demirgil Family  
Egan Family  
Ellis, Fran  
Fernandez-McDonald Family  
Fetchner Family  
Fliet, Sara Vander  
Franklin Canine Family  
Frippery Thrift Shop Volunteers  
Ginter Family  
Hallock, Agatha & Joanna  
Hartman Family  
Haywood, Linda  
Heim Family  
Jubin Family  
Juette Family  
Kania, Michael & Anne  
Kirpan Family  
Lubin Family  
Markowska Family  
McCumber Grandchildren  
Motta Family  
O'Donnell, Tom & Gail

O'Keefe, David F.  
Ovarian Cancer Survivors  
Panzarella Family  
Plasner, Joan  
Pote Family  
Pote, Stephen & Family  
Santaniello Family  
Schlotterbeck Family  
Schuman Family  
Speeney Family  
Tavares Family  
Watson Family  
Weingarten Family  
Wells, Trudy

### BUSINESS HONOR

A&C Crab Seafood Distribution Inc.  
Artist  
Brandywine Living  
Buffalo Wild Wings  
Chick-fil-A  
Gerard's Disposal LLC  
JPS Collision INC  
M Square, Real Estate  
Pourtuga Coffee House  
Rich Tree Service  
Tramz Hotel Group  
Watchung Borough Hall  
Watchung Fire Department  
Watchung PBA  
Watchung Police Department  
Watchung Public Works

### IN MEMORY

Addario, Cody, Sam & Sugar  
Addario, Mayor Anthony  
Ard, Mary Elizabeth  
Aylward, Eileen  
Backowski, Chet M.  
Barrett, Ralph & Ruth  
Bisignano, Albert & Anna  
Biviano, Richard  
Blumberg, Sandra

Bodnar, Adam & Lucia  
Bordino, Margaret  
Bori, Anna  
Brunskill, Trevor & Angela  
Buccarelli, Sally  
Burke, Charles R.  
Carlough, William W.  
Cavanaugh, Mary  
Cesavz, Katarina, Joseph & Ursula  
Chalker, David  
Cole, Jane  
Cooper, Reginald  
Corcoran, Dot & Jim  
Curiazza, Marion  
Daly, Tom & Mary  
Danberry, Edward  
Danberry, Susan  
Dean, William  
Diem, Fred E.  
DiNardi, Alfred  
DiNardi, Rina  
Doyle, Simon  
Duran, Jaume  
Dworak, Winnie  
Egan, Cheryl  
Escano, Elizabeth  
Falanga, Mom  
Fernandes, Sabina P.  
Fogel, Mark & Rose  
Freshwater, Jean  
Gerus, Barbara  
Gerus, Harry  
Greves, Nancy  
Hanlon, Helene & Kenneth  
Harris, Lawrence  
Hartman, June  
Herstein, Shirley  
Hess, Barbara  
Hillman, Chris & Richard  
Huska, Martin C.  
Ianniello, Paul & Debra  
Jolly, Lillian  
Kauffman, Arthur & Linda

Kavanagh, Jack  
Kriznansky, Elaine  
Kriznansky, Martha & Milan  
Llanas, Joan  
Lubeck, Richard J.  
McCumber, Dr. Bruce D  
Monetti, Donald Sr.  
Monetti, Dorothy  
Novello, Ernest & Esterina  
Nunn, Robert & Carrol  
Our Veterans  
Paul Flood Family  
Pedersen, Michael  
Pennett Family  
Price, Alfred & Isabel  
Puleo, Salvatore  
Raftery, Thomas L  
Rodrigues, Anthony  
Romano, Irene  
Romano, Marie & Charles  
Ruckriegel, Helen J.  
Schaa, Fred  
Schaa, Paul E.  
Shapiro, Clarence  
Shuster, Joan Wesley  
Shuster, John & Hazel  
Smith, David & Mildred  
Smith, Virginia L.  
Spingler, Rick  
Stahl, Bruno & Barbara  
Stein, Michael  
Stout, Jim  
Tafaro, Florence  
Titus, Bill  
Townsend, Jim & Anne  
Weber, Max Sr.  
Weiss, Jack & Elaine  
Wess Family  
Wheeler, Dit & Wink  
White, Lynda  
Whitting, Philip & Geddes, Mabel  
Wolford, Mildred & Harry  
Zink, Georgine R.

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1294 Springfield Ave, New Providence, NJ

# 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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**WE MAIL 160,000 NEWSPAPERS MONTHLY!**  
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 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> <small>COMMUNITY NEWS NJ</small> Qty: 4,700 Zip: 07922	<b>THE CHATHAMS</b> <small>NJ</small> Qty: 7,500 Zip: 07928	<b>Clark Monthly</b> <small>NJ</small> Qty: 6,700 Zip: 07066	<b>CRANFORD MONTHLY</b> <small>NJ</small> Qty: 9,900 Zip: 07016	<b>Elmora Hills</b> <small>ELIZABETH, NJ</small> Qty: 5,400 Zip: 07208 Section of Elizabeth, NJ	<b>Fanwood Post</b> <small>NJ</small> Qty: 3,000 Zip: 07023
<b>Florham Park Press</b> <small>NJ</small> Qty: 5,500 Zip: 07932	<b>Garwood Times</b> <small>NJ</small> Qty: 2,500 Zip: 07027	<b>Green Brook Gazette</b> <small>NJ</small> Qty: 3,000 Zip: 08812	<b>BUSINESS • LIFE KENILWORTH</b> <small>NJ</small> Qty: 3,500 Zip: 07033	<b>NJ LIFE in LINDEN</b> Qty: 17,900 Zip: 07036	<b>Long Hill LEADER</b> <small>NJ</small> Qty: 3,500 Zips: 07933, 07946, 07980
<b>MADISON MONTHLY</b> <small>NJ</small> Qty: 6,300 Zip: 07940	<b>MOUNTAINSIDE VIEW</b> <small>NJ</small> Qty: 2,900 Zip: 07092	<b>New Providence NEWS</b> <small>NJ</small> 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</b> <small>NJ</small> Qty: 9,400 Zip: 07076 WHAT'S HAPPENING MONTHLY
<b>Short Hills MILLBURN MONTHLY</b> <small>NJ</small> Qty: 8,200 Zips: 07041, 07078	<b>Summit &amp; Times</b> <small>NJ</small> Qty: 9,600 Zip: 07901	<b>Spirit of UNION</b> <small>NJ</small> Qty: 6,800 Zip: 07083 (partial)	<b>WARREN MONTHLY</b> <small>NJ</small> Qty: 6,200 Zip: 07059	<b>Watchung Post</b> <small>NJ</small> Qty: 2,700 Zip: 07069	<b>Westfield MONTHLY</b> <small>NJ</small> Qty: 11,800 Zip: 07090

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

NEWSPAPER AD RATES			1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
Units	Size		\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
1 Unit (Business card)	3.25" x 2"										
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
- 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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# #1

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For Total January 1, 2023 - December 19, 2023 Combined Sales Volume\*

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