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COOKIE SEASON CELEBRATED WITH COMMUNITY GIVING

Long Hill Township Girl Scouts

Brownie Troop 98840 of the Long Hill Township Girl Scouts is celebrating a highly successful cookie season marked not only by strong sales, but by meaningful community outreach.

The troop achieved the highest number of booth sales in the area, hosting three Cookie Booth events, including two at new locations. In addition to booth sales, the girls expanded their efforts through door-to-door sales and outreach to friends and family.

Their hard work resulted in the collection of approximately 100 boxes of donated Girl Scout cookies, some of which were purchased with donated funds. These contributions were distributed to local first responders, senior living residents, and a local food pantry.

As part of their community engagement, the girls visited Lounsberry Meadows, where they decorated small planters with potting soil and flower seeds to brighten residents' apartments. They also spent time socializing with residents, sharing cookies and treats, and providing each participant with a box of cookies to take home.

The remaining donated cookies were delivered to the Twelve Baskets Food Pantry to support local families in need.

Troop members also made personal deliveries to local first responder organizations:

- Raegan Wiggins visited the Stirling Fire Department
- Eleanor Hubschmitt delivered cookies to the Millington Fire Department
- Josephine Bustamante brought donations to the Long Hill Township Police Department
- Adalynn Oliveira delivered cookies to the Long Hill First Aid Squad



(above) Eleanor Hubschmitt delivered cookies to the Millington Fire Department

"The girls were incredibly grateful for the community's support throughout the cookie season," said a troop leader. "They were especially proud to give back and recognize the first responders who help keep Long Hill Township safe every day."

Through their efforts, Brownie Troop 98840 demonstrated leadership, generosity, and a strong commitment to community service - values at the heart of the Girl Scout mission.



(above) Raegan Wiggins visited the Stirling Fire Department

Courtesy photos

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Long Hill LEADER

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DOG DAYS OF SUMMER CONCERT SERIES

The summer music continues with sunshine, and community fun at Long Hill Township Parks & Recreation's Dog Days of Summer Concert Series! Join us Thursday evenings through August 13, at 7:00 p.m., at Kantor Park Grass Field for a lively mix of classic rock, pop, big

band, and soulful favorites - perfect for all ages. Bring a blanket or lawn chair, relax with family and friends, and enjoy great tunes under the open sky. Plus, most nights will feature the Scream Truck from 7:30 - 8:30 p.m. for a sweet treat. Don't miss this rockin' summer tradition!

LONG HILL TOWNSHIP PARKS & RECREATION PRESENTS



The Dog Days of Summer CONCERT SERIES

JULY 2: TWILIGHT DISCIPLES (CLASSIC ROCK / POP)
JULY 9: ROSEWOOD (CLASSIC ROCK / POP)
JULY 16: STREET HASSLE (CLASSIC ROCK)
JULY 23: SILVER STARLITE ORCHESTRA (BIG BAND)
JULY 30: LOST IN PLACE (CLASSIC ROCK)

AUGUST 6: 4 FLIGHT ROCK (CLASSIC ROCK)
AUGUST 13: EPICSOUL BAND (MOTOWN / R&B / SOUL)

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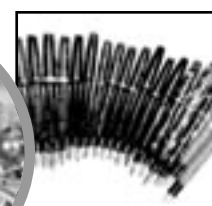
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GLP-1 FAILED THIS NEW PROVIDENCE MOM...BUT THEN SHE DROPPED 80 POUNDS AND RAN HER FIRST 5K.

There's something nobody tells you when you start GLP-1. The medication can help you eat less. It can move the scale. For a lot of people, it's a genuine tool that opens a door that felt permanently closed.

But it can also quietly take something you can't afford to lose. Research shows that for many people, 25 to 40 percent of the weight lost on a GLP-1 isn't fat at all — it's muscle. The very tissue that keeps you strong, steady on your feet, and independent as you age.

So here's what Cristina Montero learned the hard way: The medication is not the transformation. It's just the beginning of one — if you do the other parts right.

Cristina is 52, a mom from New Providence, and she's down nearly 80 pounds. Her inflammation markers (the culprit for almost every disease) are finally normal. She runs, carries five-gallon water jugs up the stairs and crossed the finish line of her first 5K without walking a single step.

But she'll be the first to tell you: the shot alone didn't do that.

This is her story... and if you're over 40 and currently taking GLP-1, or thinking about it, it may be the most important thing you read this year.

GLP-1 WASN'T ENOUGH ON ITS OWN

Before she started this journey, Cristina was ashamed... and she hid under her clothes.

"I knew how I felt and looked was my fault but I needed help," she said. "I always had an excuse for why I couldn't walk, exercise, or take the stairs. I felt tired and achy often. My doctors would tell me to lose weight and I'd say sure, I'm trying — but never really started. I functioned, yes. But I never realized how much my body missed feeling really great."

The frustrations ran deep. Looking in the mirror and hating how her clothes fit. Her chest size felt unmanageable, leading to upper back pain every single day. After gaining close to 100 pounds during her son's pregnancy, her health had taken a serious turn — arthritis in her knees, autoimmune issues, hypertension, and chronic inflammation that no medication seemed to touch.

"My energy — well, if I was in the middle of the mall and they only had stairs, I'd look for an elevator or just sit and wait," she said. "I was so out of shape for the last 25 years. Always tired, almost every morning waking up with a new pain."

There were moments that were quietly humiliating — the ones she didn't talk about much. If something fell on the floor, she had to ask her kids or husband to pick it up because kneeling caused excruciating knee pain. There were times her back spasms were so severe she got stuck on the floor.

She tried everything. The 3-day tuna diet. Nutrisystem. A staple in her ear. Atkins. Weight Watchers. Paleo. Gluten-free. 21 Day Fix. Factor. Orangetheory. Private trainers. Get In Shape Women. Zumba. Some of them worked temporarily. None of them lasted.

"I was successful in some of them but it never lasted," she said. "I'd start to lose a little weight, then go back to normal habits — and always gain it back and more."

Then came GLP-1.

The first time she tried it, she thought the injection alone would do the work. No meaningful diet changes. No exercise. Just the medication.

"That failed miserably," she said plainly. "Injecting and continuing to eat normal junk didn't move the scale like I expected. It only made me feel sick."

She stopped GLP-1. A few months later she tried again... this time with a completely different mindset. This time, she was mentally ready to include something she'd always avoided: A fitness program with people that knew what they heck they were doing.

THE CONVERSATION THAT CHANGED THE PLAN

Cristina's son, Andres, had been talking to her for years about what lasting change actually requires. When Cristina restarted her GLP-1 journey he helped her understand something that most people on the medication never hear: the drug can reduce your appetite and help with weight loss, but without weight training, a significant portion of what you lose won't be fat — it'll be muscle. As much as 25 to 40 percent of it, according to the research.

And muscle isn't just about looking toned. It's the tissue that protects your bones, keeps you strong, and decides whether the next twenty years of your life are spent independent or needing help. Lose muscle and everything gets harder. Your metabolism slows. You feel weak.

"My son opened my eyes to incorporate weight training and cardio," she said. "That was the piece I'd always been missing."

NOT THIS



THIS



That's when she walked into Gabriele Fitness, a small personal training gym in Berkeley Heights that had a 19 year stellar reputation for helping adults over 40 get in the best shape of their lives. As trainers that always stay on the cutting edge... they knew exactly how to help someone taking GLP-1 maximize their results.

WALKING INTO GABRIELE FITNESS FOR THE FIRST TIME

She arrived embarrassed, scared but quietly hopeful.

Like many adults over 40 she was afraid of making her knee pain even worse and was convinced she wouldn't be able to do most of the exercises. And after years of fitness programs that hadn't worked, she was bracing herself to be disappointed again.

What she found was something different than anything she'd experienced before.

She started two days a week. The coaches didn't hand her a generic program and wish her luck. When her knee barked, they modified it. When her back felt it, they adjusted in real time — often before she said a word...because they were watching her face, her movement, the subtle signals her body was sending. And every session was building the one thing the medication couldn't give her back: strength.

"They know when to push and how much," she said. "They recognize when it's an off day and work with me to keep me moving. No more excuses."

For the first time in 25 years of trying, she didn't feel lost in a gym and instead was filled with hope.

WHAT HAPPENS WHEN GLP 1 AND PERSONAL TRAINING WORK TOGETHER

Once the training clicked alongside everything else, the results that had been stalled for months began to move — and they didn't stop.

Nearly 80 pounds gone. Inflammation markers, elevated for over a decade despite multiple medications, are finally normal. Her doctors, who had been telling her for years to lose weight, are looking at her bloodwork with something close to disbelief.

"Years of taking so many meds could have been avoided with a prescription to a gym with a great group of caring personal trainers"

But the numbers only tell part of the story.

"My clothes fit better and I actually don't hide under them anymore," she said. "I've lost inches throughout my entire body. Occasionally when I'm with my husband and kids, I love showing them how I notice a muscle — how my quads are actually forming. It truly is amazing. It's a change I never thought I'd see."

She's simply a happier person. After she posted a picture recently, a friend reached out to congratulate her for looking so happy and confident — and then told her she'd motivated her to start as well.

"I feel more confident in my clothes and in my own persona," Cristina said. When people see me in person, they tell me I look like a completely different person. A happy and confident woman."

She can kneel now without pain. The woman who used to ask her kids to pick things up off the floor because she couldn't bend down now carries five-gallon water jugs in each hand up the stairs. She hops into her husband's truck without struggling. She wears three-inch stiletto heels. She walks into any store she wants and does a celebration dance in the fitting room when things fit.

These aren't just cosmetic wins. They're the quiet markers of a body that's going to stay strong and independent for decades — getting off the floor on your own, carrying the load, catching

yourself when you stumble. That's what muscle buys you, and it's the one thing no injection can.

And this past September, she stood at the starting line of a 5K, knowing she never had run that far in her life. She was nervous and worried she wouldn't make it.

She crushed it, and didn't stop once. Not even on the hill.

"Crossing that finish line without stopping was one of the proudest moments of my life," she said

A PERSONAL MESSAGE FROM CRISTINA TO ANYONE ON GLP-1 — OR THINKING ABOUT IT

"GLP-1 is a tool. But it's not the secret fix the media is making it out to be. I learned that the hard way the first time around. The gym — real coaching, real structure, real accountability — is what made everything actually work."

I'm not getting any younger, and I want to live long enough to see my grandkids. Most importantly, I don't want to be a burden to anyone. That's what finally got me serious.

Get Started before you feel ready. You don't need to know what you're doing or get in shape on your own BEFORE you hire a trainer... that's what they're for. Just show up and the right gym will take it from there. For me, it's Gabriele Fitness and that one decision changed everything for me. You'll start to feel better than you have in years. Slow and steady works, if you stay consistent.

We all start nervous. Stop waiting for the perfect time and just get up and start."

For Those Who See Themselves... or are worried about someone that would resonate with Cristina's Story — Read This:

Gabriele Fitness has opened 13 spots for local residents to experience their personal training program FREE for 14 days. You'll get 14 days to experience what Cristina found when the missing piece finally clicked into place.

This offer expires soon and is limited to 13 people. To get the full details and see if any spots are still available, scan below or call 908-464-4441



Scan the code or go to
refer.gabrielefitness.com/cristina
or Call us at (908) 293-9666

P.S. Many people reading this article will be inspired by Cristina yet still feel hesitant to try the program. With anything new, there's always uncertainty — especially with something like a new fitness routine. But if you're not working out right now, or you've been inconsistent (like most people) you've read the exact article you needed to read today because...

Gabriele Fitness has helped thousands of people in this community over the past 19 years. For some, the program has had a life-changing effect, and many members have stayed for nearly two decades.

A large number of them are now in the best shape of their lives (...and 2 decades older) — but they all started in the same place as anyone reading this and considering starting their fitness journey. Because living longer only matters if you stay strong enough to enjoy it.

If you're still hesitant, the link below shares an ocean of success stories from people just like you... who've transformed their lives... and in some cases, the lives of everyone in their family. This is powerful stuff.

<https://gabrielefitness.com/results/>

To get the full details about the Free Personal Training Program and to see if any of the 13 spots are still available scan below...



Scan the code or go to
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POLICE CARRY THE TORCH FOR SPECIAL OLYMPICS

Long Hill police officers joined other officers from across the state in the 42nd Annual Law Enforcement Torch Run to benefit Special Olympics New Jersey. Over 3,000 police officers took to their local streets to raise funds and awareness for this incredible organization.

ABOUT THE ANNUAL LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS NEW JERSEY:

Torch Run began in New Jersey in 1984 as a way to raise funds and awareness for Special Olympics New Jersey. The run is a day-long event, split into 26 legs (or starting points) with some legs beginning as early as 4:45 a.m. The run travels through more than 300 towns, covering 750 miles on-foot. About 3,000 runners participated in 2025. Representing over 450

police departments. To learn more, visit NJTorchRun.org.

LETR WHO WE ARE

The Law Enforcement Torch Run® (LETR), initiated in 1981 by Wichita Police Chief Richard LaMunyon, has grown into a worldwide movement. What began as a humble initiative has

transformed into a global beacon of hope and unity, driven by the collective efforts of law enforcement volunteers. Known as Guardians of the Flame, these dedicated individuals join hands with Special Olympics athletes to champion the cause of acceptance and inclusion for individuals with intellectual disabilities. The essence of LETR lies in its community-centric approach. Law enforcement members from various levels, including federal, national, state, provincial, local, and even military sectors, come together to support this noble cause. Their collaboration extends beyond mere participation; it signifies a commitment to fostering a society where everyone, irrespective of their abilities, is embraced and celebrated.



(above) Officers from New Providence Police Department, Berkeley Heights Police Department, and Long Hill Township Police Department. Courtesy Photo

LEG PAIN

You Don't Have To Live With It!

That "searing, burning pain" in your thigh and calf... that "aching, numbing" feeling in your hip and buttocks... that "tingling" in your foot and toes and loss of balance... It interferes with your ability to walk, to ride a bicycle, play golf, garden... to have **FUN IN LIFE!**

Leg pain, thigh ache and numbness, and tingling in the foot may actually be caused by a pinched back nerve even though you have **NO** back pain - it could even be Sciatica.

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LOCAL STUDENTS HONORED IN AMERICA 250 CONTESTS

Elizabeth Snyder-Continental Chapter DAR

Local students received state and national recognition in contests hosted by the Daughters of the American Revolution (DAR) to celebrate America's 250th birthday.

Neil Nikhils, a 10th grade student at Watchung



(above) National contest winner for poetry, Neil Nikhils, with DAR Chapter Regent Nancy Stoll.

Hills Regional High School (WHRHS) in Warren, placed first in the nation in the DAR's Junior American Citizens Contest for his poem, "Dear America." The contest had the theme, "Happy 250th Birthday, America!" with categories in art, writing and community service. Nikhils was presented with his awards at the Watchung Hills Board of Education meeting on June 2.

"These contests were meant to promote the study of American history and to help young people better understand the celebration of America's 250th," said Holly Dunbar, DAR state chairman. "It is not just about celebrating a date on the calendar. It is about the men and women who have sacrificed to obtain and sustain our freedom."

The Patriots of the American Revolution Essay Contest asked high school students to examine the life of a person who lived during the

Revolution. Three WHRHS students were recognized. In her essay, "The Woman Behind the Uniform," Isabelle Walk, grade 11, followed the life of Deborah Sampson, a woman who disguised herself as a man to serve in the Continental Army. Walk's entry received second place on the state level. Shruthi Sridhar, grade 10, received second place on the local level and Carolyn Hockmeyer, grade 11, placed third. The three students received their awards at a DAR chapter meeting on June 9 at Green Brook Town Hall.

Additional DAR awards for youth will be presented at the Somerset County 4-H Fair in August. All of these contest entries were sponsored by Elizabeth Snyder-Continental Chapter DAR. The chapter serves areas of Somerset, Middlesex and Union counties. Visit DAR.org or contact the chapter at ESCchapterDAR@gmail.com.

Courtesy photos

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(above) DAR essay contest winners display their awards. Regent Nancy Stoll, Carolyn Hockmeyer, Isabelle Walk, Shruthi Sridhar, and DAR members Beth Kavanaugh and Clara Barbaz.

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Heartfulness meditation is a simple yet profound practice that helps individuals achieve a deeper sense of relaxation, inner calm, and emotional balance.

Silent Book Club at the Stirling Fountain

Thursdays at 3:00pm

Join us at the Stirling Fountain for an ice cream summer book club! Enjoy coffee or ice cream, the company of other readers, and a good book.

Bring your own book, or borrow one of ours. No registration required! All ages are welcome!

Wooly Revolution:

Spinning Wheel and Loom Demonstration

July 11 at 2pm

Learn about the role of wool prior to and during the American Revolution through hands-on demonstrations of a spinning wheel and tape loom by a reenactor! Help “spin” the wheel, learn what “tape” from a tape loom is and what it was used for, and view hand-dyed hanks of spun yarn to see what colors fabric in the 18th century could be.

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Join us for a themed storytime and craft. This interactive program builds early literacy skills through books, movement, and activities.

Rhyme Time Storytime (Ages 0-2)

Wednesdays at 10:30am

Enjoy 20 minutes of songs, fingerplays, and simple stories.

Sensory-Friendly Movie Screenings

Fridays at 2:30pm

Enjoy popular movies such as Sing 2, Hoppers, GOAT, and Spider-man in an environment welcoming to all. During the movie the lights will be partially turned off, volume will be lowered, subtitles will be turned on. There will be flexible seating and space to move. You are welcome to bring small comfort items such as headphones, fidgets, and stuffies.

Intro to Sewing

July 8 at 3:30pm

Learn sewing basics that will serve you well for the rest of your life!

Pizza and Trivia for Teens

July 8 at 4:30pm

Join us for some friendly competition – with pizza! We’ll provide the trivia and snacks, you bring friends to compete with or against.

My First Book Club (Ages 5-8)

July 15 at 4:30pm

Join us on a reading adventure as we discuss a different book every month! Books and snacks are provided.

Utter to Butter: Make Your Own Butter (Ages 5-12)

July 17 at 3:30pm

Learn the science behind making butter, then give it a try! Churn your own butter to try with bread or crackers.

Read to a Therapy Dog

July 18 at 3:30pm

Join us for storytime with therapy dog, Morrigan! Practice your reading skills or just spend time with a lovely therapy dog at the library.

Library Chef Virtual Teen Summer Camp (Ages 10+)

July 20-22 at 11:00am

online on the Library Chef website

Enjoy live, virtual classes that teach basic kitchen safety and cooking skills, while demonstrating how to make delicious recipes.

Classes are recorded and available to view anytime. Summer Camp recipes include Honey Soy Chicken Thighs or Tofu with Broccoli and Jasmine Rice (7/20), Chickpea and Cauliflower Curry with Basmati Rice (7/21), and Turkey Meatballs with Mashed Sweet Potatoes & Green Beans (7/22)

Kids Book Club (Ages 8-12)

July 22 at 4:15pm

Come join our book club where we’ll discuss a new book each month, do an activity, and share a snack!

Teen Book Club (Ages 13-18)

Check our event calendar for the date We’ll spend the first half of the meeting reading in companionable silence (no required reading – bring any book or pick one up at the library). During the second half of the meeting, we’ll chat about what we’ve read recently and eat some snacks!

Comic Book Club (Ages 6-12)

July 29 at 4pm

Calling all graphic novel, manga, and comic book fans! Join us to follow fun tutorials, design your own comics, share favorite books, and enjoy snacks along the way.

Virtual Author Talk: Katherine Rundell

July 30 at 2pm online

Katherine Rundell’s second thrilling installment in the Impossible Creatures series involves castles, dragons, and revenge—the things of which great stories are made. The splendors within are brought to life with fifty illustrations, including a map and a bestiary of magical creatures.

Harry Potter’s Birthday Party

July 31 at 2pm

Visit Diagon Alley to write a birthday message to Harry and Neville, get sorted into your Hogwarts house, visit Hogsmeade to make a house tie, visit Olivander’s Wand Shop to make your wand, and head to the Dungeon for potions class. Costumes welcome! No registration required.

ADULT PROGRAMS:

Movie Matinees

Wednesdays at 2pm

Thursdays at 1pm

Enjoy a selection of classic and new movies. An enjoyable and air-conditioned way to spend 2 hours on a summer afternoon.

Highlights of the Metropolitan Museum of Art’s American Wing

July 7 at 7:00pm online

Learn about some of the most beloved pieces of the Met’s American Wing, such as Leutze’s Washington Crossing the Delaware.

Library Chef Virtual Cooking & Wellness Classes + Spice Club

July 8, 15, and 22

online on the Library Chef platform

Join us for live, virtual, expert-led cooking and wellness classes including Mocktail Trivia Night (7/8 at 7:30pm), Intro to Chair Yoga (7/15 at 7:30pm), and Cardamom Peach Jam (7/22 at 7:30pm). Classes are recorded. Pick up a sample of cardamom and the accompanying physical recipe for Jam at the library as part of our Spice Club!

Paradise Gardens for Pollinators & Wildlife, presented by the Rutgers Master Gardeners

July 9 at 6:15pm online

Help to restore native habitats & the environment while you benefit from beautiful plants & creatures in your yard. Discover which trees, shrubs, perennials, and annuals attract pollinators and what those plants require for success in your garden.

NEW Busy People Book Club

July 14 at 7pm

Short books only in this book club designed especially for people who don’t have time to read! Check our website for more information on this month’s read.

Intro to Embroidery

July 15 at 6:30pm

Learn the basics of embroidery in this introductory needlework class taught by Arleen.

Picturing America: American Artists from Cassatt to Wyeth

July 16 at 7pm online

Mary Vahey provides an overview of American artists and how their work reflects America over its 250 years. Examine the influence of early leaders, conflict, war, industry, civil rights, folklore, and more in the work of these artists.

Six Pillars of Brain Health, presented by the AARP NJ Speakers Bureau

July 22 at 12pm

An overview of the latest research on the six pillars of brain health, including activities and lifestyle suggestions, as well as resources to learn more.

Who are the Nabis, and

Why Don’t I Know These Amazing Artists?

July 23 at 7pm online

Janet Mandel explores the Nabis: a group of artists whose spiritual, emotional, and aesthetic inspiration came from Paul Gauguin and the Symbolist poets, with one foot in the 19th Century and one foot in the 20th.

New Jersey State Parks

July 27 at 6pm

Kevin Woyce gives an overview of many of New Jersey’s State Parks, showcasing original and vintage photographs of people, places, and events, providing interesting historical context along the way.

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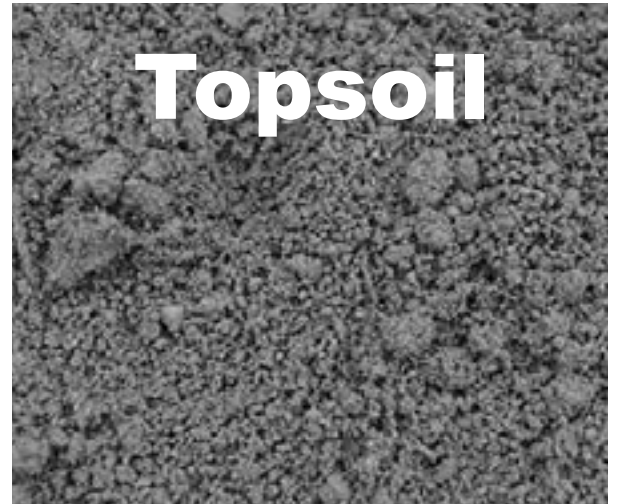
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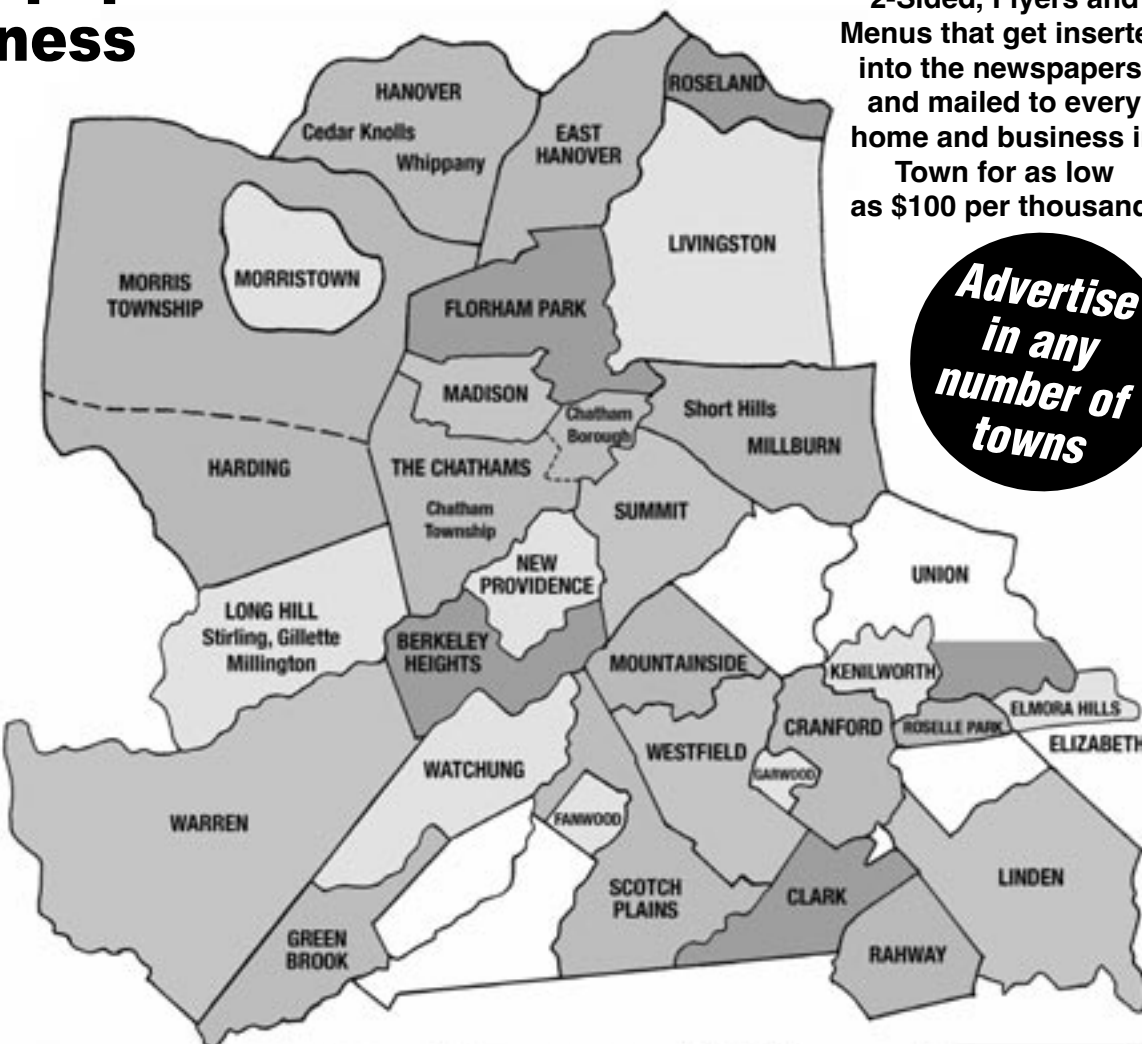
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Life in Roseland NJ Qty: 3,000 Zip: 07068	ROSELLE PARK MONTHLY NJ Qty: 5,600 Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,600 Zip: 07076	Summit Times NJ Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 7,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,500 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield MONTHLY NJ Qty: 12,000 Zip: 07090

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Units (wide x High) Size		TOWN	TOWNS	TOWNS	TOWNS	TOWNS	TOWNS	TOWNS	TOWNS	TOWNS	TOWNS	TOWNS
1 Unit (Business card)	3.25"x2"0	100	260	360	460	560	600	660	700	800	900	1000
2 Units	6.5"x2" or 3.25"x4"	150	360	560	600	700	800	900	1000	1100	1200	1300
4 Units	3.25"x8" or 6.5"x4"	240	560	900	1000	1300	1600	1700	1800	1900	2000	2100
6 Units	6.5"x6.25" or 10"x4"	320	760	1200	1400	1600	1800	2000	2200	2400	2600	2800
9 HALF PAGE	6.5"x9" or 10"x7"	360	860	1300	1600	1900	2200	2400	2600	2800	3000	3200
12 Units	6.5"x14"	400	960	1400	1800	2100	2400	2700	3000	3300	3600	3900
18 FULL PAGE	10"x14"	500	1200	1800	2200	2500	2800	3000	3300	3600	3900	4300
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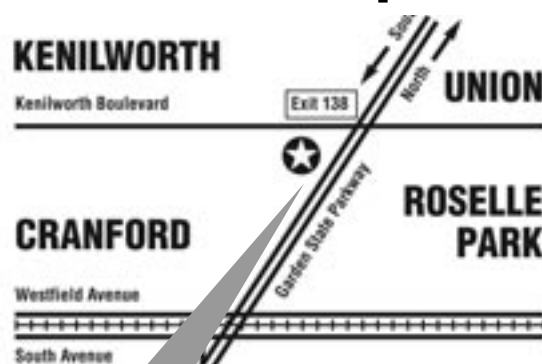


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