

# Clark Monthly NJ

Published by Renna Media

Issue 5 • December 2011

## NEXT CHAMBER MEETING: DECEMBER 21ST

8:30 am  
Hosted by Columbia Bank at the CROWNE PLAZA HOTEL  
36 Valley Rd, Clark

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## FRANK K. HEHNLY FOURTH GRADERS ENJOY MEMORABLE VISIT TO THE NEW JERSEY STATEHOUSE

The entire fourth grade class at Frank K. Hehnlly School in Clark recently enjoyed a most informative and memorable field trip to the New Jersey Statehouse, as part of the fourth grade study of New Jersey in Social Studies.

The fourth graders attended a session on how a bill becomes a law, learning about the legislative process, the three branches of government, and the two legislative houses. They were given a tour of the historic Statehouse, spending time in the General Assembly and Senate, and learning the specifics of each house. Students were taught how the legislators vote electronically, the seating in both houses, and about the forty Legislative Districts in the State of New Jersey.

The highlight of the trip for the fourth graders was being invited into the General Assembly, courtesy of 22nd Legislative District Assemblywoman Linda Stender. Students were allowed to assume the seats of the members of Assembly while Assemblywoman Stender familiarized them with the General Assembly and how the body conducts business. Students were thrilled to be seated in the Assembly and thoroughly enjoyed the learning experience.

Superintendent Kenneth Knops, who attended the field trip with the classes, teachers, and chaperones; commented



(above) Frank K. Hehnlly School Fourth Graders Catarina Costa, Karle Hackett, and Julia Schelhorn pose for a picture in their General Assembly Chamber seats.

“This trip was a valuable learning experience for our impressionable fourth graders. We are most fortunate to have such an education friendly legislator as Assemblywoman Stender. She went out of her way to bring the students into the Assembly Chamber and provided them with a memorable learning experience they will fondly cherish.”

## WINTER FESTIVAL

Clark Recreation hosted the Annual tree and Menorah Lighting Winter Festival on Sunday Nov 28th from 3-6 Pm. Clark residents were treated to hay rides, horse and buggy rides, train and pony rides, a petting zoo, puppet shows, choir and band concert from the local schools, pretzels, jelly apples, cider donuts, hot chocolate and a picture with the big guy – Santa Claus. The beautiful weather brought out a record crowd as an estimated 3,500 people were in attendance.



(right) Santa had his hands full while Steve Kalbaba could not be found.

## PERFECT SEASON



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# Clark Monthly NJ

Clark Monthly is published by Renna Media. 6,500 newspapers are printed monthly and mailed to every business and resident in Clark.

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## GATEWAY CHAMBER

Members of Clark Chamber of Commerce, an affiliate of the Gateway Regional Chamber of Commerce, are welcomed at all Gateway events. For additional event information call the Chamber at 908-352-0900 or visit our website at [www.gatewaychamber.com](http://www.gatewaychamber.com)

- 8:30 AM DECEMBER 21 CLARK CHAMBER GROUP MEETING**  
Hosted by Columbia Bank  
at the Crowne Plaza Hotel, 36 Valley Rd, Clark
- 8:00 AM DECEMBER 21 EMPLOYER LEGISLATIVE COMM. MEETING**  
Kenilworth Inn, Boulevard & 31st Street, Kenilworth
- 8:45 AM JANUARY 5 WORKFORCE EDUCATION COMMITTEE**  
Gateway Chamber Office,  
135 Jefferson Avenue, Elizabeth
- 8:30 AM JANUARY 11 KENILWORTH CHAMBER MEETING**  
Kenilworth Public Library,  
548 Boulevard, Kenilworth
- 5:30 PM JANUARY 11 GATEWAY CHAMBER NETWORKING EVENT**  
Uber Burger, Prudential Center Complex,  
9 Lafayette Street, Newark
- 7:30 AM JANUARY 12 GATEWAY TODAY! MORNING NETWORKING EVENT**  
L'Affaire Fine Catering,  
1099 Route 22 East, Mountainside
- 8:30 AM JANUARY 13 GOVERNMENT AFFAIRS COMM. MEETING**  
New Providence Municipal Center

- 360 Elkwood Avenue, New Providence
- 6:00 PM JANUARY 17 IRISH BUSINESS ASSOC. NETWORKING EVENT**  
Molly Maguire's,  
1085 Central Avenue, Clark
- 8:00 AM JANUARY 18 EMPLOYER LEGISLATIVE COMM. MEETING**  
Kenilworth Inn, Boulevard & 31st Street, Kenilworth
- 8:30 AM JANUARY 24 LINDEN CHAMBER OF COMMERCE MEETING**  
Cox Printers, 1634 East Linden Avenue, Linden
- 8:30 AM JANUARY 25 CLARK CHAMBER GROUP**  
Visit our website for location
- 8:00 AM JANUARY 27 SOMERSET HILLS BUSINESS NETWORKING**  
Olde Mill Inn, 225 Route 202, Basking Ridge

**GATEWAY CHAMBER 100TH ANNUAL AWARDS DINNER**  
**JANUARY 30 - 6:00 PM**  
**NEWARK AIRPORT MARRIOTT HOTEL**

**ClarkMonthly.com**  
*The website features up to date articles, a calendar of events, archives of CM, photo albums, and advertisements. Businesses and residents are encouraged to submit items for publication through the site.*

**LEAF PICK-UP**  
Leaf Pick-up will run through December. Please put leaves in piles on the street in front of your home. Please make sure leaves are a foot from the curb to allow water flow and that they do not block any catch basins.

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**ARE YOU LOOKING FOR FUN  
 ACTIVITIES FOR THE KIDS  
 DURING WINTER BREAK?**

On Tuesday, December 27th, Miss Joanne from Musical Munchkins will return to the library with an interactive music program for children age 6 months to 5 years. Later that afternoon, elementary aged children can make their own fleece scarf.

On Wednesday, December 28th at 1:30 p.m., children in first through sixth grade may participate in the Lego Club.

The week will wrap up with a high energy Winter Wonderland performance by award winning singer songwriter Patricia Shih on Thursday, December 29th at 2:00 p.m.

Registration is required for all programs.

**COMPUTER CLASSES OFFERED  
 AT THE CLARK PUBLIC LIBRARY**

Computer classes will start again at the library! Microsoft Word Class will start on Monday December 12th at 2:00 PM and run every Monday (except Dec.r 26th) for 6 weeks.

The Basic Internet class will begin Tuesday December 13th and will run every Tuesday at 11:00 AM through January 17th.

The Intermediate Internet Class is set to begin January 5th at 11:30 AM and will run for 4 weeks through January 26th.

After a 1 week break each class will begin again (January 30th for Microsoft Word, January 31st for Basic Internet, and February 9th for Intermediate Internet).

**CLARK COUNCIL  
 RE-ORGANIZATION MEETING  
 JANUARY 1, 2011  
 12 NOON**

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## HAND & STONE SPA OPENS IN CLARK

Hand & Stone Massage and Facial Spa just opened its 19th New Jersey location in Clark at 77 Central Avenue in the Clark Circle shopping complex, also home to Target and Marshalls.

Kim Cagle, a local resident and mother of two, opened this new location last week. Kim says, "While I enjoyed my job as an employment attorney, I wanted to do something that helped people in a more personal way, and ideally be more active in my local community. Hand & Stone is a wonderful spa because we provide high quality professional services that are very affordable so our guests can incorporate regular massage and facials into their healthy

lifestyle."

Hand & Stone is an approximately 60-plus unit massage and facial spa franchise with a mission to bring massage and facial services to everyone, meeting demand of consumers who wish to receive the long term health benefits of these services. Launched in 2005 by a passionate physical therapist, John Marco and now led by franchise veteran Todd Leff, Hand & Stone now has locations across the country and Canada with plans to open an additional 15 locations by the end of 2011. For more information on Hand & Stone, visit [www.handandstone.com](http://www.handandstone.com).



## COMEDY NIGHT BENEFIT A BIG SUCCESS

*Thanks to Everyone's Support*

The Michael C. Denora Foundation of Clark, held its Second Annual "A Night of Laughs" Fundraising Event in October for Kids Fighting Cancer. The night was a huge success with 175 guests attending. There were great comedians, outrageous prizes, and lots of laughs.

Since incorporating as a non-profit organization in 2009, the foundation has focused on raising funds to help local children battling cancer at the Pediatric Cancer Institute in New Brunswick as well as working closely with Embrace Kids Foundation.

Heartfelt thanks to all those who supported this event. Thru your generosity, Michael's Foundation will be able to help these very special and amazing children. The smallest things bring smiles not only to the children but their parents as well.

Please support the following merchants that so willingly donated to help make this Event a Success !!

Tarantella's Restaurant, Beana's Mexican Restaurant, Mr. J's Deli, Rustic Mill Diner, Michael Kohn Jewelers, Paper Mill Playhouse, Cranford Dramatic Theater, George Street Playhouse, ShopRite, Union County Golf Associates, The Mane Event Hair Salon, Jacobson Distributing Company, Designers Gallery, Lavallette Printing.



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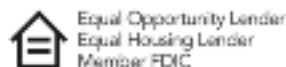
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## ALJ HIGH SCHOOL NAMED TO NATIONAL COLLEGE BOARD'S ADVANCED PLACEMENT HONOR ROLL FOR SECOND CONSECUTIVE YEAR

Arthur L. Johnson High School is one of 367 public districts in the United States and Canada and one of only 21 high schools in New Jersey named to the National College Board's prestigious Advanced Placement Honor Roll. The National College Board released this information last month.

Schools achieve the distinction for simultaneously increasing access to Advanced Placement courses while maintaining or improving individual scores.

Advanced Placement courses are considered

to be college level and students who achieve a high score in the standardized, national tests earn college credit or advanced placement. The courses are often the most rigorous offered by high schools and are one factor considered by college admission departments.

"We're delighted to receive this national recognition," commented Clark Superintendent of Schools Kenneth Knops, "It's an honor to be named to the Advanced Placement Honor Roll. Needless to say we're extremely proud of our students, who have assumed greater academic

rigor and challenges so successfully. As a school community we applaud this positive reflection of both our students and staff."

The National College Board administers the Advanced Placement Honor Roll program. Last year it started the honor roll and this is the second consecutive year that Arthur L. Johnson High School received this recognition. Arthur L. Johnson High School was one of only two Union County high schools to receive this coveted award. Throughout the State, Millburn, Livingston, Montgomery and West Windsor-Plainsboro were some other school districts named to the Advanced Placement Honor Roll.

In a press release, College Board President Gaston Caperton stated, "Participation in college-level AP courses can level the playing field for underserved students, give them the confidence needed to succeed in college, and raise standards and performance in key subjects like science and math. The AP Honor Roll districts are defying expectations by expanding access while enabling their students to maintain or improve their AP Exam scores."

According to the College Board, many school districts countrywide have focused on expanding access to AP courses to help prepare students for college. AP exams are scored on a 1-5 scale. According to the College Board, the expanded offerings have led to more students earning scores of 3 or better and more students receiving scores of 1 or 2. High scores are required for college credit or placement.



(above) National Advanced Placement Scholar Tom Lewis (center), a June 2011 graduate of ALJ High School with (l-r) ALJ Assistant Principal David Oliveira, his Dad, Tom Lewis Sr.; his Mom, Karen Lewis; and ALJ Principal Richard Delmonaco.

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## ANNUAL ALUMNI FOOTBALL DINNER WELL ATTENDED BY PAST, PRESENT PLAYERS AND COACHES

In what has become a rite of passage for the past 15 years on Thanksgiving Eve; the very well attended Arthur L. Johnson High School intergenerational Alumni Football Dinner was held in the school cafeteria.

As he has for the past 15 years, Ken Drake served as the master of ceremonies and facilitator for the evening. Returning alumni dating back to the school's inception in 1956 stood up and introduced themselves, stating their name, position played, and coach played under. Each of the four head football coaches in attendance were recognized as well: Bob Nadasky, Bob Taylor, Gus Kalikas, and current coach Mike Mancino.

After a break for a delicious buffet dinner, the program continued with a short address by Superintendent Kenneth Knops, an overview of the season by Coach Mancino, and an introduction of the current players. The seniors were called up to the front of the room and each received an eloquent introduction by Coach Mancino, at which point the three senior captains were recognized and their leadership

extolled.

The evening concluded with the viewing of a highlight film of the 2011 Crusader season. Current and former players, coaches, and administrators lingered on in the cafeteria long after the official end of the dinner, catching up with each other and sharing cherished memories.



(above, l-r) Ken Drake founder and facilitator of the ALJ Alumni Football Dinner, with the four head football coaches present at the alumni dinner. Current Football Coach Mike Mancino, Ken Drake, and former coaches Bob Nadasky, Bob Taylor, and Gus Kalikas.

## KINDERGARTEN DOMINO MATHEMATICS

As a means of learning number facts, pupils in Miss Jackie Grigoli's Kindergarten Class at Valley Road School in Clark sorted dominoes by the number of dots on them. The Kindergartners realized that the dominoes could look different, yet still represent the same number.



(above, l-r) Kindergartners Christian DaTorre, Taylor Normann, and George Kofos work on Domino mathematics at their workstations.

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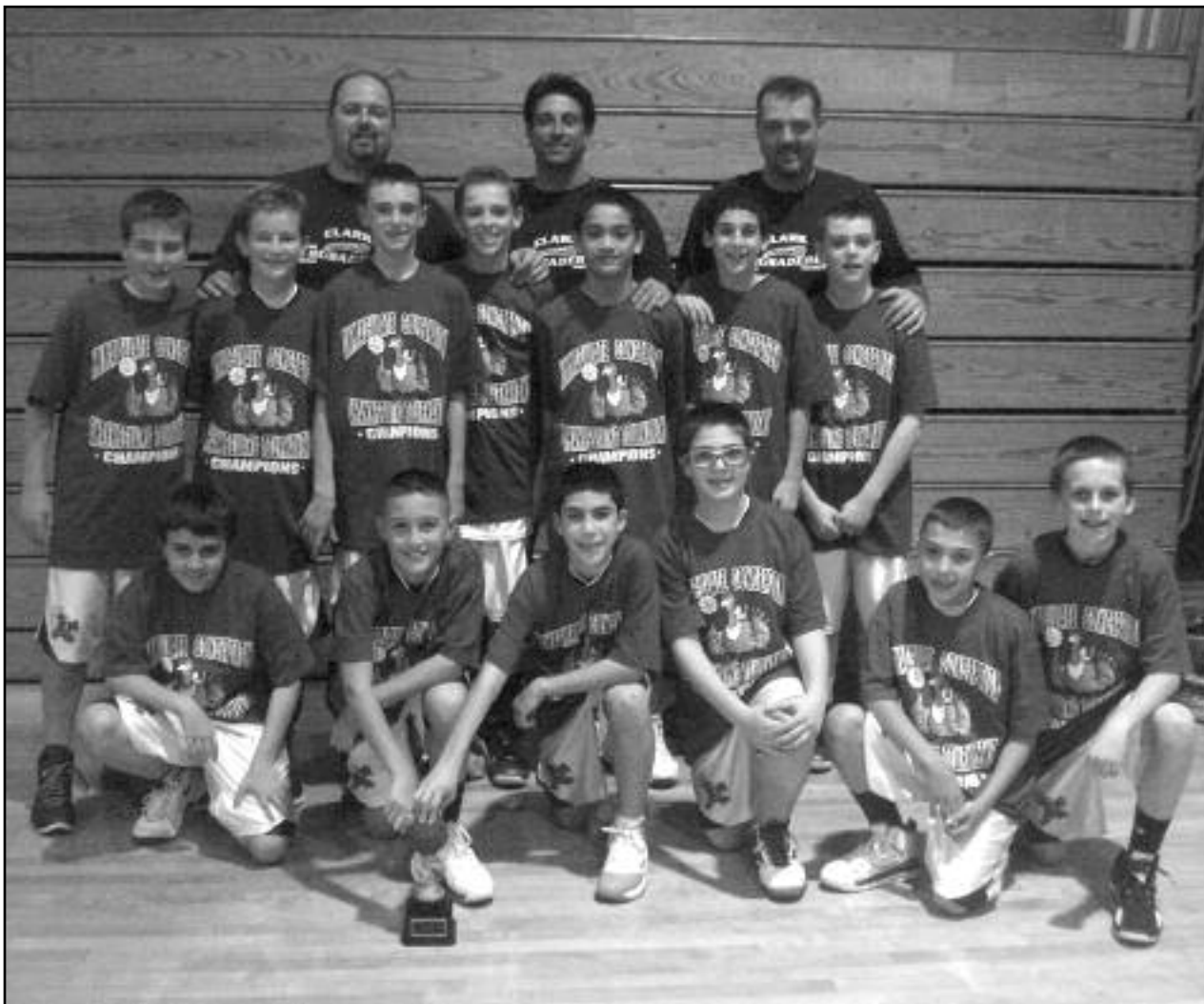
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## 6TH GRADE BOYS WIN B-BALL CHAMPIONSHIP

The Clark 6th Grade Boys travel basketball team won the Annual Immaculate Conception Thanksgiving Tournament. The boys went a perfect 4-0 on their way to the championship.



(above) Coaches George Visconti, Joe Diprofio and Frank Spallone with their team Tom Bowen, Zach Thornton, Joe DiProffio, George Visconti, Jon Sot, Matt Vigliotti, Ryan Spallone, Chris Armstrong, Jeff Drajin, Anthony Caldiero, Chris Cundari, Mike Bruno and Matt Hall.



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## SECOND GRADERS GIVE THANKS

In honor of Thanksgiving, each student in Mrs. Baker's 2nd grade class at Frank K. Hehny Elementary School wrote and presented what they were thankful for to an audience of parents and grandparents. Besides being thankful for their families, the students were also thankful for their health, food, pets, homes, video games, toys, and speed limit signs!



## COMMUNITY LEGO CREATION

Students in Mrs. Nicole Reagan's second grade class at Valley Road School in Clark have been studying communities in Social Studies. Pictured with the community that he built out of Legos is second grader Jon Spricigo.



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## CUB SCOUTS AND BOY SCOUTS KEEP THEIR PROMISES

In the Law of the Pack, a cub scout gives good will and in the Boy Scout Promise, a boy scout promises to help other people at all times. By participating in a Scouting for Food program, scouts come a step closer to fulfilling those words. On Saturday November 19, 2011 Scouts from both Cub Scout Pack 30 and Boy Scout Troop 330 of Saint John the Apostle in Clark collected food for the Saint John the Apostle food pantry as part the their annual Scouting for Food campaign. This year thanks to the generosity of the members of the community they collected over 300 pounds of food for the needy.



## DAISY TROOP 425 AIDS LINDEN FOOD PANTRY WITH FOOD DRIVE

The girls of Clark Daisy Troop 425 recently completed their November community service project by sponsoring a Thanksgiving themed food drive. The canned goods and other non-perishable food collected were donated to the Linden Food Pantry located on East Elm Street in Linden, NJ.

“We are always trying to find different ways to help in the community and to teach the girls about the importance of assisting others,” said co-troop leader Alicia Scipioni. “We’re all so proud of the girl’s generosity and their willingness to help those in need.”



(above, front, l-r) Brooke, Kaitlyn, Jessica, Riley and Keira; Middle row: Kady, Alyssa, Reese, Hope, Miriam and Olivia. (back) Catie, Isabella and Sophia.

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Photo of Vallata by John Zamarra

## A THANKSGIVING STORY

Submitted by: *Mary Ann Fiorillo, Director, St. John the Apostle's Food Pantry*

..... and they came from far and near, bearing gifts of great joy for those less fortunate. And the hearts of all were touched by the generosity and compassion of our neighbors. So goes the activity at St. John the Apostle's Food Pantry for the Thanksgiving Holiday.

School children, scouts, seniors helping seniors, local parishes, youth athletic teams, and even the Police Department of Linden loaded our shelves with turkeys and all the trimmings. Our volunteer staff had all to do to keep up with the phone calls and visitors to our pantry for well over a week. While our list of donors is too extensive to list, we would like to acknowledge our most distinguished contributors that enabled our Pantry to meet our goal of providing a complete Thanksgiving Dinner to all our

registered clients. Over 100 turkeys, 36 food baskets, and more than 300 appealing bags of trimmings were distributed that would eventually feed over 700 people.

THANK YOU Pantry volunteers, St. John the Apostle School family, Mother Seton staff and students, St. Agnes-Clark parish, SJA Cub Scout Leaders & Pack 30, SJA CYO teams, St. Bartholomew's parishioners-Scotch Plains, SJA CCD classes, Hehnlly K-Kids and their nurse Donna Kircher in Clark, Kumpf Middle School in Clark, Catholic Charities-Newark Archdiocese, ShopRite Corp., Bovilla's Bakery-Westfield, Renna Media-Cranford, Linden Police Dept., Community Food Bank-Hillside, and all those wonderful individuals that sent financial support.

## GIVE AND SHARE PROGRAM A HUGE SUCCESS

Submitted by: *Holly Maleo*

The Clark Give and Share Program would not be what it is today without the time, effort and heart of our Health Officer, Nancy Raymond.

Nancy has been the backbone of the program since day one, and continues to support and help spread the word for our community service programs. Since July, she has been taking in toys for the approaching holiday season which resulted in a truck full of toys St. John the Apostle Food Pantry. The pantry expects to service over 600 families this holiday season.

And now thanks to the generosity of Clark community, the children of these families will be able to receive a toy of their choice. How great is it to bring a smile to a child's face!

"Thank you" to all the Clark residents who have been so generous this holiday season!

## KUMPF MIDDLE SCHOOL MADE A TON OF FAMILIES "THANKFUL" THIS HOLIDAY SEASON

Mrs. Elisa O'Neill, a teacher at Kumpf Middle School, had the entire school competing in a homeroom food drive. The winning homeroom would receive a delicious breakfast. With the help of Mr. Ferrara, the SAC Counselor and all the teachers, the competition was on. Before you knew it, the classrooms were filled with donated food. When the competition was over and all the food was gathered together, it filled the entire front of the stage in the school cafeteria. When pantry members from St. John's arrived to collect the donation, they could not believe their eyes. The truck that came empty, left the school

property with its entire base of the truck full of food for needy families. All thanks to the staff, Mrs. O'Neill, Advisor of Builders Club and all the kids at Kumpf Middle School. What a great example of giving!



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## THANKS FOR SHARING YOUR PIZZA



As a class activity leading up to Thanksgiving, Miss Grigoli's kindergarten class at Valley Road School did something called Thanks Sharing under the direction of her supervisor, Janeen Allmendinger, and her principal, Joseph Beltramba. During Thanks Sharing each student and their family had the opportunity to share something with their classmates. These activities included favorite crafts, food items, and books. Miss Grigoli also joined the Thanks Sharing activity by sharing a book she wrote called "Jacqualena's Pizzeria", about her father's pizzeria and the steps that are

taken to make a pizza. Miss Grigoli also invited her father, Mr. Grigoli (Nicola's Pizzeria in Somerset) into the classroom to show the students how to make a pizza. Each student was given the opportunity to make their own individual pizza. The five and six year olds were in awe when Mr. Grigoli was able to throw the pizza dough up in the air. To finish the activity the students enjoyed eating pizza. Each student then folded a box and made their very own pizza that they would bring home to cook. This Thanks Sharing activity made for a memorable day in kindergarten.

## BUDDIES ARE BETTER THAN BULLIES



Students in Jacqueline Caplette's fifth grade worked with Mary Jo Baker's second grade class at Frank K. Hehny Elementary School in Clark, on a team building exercise as part of the school's ongoing anti-bullying initiative,

launched last month. The students worked together to make an owl with the message, "Wise Owls Know That Buddies Are Better Than Bullies". The Owls were put on display in the school's all-purpose room.



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## HEHNLY SCHOOL CELEBRATES STUDENTS WHO MAKE A DIFFERENCE

Nine students at Frank K. Hehny Elementary School in Clark were awarded certificates for "Making a Difference". The entire staff participates in the nominations by choosing students who show extraordinary behavior. It can be showing compassion, being a leader, taking chances or even being extra curious. Every marking period the teachers submit students' names along with an explanation about

the special trait they showed. Then letters are sent out to the parents inviting them to come to school for a surprise ceremony. The students are not told until that day why their parents have been notified to come to school. School Principal Shirley Bergin presents them with a certificate, special button, and an explanation about how they made a difference at their school.



(above, front, l-r) Front row: Grace Huff, Aidan Hand and Tatum Dobbins; (back, l-r) Victoria Venetia, Cody Downing, Ryan Fuqua, Brian Gates and Tee Dobbins.

## FOURTH GRADE PUBLISHING PARTY

The fourth grade students at Valley Road School in Clark invited family members to join in the celebration of publishing their first writing pieces; personal narratives. They have been working hard in Writing Workshop and are learning how to be authors through the same experiences a published author has. Each student had the opportunity to share their writing with the class, who would then sign the author's published piece with a compliment. Cookies and juice, as well as many wonderful stories, were enjoyed during this exciting event.



(above) Student Yahiree Yoplac from Miss Tara Filipini's class and her mother, Rosa Rodriguez, enjoy their time together at the publishing celebration.

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## CAMBODIAN GENOCIDE SURVIVOR SPEAKS TO STUDENT ASSEMBLY



Photo by ALJ student, Jimmy Douglas

Author and activist, Loung Ung, spoke to a captive audience of Clark and Garwood high school students on Friday, December 2, 2011, in the Arthur L. Johnson auditorium.

Earlier this year, teachers Emily Mackin and Steve Hopkins wrote a mini-grant to the Clark Education Fund in hopes of securing monies to sponsor an assembly to bring Ms. Ung to Arthur L. Johnson High School. After receiving approval of the mini-grant from the CEF, and in conjunction with the Holocaust and Genocide Department at Kean University, teacher Luke Truempy's History Club, and ALJ Principal, Rick Delmonaco, Ms. Mackin and Mr. Hopkins were able to quickly make arrangements for Ms. Ung to come to Clark.

Senior students and those students in the Holocaust and Genocide course, AP U.S. History II, History Club members, and members

of Amnesty International were invited to the presentation.

Ms. Ung is the author of *First They Killed My Father* and *Lucky Child*. Both books chronicle her childhood struggle to survive the Cambodian genocide as well as her eventual arrival and life in America. She has dedicated her adult life to promoting the message of equality, human rights, and justice. She is also actively involved as a spokesperson for A Campaign for a Landmine Free World.

Ms. Mackin and Mr. Hopkins would very much like to thank Dr. Dennis Klein, Kean University; Julia Bardzilowki, Clark Education Fund; Luke Truempy, ALJ teacher and History Club advisor; Rick Delmonaco, ALJ principal; and Phil Scardilli, John Messina, and Jimmy Douglas for documenting the day.

## ARMY CAPTAIN VISITS WITH ST. JOHN STUDENTS

On Veterans Day U.S. Army Captain Jeanne Falchek visited the third grade of St. John the Apostle School in Clark. Captain Falchek discussed the history of Veterans Day and shared her experiences as a member of the National Guard for the past 17 years with the students.

*(right) Captain Falchek with Casey Conti, her son Thomas Nickel, Mayjah Jean-Pierre and Jordan Panno.*





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## CAHILLCOTT AWARDS

As most people know, books across America are annually nominated for the Newbery Awards and Caldecott Awards. This year at Valley Road School in Clark, the 5th graders in Mrs. Kelly Cahill's class created a new award called the Cahillcott Award. The students in Mrs. Cahill's class have been studying several different story elements and techniques that have made certain authors' books stand out to them. The students chose categories that were studied and nominated books (based on examples from the


text) for each category. From those nominees they voted and narrowed it down to three books per category. Then the ballots were sent to all 5th graders to vote on who they thought should win the award. The ceremony was held on Friday, November 18th in the afternoon, where all 5th grade students attended and the winners were surprisingly revealed to everyone. This red carpet event gave the students the opportunity to dress up and celebrate the authors and books they all enjoy reading.



(above) Teacher Mrs. Kelly Cahill poses with the five winners of the Cahillcott Award and their literary selections.

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## YOUTH LACROSSE

### Registration for Spring: Boys grades K-8th

Registration for Clark Youth Lacrosse is now open to all boys of Clark and Garwood in Grades K-8th. Registration will remain open through January. See [Clarklacrosse.com](http://Clarklacrosse.com) for more details and on-line registration, or contact Bill Bretz at [billbretz@verizon.net](mailto:billbretz@verizon.net) or Jason Pressman at [JasonLPres@aol.com](mailto:JasonLPres@aol.com)

We invite everyone to come to one of our free clinics we will be holding over the winter to have their son learn the basics of catching and throwing. More information will be distributed through the schools and via the rec department.

Our primary program for boys grade 3rd-8th is team based with 2 practices per week and league games against towns like Scotch Plains, Cranford, Westfield, Millburn, and Maplewood. We play home and away games versus these teams, but the travel is never far. Home games are played on the Johnson High School turf field, sometimes under the lights!



(above, l-r) Clark 3rd and 4th graders Eric Bretz, Evan Parenti, and Michael Fiorvante after going 7-0 at the Brick Youth Lacrosse festival in Spring 2011.

## EAST COAST EXPANDS ATHLETE UNIVERSITY

### Area's best kept secret opens New Basketball & Multi-Sport Facility

For several years area athletes have known that East Coast Conditioning has operated a collegiate-style strength and conditioning training facility in Clark - entirely dedicated to training athletes. What many do not know is that more recently East Coast Conditioning has grown quickly from an elite training center- to a 22,000 square foot athlete training facility featuring a brand new hardwood basketball center and indoor turf training facilities.

Owned by A.L. Johnson graduate and former Division 1 Athlete Bryan Healy, East Coast is fully staffed by certified specialists and trains aspiring athletes of all ages in many sports including baseball, softball, lacrosse, soccer, basketball, football, wrestling, hockey and others. The East Coast strength trainers, led by Head Strength and Conditioning Coach Andrew Silber CSCS, a former Academic All America Wrestler, has had tremendous success developing individual athletes and entire sports teams to meet performance goals.

The recently launched "East Coast Athlete University" offers sport specific training and is the home of numerous elite-level travel teams in baseball, softball and lacrosse. Additional programs planned for the near future in basketball, soccer and volleyball.

This fall, East Coast began offering a wide range of basketball clinics, tournaments and leagues led by East Coast's Director of Basketball Phil Colicchio. As head basketball coach of Linden High School, Phil has established a tremendous reputation as an

amazing coach with an incredible track record of success developing players.

Already, Coach Colicchio has organized leagues, clinics, and practice sessions using the new basketball courts. Coach Colicchio comments that "The reviews of the facility are overwhelmingly positive: clean, new, spacious, great lighting, great rims, high ceilings, plenty of room for spectators." Many organizations have begun renting the facility for weekly practices, tournaments and games. The basketball facility is directly adjacent to East Coast's indoor turf practice facility which offers baseball/softball cages and open turf fields for lacrosse, soccer and other year-round training options.

East Coast can do it all. Whether you're looking for introductory sports instruction for K-8th grades, an elite travel team, collegiate style conditioning programs, or sport specific training for your youth team or program, check the East Coast Conditioning Athlete University. Contact East Coast to help you reach your goals. [www.EastCoastConditioning.com](http://www.EastCoastConditioning.com).



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**WINE**

Alice White (All Types) 1.5lt . . . . .	\$ 9 <sup>95</sup>
Arbor Mist (All Types) 1.5lt . . . . .	\$ 6 <sup>99</sup>
Barefoot (All Types) 1.5lt . . . . .	\$ 9 <sup>95</sup>
Beringer White Zinfandel 1.5lt. . . . .	\$ 8 <sup>99</sup>
Carlo Rossi 4lt. . . . .	\$11 <sup>97</sup>
(chablis, burgundy, paisano, blush, sangria)	
Casillero Del Diablo 750ml . . . . .	\$ 8 <sup>97</sup>
(cab, chard, merlot)	
Cavit Pinot Grigio 1.5lt . . . . .	\$12 <sup>97</sup>
Chateau Ste Michelle (cab., merlot) 750ml	\$12 <sup>99</sup>
Chateau Ste Michelle chardonnay 750ml .	\$ 9 <sup>95</sup>
Concha Y Toro Frontera (All Types) 1.5lt	\$ 8 <sup>97</sup>
Corbett Canyon (All Types) 1.5lt. . . . .	\$ 5 <sup>99</sup>
Fetzer (All Types) 1.5lt . . . . .	\$10 <sup>98</sup>
Franzia 5lt. . . . .	\$11 <sup>97</sup>
(crisp white, blush, chablis, sangria, chilable red)	
Kendall Jackson Chardonnay 750ml . . . .	\$11 <sup>99</sup>
Korbel 750ml . . . . .	\$11 <sup>97</sup>
(All Types except Natural and Organic)	
Louis Jadot Beaujolais 750ml . . . . .	\$ 8 <sup>97</sup>
Louis Jadot Pouilly Fuisse 750ml . . . . .	\$19 <sup>97</sup>
M&R Asti 750ml. . . . .	\$11 <sup>97</sup>
M&R Asti 1.5lt . . . . .	\$21 <sup>97</sup>
Mark West Pinot Noir 750ml. . . . .	\$10 <sup>98</sup>
Menage Trois Red Rose 750ml. . . . .	\$ 9 <sup>95</sup>
Moet Imperial 750ml. . . . .	\$32 <sup>99</sup>
Nando Asti Sumante 750ml. . . . .	\$ 8 <sup>99</sup>
Robert Mondavi Private Selection 750ml	\$ 9 <sup>95</sup>
Robert Mondavi Private Selection 1.5lt . .	\$18 <sup>97</sup>
Ruffino Chianti 1.5lt. . . . .	\$13 <sup>99</sup>
Ruffino Chianti classico . . . . .	\$19 <sup>99</sup>
Santa Margerita Pinot Grigio 750ml . . . .	\$19 <sup>97</sup>
Sebastiani Chardonnay 750ml . . . . .	\$ 9 <sup>95</sup>
Smoking Loom (All Types) 750ml . . . . .	\$ 8 <sup>99</sup>
Sutter Home (All Varieties) 1.5lt. . . . .	\$ 9 <sup>95</sup>
Sutter Home White Zinfandel 1.5lt. . . . .	\$ 7 <sup>99</sup>
Sutter Home Moscato 1.5lt . . . . .	\$ 8 <sup>99</sup>
Veuve Clicquot Brut 750ml. . . . .	\$41 <sup>98</sup>
Woodbridge (All Types) 1.5lt . . . . .	\$10 <sup>98</sup>
Yellow Tail (All Types) 1.5lt . . . . .	\$10 <sup>98</sup>
Zonin Pinot Grigio 1.5l . . . . .	\$ 9 <sup>95</sup>

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Courvoisier VS 1.75lt. . . . .	\$52 <sup>99</sup>
Hennessy 750ml . . . . .	\$28 <sup>99</sup>
Hennessy 1lt . . . . .	\$35 <sup>97</sup>
Hennessy 1.75lt . . . . .	\$59 <sup>99</sup>
JC VSOP 750ml . . . . .	\$19 <sup>91</sup>
Paul Masson VS 750ml . . . . .	\$ 9 <sup>95</sup>
Paul Masson VS 1.75lt. . . . .	\$18 <sup>97</sup>
Remy Martin VSOP 750ml. . . . .	\$36 <sup>97</sup>
Remy Martin VSOP 1lt. . . . .	\$49 <sup>99</sup>

**VODKA**

Absolut 750ml . . . . .	\$18 <sup>97</sup>
Absolut 1.75lt. . . . .	\$29 <sup>99</sup>
Ciroc (All Types) 750ml. . . . .	\$29 <sup>97</sup>
Ciroc (All Types) 1.75lt . . . . .	\$55 <sup>97</sup>
Finlandia 750ml . . . . .	\$15 <sup>97</sup>
Finlandia 1lt . . . . .	\$17 <sup>97</sup>
Finlandia 1.75lt . . . . .	\$25 <sup>99</sup>
Fris 1.75lt. . . . .	\$18 <sup>97</sup>
Grey Goose (All Types) 750ml. . . . .	\$27 <sup>99</sup>
Grey Goose (All Types) 1.75lt . . . . .	\$49 <sup>99</sup>
Ketel One 1.75 lt. . . . .	\$39 <sup>97</sup>
Luksusowa 750ml . . . . .	\$14 <sup>97</sup>
Luksusowa 1.75lt . . . . .	\$19 <sup>99</sup>
Majorska 1.75lt. . . . .	\$13 <sup>97</sup>
Pinnacle Vodka 1.75lt . . . . .	\$18 <sup>97</sup>
Sobieski 750ml . . . . .	\$10 <sup>99</sup>
Sobieski 1.75lt . . . . .	\$17 <sup>97</sup>
Svedka (All Types) 1.75 lt . . . . .	\$19 <sup>97</sup>
Smirnoff 750ml. . . . .	\$10 <sup>98</sup>
Smirnoff 1.75lt . . . . .	\$19 <sup>97</sup>
Stolichanaya 1.75lt . . . . .	\$29 <sup>99</sup>
Three Olives (All Types) 1lt . . . . .	\$22 <sup>99</sup>
Three Olives (All Types) 1.75lt. . . . .	\$25 <sup>99</sup>
Tanqueray Sterling 1.75lt . . . . .	\$29 <sup>97</sup>

**CORDIALS**

Bailey's Irish Creme 750ml . . . . .	\$19 <sup>99</sup>
Bailey's Irish Creme 1.75lt . . . . .	\$38 <sup>97</sup>
Leroux Blackberry Brandy 750ml . . . . .	\$11 <sup>99</sup>
Leroux Blackberry Brandy 1.75lt. . . . .	\$19 <sup>97</sup>
Patron XO Cafe 750ml . . . . .	\$22 <sup>99</sup>
Southern Comfort 750ml . . . . .	\$16 <sup>97</sup>
Southern Comfort 1.75lt. . . . .	\$26 <sup>97</sup>

**GIN**

Bombay Sapphire 1.75lt. . . . .	\$38 <sup>97</sup>
Seagram's 1.75lt . . . . .	\$17 <sup>99</sup>
Tanqueray 1.75lt . . . . .	\$37 <sup>99</sup>

**RUM**

Bacardi Lt, Gold, Select 1.75lt. . . . .	\$19 <sup>97</sup>
Captain Morgan 1.75lt . . . . .	\$25 <sup>99</sup>
Malibu 750ml . . . . .	\$18 <sup>97</sup>
Malibu 1.75lt . . . . .	\$24 <sup>99</sup>

**WHISKEY**

Ballantine Finest 1.75lt . . . . .	\$28 <sup>97</sup>
Canadian Club 1.75lt . . . . .	\$19 <sup>99</sup>
Canadian Mist 1.75lt . . . . .	\$18 <sup>99</sup>
Chivas Regal 12 Year 750ml . . . . .	\$27 <sup>99</sup>
Chivas Regal 12 Year 1.75lt. . . . .	\$49 <sup>99</sup>
Crown Royal 1.75lt . . . . .	\$45 <sup>99</sup>
Dewar's White Label 750ml. . . . .	\$19 <sup>99</sup>
Dewar's White Label 1.75lt . . . . .	\$29 <sup>99</sup>
Dewar's 12 Year 750ml. . . . .	\$29 <sup>99</sup>
Dewar's 12 Year 1.75lt . . . . .	\$49 <sup>99</sup>
Gentleman Jack 750ml . . . . .	\$26 <sup>99</sup>
Gentleman Jack 1.75lt . . . . .	\$49 <sup>99</sup>
Grant's 750ml . . . . .	\$13 <sup>99</sup>
Grant's 1.75lt . . . . .	\$23 <sup>99</sup>
Jack Daniel's Black 750ml . . . . .	\$21 <sup>99</sup>
Jack Daniel's Black 1.75lt. . . . .	\$40 <sup>99</sup>
Jameson 750ml. . . . .	\$24 <sup>97</sup>
Jim Beam Whisky 1.75lt . . . . .	\$29 <sup>99</sup>
Johnnie Walker Black 750ml . . . . .	\$31 <sup>99</sup>
Johnnie Walker Black 1.75lt. . . . .	\$59 <sup>99</sup>
Johnnie Walker Blue 750ml . . . . .	\$169 <sup>99</sup>
Johnnie Walker Red 750ml . . . . .	\$19 <sup>97</sup>
Johnnie Walker Red 1.75lt. . . . .	\$31 <sup>99</sup>
Maker's Mark 750ml. . . . .	\$24 <sup>99</sup>
Maker's Mark 1.75lt . . . . .	\$42 <sup>97</sup>
Seagram's 7 1.75lt . . . . .	\$18 <sup>97</sup>

**TEQUILA**

Avion Silver 750ml . . . . .	\$36 <sup>99</sup>
El Jimador Reposado 100% Agave Tequila (#1 Selling Tequila in Mexico) 750ml	\$19 <sup>97</sup>
El Jimador Reposado 1.75lt . . . . .	\$29 <sup>99</sup>
Jose Cuervo 1lt . . . . .	\$20 <sup>98</sup>
Jose Cuervo 1.75lt. . . . .	\$32 <sup>99</sup>
Patron Silver 750ml . . . . .	\$37 <sup>97</sup>

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Coors Lite (Cans) 30pk. . . . .	\$20 <sup>99</sup>
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Guinness Extra Stout 24pk. . . . .	\$28 <sup>99</sup>
Heineken and Amstel Lt 24pk. . . . .	\$24 <sup>99</sup>
Mich Ultra (Loose) . . . . .	\$16 <sup>99</sup>
Miller Lite (Cans) 30pk. . . . .	\$20 <sup>99</sup>
Sargres 24pk (Bottles). . . . .	\$16 <sup>99</sup>
Sam Adams Lager 24pk . . . . .	\$25 <sup>99</sup>
Stella Artois 24pk . . . . .	\$24 <sup>97</sup>
Tatra (500ml) 20pk . . . . .	\$18 <sup>99</sup>
Tecate 24pk (Cans). . . . .	\$15 <sup>99</sup>
Yuengling Lager (Loose Bottles) 24pk .	\$15 <sup>99</sup>
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