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Issue 102 • March 2020

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GIRL SCOUT ANNUAL POWDER PUFF DERBY



Overall Winners: Toughest Looking Car: Mia Arvelo; Most Sporty Car: Ellie Majewski; Most Patriotic: Catherine Hudak; Sweetest Car: Noelle Rizkalla; Most Unique Car: Nora Zerella; Most Royal: Charlotte Pitta; Cutest Car: Julianne Johnson; Funniest Car: Olivia Serieux; Most Creative Car: Olivia Gillespie; Most Scout-Themed Car: Gabriella DeSanto; Most Original Design: Lilijana Jadro.

Girl Scouts Heart of New Jersey Service Unit 53, "Clark, Garwood, & Winfield Girl Scouts" (CGWGS) held their annual Powder Puff Derby at the Clark Recreation Center on Saturday, January 25, 2020. More than 50 girls, ranging from Daisies to Cadettes came ready to race the gravity-powered wooden cars that they built and designed from scratch.

Many of the girls had learned about car design and construction at the first ever Car Construction Clinic, hosted jointly with Clark Cub Scout Pack 145 two weeks prior to the derby. The clinic gave Girl Scouts and Cub Scouts of all ages who were unfamiliar with the car-building process the chance to learn hands-on the ins and outs of building a derby car from scratch, and the physics of racing fast! Brownie level Girl Scouts even had the opportunity to earn a special Race Car Design badge.

The event was run by Leigh Anne Jadro (Leader, Troop 41248), with assistance from Rachael Hand (Leader, Troop

41292), and announced by Sheryl Gluck (Troop 40626). YCGWGS would like to thank Cub Scout Pack 145, especially Scoutmaster Tom Klimic and Assistant Scoutmaster Matthew Jadro, for working collaboratively to allow for the CGWGS Powder Puff Derby to be held on the same day as the Cub Scout Pack 145 Pinewood Derby, for allowing CGWGS to share use of their track and computer software, and for their assistance in planning and running the Car Construction Clinic.

They would also like to thank their student-volunteer track operators Joe Hovick, Michael Karnaugh, Ashley Rose Breinin, and Julianna Cistaro, and the many parents who contributed baked goods and helped to run the kitchen.

Final thanks go to the many generous local businesses who donated to the event including: ShopRite of Clark, Vaccaro's Bakery, Jersey Mike's Subs in Clark, Philly Pretzel Factory in Westfield, Target of Clark, Trader Joe's, and Bagel Chateau in Westfield. *(continued on page 4)*

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SAMSEL & ASSOCIATES REAL ESTATE SERVICES NAMED SMALL BUSINESS OF THE YEAR

Clark business owner John Samsel of Samsel & Associates Real Estate Services was presented with the Small Company of the Year award during the Gateway Regional Chamber of Commerce annual awards dinner held on Monday, February 10, 2020.

John Grew up in Linden and now lives in Rahway with his wife Jennifer and 2 children. He serves on the Board of Trustees for the Gateway Chamber of Commerce as well as many other organizations.

John Samsel opened Samsel & Associates Real Estate Services in November of 2017 with only 2 agents and the goal of providing superior white glove service and contributing to the community, all while growing the company. 26 months later, Samsel & Associates is represented by 49 licensees helping people buy and sell real estate all over New Jersey.

Clients who choose Samsel and Associates agents are navigated through their real estate transactions by experienced, knowledgeable, and well-trained agents who work tirelessly, loyally, reliably, and honestly.

"We know that long term relationships with our clients and the community is the key to a successful company and to a successful life. Our agents are actively involved in several Chambers of Commerce as well as other service organizations around Union County and beyond." Samsel told Renna Media.

On any given day, Samsel and Associates agents can be spotted sponsoring a little league team or a Rotary fundraiser, helping with a PTA event, collecting shoes for the less fortunate, or volunteering with Kiwanis. In a highly competitive industry, their integrity before profitability mindset produces an unsurpassed level of professionalism and performance to deliver more value for their clients.

Samsel has been featured on three HGTV House Hunters episodes with more in the works. You can find the agents at Samsel & Associates on bill boards all over Union and Middlesex Counties. Samsel hosts a weekly web-show called "Samsel Life" where he features other local businesses, events and attractions throughout New Jersey.



(above) Jean and Wayne Zuhl with Small Business of the Year recipient John Samsel and wife Jennifer. Wayne is Chairperson of the Clark Chamber of Commerce, he accepted the award on behalf of Samsel and Associates Real Estate.

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POWDER PUFF DERBY (continued)



(above) 1st Place: Isabella Papa with her car "Star of the Show";
2nd Place: Samantha Sulikowski with her car "The Jackrabbitt";
3rd Place: Catherine Hudak with her car "The Marvelous Fury"



(above) 1st Place: Samantha Sulikowski; 2nd Place: Avery Fogu;
3rd Place: Alison Silva; Best Sportsmanship: Lauren Gluck



(above) 1st Place: Isabella Papa; 2nd Place: Isabella Sulikowski;
3rd Place: Kiersten Mathison; Best Car Name: Lucy Gilio;
Best Paint Job: Kiersten Mathison



(above) This year's Family Race category had several last-minute withdrawals, leaving Bernard Sulikowski as the winner of the uncontested race. Rather than make Mr. Sulikowski race alone, his car was raced against the cars of his three daughters, Samantha, Isabella, and Gabriella, who were all winners in their divisions and placed 2nd, 4th, and 7th overall respectively.



(above) 1st Place: Catherine Hudak;
2nd Place: Isabella Breece;
3rd Place: Noelle Rizkalla



1st Place: Gabriella Sulikowski;
2nd Place: Eve Pitta;
3rd Place: Ruby Tomkowski



(above) Most Colorful: Julia O'Brien; Fastest Looking Car: Juliette Raab; Most Girl Made: Rebecca Schubring; Most Bling: Hope Schadewald; Best Craftsmanship: Hayley Francavilla;



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CASA INVITES PUBLIC TO WOMEN'S LEADERSHIP LUNCHEON MARCH 11

Submitted by Gretchen Boger-O'Bryan

Court Appointed Special Advocates (CASA) of Union County will host its second annual Women's Leadership Luncheon on Wednesday, March 11 — the heart of Women's History Month — to highlight two Union County women whose contributions positively impact their community.

Among them is Tina Renna, Cranford resident and owner of Renna Media, publisher of 21 community newspapers including Clark Monthly.

Renna, who coordinates content for more than 135,000-issues circulated to towns in Union, Somerset and Morris counties, uses her writing, editing and photography, she says, "to tell the stories of ordinary people who do extraordinary things, big or small, that inspire others and their communities. Whether reporting news from town departments, schools and libraries,



(above) Tina Renna, owner of Renna Media, publisher of 21 community newspapers including Clark Monthly, will be recognized by CASA at their Women's Leadership Luncheon.



(above) Sue Adler, Summit resident and CEO of The Sue Adler Team of Keller Williams in Chatham, will be recognized by CASA at their Women's Leadership Luncheon on Wednesday, March 11.

giving voice to local organizations raising awareness, or highlighting accomplishments of businesses, residents and all those who share a community — no matter strength or size — I strive to make a positive impact on each town's well-being and economic development."

Also being honored is Summit's Sue Adler, CEO of The Sue Adler Team of Keller Williams in Chatham. Currently ranked 10 worldwide out of 175,000 Keller Williams agents, Adler focuses on the community's train line towns and incorporates an in-house, team-treatment approach for clients.

Ilyse DiChiara, owner of Green Healthy Living and certified integrative nutrition, health and wellness coach, will provide the keynote address. Prior to switching professional course, DiChiara ran her nationwide trial consulting business, Litigation Support Solutions, for more than 20 years. Other participants include Summit Mayor Nora Radest and Westfield Councilwoman Joann Neylan.

Tickets are available now for the luncheon, which begins at 11:30 a.m. at the Grand Summit Hotel. Seats are \$65; tables of 10 and sponsorships are available. To purchase, log on to casaleadershipluncheon.eventbrite.com. For luncheon details, contact Alexis at aslade@casaoofunioncounty.org.

CASA of Union County recruits, trains, supervises and supports community volunteers to advocate for abused, neglected and abandoned children placed in foster homes or residential facilities. There are more than 500 Union County youth, from birth to age 21, in foster care. With court-ordered access to a foster child and all parties in their life, volunteer advocates report findings to the judge so as to ensure best interests remain a priority, needs are met, and already experienced trauma is not exacerbated.

Contact Courtney at cgreen@casaoofunioncounty.org or 908-293-8136 to learn more about CASA of Union County.



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through grade 5, sent 600 uplifting messages to our troops. Letters were also accompanied by an illustration.

"The students were excited to show their

gratitude to the troops through this special Valentine's Day project," stated School Nurse Donna Kircher, the organizer of the project.

Photo by Clark Public Schools



(above) Hehnly students and their Valentines for the Troops



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READING CAFÉ AT VALLEY ROAD SCHOOL

Submitted by Christine Casale Broski
Students and their parents were invited to attend the Reading Committee's Reading Café at Valley Road School. The goal of the event is to

provide a fun evening that promotes families reading together.

During this event, the school cafeteria is set up as a café. Fifth grade students dress up like servers and show parents and grades K-4 students to their tables. The fifth graders serve a selection of books and snacks to their guests. The parents then read the books to their children.

Trish Peitz, Valley Road first grade teacher, and Lindsey Klimuc, VP of Marketing for the PTA, organized the event. Valley Road Principal Joe Beltramba stated, "It is great seeing special events with a focus on reading. The event was well-attended and enjoyed by all."



Photo by Clark Public Schools



(above) Parents and students were served books and snacks at the Reading Café at Valley Road School.



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DOMENIC PREITE NAMED CLARK RECREATION VOLUNTEER OF THE YEAR

This year's recipient of the Clark Recreation Volunteer of the Year Award was presented to Domenic Preite, a lifelong resident of Clark. Dom was recognized for his volunteer work within the recreation department, including basketball, softball and

daily functions taking care of the Rec. Center. Dom is a fixture in town and is loved by so many.

The award was presented to him during a recent council meeting by Recreation Director Ralph Bernardo and Mayor Sal Bonnacorso.



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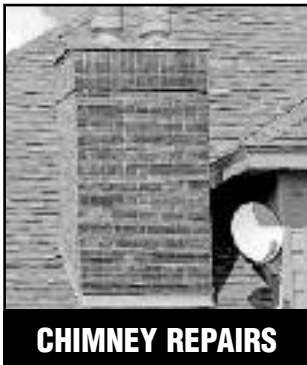




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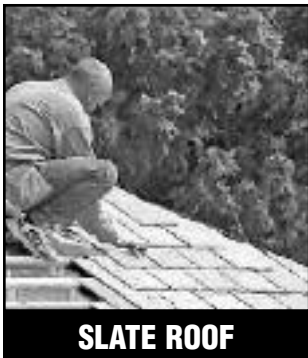
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ALJ PRESENTS CHICAGO

The 20's are back...and they're roaring into the Arthur L. Johnson (ALJ) auditorium at the end of this month when the ALJ Drama Department presents the hugely popular musical Chicago. Chicago debuted on Broadway in 1976 and was revived in 1997 and is still running today. The successful movie version was released in 2002 and won the Oscar that year for Best Picture.

ALJ's production boasts some outstanding performances, especially those given by ALJ seniors Hannah Vargas as Velma Kelly and Mia DeSantis as Roxie Hart. Other seniors taking their final bows in the production are Brandon Clark, Caileigh O'Donnell, Matthew Snedeker, & Emily Woods.

Director Peter Nevargic says, "This is by far the most exciting show we've ever produced on the ALJ stage and is not to be missed!" So come and be "razzle dazzled" by these extremely talented young performers in the new high school version of Chicago!

Performances will be held at the ALJ auditorium, 365 Westfield Ave., at 7 p.m. on Thursday, March 28; Friday, March 27; and Saturday, March 28. Tickets at \$5.00 for students and senior citizens and \$10.00 for adults.



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CLARK SENIORS CELEBRATE VALENTINES DAY

Clark Seniors celebrated Valentines day with a delicious lunch donated by Applebee's of Clark, then they were entertained by Flavian – mind reader and magician.

The Clark Pre-School students surprised the seniors with Valentines. Afterword's Recreation Director Ralph Bernardo presented each senior with a box of chocolate and Valentine heart cookie. A great time was had by all.

Photos by Clark Recreation



spring into health in-store health fair

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LEGION AUXILIARY HELD A MEMORIAL SALUTE FOR FOUR MEMBERS

Current members of the Clark American Legion Auxiliary Unit 328 held a memorial salute for four members who passed away this holiday season. During the February 5 member meeting, a memorial moment and prayer was said for Past President Margaret Kehoe, 1995-1997; Past President Dolores Melillo, 2006-

2007; Past President Laura Philipone, 2012-2014 and long-time member Charlotte Schiferstein. Unit 328 Auxiliary members recalled and acknowledged the service of these women who volunteered their talents and time to benefit area veterans.

The American Legion Auxiliary celebrates its

100 year anniversary this year: 100 Years of Service to American military and their families. This work is done unselfishly by members all over the world.

If you would like to be a member, check with your local American Legion Post to pick up a registration form.



(above, l-r) President Tammi Angelo, Kin Broadwell, Kathleen Switek, Jody Burns, Karen Fink, Florence Roberts, Margaret Alago, Diane Mott, Jane Kalisch and Maureen Reilly.



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CLARK FAMILY SKATE NIGHT

Clark Recreation held their annual Clark Family Skate Night. Over 250 Clark residents attended the Warinanco Skating Center on Saturday January 18th in the middle of a light

snow fall to enjoy skating.

This thirteen-year tradition has been enjoyed by countless residents throughout the years.

Photos by Clark Recreation Department



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JUDGE GARY BUNDY MEETS WITH ALJ SOPHOMORES

Students in Laura Bundy's Driver Education class at Arthur L. Johnson High School in Clark met Judge Gary Bundy on January 17, 2020, to learn about teen driving and the law. Judge Bundy is the Municipal Court Judge for Roselle Park and Garwood, NJ. He shared that there are many different laws drivers have to abide by,

especially new drivers. Judge Bundy specifically addressed the provisional license, underage DUI, and DUI and illegal drug use in a vehicle.

According to Ms. Bundy, "ALJ students were very engaged in each topic and asked some excellent questions."

Photo by Clark Public Schools



(above, l-r) Grace Cassidy, Bella Manto, Samantha Gonzalez, Judge Bundy, Alexandra Lopes, Jose Acosta Lopez, and Shannon Hening.

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SUBSTANCE ABUSE PREVENTION PARENTING PROGRAM

The Carl H. Kumpf Middle School in Clark, NJ will be hosting the Partnership for a Drug-Free New Jersey's (PDFNJ) 15 Minute Child Break program on Thursday, March 5, 2020 beginning at 6:30 p.m. The Clark Township Municipal Alliance will provide food (wraps and sandwiches) and refreshments beginning at 6:15 p.m. and greet parents to answer questions on how to become involved with the Municipal Alliance. This program is intended for adults only, but the Kumpf PTA will provide free child care services if needed. Parents of students in all grades are welcome.

The 15 Minute Child Break is a one hour multimedia presentation offered by the PDFNJ, according to Angelo Valente, Executive Director of the PDFNJ. He explained that information on the importance of the parent or caregiver's role on substance abuse prevention will be discussed; as well as how to talk to children about drugs, signs of use and abuse to look for, current terminology, and trends of use. He noted that the presentation is based on New Jersey specific research conducted by the PDFNJ's Center for Prevention Research.

"We are glad to bring the 15 Minute Child Break back to Kumpf Middle School according to Rick Delmonaco, principal of Kumpf Middle School. The program delivers a powerful message for parents about what to look for and how to assist their children in regards to substance abuse as they enter their teen years. It is one of the most useful and informative hours a parent can spend in helping to guide their child."

The PDFNJ offers a variety of free programs, services and materials. For additional information visit drugfreenj.org. If you have any questions feel free to contact Rick Delmonaco at rdelmonaco@clarkschools.org or Steve Kaelblein (Clark Schools Student Assistance Counselor) at skaelblein@clarkschools.org.

CLARK UNICO INSTALLS NEW MEMBERS

Submitted by Ralph Bernardo

Clark UNICO held its annual kickoff meeting on January 30, 2020. National President Dr. Frank DeFrank spoke at the meeting and swore in 4 new members. Pictured are new members Kevin and Barbara Brady, Andrew Amendola, National President Dr. Frank DeFrank, Clark

Chapter President Joe Arancio, new member John Kurek, District X Governor Anthony Bengivenga and Presidential Aid Gene Maddalena.

New members are always welcome. For more information about Clark Unico visit clarkunico.com.





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VALLEY ROAD TEACHER NAMED UNION COUNTY TEACHER OF THE YEAR

Bryan Lowe, fifth grade teacher from Valley Road School, was recognized at a recent Board of Education meeting for being named Union County's Teacher of the Year.

According to Valley Road Principal Joe Beltramba, "Mr. Lowe is not only a considerate and enthusiastic teacher but also a wonderful person who is very dedicated to his students. He

meets each student's individual needs, develops strong connections with each of them, and makes learning fun for all of his students."

Beltramba stated that some of Lowe's most notable lessons include role-play of the American Colonists and British Loyalists as well as the Boston Tea Party. Lowe also plans a Colonial Job Fair and uses his guitar to deliver lessons.

In addition, Lowe serves as the PTA's Teacher Representative, codirector of the spring musical, creator of the Clark Connects social studies camp, and a UNICO member.

Last year, Lowe was featured on NJ 12 for his annual 50-mile bike ride to school to celebrate Earth Day. Lowe rode an electric bike powered by solar panels.

Beltramba continued, "Mr. Lowe is always learning new ways to reach his students and to make instruction more interesting." He has attended many professional development programs for history as well as Columbia University's Writing and Reading Project. Beltramba stated, "Mr. Lowe is always willing to spend time learning and become a better teacher."



(above) Bryan Lowe – Union County Teacher of the Year and his students.



(above) Superintendent Edward Grande, Lowe, Board of Education President Steve Donkersloot, and Valley Road Principal Joe

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TARA MULVIHILL WINS 2ND PLACE IN ART AND WRITING CONTEST

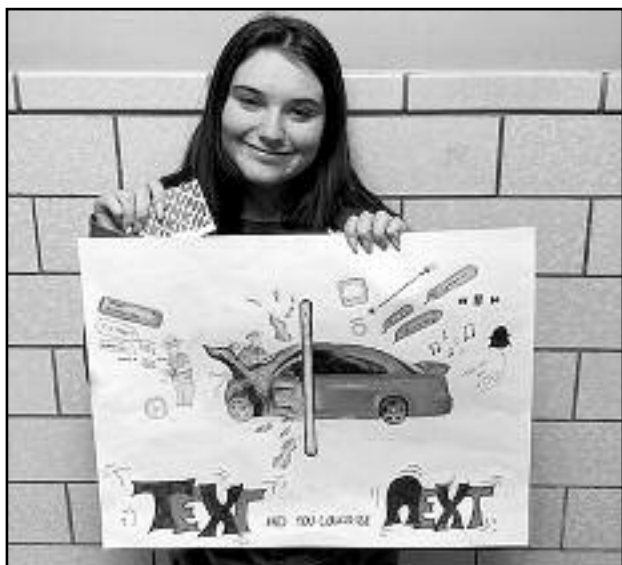


(above) Tara Mulvihill, 2nd Place Winner in NJAGC contest

ANTI TEXTING & DRIVING PSA CONTEST

Students in Laura Bundy's Driver Education class at Arthur L. Johnson High School in Clark competed in a class-wide anti texting and driving public service announcement contest to share what they learned about the dangers of distracted driving. Students needed to create a clear slogan in addition to including a creative photo/drawing.

The winner of this contest was sophomore Alexa Grasso with her "Text and You Could be Next" poster. Alexa was the winner of a \$20 Dunkin Donuts gift card.



Tara Mulvihill, 5th grade student from Valley Road School, was awarded second place in both the New Jersey Association for Gifted Children's Art and Writing Contests, themed Giftedness: A Vision for 2020. An awards ceremony where winners received their certificates and prizes was held at the REACH (Regional Enrichment Activities for Children with High Abilities) event, held on January 25, 2020, at Moorestown Upper Elementary School. Keynote speaker, writer, and motivator, S.F. Hochman encouraged students to

make the most of their talent and abilities by letting it RIP: Resist, Insist, Persist! Following the keynote, students participated in interactive, hands-on enrichment activities, focusing on higher-level creative thinking and team building.

Cindy Tarello, Gifted & Talented teacher in the Clark Public School District, entered her students work in the contest. She stated, "This is one of my favorite contests to enter each year. I'm so proud of Tara and happy she was recognized for both her writing and artwork."

HEHNLY STUDENTS LEARN WAYS TO DESTRESS

Fifth grade students in Mrs. Caplette's class at Hehnly School are learning ways to cope with stress.

"As adults, we need to be aware of the daily stresses placed upon children ranging from academic challenges, family issues, and social interactions. Stress can have a negative impact on a student's ability to focus in the classroom and on their overall well-being," stated Mrs. Caplette.

To help students cope when feeling overwhelmed, Mrs. Caplette and her paraprofessional aide, Mrs. Ferrentino, created a "Destress Corner". Students can either ask to use the Destress Corner or are sent there when it is evident that they need a break. The corner has inflatable tubes to relax on, a coloring option, an interactive message board, books, jokes, stress balls, and inspirational messages that students can take to keep at their desks. The teachers found that students respond very well to the

Destress Corner and it not only benefits students focus in the classroom but supports their well-being outside of the classroom as well.



(above) Mrs. Caplette's and Mrs. Ferrentino's "Destress Corner" was created for their fifth grade students to learn to cope with stress.

Photos by Clark Public Schools



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COLLEEN NEMETH RECOGNIZED AS COUNTY'S EDUCATIONAL SUPPORT PERSON OF THE YEAR

Submitted by Christine Casale Broski

Colleen Nemeth, secretary for the Office of Special Education at the Clark Public Schools, was recently named Union County's Educational Support Person of the 2019-20 School Year. She was honored at a recent Board of Education Meeting.

Nemeth has been working in the district for 18 years. She is also an active member of the Clark Education Association having served as Corresponding Secretary, Building Representative for Secretaries, Negotiations Committee Member, and Health and Safety Chair.

Nemeth stated, "It was truly an honor to be recognized in this capacity. Every day, I strive to do my absolute best."

According to Supervisor of Special Services Nicole Viola, "Colleen epitomizes the word, perfectionist. She is meticulous, driven, and detail oriented in every aspect of her job." She continued, "her unyielding dedication, intense work ethic, and true professionalism never ceases to impress me."

According to the nomination form, to be considered for the NJEA ESP award, one must be an NJEA member for at least 3 consecutive years. Additionally, one must demonstrate strong professional practice, member involvement, community engagement, personal achievement, and the enhancement of the ESP image. 3 letters of support must also be written on the person's behalf.

Superintendent of Schools Edward Grande stated, "Mrs. Nemeth is the utmost of professionals and could not be more deserving of this award. She is an immense asset to not only the Special Services Department but our district as a whole. Colleen is never one to watch the clock, and she will never shy from lending a helping hand."

Photo by Clark Public Schools



(above) Colleen Nemeth, who was named Union County's Educational Support Person of the 2019-20 School Year.

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The library will be closed on Monday, February 17 for President's Day

Read Across America Day
Monday, March 2, 3:30 p.m.
Help us celebrate the birthday of Dr. Seuss.
Instant Pot: Irish Recipes
Monday, March 2, 6:30 p.m.
Join us for an Instant Pot cooking demonstration. We will share the recipes of St. Patrick's Day dishes. Space is limited.
Boogie Woogie Babies
Tuesday, March 3, 10:00 a.m.
Boogie Woogie Babies is a 30-45 minute dance class for baby and their big person! Class is geared towards ages 6 months-2 years old but all are welcome with an adult! Please register.
Homeschool Lego and Board Games
Tuesday, March 3, 1:00 - 2:30 p.m.
Homeschooling families are invited to come to the library to play with legos or board games.
Who Was...Book Club
Wednesday, March 4, 3:30 p.m.
Come to our new Who Was...book club! Kids in 2nd-6th grade are invited to attend!
LEGO® Club
Friday, March 6, 3:15 p.m.
Join us for the LEGO® Club
Union County Division on Aging Services
Monday, March 9, 10:00 a.m - Noon
Do you have a questions about services for seniors or their caregivers?
Chess Club for Kids
Mondays, March 9 and 23, 6:30 p.m.
Children ages 6 and up are invited to come to the library for chess club!
Books & Brews Book Club
Monday, March 9, 7:00 p.m.
The Library & Whole Foods Market invite you to join us for our bi-monthly book club at the Clark Bar (1255 Raritan Rd #150, Clark).
Tinker Tots
Friday, March 13, 11:00 a.m.
Come join us for a morning of fun science activities perfect for little ones. For children ages infant through pre-k. Please register.
Mug Cakes and Coffee
Friday, March 13, 11:00 a.m.
Are you looking to make an easy and delicious single-serving dessert?
CoderDojo
Sunday, March 15, 2:00 - 4:00 p.m.
Our goal is to help kids understand how to code. For children ages 9 - 14 years old.
Tinker Tuesday
Tuesday, March 17, 3:30 p.m.
Elementary aged children are invited to join us for our monthly afternoon of crafting.
Graphic Novel Book Club
Thursday, March 19, 4:30 p.m.
Come join our graphic novel book club!
Adult Craft: Quote on Canvas
Thursday, March 19, 6:30 p.m.
Write out a favorite quote on canvas and decorate it with paint.

NJ Maker's Day
Saturday, March 21, 10:30 a.m. -2:30 p.m.
Creators and learners of all types and ages are invited to visit our annual event.
Acrylic Painting:
Pasture scene & Deep blue sea
Tuesday, March 24, 2:00 p.m.
Join us in an acrylic painting class. We are learning basic color mixing and simple gradations by painting a Pasture Scene and a Deep Blue Sea on a mini canvas.

Family Thursdays: STEM Night
Thursday, March 26, 6:30 - 7:30 p.m.
Come play with some maker toys at our family STEM night! We will have 3D printing pens, coding toys, and Legos. All ages are welcome.
Finger Painting Friday
Friday, March 27, 10:00 a.m.
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SCHOOL DISTRICT TO SCREEN DOCUMENTARY ON ANXIETY

On Thursday, March 12, the Clark Public School District's Parent University and School Counseling Department will hold a special screening of the IndieFlix documentary, *Angst: Raising Awareness Around Anxiety* in the Arthur L. Johnson High School Auditorium at 7 p.m.

IndieFlix, a leading independent online streaming platform, along with its non-profit arm, the IndieFlix Foundation, is sparking a global conversation about anxiety through screenings of its brand-new documentary. The event will feature a viewing of the 56-minute film, followed by an informative question and answer session led by School Psychologists Lauren Camera and Brooke Nacht and School Counselor Ellen Zamboni. The event is open to parents and children attending the Clark and Garwood Public Schools. All children must be accompanied by an adult. Appropriate for ages 10 and up. To register, please contact Christine Broski at cbroski@clarkschools.org or 732-574-9600 x3355.

Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships, as well as how they've found solutions and hope. The film also includes a special interview with Michael Phelps, a mental health advocate and one of the greatest athletes of all-time. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition.

Part of the beauty of this film is the openness of the children and young adults featured; for some of them, the "Angst" project marks the first time they are publicly sharing their experiences with anxiety. Our hope is that their candidness and bravery will inspire our community to do the same.

While "Angst" documents the struggles some people have with anxiety, it also reveals their hope for the future. Noah, a teenager in the film, describes it this way: "Anxiety doesn't define me. It's not just a curse; it also gives me strength."

"Everybody needs to know that anxiety disorders are real, common and treatable instead of viewing them as a personal choice or something to be ashamed of," said Dr. Jerry Bubrick, Senior Director of Anxiety Disorders Center, Child Mind Institute. "Getting help early is crucial in giving people the tools they need to feel better. We just need to start the conversation."

"We felt it was important to make a movie that could raise awareness to open up the conversation and provide hope," said Andreen, IndieFlix CEO and "Angst" Producer. "So many people struggle with anxiety and have trouble talking about it. We want to change that."

Anxiety disorders are the most common mental health challenge in the U.S., impacting 54 percent of females and 46 percent of males, with age seven being the median age of onset, according to the World Health Organization. While anxiety disorders are highly treatable, only one-third of those suffering receive treatment. Everyone involved in the development of "Angst" has a personal experience with anxiety – from the producers to the interviewees.

"The conversation surrounding mental health really hits home for me," said Michael Phelps. "Many people don't understand how debilitating mental illness truly can be, and even more than that, how common it is, yet people are afraid to have the serious discussions about it."

To learn more, visit angstmovie.com.

AMERICAN LEGION BREAKFAST FUNDRAISER

The American Legion Auxiliary is holding a Sunday breakfast on March 22, 2020 at the American Legion Post on Westfield Avenue in Clark. Breakfast sandwiches will be available with eggs, cheese, bacon or pork roll on a fresh roll or english muffin. Also available are waffles, hash browns and tater tots. Sandwiches are \$6.00 each and will be served from 9:30 a.m. to 12 noon.

This Auxiliary fundraiser will help the Auxiliary members to purchase special gifts for the women veterans at Lyons Veterans Hospital. All proceeds go to veterans and military families.

Want a delicious breakfast? Join the Auxiliary members at the Clark American Legion for a great start to your morning.

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