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Issue 108 · September 2020

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### **ALJ ENVIRONMENTAL SCIENCE STUDENTS LEARN REMOTELY**

Students in Mrs. Suzanne Nagourney's Environmental Science Class at Arthur L. Johnson High School in Clark were visited by James Leitner founder of MissionCleanWater, an organization committed to providing clean drinking water and sanitation to under-served communities.

Leitner, a Scotch Plains resident, joined a Zoom session with the students in June. He shared his educational background and how he became interested in environmental science specifically on people's accessibility to clean water.

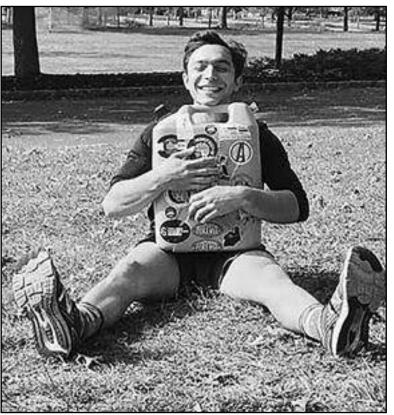
He discussed depletion with students as well as accessibility including how far people have to travel to obtain water. He showed students water sources that some people rely on that differ greatly from the water students are accustomed to drinking.

Leitner shared that he began raising awareness about clean water by first committing to run a marathon a month for a full year carrying 45 lbs of water above his head. He said this symbolized what people have to go through everyday to access clean water.

He then shared pictures of his 3,250 mile journey from New Jersey to California where he walked carrying 10 gallons of water. The 143-day journey was meant to show the distance people in Africa had to walk every year just to get water for themselves.

Students had the opportunity to ask Leitner questions like what inspired him to begin his crusade for clean water. Leitner explained it really began with trips to visit his family which sparked his interest in nature. He wound up switching career paths in college to follow his passion of helping others which eventually led to founding MissionCleanWater.

Ms. Nagourney stated, "James is very passionate about the goal of MissionCleanWater to provide clean drinking water and sanitation to underserved communities. I thought that inviting James to share his inspiration and passion would be a good way to close our Water unit in my Environmental Science classes. Students were able to hear first-hand about his authentic experiences and motivation for transitioning his



(above) Leitner, the 27-year-old founder of MissionCleanWater, kicked off his ultra-endurance fundraiser, 30 Days for Clean Water, on July 1, 2020. He ran 30 miles a day every day at Tamaques Park in Westfield, NJ in an effort to raise \$30,000 to fund a clean water system for the St. Elizabeth's All-Girls School in Uganda. He completed his final mile on July 30th at Tamaques Park in Westfield, NJ. As of this writing, James has raised over \$33,000.

passion for environmental science into the development of a nonprofit organization that provides a service to others." To learn more about Mission CleanWater visit missioncleanwater.org/.

### **VOLUNTEERS NEEDED TO HELP AT BLOOD DRIVES**

New Jersey Blood Services (NJBS), which supplies blood to hospitals throughout the state, is in need of volunteers to help at blood drives. The blood drive volunteer is an integral member of the blood collection team whose task it is to assist donors with registration and/or at the refreshment area. No medical background is necessary. Volunteers should have the ability to relate to the public, be able to perform different jobs

- as needed and have the willingness to follow the rules. For additional information contact,
  - Monday to Thursday 9 a.m. to 5 p.m.,
  - Manager of Volunteer Services Sharon Zetts at 732-850-8906.
  - To apply on line as a blood drive volunteer, please go to: nybc.org/support-us/volunteer-nybc/volunteer-application



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Tina & Joe Renna, Publishers 202 Walnut Ave., Cranford, NJ 07016 (908) 418-5586 Fax: (908) 709-9209 E-mail: info@rennamedia.com

### **SEND US YOUR NEWS**

Did you or someone you know accomplish something amazing? We are interested in hearing about your latest achievement (accomplishment, honor, award, etc.). Do you have an event that you need help publicizing? Then send Clark Monthly your news!

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#### **REYNOLDS PLUMBING**





*newspaper* 6,500 papers

are printed monthly and mailed to every household and business in Clark.

Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

### **ALJ TEACHER VISITS GRADUATING SENIORS**

Arthur L. Johnson High School American Sign Language Teacher Loren Hsu wanted to recognize all of her graduating seniors despite the recent school closing due to the Coronavirus pandemic. As a result, Hsu traveled to each senior's home for a surprise visit.

According to Hsu, "It may have taken me four days and two tanks of gas, but I visited each



(above) Samara Infantino and Mrs. Hsu

Arthur L. Johnson High School American Sign senior I teach to deliver a gift and honor cords for inguage Teacher Loren Hsu wanted to cognize all of her graduating seniors despite the Some tears. So fun!"



(above) Stephen Harrington and Mrs. Hsu



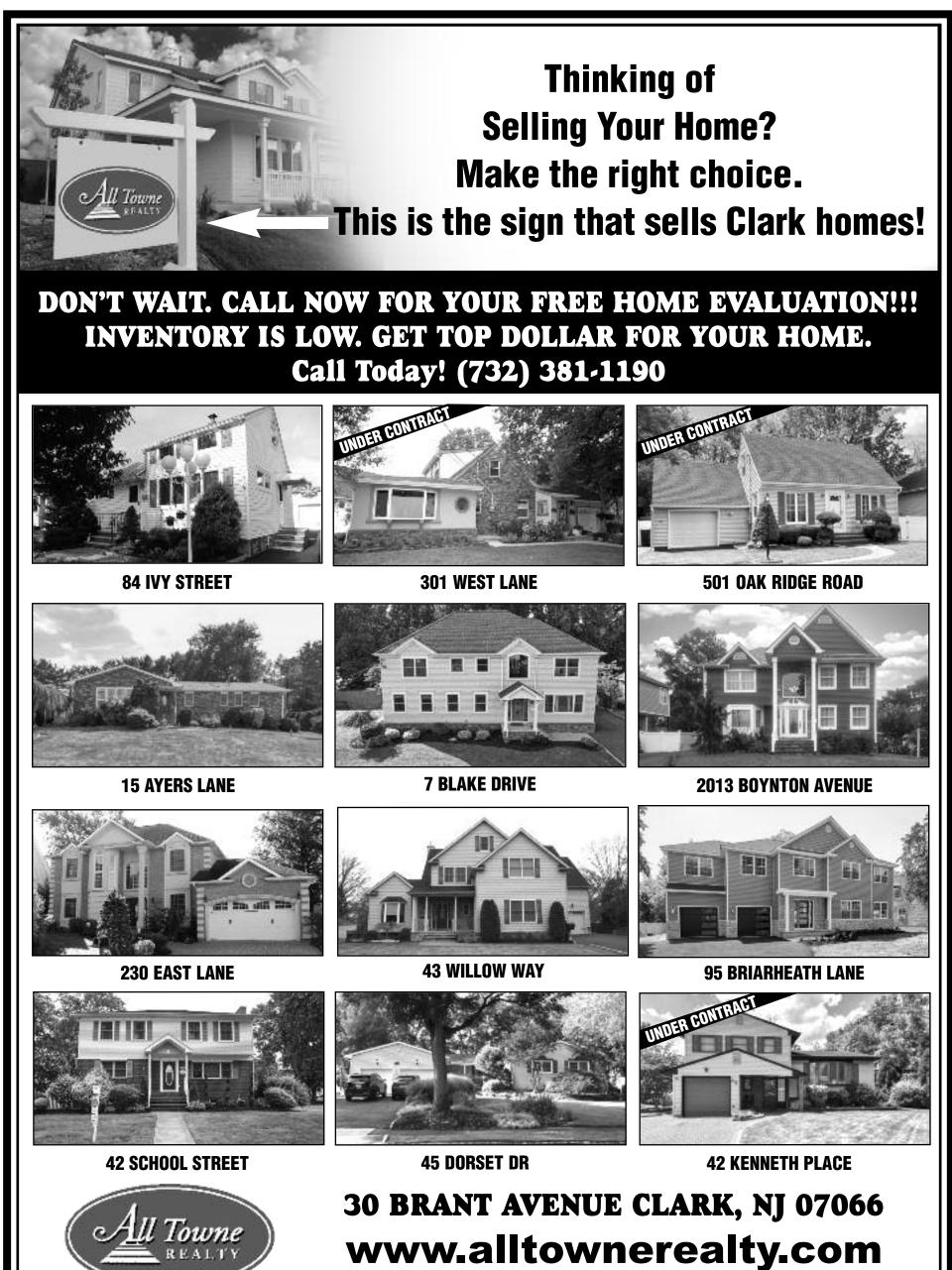
(above) Brooke Gallo and Mrs. Hsu

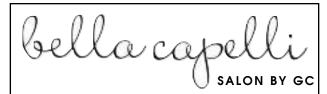




(above) Albert Galiszewski and Mrs. Hsu

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### **STUDENTS MAKE SANDWICHES FOR RAHWAY FOOD FOR FRIENDS**

The National Junior Honor Society at Carl H. Kumpf Middle School gave back to the community by making sandwiches and donating them to Rahway Food for Friends. The community service project was started by student Nico Cardoso and his family. The Cardosos accept sandwiches made by the NJHS members on Friday mornings and then distribute them to those in need. The Cardoso family planned on

The National Junior Honor Society at Carl H. delivering sandwiches each week for the entire umpf Middle School gave back to the summer.

National Junior Honor Society Advisor Suzanne Hamilton stated, "This service activity is a great way for our students to give back to the community while still maintaining safe social distance. I'm very proud of Nico for taking initiative to start an ongoing summer project that will benefit those in need."



(above) Nico Cardoso, Emmanuel Pelardis, and Isabella Gomes (not pictured: Diva-Kai Caro-Vasquez)







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#### APPETIZERS

Baked Clams9.00	ŀ
Mussels	_
Shrimp in Garlic10.00	8
Fried Calamari9.50	E
Hot Antipasto Della Casa 9.95	8
Mozzarella, prosciutto, provolone,	1
roasted peppers and olives	
Chicken Fingers (6)	, je
Mozzarella Sticks (6) 6.75	F
BBQ Wings (6) 6.75	1
Buffalo Wings (6) 6.75	í
Broccoli Rabe 7.50	ĥ
Broccoli Rabe & Sausage 9.95	
Garlic Knots(6) 3.00(12) 5.00	
Bruschetta 5.95	
Garlic Bread	1
Garlie Bread	1
with Mozzarella	
French Fries	ŝ
French Fries with Cheese 3.95	1
Balsamic Calamari 10.50	
Bruschetta Calamari 10.50	
Rice Balls	-
Rice Ball Parmigiana 6.50	
Mozzarella en Carrozza 7.95	
Potato Croquettes (4) 7.95	
Hotzy Totzy Shrimp (6)10.00	

#### HOMEMADE SOUPS

		Gasu
Chicken		6.95
Pasta Fagioli	4.50	6.95
Lentil	4.50	
Minestrone		

#### SALADS

Your Choice of Dressing: Houre, Batrawie, Greany Italian, Bleu C Ranch, Caesar, Honey Mustard, F	heese,
House Salad	6.45
Cacsar Salad	6.45
Grilled Chicken Salad	8.45
Chef Salad	8.45
Tuna Salad	8.45
Mozzarella Caprese Salad	
Grilled Shrimp Salad	9.25
Grilled Shrimp Caesar Salad	9.25
Spinach Salad	9.25
Topped with portobello mushroo Gergouzola cheese, shaved almor dressed with house balaamic dress	ida,

#### SIDE ORDERS

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#### ROLLS

All rolls are served with sauce
Sausage, Peppers & Onions., 7.40
Grilled Chicken 7.00
Pepperoni Roll 7.00
Broccoli & Mozzarella
Buffalo Chicken Roll 7.00

#### 

& Provolone	5
Ham, Capicola & Provolonc6.45 8.7	5
Turkey & Cheese	5
Roast Beef & Cheese5.95 8.9	5
Roast Beef, Turkey & Cheese	0
Tuna	5
Prosciutto	

### HOT SUBS

may man	
Eggplant Parmigiana6.50 9.9	5
Chicken Parmigiana	5
Veal Cutlet Parmigiana	D
Sausage, Peppers & Onions	5
Sausage Parmigiana	
Italian Hot Dog	5
Chicken Cutlet	5
Cheesestcak	0
Cheesesteak Special	5
Chicken Cheesesteak Special	5
Grilled Chicken	5
Meatball Parmigiana	0
Shrimp	

#### BAKED PASTA

Bahed postos are served with solad and bree	20
Baked Ziti11.9	5
Manicotti11.92	ī
Homemade Lasagna11.98	5
Stuffed Shells11.9:	5
Gnocchi11.95	
Ravioli11.95	
Eggplant Rollatini11.95	
Eggplant Parmigiana11.95	

#### PASTA

Pastas are screed with solad and bread
Your choice of peane, spaghetti,
linguine, angel hair or fettuccini
Add chicken 4.75 • Add shrimp 6.50
Pasta with Meatballs11.00
Pasta with Sausage11.00
Pasta Bolognese
Tortellini Alfredo 12.50
Cavatelli & Broccoli 12.50
Linguine
Served with red or white clam sauce
Penne Vodka11.50
Pasta Primavera with Seasonal Vegetable 13.95
Fettuccini with Chicken 15.95
Pasta Christina
an even constructs, ashreadina

and grifled chicken with alive oil

In a pink thanpagne cream sauce

Lobster Ravioli ....

#### WRAPS

Tender steak topped with American cheese, peppers and fried onions

Tuna 7.45 Mixed with mayo, topped with crispy bacon, lettuce and red ripe tomatocs Chicken Buffalo 7.48

Buffalo chicken, mozzarella, lettuce, tomatoes and bleu checke dressing Grilled Chicken

#### GRILLED PANINI

#### CALZONE

	All cultone are serve	a num vante.
Ric	otta & Mozzarel	la
Stn	omboli	
Toj	ppings	1.50 each
Ext	tra Sauce	1.00

#### ANTONELLA'S CORNER KIDS' MENU

KIDS MENU
Chicken Fingers with French Frics
Grilled Cheese 1.95
Penne with Butter
Penne with Tomato Sauce 5.95
Penne Vodka 5.95
Personal Pizza
Ravioli
Spaghetti with Mcatballs 6.95
Grilled Chicken with Broccoli

#### PIZZA

#### TRADITIONAL TOPPINGS

i	Sausage, Popperoni, Muskrosms, Onious, Meatballs, Black Olives, Huw, Freeh Gartis, Ripe Towatoes Green Poppers, Anchowles,		
		Register	1/2
	Personal		1.90
5	Small		1.50
	Large		1.75
	Sicilian		

#### GOURMET TOPPINGS

Baron, Eggplant, Roasted Poppers, Sun-Dried Tomatoes, Grilled Chicken, Soutied Spinack, Browoli Rabe, Pincapple, Provintto, Broccoli

as occorr toward a mempion a conclusion and				
	Gaarpet	1/2		
Personal	2.00	1.25		
Small	2.75	1.75		
Large				
Sicilian	8.25	2.00		

#### CHICKEN All chicken dishes are served with

nd onions (not served with pasts)

#### VEAL

Topped with eggplant and tomatoes in a brown saure

#### SEAFOOD

Shin OOD			
All reafood dinners are sorved with			
salad and pasta or segetable			
Shrimp Parmigiana 16.95			
Shrimp Oreganata 16.95			
Shrimp Scampi 16.95			
Shrimp Francese 16.95			
Zuppa di Pesce 19.50			
Calamari Marinara 15.95			
Grilled Salmon 18.95			

17.96

Tilapia Francese ....

#### GIANNI'S GOURMET PIZZA

Personal	9.95
Small 1	6.50
Large	18.50
Sicilian	(0.50)

Buffalo Chicken Het Balfalo sauce, mozzarella and marinated chicken

BBQ Chicken BBQ sauce, ranch dressing and mozzarella

Cheesesteak American cherse, steak

and mozzarella **Melanzana** Eggplant, ricotta checae, mozzarella,

fresh garlic and fresh basil Veggies

Reasted peppers, mushruoms, olives, eggplam, broccoli, tomato sauce and mozzarella

Margherita Tomato same, fresh moszarella, fresh gartic and hasil Gallo Special

Pepperoni, sausage, meathalls, peppers, onions, mushrooms and hacon Shairon Sausani

Shrimp Scampi

Hawaiian Ham, bacon, pineopple and mozrarelia Broccoli Rabe Sautéed broccoli rabe, sausage,

roozzarella and light tomato sauce Gorgonzola Cheese

Italian Gorgonzola cheese, sautéed chicken and red onions

Chicken Parmigiana

Tomato sauce and breaded chicken topped with mozzarella.

Vodka Pie Fresh mozzarella and vodka sauce

Grandma Pie Fresh tomato sauce, fresh bosil and grated cheese

Baked Ziti Pie Salad

Romaine letture, red onions, cucumbers and roasted peppers White Pizza

Mozzarella and riestta cheese Bruschetta

#### DESSERTS

Tiramisu
Tartufo 6.00
Cheesecake
Caunoli
Sorbet
Chocolate Cake
Zeppoles
Nutella Pizza







#### 732-382-6262

803 Raritan Road

Clark, NJ 07066

### **CLARK AMERICAN LEGION PAVILION IS OPEN TO THE PUBLIC**

the members of our town to join us. We have moved to our outdoor open air pavilion. We disinfect the tables, and use social distancing rules. 4 people maximum at a table. Our hours are 2 p.m. until 10 p.m. weekdays, and 9 a.m. until 10 p.m. on weekends. If you buy lunch or dinner from a local restaurant, come by and eat at our pavilion and have a drink.

Even though we have been limited by the Covid emergency we continue to support the

The American Legion bar is open. We invite local community through our American Legion Oratorical Contest, American Legion JROTC awards for Local high schools, and Legion awards for scouts programs. The American Legion is the largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and Veterans.



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### OUTDOOR VENDOR EVENT – SEPT. 12

The Dr. William Robinson Museum, 593 Madison Hill Rd, Clark NJ, will hold a outdoor vendor event on September 12, 2020, from 9 a.m. to 3 p.m.

Social distancing rules will be followed. Get out of the house for some fresh air and support your local museum and have some fun shopping in the process. Vendors will include Color Street nail strips, Touchstone Jewelry, Pure Romance, Thirty-One, Pampered Chef, Avon, and many more. Grab yourself some jewelry, make up and skin products, crystals and gems, fun adult items, find out about your family genealogy, check out the awesome home made and crafted items ... soap, wreaths, candles and so much more. Truly great and unique products. Any questions or to become a vendor email Nancy at Nnancypat@comcast.net.

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### **DRIVE-THRU FOOD COLLECTION – SAT., SEPT. 26**

Join Cranford United Methodist Church in helping those who need a helping hand. We are holding our next "Feed Our Neighbors" drivethru food drive on Saturday, September 26th from 10 a.m. -2 p.m. in the church's parking lot (next to Cranford Library), 201 Lincoln Ave East, Cranford.

Place your bags of non-perishable food in your trunk, drive up, pop your trunk and volunteers will remove them, no contact needed! Please double-bag to prevent breakage. Your food donations will be delivered to Cranford Family Care and St Joseph's Social Services.

Only bags of nonperishable items can be accepted. Cranford Family Care and St. Joseph's have issued this list of needs:

Canned stew, Snacks or crackers, Tea or coffee

(instant or regular), Canned corn or beans, Cereal, Tuna, Instant mashed potatoes, Ketchup, mustard, relish, pickles, Drink mixes, Soups -Ready to eat, Fruit: cups, pouches, or cans, Peanut butter, Jelly, Pasta or Rice, Pasta Sauce, Canned vegetables, Granola Bars, Nuts, or Trail Mix, Shelf Stable Milk, Cereal/Oatmeal, Macaroni & Cheese.

Can't make that date? There are bins placed outside the church entrance off of the parking lot where donations can be dropped any time.



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### **COVID-19 CREATES A CRISIS FOR RUNAWAY AND HOMELESS YOUTH IN NJ**

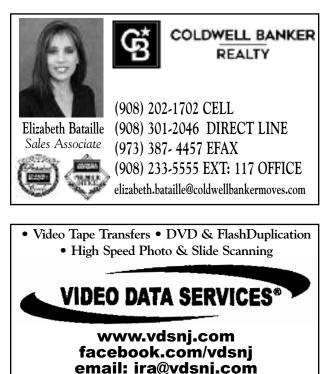
Submitted by Erin Jerome

The COVID-19 pandemic is straining resources for programs serving runaway and homeless youth that were already in short supply prior to the crisis. The primary causes of homelessness among youth are family conflict or severe economic hardship, making these programs more critical than ever to ensure young people who need aid do not slip through the cracks.

Youth programs at Community Access Unlimited (CAU) transform lives and are comprehensive to meet individual needs. From emergency housing to semi-independent and supported housing, CAU ensures that members



(above) CAU member Natalie Flores graduated from Essex Valley School on July 9 as salutatorian and class president.



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406 Chestnut St. • Union, NJ 07083

have a safe home as well as training and 13 to 21, as well as the Union County Youth education to prepare them for a stable, self-reliant adulthood. Services also include crisis intervention, counseling, recreation services, and leadership and advocacy opportunities.

Natalie Flores, 18, is one Transitional Opportunities Program member who is celebrating her accomplishments this year. A 2020 graduate of Essex Valley High School, Flores was class president and salutatorian.

"Coming from a challenging environment and not having a typical support system was a struggle," Flores told her classmates. "To start high school and fail all your classes and then to graduate with a 3.6 GPA and be a member of the National Honor Society and be salutatorian is a tremendous accomplishment because I myself had doubts about my own success."

Flores will attend Union County College in the fall and plans to major in education to pursue her goals of teaching math to children in a juvenile correctional facility.

"I've been there and I want to make a change, I want to help another kid out," Flores said. "I want to set up my own program where I try to get kids off the streets and put them in their books. I want to help them focus in school and be ready."

"[My staff] have seen my growth and how difficult it was," she added. "They kept trying to lead me in the right direction. They were guiding me in telling me what the real world is out there. They also taught me about credit and budgeting."

Homeless youth face particular risks during this time. An average of 25 percent of youth accessing runaway and homeless youth programs have a chronic or pre-existing health condition like diabetes, asthma or HIV, according to a recent survey of programs coordinated by the Coalition for Homeless Youth. Youth living on the streets are also at high risk for victimization and assault, mental illness, substance misuse, juvenile justice system involvement, and human trafficking, all of which increases the likelihood of perpetuated homelessness in adult life.

CAU youth programs include the Transitional Opportunities Program (TOP) which provides comprehensive residential services to youth ages

Shelter and federal Runaway and Homeless Youth Basic Center Program and federal Transitional Living Programs. These programs provide safe shelter and supportive services that address the experiences and needs of these youth to mitigate their risks and put them on a better life outcomes trajectory.

Youth enrolled in the TOP day program participate in an employment training workshop, a GED program, or volunteer job practicum for a minimum of 30 hours per week. TOP members may receive 24-hour supervised residential living, community services, daily living skills training, case management, advocacy and outreach, education in accordance with the NJ Approved Life Skills Curriculum, and drug and alcohol awareness education.

Eligible youth in any county can become a TOP member through the New Jersey Division of Child Protection and Permanency, Children's System of Care, referral by local schools, community organizations or local agencies, or self-referral.

To learn more about CAU, visit caunj.org or follow the agency on Facebook, Twitter and Instagram. Learn more about supporting the agency and become a monthly donor at caunj.org/support-us/.

#### **ABOUT COMMUNITY ACCESS UNLIMITED**

Community Access Unlimited (CAU), celebrating more than 40 years in 2020, supports people with special needs in achieving real lives in the community. CAU provides support and gives voice to adults and youth who traditionally have little support and no voice in society. CAU helps people with housing, life skills, employment, money management, socialization and civic activities. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. CAU currently serves more than 5,000 individuals and families, with the number served growing each year. For more information about CAU and its services, contact us by phone at 908-354-3040, online at caunj.org or by mail at 80 West Grand Street, Elizabeth, NJ 07202.





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#### United Way of Northern New Jersey is seeking help from volunteers and donations of new school supplies for its annual United Way Tools for School drive, which provides students with the basic tools needed for learning in any region. classroom — either in school or virtually from Children still will need basic school supplies, no matter how instruction will be delivered due to the pandemic. The drive seeks to benefit more Who is ALICE? \$\$\$ п Employed Asset Income Limited Constrained

ALICE is

**UNITED WAY KICKS OFF** 

**VIRTUAL SCHOOL SUPPLIES DRIVE** Need for school supplies even greater due to the pandemic

no safety net in times of crisis abort of essentials working, yet not earning enough in New Jersey, a family of four has to make **S61,200** a year just to make ends meet.

ALICE's

than 10,000 elementary and middle school children of ALICE (Asset Limited, Income Constrained, Employed) workers and those in poverty throughout the northern New Jersey region.

Through a partnership between United Way and YouGiveGoods.com, donors can make an online purchase of supplies that will be delivered automatically to United Way or a partner school. Donations can be made by visiting www.UnitedWayNNJ.org/ToolsforSchool.

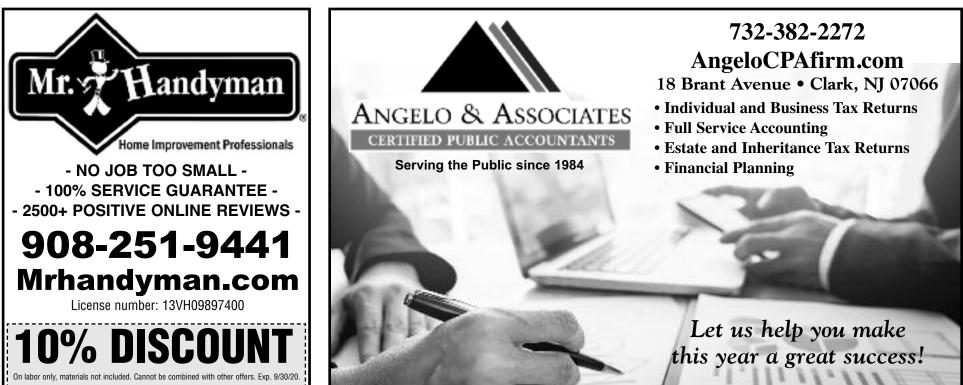
Based on needs expressed by local educators, United Way is collecting the following school supplies: hand sanitizer, masks, backpacks, lunch boxes, binders, three-ring notebooks, book covers, filler paper, pocket folders, composition and spiral notebooks, index cards, calculators, pencils, pencil cases, pencil sharpeners, erasers, pens, highlighters, crayons, markers, colored pencils, construction paper, glue, rulers, and scissors.

In addition, school nurses have asked for personal care items such as toothbrushes, deodorant, and kindergarten and first grade-aged children's underwear and socks. Gift cards that can be used to purchase items such as shoes and clothing are also appreciated.

United Way Tools for School seeks to alleviate the budget strains on families who already were struggling to afford basics such as housing and food even before the COVID-19 pandemic hit.

"ALICE essential workers need our help now more than ever," said Kiran Handa Gaudioso, CEO of United Way of Northern New Jersey. "United Way Tools for School offers companies, groups, clubs, places of worship, families and individuals a safe way to help neighbors facing unprecedented levels of need."

For more information about making donations, holding a United Way Tools for School drive, visit www.UnitedWayNNJ.org/ToolsforSchool, email Lisa.Galonardo@UnitedWayNNJ.org or call 973.993.1160, x503.





### I AM MY BROTHER'S KEEPER! ARE YOU?

A few years ago, I was approached by a friend and co-worker of mine who expressed how extremely depressed he was and that he wanted to take his own life. Initially, I was completely shocked because this guy always seemed to be upbeat and happy all the time. Immediately, I asked him to come with me to a private office so we could talk about his awful situation. This was the first time in my life that I had a friend talk to me about suicide, and I knew I had to really do my best to help him get through this horrible ordeal. We spoke for a few hours and I listened closely to everything he said. I was able to convince him to immediately get some help and we went to the hospital. I stayed with him at the hospital and met with him when he was released. I did everything to show my friend that I had his back and because of this he is alive today. This awful situation inspired me to do whatever I possibly can to help others in need and shortly after we created our mobile outreach program.

In today's day and age, most of you have known a veteran or first responder that has taken their own life. Every day we lose nearly twentytwo veterans and approximately three hundred first responders every year to suicide. Even with all the awareness and new anti-suicide programs available, this number has not changed and, in some cases, has increased. The Veteran Hospitals' PTSD and mental health programs are packed with patients and unfortunately, they continue to grow. More of our first responders are also seeking help and utilizing some of the state programs being offered. So many people want to help and put an end to this crisis but sadly there isn't a foolproof program available that will stop this ever-growing crisis from destroying our uniformed heroes and their family's lives.

For the last two years our team has been working tirelessly with other charities to come up with a better solution to help prevent this epidemic from continuing. Personally, we believe our "Mobile Outreach Team" is really making a difference and everyday it helps our uniformed heroes live a better way of life.

The first thing we learned is to lose your "EGO" and seek out other groups and organizations that are looking to save lives. Then we find the right volunteers who are committed and dedicated with being a mentor to a person in crisis. Volunteers are extremely valuable because they want to be there, and they usually care more than the people who get paid for their services.

To date, we have been able to change and save countless lives because of the incredible commitment from the volunteers and other supporting groups.

Our approach is to aggressively seek out and contact a veteran or first responder in crisis. Our goal is to immediately work on building trust by being completely honest with the person in crisis. Using our network is wonderful, but it's more important to show the person in need that we are there for them and won't give up. Usually, we go out and meet with those in crisis and spend whatever time is needed to help them get in a better frame of mind. Bottom line "Human Contact" and "Friendship" is the key to saving a life.

Our Mobile Outreach Team is unique because it consists of mentors from all over the state that are willing to do whatever it takes to save and change a life.

If you are interested in joining our team please feel free to contact me at (973)-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.

About New Jersey Veterans Network

We are a group of veterans and volunteers dedicated to helping our veterans and their families live better lives. Our team is raising awareness of our veterans needs by organizing public speaking engagements, meeting with business and political leaders across the state and sponsoring fundraising events. Our mission is to identify veterans and connect them with resources and programs designed to meet their unique set of needs. To ensure that EVERY single one of our veterans, who have sacrificed so much for this great country, receives the resources that they require and deserve. If you are interested in joining our team, would like us to speak at your event, or contributing to our mission, call 973-332-1556 or email mdbollio@optonline.net. To learn more visit njvn.org.



(above) Operation Rebound if one of the outreach programs of the New Jersey Veterans Network. It is a mobile outreach team of mentors who help at-risk veterans and first responders to live a better life. The team has made huge strides with suicide prevention simply by building trust and cementing friendships with people in need. It's most important to be honest with each person in crisis and follow up with ways to help them regain purpose in life. Setting goals motivates them to stay on a positive track. If you are interested with joining the Operation Rebound Racing Team please feel free to contact Michael Boll at mdbollio@optonline.net or call 973-332-1556.



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### **SEPTEMBER EVENTS FROM THE CLARK PUBLIC LIBRARY**

Our doors have opened! Reduced hours are in effect, so please check our website or call before coming. The capacity will be reduced and we will be practicing social distancing. Masks will be required when in the building. We are still offering curbside pickup while open for in person visits. Our librarians are here to help with reference questions or book recommendations. We are open from 9:30 a.m. - 4:30 p.m. on Mondays, Wednesdays, Thursdays, and Fridays. We will stay open until 6:30 p.m. on Tuesdays and from 9:30 a.m. - 12:30 p.m. on Saturdays. Hours are subject to change.

The book drop is now open! All items returned will be in quarantine for 7-10 days. The items stay on your card during this time, but you will not be charged overdues for the time the items are quarantining.

We will be closed Saturday, September 5-Monday, September 7 in observance of Labor Day.

All events will be held virtually at this time.

To be notified of children's events by email, please fill out the Google form at this address: https://tinyurl.com/yx3zhh24 .

#### First Chapter Friday for Elementary Students Every Friday

we post a video of a reading of the first chapter of a book for elementary students on our

Facebook Children's Group page. These will highlight new books or other good books you may have missed. If you like the first chapter, place a hold to read the rest of the book!

### LIONS CLUB EYEGLASS DONATION BIN AT THE LIBRARY

Lions Clubs International volunteers collect old eyeglasses, reading glasses and sunglasses. Donating eyeglasses is easy.

All you have to do is to take your old pairs to the Lions Club eyeglass donation bin located in the main lobby of the Clark Public Library.



#### **Read to Sophie by Appointment**

Sophie the therapy dog is available to listen to your child practice reading via Zoom! She is available most days. Please email ReadToSophie@gmail.com to make an appointment.

Currently, we are offering our virtual programs via Zoom. Please register for any programs by emailing reference@clarklibrary.org and state which program you would like to attend and you will be sent a link to the meeting. You may also register through the online calendar on our

#### website clarklibrary.org. BINGO Night for Adults

Tuesday, September 1 at 7:00 p.m. Join us for a virtual BINGO Night for adults (age 18 and older) via Zoom. Participants can pick up their BINGO cards at the library or print them out at home. Register through our

online calendar or email reference@claklibrary.org and a Zoom invite will be sent before meeting.

#### 8 Minute Lego Challenges

Thursday, September 3 at 4:00 p.m. Join us via Zoom to express your creativity with our Timed Lego Building Challenge. Kids will get a prompt, such as a "piece of furniture" and then have 8 minutes to build it with Lego. There will be an hour filled with different prompts! If you are in need of some Lego, please call the

children's department or email dmorley@clarklibrary.org. Pajama Time

Wednesday, September 9 at 7:00 p.m. Join us in your pjs for an evening storytime session for the family on Zoom. Please register to get the Zoom link.

### Maker Monday for Kids

Monday, September 14 at 4:00 p.m. We will be doing activities such as a craft or

STEM activity via Zoom. Everyone who registers will be emailed a list of the items we will use in advance along with the link to join the meeting. Some supplies may be provided by the library.

#### **Evening Book Club for Adults**

Monday, September 14 at 7:00 p.m. We'll be reading Hotel on the Corner of Bitter and Sweet by Jamie Ford. Copies may be available for pick up at the library. Please email reference@clarklibrary.org to register or request a copy of the book. A Zoom meeting invitation

### will be sent before the meeting. **Baby Bookworms**

#### Tuesdays, September 15-October 27 10:00 a.m.

Babies and toddlers are invited to hear some books, and learn some songs, rhymes, lap bounces, and fingerplays on Zoom! Please register to get the Zoom link to attend.

#### [Adult Craft] Paint a Photo Frame

Wednesday, September 16 at 11:00 a.m. Join us for a Pick Up and Zoom craft class for adults. We will paint an unfinished wood photo frame. After registering, you will be emailed to pick up the materials a few days before the class and be sent the Zoom link to make it together. A photo frame and acrylic paints are provided but paint brushes are not provided. Registration is limited. Register through our online calendar or email reference@claklibrary.org and a Zoom invite will be sent before meeting.

#### **Teen Advisory Group Meeting**

Wednesday, September 16 at 4:00 p.m. Join us for a virtual Teen Advisory Board meeting. Help create and plan teen programs or activities you would like to see at the library. Recommend books and movies, and let us know what would make the library a more inviting

place for teens. Register through our online calendar or email reference@clarklibrary.org. A Zoom meeting invitation will be sent before meeting. Open to all teens in Grades 6-12.

#### **Family Game Night**

Thursday, September 17 at 6:30 p.m. Join us on Zoom for a monthly family game! This month we will try our version of

Pictionary. You will need paper and markers or a white board and dry erase markers to

participate. Please register to get the Zoom link. **Preschool Story & Craft** 

#### Preschool Story & Cratt

Fridays, September 18-October 30 10:00 a.m.

Stories, rhymes, songs, and simple craft on Zoom. Please register to be sent a materials list in advance of the program. If you need some of the materials contact us at least a day in

advance to get them through curbside pickup.

Please register to get the Zoom link.

#### Pick Up & Zoom

Tuesday, September 22 at 4:00 p.m. Every other week we will have a new craft project for children. You can pick up the materials for the craft starting the Wednesday before and then join us via Zoom to make it together! Please register to be contacted for pick up and for the Zoom login information.

#### Intro to Canva

Monday, September 28 at 6:30 p.m. Canva is a popular and powerful online graphic design tool and it is free and easy to use. We will walk through creating a Facebook post and a flyer using a Canva template. Please sign up

for a Canva account at canva.com before coming to class so you can participate in the

hands-on portion. Please email reference@clarklibrary.org to register. A Zoom meeting invite will be sent to all who register.

#### Teen Take & Make: Upcycled Magazine Pen Holders

Tuesday, September 29 at 4:00 p.m. Join us as we recycle old magazines into unique pen/pencil holders. Once you register, you'll be emailed when your supplies are ready to be picked up at the library. We'll then create the pen holders together over Zoom. Open to teens in Grades 6-12.

#### What's New Book Club for Kids

Wednesday, September 30 at 4:00 p.m. Join us via Zoom to see what new and interesting books are available at the library for kids! Kids will also have time to share their favorites with us! Please register to receive the Zoom link.

### **COVID-19: TIPS FOR OLDER RESIDENTS ON DEALING WITH PANDEMIC ISOLATION**

#### Submitted by NewBridge Services

While the COVID-19 pandemic continues to impact our communities, physical distancing remains the order of the day — especially for older adults.

But socializing is a basic human need, and studies show it contributes to better physical and emotional health. Isolation, on the other hand, is linked to depression, anxiety, cognitive decline, a weakened immune system, and high blood pressure, among other maladies.

Seniors must seek out ways to connect with others while minimizing their exposure to the coronavirus.

Michelle Borden, CEO of Parsippany based NewBridge Services, a nonprofit that offers counseling services, housing and educational programs in North Jersey, offers the following advice:

#### **USE TECHNOLOGY**

Video conferencing, using FaceTime, Zoom and other programs on smartphones, tablets or computers, has become a popular way to "gather" with family and friends. Getting started on the programs may be challenging for seniors new to technology; call a tech-savvy neighbor, friend or family member to coach you through the process.

Phones, whether 'smart' or landline, are also excellent for staying in touch; some people feel more comfortable conversing without being on camera. People can call in to join a Zoom conversation.

Movie buffs with Netflix accounts can set up cultural experiences and discuss topics of interest 'watch parties' using a free Google Chrome in real time over their home computers and extension, which can be downloaded at netflixparty.com.

#### THE ART OF THE LETTER

If tech is not your thing, consider making connections the way people have for centuries: through letter-writing. Handwriting (or typing) letters allows you to process thoughts and feelings and create a bond with the recipient. Mailing or delivering 'thinking of you' cards is a thoughtful way to remind recipients they are not forgotten.

#### JOIN AN ONLINE CLASS OR GROUP

Many social groups, including religious communities, are hosting online gatherings. An organization called Senior Planet offers free access to virtual exercise classes. Online learning opportunities also abound. Platforms such as coursera.org and edX.org offer both free and fee options. Courses, which may be live-streamed, self-paced, or some combination, are taught by university professors.

The Osher Lifelong Learning Center at Rutgers University is running more than 30 online courses during its summer session, and registration will begin soon for the fall. Anyone age 50 and over can study areas of interest with no assignments or grades.

The Virtual Senior Center run by the nonprofit Selfhelp Community Services is an online community of seniors who take courses, enjoy

tablets. While volunteer opportunities are harder to come by during the pandemic, some organizations are seeking virtual helpers. The nonprofit Points of Light maintains a list of virtual volunteer opportunities.

#### **GET TOGETHER IN PERSON**

Seniors can socialize in person, as long as you take precautions. Walking, running or biking with a friend is a great way to stay both fit and connected. Keep at least a six-foot distance, and wear a mask if you're unable to maintain that distance. Some senior citizen groups offer fitness classes either outdoors or indoors, with participants well spaced and other safety measures in place.

Picnicking with a couple of friends or family members is a fun way to spend the day, but be sure to wear masks when not eating. Use hand sanitizer, especially if you're sharing any utensils. STRUGGLING?

The pandemic is taking a toll on us all. To get through it, we have to make self-care part of our daily routine, and that includes staying connected with others. If you are struggling, contact NewBridge Services at 973-316-9333 to schedule a telehealth counseling session.

The Institute on Aging has a Friendship Line at 1-800-971-0016 that is both a crisis intervention hotline and a nonemergency warmline for emotional support.



# Marketing Toolbox

**Renna Media offers a full** range of marketing services, in print and online, hyperlocal to regional, for every budget and market size.

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We mail 135,000 newspapers to evry home and business in 21 towns, You can advertise in any number of towns. ads start at \$60.

### **FULL COLOR PRINTING**

We print flyers and menues, full color, two sided, on coated stock for only \$35 per thousand.

### **DIRECT MAIL**

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

### **ONLINE MARKETING**

**Online ads and press releases** designed and placed to drive traffic to your website and get your phone ringing.

### **SOCIAL MEDIA**

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

### **WEBSITE AND** SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

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18

1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	
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Photo albums, video and advertising opportunities.



# Howdy Partners! Online Marketing is like the Wild West

Too many carpetbaggers are exploiting business owners, making empty promises that don't materialize.

Too many businesses are stuck in contracts with no return on investments, no way to check if the work is getting done, and needing to invest more to make things right.

The following is a guide to Renna Media services and costs that you can compare to your present provider.

I highly recommend doing an independent audit of your website!

Contact Walter Watson at walter@www-online-enterprises.com

He does a great job analysing and making recommendations.

It is only \$250 and can save you time, money and headaches.

Thank you. - Joe Renna

## **Full Service Online Marketing**





#### **Online Marketing Items**

Website ads and Social Media Posts, Classified ads .....\$20 per item
Special bulk price.....Block of 20 items \$100
Including: Press releases / Classified Ads
Web Page / Celender Event / Monthly Banner ads

Web Page / Calendar Event / Monthly Banner ads Extra Boost:

- Blast your online ad or press release to a targeted market: .....\$100
- National Press Release Distribution to 300 to 500 news outlets ......Budget choice from \$300 to \$500.

#### Website / SEO services

- Website Audit/Analysis and recommendation plan: .....\$250
- Website creation/update:.....\$2,400 (Cost for average website: 12 pages, contact form, SEO friendly, responsive design)
- Website Hosting: .....\$300 per year Includes website hosting, software updates, monthly website content updates
- SEO Services: .....average cost \$1,000 \$2,000 per month Custom tailored solutions:

Google Ranking, Local SEO, Social Marketing

#### Video advertising

Production:

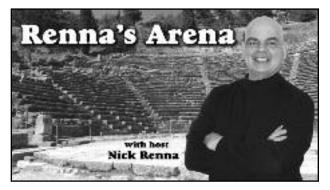
- Product placement \$250
- 30-second commercial \$500
- 3-minute spot \$1,000
- 30-minute show \$1,500
- 3-hour shoot \$2,000

Do not commit to a service unless you have a solid marketing plan and budget.

Your plan should work on paper before you spend dime one. Don't waste money just trying something. There is no magic bullet. **Call Joe for a free consultation.** 

### Call Joe Renna 908-447-1295 Email: JoeRenna@RennaMedia.com

Check out Joe Renna's Hyper Local Network on YouTube. Call 908-447-1295 if you want your business featured online and in print. See sample show below.



### NICK RENNA'S BIBLE REVIVAL

By Joe Renna

My brother Nick is known as 'The Voice of Union County', best known for announcing high school sports. When I created the Hyper-Local Network YouTube channel, we planned on producing a local sports show. The idea was lingering but went completely dormant when the coronavirus put a halt to school altogether.

Nick is not a technical person so any attempt to broadcast would have to be facilitated by someone. That person came in the form of his pastor, Jerry Rittenhouse, who was impressed by Nick's participation in Bible study sessions and thought Nick should be sharing his knowledge of the Bible, his devotion to Jesus, and his gift of gab.

Nick was not plugged into social media. But his fear of big brother was over taken by his love of God. Pastor Jerry created a Facebook page under Nick's name and has been recording him in an impromptu manner. Pastor Jerry has been uploading a video each day since Nick's birthday on August 4th. His videos have been getting a few thousand views each, and he has maxed out his friends list at 5,000.

I'm encouraging Nick to continue his mission, and am loading his videos onto his 'Renna's Arena' playlist.

### SCAN QR CODE TO OPEN OUR YOUTUBE CHANNEL





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Buchanan's 12yrs old		
Bushmill's Irish		
Chivas Regal		
Chivas Regal		
Chivas Regal 18 yrs old		
Crown Royal		
Crown Royal		
Dewars 12 yrs old		
Dewars 12 yrs old		
Dewars White Label		
Dewars White Label	1.75L	\$32.99
Gentleman Jack		
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old		
Glenlivet 12 yrs old		
Glenlivet 12 yrs old		
Grants		
Grants		
Jack Daniels		
Jack Daniels		
Jack Daniels Fire		
Jack Daniels Fire		
Jameson		
Jameson		
Jim Beam Whisky		
Johhnie Walker Blue		
Johhnie Walker Blue		
Johnnie Walker Black		
Johnnie Walker Black		
Johnnie Walker Double Black		
Johnnie Walker Red		
Johnnie Walker Red		
Macallan 12yrs old (double ca	sk)750ml	\$61.99
Makers Mark	750ml	\$27.99
Makers Mark	1.75L	\$49.99

GIN				
Beefeater	1.75L	\$35.99		
Bombay Saphire	1.75L	\$36.99		
Seagram's gin	1.75L	\$17.99		
Tanqueray	750ml	\$21.99		
Tanqueray	1.75L	\$36.99		

#### COGNAC & BRANDY

Courvoisier V.S.	750ml	\$26.99
Courvoisier V.S.	1.75L	\$47.99
Remy Martin V.S.O.P.	750ml	\$42.99
Remy Martin V.S.O.P.	1.75L	

#### **CORDIALS**

Bailey's Irish Cream		\$47.99
Duggan's Irish Cream		
Kahlua		
Krupnik	750ml	\$13.99
Licor 43	750ml	\$22.99
Licor 43	1.75L	\$40.99

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)		
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$24.99
Grey Goose	750ml	\$24.99
Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Luksusowa	1.75L	\$22.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)		
Skyy	1.75L	\$21.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$18.99
Stolichnaya (all types)	1.75L	\$29.09
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling		
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99
	RUM	
Bacardi Light & Gold		\$12 99
Bacardi Light & Gold		
Captain Morgan Spice		
Malibu		
Malibu		
		+=====
	EQUILA	
Deleon Blanco Tequila		
Deleon Blanco Tequila		
Patron Silver		
Patron Silver		
Patron XO Café	1.75L	\$34.99
	BEER	
Backs (1207) 24nk	 24pk	\$2/ 00

Becks (12oz) 24pk		
Bud and Bud Lite cans	30pk	\$23.00
Bud and Bud Lite loose bottles	24pk	\$19.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bott	les . 24pk	\$19.99
Coors Lite/Miller Lite	30pk	\$22.99
Corona/Corona Lite loose bottle	s 24pk	\$28.99
<b>Dab</b> (16oz) cans	24pk	\$21.99
Dogfish Head 60 min	24pk	\$35.99
Heineken/Heineken Lite bottles	24pk	\$28.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$28.99
Modelo Especial cans	12pk	\$14.99
New Belgium Fat Tire	24pk	\$33.99
Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$32.99
Stella Artois loose bottles	24pk	\$28.99
Yuengling Lager bottles	24pk	\$19.99
<b>Zywiec</b> (11.2oz)		

WINE		
Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 5.99
Beringer White Zinfandel	1.5L	\$ 9.49
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$14.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$156.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$ 9.99
Fish Eye (All Types)	1.5L	\$ 9.95
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$26.99
Kendall Jackson Vintners Chardonnay	750ml	\$12.09
Kim Crawford Sauvignon Blanc	750ml	\$13.99
Louis Jadot Beaujolais Villages	750ml	\$ 10.99
Louis Jadot Pouilly Fuisse		
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$43.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$10.99
Ruffino Chianti	750ml	\$ 8.99
Ruffino Chianti	1.5 L	\$13.97
Ruffino Pinot Grigio	1.5L	\$13.99
Ruffino Tan label		
Santa Margerita Pinot Grigio	750ml	\$22.09
Silver Oak Alexander Valley Cabernet		
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.51	\$12.49

### We specialize in hard to find items and custom orders, just ask!



"Cold or warm Beer = Same Price" "Visit the store for more In-Store Specials!"

ABC prices prevail other prices, limited to store inventory. Not responsible for typographical errors. Prices valid till September 30, 2020.