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KUMPF SIXTH GRADERS REMEMBER SEPTEMBER 11TH



(above) Jack Sarnecki interviewing his step-father Tyler Bigelow about his 9/11 memories.



(above) CHK student Johnny Vrael



(above) CHK student Tommy Vrael

Photos by Clark Public Schools

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ECRWSS

Submitted by Christine Casale Broski

Though they themselves were not yet born, the sixth graders in Mr. Chretien's social studies class showed that they will never forget what happened on September 11, 2001, by interviewing family members and discovering their recollections of that tragic day.

Many students went the extra step and recorded their interviews for posterity. "As a group, they were very enthusiastic about discovering their family's connection to that important date in history," Mr. Chretien said. "Each person has their own unique perspective on the events of that day, and the students did an excellent job of collecting those stories."



(above) CHK student Maria Girgis

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*Wishing our community
a Happy Thanksgiving!*

Clark Monthly NJ

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CLARK UNICO HOLDS DRIVE IN MOVIE NIGHT

The absence of the UNICO Italian American feast this year was not only a huge loss to the community as one of the township's most popular events, but a huge financial hit to Clark UNICO, as this is their biggest fundraising event for the entire year.

In an effort to try their best to raise fundraising dollars, UNICO held a drive-in movie event in partnership with Cinema Pop-

Ups, and together planned a fun, family night. Over 70 cars participated at Woodbridge mall in front of the closed Sears retailer.

Each child received a bag of candy and each car received a Willy Wonka bar with the chance to win the golden ticket for a grand prize. It was a successful night and UNICO thanks all those that attended and sponsored the event.



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ALJ SENIOR MATTHEW HARTZLER RECEIVES PRESTIGIOUS SCHOLARSHIP

Submitted by Christine Casale Broski

Matthew Hartzler, Arthur L. Johnson High School Senior, recently earned a merit scholarship with a value of \$30,000 per year through the Rensselaer Polytechnic Institute Medal Program. The Rensselaer scholarship is awarded to outstanding math and science students.

According to Rensselaer, a university based in Troy, New York, the medal was first presented in 1916 with two purposes: to recognize the superlative academic achievement of young men and women, and to motivate students toward careers in science, engineering, and technology.

School Counselor Molly Cusick stated, "Matt is a very hard-working student that always looks to take on new challenges, both academically and personally. He is very deserving of this honor, and I look forward to helping him make his college decision in the Fall."



(above) Matthew Hartzler, ALJ Senior and Scholarship Recipient

Photo by Clark Public Schools



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- Dr. Bill Thomas, geriatrician, author and aging expert

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HOMETOWN HERO BANNER REGISTRATION

You can see "Hometown Hero" banners on the telephone poles lining Westfield Ave. The registration period for new banners has begun. If you would like to see a loved one featured on a banner please complete the registration by visiting hometown-pride.com/clark-nj.

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RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer in your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcome complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider:

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. Then explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without this cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation. Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."
- Patricia G.

"I have 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."
- Perry O.

"After only four visits, I have absolutely no pain! The staff is top-notch."
- Anthony L.

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Brick Oven Dinner Rolls

\$6.00 Per Dozen

Desserts

	Half Tray	Full Tray
Cookie Platters	\$ 45.00	\$ 85.00
Tiramisu	55.00	105.00

Mini Pastry Platter.....\$1.75 per piece

Brownies.....\$1.95 per piece

CANNOLI.....Small \$1.75 each • Large \$3.35 each

CHEESECAKE.....7 inch \$30.00 • 12 inch \$45.00

ASSORTED SORBETS & TARTUFS.....\$4.00 EACH

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Hot & Cold Buffet

PER PERSON PRICING

	20-29	30-59	60-99	100+
Hot & Cold	\$17.95	\$17.00	\$16.50	\$16.00
Hot Buffet	\$15.95	\$15.50	\$14.99	\$14.50

HOT DISHES (Choice of 3)

Extra Hot Dishes, Add \$3 per person per item

Pasta

Baked Lasagna • Baked Ziti • Cavatelli & Broccoli • Cheese Ravioli
Linguini & Clam Sauce (Red or White) • Penne Bolognese
Penne Primavera • Penne Vodka • Penne with Roasted Garlic & Oil
Stuffed Shells • Vegetable Lasagna

Chicken

Parmigiana • Balsamic • Francaise • Marsala • Scarpiello
Oreganata • Fried • Herb Baked • Honey Baked • Lemon Garlic
Fingers • Alla Gallo

Beef/Pork

Murphy • Pepper Steak • Sausage & Peppers • Italian Meatballs
Swedish Meatballs • Kielbasa & Sauerkraut
Sliced Glazed Country Ham • Sliced Roast Pork Loin

Seafood/Vegetable

Mussels Marinara • Seafood Paella • Flounder Oreganata
Eggplant Parmigiana • Eggplant Rollatini

Cold Platter

INCLUDES: Turkey • Ham • Salami • Swiss & American Cheese

Salad

CHOICE OF 2: Potato • Cole Slaw • Mixed Greens • Macaroni
Antipasto • Pasta Primavera • Caesar

Dessert

CHOICE OF 1: Asst. Cookie Tray • Rice Pudding • Chocolate Pudding

Add a Carved Item

TOP SIRLOIN (Additional \$4.00 per person)

GLAZED HAM (Additional \$3.00 per person)

ROASTED TURKEY BREAST (Additional \$3.00 per person)

TRAY PRICES

Appetizers

Beef or Chicken Sliders....\$1.75 Each

	Half Tray	Full Tray
Long Hot Peppers with Potato and Onion	\$ 50.00	\$ 90.00
Tomato Bruschetta	45.00	65.00
Clams Casino	55.00	95.00
Chicken Skewers	50.00	90.00
Baked Clams	50.00	90.00
Hotzy Totzy Shrimp	70.00	130.00
Mini Crab Cakes	75.00	140.00
Mozzarella en Carrozza	45.00	85.00
Fried Calamari	50.00	95.00
Stuffed Mushrooms	50.00	95.00
Prince Edward Mussels in Spicy Tomato Sauce or White Wine Sauce	45.00	80.00
Shrimp Dumplings	50.00	90.00
Vegetable Dumplings	50.00	90.00
Pork Dumplings	50.00	90.00
Potato Croquettes	45.00	85.00
Rice Balls	45.00	85.00
Petite Quiche Assortment	Market Price	
Baby Lamb Chops or Shrimp Cocktail	Market Price	

Salads

	Half Tray	Full Tray
Mixed Greens	30.00	55.00
Caesar Salad	35.00	65.00
Spinach Salad	50.00	90.00
Cole Slaw	25.00	40.00
Italian Potato Salad	30.00	50.00
Pasta Salad	30.00	50.00
Red Potato Salad	30.00	50.00
Tomato, Mozzarella, Cucumber & Onion Salad	50.00	90.00
Chicken Caesar Salad	55.00	90.00
Grilled Chicken Salad	55.00	90.00
Seafood Salad	70.00	125.00
Greek Salad with Grilled Chicken, Mixed Greens, Tomatoes, Cucumbers, Onions and Feta Cheese. Topped with Oil & Vinegar	55.00	95.00

Vegetables

	Half Tray	Full Tray
Potato and Hot Cherry Peppers	50.00	100.00
Broccoli Rabe	Market Price	
Mashed Potato	30.00	50.00
Mashed Sweet Potato	30.00	50.00
Grilled Asparagus	Market Price	
Steamed Vegetables in Garlic and Oil	35.00	65.00
Stringbeans Almondine or Pomodoro	40.00	70.00

Pasta

	Half Tray	Full Tray
Penne Vodka	\$ 45.00	\$ 85.00
Rigatoni with Sausage, Sautéed Tomato & Broccoli Rabe	50.00	90.00
Pasta with Clams, Shrimp, Mussels, Seafood (Red or White)	65.00	120.00
Linguini with Clam Sauce (Red or White)	50.00	90.00
Rigatoni in Meat Sauce	55.00	95.00
Cavatelli and Broccoli	50.00	90.00
Pasta Primavera	50.00	90.00
Rigatoni with Ground Sausage, Light Cream and Peas	50.00	90.00
Cheese Tortellini Alfredo	50.00	90.00
Gnocchi Bolognese	60.00	100.00
Cheese Lasagna	50.00	90.00
Meat Lasagna	55.00	95.00
Spinach Lasagna	55.00	95.00
Manicotti	50.00	95.00
Cheese Ravioli	50.00	90.00
Lobster Ravioli	95.00	150.00
Macaroni & Cheese	35.00	60.00

Seafood

	Half Tray	Full Tray
Shrimp Scampi	70.00	130.00
Shrimp Francaise	70.00	130.00
Shrimp, Clams, Mussels, Calamari (Red or White Sauce)	Market Price	
Mussels (Red or White Sauce)	55.00	105.00
Shrimp Parmigiana	70.00	125.00
Flounder Oreganata	65.00	120.00
Flounder Francaise	65.00	120.00
Seafood Paella	70.00	125.00
Stuffed Flounder	75.00	140.00
Grilled Salmon	65.00	120.00
Calamari in Marinara Sauce	65.00	120.00

Chicken

	Half Tray	Full Tray
Chicken Scarpiello	55.00	95.00
Chicken Francaise	55.00	95.00
Chicken Marsala	55.00	95.00
Chicken Parmigiana	55.00	95.00
Chicken Picatta	55.00	95.00
Chicken Rollatini Stuffed with Prosciutto & Mozzarella	60.00	110.00
Chicken Saltimbocca with Ham, Spinach & Mozzarella	60.00	110.00
Chicken Sorrentino Eggplant, Prosciutto & Mozzarella	60.00	110.00
Chicken Gallo	55.00	95.00
Chicken on the Bone with Vegetables	55.00	95.00
Oven Roasted Chicken	55.00	95.00
Honey Baked Chicken	55.00	95.00
Lemon Garlic Chicken	55.00	95.00
Chicken Fingers	45.00	85.00
Wings in Hot Sauce	55.00	95.00

Pork

	Half Tray	Full Tray
Sausage with Peppers and Onions	\$ 50.00	\$ 90.00
Sausage with Broccoli Rabe	60.00	110.00
Sausage with Hot Peppers	50.00	90.00
Sausage di Giambotta	50.00	90.00
Kielbasa and Sauerkraut	50.00	90.00
BBQ Pork Ribs	55.00	100.00
Boneless Pork Loin	Market Price	
Glazed Ham	Market Price	
Spiral Ham	Market Price	

Beef

	Half Tray	Full Tray
Sliced Hangar Steak	Market Price	
Italian Meatballs	50.00	90.00
Swedish Meatballs	50.00	90.00
Beef Tips with Mushrooms	55.00	100.00
Pepper Steak	55.00	100.00
Beef Murphy	60.00	105.00
Beef Kabobs	65.00	120.00
Sliced Top Round with Gravy	Market Price	
Beef Ribs	Market Price	

Veal

	Half Tray	Full Tray
Veal Marsala	70.00	130.00
Veal Picatta	70.00	130.00
Veal Francaise	70.00	130.00
Veal Parmigiana	70.00	130.00
Veal Chops	Market Price	
Veal Alla Gallo	70.00	130.00

Eggplant

	Half Tray	Full Tray
Eggplant Parmigiana	45.00	85.00
Eggplant Rollatini	45.00	85.00
Grilled Eggplant Tower	45.00	85.00
with Fresh Mozzarella, Tomatoes & Basil		
Fried Eggplant with Ham, Mozzarella in Alfredo Sauce	45.00	85.00

Platters

Small \$50 (8 to 10 ppl) • Medium \$90 (14-16 ppl) • Large \$120 (20-24 ppl)

ANTIPASTO | FRESH MOZZARELLA | GRILLED VEGETABLE

Veggie Crudité Platter (Medium \$40) • Fresh Fruit (Market Price)

Italian Cheese Board \$110 (20-25 people)

Roast Beef Crostini \$85 (20-25 people)

Tortilla Wrap, Focaccia Square \$65 (15-20 people)

Salumeria \$10 per person (min. order 10 people)

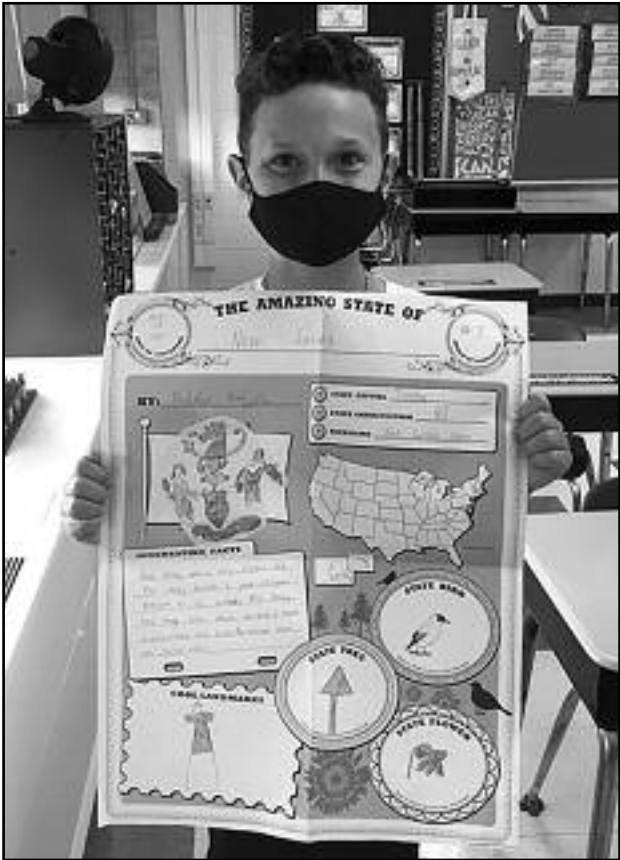
HEHNLY FOURTH GRADERS COMPLETE NEW JERSEY PROJECTS

Submitted by Christine Casale Broski

Students in Ms. Amanda Luna’s fourth grade class at Frank K. Hehnly Elementary School in Clark recently finished a unit on New Jersey and as a culminating assignment completed a poster about The Garden State. Throughout the unit, students learned many important facts about New Jersey. Students were then asked to show what they had learned through creating a poster which

included the state flag, New Jersey’s location on the map, and special landmarks among other criteria.

Ms. Luna stated, “Students were excited to share their posters with their classmates. They really enjoyed having the opportunity to learn about their home state.” Posters are proudly displayed outside of the classroom.



(above) Nicholas Marzella and his New Jersey Project.

Photos by Clark Public Schools

VALLEY ROAD 2ND GRADERS BECOME SCIENTISTS

Second grade classes in Mrs. Petela’s, Ms. Mazzucco’s, and Ms. Bell’s classes at Valley Road School became scientists as they conducted an experiment to show capillary action. Students observed how the color water moved from one cup to the next via a paper towel to show capillary action.

Prior to the experiment, students made predictions in their science journals. Upon completion, students recorded their observations in their journals and examined whether their predictions were correct.

Mrs. Petela stated, "This experiment brought science to life for the students. Through using the scientific method, students were able to see first-hand how liquids flow through capillary action."



(above) Valley Road students’ science experiment.

Photo by Clark Public Schools

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TERESA LASTELLA SELECTED TO RECEIVE CASA DREAM-KEEPER AWARD



Submitted by Gretchen M. Boger-O'Bryan

Court Appointed Special Advocates (CASA) of Union County, the nonprofit that serves as extra eyes and ears for judges in family court cases involving abused, neglected and abandoned children removed from home and placed in foster care, has tapped Teresa LaStella of Clark to receive its Dream-Keeper Award for Outstanding Volunteerism. She will receive the honor during CASA's Foster the Dream Gala on Saturday, November 14.

This year's event – the single-largest fundraiser responsible for the lion's share of the organization's funding – has gone virtual due to Covid-19. Traditionally an affair with cocktail attire, dinner, dancing, and live and silent auctions, this year's gala will be special in its own right, and all are invited to attend from the comfort of their own couch. Plans include surprise celebrity appearances, auction items, award presentations, a former Union County foster youth sharing her story, and more.

LaStella, a longtime CASA volunteer, was selected to receive this year's Dream-Keeper Award for her tenacious commitment to one foster youth for nearly 10 years. That youth is now a teen and at risk of aging out without permanency. LaStella has been present for countless events from elementary school graduation to team and IEP meetings, and her focus now is working to ensure her youth continues to remain stable in her placement and

will be prepared for a life on her own, without the safety nets so many others take for granted. Since LaStella was assigned to the case, her CASA youth has endured more than 15 placements and at least three caseworkers. Each new placement means a new school, new teachers and new expectations. Through it all, LaStella has remained – and continues to remain – the youth's one constant.

Two others will be honored: this year's Honorable Jo-Anne B. Spatola Dream-Maker Award will go to Westfield United Fund, a grassroots organization fueled, like CASA, by volunteers. For more than 80 years its focus has been helping vulnerable neighbors as well as small-but-mighty nonprofits working in the trenches. Thanks to Westfield United Fund and other longtime supporters, CASA of Union County's growth continues, with expanded trainings and implementation of a model that vastly increased the number of youth served without impacting staff size.

Fanwood's Sally Hogan, who completed her board tenure this summer after 15 years and was an inaugural member responsible for helping bring CASA of Union County to fruition in 2005, will receive an honor new to the gala and named for her: The Sally Hogan Dream-Catcher Award for Exemplary Commitment.

For details on how to attend and to participate virtually, log on to fosterthedream.org.

(above) CASA volunteer Teresa LaStella was selected to receive this year's Dream-Keeper Award.

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GIVE AND SHARE HOLIDAY COLLECTION

Submitted by Nancy Raymond

The Clark Give and Share Program is sponsoring a special Holiday program entitled "A Bag of Sides" During the last few years we have collected over 400 bags of sides to supplement the Holiday meals of the needy.

The program is seeking to collect the following: one box of instant mashed potatoes or stuffing mix, 1-2 cans of vegetables, one can of turkey gravy and one can of cranberry sauce.

We also have the capacity this year to collect turkeys, hams and chickens. Please call ahead before dropping off perishables.

Collection began the week of October 6 and must end by no later than November 6, 2020.

Anyone wishing to donate a "Bag of Sides" can contact Nancy Raymond, Health Officer at 732-428-8405 or by text at 732-259-6137 to schedule a pick up or drop off.

ROBINSON MUSEUM VENDOR EVENT – NOV 7TH

Dr. Wm. Robinson Museum will host a Holiday Shopping Extravaganza on Saturday, November 7 (rain date Sunday) from 9 a.m. to 3 p.m. Our last vendor event was so successful we are having another, just in time for the holidays.

The event is being held on the front lawn of the museum, 593 Madison Hill Rd, Clark. Get out of the house for some fresh air, support your local museum and do some holiday shopping.

We will have 45+ vendors and crafters, including handmade decorative wood products,

ornaments, wreaths, welcome signs, really cool pens; homemade soap, candles, essential oils, jewelry, hair bow ties and more; Touchstone Crystal, Paparazzi \$5 Jewelry, Avon, Color Street Nail Strips, Partylite, and a large selection of toys!

Come do your Holiday shopping. Refreshments will be served by the museum. Social distancing will be strictly enforced. Please wear a mask. If you have questions or concerns please email Nnancypat@comcast.net.

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HEHNLY 1ST GRADERS LEARN COMMUNITY

The first grade students at Frank K. Hehnly Elementary School in Ms. Sarah Kasko, Ms. Lisa Cepeda, Ms. Jessica Massa, and Mrs. Linda Hayes' classes learned about community helpers. A school custodian was one of the many occupations that students learned about. To show appreciation for their hard work, the students decorated the hallway with handwritten messages

and cards. The students enjoyed taking the time to recognize the individuals who make up such an important part of our school community. The first grade team would like to thank every custodian for their hard work and dedication to keeping us safe during this unprecedented school year. National Custodian Day was Friday, October 2.

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(above) Students' thank you messages for National Custodian Day.

Photos by Clark Public Schools

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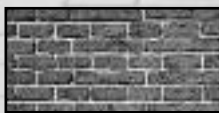
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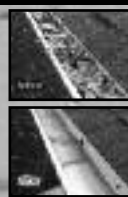
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Special measures were in place to ensure the event was safe for all who attended. One-way Trick R Treating was enforced as well as mask wearing and social distancing whenever possible. Recreation Director Ralph Bernardo together with Mayor Bonaccorso felt it was necessary to hold the event for the children, as long as it was done safely.



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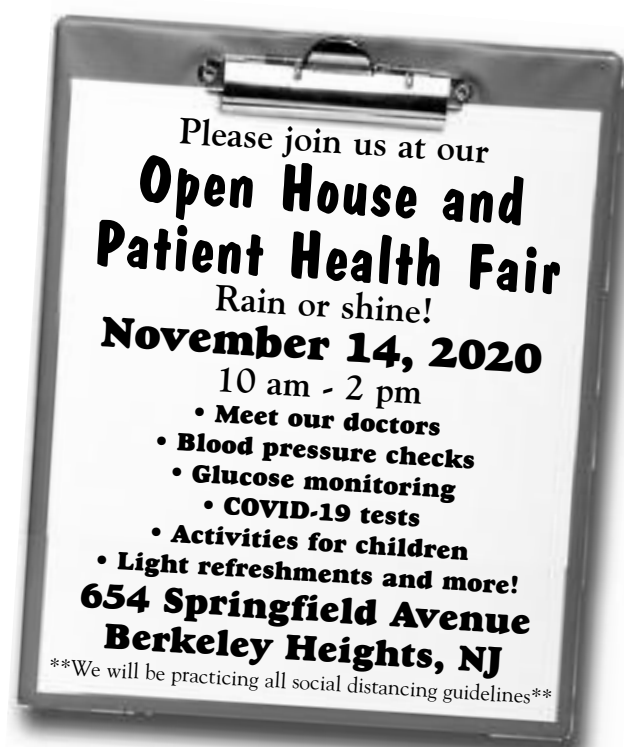
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Dr. Somma has been in practice in Union and Middlesex counties for over 20 years, with an emphasis on excellence and compassion for his patients. He has served as the physician for the Elizabeth Fire Department, the Board of Health of Hillside and has served the Board of Education for Woodbridge NJ. He was granted the Humanitarian of the Year Award by Trinitas Health Foundation in May 2014, for his dedication to the community and his outstanding service to the goals of the Foundation.

Dr. Somma has special interests in various fields of Internal Medicine, including diabetes, obesity, cardiovascular diseases and arthritis/rheumatology. He has represented to major pharmaceutical companies, such as Schering-Plough and Pfizer, in a consulting and educational role for his peers. Dr. Somma has been a clinical educator for Seton Hall's Physician Assistant Program and is an Associate Professor of Medicine for their Internal Medicine program.



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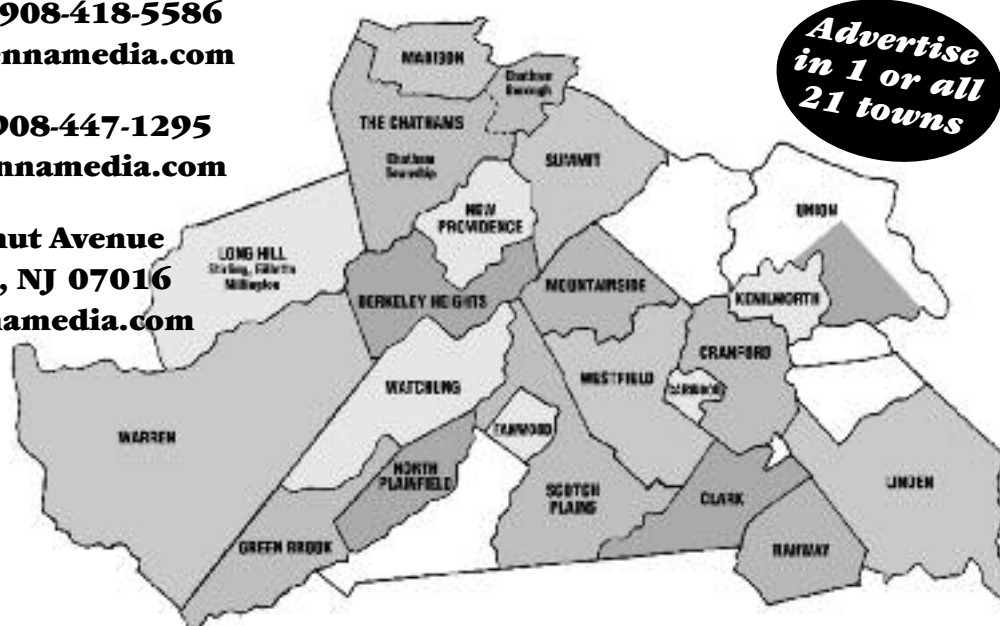
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Monthly Boredom Buster for Kids

Each month we have a new take home craft for kids to pick up and make at their leisure. While supplies last.

Pick Up & Zoom

Tuesdays, November 3 and 17 at 4:00 p.m.

Every other week we will have a new craft project. 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 a pick up time and for the Zoom login information. This month will be fall sand art and Halloween crafts.

3D Print: Making a Pendant

Wednesday, November 4 at 4:00 p.m.

Learn about our 3D printer and design a pendant to make a necklace using the Thinkercad App. It is recommended to make a Thinkercad account ahead of time so you are able to follow the directions step by step. Your 3D printed pendant will be picked up after the program. Registration is limited. Please email reference@clarklibrary.org to register. A Zoom meeting invite will be sent to all who register. Program is open to teens and adults.

Pajama Time

Wednesday, November 4 at 7:00 p.m.

Join us in your pjs for an evening storytime session for the family on Zoom.

Eastern State Penitentiary and Prisons Today

Thursday, November 5 at 3:00 p.m.

This program sets the stage for conversations about criminal justice reform today.

Virtual Adult Coloring Club

Fridays November 6, 13, 20 at 1:00 p.m.

Coloring is a great way to unwind and relieve some stress! Pick up coloring sheets and crayons at the library and meet up on Zoom for some soothing music and relaxation.

Maker Monday for Kids

Monday, November 9 at 4:00 p.m.

At each session we do activities such as a craft or STEM activity via Zoom.

Evening Book Club

Monday, November 9 at 7:00 p.m.

Our next virtual book club meeting. We'll be reading My Sister's Keeper by Jodi Picoult.

Baby Bookworms

Tuesdays, November 10, 17 at 10:00 a.m.

Baby Bookworms is back virtually via Zoom!

Teen Take & Make:

'Be Thankful' Charm Bracelets

Tuesday, November 10 at 4:00 p.m.

Join us as we make Thanksgiving-themed charm bracelets. Open to teens in Grades 6-12.

8 Minute Lego Challenges

Thursday, November 12 at 4:00 p.m.

Join us via Zoom to express your creativity with our Timed Lego Building Challenge.

Preschool Story & Craft

Fridays, November 13 and 20 at 10:00 a.m.

Stories, rhymes, songs, and simple craft on Zoom. Please register to be sent a materials list.

(Adult Craft) Thanksgiving Stencil on Canvas

Monday, November 16 at 11:00 a.m.

Join us for a Pick Up and Zoom craft class for adults. We will paint a Thanksgiving stencil pattern on a canvas.

Family Game Night

Thursday, November 19 at 6:30 p.m.

Zoom for a monthly family game! This month we will play Name, Place, Animal, Thing!

What's New Book Club for Kids

Wednesday, December 2 at 4:00 p.m.

Zoom to see what new and interesting books are available at the library for kids!

AVAILABLE ANY TIME:

Interactive Story Room

First Chapter Fridays for Elementary Students

On Fridays we post a video of a reading of the first chapter of a book for elementary students in our Facebook Children's Group. 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!

Read to Sophie by Appointment

Sophie the therapy dog is available to listen to your child practice reading via Zoom! She has very flexible availability. appointment.

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Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$27.99
Crown Royal	1.75L	\$48.99
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Dewars 12 yrs old	1.75L	\$45.99
Dewars White Label	750 ml	\$19.99
Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$47.99
Glenlivet 12 yrs old	1.75L	\$91.99
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Grants	1.75L	\$23.99
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Johnnie Walker Double Black	750ml	\$34.99
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Makers Mark	1.75L	\$49.99

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Licor 43	750ml	\$16.99
Licor 43	1.75L	\$42.99

VODKA

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Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
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Grey Goose	1.75L	\$39.99
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Sobieski	1.75L	\$18.99
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Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99

RUM

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$17.99
Malibu	1.75L	\$25.09

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Deleon Blanco Tequila	1.75L	\$59.99
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Patron Silver	1.75L	\$86.99
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Coors Lite/Miller Lite	30pk	\$22.99
Corona/Corona Lite loose bottles	24pk	\$28.99
Dab (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
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