

Clark Monthly NJ

Published by Renna Media

Issue 112 • January 2021

Welcome 2021!
MANY BLESSINGS HEALTH
AND HAPPINESS TO ALL
OUR CLARK NEIGHBORS

Here is to:
A New Year
A New Beginning
and possibly
A New Home!
AVAILABLE NOW: Hillcrest Area
Prime Lot, Build your own
or custom build!



Jerry & Lisa Scaturo

CALL US NOW OR GO TO:
scaturoteamfreehomevalues.net
**TO FIND YOUR
ESTIMATED HOME VALUE.**

732-259-3937
732-382-0200



ALJ MARCHING BAND FINISHES SPECTACULAR SEASON



(above) The ALJ marching band had a spectacular season performing "Death On The Horizon."

Photo by Clark Public Schools

Congratulations to the Arthur L. Johnson Crusaders Marching Band on a great season. This year was a lot different than the normal seasons they are used to. Covid-19 brought on many challenges and obstacles for Justin Romano, the Music Director. Masks had to be worn, social distancing rules followed. They were met with enthusiasm, the kids all stayed safe and the hard work was apparent when the kids performed.

The Marching Band performed the show "Death On The Horizon." The Color Guard started out as zombies and one by one turned the band members. By the end of the show zombies walked off the field snarling as if looking for their next victims. The people in the stands were given an A+ performance, this marching band never disappoints.

Huge shout out to a very dedicated and down right awesome music staff: Mr. Justin Romano (Music Director),

Mr. Andrew Calo and Mr. Gregory Edmond (Assistant Band Directors), Miss Leanna Marasco (Color Guard Instructor), Mr. Julian Dippolito (Percussion Director) and Mr. Zachary Spricigo (Marching Technician).

Many thanks for a job very well done to the following students: Matt Kleczynski (Drum Major), Kaitelyn Diaz (Field Captain), Alyssa Grandal (Color Guard Captain) and Section Leaders Michael Dews, Joseph Hovick, Daniel Baton and Aiden Zucosky. Congratulations to the entire Marching Band and best wishes to the nine Seniors who will be graduating in June. You will be missed.

Any Clark/Garwood students in 8th grade or attending 9th through 12th grade in High School are welcome to join the Crusaders Marching Band. If interested please contact a staff - band member for more information or email MPAClarkNJ@gmail.com

PRSR STD
U.S. POSTAGE
PAID
BRIDGEPORT CT
PERMIT NO.390

ECRWSS

*****ECRWSSDDM****
POSTAL PATRON
CLARK, NJ 07066

Selling Your Home? Looking For Top Dollar?
Call Your In Town Clark Specialist All Towne Realty

WE GET YOUR HOME SOLD!
Call Now For A Free Home Evaluation
732-381-1190



www.alltownerealty.com

30 Brant Avenue, Clark, NJ 07066



*New Year, New Blessings.
Wishing You A Happy
& Healthy 2021!*

Clark Monthly NJ

Clark Monthly is published by Renna Media. 6,700 newspapers are printed monthly and mailed to every business and resident in Clark.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

©2020 Contents of this newspaper cannot be reproduced without written consent from Renna Media LLC.

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!

Call: 908-858-4012

Fax: 908-709-9209

Email: editor@rennamedia.com

Clark Monthly is online at
rennamedia.com like us on
facebook.com/ Clark Monthly

REYNOLDS PLUMBING



(908) 276-5367

(201) 666-0003

358 North Avenue East
Cranford, NJ

www.reynolds-plumbing.net

Lou DiFabio
Lic. #4237

Dan DiFabio
Lic. #11749

Residential / Commercial / Industrial

Advertise in this 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

AMERICAN LEGION AUXILIARY FOOD COLLECTION ON-GOING

Submitted by Judy Duran

The Clark American Legion Auxiliary Unit 328 collected non-perishable food stuff to deliver to the St. John's Food Pantry and Give and Share Program. Collections were gathered at the American Legion Post 328 on Westfield Avenue. The collection is still in progress as the winter months ahead pose a food security challenge for many Americans.

Non-perishables such as: tuna, pasta, beans,

rice, soup and vegetables are distributed to families in the Clark area. Donations can be brought to the American Legion at 78 Westfield Avenue, Clark. The entrance to the Post is on Broadway Avenue anytime between the hours of 10 a.m. to 10 p.m.

The Legion Auxiliary thanks all who have donated to this worthy cause. Donations are taken to the food pantry located at St. John The Apostle Church on Valley Road, Clark/Linden border.



(above) Members of the Clark American Legion Auxiliary Unit 328.

It's time for new dentures!



Ask about
implant supported dentures.

If your dentures ...

- Are loose
- Over 5 years old
- Have been repaired many times

Or . . .

- You would like to improve your smile

Then call . . .

For an appointment today!
The doctors at Dentalcare Associates
will provide all your denture needs.

- **1 hour denture repairs**
- **3 hour lab relines laboratory on premises**
- **All repairs schedule permitting**



OFFICE COVID-19 PRECAUTIONS

- ✓ All staff & patients screened and temperatures taken
- ✓ Intra-oral high speed suction systems
- ✓ Reduced reception seating
- ✓ Shielded reception desk
- ✓ UV wands for surfaces and equipment
- ✓ Personal protective equipment for the dental team
- ✓ Operatories with HEPA and UV-C filtration

• Most Insurances Accepted • Interest Free Financing •



DENTALCARE ASSOCIATES

Serving Scotch Plains • Fanwood • Westfield area for 60 years

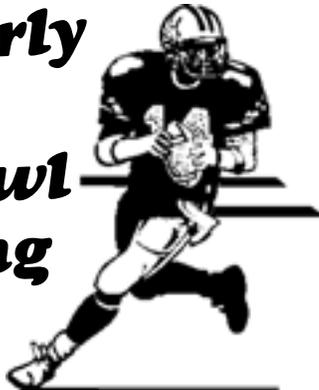
Dr. Robert V. Scalera, Jr., Director

908-322-7800

567 Park Avenue, Scotch Plains NJ • www.njdentalcare.com



**Order early
for
Superbowl
Catering**



**908.756.5752
908.756.4745**

www.CafeGallos.com

**NORTH SIDE PLAZA
1153 Inman Avenue
Edison, New Jersey 08820**

OFF PREMISE Catering Menu

*Sit Back and Let Us
Do the Work!*

Sandwiches and Wraps

CAN BE MADE TO SPECIFICATIONS
OR ASSORTED

PANNINI (24 Pieces \$65) • FOCACCIA (24 Pieces \$60)

Three Foot to Six Foot Subs \$18.00 per foot

Choice of: Imported Hams • Roast Beef • Turkey
Salami • Prosciutto • Assorted Cheeses

Assorted Bread Baskets

Market Price

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 & TARTUFO.....\$4.00 EACH

SPECIAL OCCASION CAKES.....Priced Accordingly

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
Oregonata • 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 Oregonata
Eggplant Parmigiana • Eggplant Rollatine

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 Carozza	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, Sundried Tomato & Broccoli Rabe	50.00	90.00
Pasta with Clams, Shrimp, Mussels, Scallops (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 Oregonata	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 Rollatine 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 with Fresh Mozzarella, Tomatoes & Basil	45.00	85.00
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 Crudite 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)

KIWANIS CLUBS JOIN FORCES TO REMEMBER VETERANS



COLDWELL BANKER REALTY

(908) 202-1702 CELL
 (908) 301-2046 DIRECT LINE
 (973) 387-4457 EFAX
 (908) 233-5555 EXT: 117 OFFICE
 elizabeth.bataille@coldwellbankermoves.com

KONANTIQUES

We Buy Antiques

FREE HOUSE CALLS
908-578-7593

We buy entire estates or single items and pay the highest prices along with friendly, professional service. Free on-site consultation at your home or business

Over 20 years of Experience **info@konantiques.com**
www.konantiques.com
 Located in Summit

WOOD FLOORS
 Sand • Stain • Refinish • Repairs • Installation
CARPET & RUGS
 Clean • Stretch • Sanitize • Repairs • Bind
RESTOREMYFLOORS.NET
 A DIVISION OF CARPET DOCTOR LLC.
 116 SUSSEX ST. WESTFIELD, NJ
908-342-5048
 Insured * References * Visa / MasterCard

10% Discount On labor only. Materials not included. Cannot be combined with other offers. Exp. 1/31/21.

Submitted by Susan Dougherty

The Kiwanis Clubs of Greater Westfield and Clark combined forces to write thank you notes to the veterans who are residents of the NJ State Veterans Home at Menlo Park, NJ to let them know they were being praised and remembered for their service to the country. Over 600 heartfelt notes, letters, and artwork were dropped off at the facility on November first so that the veterans' rooms and lunch trays could be filled with correspondence from grateful folks in Union County. This has been an ongoing project of the area Kiwanis Clubs under the presidencies of John-Michael Jones (Westfield) and Cara Hund (Clark).

The artwork notes were supplied by the children in the Westfield Y under the direction of Kiwanis member Susan Morton. The preschoolers colored outlined pictures of a helmeted soldier and their teachers attached the printed thank you notes. High School students from the A.L. Johnson High School Key Club hand wrote or typed letters of appreciation under the urging of Key Club adviser Ellen Zamboni. The adult clubs participated in the annual event with Westfield club's Rev. Richard Burdett designing and producing a collectible, colorful card commemorating all branches of the armed forces.

Clark President Cara Hund collected

handwritten notes from her membership and thanked them all "for taking the time to once again to remember the people who have helped to keep America free."

For more information about the Kiwanis Clubs and their high school, middle school, or elementary school clubs, contact Susan Dougherty at 732-382-5367. Kiwanis is an international organization that helps the world one community, one child at a time.



(above) Over 600 heartfelt notes, letters, and artwork were dropped off by the Kiwanis Clubs of Greater Westfield and Clark to the veterans who are residents of the NJ State Veterans Home at Menlo Park, NJ.

ANNOUNCING THE NEW OFFICE OF DR. EDWARD SOMMA IN BERKELEY HEIGHTS

"Providing exceptional comprehensive health care with unrivaled compassion and personalized attention for more than 2 decades"



Edward Anthony Somma, MD
 Internal Medicine

After graduating from medical school, Dr Somma served his internship in Internal Medicine at Trinitas Regional Medical Center. He then completed his residency in Internal Medicine at Seton Hall Post Graduate School of Medicine, where he was elected Chief Resident of Internal Medicine in his final year.

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 as an Associate Professor of Medicine for their Internal Medicine program.

IMG
 INTUITIVE MEDICAL GROUP

654 Springfield Ave Berkeley Heights, NJ 07922

(908) 219-8800 • www.intuitivemedgroup.com

JANICE KEEPS IT REALTY



Strike while the market is hot.

Call Janice. c.908.447.3051



c.908.447.3051 • jpecoraro@weichert.com • o.908.654.7777
185 Elm St. • Westfield, NJ 07090

Check out my channels for recommendations and reviews!



HONORING VETERANS AT VALLEY ROAD SCHOOL

Fully Insured Free Estimates

Needleman Roofing

Lic. # 13VH06601300

SLATE - TILE - ASPHALT SHINGLES

908-389-0200

Students in Mrs. Jackie Kozlowski's third grade class at Valley Road School commemorated Veteran's Day by learning about the significance of Veteran's Day and the various branches of the military. Students watched video clips of veterans speaking about their service.

encouragement to those that have given and are still giving their all to protect our country.”

Students also wrote letters to several retired and active duty military personnel thanking them for their service. According to Mrs. Kozlowski, “This was an important and memorable activity for these third grade students.

We hoped to bring some cheer and



SAM'S LANDSCAPING

PROPERTY MAINTENANCE

- *WEEKLY LAWN SERVICE
- *PROPERTY CLEAN UP
- *PLANTING *MULCH
- *PATIOS *PAVERS
- *TOPSOIL *TRIMMING

908-441-7302

SAMSHAPPYLAWNS.COM



(above) Mrs. Kozlowski, Nora Zerella, Brielle Oliveira, and Andre Lopes

Photo by Clark Public Schools

BETTER DECREASES BACK PAIN BY INCREASING TREATMENT OPTIONS

If you've been living with back pain, it's time to discover the innovative treatment options at the Center for Back Pain at Hackensack Meridian JFK Johnson Rehabilitation Institute.

Our board certified doctors, who are also certified in pain and sports medicine, use the treatment to best address your pain, including image-guided injection treatments, physical therapy and, when necessary, minimally invasive surgery.

You will get a treatment plan to help you ease pain and regain strength and functionality—safely and quickly.

To find a doctor, visit HackensackMeridianHealth.org/BackRehab or call 732-897-BACK (2225).



**Hackensack Meridian
JFK Johnson
Rehabilitation Institute**
KEEP GETTING BETTER



Call Today for a Free Estimate!  855.624.6655



AS SEEN ON
GEORGE TO THE RESCUE


Magnolia™

HOME REMODELING GROUP

ROOFING | SIDING | WINDOWS
KITCHENS | BATHROOMS | BASEMENTS
MASONRY | DECKS | PORCHES



Payment Plans

WINDOWS \$209	BASEMENTS \$395
KITCHENS \$389	BATHROOMS \$199
ROOFING \$249	DECKS/PATIOS \$189
SIDING \$289	PORCHES/STEPS \$185

0% Plans Available!
Estimated monthly payments.
Rates & payments based on credit approval.

VIRTUAL MEETINGS ALSO AVAILABLE

Interior & Exterior Remodeling | Family Owned & Operated

100% FINANCING AVAILABLE | 30+ YEARS EXPERIENCE



NJDCA 13VH07755300

MagnoliaHomeRemodeling.com 

CLARK YOUTH FOOTBALL ENDS SUCCESSFUL SEASON

Submitted by Gus Kalikas

Clark Youth Football recently completed their second season since returning to the communities of Clark and Garwood and it was a huge success. This Fall 2020 season Clark Youth Football (CYF) had three levels competing in the NJSYFL. A Level (8th Grade), B Level (7th Grade) and C Level (6th Grade) all competed and had wonderful seasons.

Clark Youth Football is a member of the NJSYFL. The NJ Suburban Youth Football League (NJSYFL) was founded on December 8, 1972, in Scotch Plains, NJ. The league was formed in an effort to provide additional opportunities for boys to participate in contact football that may have been excluded from other programs due to weight and age restrictions in existing programs.

Since its inception, the program has grown and matured significantly and now affords more

than 4,500 boys and girls an opportunity to participate in youth football and cheerleading programs.

In only our second year back in the communities of Clark and Garwood, all three levels made the NJSYFL playoffs. Our C Level team (6th Grade) defeated Bloomfield in a first round playoff game before losing to a very tough Summit squad in the semifinals. Our A Level team (8th Grade) overcame many obstacles this year and made the playoffs where they matched up against defending champion Bloomfield. Although they lost a very tough game, A Level battled to the end and has a bright future ahead of them as they enter high school next year.

Our B Level team entered the playoffs at 6-0 and in first place in their division. After handling Perth Amboy in the NJSYFL Semifinals they found themselves in a rematch of a tough regular

season game against rival West Orange. In the regular season, Clark B Level had to score a last minute touchdown late in the game to win. No such drama would be needed in the Championship game as B Level raced out to a 26-0 lead before winning by a final score of 26-12.

All three levels dedicated themselves to Clark Youth Football for the last three months giving up their evenings three to four times each week in order to do the communities of Clark and Garwood proud. Above all the wins and losses was the camaraderie formed amongst teammates and the values of hard work and sportsmanship that were taught throughout the season.

Clark Youth Football is gearing up for an awesome third year in the Fall 2021. We will be opening up registration Super Bowl Sunday (February 07, 2021). Make sure to sign up and reserve your spot so you can be a part of our next CYF season!!!



(above) B Level (7th Grade) after winning the Championship on Sunday, November 22, 2020.

Photo courtesy of "Al Brown @ JAB Photography".

EYES ON YOU

FAMILY EYECARE AND OPTICAL
1535 Irving Street, Rahway, NJ
732-388-3900
rahwayeyedoctor.com

- Glaucoma Testing and Cataract Evaluations
- Treatment and Management of Ocular Disease
- Optos Retina Imaging
- Variety of Eyewear including Designer Brands
- Comprehensive Eye Examinations
- Contact Lens Examinations
- Variety of Contact lenses
- Eyeglass Repairs

Dr. M. Williams
Optometric Physician
Lic# 270A00565300/270M00062400

INSURANCES:

• Oxford	• Medicare
• VSP	• Medicaid
• Aetna	• Qualcare
• Avesis	• Superior Vision
• NVA	• United Health Care
• Block Vision	• Blue Cross Blue Shield of NJ
• Davis Vision	• Vision Benefits of America
• Empire Blue Cross Blue Shield and many more.	

Please call if you do not see your insurance plan listed.

Our Office Hours:
Mon: 10am to 6pm
Tues: 10am to 6pm
Wed: Closed
Thur: 10am to 6pm
Fri: 10am to 6pm
Sat: 9am to 2pm
Sun: Closed
Late appointments are available by request.

Center of Dental Services

We speak Polish and Spanish

908-925-8110

CenterofDentalServices.com
924 North Wood Avenue, Linden, NJ 07036

We are here for you during the COVID-19 pandemic with emergency appointments and 24 hour on-call service.

Dr. Myung Hae Hyon DDS & Dr. Mrunal Patel DDS
Dr. Lealon Robinson - Oral Surgeon - FREE Implant consultation
Dr. Jeff Seiger - Orthodontist - FREE Orthodontic consultation

MENTION THIS AD FOR A FREE EXAM, X-RAYS AND CLEANING

Our Orthopedics Team Has New Stars

Say hello to Dr. Ben Brown, Dr. Derrick Heydinger and Dr. Jared Preston.
Here to bring expertise and great care to adults and children.

NEW



Ben Brown, DO
Shoulder, Elbow, Hip, Knee
and Ankle Surgeon
Sports Medicine
New Providence & Clark

NEW



Derrick Heydinger, DO
Sports Medicine
Interventional Orthopedics
Clark

NEW



Jared Preston, MD
Hip and Knee Surgeon
Robotics (Mako™)
Clark



Daniel Harrington, DO
Sports Medicine
Interventional Orthopedics
New Providence



Jeffrey Leary, MD
Hip, Knee, Pelvis Surgeon
Robotics (Mako™)
New Providence



John Erickson, MD
Shoulder, Wrist, Elbow Surgeon
New Providence & Clark

Orthopedics at New Providence and Clark

550 Central Avenue, Suite 600, New Providence | 140 Central Avenue, Suite 700, Clark
908-795-1192 | 732-943-5042

atlanticmedicalgroup.org/orthopedics/npc

 **Atlantic Medical Group**

BUBBAKOO'S BURRITOS COMES TO CLARK

DAVE AND PAT TOMA CELEBRATE 65TH WEDDING ANNIVERSARY



(above, l-r) David and Pat Toma on wedding day 1955 and on 65th anniversary in 2020.

Clark residents Dave and Pat Toma are celebrating their 65th wedding anniversary. Dave Toma uses his life experiences and his 21 years in law enforcement in Newark, NJ to teach. His innovative style led to two television series based on his career, "Toma" and "Baretta". A screenplay has also been written about him.

Toma, 87, dedicated his life to motivating and mentoring youth as a public speaker and counselor. He has been recognized as for his worldwide service as a motivational speaking since 1951. He received the three prestigious Four Chaplins Medallions: Gold, Silver and Bronze. He was awarded an Olympic Medal from the Canadian Government, He was nominated for the Nobel Peace Prize three times.

Toma lectures are as dramatic as his life. Known for going undercover in disguise, he lived in the world of the criminals and despite the danger did his job using non-violent methods.

Toma put criminals behind bars but he also rescued lost souls in despair, who were stuck in the seamy environment with little hope of getting out without help. He especially speaks about the evil of drugs and getting his message to youths at risk.

Bubbakoo's Burritos, a build-your-own-burrito concept, has been expanding throughout the United States, spreading their brand to new platforms, and introducing their Mexican-fusion style cuisine to new places.

The popular chain was founded in 2008 by industry veterans Bill Hart and Paul Altero. Both Hart and Altero had worked together previously and decided to combine their ideas to build a united dream. Their shared vision focused on the complete customization of entrees with fresh ingredients and a strong concentration on customer service. Bubbakoo's Burritos has innovated a menu where customers can pick and choose what they want and create something different every time they visit.

Aside from their food escapades, Bubbakoo's is dedicated to getting involved in the communities surrounding their store locations. Their team has launched a program for the schools called the "Read It To Eat It Program" where students can read five books and in exchange, they receive a free student meal. Since the dawn of this program, hundreds of teachers have signed up to participate and together with Bubbakoo's, they continue to incentivize education.

Since their first store opened in Point Pleasant, NJ in 2008, many Bubbakoo's restaurants have been popping up throughout the country. With 40 locations across six states and more than 100 locations signed, the expansion of this fast-casual chain will not be slowing down anytime soon.

The most recent location to open was our Clark, NJ location at 301 Central Ave, Clark, NJ. A traditional grand opening will follow in the future.

"I can't wait to get to know the Clark community and introduce them all to the Bubbakoo's way," says Jalpesh Chokshi, franchise owner of the Clark Bubbakoo's.



VILLAGE INSURANCE AGENCY

95 Westfield Avenue • Clark, NJ • 732-396-4466

www.Village-Insurance.com

Auto • Home • Business

We are agents for 26 major companies including Progressive, Travelers, CNA, Hanover and NJ Skylands



Call us for a FREE estimate before you renew your insurance.

Save up to 40% by bundling auto and home insurance.

To help you prepare for life's challenges, Village Insurance offers a wide range of services and products for individuals, families and businesses who are seeking financial protection and peace of mind.

We do business the old fashioned way, through personal relationships. 90% of our business comes from satisfied clients' referrals.

Aldo Tripicchio
Serving the Clark community since 1979



Walter J.
Johnson
Funeral Home

- Dignified & Courteous Services
- For All Faiths & Traditions
- Handicapped Accessible
- Pre-arrangements
- Pre-paid Trust Fund & Insurance
- Cremation Services Available

Steven N. Perlmutter
Manager/Funeral Director
NJ Lic. No. 3539

Matthew S. Perlmutter
Funeral Director
NJ Lic. No. 4785

Family Owned, Family Operated, Family Focused
Visit our website at:
www.walterjohnsonfh.com

732-382-6262

803 Raritan Road
Clark, NJ 07066



ANGELO & ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

Serving the Public since 1984

732-382-2272

AngeloCPAfirm.com

18 Brant Avenue • Clark, NJ 07066

- Individual and Business Tax Returns
- Full Service Accounting
- Estate and Inheritance Tax Returns
- Financial Planning

Let us help you make this year a great success!

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 to 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 unwelcomed 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. Addictions 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. That 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 that 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!

VETERANS GARDEN AT HEHNLY SCHOOL

In honor of Veterans Day, the students in the Frank K. Hehnly School's Mentor Link (Looking Into the Needs of Kids) program spruced up the school's Veterans Garden.

The mentor links students were able to safely interact with each other during an outdoor rock painting activity. The rocks, in addition to the new mulch, lights and signs donated by the Hehnly PTA, helped to create a deserving tribute to our nation's veterans.

School Counselor Joe Sortino stated, "Thank you to our students, Mrs. Caplette, Mrs. Gomes, and the Cassidy Family for all of your help. Please be sure to stop and check out the garden!"



Photo by Clark Public Schools

KUMPF STUDENTS GO SHOPPING VIRTUALLY

Students in Ms. Jennifer Barbera's class at Carl H. Kumpf Middle School in Clark recently went grocery shopping on a virtual field trip.

Students learned about different grocery stores in the area and what they needed to go food shopping, including the importance of having a list and a budget. They then visited Shop Rite.com and shopped for ingredients to make a special meal of their choosing.

While shopping, students had to keep track of how much they spent. Ms. Barbera stated, "Students really enjoyed virtual food shopping. Through this experience, students learned about how math relates to everyday life."

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 knee 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.

"Over 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." - Quenton L.

MOST INSURANCES ACCEPTED - INCLUDING MEDICARE



Northeast Spine & Wellness Center

1043 Raritan Rd., Clark, NJ 07066
www.nespinecenter.com
Call 732-827-0800
for your RISK-FREE Consultation!



Home Improvement Professionals

- NO JOB TOO SMALL -
- 100% SERVICE GUARANTEE -
- 2500+ POSITIVE ONLINE REVIEWS -

908-251-9441
Mrhandyman.com

License number: 13VH09897400

10% DISCOUNT

On labor only, materials not included. Cannot be combined with other offers. Exp. 1/31/21.

JANUARY EVENTS FOR CLARK PUBLIC LIBRARY

303 Westfield Ave, Clark, NJ 07066 Tel: 732-388-5999 x2 Visit us at www2.youseemore.com/clarkpl/
Monday, Wednesday, & Friday 9:30 am-5 pm, Tuesday & Thursday 9:30 am-6:30 pm, Saturday 9:30am-1:30 pm
The library will be closed on Monday, January 18 for Martin Luther King, Jr. Day

Clark Residents may make an appointment now to visit the library. Call to make an appointment for up to 30 minutes. Patrons will be able to browse and check the computers. Curbside pickup and mobile printing available for card holders at this time without appointment.

Hours are subject to change, 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. Our librarians are here to help with reference questions or book recommendations!

All items must be returned in the book drop and will be in quarantine for 7-10 days. The items stay on your card during this time. You will not be charged overdue for the time the items are quarantining.

Events will be held virtually at this time 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 at clarklibrary.org.

Monthly Boredom Buster for Kids

Available beginning January 2.

Each month we have a new take home craft for kids to pick up and make at their leisure. While supplies last, no registration.

Children's Winter Reading Challenge 2021

Enter now through February and keep track of your child's reading using the free Beanstack app or online at clarklibrary.beanstack.org. Children will earn up to 4 small prizes for their reading and raffle tickets towards bigger prizes awarded at the end of the challenge.

[Adult DIY Craft] Wind Chimes

curbside pickup starting Wed., January 6
Monthly Adult DIY Craft provides a take-out kit which you can make it at home without a Zoom class. You will pick up an unfinished wood wind chime (circle, star, or heart design) with acrylic paints. Please send an email to reference@clarklibrary.org to pick up and choose one of the designs. Circle shaped chime will be given with yellow & orange paints to draw a sunflower. Star shaped chime will be given with black & white paints. Heart shaped chime will be given with red & white paints. (You may use your own design and color. Please supply your own brushes.) Open to adults (18 and older) while supplies last.

[Virtual] Read to Sophie by Appointment

Sophie the therapy dog is available to listen to your child practice reading via Zoom! Please email ReadToSophie@gmail.com.

[Virtual] Pajama Time

Wednesday, January 6 at 7:00 pm

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

[Virtual] 8 Minute Lego Challenges

Thursday, January 7 at 4:00 pm

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 do not have your own Lego, please contact the Children's Department of the library.

[Virtual] Adult Coloring Club

Fridays January 8, 15, 22, and 29 at 11:00 am (New Time)

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.

[Virtual] Evening Book Club

Monday, January 11 at 7:00pm

Join us for our next virtual book club meeting. We will be discussing *Beneath a Scarlet Sky* by Mark Sullivan. Speak with a librarian if you need a copy of the book.

[Virtual] Baby Bookworms

Tuesdays, January 12, 18, and 26 at 10:00 am

Baby Bookworms is virtual via Zoom! Babies and toddlers are invited to hear some books, and learn some songs, rhymes, lap bounces, and fingerplays!

[Virtual] Pick Up & Zoom

Tuesdays, January 12 and 26 at 4:00 pm
Every other week we will have a new craft project for elementary aged children. You may pick up the materials for the craft starting the Wednesday before and then join us via Zoom!

[Adult Painting] Bird Silhouette

Wednesday, Jan 13 at 11am

Join us for a Pick Up and Zoom class for adults.

We will paint a bird silhouette on a small canvas. 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. All materials are provided except a paint brush.

[Virtual] Family Game Night

Thursday, January 14 at 6:30 pm

Join us on Zoom for a monthly family game! This month we will play *Are You Smarter Than a Fifth Grader!* Children and parents are invited to play along! Prizes for winners and runners up! You will need pen and paper or a white board with a dry erase marker.

[Virtual] Preschool Story & Craft

Fridays, January 15, 22, and 29 at 10:00 am
Stories, rhymes, songs, and craft on Zoom.

[Virtual] CoderDojo

Saturday, January 16 from 2:00 pm-4:00 pm
CoderDojo is a free programming workshop. Our goal is to help kids understand how to code and teach them to love coding. This event is for children ages 9 - 14 years old. For more information about CoderDojo, please visit coderdojo.com/about/.

Teen Take & Make:

DIY Cricut Vinyl Decorative Pillows

Tuesday, January 19 at 4:00 pm

Apply a Cricut vinyl of a favorite quote or your first name to a decorative throw pillow. Once you register, you'll be emailed when your supplies are ready to be picked up at the library. Join us for an optional online get-together as we explore the Cricut Design Space App and iron on the vinyls together over Zoom. Open to teens in Grades 6-12.

[Virtual] Who Was... Book Club for Kids

Wednesday, January 20 at 4:00 pm

Kids in 2nd-6th grade are invited to join us via Zoom for our re-ignited Who Was...book club! Each month we will read a book from this fun series focusing on a particular type of person, such as inventor, athlete, musician, etc and then come together to discuss and share what we have learned and do a related activity.

Free Adult Bingo Night

Wednesday, January 20 at 6:00 pm

Join us for a virtual BINGO Night for adults (age 18 and older) via Zoom. This program is free of charge. Participants may pick up BINGO cards at the library or use a BINGO app (link) to cross out your numbers on a device. Many choices of costume jewelry will be given as a prize. It is sponsored by Friends of the Clark Library. (Costume jewelry are donated previously.)

CELEBRATING OVER 90 YEARS OF ACADEMIC EXCELLENCE

#SMS STRONG



Registrations for the 2021-2022 academic year are now being accepted

- Faith-based environment
- Early Childhood Program Pre K3 & Pre K4 (Full & Half Day)
- Full Day academically based Kindergarten
- Primary, Elementary, and Middle School curriculums
- Controlled class size
- Average 16:1 student-teacher ratio
- 1:1 chrome books for grades 4-8
- Before and after care programs are available daily on site
- Member of the National Catholic Education Association (NCEA)
- Accredited by the Middle States Association Commission on Elementary Schools

**PLEASE CALL
(908) 276-9425
TO SCHEDULE A TOUR
100 Alden Street, Cranford, NJ
www.smscranford.com
E-Mail: saint.michael@verizon.net**

CLARK RECREATION REGISTRATION FOR WINTER 2021 PROGRAMS

Information is available at the Recreation Center for all of the new and existing courses and programs. Registration can be done online at our website, ourclark.com. Registration forms for each program or class can be dropped off at the Recreation office between 9:00 a.m. to 4:00 p.m. or mailed to Clark Recreation, 430 Westfield Avenue – Attn: Ralph Bernardo. All registration forms must be submitted by January 11.

Due to the Pandemic, restrictions, cancellations and/or postponements are possible for all classes and programs. We are following all the guidelines of the CDC and Governor as they are presented to the public. Every precaution is being taken at the rec center for your safety and the safety of our instructors and coaches. Please check your email daily as this is how we are communicating any updates, and the latest information on what is taking place.

PRESCHOOL PROGRAMS

Kiddies Junior Robotics

Thursdays 4:30-5:30 p.m. - Begins Feb. 4
(Ages 3-5) introduced to the coding and programming of real, age-appropriate robots understanding the basics of algorithms.

\$110 for 4 weeks.

Kids Ceramics

Fridays (Once a month) 4:00-5:00 p.m.
February 12, March 19 and April 23
(Grades PreK-6th) \$12 per session.

KinderBallet

Fridays 3:30-4:20 p.m. - Begins January 15
(Ages 4-5) - \$70 for 6 weeks.

Lil' Athletes

Fridays 9:30-10:00 a.m. - Begins January 15
(Ages 2-5) - \$105 for an 8 week session.

Mommy & Me Movin' & Groovin'

Thursdays 11:30 a.m.-12:30 p.m.
Begins January 7

(Ages 1-3) - \$105 for a 10 week session.

Mosaic Storytelling & Art

Thursdays 11:00 a.m.-12:00 - Begins Feb. 4
(Ages 2-4) - \$110 for 4 weeks.

Movin' & Groovin'

Wednesday 4:15-5:15 p.m.

Begins January 6 & 7.

(Ages 3 ½-6) 5:15-6:15 p.m. (Ages 6 & Up) or
Thursdays 4:15-5:15 p.m. (Ages 4-7) 5:15-6:15 p.m. (Ages 8 & Up) - \$105 for 12 weeks.

Parent & Me Soccer Squirts

Tuesdays 9:30-10:15 a.m. - Begins Jan. 19
(Ages 2-3) - \$114 for 8 weeks.

Soccer Squirts

Tuesdays 10:20-11:05 a.m. - Begins Jan. 19
(Ages 3-5) - \$114 for 8 weeks.

Squirts Multi Sports

Tuesdays 11:15 a.m.-12:00 p.m.
Begins January 19

(Ages 3-5) - \$114 for 8 weeks.

YOUTH PROGRAMS

Cooking For Kids (Grades K-2nd)

Mondays 4:00-5:00 p.m. - Begins Jan. 18
\$50 for a 6 week session.

Hip Hop Kidz

Fridays 4:30-5:30 p.m. Begins January 15.
(Ages 6-9) - \$70 for 6 weeks.

Kiddies Junior Robotics

Thursdays 5:30-6:30 p.m. - Begins Feb. 4
(Ages 6-9) - \$110 for 4 weeks.

Kids Ceramics

Fridays (Once a month) 4:00-5:00 p.m.
February 12, March 19 and April 23
(Grades PreK-6th) - \$12 per session.

Learn ASL

Wednesdays 6:00-7:00 p.m. - Begins Jan. 20
(Grades 5th-8th) - \$50 for 6 weeks.

Movin' & Groovin'

Wednesday 4:15-5:15p.m. - Jan. 6 & 7
(Ages 3 ½-6) 5:15-6:15 p.m. (Ages 6 & Up) or
Thursdays 4:15-5:15 p.m. (Ages 4-7) 5:15-6:15 p.m. (Ages 8 & Up) - \$105 for 12 weeks.

The Science Exploration Class

Tuesdays 4:30-5:30 p.m. - Begins February 2
(Grades K-2nd) - \$110 for 4 weeks.

- Video Tape Transfers • DVD & Flash Duplication
- High Speed Photo & Slide Scanning



locally owned since 1984

www.vdsnj.com

facebook.com/vdsnj

email: ira@vdsnj.com

908-964-4004

406 Chestnut St. • Union, NJ 07083

Are you ready for the Winter!



Check your heating unit now!
Do not buy just yet. Get a second opinion from Reel-Strong. A tune-up can extend the life of your unit.

FREE ESTIMATES

NO OBLIGATION

0% Financing Available

We are a full service installation and maintenance company.

- HEATING OIL SUPPLIER
- WILLIAMSON BOILERS
- RHEEM FURNACES AND AIR CONDITIONERS
- NATURAL GAS CONVERSIONS AND SERVICE



Hi-efficiency heating equipment will qualify for WARM advantage rebates.
NJ Clean Energy Program

WE DO IT RIGHT THE FIRST TIME!

Let's discuss your heating oil or natural gas conversion.

SAVE THIS COUPON

\$25 OFF ANY SERVICE CALL

May Not Be Used For Routine Maintenance. With Coupon - No Expiration

NEW RHEEM HEATING OR AIR CONDITIONING SYSTEM

MAKE YOUR BEST DEAL THEN TAKE \$300 OFF

Expires: 12/31/2020. May Not Be Combined With Other Offers.

REEL-STRONG
HEATING & COOLING

Master HVACR Contractor License #19HC00438000

549 Lexington Avenue • Cranford
908-276-0900 or 1-888-480-0901
WWW.REEL-STRONG.COM

Marketing Toolbox

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

NEWSPAPER ADVERTS

We mail 135,000 newspapers to every 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 menus, 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.

CALL JOE RENNA FOR A FREE CONSULTATION.
908-447-1295

DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- We create a webpage advertisement
- Free ad design and copywriting
- Get unlimited clicks
- Trackable results
- Paid search engine promotions
- Posts are shared through social media

ONLY \$1 PER DAY
1 year contract \$365

Call Joe Renna
908-447-1295

See samples on our websites and facebook pages. →



RENNA MEDIA .COM

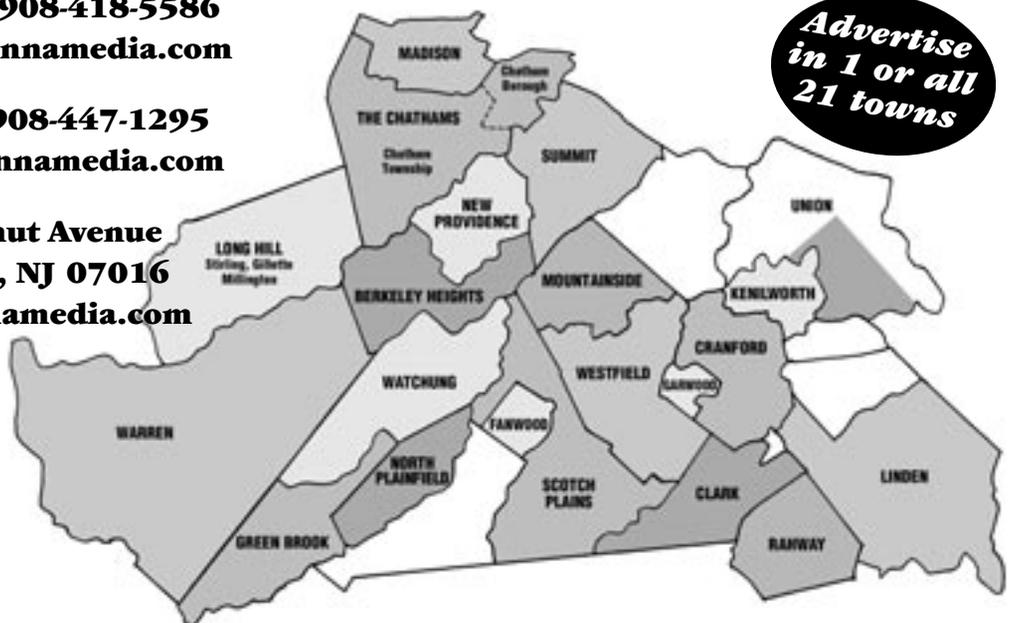
RENNA MEDIA NEWSPAPER RATE SHEET

WE MAIL 135,000 NEWSPAPERS MONTHLY!

Tina Renna 908-418-5586
tinarena@rennamedia.com

Joe Renna 908-447-1295
joerenna@rennamedia.com

202 Walnut Avenue
Cranford, NJ 07016
info@rennamedia.com



Advertise in 1 or all 21 towns

Berkeley Heights COMMUNITY NEWS Qty: 4,800 Mailed to every home and business. Zip: 07922	THE CHATHAMS NJ Qty: 7,400 Mailed to every home and business. Zip: 07928	Clark Monthly Qty: 6,700 Mailed to every home and business. Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,800 Mailed to every home and business. Zip: 07016	Fanwood Post NJ Qty: 3,000 Mailed to every home and business. Zip: 07023	Garwood Times NJ Qty: 2,200 Mailed to every home and business. Zip: 07027	Green Brook Gazette NJ Qty: 3,000 Mailed to every home and business. Zip: 08812
KENILWORTH BUSINESS • LIFE NJ Qty: 3,600 Mailed to every home and business. Zip: 07033	LIFE in LINDEN NJ Qty: 17,400 Mailed to every home and business. Zip: 07036	Long Hill LEADER NJ Qty: 3,600 Mailed to every home and business in Gillette, Millington and Stirling. Zip: 07933, 07946, 07990	MADISON MONTHLY NJ Qty: 6,300 Mailed to every home and business. Zip: 07940	MOUNTAINVIEW NJ Qty: 2,900 Mailed to every home and business. Zip: 07092	New Providence NEWS NJ Qty: 4,900 Mailed to every home and business. Zip: 07974	The PRIDE of North Plainfield NJ Qty: 8,300 Mailed to every home and business. Zip: 07060, 07062, 07065
OUR TOWN Rahway, NJ Qty: 12,400 Mailed to every home and business. Zip: 07065	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,600 Mailed to every home and business. Zip: 07076	Summit Times NJ Qty: 9,600 Mailed to every home and business. Zip: 07901	Spirit of UNION NJ Qty: 5,500 5,000 mailed to homes and businesses. Zip: 07085	WARREN MONTHLY NJ Qty: 6,200 Mailed to every home and business. Zip: 07059	Watchung Post NJ Qty: 2,800 Mailed to every home and business. Zip: 07069	Westfield MONTHLY NJ Qty: 11,800 Mailed to every home and business. Zip: 07090

NEWSPAPER AD RATES

Rates are per month. Artwork included in price. Newspapers are black on white.

Units	Size	RATE FOR ANY 1 NEWSPAPER	RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ANY 12 NEWSPAPERS	RATE FOR ANY 15 NEWSPAPERS	RATE FOR ANY 18 NEWSPAPERS	RATE FOR ALL 21 NEWSPAPERS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000
2 PAGE SPREAD	21" x 14"	\$700							
BACK PAGE	10" x 14"	\$500							
FRONT PAGE BANNER	8.25" x 2"	\$320							
FRONT PAGE BOX	1.5" x 4.5"	\$240							

Back cover, front page banner and front box reserved on first come, first served basis. Current advertiser has right of first refusal.

PREPAY FOR 6 MONTHS AND GET 1 FREE

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

Visit RennaMedia.com for online publications. Photo albums, video and advertising opportunities.

Tune Up Your 2021 Marketing Plan

This is a **FREE** service offered by Renna Media.

Tune-up topics include:

- Business & Marketing Plans
- Goals & Budget
- Target Market & Medium
- Image & Message & Marketing Method
- Analytics (results / cost / benefit)

Link to Marketing Check List

Call Joe Renna
908-447-1295

No Purchase necessary

Newspapers Ads • Full Color Printing • Direct Mail • Online Marketing

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 / 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 outletsBudget 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

Call Joe Renna 908-447-1295

Email: JoeRenna@RennaMedia.com

Let us help you grow your business in 2021



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.



Thank You! To all the health care professionals for your selfless dedication throughout the COVID-19 crisis.



ORDER ONLINE AT
www.metroliquors.com
908-925-1770

PICK-UP CURBSIDE
OR DELIVERY

1179 WEST ST. GEORGES AVE.
(RT. 27) LINDEN, NJ 07036
 email: metroliquors@gmail.com

Hours: Mon. thru Sat. 9am - 10pm, Sun: 11am - 8pm



Hours: Mon. thru Wed. 9am - 9pm, Thur. - Sat. 9am - 10pm, Sun. 10am - 7pm

Witty's

Fine Wine and Liquors

ORDER ONLINE AT
www.wittyswine.com
732-381-6776

PICK-UP CURBSIDE

870 ST. GEORGES AVE.
(RT. 27) RAHWAY, NJ 07065
 email: wittyswines@gmail.com

Like us on Facebook: Facebook.com/metrolinden and Facebook.com/wittyswines

WHISKY

Ballantine	1.75L	\$28.97
Buchanan's 12yrs old	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$55.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$28.99
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
Dewars 12 yrs old	750ml	\$25.99
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
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$25.99
Jack Daniels	1.75L	\$45.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$45.99
Jameson	750ml	\$29.99
Jameson	1.75L	\$54.99
Jim Beam Whisky	1.75L	\$29.99
Johnnie Walker Blue	750ml	\$187.99
Johnnie Walker Blue	1.75L	\$379.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$57.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double cask)	750ml	\$59.99
Makers Mark	750ml	\$27.99
Makers Mark	1.75L	\$49.99

GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	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	\$27.99
Courvoisier V.S.	1.75L	\$47.99
Remy Martin V.S.O.P.	750ml	\$44.99
Remy Martin V.S.O.P.	1.75L	\$84.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$24.99
Kahlua	1.75L	\$37.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$22.99
Licor 43	1.75L	\$42.99

VODKA

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)	750ml	\$29.99
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)	1.75L	\$17.99
Skyy	1.75L	\$19.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$19.99
Stolichnaya (all types)	1.75L	\$29.09
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

TEQUILA

Deleon Blanco Tequila	750ml	\$29.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$43.99
Patron Silver	1.75L	\$86.99
Patron XO Café	1.75L	\$34.99

BEER

Becks (12oz) 24pk	24pk	\$24.99
Bud and Bud Lite cans	30pk	\$22.99
Bud and Bud Lite loose bottles	24pk	\$19.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bottles	24pk	\$19.99
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
Sam Adams Boston Lager	24pk	\$32.99
Stella Artois loose bottles	24pk	\$28.99
Yuengling Lager bottles	24pk	\$19.99
Zywiec (11.2oz)	24pk	\$21.99

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	\$162.99
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	750ml	\$21.99
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	750ml	\$19.99
Santa Margerita Pinot Grigio	750ml	\$22.09
Silver Oak Alexander Valley Cabernet	750ml	\$76.99
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

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

10% OFF	15% OFF
Any purchase of	Any purchase of
6 bottles of wine	12 bottles of wine
<small>Restriction apply.</small>	<small>Restriction apply.</small>
<small>Coupons not valid on sale items.</small>	<small>Coupons not valid on sale items.</small>
Visit our facebook page for news of next tasting event: facebook.com/metrolinden	

"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 January 31, 2021.