

# Garwood Times<sub>NJ</sub>

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## GARWOOD GIRL SCOUTS WORKING TOGETHER

*Submitted by Vanessa Schubring*

As a Daisy, each girl earns the "vi petal" which means being a sister to every girl scout. To be a sister means to include everyone, and that is what the Garwood Girl Scouts did in creating the mural at Hartman Park. Daisy Troop 41108, Brownie Troop 41290, a Juliette from Troop 41220 and Senior Troop 40123 participated in finishing a mural.

Each girl was able to contribute by adding their own individual touch to the design. As a Girl Scout, the girls learn that they are smart, strong and can do anything and that is what the girls did in completing this mural. As Troop leaders we are proud of these girls and their continuing success.

The Garwood Girl Scouts would like to extend a thank you to Garwood PBA and Ace Hardware in Clark for supplying all the necessary supplies needed.



(above) Garwood Girls Scouts pose in front of the completed mural.

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LINCOLN SCHOOL DONATES 700 POUNDS OF FOOD

The Lincoln School family demonstrated its generous nature by collecting over 700 pounds of food in less than five hours during a socially distanced, one-day Thanksgiving food drive. The collection included multiple bags of stuffing, cases of canned goods, soup, crackers, pastas, cereals and all sorts of

goodies in-between. Enough food was collected to fill twenty-five baskets for local families in need. Lincoln School has partnered in this project with the Garwood Knights of Columbus, who distributes the baskets, for well over twenty years.



(above) Pictured with some of the donations are Mrs. Tamara Benc, Lincoln School's student council advisor; student council members Lily Ficarra and Toni Shaw; and Garwood Knights of Columbus members Tony DeFabio and Jack Leary.

Photo by Garwood Public Schools

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

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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.



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# MARY ANN SEVERAGE RECEIVES COMMUNITY SPIRIT AWARD

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A Garwood resident since the age of six.

Mary Ann Severage served on the Garwood Public Library Board of Trustees for forty-three years, beginning in January of 1978.

Additionally, Mary Ann served as President of the Board twice.

Mary Ann devotes much of her time to Garwood as a volunteer in several other capacities as well.

She is a parishioner of the Church of St. Anne and active in its Rosary Society for forty years.

Also, Mary Ann is a life member and past president of the Garwood Fire Department Ladies Auxiliary.

Mary Ann and her late husband, Bill, raised their children, Bill and Susan, in Garwood.

She is a proud grandmother and great-grandmother.

Mary Ann Severage embodies our Borough motto of “small town with a big heart” for her active citizenship in our community. We thank her for her decades of service.



Photo by Borough of Garwood

## REFLECTIVE SAFETY VESTS AVAILABLE TO SENIORS

Wearing reflective materials after dark can improve pedestrian visibility and increase safety.

The Borough of Garwood has announced that it will distribute dozens of reflective safety vests to seniors to improve their visibility with motorists while walking at night during the winter months when days are the shortest.

“Public safety remains a top priority for the Borough,” Mayor Sara Todisco said. “Wearing reflective materials when outside after dark can help to prevent tragedies.”

According to the latest data from the National Highway Traffic Safety Administration, 76% of pedestrian fatalities are at night, and 22% of all pedestrian fatalities were people 65 and older. The organization recommends that pedestrians wear reflective materials or use a flashlight at

night. A reflective vest is visible hundreds of feet away, giving motorists time to react and avoid hitting a pedestrian.

Seniors living in Garwood can request a reflective safety vest by visiting the Garwood Police Department headquarters at 403 South Ave., Garwood, and ringing the dispatch bell within the vestibule, or by contacting Police Commissioner and Councilman Michael Ince at (908) 472-1556 or [mince@garwood.org](mailto:mince@garwood.org).

“We want to make it as easy as possible for seniors to obtain a reflective vest and protect themselves, especially during the dark winter nights,” said Mayor Todisco. “As we continue to prioritize public safety, we will continue to explore additional opportunities to make our town safe for everyone.”



## BETTER DECREASES BACK PAIN BY INCREASING TREATMENT OPTIONS

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



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## GARWOOD HISTORICAL COMMITTEE NEWS

Submitted by Carol Lombardo, Chair

The Garwood Historical Committee is pleased to announce that they have reached their goal in the Trex Bench Plastic Recycling program. The goal is to collect 500 pounds of plastic bags, film, wrap, etc., in the space of six months in order to qualify. The residents of Garwood have stepped up and the Committee reached its goal in four months, having begun the challenge in September. The Historical Committee wholeheartedly thanks those who contributed to our cause. As a result, the Committee will receive a beautiful bench from Trex, made of recyclable materials to be placed at the North Avenue Aeolian Building site when the construction is complete. There are several other Trex benches in the borough, like the one pictured here located at borough hall, all earned by collecting recyclable plastic bags.

If any Borough group or organization would like to take up this challenge, you can contact us at [garwoodhistory@garwood.org](mailto:garwoodhistory@garwood.org) and we will be happy to pass on our overflow collection to get you started. The Committee would like to thank Library Director Maryanne Duffy, for having a collection box in the library for our endeavor.



## REORGANIZATION MEETING - JAN. 7

The Mayor and Council of the Borough of Garwood County of Union, State of New Jersey hereby set the date for the Reorganization meeting of the Mayor and Council for 2021 for Thursday, January 7, 2021, at 6:00 p.m. The meeting will be held via-virtual meeting. Meeting access is as follows.

To join the meeting from desktop/laptop or phone visit:

<https://meetings.ringcentral.com/j/643297055>

Or Telephone: Dial: 1 (646) 357-3664

Meeting ID: 643 297 0558



## JANUARY EVENTS AT GARWOOD LIBRARY

411 3rd Ave, Garwood, NJ • (908) 789-1670 • [www2.youseemore.com/garwood/](http://www2.youseemore.com/garwood/)  
Monday, Wednesday and Friday from 9 am to 4 pm, Tuesday, Thursday from 9 am to 7 pm.  
and Saturday 10 am to 1 pm

Library will be closed January 1st for New Years and January 18th for the Martin Luther

The Garwood Library is now open, five people are permitted in the library at a time for thirty minutes. No appointments needed. The staff is available to assist with copying and faxing. One computer is available for printing or a quick check of email. Social distancing and masks are required. Curbside service is also available when the library is open.

A meeting of the Garwood Library Board of Trustees will take place on, Wednesday, January 13, 2021, at 7:30 pm in the Library. This meeting is open to the public. Masks and social distancing are required

### Virtual Kid's Cooking Class

Wednesdays at 3:00 pm

January 13, 20, 27 and February 3, 2021

The Garwood Library in collaboration with the Nutrition Team at Shoprite will present a virtual kid's cooking class. Learn how to make Elsa's Fruited Braid, Sven's Reindeer Trail Mix, no-bake snowball cookies and more. Pick up your PRE-MADE ingredient kit box at the library from noon until 2:30 on the day of the class.

For kids in grades K-2. Registration is required.

Limit 20. One registration for all classes. A Zoom link will be sent to registered participants

### Virtual Red-Hot Robotics

January 14th - March 4, 2021 at 3 pm

Join us for Virtual Red-Hot Robotics for 8 consecutive Thursdays. Kids will explore the basic and complex technology used to design and build robots. Discover how machines and robots work and how they make our lives easier. Learn about simple machines, gear structure, battery wiring, motor principles and electronic circuits. Experiment with different

forms of locomotion – including wheels, legs and tracks. Build your very own robot. Each participant will pick up a robot kit before the start of the program. The program is open to children in grades 2 to 6. Please register for the class by phone or on the Garwood Library's events calendar. Once registered a Zoom link will be provided. The class is limited to 20 participants.

### Virtual Kid's Craft

Tuesday, January 12, 2021 at 3 pm

Join us for Virtual Kid's Craft. Pick up Supplies from 10 am to 7 pm on the 12th. A craft tutorial will appear on Facebook Premiere on the Library's Facebook page on January 12th at 3 pm. The video will be available for viewing thereafter. Registration is required and is limited to 15 participants. Sign up on the Library website's events calendar or by phone.

### Book Discussion

Join us for a lively discussion of this month's book, The Sea of Grass by Conrad Richter at the Zoom Book Club. Once registered, a Zoom link will be sent via email.

### Virtual Adult Craft

Tuesday, January 19, 2021

Join our Virtual Adult Craft. Pick up your craft supplies from 10 am to 7 pm on the 19th. A slide show tutorial will appear on Facebook Premiere on the Library's Facebook page on January 19th. at 3 pm. The video will be available for viewing thereafter. Registration is required and is limited to 10 participants. Sign up on the Library website's events calendar or by phone

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## WESTFIELD AREA YMCA OFFERS IN-PERSON AND VIRTUAL FITNESS CLASSES

The COVID-19 pandemic has undeniably changed the way we live, work and exercise. But the fundamental benefits of exercise for physical and emotional well-being remain the same. And, they are even more important during these challenging times.

The Westfield Area YMCA has always adapted to the changing needs of the community and now offers both in-person and virtual fitness classes with options to accommodate a wide range of fitness needs and levels. Current class offerings include: Ageless Grace, Barre, Body Sculpt, Cardio Sculpt, Cycle & Strength, Dance Fitness, Delay the Disease: Exercise to Fight Parkinson's Symptoms, HIIT, Kickboxing, Pilates, Project Healthy Bones, R.I.P.P.E.D., Senior Fitness, TRX/Sculpt, Yoga, and Zumba!

At the Y, the health and safety of participants and staff is the #1 priority. All facilities and programs meet or exceed state and CDC health and safety guidelines including social distancing, small group sizes, face coverings and temperature checks. In-person fitness classes are available inside the facility and outside, weather permitting. Masks are worn at all times indoors, and reservations are required for classes in order to maintain social distance. Virtual classes do not require ongoing registration — participants who register once will receive weekly emails with

Zoom links to all classes.

To learn more, contact Greg Hatzisavvas at ghatzisavvas@westfieldynj.org or 908-301-YMCA (9622) x251.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Financial assistance for YMCA programs and memberships is available for those who qualify.



(above) Westfield Area YMCA instructor  
Natalie Adams leads a real-time Zoom  
Kickboxing class.

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### SAFETY IS OUR #1 PRIORITY

The Y monitors news from the CDC and local government officials during the COVID-19 pandemic and will continue to implement new best practices and regulations as they arise.

**WESTFIELD AREA YMCA • 220 Clark Street, Westfield • 908-301-YMCA (9622) • westfieldynj.org**  

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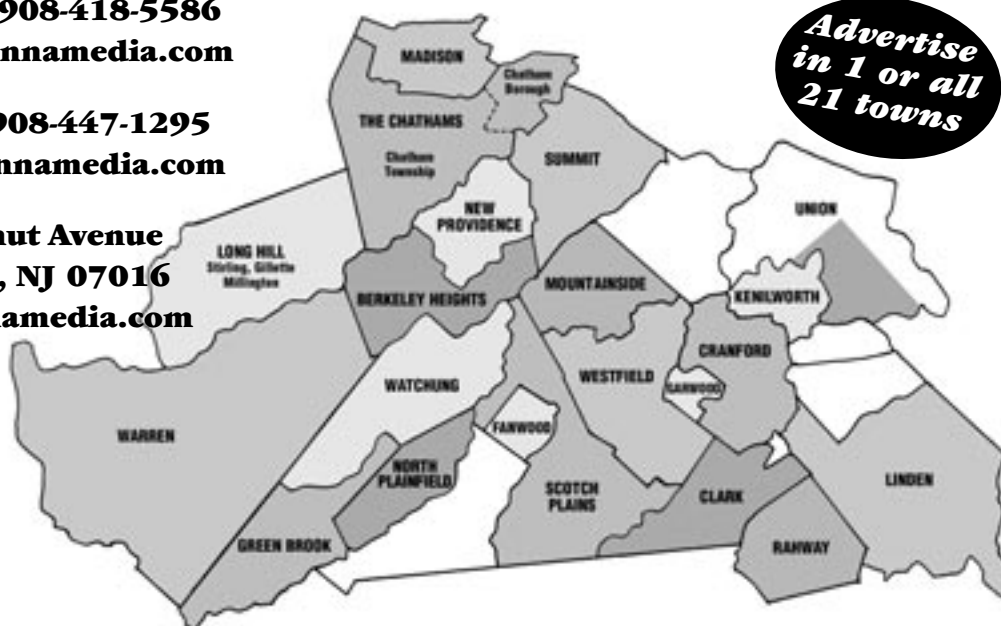
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## ALJ MARCHING BAND FINISHES SPECTACULAR SEASON

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



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

## 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 & 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".

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