

Clark Monthly NJ

Published by Renna Media

Issue 113 • February 2021

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ANNUAL HOUSE DECORATING CONTEST WINNERS

The Annual Clark Recreation House Decorating Contest judges made their selection after much discussion and deliberation. The homes this year out did themselves according to Clark Recreation Director Ralph Bernardo. The friendly competition gave the kids and adults something to look forward to during a difficult holiday season. Thirty homes registered to be judged. The winners were selected and presented with a lawn sign, gift card to Ace Hardware, and of course bragging rights. Due to the difficulty in selecting only 3 homes, an additional 2 winners were added this year.

Ralph Bernardo drove around on December 22nd, and notified the winners:

- **Most Outrageous** – 2 winners
(in a good way) was
105 Mildred Tr – Sanguiliano Family,
11 Florence Dr – Horling Family
- **Most traditional**
– 70 Union St – Bova Family,
- **Overall Favorite** – 2 winners
– 9 Skylark Pl – Krueger Family,
3 Anthony Circle – Infantino Family.
- **Honorable mention:** 53 Grand St,
89 Tudor Dr, 111 Briarheath Ln,
135 Conger Wy, 40 Denman Ave,
42 Hawthorne and 82 Briarheath Ln.



(above) Overall Favorite:
Krueger Family, 9 Skylark Pl



(above) Most Outrageous:
Horling Family, 105 Mildred Tr

Photos by Clark Recreation Department



(above) Most Outrageous:
The Sanguiliano Family, 105 Mildred Tr



(above) Overall Favorite:
Infantino Family, 3 Anthony Circle



(above) Most traditional:
Bova Family, 70 Union St

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30 Brant Avenue, Clark, NJ 07066



Roses are red,
Violets are blue,
Looking for a house?
We can find one for you!

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.

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SEND US YOUR NEWS

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

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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. 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. 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!

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.

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**Northeast
Spine &
Wellness
Center**

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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
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, 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 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 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 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)

STEM CELL DONOR SAUGHT

Clark resident Nick DeLoretto was recently diagnosed with Myelodysplastic Syndrome (MDS) - a rare blood disorder that will rapidly progress to Leukemia. Nick's only chance of survival is blood stem cell transplant from a matched donor. The test only takes 10 minutes. If you are between the ages of 18 - 44 and want to test please Text: NickyD To: 61474.

BLOOD DRIVE – FEB. 10

Due to the coronavirus, we are experiencing low blood supplies. We urgently need people to make every effort to donate blood!

New Jersey Blood Services would like to announce that it is conducting a blood drive at the Clark Volunteer Emergency Squad, 875 Raritan Road, Clark on Feb. 10 from 1:30 pm-7:30 pm

Blood products have a short shelf life – from five to 42 days, so constant replenishment is necessary. Each day there are patients who depend on the transfusion of red blood cells, platelets and plasma to stay alive. But blood and blood products can't be manufactured. They can only come from volunteer blood donors who take an hour to attend a blood drive or visit a donor center.

To donate blood or for information on how to organize a blood drive Please call Toll Free: 1-800-933-2566

Visit: nybloodcenter.org

BICYCLE COLLECTION FOR DEVELOPING COUNTRIES

Submitted by Larry Holt

In August 2020, Renna Media reported that Faith Lutheran Church collected and repaired 170 used bikes from residents of New Providence, Berkeley Heights and neighboring towns. The collection was conducted on behalf of Pedals for Progress, an organization which recycles bikes for persons in developing countries. Faith contributed \$1,700 toward the shipment of the bikes.

In the United States daily transportation occurs conveniently with little or no forethought. This is not the case in developing countries, where a village may not have one car. The mode of transportation for commuting to work, going to market and receiving medical care is frequently a pedal bike.

Later this year, Faith will again be asking persons to donate bikes for Faith to process through Pedals for Progress. A person may ask Faith to pick up the bike from his/her house or deliver the bike to Faith. If one wishes to donate a bike before the request, one may place the bike by the shed at the back of Faith's parking lot located at 524 South Street, New Providence, NJ. If you would like a bike picked up call 908-464-5177.

Since 2002 Faith has been participating in the Pedals for Progress program. For the past five years, Casey Walsh has chaired the ministry for

Faith.

The pastor of Faith is Rev. Jane McCready. Visit online at famfaith.org, or reach by phone at 908-464-5177.



(above) This picture, sent to Faith by Pedals for Progress, demonstrates how completely and creatively the recipients use their bikes.

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.

654 Springfield Ave Berkeley Heights, NJ 07922
(908) 219-8800 • www.intuitivemedgroup.com



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Linden, NJ

908-862-2334

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for Directions & Menu

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Visit us on Facebook

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HOURS: Mon: CLOSED, Tue: CLOSED, Wed: 2pm-10pm, Thu: 2pm-10pm, Fri: 2pm-10pm, Sat:-2pm-10pm

Favorites

- Crab Fries** -seasoned Old Bay Fries, served with our white cheese sauce \$7.95
- Tap House Meatballs** - 4 Meatballs topped with ricotta cheese, seasoned bread crumbs, parmesan cheese, with choice of marina or vodka sauce \$12.95
- Frankies Old Bay Saute** - Jumbo shrimp in a spanish Garlic sauce kicked up with some old bay, served with garlic bread \$14.95
- Fried Pickles**- Breaded and fried pickle spears served ranch \$7.95
- Cajun Chicken Egg Rolls**- made in house, served with mustard Creole Sauce \$8.95
- Fried Mac & Cheese Wedges** - with marinara sauce \$7.95
- Fried Ravioli** - with marinara sauce or Vodka Sauce \$7.95
- Mozzarella Sticks** - with marinara or Vodka Sauce \$7.95
- Fried Mushrooms** \$7.95
- Tap House Chips & Dip** - fresh cut potato's with French onion dip \$7.95
- Basket of Fries** - \$5.95, **Disco Fries** (brown gravy and cheddar cheese \$7.95
- Pierogis** - Potato and cheese pierogis sautéed with fried onions, and served with sour cream on the side \$11.95
- Fried Calamari** - served with marinara sauce, and lemon \$12.95
- Spicy Thai Fried Calamari** -fried calamari tossed in spicy Thai garlic sauce, Asiago, and parmesan cheese \$12.95
- Drunken Potato Chip Nachos** - Fresh cut potato chips, beer cheese, chili, scallions, bacon, and ranch dressing \$12.95
- Blackened Tuna Bites** -blackened tuna, topped with melted cheddar cheese, and served with horseradish sauce \$14.95
- Bang Bang Shrimp** -breaded shrimp tossed in our spicy bang, bang sauce, over fresh cut potato chips, served with beer cheese \$14.95
- Hotsy Totsy Shrimp** -sauteed in hot, med, or mild marinara sauce \$14.95
- Tap House Wings** -served with your choice of Buffalo, Sweet Red Chili Sauce, Frankie's Spicy Chipotle Lime, Jack Daniels Honey BBQ, and Roasted Garlic Parmesan, and choice of bleu cheese or ranch dressing \$12.95
- Chicken Fingers** -plain or tossed in any of our wing sauces, served with your choice of ranch, bleu cheese, or honey mustard \$12.95
- Wingers** -lightly dusted chicken breast strips, with our choice of wing sauces, and served with ranch or bleu cheese \$12.95
- Winger Potato Chip Nachos** -Bite size wingers, tossed in our firecracker sauce, and served over homemade potato chips, topped with cheddar sauce, diced tomatoes, green onions, and sour cream \$12.95
- Drunken Clams** -Dozen clams served with garlic bread (Tap House Favorite)\$19.95
- Clams in Red Sauce** -served with garlic bread \$19.95

12 OZ Angus Burgers

- Hamburger** -Served with lettuce, tomato, and onion \$12.95
- Cheeseburger** -American cheese, lettuce, tomato & onion \$12.95
- Mushroom Swiss Burger** -Sauteed mushrooms & melted Swiss \$12.95
- Crispy Onion Burger** -lettuce, tomato, and crispy fried onions \$13.95
- Bacon Cheese Burger** -thick cut bacon, American Cheese, lettuce, tomato, and raw onion \$13.95
- Black & Bleu Burger** -blackened seasoned burger, with melted bleu cheese, lettuce, tomato, and red onion \$13.95
- Bacon, Egg & Cheeseburger** -not just for breakfast \$13.95
- Yosh Burger** -sauteed onion, mushrooms, and cheddar cheese \$13.95
- Jenna's Jersey Burger** -Taylor ham, Bacon, American Cheese, fried onions, lettuce, and tomato \$13.95
- Guacamole Turkey Burger** -topped with guacamole, melted cheddar, jalapeños sautéed onions, and lime sour cream \$12.95
- Tap House Turkey Burger** -Topped with bacon, lettuce, tomato, fried onion, and creole mustard sauce \$13.95
- Texas Patty Melt** -American cheeseburger with au jus, fried onions, served on Texas toast \$12.95
- ****All burgers served with Fries, and Pickle

Brick Oven Thin Crust Pizza

	Half plain	Whole
Plain Cheese		\$13.50
Aloha	\$17.95	\$18.95
<i>Pineapple & ham</i>		
Big Bubba	\$17.95	\$19.95
<i>Grilled chicken, bacon, and ranch</i>		
Buffalo Chicken	\$17.95	\$19.95
<i>Buffalo chicken & bleu cheese</i>		
Chef Dave's Super	\$17.95	\$19.95
<i>peppers, onions, pepperoni, sausage, & mushrooms</i>		
Heart Attack	\$18.95	\$21.95
<i>Pepperoni, sausage, meatballs, bacon</i>		
Corko's Margherita	\$17.95	\$19.95
<i>Fresh Mozzarella, & Fresh Basil</i>		
Vegetarian	\$17.95	\$19.95
<i>Broccoli, spinach, peppers, & mushrooms</i>		
Vodka	\$17.95	\$19.95
<i>Vodka Sauce & Mozzarella</i>		
Nonna	\$17.95	\$19.95
<i>Fresh tomato, Garlic, basil, & Mozzarella</i>		

Build Your Own

Half Pie Price / Whole Pie Price

Anchovies	\$1.75/\$3.25	Pineapple	\$1.75/\$3.25
Bacon	\$1.75/\$3.25	Jalapeños	\$1.75/\$3.25
Black Olives	\$1.50/\$2.75	Meatballs	\$2/\$4
Broccoli	\$1.50/\$2.75	Mushrooms	\$1.75/\$3.25
Cheddar Cheese	\$2/\$4	Onions	\$1.50/\$2.75
Extra Cheese	\$2/\$4	Pepperoni	\$1.75/\$3.25
Eggplant	\$2.75/\$5.50	Ricotta	\$2/\$4
Fresh Basil	\$1.50/\$2.75	Roasted Red Peppers	\$2/\$4
Garlic	\$1.75/\$3.25	Sautéed Spinach	\$1.75/\$3.50
Grilled Chicken	\$2/\$4	Sausage	\$1.75/\$3.25
Ham	\$1.75/\$3.25	Tomatoes	\$1.75/\$3.25

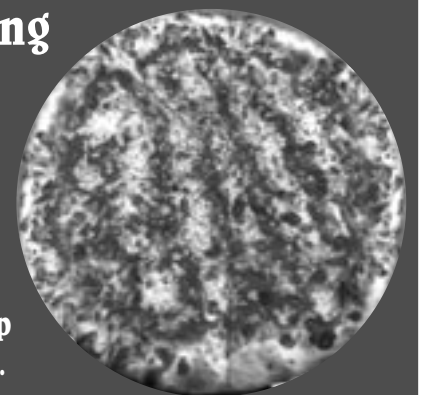
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SCHEDULE YOUR COVID VACCINATION

The County of Union opened an online registration system at ucnjvaccine.org for those eligible to receive the COVID-19 vaccination. Please note the registration system will only log those who are eligible to receive the vaccination. Those who are ineligible to receive vaccinations will not be allowed to pre-register, and must wait until they are eligible. Those who are eligible to receive the vaccine include paid and unpaid persons serving in health care settings who have the potential for direct or indirect exposure to patients or infectious materials and long-term care residents and staff, and also sworn law enforcement personnel and

fire professionals. Residents 65 and older are also eligible to receive the vaccinations, as are those between the ages of 16-64 with medical conditions, as defined by the CDC, that increase the risk of severe illness from the virus. The county is offering the Moderna vaccine. The vaccination clinic is located at Downs Hall at Kean University in Union, and is currently open five days a week from 3-7 p.m. Once more vaccines are available, the county is planning to offer the COVID-19 vaccine in different areas of the county. To secure an appointment for the COVID vaccination visit ucnjvaccine.org.



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NAMI UNION COUNTY “CIRCLE OF FRIENDS”

The Union County chapter of the National Alliance on Mental Illness (NAMI) invites area residents to join its Zoom “Circle of Friends” for a free informal evening of discussion on Feb. 23, from 7:30 - 9 p.m. The format will be a panel discussion with Joyce Benz, LCSW, Director of Intensive Family Support Services of the Mental Health Assoc. in NJ as moderator along with other NAMI members. The panel will explore various topics affecting persons with mental

illness and offer insight from their own experiences in dealing with these problems. Join us and bring your questions and concerns. This is an opportunity for information sharing with others who have a common interest. Please register for this evening at naminj.org/support/affiliates/union/UpcomingEvent. Click on the “Register Here” link which will not be available until a few days before the event.

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TRINITAS INTRODUCES NEW OPTIONS FOR MOOD DISORDERS TREATMENTS

In the midst of a comprehensive Behavioral Health facilities expansion, Trinitas Regional Medical Center announces the consolidation of all major treatments into a single, customized delivery system – one that now includes esketamine and Electroconvulsive Therapy (ECT). The advanced approach to mental health services complements a future-focused rethinking of how mood disorders are evaluated and treated.

Each patient's care will be tailored to his or her particular symptoms, history and lifestyle, according to Dr. James McCreath, Vice President of Behavioral Health at Trinitas. "Our approach to delivering treatment to our patients has always been based on what's most suitable for the individual," he says. "Introducing new options this year allows us to further tailor our treatments, adding to the benefit of having one of the largest hospital-based mood disorder programs in New Jersey."

Dr. McCreath and Dr. Salvatore Savatta, Chair of Psychiatry, cite the advantages of these new options to patients experiencing severe forms of depression. "In cases of refractory depression – when a patient fails to respond to more traditional antidepressants – esketamine and ECT can provide substantial relief."

Used in tandem with traditional psychiatric medications and evidence-based psychotherapies such as dialectical behavioral therapy (DBT) or cognitive behavioral therapy (CBT), also available at Trinitas, these new options complete what McCreath calls a "highly integrated array of therapies" at the practitioners' disposal. Esketamine, which is also helpful for patients with more challenging types of depression, is delivered as a nasal spray. The unilateral ultra-brief pulse delivery of ECT now in use at Trinitas has been shown to be nearly as effective as the previous bi-lateral approach, with the added benefit of patients experiencing far fewer side effects, such as memory loss. With regards to ECT, Dr. Savatta says it's important for people to consider all available options when undergoing treatment for severe mood disorders.

"There are many misconceptions about how

today's ECT affects the mind, even what this treatment looks like," he says. "People base it on what they've heard or seen on TV and in the movies. And even those depictions of old-fashioned ECT treatments were largely inaccurate. We need to remove the stigma surrounding ECT so more people can feel comfortable seeking out and receiving the treatment they need."

Above all else, practitioners at Trinitas deliver compassionate care – an attribute that no technology can offer in itself. "We're always striving to show compassion to our patients, and to their families," Dr. Savatta says. "People who come to Trinitas for Behavioral Health treatment will find a vibrant, young, and experienced team of forward-thinking providers who have all of today's treatment options at the ready."

Those treatment options are available to address a broad range of mood disorders, which distort an individual's emotional state and can affect his or her ability to carry on a normal life. Mood disorders can include any impairment that leaves a person feeling unusually sad, depressed, or anxious, and manic conditions in which a person's quickly alternates between extreme depression and excessive happiness. Major depressive disorder, bipolar disorder, seasonal affective disorder, and generalized anxiety are among the most common types of mood disorders for which patients may seek treatment.

The Trinitas Department of Behavioral Health and Psychiatry provides treatment to patients of all ages, as well as family-based services. The Center offers a 98-bed inpatient facility and a specialized unit for adults with mental or

developmental disabilities. Prior to the pandemic, Trinitas provided more than 15,000 outpatient visits a month. The team of practitioners, including several bilingual team members, encompasses every facet of mental health service needs: Psychiatrists, Psychologists, Licensed Social Workers, Substance Abuse Counselors, Creative Arts Therapists and many other types of professionals are available to treat patients. Specialized Services include parenting groups, women's services, geropsychiatry, an adolescent residential program, and programs for individuals with HIV. Survivors of domestic violence, sexual abuse can also receive specialized care, as can juvenile offenders or persons requiring justice-involved services.

For more than 50 years, Trinitas Regional Medical Center – formerly Elizabeth General Hospital – has been one of the area's leading providers of Behavioral Health services. Reach out today to learn more: 908-994-7556.

ABOUT TRINITAS REGIONAL MEDICAL CENTER

Trinitas Regional Medical Center, a major center for comprehensive health services for those who live and work in Central New Jersey, is a Catholic teaching medical center sponsored by the Sisters of Charity of Saint Elizabeth in partnership with Elizabethtown Healthcare Foundation. With 12 Centers of Excellence across the continuum of care, Trinitas has distinguished itself in cardiology, cancer care, behavioral health, renal care, nursing education, diabetes management, wound healing and sleep medicine. For more information on Trinitas Regional Medical Center, visit: TrinitasRMC.org or call 908-994-5138.



(above) Dr. Salvatore Savatta and Reynard Burgos, RN, Clinical Coordinator, conduct a dry run of an ECT treatment on Melissa Penas, Behavioral Health Clinician, to give her insight into the process so she may relay information to potential recipients.

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(above) Dan, Maddy and Abby Lacey and Gary, Hailey and Brady DeChellis

Photos by Clark Recreation Department

DO YOU WANT TO MAKE A SNOWMAN WINNERS

Winners of the first ever Clark Recreation Do You Want to Make a Snowman contest were the DeChellis family, Ferreira family, Bass family, Guevara family, and the Markowitz family (no photo available).

Photos by Clark Recreation Department



(above, l-r) Gianna and Sophia Guevara, Vivian and Sebastian Bass, The Ferreira Family

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SEA SCOUT SHIP 228 VIRTUAL OPEN HOUSE



(above) Whether you're steering the vessel from the wheelhouse, learning engine room repair, or visiting a new location on one of the many trips, there's something you'll enjoy in Sea Scouting.

Are you interested in boating, sailing, or mechanics? Come check out Sea Scouting and let the adventure at sea begin! The crew of Ship 228 will be hosting a virtual open house, taking place over Zoom on Saturday, March 13 at 4:00 p.m. and featuring various activities that are bound to pique a young adult's interest in scouting.

Sea Scouting is open to both male and females ages 14-21 who have graduated the 8th grade; we also have a new Maritime Explorer Club for younger youth in 6th to 8th grade. Adult volunteers with maritime experience or captain's licenses are needed too. Join us for a day on the water and bring a friend! Visit our website for more information ship228.com.

Ship 228 is proud to host the virtual open house. The event will include a tour of the ship's main vessel (the 65' Sea Dart II, one of the largest Sea Scout vessels on the east coast), an

introduction to the Sea Scout program, appearances from current Sea Scouts, a lively Q&A, and more.

To register, please provide your name, email address, and phone number (which is optional) in an email to Ship228.SeaDart@gmail.com.

Sea Scouts from Ship 228 operate the 65' vessel Sea Dart II, along with a fleet of smaller vessels (including sailboats) from their picturesque base located in Linden, New Jersey. Sea Scouting (which is part of the Venturing Program of the Boy Scouts of America) offers young adults the opportunity to travel and learn skills that could be useful in future careers. Whether you're steering the vessel from the wheelhouse, learning engine room repair, or visiting a new location on one of the many trips, there's something you'll enjoy in Sea Scouting. So, try something different, check us out, and prepare yourself to set sail for a real adventure.

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(above) Adult volunteers with maritime experience or captain's licenses are needed too. Visit our website for more information ship228.com, or email Ship228.SeaDart@gmail.com.

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(above) Sea Scouts from Ship 228 operate the 65' vessel Sea Dart II, one of the largest Sea Scout vessels on the east coast, along with a fleet of smaller vessels (including sailboats) from their base located in Linden, NJ. Sea Scouting (Part of the Venturing Program of the BSA) offers young adults the opportunity to travel and learn skills that could be useful in future careers.

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FEBRUARY 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 a.m.-5 p.m.; Tuesday & Thursday 9:30 a.m.-6:30 p.m.; Saturday 9:30 a.m.-1:30 p.m.
The library will be closed on Friday, February 12 for Lincoln's Birthday and Monday, February 15 for President's Day.

The Clark Public Library is open by appointment only at this time for Clark Residents. Call 732-388-5999 and press extension 2 to make an appointment for up to 30 minutes. Patrons will be able to browse and check the computers. Curbside pickup and mobile printing will be available for all 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 February 1

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

While supplies last, no registration.

Teen Take-Out Craft

Starting Monday, February 8

Reserve a Valentine Heart String Art kit

The kit will include supplies and instructions.

Priority registration for Clark residents.

Email reference@clarklibrary.org or call 732-388-5999 to reserve a kit. Open to teens in Grades 6-12 while supplies last.

[Virtual] Read to Sophie by Appointment

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

ReadToSophie@gmail.com to make an appointment.

#WinterRead2021

Children's Winter Reading Challenge 2021

Enter now through the end of the month 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.

[Virtual] Movie Trivia Night

Wednesday, February 3

6:00 p.m. - 6:40 p.m.

Have you watched a lot of movies during quarantine? Test your movie knowledge at our trivia night. Every participant will have a chance to win a raffle prize. Please register through our online calendar or email reference@clarklibrary.org. A Zoom meeting invite will be sent to all who register. *Open to ages 12 and up.

[Virtual] Pajama Time

Wednesday, February 3 at 7:00 p.m.

Join us in your pjs for an evening storytime session for the family on Zoom. Please register to get the Zoom link.

[Virtual] 8 Minute Lego Challenges

Thursday, February 4 at 4:00 p.m.

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

Kids will get a prompt, such as a "piece of furniture" and then have 8 minutes to build it with Lego. There will be an hour filled with different prompts! If you do not have your own Lego, please contact the Children's Department of the library.

[Virtual] Adult Coloring Club

Fridays February 5, 19, and 26

at 11:00 a.m. (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. Once you register, you'll be emailed when your supplies are ready to be picked up at the library.

[Virtual] Baby Bookworms

Tuesdays, February 2, 9, and 16

at 10:00 a.m.

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

Teen Take & Make:

Quilled Valentine's Day Card

Wednesday, February 10 at 4:00 p.m.

Learn how to make a paper quilled Valentine's Day card. 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 make the cards together over Zoom. Open to teens in Grades 6-12.

[Virtual] Chinese New Year Story & Craft for Children

Thursday, February 11 at 4:00 p.m.

Hear a story and make a craft to celebrate the Chinese New Year! Priority registration for Clark residents.

[Virtual] Family Game Night

Thursday, February 18 at 6:30 p.m.

Our monthly family game night will feature BINGO this month! Children, parents, and grandparents are invited to play along for free!

Prizes for winners and runners up. Please register to get the Zoom link.

[Virtual] Preschool Story & Craft

Fridays, February 5 and 19 at 10:00 a.m.

Stories, rhymes, songs, and simple craft on Zoom. Please register to be provided most craft materials and the Zoom link.

[Virtual] 'Welcome' Wood Panel

Wednesday, February 17 at 11:00 a.m.

Join us for a Pick Up and Zoom craft class for adults. We will be painting a 'Welcome' stencil pattern on an unfinished wood scalloped sign.

This will make a cute hanging decoration for your home. All materials are provided except the paint brush. After registering, you will be emailed when your materials are ready for pickup and you will be sent the Zoom link to make it together. Register through our online calendar or email reference@clarklibrary.org.

*Priority registration for Clark residents.

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

Wednesday, February 17 at 4:00 p.m.

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. This month is Black History month, so read about someone from this category. Please register to receive the Zoom link.

[Virtual] Paint by Stickers

Wednesday, February 24 at 11:00 a.m.

Join us for a Pick Up & Zoom class for adults. We will be using the book, "Paint by Sticker: Masterpieces" which includes stickers and templates for 12 artworks such as The Birth of Venus by Sandro Botticelli and Mona Lisa by Leonardo da Vinci. Materials will be available for pick up a few days before the class.

STRATEGIES FOR COMMUNICATING EFFECTIVELY WITH YOUR CHILD

The Clark Public School District recently shared a pre-recorded virtual Parent University session, "Strategies for Communicating Effectively with Your Child" hosted by School Counselor Sarah Badillo. The presentation shares helpful tips on how to engage your child in meaningful conversation that fosters positive self-esteem and builds relationships. Badillo stated, "As a parent and an educator, I know that effective communication with a child can be difficult at times but also very rewarding. When

children know that we are truly listening we are setting them up for greater success. In creating this presentation, I hope that parents, grandparents, and educators can take away some tips to open the lines of communication with their child(ren) because the end result with be worth it."

To view the session, and previous sessions covering other topics, visit the district website, clarkschools.org, under the MORE option on the homepage, scroll down to Parent University.

BE A PART OF A LIFESAVING TEAM

The Clark Fire Department continuously accepts applications for the position of volunteer firefighter. Cadet candidates must be minimum of 16 years old. Adult members must be a minimum of 18 years old.

Volunteer Firefighting is not just what you do, but who you become. It is one of the most rewarding experiences you will ever have. The knowledge, skills and abilities you will receive as a volunteer firefighter are invaluable. Volunteering is one of the best ways to make a personal difference within the community, while having a personal positive impact on the lives of those around you. Our community relies on our commitment to service to keep each other safe.

There are many benefits to becoming a volunteer firefighter. You will make a difference within the community serving your family, friends, and neighbors, acquire new knowledge, skills and abilities, and receive college credits for basic and specialized training. You will work as part of a cohesive unit and a team which builds camaraderie, along with lifelong friendships.

Training includes State Certified Fire Fighter I & II at a NJ State Certified Academy; driver and operational training on all pieces of firefighting apparatus to include engines, truck and specialty vehicles; water rescue and ice rescue operations; and professional rescuer CPR/AED certification



along with basic first aid. Additional specialty training opportunities are given at county fire academies to enhance the knowledge of firefighters along with being able to receive a national EMT certification.

To become a volunteer, stop by Fire Headquarters located at 250 Broadway any Thursday evening after 7:30 p.m. or any

Sunday morning after 10:00 a.m. to speak with a Fire Department Officer in regards to becoming a member of the department. You must be at least 18 years of age and hold a valid NJ drivers license.

Or email membership@clarkems.org. You will receive an email with an electronic application within 48-hours. Once your application has been completed and submitted you will be scheduled or an interview will be scheduled within 2 weeks.

We are now able to accept applications from out of town residents. Those out of town residents who currently hold a Firefighter I & II certification must reside within 2 miles of the municipal boundary. We will accept applications from out of town residents who do not currently hold a Firefighter I & II certification, but you must reside within 1 mile of the municipal boundary and formal training will be provided. Be advised that Clark Township residents will receive preference for available positions when applications are received.



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COMMUNITY HOPE CONNECTS VETERANS AND THEIR FAMILIES WITH HOUSING, SERVICES

CALL THE REFERRAL HOTLINE FOR ELIGIBILITY

Veterans and their families who are experiencing a housing crisis may be eligible for emergency assistance such as motel/hotel stays, security deposits, rent, rental arrears, groceries and utilities through Community Hope.

Community Hope's Supportive Services for Veteran Families (SSVF) program is currently providing assistance remotely. Urgent community-based services such as critical supplies and veteran wellness-checks are provided in person.

The increase in support services to veterans and their families during the COVID-19 pandemic is possible thanks to funding from the U.S. Department of Veterans Affairs.

To make a referral, please call the referral hotline at 1-855-483-8466 or email [SSVF@communityhope-nj.org](mailto:ssvf@communityhope-nj.org), or email Gema Diaz at gdiaz@communityhope-nj.org.

Community Hope is a nonprofit that helps individuals, including veterans, and their families, overcome mental illness, addiction, homelessness and poverty. Learn more at communityhope-nj.org.



ROGER, FOR NEW JERSEY VETERAN COMMUNITY TO FIND SUPPORT

ROGER, a search platform for New Jersey veterans, launched on November 9th, just ahead of Veterans Day 2020. The platform was created by Backpacks For Life founders Brett D'Alessandro and Alexa Modero. After serving the Veteran community for 6 years, they found many inefficiencies and convoluted systems that prevented veterans from getting the care they need in a quick and efficient way. From lengthy intake processes to outdated information on organizations' websites, the Backpacks For Life team knew there was a better way to get veterans the care they needed.

ROGER allows veterans and their family members to search for programs, resources and care by a variety of factors such as zip code, branch of service, discharge status and income. With these customizable search features, veterans will see only the programs that they qualify for. This helps mitigate time wasted for not only veterans searching for programs that fit their needs, but also the service providers to ensure the

veteran is a good fit for them.

"Navigating through resources is hard...we get it. As a veteran myself, I was often running around in circles trying to find programs that I was eligible for and that fit my needs. When we're working with veterans, every minute matters and with ROGER we can work more quickly to get veterans what they need. We're excited to bring ROGER to the NJ veteran community." - Sgt. Brett D'Alessandro, Retired US Marine & President of Backpacks For Life

To explore ROGER, visit www.roger.vet or contact the ROGER team at roger@backpacksforlife.org

Backpacks For Life is a 501(C)3 nonprofit organization that serves the homeless and at-risk veteran community. By regularly distributing backpacks filled with essentials to veterans on the streets and providing mentorship to at-risk veterans and their families, Backpacks For Life aims to bridge the gap between veterans and the resources available to them.



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HOW TO BE A GRANDPARENT DURING PANDEMIC

SAGE Eldercare and Your Decisions Matter will host a live zoom event featuring New York Times bestselling author and Ph.D. Michael Thompson on February 9th at 4:00 p.m. “Grandparents are missing their grandchildren; grandchildren want to see their grandparents, and the parents in the middle are missing the support and connection across the generations,” explained Thompson, who himself is a grandparent of three.

While Facetime and Zoom allow for face-to-face communication, the technology can feel awkward and unsatisfying to older adults. Thompson will discuss this and the stress of being separated from families, the yearning to be in touch and the unique difficulties grandparents are experiencing during COVID-19. He will also share alternative modes of connecting that can help.

Thompson is the author or coauthor of nine books, including the New York Times bestseller *Raising Cain: Protecting the Emotional Life of Boys* as well as *Best Friends/ Worst Enemies: Understanding the Social Lives of Children*, *The Pressured Child* and *Homesick and Happy: How Time Away from Parents Can Help a Child Grow*. He also works as a clinical psychologist and school consultant. He is presently the supervising psychologist for the Belmont Hill School in Belmont, MA and has worked in over

700 schools in the U.S., Asia, Africa Europe and Central America.

“We are excited for SAGE to offer this very informative program,” said Nina Tiger, Coordinator of Your Decisions Matter. “We know the difficulty older adults are facing during this unprecedented time and one of the biggest issues they are voicing is that they miss their grandchildren terribly. We’re hopeful this program will offer them helpful solutions.”

Register here: bit.ly/SAGEEldercare.

For questions, more information

or help using ZOOM - email:

yourdecisionsmatter@sageeldercare.org

or call 908-598-5511.

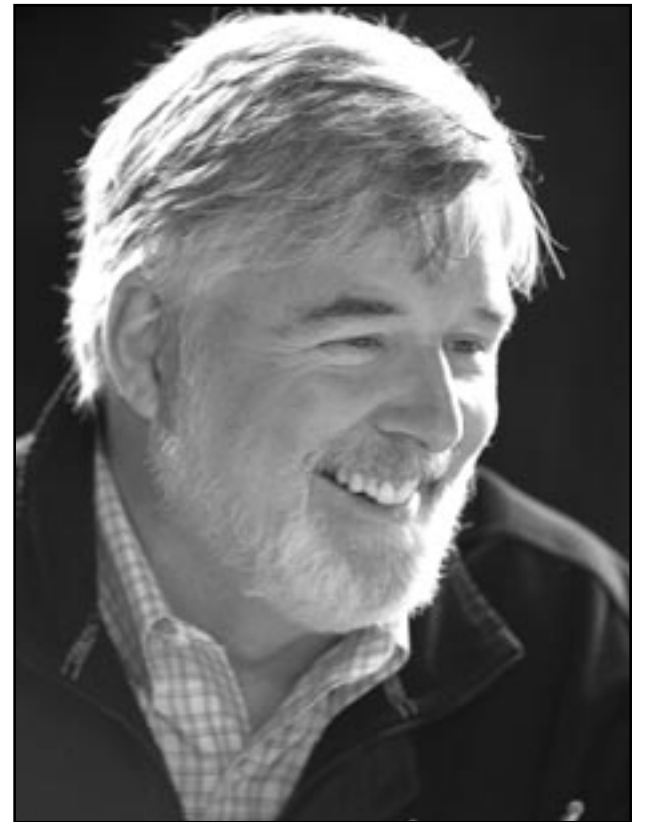
Your Decisions Matter is a community initiative funded by Atlantic Health’s Chilton and Overlook Medical Centers’ Community Advisory Boards whose goal is to encourage families to talk with their loved ones about end-of-life care and decision making.

Since 1954, SAGE Eldercare has been helping make the communities it serves amazing places to age. The non-profit organization provides a wide array of information, support, and services designed to help individuals lead the most independent and active lives possible.

For more information,

please call 908-273-5550

or visit sageeldercare.org.



(above) SAGE Eldercare and Your Decisions Matter will host a live zoom event on February 9th at 4:00 p.m. with New York Times bestselling author and PH.D. Michael Thompson. The topic will be “How to be a grandparent during the pandemic”. Register here: <http://bit.ly/SAGEEldercare>. For questions, more information or help using ZOOM - email: yourdecisionsmatter@sageeldercare.org or call 908-598-5511.



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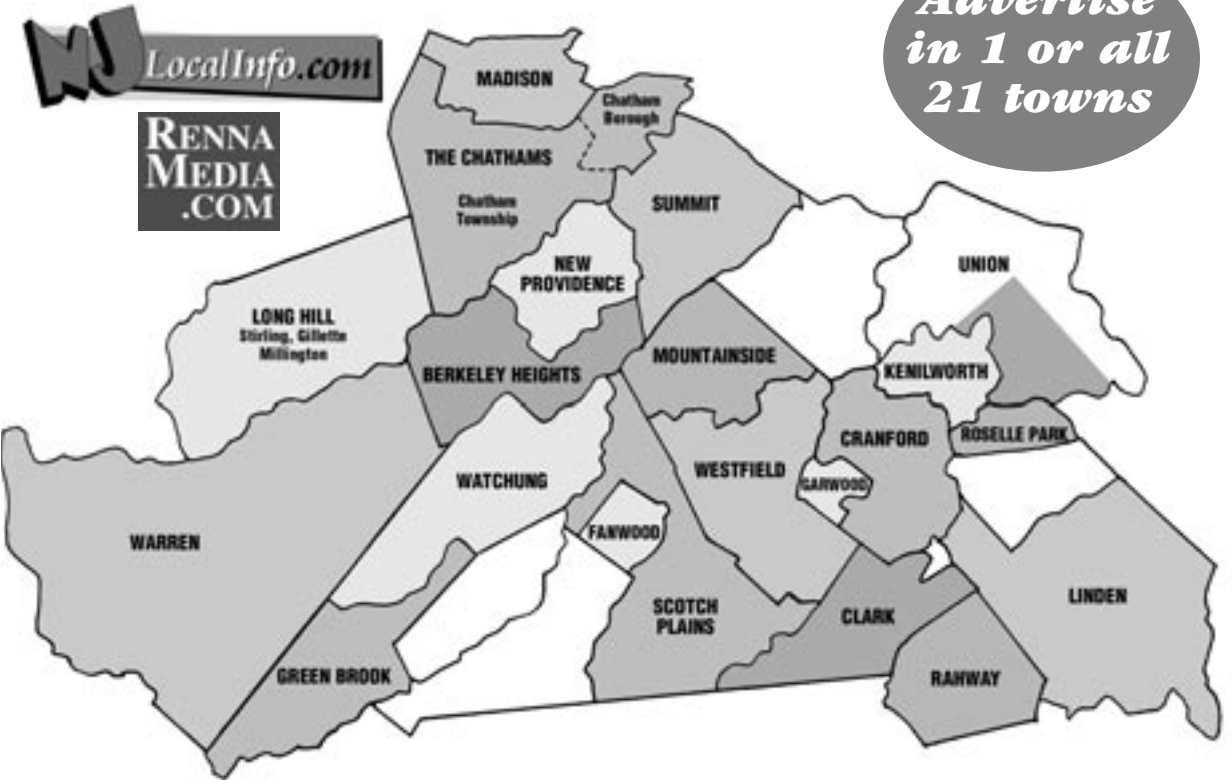
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$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
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- **Increase online marketing results**

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- **SEO Services: Average cost \$1,000 - \$2,000 per month**

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