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CRUSADERS MARCHING BAND WINS FIRST PLACE



Submitted by Nancy Ann Morris, MPA of Clark

The ALJ Crusaders Marching Band came in 1st Place during the Tournament Of Bands held on Oct. 17th at Governor Livingston High School in Berkeley Heights.

Highlights of the event: ALJ won the Best Drum Major Award, (Kaitlyn Diaz); the High Percussion Award; the High Music Award; and the band took home first place in a competition against Manchester High School.

Under the direction of Mr. Erik Krebl, ALJ Music Director, and Mr. Andrew Calo, Assistant Music Director, ALJ went from 21st place to 13th place in group 1A, out of 52 competitive bands. Going from a score of 77.980 to 83.330 in a single week, that's an incredible jump!

We owe many, many thanks to the parents assisting with the equipment truck pick up and drop off, loading, unloading, as well as moving the equipment onto the field during the performance. Special thanks go to Mrs. Jennifer Czech and Mrs. Lisa Nielsen as well as the entire MPA of Clark, (Music Parents Association).

If you have an 8th -11th grader interested in music we'd love to meet them, show them a performance. We have jazz band and parade band starting after the new year.

Please contact us at email Mpaclarknj@gmail.com.

HUGE SHOUT OUT TO THE STAFF:

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AND OUR STUDENT LEADERS:

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Clark Monthly

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Clark Recreation hosted a Pickleball Tournament on Sunday, October 17th to benefit the patients at the Fox Chase Cancer Center in Philadelphia, PA. John Silvestri, Clark's Pickleball instructor created and organized the tournament.

Participants were pinked out and used bright pink Franklin x-40 balls as they transformed the

three tennis courts at the recreation center into twelve pickleball games.

Raffles were also held but in place of cash, participants exchanged knitted caps, pink fuzzy socks, Sudoku and/or Crossword Puzzle books and adult coloring books. All proceeds from the tournament are being donated to the Fox Chase Cancer Center.

CLARK SKATEBOARD CLINIC

Clark Recreation's Fall Skateboard Clinic wrapped up its 14th year recently. The clinic is instructed by semi-professional skateboarder Anton Zambell. A long-time boarder, Zambell started with the Clark Recreation Skateboard Program when he was just five years old.

The two-week clinic including basic skateboard moves, tricks and tips has been a popular program year after year. "The kids love this program," said Clark Recreation Director, Ralph Bernardo. "They have fun and learn some skills they can use immediately."



Photos by Clark Township

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CLARK PATRIOTS' NIGHT LIGHTS UP THE TOWN

CRAFT & VENDOR EVENT – NOV. 6TH

The Dr. Wm. Robinson Museum will host their annual Craft & Vendor Fair on Saturday, November 6th, 9 a.m. to 3 p.m. Rain date is Sunday. The event is run by volunteers and all proceeds benefit the museum.

Food & Drinks will be available for sale by the Museum, (coffee, water, soda, bagels, popcorn, hot dogs, etc).

Don't miss this chance to get some shopping done. We have a huge amount of craft vendors showcasing beautiful pottery, decorative wood products, holiday plaques, tall signs, short block style decorations, ceramics, ornaments, earrings, hair bows, head bands, bracelets, necklaces, snow globes, gorgeous pens, ribbons, holiday wreaths, soy candles, bath bombs, resin art, body scrubs, lip glass, essential oils, wax melts, and more.

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Clark Township

The first Clark Patriots' Night lit up the skies over Arthur L. Johnson on Friday October 15. The event designed to honor veterans was hosted by Mayor Sal Bonaccorso, the Clark Town Council, Superintendent Ed Grande, the Clark Board of Education and Athletic Director Gus Kalikas.

Prior to the ALJ football game against Metuchen High School, Mayor Bonaccorso walked onto the field with a group of veterans. Shortly after the Crusader football player came running onto the field with flags in hand and fireworks exploding as Lee Greenwood's "Proud to be an American," played.

Each player greeted veterans with a hardy fist pump and thanked them for their service. Shortly after everyone rose, faced the flag, and joined in the national anthem before the game began.

Mayor Bonaccorso was happy with the outcome and opportunity to recognize veterans. "I really wanted to take the chance to thank our veterans and to salute them and the flag under which we all stand as a community and nation thanks to them," said Bonaccorso. "I hope our youth remember what we did here tonight and that no matter who you are, we are all one nation, one community and one people united under this flag."



Photos by Clark Township



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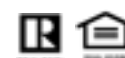
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KIWANIS CLUB OF CLARK AIDS FAMILY IN TOWN

Submitted by Susan Dougherty

When the floodwaters rose from the remnants of Hurricane Ida in early September, several families in Union County were affected. The Mekkawy family, residents on Valley Road in Clark, lost their belongings and the entire home. Not only was the house and its contents destroyed, but significantly important, the

wheelchair, walker, and leg braces for 13-year-old daughter Sima were gone.

A posting in “nextdoor,” a neighborhood app that includes Union County and beyond, reached one of the Kiwanis Club of Clark members, and she was moved. A mother’s plea for prayers by Mrs. Salma Mekkawy was heart-wrenching. The message read, “Please pray for us! We lost everything even my handicapped daughter’s wheelchair and walker!! Evacuated the house with our PJ’s and slippers.” The philanthropic organization that focuses on helping children, wanted to do something more than just pray. The club immediately collected money from its members and a few friends to assist the family that was being housed temporarily at the Holiday Inn in Clark. They presented Mrs. Mekkawy with a gift of \$900 as well as a basket of school supplies for the children.

The Mekkawy family consists of a single mom, a teenage girl, an adult daughter who attends Union County College in Cranford, and a son who attends Carl H. Kumpf Middle School in Clark. Mrs. Mekkawy met with the Kiwanis Club of Clark’s president Cara Hund to tell of their plight. She explained that on top of it all, both she and her adult daughter lost their cars in the flood. Currently, the Mekkawy family is still residing at the Holiday Inn in Clark. Because the flooding is considered a “catastrophic weather event” their insurance company will not cover any damage to the home. “We just felt we wanted to help this mother and her children in our community as soon as we could,” Ms. Hund said.

The club plans to follow up with additional aid. For information about helping this family, contact Kiwanis Club of Clark member Susan at 732-382-5367.



(above) Cara Hund, 2021 President of the Kiwanis Club of Clark, (right) delivers gifts from the club of \$900 and a basket of school supplies for Salma (left) and Sima (center) Mekkawy who lost their belongings and their Clark home in the flood from Hurricane Ida.



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Michael D. Boll, Director

New Jersey Veterans Network

For the last few years the New Jersey Veterans Network and its mobile outreach team has been aggressively seeking out veterans in need and providing them resources to have a better way of life. This is only possible because of our volunteers' commitment and dedication with helping our veteran community. Donations are wonderful and help us purchase food, clothing, medical equipment and other life changing items, however someone's time is what makes an enormous difference.

During our charity's existence, we have provided meals for thousands of veterans and servicemen, dropped off PPE and clothing to veterans, provided medical equipment for disabled veterans, had 30 cars donated to disabled veterans, and most importantly we successfully saved the lives of veterans who were in some type of a dangerous crisis.

Every day we lose approximately 22 veterans to suicide and unfortunately this number hasn't changed over the years. Depression, PTSD and

trauma run extremely high among our veterans and their family members. There are countless lifesaving programs out there for veterans, however it's a difficult task to get veterans to trust others and go get the help they need to live a better life.

The New Jersey Veterans Network also has a program called Operation Rebound that consists of a mobile outreach team that helps to train veterans for events like races, hiking, and other athletic activities. The goal of Operation Rebound is to do athletic events from 5k races to long distance Iron Man competitions in order to empower the veterans and show the public how people can do amazing things with the proper support. It is truly incredible to see the veterans go from no physical activity to completing these tremendous athletic challenges.

Our charity has been able to work alongside other amazing charities that always put veterans first and are capable of rapidly providing them with essential resources. Recently, we formed a veteran anti-suicide and PTSD awareness coalition, called Uniformed Heroes, that will

provide peer support sponsors for any veteran in need. Our peer support sponsors will be trained by the VA and Penn Med and our goal is to have volunteers statewide to help veterans in need.

To make this upcoming Uniformed Heroes campaign successful, we are in desperate need of volunteers from both the veteran and civilian communities. There are numerous events and daily tasks that our charity could use assistance with and we are always looking to have more volunteers willing to help us reach veterans in need.

Our goal is to provide all veterans in need with a peer support sponsor that will do whatever they can to help veterans with obtaining the resources needed to live a better life. This is not an easy thing to do, but the New Jersey Veterans Network has already been able to make a huge difference because of the team's volunteers and its strong partnerships with other charities.

If you are interested in joining the team, please send us an email at NJVN1775@gmail.com and provide your name, email, and phone number. Also, if you have any questions, and concerns please feel free to contact us at 973-332-1556.



(above) Memorial Day Murph Event

Photos by New Jersey Veterans Network

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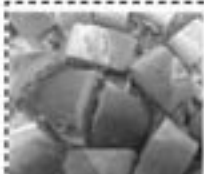
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SCOUT EXECUTIVE SPEAKS TO ROTARY CLUB

Submitted by Dr. D. Michael Hart

Marc Andreo, the Scout Executive and CEO of the Patriot's Path Council, Boy Scouts of America spoke to the Rotary Club of Westfield on Tuesday, September 21, 2021. His topic was to update the club on the state of the local Scouting. The pandemic has decreased the scouting program somewhat, but it is still going strong, and they are planning to rebuild it to where it was before the shutdown.

Paul Harris, the man who started Rotary International in 1905, was great friends with James E. West who started the Boy Scouts of America in 1910. Paul gave advice on how to spread the program throughout the US, mirroring the way Rotary clubs were spreading. Both organizations have a lot of similarities, including an ethical code, teaching leadership skills, being community based and service oriented. Rotary clubs currently charter 1,000 scout units across the US.

The Patriot's Path Council, BSA consists of 5 counties in northern New Jersey with more than 10,000 scouts and 4,000 adult volunteers. They are in the counties of Sussex, Morris, Somerset, Union and northern Middlesex. The headquarters in Cedar Knolls has only 25 full-time staff. There are two scout shops one in Cedar Knolls, and one in Mountainside.

The Council offers three Day Camps: at Watchung Reservation; Johnson Park, New Brunswick; and Camp Wheeler at Mt. Allamuchy Scout Reservation. The Council offers four overnight camping opportunities: Winnebago Scout Reservation in Rockaway, NJ; Mt. Allamuchy in Byram Township; Sabattis Adventure Camp in Long Lake NY, and the four national high adventure bases: The Summit in West Virginia; Northern Tier in Minnesota, Sea Base in the Florida Keys, and Philmont Scout Ranch in New Mexico.

Recent changes to the Scouts include welcoming girls to the Cub Scout and the legacy Boy Scout programs three years ago. The purpose was to include entire families in the activities. To accommodate this change, the "Boy Scout" program for ages 5th grade through age 18 was renamed the "Scouts BSA". The name of the parent organization remains the Boy Scouts of America. The Cub Scout program is for children from K through 5th grade; Scouts BSA is for children 5th grade through age 18. Other programs have been coed for many decades, including Explorers - who explore career opportunities, Venture Crews - who go on high adventure trips, Sea Scouts who learn mariner skills, and a relatively new program - STEM- in which students explore science related careers. These last four programs welcome boys and girls from ages 14 to 21.


Cub Scout Dens may be all boy and all girl, or coed. Scouts BSA Troops are either all girl or all boy. This year there are 250,000 young women in the scouts, and 1,000 girls were the first graduating class of female Eagle Scouts. Only 4% of all scouts ever achieve the rank of Eagle, making it a mark of distinction.

The residents of Westfield are enthusiastic supporters of Scouting. There are 12 units: 7 Cub Scout Packs and 5 Scout Troops, with nearly 500 youth, which is double the national average. Last year the Patriots' Path Council recognized 315 Eagle Scouts and Scouts collectively earned more than 6,200 merit badges. The Rotary Club of Westfield has been a long time supporter of the Scouts. Several members are Eagle Scouts, and many of the

children of Rotarians are in the Scouting program, and a number have earned the rank of Eagle. The club likes to support Eagle Service projects financially.

Scout Executive Marc Andreo asked the Rotarians to help spread the word about local Scouting. With units and camps open again, they are seeking more youth to join the local programs. Please visit beascout.org to locate a unit near you!





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Market Price

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\$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 • Scarpello
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 Scarpello	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 Francese	70.00	130.00
Veal Parmigiana	70.00	130.00
Veal Chops	Market Price	
Veal Alla Gallo	70.00	130.00

Eggplant

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

Platters

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

ANTIPASTO | FRESH MOZZARELLA | GRILLED VEGETABLE

Veggie 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)

CLARK UNICO FEAST 2021

Ralph Bernardo

On behalf of the Clark UNICO Organization – we would like to thank everyone that came out and supported the feast. We’d also like to thank all the generous donors that sponsored the feast. It was a huge success with thousands of people in attendance over four days. The proceeds from

the feast will go to scholarships, town-wide events and programs, and national charities just to name a few. Lastly we’d like to thank the Mayor, Council, Clark Police, Clark Volunteer Squad, Emergency management and Clark Fire Department for their continued support and generosity.



Photos from this and other events can be found online at rennamedia.com and on the Clark Monthly page on [facebook.com](https://www.facebook.com). Feel free to “Like,” “Tag,” and “Share.”

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CLARK UNICO FEAST 2021 PHOTO ALBUM



Photos from this and other events can be found online at rennamedia.com and on the Clark Monthly page on [facebook.com](https://www.facebook.com). Feel free to “Like,” “Tag,” and “Share.”

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- ❄️ Trackless Train Ride
- ❄️ "Frozen" Play Center
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ALJ FALL PLAY THE GREAT GATSBY

The Arthur L. Johnson Drama Department will be back live and onstage with this year's fall production of F. Scott Fitzgerald's *The Great Gatsby*.

Considered "the great American novel" by many, *The Great Gatsby* has been adapted for the stage and will be performed at ALJ on November 18th and 19th.

Director Peter Nevargic is extremely excited for his talented student performers to be back onstage and he is particularly proud that this play will mark their return.

ALJ's production boasts some outstanding performances, especially those given by ALJ seniors Aaron Bloom, Shannon Heaning, Josh Moriera, Bella Manto, Leo DeSantis and Gianna Ortiz.

Nevargic adds, "this show promises to transport the audience back to the roaring 20's and will delight all who see it with its color, costumes, music, and beautiful love story. It is not to be missed."

NOTE: All audiences members will be required to wear a mask and adhere to social distancing unless otherwise advised.

ARTHUR L. JOHNSON HIGH SCHOOL

Proudly presents F. Scott Fitzgerald's

THE GREAT GATSBY

Adapted for the stage By Simon Levy

THURSDAY, NOV 18TH @ 7 P.M.

FRIDAY, NOV 19TH @ 7 P.M.

Ticket Prices: All seats \$5.00 and may be purchased at the door.

17TH ANNUAL CHRISTMAS TREE & MENORAH LIGHTING

Saturday November 27th
3:00-6:00

Rain Date
Sunday 28th

Tree will be
lit promptly
at 5:30

Step Into a Snowglobe
Ride on a Mechanical Reindeer
Trackless Train Ride
"Frozen" Play Center
Unicyclist • Buggy Rides
Ice Sculpting • Petting Zoo
Horse Drawn Hay Rides
Navasink Brass Band
Strolling Dickens Carolers

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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. 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!



REST IN PEACE DONALD MACE

April 17, 1963 - October 10, 2021

All of us here at Budget Print, Clark, NJ, mourn the loss of our dear friend and co-worker of over 30 years, Donald "Donny" Mace. Donny left his mark on not only his coworkers, but on the customers he served—many of whom regularly asked about him. Everyone who knew Donny became very fond of him and his great sense of humor. But Donny loved more than a good laugh—he was an avid lover of music, movies, and the arts his whole life. Above all these, Donny was a lifelong Mets fan. One close friend recalls how Donny stormed the field at Shea Stadium among thousands of exhilarated fans after the Mets clinched the 1986 World Series pennant.

Not only was Donny a loving father and reliable, hardworking employee at Budget Print, but he was like family to all who work here. His integrity, loyalty, and honest character were truly unmatched. He will be dearly missed by all who knew and loved him.

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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CRUSADER OF THE MONTH: LAUREN ROLAND



(above) Lauren Roland was named ALJ High School's "Crusader of the Month" in September 2021.

Photo by Clark Public Schools

Lauren Roland of Garwood was named Arthur L. Johnson High School's (ALJ) "Crusader of the Month" in September 2021. This honor is for ALJ's best all-around, active and bright students who distinguish themselves in multiple pursuits. Lauren is a Senior at ALJ and her current GPA is 4.4. During her high school career at ALJ, Lauren has been involved in many activities, including sports and clubs. During this summer, she worked for Garwood's Recreation Program, where she served as a counselor for our town's 1st and 2nd graders. Lauren also recently started her college search.

A few examples of Lauren's current awards and clubs include:

Science Honor Society

Spanish National Honor Society, Student Council Officer (Secretary), Senior Class Treasurer, Key Club President, DECA Secretary, Peer Leader to Freshmen, and Environment and Recycling Clubs.

Lauren's interests include spending time with friends and family, traveling, skiing, concerts and she is an avid New York Yankees fan. She also plans to obtain her boater's endorsement (license) soon.

MAKING MAGICAL MEMORIES AT CAMP FATIMA

Submitted by Sue Baldani

Like most nonprofit organizations, Camp Fatima of New Jersey is experiencing major challenges due to COVID-19. Founded in 1968 by four Seton Hall seminary students, the camp offers free sleep-away programs for disabled children and adults. And it's determined to continue doing so. Seeing the smiles on the faces of those it serves, and providing a respite to their families, is not something that can be sacrificed due to a pandemic.

And smile they do. It's not called FATIMAGIC for nothing. The campers, regardless of their disabilities, get to do things that most able-bodied children and adults take for granted. They splash around in pools, sing songs, eat s'mores, dance, and take part in arts and crafts. Every child has his or her own dedicated counselor to ensure the utmost care, so each activity can be individually tailored according to the camper's ability.

Its mission statement, "Camp Fatima provides free, life enriching camp experiences for children and adults with developmental disabilities," says it all. Some of the campers are in wheelchairs, while others have neurological, sensory or other serious issues. Camp Fatima and its volunteers open their hearts to all who come. It truly is a magical place.

The volunteers come from diverse ethnic and socio-economic backgrounds. Most have experience working directly with the disabled, and include teachers, nurses, police officers, firefighters, college students and other professionals. For these selfless individuals, the sounds of laughter and the looks of pure joy on the campers' faces are all the payment they need.

Many of these volunteers live locally. Billy Malone, a Scotch Plains firefighter and Fanwood resident, became a volunteer in 1994 and has been the chairperson for the past 13 years. Scotch Plains resident and former Scotch Plains police officer, Jamie Denman, has been a volunteer since 1979, and is the current director.

Even though no one at the camp is paid, all this magic requires funding. It costs several hundred thousand dollars to operate the two children's

summer sessions and the four adult weekends each year. Funding to support and host the more than 200 campers and over 450 on site-volunteers comes from generous benefactors, corporate matching gifts, private giving, and fundraising. Because of COVID-19, many of the usual fundraisers are not able to take place. So this year, Camp Fatima is looking for individuals to sponsor a camper. The cost to feed, house, and supply materials to each camper is more than \$1,000.

To find out more about Camp Fatima, or to volunteer, make a donation, or sponsor a camper, please go to campfatimanj.org/. Since the camp is a designated 501(c) (3) organization, all donations may be tax-deductible.

Camp Fatima of New Jersey: Changing Lives, Enriching Hearts - One Camper, One Volunteer at a Time.



Photos by Camp Fatima

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IMAGINE IS SEEKING VOLUNTEER FACILITATORS

Imagine, A Center for Coping with Loss offers free peer grief support groups for grieving families that are facilitated by a wonderful group of trained volunteers. Imagine's volunteers are an essential part of Imagine's programs and they're looking to grow their community of facilitators. Are you interested in joining Imagine's team of volunteers? If so, we'd like to tell you more about Imagine's programs.

Imagine offers free peer support groups for children ages 3-18 who have experienced the death of a parent, sibling or close family member. Groups are also available for young adults ages 18-30, and for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. All groups are currently being held virtually, with some set to transition to in-person as soon as it is safe to do so. Other groups will remain virtual.

Support groups are facilitated by trained adult volunteers who attend a three-day training totaling 24 hours, as well as regular continuing education. Volunteers come from all walks of life and no special background is required other than a willingness to listen, a heart inclined to serve, and the ability to be with children and adults in grief without trying to fix, solve or give advice. No prior experience is necessary. Volunteers must be 21 years or older. Bilingual (Spanish speaking) volunteers are needed as well. Volunteers serve

as companions and loving listeners for those who are grieving and help create a space where participants can share tears and embrace the joys of life.

"In order to continue to grow our English and Spanish speaking programs, we need to constantly recruit and train new volunteer facilitators," said Veronica Ortiz, Imagine Program Manager. "Our programs are growing because of the great need in this community, especially in the wake of the Covid-19 pandemic. Over 220 children and adults have been participating in our virtual support groups this year. We have recently launched a new program year, but there is more demand for our programs than we're able to meet with our current number of facilitators. Doing this additional training will ensure that no child will ever have to wait to get the support they need."

Are you interested in joining Imagine's incredible community of volunteers and help us eliminate a wait list for our groups? Imagine is planning to offer a virtual facilitator training from Friday, November 5 through Sunday, November 7 from 9 a.m. - 5 p.m. each day. An interview is required prior to the training, so please contact Imagine Training Manager, Jamie Saltamachia at jamie@imagine-nj.org to arrange a convenient interview time. If you have questions regarding the training, please call 908-264-3100.



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VOLUNTEERS ASSIST HISTORICAL SOCIETY

On Thursday, September 9th, 20 volunteers from the L’Oreal Corporation of Clark visited the Westfield Historical Society’s Reeve House to take part in their Corporate Volunteer Day. Earlier that week, The Weldon Materials Company of Westfield, delivered tons of donated gravel to the Reeve House.

Thanks to Weldon and L’Oreal, the driveway and parking area of the Reeve House is beautifully covered with a much-needed fresh layer of gravel.

Despite the lingering threat of rain, the L’Oreal Volunteers, worked tirelessly to spread the gravel, weed garden beds, clean windows and the porch, and take on other maintenance tasks throughout the Reeve House and property.

Since 1968, the 501(c)(3) non-profit Westfield Historical Society has worked to

preserve, interpret and encourage interest in history, Westfield, and its residents through educational efforts and community outreach programs.

For more information on the Westfield Historical Society and their events, visit westfieldhistoricalsociety.org and like us on Facebook.



(above) Volunteers from the L’Oreal Corporation in Clark worked to spread tons of donated rocks on the Westfield Historical Society’s Reeve House driveway and parking area during the September 9th L’Oreal USA Volunteer Day.




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MEMORY OF CAITLIN NELSON HONORED DURING CELEBRATION OF LIFE

NJ Sharing Network

On September 12, thousands of walkers, runners and volunteers participated in NJ Sharing Network's 5K Celebration of Life Walk and USATF Certified Race at the organization's headquarters in New Providence, NJ. The event, which was presented by Hackensack Meridian Health and Pfizer and supported by dozens of other generous sponsors, honored those who gave the gift of organ and tissue, paid tribute to those who have received a transplant, offered hope to those currently waiting for a transplant and remembered the lives lost while waiting for the gift of life.

Family members and friends of the late Caitlin Nelson, 20, of Clark, NJ, gathered together to form the "Caitlin Gives" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission. Caitlin, who tragically passed away in 2017, was an organ and tissue donor who saved and enhanced the lives of many others. Caitlin was a social work student hoping to be a pediatric oncology social worker and she was also a huge proponent of organ donation. At one time prior to her tragic accident, Caitlin told her mother to donate her organs if anything ever happened to her because she said

someone could use them. Members of "Caitlin Gives" offered the following message during the 5K Celebration of Life:

Caitlin was a selfless, loving, amazing, warm-hearted girl who was one month shy of celebrating her 21st birthday when she tragically passed away. Her passion for life and devotion to helping others was remarkable.

Caitlin's brilliant smile had this way of lighting up a room. She had an incredible, dazzling charm and a sweet, warm personality. She was a fervent supporter of organ donation and strongly encouraged her family and friends to sign up to become organ donors. Caitlin gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.

Our angel baby accomplished so much and touched so many lives in her 20 years. As a daughter, sister, girlfriend, cousin, friend, and niece, Caitlin will be missed terribly but will live on in our minds and hearts.

ABOUT NJ SHARING NETWORK

Dedicated to saving lives through organ and tissue donation, NJ Sharing Network is the non-profit organization responsible for the recovery

and placement of donated organs and tissue for the nearly 4,000 New Jersey residents waiting for a life-saving transplant. With headquarters in New Providence, NJ, the organization, selected by NJBIZ as one of the state's "Best Places to Work" for the fourth consecutive year, is also part of the national recovery system, serving the 110,000 people on the national waiting list.

To learn more, get involved and register as an organ and tissue donor, visit www.NJSharingNetwork.org.



(above) Caitlin Nelson gave the gift of life by donating her heart, lungs, kidneys, pancreas, and liver. She also donated over 200 bone and tissue grafts. Her gifts have already helped 50 people.



(above) Family members and friends of the late Caitlin Nelson, 20, of Clark, NJ, gathered together to form the "Caitlin Gives" 5K team to honor her memory and show their support for NJ Sharing Network's life-saving mission

Photos by NJ Sharing Network

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NOVEMBER EVENTS FROM CLARK LIBRARY

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Monday, Tuesday, Thursday: 9:30 am - 9:00 pm • Wednesday, Friday, Saturday: 9:30 am - 5:00 pm • Sunday: Closed
The library will be closed on Thursday, November 11 for Veteran's Day, and Thursday & Friday, November 25 & 26 for Thanksgiving.
The library will close at 1 pm on Wednesday, November 24.

All children's events will be outdoor, virtual, or hybrid until further notice. Please register for any programs by email and state which program you would like to attend or through the online calendar on our website at clarklibrary.org.

Tales for Tots

Mondays, November 1, 8, 15 at 10:00 am

Stories, fingerplays, and songs for active listeners. Geared toward ages 2-3 with a caregiver. Older children are welcome! Event will be held outdoors behind the library. In case of rain, everyone may attend virtually. Please register

Chess Club for Kids

Mondays, November 1 and 15 at 6:30 pm

Children ages 6 and up are invited to attend chess club virtually! We welcome beginners and those wanting to learn new tips or wanting to hone their skills. We will be over Zoom.

Participants will be able to compete against each other in breakout rooms. Chromebooks are available for Clark residents to borrow. Registration is required for the Zoom link.

Veterans Day Concert:

Florian Schantz Jazz Combo

Tuesday, November 2 at 6:30 pm

Join us for a Veterans Day concert featuring the Florian Schantz Jazz Combo. The band leader is Union County based professional trumpet player Florian Schantz.

Krafty Kids

Wednesday, November 3 at 3:30 pm

Join us as we make some fun and creative artwork. Using a few art supplies we will make a new craft each week! Don't forget to bring your imagination and creativity! Program will be held outdoors behind the library for ages 5 and up. Registration is required.

Chess Club for Adults

Thursdays, November 4 and 18

from 11 am-3 pm

The Chess Club

Thursdays between 11 am-3 pm.

New members welcome.

Howling Woods Farm Wolf Dogs

Thursday, November 4 at 3:00 pm

Howling Wood Farms will be visiting the Library with their Wolf Dogs. They will be talking about their non-profit organization, wolves, and wolf dogs. Howling Wood Farms provides a safe sanctuary for these wolves.

Patrons will be able to meet the Wolf Dogs. This Event is for 5 years old and up. Event will be held outside. Website for Howling Woods

Farms: <https://howlingwoods.org/>

[Virtual] Adult Coloring Club

Fridays, November 5 and 19 at 11:00 am

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

Baby Bookworms

Tuesdays, November 9 and 16 at 10:00 am

Babies and toddlers are invited to listen to some books, and learn some songs, rhymes, lap bounces, and fingerplays! The event will be held outside behind the library. In case of rain, the event will be virtual.

Totally New Tuesdays

November 9, 16, 23, and 30 at 6:30 pm

Movies are back at the library! Tuesday movies are mask optional. The same movie will be shown on Thursday afternoons as a mask required movie. Registration required.

[Virtual] Pajama Time

Wednesday, November 10 at 7:00 pm

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

Stories & More

Fridays November 12 and 19 at 10:00 am

Join us outdoors behind the library for stories, songs, and rhymes. A take home craft will be provided. If it rains, this event will be virtual. This program is designed for children ages 3 and up. Registration is required.

[Adult] The Crafty Folks

Friday, November 12 at 3:30 pm or

Thursday, November 18 at 7:00 pm

We are making stress balls out of balloons, and either rice, flour, or cornstarch.

(If you have a latex allergy this may not be the craft for you.) Stress balls are great for alleviating stress (keep one in your car!) as well as for exercising hands and fingers. This is an Adult craft but Teens in High School are welcome to attend!

Read to Sophie

Saturday, November 13

10:00 am, 10:15 am,

10:30 am, or 10:45 am

If you have a young, reluctant, or struggling reader, we want you to meet Sophie! Sophie is a therapy dog that will be a non-judgmental listener and furry friend to read to that won't laugh if they make a mistake or stumble over a word. Children will each get approximately 15 minutes of reading time with Sophie. Register for a time slot. Event will be held outdoors.

Evening Book Club

Monday, November 15 at 7:00 pm

We will be discussing "The Book of Lost Names" by Kristin Harmel. Please email or call if you need a copy of the book.

Teen Tuesday:

Thanksgiving Mason Jar Luminaries

November 16 at 3:00 pm

We will be making festive Thanksgiving mason jar luminaries that will make a pretty holiday decoration. Open to teens in Grades 6-12.

Thanksgiving Story & Craft for Kids

Wednesday, November 17 at 3:30 pm

Listen to a story about Thanksgiving and then make a Thanksgiving themed craft. This program is for ages 4 - grade 5. Registration is required. Clark residents get priority registration. Non-residents will be placed on the waitlist until it is determined there is room.

Tinker Tots

Thursday, November 18 at 10:00 am

Come join us for a morning of fun science activities perfect for little ones. Event will be held outside. In case of rain, we will reschedule. For children ages pre-k and younger. Please register.

Little Scientists

Thursday, November 18 at 4:00 pm

Learn how to build and create with our DIY Maker Kits! Each session will be a different Maker Kit that will touch upon a different STEM skill. Program will be held outdoors behind the library for ages 5 and up. Registration is required.

[Virtual] College Planning Workshop

Thursday, November 18 at 7:00 pm

This workshop is designed to help families figure out how to pay less for college.

Afternoon Book Club

Tuesday, November 30 at 1:00 pm

Join us for our next afternoon book club meeting. We'll be discussing "The Masterpiece" by Fiona Davis. Please speak with a librarian or email reference@clarklibrary.org if you need a copy of the book.

Lego Club

Tuesday, November 30 at 3:30 pm

Join us for the LEGO® Club at the Clark Public Library! Create your own LEGO® structures. LEGO® are provided by the library. Creations are displayed in the Children's Area. For children in grades K - 5. Held outdoors.

The Five-Week Book Club

Thursday, December 2 at 7:00 pm

Welcome to our new non-fiction and historical fiction book group!

We'll meet approximately every five weeks. This evening we will be discussing Appetite for Life: The Biography of Julia Child by Noel Riley Fitch. Please speak with a librarian or email if you need a copy of the book.

New! Inkthoughts (beginning January)

A gathering of poets and poetry lovers, this group is open to Adults and Young Adults in High School and older.

Please stop by the reference desk, call or email to show your interest and to help decide if this should be an afternoon or evening program.

Boredom Buster for Kids

Available beginning November 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.

LIBRARY DISPLAY TO HIGHLIGHT VETERANS DAY

Submitted by Judy Doran

The American Legion Auxiliary (ALA) Unit 328 of Clark is coming to Clark Library this November to highlight Veterans Day. The display will highlight the history and works of the American Legion Auxiliary Unit 328.

May is poppy month for the American Legion Auxiliary. In May the Auxiliary distributes poppies to all and receives donations for their work with veterans. All poppy monies collected as per the Auxiliary by-laws must be used to aid veterans and their families.

The ALA library exhibit will focus on the tradition of the poppy, Auxiliary history, and its works throughout its 102 years of service. The poppy was adopted by the American Legion Auxiliary in 1919 at the end of World War One as its symbol of the sacrifice soldiers make for their country. The poppy is a small red flower which seems to survive in the worst of circumstances. This Remembrance Day symbol was mentioned in a poem, "In Flanders Field", written by a Canadian World War 1 brigade surgeon who saw red poppies on a field ravaged by battle.

Flanders Field, located in the northernmost region of the western front in Belgium, became the most devastated region of the entire battlefield. But soldiers noticed that Mother Nature never surrendered. Papaver Rhoeas, known as corn rose, red poppy, field poppy, and red weed, grew. The beautiful red poppy is classified as a weed and grows in the inhospitable, ravaged land. Indeed, it flourishes best in land that has been disturbed.

Lieutenant-Colonel John Alexander McCrae, a field surgeon with the Canadian Expeditionary Forces/ British Forces, was taking in casualties from the Second Battle of Ypres. In a letter to his mother, he wrote. "For seventeen days and seventeen nights none of us have had our clothes off, nor our boots even... In all that time while I was awake, gunfire and rifle fire never ceased for sixty seconds." His friend and former student, Lieutenant Alexis Helmer was killed in action.

McCrae conducted the burial service himself. He also noticed the red poppy and wrote a poem to remember his dead friend and those obstinate poppies. On December 8, 1915, his poem was published.

In 1919 the American Legion Auxiliary adopted the poppy to commemorate the one-year anniversary of the Armistice to end the war. The poppy recalls so many images of war: friendship, death, suffering, struggle, disease, injury, victory, defeat, love, patriotism. Images only the soldier/veteran can truly understand. But as Lieutenant-Colonel McCrae states in his poem, it is up to all of us to remember.

This Veterans Day remember every soldier who performed his duty to his country. Remember those who died in service to their country. Remember those who continue to serve today. Wear the poppy. Learn its history. Honor the tradition. Support those who distribute poppies.

Come to the Clark Library to learn about the Clark American Legion Auxiliary Unit 328 and discover what it's all about.

IN FLANDERS FIELDS

By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch: be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



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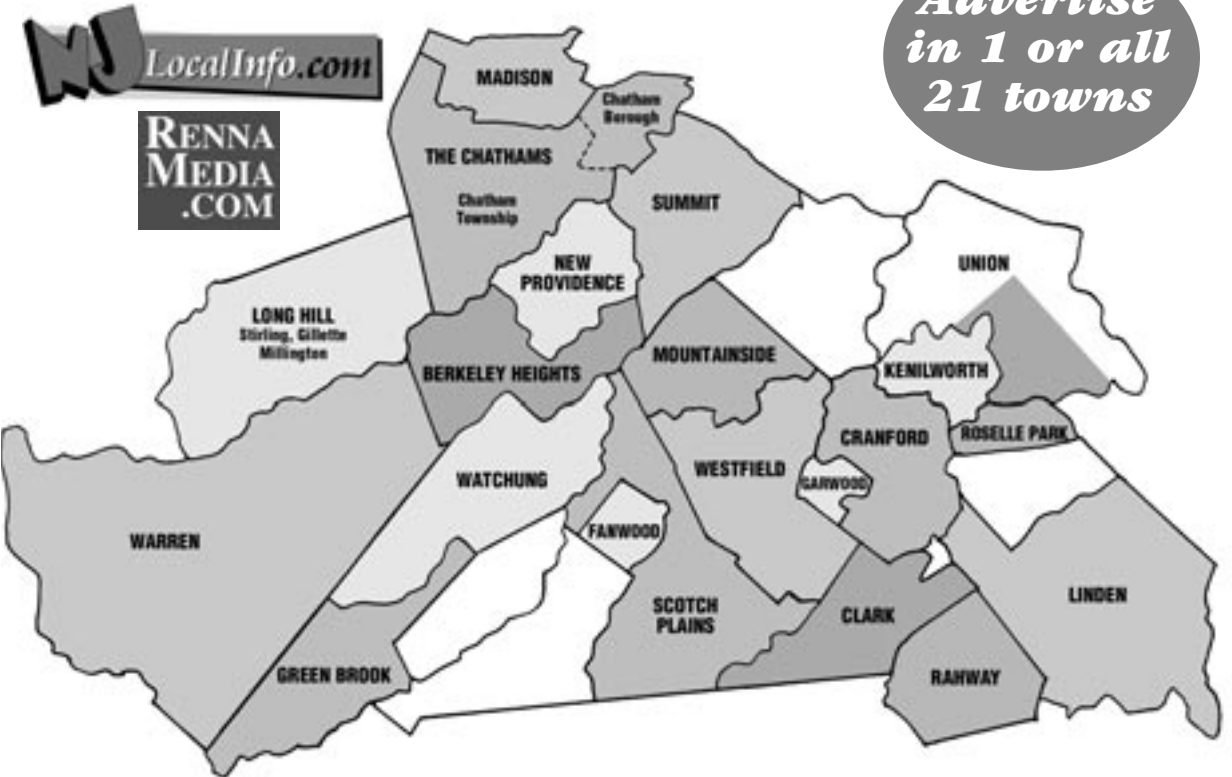
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VOTE411.org is a one-stop shop for election-related information that provides nonpartisan information to the public. On VOTE411, you can register to vote, see what's on your ballot, and see where your candidates stand on the issues that matter in our community. In order for us to be informed about the candidates on our ballot, we must hear from the candidates themselves.

All local Union County Municipalities and the Union County Commissioners have been invited to participate in Vote411. Many candidates have elected to respond. There are still many who (even though they are running unopposed) have to date declined to submit responses. We thank those candidates for responding to the call already and making sure voters know where they

stand.

VOTE411 is a project of the League of Women Voters that serves millions of voters every election as a trusted source of objective and nonpartisan election information. Using VOTE411 before heading to the polls helps voters make informed decisions and gives everyone an equal voice in democracy.

Please go to Vote411.org, put in your address and see all the candidates for whom you can vote up and down the ballot as well as the two public questions.

If your candidate has not responded, call on that candidate to respond and let us know where they stand on the issues that matter to us by filling out the VOTE411 voter guide.

VOLS WANTED FOR MEDICAL RESERVE CORPS

The New Jersey Medical Reserve Corps (MRC) – a network of community-based, locally organized units comprised of volunteers – is looking for reinforcements, particularly those with vaccination skills. MRC volunteers are especially vital during emergencies and disasters when paid public health and emergency response assets are overwhelmed. Healthcare professionals (including recently retired individuals) having vaccination skills are especially needed now that

COVID-19 vaccines are available.

In addition to skilled vaccinators, individuals with all types of skill sets (for example, security, language translation/interpretation, education and outreach, warehouse operations, clerical, counseling, and more) are needed.

If you are interested in volunteering with the MRC, visit njlmn.njlines.net and click on "Register as an Existing or New MRC Volunteer!"

BAND SEEKS NEW MEMBERS

The Township of Union Municipal Band is back and is seeking new members to join the band! "Musicians of all ages are welcome," says director Howard Toplansky. "If you are a high school musician looking for extra practice or a retired professional who wants to get back into music, the municipal band is a perfect fit." The band is looking for new members who play any instrument. Out of towners are welcome.

The Township of Union Municipal Band rehearses on Monday evenings at Hannah Caldwell School. The band performs ten

concerts throughout the year, including special concerts at Ehrhart Gardens and Putnam Manor.

Mr. Toplansky believes the municipal band contributes to the culture of the township, sharing that "the municipal band is one of Union's oldest traditions and is a great way to introduce members of the community to time-honored musical styles and compositions."

Musicians who are interested in joining the band should contact the Township of Union Recreation Department at 908-686-4200.

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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	\$28.99
Crown Royal	1.75L	\$49.99
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	\$219.99
Johnnie Walker Blue	1.75L	\$399.99
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	\$52.99

GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$36.99
Seagram's gin	1.75L	\$19.99
Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$31.99
Courvoisier V.S.	1.75L	\$53.99
Remy Martin V.S.O.P.	750ml	\$44.99
Remy Martin V.S.O.P.	1.75L	\$99.99

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$28.99
Kahlua	1.75L	\$37.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$24.99
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
Sky	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	\$37.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$46.99
Patron Silver	1.75L	\$99.99
Patron XO Café	1.75L	\$34.99

BEER

Becks (12oz) 24pk	24pk	\$22.99
Bud and Bud Lite cans	30pk	\$23.99
Bud and Bud Lite loose bottles	24pk	\$20.99
Coors Lite (24oz) cans	12pk	\$15.99
Coors Lite/Miller Lite loose bottles	24pk	\$20.99
Coors Lite/Miller Lite	30pk	\$23.99
Corona/Corona Lite loose bottles	24pk	\$30.99
Dab (16oz) cans	24pk	\$21.99
Dogfish Head 60 min.	24pk	\$35.99
Heineken/Heineken Lite bottles	24pk	\$29.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$28.99
Modelo Especial cans	12pk	\$15.99
New Belgium Fat Tire	24pk	\$34.99
Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$33.99
Stella Artois loose bottles	24pk	\$29.99
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