

Clark Monthly NJ

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2021 FALL G.P.A. CHALLENGE BREAKFAST



(above) The Field Hockey Team enjoys breakfast as a reward for winning the 2021 Fall G.P.A. Challenge.

Clark Public Schools

The Arthur L. Johnson Athletic Department held a breakfast in honor of the 2021 Fall Athletics G.P.A. Challenge winners, the Crusader Field Hockey Team. The event, sponsored by the Athletic Department, was held in the Arthur L. Johnson cafeteria on Tuesday, December 14, 2021.

The Crusader G.P.A. Challenge is awarded each season to the team that finishes with the highest overall G.P.A. amongst athletic teams seasonally. They were presented with certificates, had their team memorialized on a plaque, and were invited for a "Breakfast with the A.D." to celebrate their actions both in the classrooms and on the courts.

The Field Hockey Team won the award with a stellar cumulative G.P.A. of 4.14.

Field Hockey Team Members: Peyton Collings, Tatum Dobbins, Angela Aromando, Julia Skultety, Maria Dante,

Jenna Grandal, Julia Ranski, Jenna Reider, Georgia Sebok, Grace Warnick, Zoey Brown, Ava Wood, Veronica Parzych, Leah Scepkowski, Lacey Vill, and Lily Ficarra.

Athletic Director for the Clark School District, Gus Kalikas, had this to say about the G.P.A. Challenge winners from the Fall Season: "The Athletic Department is extremely proud of all the members of the Field Hockey Team. The team was able to balance athletics and academics at the highest level, not only competing in the State Quarterfinals this past Fall season, but also excelling in the classroom, which is evident by the cumulative G.P.A. of 4.14 that the team held throughout the season. The G.P.A. Challenge was a result of years of hard work, not only by the girls, but by our Head Coach, Katrina Poskay, as well. They are a model of what it means to be a student athlete and the Clark School District is proud of all of their accomplishments."

Photo by Clark Public Schools

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Clark Monthly

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JUDGE BUNDY MEETS WITH ALJ SOPHOMORES

Clark Public Schools

Students in Laura Bundy's Driver Education class at ALJ in Clark met Judge Gary Bundy on January 18th. Judge Bundy has been the Municipal Court Judge for about fourteen years in Roselle Park and Garwood, NJ. He spoke about many essential topics dealing with teen

driving and the law. There are many different laws drivers have to abide by, especially new drivers. Judge Bundy spoke about; provisional license, underage DUI, DWI and illegal drug use in a vehicle. ALJ students were very engaged in each topic and asked some excellent questions.



(above, l-r) Kaileigh Netland, Hope Ferrao, Krista LaBianca, Judge Bundy, Brooke Hilton, Jillian Duffy, Bella Todaro, Zoey Brown.

Photo by Clark Public Schools

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LORI'S CLARK TRANSACTIONS FROM 1/1/20 TO PRESENT

SOLD

15 Westfield Ave.	187 Liberty St.	1 Longfellow Lane	18 Terhune Rd.
40 Ivy St.	11 Harding Ave.	8 Wendell Place	1 Jarvis Ter.
15 Tudor Dr.	40 John St.	13 Blake Dr.	39 Frances Dr.
10 Washington St., Unit 03	77 John St.	42 School St.	28 Gibson Blvd.
47 Briarwood Path	17 Hillside Ave.	29 Harvey Ct.	41 Largo Lane
39 King St.	11 Avon Rd.	18 Yorktown Dr.	5 Tudor Dr.
56 Lexington Blvd.	81 New York Ave.	45 Starlite Dr.	111 Westfield Ave.
13 Blake Dr.	42 Kenneth Pl.	1538 Franklin St.	14 Washington St.
213 East Lane	303 West Ln.	40 Conger Way	118 Jupiter St.
1168 Lake Ave., Unit 4	1 Kathryn St.	15 Ayers Lane	61 Sycamore Rd.
45 Wendell Pl.	29 Hillside Ave.	72 Dorset Dr.	18 Terhune Rd.
501 Oak Ridge Rd.	9 Shetland Dr.	5 Schmidt Lane	15 Briarheath Ln.
309 Oak Ridge Rd.	12 Yorktown Dr.	269 Willow Way	
29 Conger Way	84 Wheatsheaf Rd.	18 Ginesi Dr.	
13 Florence Dr.	12 Ascot Way	7 Blake Dr.	
303 West Ln.	301 West Lane	43 Willow way	
1 Rose Ter.	1119 Maurice Ave.	95 Briarheath Ln.	

UNDER CONTRACT

43 Kathryn St.
 54 Harding Ave.
 306 Parkway Dr.

TOTAL NUMBER OF TRANSACTIONS = 119, 88 ARE IN CLARK

VOLUNTEERS OF THE YEAR - 2021




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elizabeth.bataille@gmail.com

Elizabeth Bataille
Sales Associate



Clark Recreation announced their choice for the Volunteers of the Year – 2021. The program is in its 7th year. This year was a bit unique as we recognized 4 individuals all related to each other as husband, wife, and two of their daughters. Our Clark Recreation Volunteers of the Year are Clark's own Fred and Jean Asal,

Lisa Dunn and Patty Palmer. Recreation Director Ralph Bernardo and Mayor Sal Bonaccorso presented each recipient with a plaque that read – For unselfishly volunteering your time, talent and generosity to the Clark Recreation Department and the Township of Clark.



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FEBRUARY 14 IS NATIONAL ORGAN DONOR DAY

NJ Sharing Network

February 14 is all about sharing some love in New Jersey - and not just because it's Valentine's Day! NJ Sharing Network and its many healthcare partners and volunteers throughout the state are working together to register as many organ and tissue donors as possible in celebration of National Organ Donor Day.



(above) The late Caitlin Nelson, 20, of Clark, 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.

Photo courtesy of NJ Sharing Network

“National Organ Donor Day is about taking action and inspiring others to learn more about how they can save lives through organ and tissue donation,” said Joseph S. Roth, president and chief executive officer of NJ Sharing Network. “One organ and tissue donor can save eight lives and restore health to over 75 people. I am confident that everyone’s efforts on National Organ Donor Day will go a long way toward bringing hope to those currently waiting for a transplant.”

Currently, there are over 110,000 Americans – nearly 4,000 of whom live in New Jersey – waiting for a life-saving transplant. In New Jersey, one person dies every three days waiting for an organ transplant.

However, the generosity of those in the Garden State is providing hope for the future. New Jersey’s organ and tissue donor registrations continue to rise thanks to strong community

education and outreach efforts as well as simplified ways to register as an organ and tissue donor are also helping to save more lives. It is easy for New Jerseyans to register in any of the following options:

Online at NJSharingNetwork.org; Through the iPhone Health App; In person at your local Motor Vehicle Agency

Observed every year on February 14, National Organ Donor Day is dedicated to spreading awareness and education about organ and tissue donation. It is also a day to recognize loved ones who have given the gift of life, have received a transplant, are currently waiting or did not receive an organ in time. National Organ Donor Day was started in 1998 by the Saturn Corporation and its United Auto Workers partner with the support of the U.S. Department of Health and Human Services and many non-profit health organizations.

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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!

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.'"

- Question L.

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BLOOD DONATIONS ARE CRITICALLY NEEDED

The American Red Cross is facing a national blood crisis – its worst blood shortage in more than a decade. Dangerously low blood supply levels are posing a concerning risk to patient care and forcing doctors to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available.

Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments, and donors of all blood types – especially type O – are urged to donate.

In recent weeks, the Red Cross had less than a one-day supply of critical blood types and has had to limit blood product distributions to hospitals. At times, as much as one-quarter of hospital blood needs are not being met.

The Red Cross continues to confront relentless challenges due to COVID-19, including about a 10% overall decline in the number of people donating blood as well as ongoing blood drive cancellations and staffing limitations. Additionally, the pandemic has contributed to a 62% drop in blood drives at schools and colleges.

"Winter weather across the country and the recent surge of COVID-19 cases are compounding the already-dire situation facing the blood supply," said Dr. Baia Lasky, medical director for the Red Cross. "Please, if you are eligible, make an appointment to give blood or platelets in the days and weeks ahead to ensure no patient is forced to wait for critical care."

The Red Cross urges donors to support patient care by making an appointment to give blood or platelets now for the weeks ahead. To schedule an appointment, use the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767).

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

To donate blood, individuals need to bring a blood donor card or driver's license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

VOLUNTEERS NEEDED

In addition to blood donors, the Red Cross also needs the help of volunteers to support critical blood collections. Blood drive volunteers play an important role by greeting, registering, answering questions and providing information to blood donors throughout the donation process. To volunteer to support Red Cross blood collections, visit redcross.org/volunteertoday.

TEMPLE JOINS OTHERS IN GIVING A HELPING HAND TO CLARK FAMILY

Submitted by Susan Dougherty

When the Kiwanis Club of Clark first learned of the Mekkway family's flooded apartment in early fall, they publicized the need in area news outlets. On social media, the mother of three, Samah Mekkway, hadn't asked for money, but instead, prayers. When Cara Hund, President of the Clark Kiwanis Club, saw the post that said the 13-year-old daughter lost her wheelchair, crutches, and braces in the flood, she sprang into action. The Clark club raised money and wrote an article for area news outlets, along with other individuals and organizations who came forward to help the struggling family, which include Maya, 21, Maryam, 13, and Amr, 12.

Ms. Hund's friend, Jill Burkhard, heard of the efforts of the philanthropic club and made the need known to her place of worship. Temple Beth O'r Beth Torah in Clark is the latest organization that reached out to the family just before Christmas with a donation. When Cantor Steven Stern sat down with the family, he explained that his congregation heard of the need and raised \$3,845. for the family. "We believe in pillars of central teaching that include: the Torah, prayer, and loving-kindness," he explained. There, in the apartment, sat members of three different faiths: members of the Temple Jill Burkhard, Evie Shulman, and Cantor Stern representing the Jewish faith, the Mekkways, who are Muslims, and photographer/Kiwanis member Susan

Dougherty, a Christian. They all agreed that helping one's neighbor is a part of what each faith believes. It's a unifying concept and one that brings closeness as a community.

Ms. Mekkway said that in the last months there has been an outpouring of support from various clubs, individuals, and businesses in the community. "Schiefferstein's Farm has been wonderful throughout. They gave us a turkey at Thanksgiving and today gave us this Christmas tree," she said as she gestured to the 8-foot evergreen by the sliding glass door. Additionally, she said that Clark schools have taken on fundraisers like Blue Jeans Day for teachers to raise money. There was even a furniture donation by a family in town that was downsizing and wanted their beautiful furniture to have a good home.

It seems it takes a village of all faiths to show compassion to a family in need.

The Kiwanis Club of Clark is a part of Kiwanis International, a not-for-profit organization helping communities one child at a time. It meets on Zoom the first and third Monday of the month. It is the proud parent organization of the Key Club at ALJ High School, the Builders Club at Kumpf Middle School and the K-Kids Clubs at Valley Road and Hehnly Elementary Schools. For more information about the adult club, call 732-382-5367 or email crusadersue@hotmail.com.

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(above) All Faiths Believe in Helping One's Neighbor...The Sunday afternoon before Christmas, members of the congregation of Temple Beth O'r Beth Torah Jill Burkhard, Evie Shulman, and Cantor Stern gather in the apartment with the Mekkway family to give them a check for \$3,845. The congregation read of the destruction of the family's belongings by a catastrophic flood in their apartment and wanted to extend kindness to their Clark neighbors.

Photo by Susan M. Dougherty

INSTANT DECISION DAYS AT ALJ HIGH SCHOOL

Clark Public Schools

Instant Decision Days, organized by the School Counseling Department at Arthur L. Johnson High School, took place throughout November and December 2021. The school had 64 meetings for official decisions from the colleges. Out of those 64 meetings, the school had 64 acceptances — a 100% acceptance rate to the universities! Over \$725,000 in merit scholarships was awarded on-the-spot from Kean University, Rider University, Bloomfield

College, Stockton University, and Montclair State University. Additional merit scholarships will be sent home via mail or email from Monmouth University, NJIT, Ramapo College, Seton Hall, and FDU, increasing the grand total awarded.

School Counselor Meghan Bradley stated, "We are so proud of the Class of 2022! We look forward to hearing more exciting news throughout the year!"

Photos by Clark Public Schools



(above) Madelyn Yanni accepted to Seton Hall IDD — and will receive one of their highest academic merit scholarships.



(above) Judah Gray was accepted during IDD to his first choice — Montclair for film and television.

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THE 2021 CLARK REIGN GIRLS SOCCER TEAM

Clark Township

Mayor Sal Bonaccorso and Town Council members recognized the 2021 Clark Reign Girls Soccer Team at the final Council Meeting of 2021. The girls recreational club team had a season that included 180 goals scored with only 21 scored on them. They also had the following accomplishments:

Fall 2020 Mid-NJ Flight One Champions
Spring and Fall 2021:

Mid-NJ Flight One Champions
Spring and Fall 2021:

EVP Flight Champions

2021 Mid-NJ State Champs

2021 USYS President's Cup Champions
(First in Clark Soccer Club History)

"This team is doing so well at such a young age, I'm expecting they will continue to bring home wins and grow well as a team," said Bonaccorso. "As I always tell our youth, they need to focus on their education first and then enjoy the friendships, teamwork, and camaraderie that come along with sports. It's all part of creating a well-rounded person."

The girls will move on to play in a nationwide contest in West Virginia in June. Bonaccorso cheered the girls on and urged them to put Clark on the map at that competition.

FAMILY SUPPORT GROUP – FEB. 15

Are you feeling stressed and alone in trying to cope with the effects of a loved one's mental illness?

NAMI Union County's Family Support Group is for family members and caregivers of persons with mental illness.

The group is led by NAMI-trained facilitators and is a peer support group that allows participants to gain insight from others facing the same challenges.

Zoom sessions are held on the 3rd Tuesday of every month from 7 – 8:30 p.m. To register, email Denise at: namiunioncounty@yahoo.com with your name, town, and phone number.



(above) Mayor Sal Bonaccorso with the 2021 Clark Reign Girls Soccer Team

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ANNUAL FAMILY SKATE NIGHT

Clark Recreation held the Annual Family Skate Night at Warinanco Skating Rink on Saturday, January 15th. Over 200 skaters took to the ice and had a great time. Recreation Director Ralph Bernardo (who did not get on the ice) was

thrilled with the turnout and loved seeing everyone have a great time! For information on all Clark Recreation programs and classes – please call 732-428-8400.

Photos by Clark Recreation



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CLARK LIBRARY FEBRUARY EVENTS

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Monday, Tuesday, Thursday: 9:30 am - 9:00 pm • Wednesday, Friday, Saturday: 9:30 am - 5:00 pm • Sunday: Closed

All events will be virtual or outdoors when weather permits until further notice. Please check our website for updates/changes. Mask requirements will be re-evaluated by the library board on a monthly basis. Please register for any programs by emailing reference@clarklibrary.org and state which program you would like to attend or through the online calendar on our website at clarklibrary.org.

[Virtual] Baby Bookworms

Tuesdays, February 1st, 8th, and 22nd at 10:00 a.m.

Babies and toddlers are invited to listen to some books as well as learn some songs, rhymes, lap bounces, and fingerplays!

[Virtual] Groundhog Day Craft for Kids

February 2nd at 4:00 p.m.

Ages 4 and up are invited to join us in making a pop-up groundhog craft to celebrate Groundhog's Day via Zoom. Please register and we will get supplies ready for you to pick up in advance of the program.

[Virtual] Stories & More

Fridays, February 4th, 11th, and 25th at 10:00 a.m.

Stories, movement, songs, and a take home craft for active listeners ages 3–5 years old. Registration is required for the Zoom link and craft supplies.

Take Your Child to the Library Day

**Saturday, February 5th
9:30 a.m. – 5:00 p.m.**

Celebrate this annual event by coming to the library and checking out a book for your child! Each child that visits and checks out a book on this day may be entered into a raffle for a \$25 Barnes & Noble gift card. Curbside pickup counts! There will also be a special take home craft kit for kids, while supplies last.

[Virtual] Tales for Tots

Mondays, February 7th, 14th, and 28th at 10:00 a.m.

Stories and songs for active listeners. Geared toward ages 2–3 with a caregiver. Older children are welcome! 30 minutes of open play follows. Registration is required.

[Virtual] Black History Month Kahoot! Just for Kids!

Monday, February 7th at 3:30 p.m.

Celebrate Black History Month with a game of trivia on Kahoot! Just for kids! The faster you answer, the more points you earn. A computer, tablet, or smartphone is needed to play Kahoot! Clark residents may borrow Chromebooks or iPads from the library. Prizes for winner and runner-up. Prizes must be picked up, but they will not be mailed.

Teen Tuesday: Valentine's Day Origami

Tuesday, February 8th at 3:00 p.m.

Learn how to make origami hearts and flowers. These simple origami shapes are perfect Valentine's Day decorations. Open to grades 5–12.

[Virtual] Krafty Kids

Wednesdays, February 9th and 23th at 3:30 p.m.

Join us as we make some fun and creative artwork. Using a few art supplies, we will make a new craft each session! Don't forget to bring your imagination and creativity! Please register to get a Zoom link.

The Five-Week Book Club

Thursday, February 10th at 7:00 p.m.

Our book this month is *Empire of Pain: The Secret History of the Sackler Dynasty* by Patrick Radden Keefe. This masterpiece of narrative reporting and writing makes us privy to the immensely wealthy and controversial family that remains at the top of the news with the tactics that the family has used to evade accountability in the OxyContin crisis. Please speak with a librarian if you need a copy of the book.

[Virtual] Adult Coloring Club

Fridays, February 11th and 25th at 11:00 a.m.

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.

New! Inkthoughts

Thursday, February 17th at 4:00 p.m.

A gathering of poets and poetry lovers, this group is open to adults and young adults in high school and older. A casual group who enjoys talking about, writing, reading, and performing poetry, speeches, or essays.

[Virtual] Pajama Time

Thursday, February 17th at 7:00 p.m.

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

[Adult] The Crafty Folks

**Thursday, February 17th at 7:00 p.m. or
Friday, February 18th at 3:30 p.m.**

Pamper yourself with DIY sugar scrub! This is an adult craft, but teens in high school are welcome to attend!

Afternoon Book Club

Tuesday, February 22nd at 1:00 p.m.

Join us for our next afternoon book club meeting. We'll be discussing *The Family Upstairs* by Lisa Jewell. Please speak with a librarian if you need a copy of the book.

Family Game Night — BINGO!

Thursday, February 24th at 6:30 p.m.

Join us on Zoom for family game night! This month we will play free BINGO! Children, parents, and grandparents are invited to play along! Prizes for winners and runners up!

*Must be willing to pick up prizes in person. They will not be mailed. We will play at least three rounds, two traditional and one themed. Please register to get the Zoom link and link to BINGO cards.

[Virtual] Lego® Challenges

**Friday, February 25th
3:15 p.m. – 4:15 p.m.**

If we are still virtual at this date, we will have timed LEGO® challenges over Zoom. If we are able to meet in person, we will have the traditional LEGO® Club, where you 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.

[Virtual] Teen Advisory Board Meeting

Monday, February 28th at 7:00 p.m.

Teens — let your voice be heard at the library! The Teen Advisory Board (TAB) helps create, plan, and run teen programs and services they would like offered at the Clark Public Library. The Teen Advisory Board is a chance to gain creative, organizational, and leadership skills as well as a great item to put on your college application or resume. Open to teens in grades 6–12. Members can earn volunteer hours for attending meetings and for participating in TAB activities.

[Virtual] Card Magic with Ari Bisk

Monday, February 28th at 7:00 p.m.

Professional close up card magician, Ari Bisk, is performing an interactive Zoom magic show. Following the performance, Ari will be teaching a beginner magic trick that all participants will be able to perform. The show will include plenty of audience participation and provide entertainment for all! It is recommended that viewers have a deck of playing cards to follow along with during the tutorial. Please register to receive the Zoom link.

Boredom Buster for Kids

Each month we have a new take-home craft for kids to pick up and make at their leisure. While supplies last, no registration. Available beginning February 1st.

Boredom Buster for Adults and Teens

Each month we have a new take-home craft for adults and teens to pick up and make at their leisure. While supplies last, no registration. Available beginning February 1st.

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SONS OF UNION VETERANS OF THE CIVIL WAR

Submitted by Christopher D. Sands

The General Phil Kearny Camp #20 of the Sons of Union Veterans of the Civil War (SUVCW) held its quarterly meeting on November 13th, 2021 at the Abraham Clark House, located at 101 West 9th Avenue, Roselle, NJ. Three new members were sworn in and a presentation on Freemasons in the Civil War was given. Since the new school year has started, the camp has begun planning how it will cover the awarding of the SUVCW ROTC/JROTC to the

approximately thirty schools in the area. The camp covers all of North Jersey above the Raritan River to the New York Border.

The SUVCW is a fraternal organization dedicated to preserving the history and legacy of veteran heroes who fought and worked to save the Union in the American Civil War. The organization meets four times a year and the meetings in 2022 will be on March 5th, May 7th, September 10th, and November 5th, all starting at 1 p.m. For more information, visit suvchw.org.



(above) Camp Commander, Peter Lindsey, swears in Fredrick Dillman and Robert Caruso during the SUVCW Gen. Phil Kearny #20's November 13th meeting.

RESIDENT GUIDE TO THE TOWNSHIP

The 2022 Resident Guide to Clark Township is ready for the community to view, download or print. Formerly known as the "Report to the People," this guide gives residents the who, what, where and when of Clark right at their fingertips anytime they need it.

Clark Township provides a wide range of services and events to the community and this is a great way not to miss any of it!

It can be found on-line at:

ourclark.com/275/

Resident-Guide-to-the-Township-of-Clark

WHAT IS THE RESIDENT GUIDE?

New to town? Lifelong resident? Somewhere in between? This one-stop resident guide will provide information about:

HOW TO STAY CONNECTED WITH CLARK

- Recreation and Senior Citizen Information
- All the free services provided by the Department of Public Works
- Dates of Township Events
- Elected official contacts
- Departmental Contacts
- Meeting Dates
- Tax Information
- and much more!



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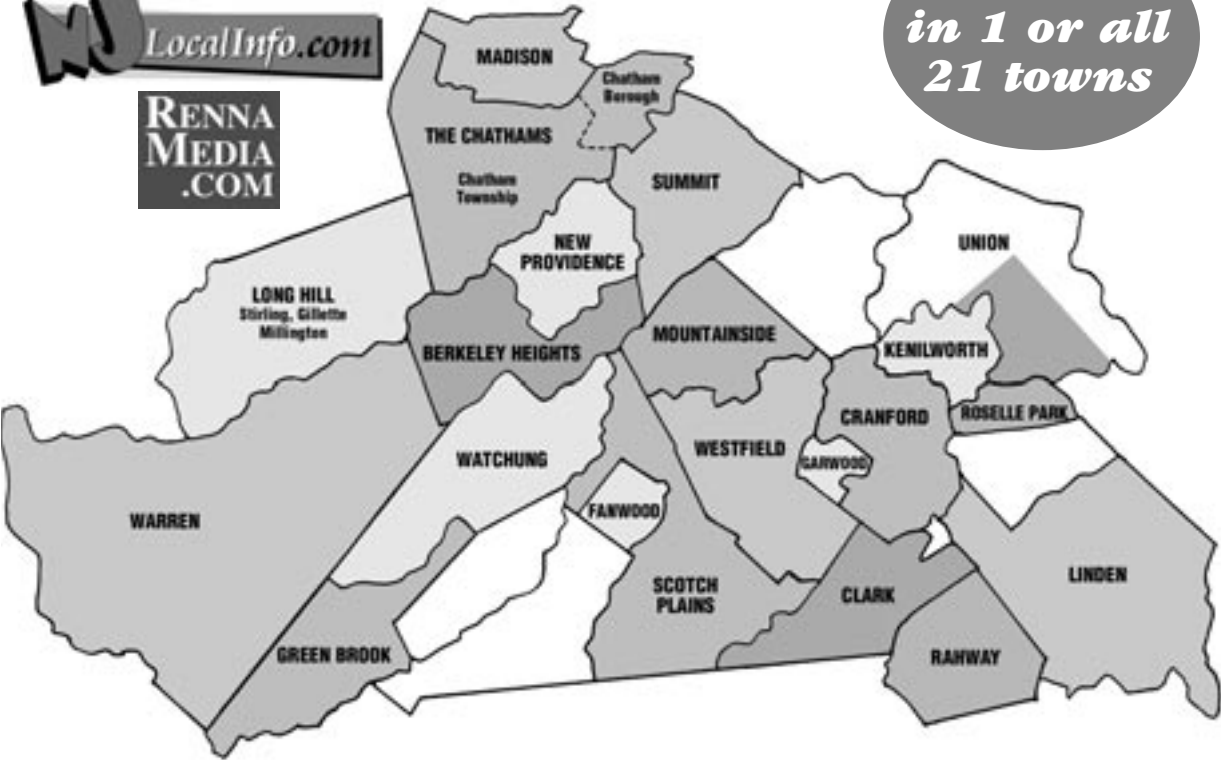
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4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400
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"On behalf of our clients, thank you!" declared Ruth Maloney, President of Mobile Meals of Westfield, in accepting donations from the Sheet Metal Workers' Union No. 22, \$350 Shop Rite food card; and the Optimist Club of Westfield gift of \$50 food cards in support of Mobile Meals' clients.

Each year, Optimist Club of Westfield distributes food baskets to families and individuals in need. The program spans 31 years. Because of Covid, this year food cards were donated in place of the food baskets. In presenting the donation, Darielle Walsh of Optimist Club of Westfield said, "We are always

looking for deserving families and individuals who can benefit from our food program."

Mobile Meals of Westfield is a non-profit organization which provides prepared meals for those individuals unable to provide meals for themselves. Mobile Meals serves the communities of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains and Westfield.

For more information on volunteer opportunities, food services or those wishing to donate can visit the Mobile Meals website at mobilemealsofwestfield.org or call 908-233-6146.



(above) Sheet Metal Workers' Union No. 22 presented Mobile Meals of Westfield a \$350 Shop Rite food card donation on November 10. Representing the union was and Business Representative, Financial Secretary/Treasurer Jason Rooney. Accepting the donation was Mobile Meals Operations Manager Josephine Walsh.

Photos by Mobile Meals of Westfield



(above, l-r) Row 1: Gene Jannotti, Mike Walsh, Mary Ellen O'Boyle, Darielle Walsh (all of Optimist Club); Ruth Maloney, Josephine Walsh, Cherie Parker (of Mobile Meals). Row 2: Jayson Astel, Ray Kostyack Tony LaPorta (of Optimist Club). For more information about Optimist Club of Westfield, visit westfieldnj.com/optimist/index.htm.

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Johnnie Walker Blue	750ml	\$187.99
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	\$37.99
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	\$48.99
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	\$39.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$25.99
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 Vodka	1.75L	\$23.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$19.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$19.99
Stolichnaya (all types)	1.75L	\$29.09
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99

RUM

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

TEQUILA

Deleon Blanco Tequila	750ml	\$37.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$46.99
Patron Silver	1.75L	\$99.99
Cantera Negra Coffee Tequila	750ml	\$26.99

BEER

Becks (12oz) 24pk	24pk	\$25.99
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	\$23.99
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
Yuengling Lager bottles	24pk	\$20.99
Zywiec (11.2oz)	24pk	\$20.99

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