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2021 FALL G.P.A. CHALLENGE BREAKFAST



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(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."

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GarwoodTimes_{NJ}

Renna Media LLC, Publishers

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Garwood Times is published by Renna Media. 2,200 newspapers are printed monthly and mailed to every business and resident in the Garwood.

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Garwood Times

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Monday Eventings: 7 - 9

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.

"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.



(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

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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

COURSE ON MENTAL ILLNESS BEGINS IN MARCH

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will be starting on Thursday evening, March 3, 2022 and meet each Thursday over a consecutive 8-week period. It is free-of-charge, with all necessary materials furnished at no cost.

The course is offered specifically to the parents, siblings, spouses, teen-age and adult children, and significant others of individuals with severe and persistent mental illness. The program is not appropriate for individuals who, themselves, suffer from one of the major mental disorders. The course is taught by NAMI members who have completed intensive training.

Curriculum topics include schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, obsessive-compulsive disorder etc., the clinical treatment of these illnesses and how caregivers can learn to cope more effectively. Attendees will learn about new research, medications, skills needed to successfully communicate with a relative and how to deal with critical periods.

Capacity is limited. To register, or if you have questions, contact Pat Roman at 732-397-8123 or email patroman2@aol.com. Please include in the subject line: F2F Course. A F2F teacher will contact you with the details.

JETS UPSTANDERS OF THE MONTH ANNOUNCED

Submitted by Theresa Parkhill

Lincoln School is celebrating our Jets Upstanders! Lincoln School participates in an anti-bullying program called “Jets Upstander of the Month”. The New York Jets along with StompOutBullying offers schools in the area programs and resources to help alleviate bullying. This program recognizes students who have made a positive impact by standing up to prevent

bullying in our school and who demonstrate “upstanding” qualities. Students are chosen because they try to make their schools a better place by doing what is right! Jets Upstanders are rewarded with an Upstanders t-shirt and tickets to see the Jets play at MetLife Stadium.

Lincoln School is proud and honored to celebrate our Upstanders Mia, Omar, Kennedy, and Arthur!

Photos by Garwood Public Schools



(above) November 2021 Jet Upstanders of the Month



(above) December 2021 Jet Upstanders of the Month

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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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GARWOOD LIBRARY FEBRUARY EVENTS

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Monday and Wednesday from 9 am-5 pm, Tuesday, Thursday from 9 am-8 pm,

Friday 9 am-4:30 pm and Saturday 10 am-1 pm

The library will be closed February 21, 2022 for President's Day

Tiny Art Show of Things We Love

February 1st through February 28th

Pick up a 4x6 canvas, while they last. You can also use your own 4x6 canvas to paint or draw something you love. Return the artwork to the library for February's Tiny Art Show. All creations will be returned to the artists the first week of March.

Shoe Drive

February 1st through February 28th

The library, in collaboration with MoreSteps, continues its shoe drive. We are seeking donations of new or lightly worn shoes to benefit the Ozanam Family Shelter in Edison. Please write the shoe size on a piece of paper, place it inside the shoes, put the shoes in a sealed bag, and drop them in the box located in the library parking lot.

Library Board Meeting

February 2nd at 7:30 p.m.

A meeting of the Garwood Library Board of Trustees will take place in the library. This meeting is open to the public. Masks and social distancing are required.

YoBoo

February 3rd, 10th, 17th, 24th, and 20th at 10:00 a.m.

YoBOO is a unique take on fitness for little ones (ages 2-8). It combines the aerobic fun of Bootcamp with the powerful breathing techniques of Yoga, a fun energy roller coaster for kids. Registration required.

Limit 10.

Storytime in the Library

February 1st, 8th, 15th, and 22nd at 10:30 a.m. and 11:30 a.m.

Join Miss Maryanne for a storytime; stories, bubbles, and more at 10:30 a.m. and 11:30 a.m. in the library. Registration Required.

Limit 10 per session.

Library Board Meeting

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A meeting of the Garwood Library Board of Trustees will take place in the library. This meeting is open to the public. Masks and social distancing are required.

Virtual Kid's Craft

February 8th at 3 p.m.

Pick up supplies for a holiday inspired craft, then watch the craft tutorial on the library's Facebook page, facebook.com/garwoodlibrary, at 3 p.m. The video will be available for viewing thereafter. Registration is required for craft

kits and is limited to 15 participants. Sign up on the library website's events calendar, youseemore.com/garwood/contentpages.asp, or by phone at 908-789-1670.

Virtual Adult's Craft

February 15th at 3 p.m.

Pick up your craft supplies from the library and then watch the Facebook tutorial at 3 p.m. at facebook.com/garwoodlibrary. Registration is required for craft kits and is limited to 10 participants. Sign up on the library website's events calendar, youseemore.com/garwood/contentpages.asp, or by phone at 908-789-1670.

Book Discussion Group

February 28th at 1 p.m.

Join us in the library for a lively discussion of this month's book Great Circle by Magee Shipstead.

LIBRARY GOES FINE FREE

The Garwood Public Library has announced that effective January 1, 2022, it has stopped charging fines on overdue books.

Garwood Public Library is not the first to go fine-free. Many large metropolitan libraries throughout the country have eliminated fines including New York City, Philadelphia, Los Angeles County, and Chicago Public Libraries. In New Jersey, Jersey City, Newark, Princeton, Toms River, and Hoboken are a few of the libraries that have eliminated fines. In Union County, Plainfield, Roselle, Scotch Plains, Union, and Westfield Public Libraries have all gone fine-free.

The Garwood Library Board feels its decision to go fine-free is in line with the library's goal of providing free and equitable access to its information, resources, and services. It is also a decision in step with the American Libraries Association 2019 resolution on fines. The Board hopes that a fine-free library will encourage library use and create a more welcoming environment for its patrons.

The library will continue to assess charges for the following items: Lost and Damaged Material, Overdue Interlibrary Loan Material, Museum Passes, Technology Devices, and Resource Kits.

Failure to return library materials in a timely fashion will still result in suspension of library privileges.

For more information on library services or to register for programs, check out the library's website at youseemore.com/Garwood, call 908-789-1670, or email the library at garwoodlibrary@garwood.org.

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.

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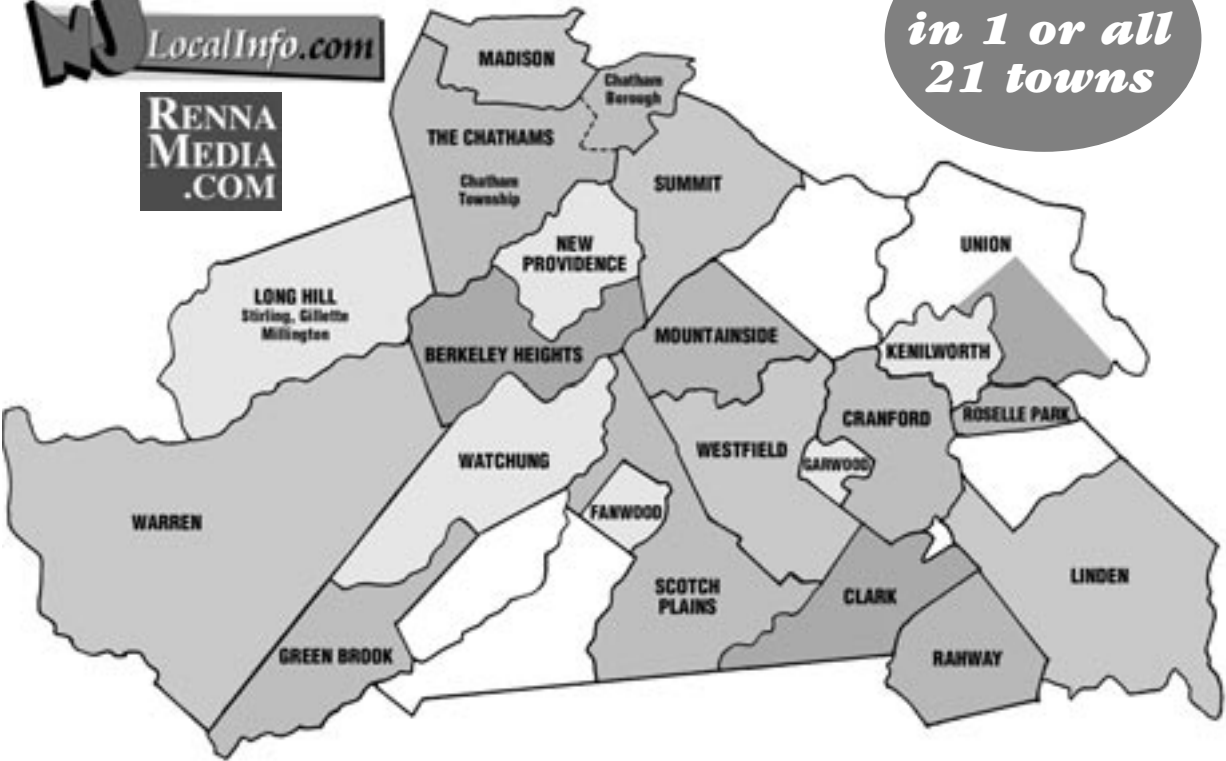
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Recent studies have found that more than 140,000 children nationwide lost a primary caregiver due to COVID-19, driving a 15% increase in orphaned children. However, these numbers don't include children who lost a parent or primary caregiver due to other causes. The need for grief support programs for children has never been greater.

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, as well as for the parents and guardians of the children in the program. Groups for Spanish speaking bereaved adults are also available. Currently, all groups are being held virtually, though we hope to transition some groups to in-person as soon as it feels safe to do so.

Imagine's support groups are only possible



because of our amazing team of volunteers who facilitate the groups. Imagine currently has families waiting to join our support groups. We're unable to offer them support at this time because we don't have enough volunteers to begin another Night of Support. We need your help!

Imagine's volunteer facilitators 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 18 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.

We are hoping to fill our upcoming training with lots of wonderful new volunteers! We're planning to offer a virtual facilitator training that will meet Friday, February 25th from 6 p.m. – 9 p.m., Saturday and Sunday, February 26–27 from 9 a.m. – 5 p.m. each day and Monday, February 28th from 6 p.m. – 9 p.m. Participants are required to attend the entire training from Friday to Monday. If you're interested in participating in the training, please contact Imagine Program Manager, Giovanna Peacock, at giovanna@imajinenj.org. If you have questions regarding the training, you can call us at 908-264-3100. Please help us ensure that no grieving child is required to wait for the support they need.

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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.

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