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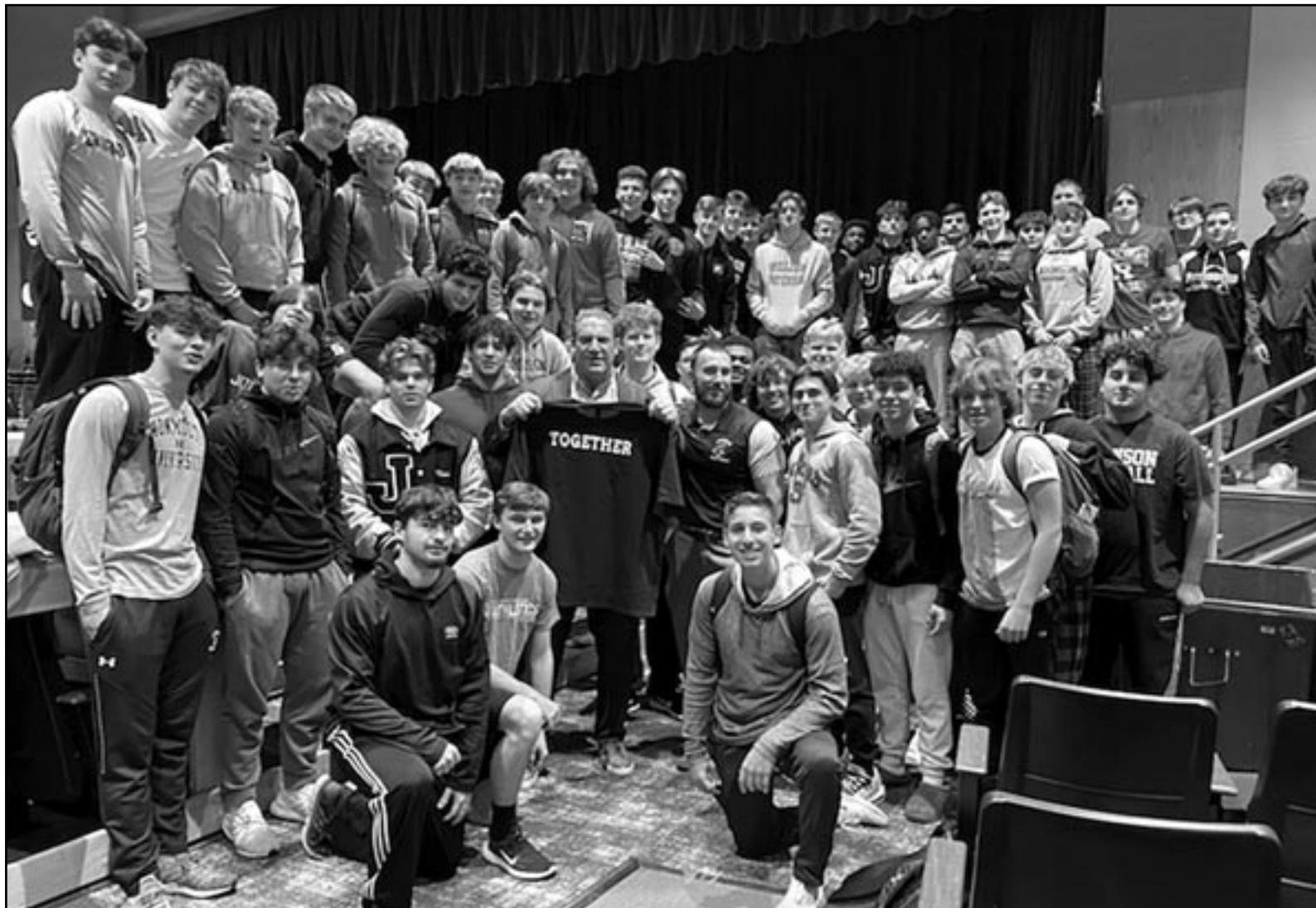
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NFL PLAYER PAYS A VISIT TO ALJ HIGH SCHOOL

Submitted by Anthony DelConte



(above) Christian Peter and the ALJ Football Team

Photo by Clark Public Schools

On March 9, 2022, former two-time Nebraska Football National Champion, and former NFL offensive lineman Christian Peter made a stop by Crusader Nation at Arthur L. Johnson High School.

Christian is a fellow New Jersey bread football player from Middletown South High School. He took the time to come in and motivate the Crusaders and send a positive message to them to help prepare them for their upcoming testing, as well as pump the football team up as some extra motivation as they continue through their off-season.

Christian is a current NJ resident that is a member of the NFL Alumni association, in addition to owning his own insurance company. Christian is involved with numerous charity organizations to help give back to communities out of

the goodness of his heart. In addition, he is heavily involved with numerous municipalities, schools, and athletic teams as a motivational speaker to help support and guide them on a successful path in life.

The Clark Public School District's Parent University Program presents Former NFL Player Christian Peter. Come hear Peter's story of hard work, strength, and perseverance as he shares the lessons he learned both on and off the field.

Please join us April 12th at 6 p.m. in the Arthur L. Johnson High School Auditorium. To register for this event, contact Christine Broski at cbroski@clarkschools.org or (732) 574-9600 x3355 by April 8th. Open to all parents and students attending the Clark and Garwood Public Schools. All students must be accompanied by a parent.

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Clark Monthly

THIS EARTH DAY MAKE A COMMITMENT TO "HELP SAVE OUR LOCAL TREES"

Advertisement by Gene Gregory from DefendOurTrees.com

IN 2020 HEADLINES READ:

1. "HIGHEST CARBON DIOXIDE RATE EVER RECORDED IN HUMAN HISTORY"
2. "2020 SETS ANOTHER GLOBAL TEMPERATURE RECORD."

Did you know? Science says that "the most important thing we can do GLOBALLY to curb this PHENOMENON is to Save our OLD Trees."

You don't have to believe in Climate Change or Global Warming to know this is a bad thing. Increasing Carbon Dioxide levels decrease the amount of oxygen in the air. This along with other pollutants in the air, has not only been linked to climate change and Global Warming, but an array of diseases as well: Cancer, Diabetes, Premature births,.. Autism, the list goes on and on.

These problems and the severity are dramatically worse in poorer areas with more industry, diesel fumes and NO TREES. (please see "Earth Day turns 50" in the Star Ledger, it touches on what are children and their children are facing. One of the things they speak of are the "Large bodies of polluted water" we are leaving behind.

Despite these facts and my efforts: dozens of these trees, our "Oldest Residents", are killed in our local neighborhoods each year. Among the many losses: Shade, Solace the Filtering of our Air and Water, the oxygen they provided, ...they also release the Carbon they have accumulated for hundreds of years.

On June 8th, 2021, I hired a tree expert to help

save some of the trees in our area. I showed him dozens of trees in Westfield, New Providence, Summit and Scotch Plains. He used the word "disgusting" to describe what he saw. In his report he writes "that many of these trees can be saved if prompt action is taken".

HOW CAN YOU HELP SAVE THESE TREES?

Please visit our site and read all the facts defendourtrees.com See the:

- 1) "Pictorial of trees that can be saved". These are just a few of the many OLD trees being destroyed and dying in our area. If you live in the area, please write a letter (to your local mayor and town council) demanding this needless destruction of our old trees, stop immediately. Please Email a copy to defendourtrees.com
- 2) Please also read "Rooting out Problems" at my site or google it yourself.

It explains: "simple measures for saving trees during construction",

which is the biggest cause of killing our trees. Most importantly, you will recognize what will harm a tree. Make a commitment to share this information with your children and friends.

Instagram @DefendOurTreesNJ to see other sites and locations.



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77 John St, Clark
39 Frances Dr., Clark
41 Largo Lane, Clark
45 Starlite Drive, Clark
17 Hillside Ave., Clark
1119 Maurice Ave., Clark
12 Ascot Way, Clark
47 Briarwood Path, Clark
12 Yorktown Dr., Clark

61 Coldevin Rd., Clark
309 Oak Ridge Rd., Clark
1 Rose Terrace, Clark
15 Tudor Dr, Clark
303 West Ln., Clark
84 Wheatsheaf Rd, Clark
1 Jarvis Ter, Clark
5 Tudor Dr., Clark
14 Washington St, Clark
118 Jupiter St., Clark
61 Sycamore Rd, Clark
26 Rugby Rd., Colonia
10 Wildwood Place, Colonia
29 Roselle Ave., Cranford

31 Iroquios Rd., Cranford
345 Diamond Spring Rd., Denville
9 Boltin St., Edison
27 Morrell St, Elizabeth
247 Fulton St., Elizabeth
46 Florida St, Elizabeth
43 Fox Grape Rd., Flemington
244 3rd Ave, Garwood
109 Willow Ave, Garwood
408 Hemlock St., Garwood
304 Myrtle Ave, Garwood
299 Gemini, Hillsborough
91 Park Dr. Kenilworth
117 Woodland Dr., Keyport

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25 E. 13th St., Linden
911 Cranford Ave., Linden
345 Miltonia St., Linden
2731 Wickersham Ave., Linden
1611 Wood Ave., Linden
2006 Orchard Terr, Linden
2616 Orchard Terr., Linden
110 Main Street, Linden
2603 Summit Ter, Linden
613 Miltonia St, Linden
41 Pallant Ave, Linden
1037 Forest Dr., Linden
207 W 11th St, Linden

2838 Wickersham Ave, Linden
123 Springfield Rd, Linden
315 Lincoln St, Linden
2 Sherwood Cir. Linden
230 Marion Ave., Linden
936 Baldwin Ave., Linden
1607 Summit Ter, Linden
345 Raritan Rd, Linden
1706 Westover Rd, Linden
46 Edgewood Rd., Linden
612 Ainsworth St, Linden
148 E. Chestnut Ave., Metuchen
11 Clinton Ave., New Providence
701 Pine St, North Brunswick

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2010 Rutherford St. Rahway
1650 Columbus Pl, Rahway
39 Frances Dr, Rahway
2124 Evans St, Rahway
1215 Kline Pl., Rahway
2020 Rutherford St, Rahway
160 Cornell Ave., Rahway
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STEAK NITE DINNER – APRIL 23

The Clark American Legion Auxiliary Unit 328, located on Westfield Ave., will host its first fundraiser of 2022 on April 23 starting at 6 p.m. A mere \$20 is all you need to enjoy a grilled steak, potato and salad dinner, dessert included. A cash bar will be available.

The fundraiser will enable the Auxiliary to assist area vets. One project is a donation to the New Jersey Memorial Veterans Home located in Menlo Park to give residents a free coupon to purchase items at the in-house canteen at the home. Veterans and their wives at the Veteran's Home enjoy many activities including bingo, trivia games and musical events. Afterwards they can visit the canteen and have coffee, pastries, burgers, and fries. The Auxiliary will donate funds to distribute free coupons to be used by the residents. A second project donates funds to the Women's Wing at Lyons Hospital to provide an afternoon of coffee and cake to the residents.

It's been a few years since the ALA of Clark has been able to raise funds for projects such as this. Please join us on April 23rd, at the Clark American Legion Post 328 on Westfield Avenue, Clark for a fun evening with friends and help us to brighten the lives of our area veterans!



(above, l-r) Auxiliary members Dianne Mott and Florence Roberts. On April 23 at 6 p.m., Enjoy a grilled steak, potato and salad dinner, dessert included. A cash bar will be available.

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SOUPER BOWL OF CARING

Clark Public Schools

Student Council at Valley Road School hosted its 2nd annual "Souper Bowl of Caring" where students were encouraged to bring in a can of soup. Each can of soup was a vote toward the team they wanted to win the Super Bowl. The cans collected went to a local food bank to help those in need. Advisor and School Counselor Mrs. Badillo shared, "At the conclusion of each day, someone would go on the speaker system to give an update and when students saw me in the hallway they would say they were bringing in more cans in because they didn't like who was winning at the time. It was great to see the kids so invested in an activity which only strengthens our camaraderie and school community."



(above) Third Grade Student Council Members Counting Cans

Photo by Clark Public Schools



(above) The Carl H. Kumpf Boys' basketball team recently showed their appreciation to Clark Recreation Director Ralph Benardo for allowing the team to use the Clark Recreation Center for all of their home games this year.

Photo by Clark Public Schools

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KUMPF MIDDLE SCHOOL UNIFIED BASKETBALL

With a grant funded by Special Olympics, Carl H Kumpf Middle School was able to start a Unified Basketball team, part of the Unified Sports program. This program provides an opportunity for students of all abilities to participate in sports. In addition to learning skills, students learn about teamwork, sportsmanship, and inclusivity.

The class also celebrated "Spread the Word Inclusion" week about the importance of inclusion. During lunch, students were encouraged to sign a poster about what inclusion means to them. There was also a school-wide spirit week.

Ms. Jennifer Barbera, teacher and program co-advisor, stated, "It's been really great seeing the positive results that have come out of our Unified program. Students have been very much enjoying the program, especially basketball. We are thankful to the staff and students for supporting us!"

Ms. Dominique Smith, teacher and program co-advisor, stated, "It is great seeing students excited and ready for basketball practice weekly. Thank you to all the Kumpf students and staff for participating in our "Spread the Word Inclusion" Spirit week."



(above) Teacher Dominique Smith and Jennifer Barbera

Photo by Clark Public Schools

RELIEF FROM CHRONIC KNEE PAIN FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere, **Northeast Spine & Wellness Center** uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

"I'm dancing without pain. I can move with no problem whatsoever. I can go up and down steps with no pain."
- Patricia G.

"Over 85% relief for the first time in 15 years, suffering with knee pain. My life is getting back to normal."
- Perry O.

"After only four visits, I have absolutely no pain! The staff is "top-notch."
- Quenton L.

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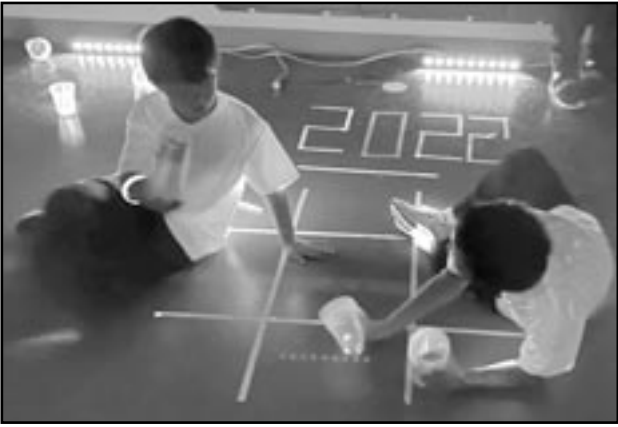


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GLOW NIGHT AT VALLEY ROAD SCHOOL



(above) Glow in the dark games was one of many activities during Glow Night.

The gym of Valley Road School was transformed into a glow in the dark party recently. The event was divided into 2 sessions (K-2 & 3-5). The children in both sessions played with games that glowed in the dark, danced to a DJ, painted their faces with glow in the dark paint, and colored with highlighters in a picture that Art Teacher Mrs. Kerry Kennedy drew. Black lights lined the gym floor to give the ultimate

glow in the dark effect. The children wore white shirts and drew on them with highlighter which glowed along with the room. This is the second year Valley Road School PTA offered the event and it is a big favorite with the children, as well as the parents! Principal Joe Beltramba stated, "We would like to thank our PTA for hosting such a fun event for the students. The students enjoyed every second of it!"

WE ARE AUTHORS AT VALLEY ROAD SCHOOL

In honor of Read Across America week, kindergartners in Mrs. Kimberly Nacht's class at Valley Road School had an opportunity to become authors. Students wrote their very own book about what they know best, themselves! The class organized their thoughts on a graphic organizer and then worked on the book throughout the week. They decorated the book cover and then Ms. Nacht bound the book together. Ms. Nacht stated, "The look on their

faces when they held their own "bound" book together was priceless! We celebrated with "I am an Author!" stickers, which they wore proudly and shared the books with our classmates. We had the pleasure of learning about many wonderful authors this week and it inspired many to continue writing their own books. I told them when they become famous authors one day to come back and remember their kindergarten teacher!"



Photos by Clark Public Schools

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SPRING PLAY - PIPPIN APRIL 7, 8 & 9

Arthur L. Johnson High School

"We've got magic to do... in the ALJ auditorium when the musical Pippin is presented onstage. Pippin, with music and lyrics by Stephen Schwartz and Robert O. Hirson, was first presented on Broadway in 1972 and was directed by Bob Fosse. The show saw a very successful revival on Broadway in 2013, and now it will be presented by the students of ALJ in Clark.

Director Peter Nevargic is extremely excited for this production to hit the stage as ALJ has not had a live musical on its boards since Mamma Mia! in 2019.

Seniors who will be making their final bows on the ALJ stage include Aaron Bloom, Shannon Heaning, Josh Moreira, Bella Manto, Leo DeSantis, and Gianna Ortiz.

Be sure not to miss Pippin on Thursday April 7th, Friday April 8th and Saturday, April 9th. All shows start at 7 p.m. Ticket prices are \$5 for students & senior citizens and \$10 for adults and can be purchased at the door.



ALJ WELCOMES THE CLASS OF 2026 AND 2027

Clark Public Schools

Crusader Pride was strong on Tuesday, March 15th at the Arthur L. Johnson High School Seventh and Eighth Grade Open House. Students of the Class of 2026 and 2027 and their parents were invited to learn about the ALJ experience. Students were greeted by the ALJ Marching Band. They then received Crusader shirts and listened to a panel of ALJ freshmen share their experience at the school. The panel discussed their transition to ALJ as well as some tips for success. The ALJ freshmen explained all of the opportunities available at ALJ including AP/Dual enrollment courses and electives ranging from marine biology to speech and debate in addition to the many extracurricular activities and athletics offered. They encouraged all incoming students to get involved because there is something for everyone at ALJ!

Students then received a sampling of all of the extracurricular activities and athletic programs ALJ has to offer. Representatives and advisors of the clubs and sports offered at ALJ were available to meet students, provide them with information, and answer any questions. Class of 2026 and 2027 parents also attended a panel discussion led by ALJ parents who shared the successes of their

children both in and outside of the classroom as result of the ALJ experience.

Athletic Director Gus Kalikas stated, "It was a wonderful night that gave our future Crusaders, the classes of 2026 & 2027, an opportunity to see what lies ahead for them and all of the tremendous opportunities that they have to look forward to in the upcoming years."

Principal Jennifer Feeley stated, "I couldn't be more proud of our school community, students, staff, and administrators coming together to highlight what makes ALJ so special. Our goal was to get our middle schoolers fired up about ALJ, performances from our percussion, jazz band and cheerleaders set the tone of excitement and pride. We look forward to seeing Class of 2026 and Class of 2027 coming to ALJ and continuing the tradition. Go Crusaders."

Superintendent Edward Grande stated, "The event was a great opportunity to give our seventh and eighth-grade students from CHK and Lincoln School in Garwood and their parents a view into ALJ, with a special emphasis on our extracurricular offerings. We hope that these students and parents keep the lines of communication with us open regarding any questions about ALJ that they might have."

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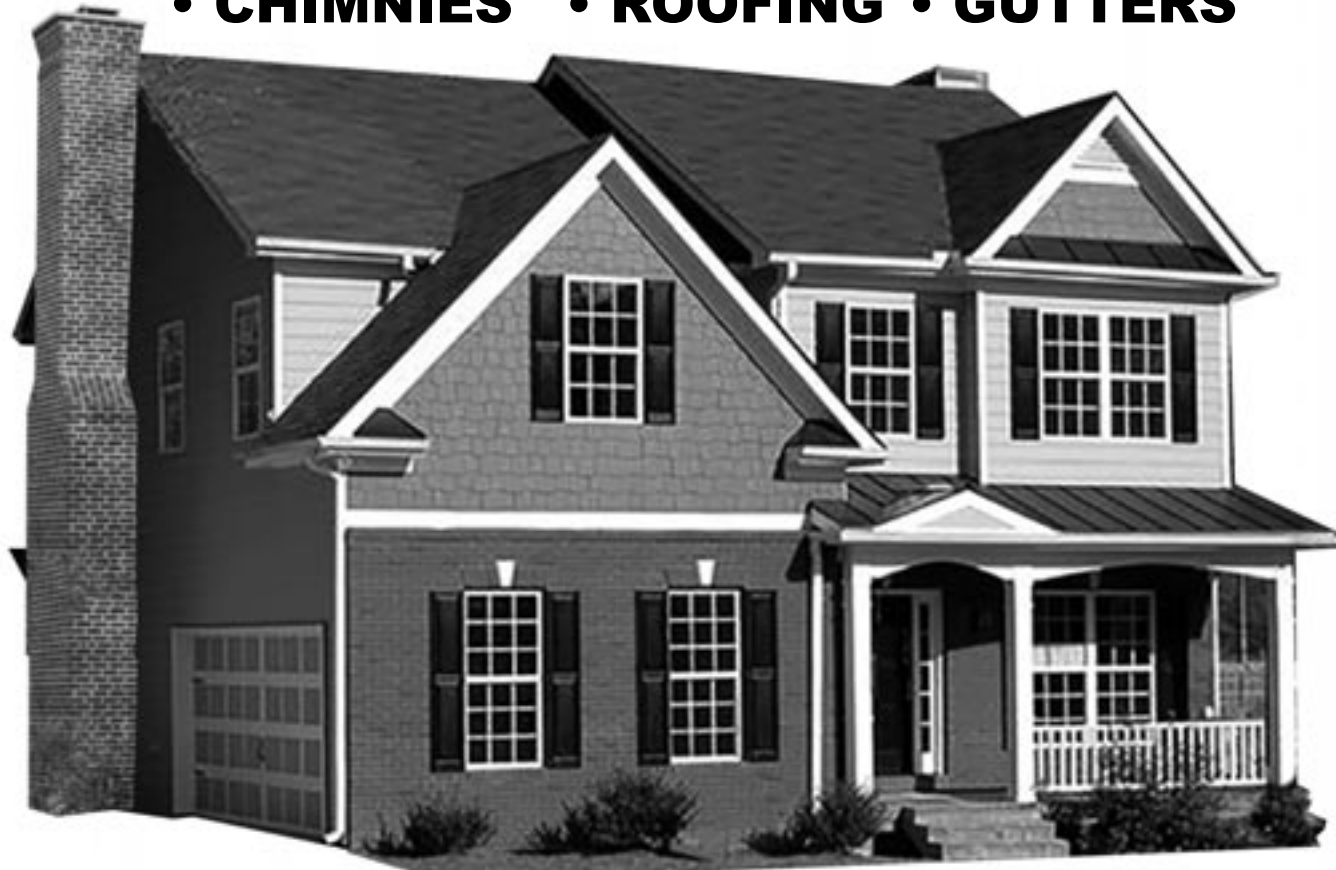
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CRUELLA DE VIL VISITS VALLEY ROAD SCHOOL

Clark Public Schools

While many schools celebrated the 100th day of school, Valley Road School went a step further and celebrated the 101st day of school incorporating the Disney movie 101 Dalmatians and welcoming the infamous Cruella de Vil to the

building.

School counselor Sarah Badillo shared, "I have been really focused on improving our social emotional learning and keeping our morale high at VRS, so Mrs. Cindy Schafer, Mrs. Michelle Chesney, and myself thought of going big by celebrating 101 days and having our own Cruella de Vil."

Administration thought the idea was spot on.

Badillo added, "Valley Road School is very lucky to have Principal Mr. Joe Beltramba and Assistant Principal Mrs. Mallory Applebaum who did not even hesitate when asked if we could do this event. Mrs. Applebaum dressed as the famous movie character. Students were welcomed to school by dog catchers and Cruella. There was laughter not only by the students but by the staff as well as we celebrated 101 days completed."

Principal Joe Beltramba stated, "There are lots of ways to commemorate the 100th day of school but commemorating the 101st day with a Disney classic that involved the whole school community was very memorable."

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(above) This Valley Road School students are 101 days smarter—and happier—as everyone celebrates the 101st day of the school year.

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(above) School spirit and a love of 101 Dalmatians abound on the 101st day of school at Valley Road.

Photos by Clark Public Schools

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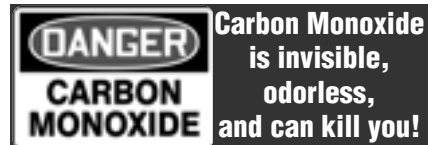
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STUDENTS SEND SURPRISE THANK-YOU TO RWJ STAFF



Clark Public Schools

Valley Road Elementary School recently donated food and shared posters with words of support to Robert Wood Johnson University Hospital (RWJUH) Rahway through the StillHere4Heroes campaign. Donations were made possible through the school's Pajama Day fundraiser.

The fundraiser, organized by school counselor Sarah Badillo and special education teacher Lauren Prost, asked students to donate money in exchange for wearing pajamas to school. "This is our 2nd Annual Pajama Day, which is one of my favorite events because it recognizes the tireless efforts of those in healthcare. We raised close to \$600 and purchased snacks and treats for healthcare workers to help show how much we appreciate all their efforts and long hours," stated Mrs. Badillo.

The Student Council, advised by Mrs. Badillo and Mrs. Prost, encouraged their classmates to

participate in this event by speaking to their homerooms and making weekly announcements. The StillHere4Heroes campaign was created to honor the healthcare professionals who work tirelessly to serve their communities. The campaign also hoped to spread encouragement and demonstrate how those outside of the hospital truly value all that they do. Mrs. Badillo added, "Valley Road School is honored to have the opportunity to participate in the StillHere4Heroes campaign and is so grateful to have February 17, 2022 designated the Valley Road Day of Kindness at the hospital."

Maddie Warshauer, Development Associate at RWJUH Rahway stated, "I wanted to extend one more thank-you to Valley Road School for the extremely generous donation. Our staff was so appreciative and felt so honored to receive such wonderful goodies. The students' cards and posters are hung in our cafeteria for the whole hospital to enjoy."

(above) School counselor Sarah Badillo with the snacks purchased with money raised by Valley Road students to thank Robert Wood Johnson University Hospital workers for their dedication and service.

Photos by Clark Public Schools



(above l-r) RWJUH Rahway VP of Development Heather Hays, Valley Road School counselor Sarah Badillo, RWJUH Rahway Development Associate Maddie Warshauer, and Valley Road Principal Joe Beltramba pose with a portion of the items Valley Road students sent to thank healthcare workers.

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(above, l-r) Bruce Springsteen and Zack Sandler

Photo by Danny Clinch

ALJ ALUMNI MEETS UP WITH THE BOSS

Clark Public Schools

Arthur L. Johnson Alumni, Zack Sandler (Class of 2016), recently met up with Bruce Springsteen at The Transparent Clinch Gallery in Asbury Park.

According to Sandler, who is a producer for Danny Clinch and the Transparent Clinch Gallery, “Springsteen walked straight to the stage, picked up a guitar, and set the tone for a legendary hang. We walked around, looked at Danny’s photographs, and shared some laughs. I told him I’d consider booking him to play at the Gallery if we could agree on a door deal — he chuckled at the thought.”

“They say a picture is worth 1000 words — even that many would sell this moment short. Just another day in Asbury Park,” continued Sandler.

From his ALJ days, Sandler knew he wanted to be involved in the music industry. He was very involved in the ALJ music program where

he developed his talent as a saxophone player. Upon high school graduation, he attended Monmouth University with a major in Music Industry and a minor in Business Management. Zack continued his ALJ Honors status by being accepted into the Monmouth University Honors School and publishing his thesis focusing on different stage personas in the music industry. That thesis currently resides in the Bruce Springsteen Archives and Center for American Music on Monmouth’s campus. In addition to working at the Transparent Clinch Gallery, Sandler has worked with Bon Jovi, Steven Van Zandt, Southside Johnny and the Asbury Jukes, the Sea.Hear.Now Music Festival, and more. Sandler also plays saxophone in a Springsteen cover band called The E Street Shuffle.

To find out more about the band, visit facebook.com/theEstreetsshuffle.

To learn more about the gallery, visit: dannyclinch.com, transparentclinchgalleries.com

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The Frank K. Hehnly K-kids recently found out just how much food they collected during a school-wide food drive for the Community Food Bank of New Jersey's (CFBNJ) Students Change Hunger Campaign this past November. According to K-Kids advisor Cassie DeVita, "This proves that when students come together,

great things are possible. Frank K. Hehnly donated a total of 275 pounds of food! These resources will provide approximately more than 229 meals to neighbors experiencing food insecurity."

Over the past three years, schools, youth groups, and students from across New Jersey collected more than 270,000 pounds of food and

\$133,000, providing more than 755,000 nutritious meals to neighbors in need. Hehnly students collected not only Thanksgiving food but dry cereals, canned fruits and vegetables, sauces, pasta, and grains. This year, students from CFBNJ's serving area collected 58,000 pounds of food and raised \$36,900, providing more than 159,000 meals to neighbors in need.



(above) Hehnly K-Kids and the food collected

Photo by Clark Public Schools

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closed on Friday, April 15 for Good Friday, and Sunday, April 17 for Easter

Stories & More

Fridays, April 1, 8, and 29 at 10:00 am
Stories, movement, songs followed by a simple craft for active listeners ages 3 -5 years old in person or via Zoom. Registration is required for craft supplies and the Zoom link if attending virtually.

Tales for Tots

Monday, April 4, & 25 at 10:00 am
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.

Baby Bookworms

Tuesday, April 5 at 10:00 am
Babies and toddlers are invited to listen to some books and learn some songs, rhymes, lap bounces, and fingerplays in person or via Zoom. 30 minutes of open play follows. Please register.

Afternoon Book Club

Tuesday, April 5 at 1:00 pm
We will be discussing "The American Heiress" by Daisy Goodwin. Please speak with a librarian or email reference@clarklibrary.org if you need a copy of the book.

Barks & Books

Tuesday, April 5 from 3:30 pm-4:30 pm
If you have a young, reluctant, or struggling reader, we want you to meet our therapy dogs! Therapy dogs are non-judgmental listeners and furry friends to read to that won't laugh if a child makes a mistake or stumbles over a word. Children will each get approximately 15 minutes of reading time with Bubble, Magnolia, or Sophie. Please register for a 15-minute time slot. Check our calendar for additional times that may be added.

Totally New Tuesdays

April 5, 12, 19 at 6:30 pm.
Movies are back at the library! No registration is required.

Kraffy Kids

Wednesday, April 6, and Monday, April 18 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 session! Don't forget to bring your imagination and creativity! Please register.

Tinker Tots

Thursday, April 7 at 10:00 am
Come join us for a morning of fun science activities perfect for little ones in a station-based format. For children ages 2 through pre-k. Please register.

Thursday Afternoon Movies

April 7, 14, and 21 at 1:00 pm
Movies are back at the library! No registration is required.

[Virtual] Pajama Time

Thursday, April 7 at 7:00 pm
Join us in your PJs for an evening storytime session for the family on Zoom. Please register to get the Zoom link.

[Virtual] Adult Coloring Club

Friday, April 8 and 22 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.

[Virtual] Recycle Right & the NJ Plastic Bag Ban

Monday, April 11 at 7:00 pm
We all know that we need to recycle, but how do we recycle right? We assume if it's paper, plastic, or metal, it will get recycled. However, there is much more to it than that. Learn about exactly what should be going into our curbside bins, what should NOT, and why this matters. Also, learn about the upcoming New Jersey plastic bag ban.

Little Scientist- Lego Robots

Thursday, April 14 at 4 pm
Learn how to build and create with our Science Experiments! Each session will be a different experiment that will touch upon a different STEM skill. For ages 5-12

[Adult] The Five-Week Book Club

Thursday, April 14 @ 7:00 pm
In this New York Times Bestseller, David Chang, owner-chef of Momofuku Noodle Bar in Manhattan and star of Netflix's Ugly Delicious, shares the ups and downs of his personal life as well as a keen look at the history and future of the restaurant industry. Please speak with a librarian if you need a copy of the book.

Teen Craft: Paper Quilling

Monday, April 18 at 1:00 pm
Celebrate spring and learn about the art of paper quilling as we make beautiful spring-themed artworks using strips of paper and some special tools. Open to Grades 6-12. All supplies provided and snacks will be served!

Boogie Woogie Babies

Tuesday, April 19 at 10:00 am
Boogie Woogie Babies is a 30-45 minute dance class for little ones and their big person! Class is geared towards ages 6 months-2 years old. but all are welcome with an adult! Please register.

Paint a Pot, Plant a Flower

Tuesday, April 19 at 2:00 pm
Ages 4-12 are invited to join us to paint a pot and plant a flower in it! Registration is required and priority registration will be given to Clark residents. If weather permits, this program will be held outside. Remember to wear old clothes!

Life-Size Candyland

Wednesday, April 20
Looking for some Spring Break fun? Play our life-size Candyland game! This program will be held indoors with sessions at noon, 1 pm, 2 pm, 3 pm, and 4 pm. It will be limited to children between the ages of 4-12. Each session will have up to 10 participants. A library card is required to register and Clark residents get priority registration.

[Adult] The Crafty Folks

Thursday, April 21 @ 7-8 pm and Friday, April 22 @ 3:30-4:30 pm
We're making a simple button collage craft. This is an Adult activity but Teens in High School are welcome to attend!

Finger Painting Friday

Friday, April 22 at 10:00 am
No childhood is complete without some good, old-fashioned, messy finger painting. Wear some old clothes! Clark residents will have priority registration.

Earth Day Kahoot! and Bingo food Kids

Friday, April 22 at 2:00 pm
Join us online or in-person to play a Kahoot! quiz about the earth and Earth Day followed by a couple of rounds of Earth Day Bingo! A device is needed to play Kahoot! and we will have several on hand for in-person players. Bingo may be played on a device or printed card. Adult Clark residents may borrow Chromebooks or iPads from the library. Prizes must be picked up; they will not be mailed.

[Virtual] Dogs of Chernobyl, 35 Years Later-A Story of Hope and Resilience

Wednesday, April 27 at 7:00 pm
A personal look at the dogs who descended from the pets left behind after the nuclear accident of 1986 with rare videos and photos taken by cat behaviorist Stephen Quandt during the spay/neuter and research campaign that he worked on. Co-sponsored by the Friends of the Cranford Library and Clark Public Library.

[Hybrid] Stories of the Wild West

Thursday, April 28 at 1:00 pm
Join us in-person or over Zoom as storyteller Judy England-McCarthy narrates this virtual program. The presentation will be screened in the Ayers Room if you would like to watch in person. Light refreshments will be served.

[Hybrid] Superhero Trivia and Bingo for Kids

Thursday, April 28 at 6:30 pm
Today is National Superhero Day! Join us to celebrate by playing a trivia game on Kahoot and playing a round or two of superhero-themed Bingo! *Winners must be willing to pick up the prize in person. One first-place prize per person.

LEGO® Club

Friday, April 29 from 3:15 pm-4:15 pm
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.

Boredom Buster for Kids

Available beginning April 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.

Boredom Buster for Adults and Teens

Available beginning April 1
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.

WINTER ATHLETIC AWARDS

Clark Public Schools

The Arthur L. Johnson Athletic Department held its 2021 - 2022 Winter Athletic Awards Ceremony. The evening, sponsored by the Crusader Athletic Booster Club, was held in the Arthur L. Johnson Auditorium.

All the Winter Athletic Teams and their seasons were highlighted by their coaches while handing out letters and awards to the student athletes. Over 166 varsity athletic letters were handed out throughout the evening, as participation in athletics at Arthur L. Johnson High School (ALJHS) continues to grow.

The Student Athlete Award, presented by ALJHS Athletic Director Gus Kalikas, is given out each athletic season to a student athlete that is not only a champion on the field, but in the classroom as well. This year's winter recipient is Dominika Kosiek who currently has a 4.63 GPA and is ranked fifth in her senior class.

The Crusader GPA Challenge is awarded to the team that finishes with the highest overall GPA amongst athletic teams for the winter season. The recipients are presented with certificates, have their team memorialized on a plaque, and are invited for a "Breakfast with the AD" to celebrate their actions both in the classroom and on the field.

The GPA Challenge winners for this winter season currently have a GPA of 4.134. They are: Sophia Argenziano, Dominika Kosiek, Sarah Scepkowski, Sofia DiProfio, Vittoria Grady, Eva Puentes, Ashley Samsel, Georgia Sebok, Kaileigh

Nettland, Lacey Vill, Isabella Ciccotelli, Alexandra Gonzalez, Alyssa Martucci, and Mackenzie Thompson.

The Best Teammate Award is given out seasonally to one member from each athletic team who has an upbeat attitude, who positively influences teammates, who is supportive, promotes team unity, and has outstanding character. The Best Teammate Award Winners are: Boys' Basketball: Aidan Hund; Girls' Basketball: Sophia Argenziano; Ice Hockey: Zachary Silverstein; Boys' Winter Track & Field: John Brighthouse; Girls' Winter Track & Field: Kelly Krupski; Swimming: Sean Brophy; Bowling: Gary King; and Cheerleading: Lisa Karnaugh.

The evening culminated with the announcement of the Most Valuable Players (MVP). The MVPs are: Boys' Basketball: Joseph Carney; Girls Basketball: Dominika Kosiek; Ice Hockey: Shaun Applin; Boys' Winter Track & Field: Aidan Ford; Girls' Winter Track & Field: Tatum Dobbins; Swimming: Jakub Szulimowski; Bowling: Kyle Perednia; and Cheerleading: Leila Thompson.

Athletic Director Gus Kalikas, commented: "Once again, our Winter Awards Program was a successful evening as it allows the District, Administration, and Coaches the opportunity to acknowledge a wonderful Winter Sports Season as well as recognize both student athletes and their parents alike for all that they have accomplished this past winter athletic season."

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