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Issue 58 • October 2022

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(above) During their 2022 preseason, Johnson Girls Soccer teammates came together to create "Snack Bags" for donation to Elijah's Promise Soup Kitchen in New Brunswick. Photo by Clark Public Schools

Clark Public Schools

Johnson Girls Soccer (JGS) strikes again! Over the last four years, JGS has worked together to give back to the community and to build on leadership skills that go beyond the soccer field. As part of the 2022 Preseason, new and returning JGS players worked within pods to collect and assemble "Snack Bags" for Elijah's Promise Soup Kitchen in New Brunswick. Each grade level was assigned an item and together the student-athletes not only filled the paper snack bags with a nutritious and delicious treat but also decorated the bags with comforting and inspiring messages and illustrations. What made this event even more special was having future Crusaders (2nd and 3rd-grade girl soccer players from The Clark Soccer Club) assist in decorating and filling snack bags.

JGS was able to donate 150 snack bags to the organization.





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HAPPY TO BE BACK TO SCHOOL

Elementary teachers at Lincoln School in Garwood took a time out to pose for a photo on the first day of school.



Photo by Garwood Public Schools



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STUDENTS AWARDED WITH ACADEMIC HONORS

Arthur L. Johnson High School seniors Carina attend school in a rural area or small town. Hechevarria and Vincent Goodman were recently recognized by College Board as National their sophomore or junior year and are awarded Recognition Program awardees! Hechevarria at the beginning of the next school year. Students earned the National Hispanic Recognition Award will receive their awards in time to include them and Goodman earned the National African American Recognition Award and the National Hispanic Recognition Award.

According to the College Board, the students "earned this recognition because of their academic achievements in school and outstanding performance on the PSAT/NMSQT®, PSATTM 10, and/or AP® Exams. They've accomplished these milestones during an immensely demanding period of their high school career."

According to College Board, students who may be eligible have a GPA of 3.5 or higher and have excelled on the PSAT/NMSQT or PSAT 10, or earned a score of 3 or higher on two or more AP Exams; and are African American or Black, Hispanic American or Latinx, Indigenous, and/or



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on their college and scholarship applications.

Superintendent Edward Grande stated, "These students' performance demonstrates their strong academic aptitude. There is no doubt that more great things lie ahead for them."



(above) Carina Hechevarria was named a recipient of the National Hispanic Recognition Award. Photos by Clark Public Schools



(above) Vincent Goodman was named a recipient of the National African American Recognition Award and the National Hispanic Recognition Award.

STUDENTS RECOGNIZED BY COLLEGE BOARD AS AP SCHOLARS

Clark Public Schools

Arthur L. Johnson is excited to announce that 28 of its students have been recognized by The College Board as AP Scholars. The awards recognize high school students who have demonstrated exemplary college-level achievement through AP courses and exams.

17 students have been noted as AP Scholars receiving a score of 3 or higher on three or more AP exams.

5 students have been recognized as AP Scholars with Honor receiving an average score of at least 3.25 on all AP Exams taken and scores of 3 or higher on four or more of these exams.

ALJ has 5 AP Scholars with Distinction receiving an average score of at least 3.5 on all AP Exams taken and scores of 3 or higher on five or more of these exams.

6 of the scholars referenced above also earned the AP Capstone Diploma achieving scores of 3 or higher in AP Seminar and AP Research and on four additional AP Exams of their choosing.

2 students, one of the scholars referenced above and an additional scholar, also earned the AP Seminar and Research Certificate receiving a score of 3 or higher in AP Seminar and AP Research.

"These recipients are deserving of immense congratulations for demonstrating their ability to be successful with college-level work while still in high school. They make ALJ and our district as a whole proud," stated Edward Grande, Superintendent.

The AP Capstone Diploma program helps students develop the critical thinking, research, collaboration, and presentation skills that are critical for academic success. Unlike traditional AP® subject exams with a single end-of-year assessment, AP Seminar and AP Research assessments are project-based and evaluate skills mastery through group projects, presentations, and individual essays completed throughout the year. Instead of focusing on one specific academic discipline, AP Seminar and AP Research are interdisciplinary: students are empowered to create research projects based on topics of personal interest. Students are assessed on the critical thinking, research, collaboration, time management, and presentation skills needed to complete their projects.

The College Board Advanced Placement Program gives students the opportunity to take challenging college-level courses while still in high school. A 3 or higher on an AP Exam has multiple benefits for students, including earning college credit, advanced placement, or both for successful performance on AP Exams, saving them time and money.

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FIRST AID SQUAD ACTIVELY RECRUITING VOLUNTEERS

The Garwood First Aid Squad is actively recruiting volunteers and invites you to join our team. Whether you are looking to help out the community or get a start in the medical field, we would be glad to have you join us. You can work on board the ambulance or just help out around the squad house. No experience necessary. As a squad member, you can make a difference in a person's life join today.

If interested, just email us at InformationGFAS@gmail.com or call 908-789-0300.

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GARWOOD SENIOR PROGRAMS

Line Dancing with Joan

Mondays, 10:00 a.m.

Joan teaches popular dance steps to beginner or advanced dancers. Put on your dancing shoes! You don't need a partner to enjoy this class. Held at the Firehouse. (Garwood Seniors Only)

No fee.

Zumba Gold with Gigi

Tuesdays, 10:00 *a.m.* Perfect for older active adults looking for a modified Zumba class that creates the original move you love at low intensity. Held at the Recreation Complex. (Garwood Seniors Only)

No fee.

Bowling

Tuesdays, 1:00 p.m.at Garwood Lanes.

Enjoy the great sport of Bowling in a safe, fun environment with your friends, right in your own backyard. (Garwood Seniors Only) No fee.

Healthy Bones

Wednesdays, 1:00 p.m. Osteoporosis Prevention, Exercise and Education program. Balance & Strength to stand tall. Held at the Recreation Complex. No fee. Call to register: 908-789-4070 X 4080. Fitness with Joannie G

Thursdays, 10:30 a.m. Group exercise geared to the senior population. This class incorporates toning, stretching and some other exercises. Held at the Recreation Complex. (Garwood Seniors Only) No fee.

Ceramics with Barbara

Select Fridays. 1:00 p.m. Held at the Recreation Complex. (Garwood Seniors Only) No fee. Call to register: 908-686-2035.

Getting Crafty with Jen

October 13 and November 10, 1:00 p.m. Held at the Garwood Knights of Columbus (Garwood Seniors Only) No fee. Call to register: 908-789-0710.

To have your name added to the Senior Mailing list of activities call Kathleen, 908-789-0710 or e-mail kathleen@garwood.org

The Garwood Senior Club is always looking for new members. Come join the club. Meetings are held the 1st and 3rd Thursday of every month. Call Pat, 908-789-0835.



(above) Garwood seniors enjoyed a sun catcher painting program that was held on September 8 at the Garwood Knights of Columbus.



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Monday - Friday: 5:00AM - 1:00PM / 4:00PM - 7:00PM Saturday: 7:00AM - 10:00AM Sunday: CLOSED Personal Training: By Appointment Only

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NEW ARTHUR L. JOHNSON HIGH SCHOOL LEADERSHIP

Clark Public Schools

At the August 11, 2022 Special Board of Education Meeting, the new Arthur L. Johnson High School Principal and Assistant Principal were appointed.

Mrs. Tara Oliveira (Gerstner) will be the ALJ Principal. An alumnus of the ALJ Class of 2000, she pursued her post-secondary education at Lehigh University in Bethlehem, PA. While at Lehigh she earned a Bachelor of Arts Degree in English, a Master's Degree in Technology Education, and a Master's Degree in Educational Leadership.

After holding positions as both a high school and middle school English Teacher in Pennsylvania, she returned to New Jersey and secured a position as an English Teacher at Governor Livingston High School in Berkeley Heights.

Most recently, she has served ten years as the Assistant Principal of Governor Livingston High School, during which time she was named the NJ Visionary Assistant Principal of the Year, as well as the National Association of Secondary School Principals (NASSP) National Assistant Principal of the Year for New Jersey.

Mrs. Oliveira has held several district-level leadership positions, including School Security Specialist and District Testing Coordinator. She resides in Clark with her husband and two daughters.

Mrs. Katrina Poskay will be the ALJ Assistant Principal. She began her teaching career with the Clark Public School District in 1998. During her 24-year tenure as an English teacher, she instructed English IV, English IV Honors, AP Literature and Composition, and AP Language and Composition students. She was selected as ALJ's recipient of the Governor's Educator of the Year award in 2017.

She served as the head field hockey coach for

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22 seasons, amassing 297 wins for the Crusaders and received multiple coach of the year accolades. Her teams won numerous divisional titles, three state sectional championships (2008, 2010, 2011) and the school's first Union County Championship in 2009.

She also advised the district newsletter, The Pride, since its inception in 2007 and the school's literary magazine, The Quest, since 2001.

Mrs. Poskay has a B.A. in English with a concentration in Creative Writing and an M.A. in Educational Administration. She resides in Clark with her husband, Matthew, and her three children.

Mr. Steven Donkersloot, Board of Education President, said, "I am excited to see all that Mrs. Oliveira is bringing to both ALJ and our district. I am also happy to see Mrs. Poskay, one of our own ALJ staff, stepping into becoming our

22 seasons, amassing 297 wins for the Crusaders Assistant Principal. They are both going to be great additions to our administrative team. I wish accolades. Her teams won numerous divisional them the best of luck."

Mr. Thomas Lewis, Board of Education Vice President and Personnel Committee Chair, said, "These two individuals are role models for our students and staff. I am happy for them but even happier for us. This is a true win for the Clark School District. I applaud the fact that they are stakeholders in the Clark community."

Mr. Edward Grande, Superintendent of Schools, said, "Mrs. Oliveira and Mrs. Poskay are certain to lead ALJ in the most positive of directions. They are coming into their new positions with the backgrounds and skillsets needed to realize true greatness. Their energy is contagious, and I am beyond excited to work with them in their new positions and learn with and from them."



(above, l-r) Pictured are Mr. Thomas Lewis; Mrs. Katrina Poskay; Mrs. Tara Oliveira; Mr. Edward Grande; and Ms. Lorraine Aklonis, BOE Personnel Committee Member.

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ALJ FOOTBALL TEAM VISITS FIRST CHILDREN'S SCHOOL

Clark Public Schools

On Friday, August 12, 2022, members of the Arthur L. Johnson High School Crusader Football Team participated in a visit to the First Children's School, located in Fanwood, NJ.

The First Children's School is a stepping-off point for children who need highly specialized educational services for some period of time in their lives. First Children's services extend into the home districts of students with special needs where they are invited to work with faculty and administration to assure that children with special needs get cutting-edge services in their

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home schools. The dedicated staff, including teachers, aides, and therapists, are prepared to deliver their services in the schools and homes of the children they serve. First Children partners with districts and other providers like Children's Specialized Hospital and Eden Autism Services to make sure that the children receive the very best services possible.

Members of the Crusader Football Team went into various classrooms and participated in a multitude of activities relating to the school's curriculum.

Anthony DelConte, Head Football Coach,

had this to say about the event. "The football program was thrilled to be able to assist with the daily routines and to participate in activities held at the First Children's School. It was fun watching the High School Student Athletes as they interacted with the children, and I think both groups not only enjoyed the experience but learned a lot while doing it."

The Arthur L. Johnson High School Crusader Football Team would like to thank everyone associated with the First Children's School for welcoming us and allowing us to be a part of a fabulous day.

Photo by Clark Public Schools



(above) The 2022 Arthur L. Johnson Crusader Football Team visited the First Children's School on Friday, August 12, 2022.



GARWOOD PUBLIC LIBRARY OCTOBER EVENTS

411 3rd Ave, Garwood, NJ • (908) 789-1670 • garwoodlibrary@garwood.org • www2.youseemore.com/garwood Monday and Thursday 9 a.m. to 8 p.m., Friday 9 a.m. to 4:30 p.m., Saturday 10 a.m. to 1 p.m., Sunday - Closed The Library will be closed on October 10 for Columbus Day and Indigenous People's Day.

Decorate a Wooden Pumpkin

September 26 through October 21 Pick up a Wooden Pumpkin from the library while they last. Use your imagination to decorate it for Halloween. Don't forget to put your name on the back. Return it to the Library for display through October 21, then take it home for Halloween. Each participant will receive a goody bag when they return a decorated pumpkin. For kids in Kindergarten through 8th Grade.

Knitting Club

October 17, 24, and 31 at 10:30 a.m. Join our Knitting Club. Open to all levels, whether you're a beginner or you want to share your vast knowledge of knitting, or just spend an hour being creative and socializing. No

Registration required. Yarn and needles provided to newcomers

Storytime in the Library

October 11, 18, and 25 at 10:30 a.m. and 11:30 a.m. Join Miss Maryanne for stories, bubbles and more at 10:30 and 11:30 in the library.

Registration Required

Virtual Minecraft Gaming

October 12, and 19 at 4 p.m. The Library in collaboration with the virtual program host TD3 Innovative Gaming will send your child on a Minecraft journey through time,

from the inception of the universe, through Ancient Egypt and the Lost City of Atlantis. Along the way your child may develop their problem solving and communication skills. This program runs for 4 sessions. It is offered for children in first grade through 5th grade.

Registration is closed **Classic Movie Fridays**

October 7 and 21 at Noon Join us for Classic Movie Fridays featuring memorable movies from the 50s and 60s. Light refreshments will be served. Registration required

Virtual Kids Craft

October 11 at 3 p.m. Pick up supplies for a Holiday inspired craft, then watch the craft tutorial on the Library's Facebook page at 3 pm. 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's website calendar or by phone.

Tarot Card Reading Fun

October 14 at 7 p.m. via Zoom Join Vikki Anderson, author, metaphysician, and astrologer as she shows you how to interpret Tarot cards with her Totally Tarot Method. Once registered a Zoom link will be sent via email.

Book Discussion Group

October 17 at 1 p.m. Join us in the library for a lively discussion of this month's book "Tulip Fever" by Deborah Moggach.

Virtual Adult Craft

October 18 at 3 p.m. Pick up your craft supplies from the Library and then watch the Facebook tutorial at 3 pm. Registration is required for craft kits and is limited to 10 participants. Sign up on the

Library website's events calendar or by phone. SHIP - State Health Care Insurance Program October 27 at 7 p.m.

A representative from Sage Eldercare will explain the facts about the State Health Insurance Assistance Program (SHIP). SHIP provides free help to New Jersey Medicare beneficiaries who have questions about their health insurance. The presentation will be followed by a question-and-answer session. Registration is required.

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GARWOOD CANDIDATES SLATED TO APPEAR AT TWO FORUMS

For the tenth consecutive year, candidates seeking office in Garwood will discuss the issues facing the borough at forums sponsored by residents of the Pointe, the condominium complex between Maple and Chestnut Streets.

Candidates for Borough Council will square off on Tuesday, October 18, while mayoral hopefuls will appear a week later, on Tuesday, October 25. Both sessions will start at 7:30 p.m. in the clubhouse at The Pointe.

"Every year since 2012, Pointe residents have planned, organized and underwritten these meetings," said Christine Spear, the president of the condominium's board. "We believe the forums are an important public service because there is no other opportunity for Garwood voters to see the candidates in action." The council candidates are Marc Lazarow and Clarissa Nolde, Democrats, and Brenda Caffrey and Stephen Napolitano, Republicans. Running for mayor are Kimberly Salmon, Republican, and Jennifer Blumenstock, Democrat.

All Garwood voters have been invited to attend the forums and have been asked to submit questions that may be asked of the candidates. Questions may be sent to

PointeForum22@gmail.com

Light refreshments will be served after the formal discussions. Parking is available in the large lot behind the commercial buildings on North Avenue between Maple and Chestnut Streets. A stairway leads from the lot to the clubhouse.

CLOTHING DRIVE - OCTOBER 19

Westfield Area YMCA

Maybe you just finished cleaning out some closets, or maybe it's a good excuse to start! Either way, on Wednesday, October 19 from 7:30 a.m. - 2:30 p.m., we invite you to drop off clothes, shoes, belts, handbags, comforters, sheets, curtains, towels, bedding, stuffed animals, small plastic toys, bikes, scooters and strollers on the tarp in the parking lot of the Bauer Branch, 422 East Broad Street in Westfield. (Note: shoes must be bagged separately).

Please note: we cannot accept pots and pans, books, board games, sports equipment, electronics, glass, furniture, VCR tapes, outdoor play sets or appliances. The A & E Clothing Corp collects American second hand clothing and other items and resells them in the US and to other developing countries.

Proceeds benefit the Y's financial assistance program which ensures that no one who is experiencing a bona fide financial hardship and lives or works in Westfield, Cranford, Garwood or Mountainside is turned away for inability to pay for Y programs or memberships. The majority of awards enable participation in the Y's early learning and school age child care programs.

Questions? Please email Bonnie Cohen, bcohen@westfieldynj.org or call 908-301-9622.

PROGRAM: ONGOING HEALTH CONDITION OR THEIR CAREGIVERS

Are you an adult age 55 or older with an ongoing or long-term health condition or their caregivers? Put life back in your life and Take Control of Your Health. Sponsored by the Westfield Regional Health Department and SAGE Eldercare, you'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, join us for this free program at SAGE Eldercare, 290 Broad Street in Summit beginning on Tuesday, October 18 at 10

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- How to manage your symptoms.
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- How to communicate effectively with your doctor.
- How to manage fear, anger, and frustration.
 How to make daily tasks easier. For more information, please contact Amy Lewis at 908-789-4070 ext. 4080
 - or alewis@westfieldnj.gov.



ST. JOSEPH SOCIAL SERVICE CENTER FUNDRAISING DINNER

St. Joseph's serves the materially poor and homeless community of greater Elizabeth. The economic fallout from the pandemic has created an unanticipated increase in the demand for basic human needs such as food and medications.

Now, more than ever, we could use the support and participation of the community at our Annual Fundraising Dinner, which will be held on October 20, at 6 p.m., at the Westwood in Garwood, NJ.

HERE'S HOW TO SUPPORT OUR FUNDRAISER:

Online: To purchase Dinner Tickets, Sponsorships, or to Donate online, please go to sjeliz.org/special-events.html

Mail: To purchase Raffle tickets, Dinner Tickets, Sponsorships, or to Donate by mail, please click to download the order form from sjeliz.org/special-events.html

In Person: To purchase Grand Raffle Tickets in person, here are the locations:

St. Joseph Social Service Center, 118 Division Street, Elizabeth, NJ 07201 - Emy Cruz, 908-354-5456 x3

St. Helen's Parish Center, 1600 Rahway Avenue, Westfield, NJ 07090 - Marilyn Ryan, 908-232-1214 x113

We hope you'll support us with ticket purchases, sponsorships, and donations and join us at our dinner on October 20. Together, we can satisfy hunger, improve health, and inspire hope in our community!



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