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#### Issue 135 • December 2022

### **ALJ MARCHING CRUSADERS ARE METLIFE CHAMPIONS!**

Clark Public Schools

This October. Arthur L. Johnson (ALJ) High School Marching Band performed at the Ludwig Tournament at MetLife Stadium. 55 Bands went to perform of various group sizes, and ALJ came home as Ludwig 1 Open Class Champions! According to ALJ Music Teacher Erik Krebl, "Some of the best bands in the state were in attendance. I am extremely proud of the work the students, parents, and my staff have done achieve this monumental to achievement, the first in our school's history! So for the year 2022, the Marching Crusaders are MetLife Champions!!"



Photos by Clark Public Schools



(above) The ALJ Marching Band named Ludwig 1 Open Class Champion at the Ludwig Tournament at MetLife Stadium.

### **TOURNAMENT OF BANDS HOSTED AT ALJ**

every weekend.

#### **Clark Public Schools**

On Saturday, September 24, Arthur L. Johnson High School hosted its first-ever Tournament of Bands Competition, hosting 9 different schools from Central New Jersey. ALJ jumped up to a score of 81.170, leaping from a score of 75 the week prior. Currently, ALJ is ranked number 2 out of 46 bands performing in their division throughout the entire east coast. leadership of second-year director Erik Krebl. Supervisor of Music Anthony Caldiero stated that "Mr. Krebl and his students put in countless hours perfecting their crafts and the results are showing. They are an excellent representation of the talent and commitment that exists within the ALJ community."

Throughout the month of October, the band performed at both ALJ football home games, as well as at competitions

The ALJ band and music program are thriving under the

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OSTAL PATRON LARK, NJ 07066 **CLARK MONTHLY** • Page 2 • December 2022



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### **POLICE VS. ALJ STUDENTS B-BALL GAME**

recently hosted Hoops for a Cause, a Clark Police v. Arthur L. Johnson High School Students basketball game at the Clark Recreation Center. \$312 was raised from ticket sales and matched by the Clark PBA who then donated the proceeds to the Susan G. Komen for the Cure Fund. Students throughout ALJ HS volunteered to play the Clark Police. Physical

The Clark Police Benevolent Association Education and Health Teacher Jamie Wronski helped organize the event. She stated, "The night was a big success. The students had a great time and look forward to challenging the police officers again. The PBA expressed interest in possibly having another tournament soon with not only police officers and students but also teachers. It's for a great cause and I really look forward to the next event."



(above) ALJ Students and Clark Police

Photo by Clark Public Schools



1) APY = Annual Percentage Yield. Rates current as of November 16, 2022. Rates are subject to change without notice. Fees could reduce earnings on the account. 2) Ultra Checking is a blended rate tiered account with dividends paid on portions of your balance falling within designated tiers: \$0.00 - \$1,000.00: 3.14% APY; \$1,000.01 - \$5,000.00: 3.14% APY; \$5,000.01 - \$10,000.00: 3.14% APY; \$10,000.01 - \$15,000.00: 3.14% - 2.09% APY; \$15,000.01 - \$25,000.00: 2.09% - 1.25% APY; \$25,000.01 - \$50,000.00: 1.25% - 0.63% APY; \$50,000.01 and above: 0.63% - 0.02% APY. \$1,000 minimum balance to open. There is a \$1,000 minimum daily balance requirement to avoid a \$15 monthly maintenance fee. Limit of one Ultra Checking account per tax identification number. 3) No surcharge when using a The Atlantic Federal Credit Union Debit or ATM Card at ATMs in the Co-op Network. Visit https://www.co-opfs.org/Solutions/Networks/ATM-Network.html for more information about the ATM Co-op Network.

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In my many years as a top producing realtor, I have been involved in a tremendous amount of Clark transactions. I live and work here and know everything this outstanding town and school system has to offer. Using an agent with a proven track record is very important. I put an enormous effort into marketing, advertising and customer satisfaction. Since 1/1/20 to present, I have had 168 transactions, 111 in Clark, and have many homes that are currently under contract. I also made the highest level of Platinum for 2021 Circle of Excellence Award which ranks overall in the top 1% of Realtors in New Jersey. I also made Top Agent Magazine!

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

SOLD 15 Westfield Ave. 40 Ivy St. 15 Tudor Dr. 10 Washington St., Unit 03 47 Briarwood Path 39 King St. 56 Lexington Blvd. 13 Blake Dr. 213 East Lane 1168 Lake Ave., Unit 4 45 Wendell PI. 501 Oak Ridge Rd. 309 Oak Ridge Rd. 29 Conger Way 13 Florence Dr. 303 West Ln. 1 Rose Ter. 187 Liberty St. 11 Harding Ave. 40 John St.

77 John St. 17 Hillside Ave. 11 Avon Rd. 81 New York Ave. 42 Kenneth PI. 1 Kathryn St. 29 Hillside Ave. 9 Shetland Dr. 12 Yorktown Dr. 84 Wheatsheaf Rd. 12 Ascot Way 301 West Lane 1119 Maurice Ave. 1 Longfellow Lane 8 Wendell Place 13 Blake Dr. 42 School St. 29 Harvey Ct. 18 Yorktown Dr. 45 Starlite Dr. 1538 Franklin St.

40 Conger Way 15 Ayers Lane 72 Dorset Dr. 5 Schmidt Lane 269 Willow Way 18 Ginesi Dr. 7 Blake Dr. 43 Willow way 95 Briarheath Ln. 18 Terhune Rd. 1 Jarvais Ter. 39 Frances Dr. 28 Gibson Blvd. 41 Largo Lane 5 Tudor Dr. 111 Westfield Ave. 14 Washington St. 118 Jupitor St. 61 Sycamore Rd. 15 Briarheath Ln. 43 Kathryn St.

54 Harding Ave. 1 Plymouth Rd. 306 Parkway Dr. 75 Union County Pkwy 49 Briarwood Path 549 Valley Rd. 161 Meadow Rd. 16 Nassau St. 160 Meadow Rd. 415 Valley Rd. 49 Joseph St. 23 Ayers lane 110 Sweet Briar Dr. 30 Stanton St. 76 Harding Ave 53 Stemmer Dr. 291 Willow Way 330 West Lane 139 Jupitor St. 458 Oak Ridge Rd. 307 West lane

**TOTAL NUMBER OF TRANSACTIONS = 168, 111 ARE IN CLARK** 

#### **CLARK MONTHLY** • Page 4 • December 2022



### **ALJ FALL PLAY - OEDIPUS THE KING**

The students of Arthur L. Johnson High School presented Sophocles' tale of Oedipus the King in November. Oedipus is the famous story of the illfated king on his quest for the truth about his identity and his ultimate downfall. Director Peter Nevargic gave a modern look to the ancient tale, and it was performed by 15 very talented student performers.

#### THE CAST INCLUDED:

OEDIPUS - Gabe Snedeker; JOCASTA -Isabel Cortese; CREON - Vincent Goodman, Jr.; PRIESTESS - Mary Sikora; MESSENGER #1 -Hunter Zawoysky; THE SHEPHERD - Jacob Hernandez; MESSENGER #2, Taylor Normann; A BOY – Bryan Horling; ANTIGONE – Alyssa Szarszewski

#### THE CHORUS INCLUDED:

Nicholas Conrad (leader); Kayla Comiskey (leader); Jason Conrad (leader); Vincent Goodman, Jr.; Maya Sores (leader); and Hunter Zawoysky Photos by Clark Public Schools





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#### **Quiet Residential Area** Prime location in Jacksons Pond area! Custom home with much attention to detail. Center isle granite kitchen with ss appliances ncluded. hardwood floors, oak staircase, master suite with soaking tub. stall shower and walk-in closet. 1st floor 5th Bedroom/office, 3rd full bath. 2nd floor laundry room. The basement is finished with half bath. multi zone central air and gas heat. 75x100 setting on a quiet



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Kira Burnett Miller



### A Clark History

Daunno Realty is a company founded upon a deep historical connection to Clark. Our principals were born and raised in town, are Arthur L. Johnson graduates, Clark property owners, and local residents. Given our lifelong ties to the community, we were proud to locate our company headquarters at 206 Westfield Avenue, right next to Dunkin Donuts.





Visit us on the web at www.WeSellClark.com

### TICKETS NOW ON SALE FOR 24TH ANNUAL PIPES OF CHRISTMAS

joyous season with performances in New Jersey and New York this December. The holiday music scholarship program, which include annual favorite opens on Saturday, December 17 at Madison Avenue Presbyterian Church, located at 921 Madison Avenue (at 73rd Street) for two performances at 2 and 7PM. The concert moves across the Hudson River on Sunday, December 18 to Central Presbyterian Church located at 70 Maple Street in Summit, NJ also with on Ellis Island celebration and the Society's performances at 2 and 7PM.

For those weary of the ceaseless stream of secular seasonal music from department stores to TV, the Pipes of Christmas offers a spiritual and traditional take on the season that connects concertgoers to the holiday in a fresh, meaningful way. The show features tunes such as, "Highland Cathedral," "Joy to the World", and "Amazing Grace", all performed live on pipes and drums, harp and fiddle, and organ and brass and more. Not only does the performance define Christmas cheer, but also it inspires those of Celtic descent MG Alba Trad Music Award presented annually to retrace and reconnect to their ancestry.

According to producer Robert Currie, "We are absolutely delighted to be bringing our concert back to full force after two devastating years weathering the Covid pandemic. Supporting our GoFundMe campaign will continue to make these concerts possible."

The 2022 production marks the NYC solo debut of soprano Sharon Lyons originally from Dublin, Ireland.

The concert presents the music of Christmas accompanied by readings taken from the Celtic literature of Scotland, Ireland, and Wales. In addition to Ms. Lyons, featured performers include James Robinson from the film "Braveheart," New England fiddle champion Paul Woodiel, champion harpist Rachel Clemente, and the Pipe Major Kevin Ray Blandford Memorial Pipe Band from Redlands, CA among many more.

#### The Pipes of Christmas will celebrate its 24th **PROCEEDS SUPPORT SCHOLARSHIPS AND MORE TICKETS AVAILABLE NOW**

Proceeds from the concert support an extensive gifts to the National Piping Centre and the Royal Conservatoire of Scotland (both located in Glasgow, Scotland) the Gaelic College of Nova Scotia and the Carol Hassert Memorial Fine Arts Scholarship at Summit (NJ) High School.

Proceeds also support the annual Tartan Day sponsorship of the US National Scottish Harp Championship, the Gaelic Literature Competition at Scotland's Royal National Mod, and an academic research prize at Sabhal Mòr Ostaig, Scotland's Gaelic college on the Isle of Skye.

Each year, concert highlights are webcast in hidefinition over the Christmas holiday to a global audience in cooperation with HomeTowne Television. In addition to winning multiple Telly Awards for broadcast production excellence, the 2020 virtual concert was a finalist for the coveted in Scotland.

The concert is still accepting Title Sponsors as well as Program Ads. These gifts help offset production expenses and add help fund our scholarships.

(above) Soprano Sharon Lyons originally from Dublin, Ireland, will make her NYC solo debut at the 2022 Pipes of Christmas concerts in NY and NJ.

Tickets may be purchased online exclusively through ShowTix4U at www.showtix4u.com (be certain you select the event name and date in the search engine). Reserved patron seats are available at both venues.

#### **ABOUT "THE PIPES OF CHRISTMAS"**

Since making its debut in 1999, The Pipes of Christmas has played to standing room only audiences. Now a cherished holiday event, the concert provides audiences with a stirring and reverent celebration of the Christmas season and the Celtic spirit. Audience-goers return year after year to experience the program, many reporting that the Pipes of Christmas has become part of their family's annual Christmas tradition.

The concert has been lavished with critical acclaim. In his review for Classical New Jersey Magazine, Paul Somers wrote, "The whole evening was constructed to introduce gem after gem and still have a finale which raised the roof. In short, it was like a well-constructed fireworks show on the Glorious Fourth. The Westfield Leader described the concert as "a unique sound of power and glory nowhere else to be found."



(above) Pipers from the Kevin Ray Blandford Memorial Pipe Band are returning to the East Coast this December to join the company of the 24th annual "Pipes of Christmas" concerts.







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### **FIREFIGHTER VISIT TO VALLEY ROAD SCHOOL**

Captain Matt Costello of the Elizabeth fire department, and uncle to Valley Road School student Cameron Lott, recently visited the Valley Road School's kindergarten classes to discuss fire safety during Fire Prevention Week. Captain Costello wowed the students with his real-life equipment and sharing stories about the job of a firefighter. He modeled his uniform and showed the students how he might sound different with his mask on, but it's only so he can do his job safely and that they should not be afraid! The children learned life-saving information like "get out and stay out" as well as discussing what fire safety plan their family has, and where their smoke detectors are. Captain Costello took the time to listen to all the kindergarteners stories. According to Kindergarten Teacher Kim Nacht, "We are so thankful for his visit and the lessons he taught our students!"





Photo by Clark Public Schools



Celebrate the Holidays with Tango, Danzon and Francis Goya... Danzon, Tango, and Bugler's Holiday!



# December 11, 2022 • 4:00 pm

### Union County Performing Arts Center, Rahway

Tickets: \$20/Adults, \$15/Students & Seniors, \$50/Family Bundle (5 tickets)



### NJYS Youth Symphony Helen H. Cha-Pyo, Conductor

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Tickets available at

New Jersey Youth Symphony Wharton ARTS Helen H. Cho-Pyo, Artistic Director & Principal Conductor

### **EMERGENCY SQUAD DOES TRUNK OR TREAT**

Clark Recreation and Clark PBA joined forces and held its annual "Trunk Or Treat." The Clark Volunteer Emergency Squad was on hand to join in the fun. EMTs Gary Wagner and Laurie Sheldon decorated an ambulance and handed out treats to all the visitors. Laurie and Gary are two of the squad's longest serving members. Sheldon is a Professor and EMT Program Director at Union College of Union County. Both are familiar faces at events around town.

The squad is currently seeking members who are interested in serving the community while making new friends. Anyone interested in joining can email salacchi@hotmail.com for an application. The squad provides all training. All you need is enthusiasm and a desire to help people. Courtesy photo



(above) EMT Gary Wagner

### **COFFEE WITH A COP**

The Clark Police Department held their firstever Coffee With a Clark Cop event on Monday, November 14 at Manny's Diner. Coffee With a Cop is part of a nationwide effort by law enforcement agencies to meet with the community they serve over a cup of joe and get to know each other.

"It is an important event to help our residents to get to know Clark Police Officers and for us to know them," said Captain Christian Lott. " It was a great success and we look forward to holding more events with the community in the future."

Community members came and went throughout the morning to join police officers for coffee and light refreshments The event was organized through a joint effort between the Clark Police, Clark Township and the Clark PBA Local 125.



### **CLARK PATRIOTS' NIGHT EVENT**

Submitted by Susan Alacchi

The Clark Volunteer Emergency Squad was on hand when the Township honored Clark Veterans on Friday, October 7. The event preceded the ALJ football game against Hillside.

"The stands were pretty full,' said EMT Mike Hajkowski, who was on hand with EMT Gary Wagner. Gary is one of the squad's longestrunning members, serving the community since 1974.



(above) The Clark Volunteer Emergency Squad was on hand when the Township honored Clark Veterans on Friday, October 7.

The Squad was on hand to tend to any medical problems. Fortunately, our expertise was not required. The Crusaders bowed to the Hillside Comets with a final score of 33 - 7, making the Crusaders 4 - 2 for the season.

The Clark Volunteer Emergency Squad has been serving the Clark community since 1941, supported entirely by donations. Donations can be mailed to The Clark Volunteer Emergency Squad at 875 Raritan Road Clark.



Photos by Mike Hajkowski



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until December to start treatment. Call today and avoid the year-end rush. It's time for new dentures! VISA Mostercard, DUCENER AMERICAN BORRESS If your dentures ... Are loose Over 5 years old · Have been repaired many times Or . . . You would like to improve your smile Then call . . . For an appointment today! The doctors at Dentalcare Associates will provide all your denture needs. • 1 hour denture repairs Ask about 3 hour lab relines laboratory on premises implant supported dentures. All repairs schedule permitting Most Insurances Accepted
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# **A Live Radio Play**

December 9 & 10, 2022 at 8:00 p.m. December 11, 2022 at 2:00 & 8:00 p.m. December 15, 2022 at 8:00 p.m. December 17, 2022 at 2:00 & 8:00 p.m. December 18, 2022 at 8:00 p.m.

> Wharton Black Box Theater 60 Locust Avenue, Berkeley Heights

> \$25/Adults, \$20/Students & Seniors

Written by Joe Landry • Directed by John A.C. Kennedy



### For more information visit WhartonArts.org

### GIANNA FRINO RECEIVES HEISMAN SCHOLARSHIP

Arthur L. Johnson High School Senior Gianna Frino recently received The 2022 Heisman High School Scholarship awarded by the Heisman Trophy Trust.

School Winners will continue on for the chance to become State Winners, National Finalists or National Winners. State Winners receive a \$1,000 college scholarship, National Finalists receive a \$2,000 college scholarship and the male and female National Winners will each receive a \$10,000 college scholarship.

The Heisman High School Scholarship program honors the nation's most accomplished, community-minded high school senior athletes. By inviting male and female students from schools across the country to share their stories of leadership and impact, the program aims to inspire all students to harness their potential, push their limits, and use their talents not only to advance their own futures, but to improve the communities and world around them.



(above) ALJ Assistant Principal Katrina Poskay, Heisman School Scholarship Recipient Gianna Frino, and ALJ Principal Tara Oliveira

#### Photo by Clark Public Schools

### **CLARK BUSINESS ALLIANCE JOINS GWACC**

Greater Westfield Area Chamber of Commerce

GWACC Chamber of Commerce at its November Board of Director meeting approved the addition of the Clark Business Alliance, and the Irish Business Association (IBA) to the GWACC Chamber. GWACC will now cover six towns, Clark, Fanwood, Garwood, Mountainside, Scotch Plains, and Westfield.

Elected to the GWACC Board of Directors for a one-year term were Alan Tennant, President of the Clark Business Alliance, and Steve Flood, President of the Irish Business Association. These additions will afford exceptional access to business professionals in all six towns.

The first meeting in Clark took place at Manny's Diner on November 10 and was sponsored by the Clark Township. GWACC will now continue to schedule and publicize IBA and Clark Township events.

Gene Jannotti, GWACC CEO stated, "This is the first expansion of GWACC in many years and it will bring a new group of business professionals into the organization. All existing members will benefit from this relationship."

Clark Mayor Sal Bonaccorso said, "I am excited to see the Clark Business Alliance as part of GWACC working with businesses in town. We need to support our local businesses in any way we can, they are the heartbeat of a thriving community."

All future networking event information and registration can be found on the GWACC website, GWACCNJ.com.

#### **ABOUT THE GWACC**

Established over 74 years ago, the GWACC is the primary business organization in Clark, Scotch Plains, Fanwood, Garwood, Mountainside, and Westfield. The chamber promotes local business opportunities, economic development, and community growth. The GWACC includes 500 member businesses and nonprofit organizations.

For more information, go to GWACCNJ.com or call Gene Jannotti at 908-233-3021.







### **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.

#### 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 tendemess 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.



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 explain 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 esteoarthritis, 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!

#### 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.

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 fluoros

copy 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 fluoror copy 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 more 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 hack to normal. - Perry O.

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



### **JOIN IMAGINE'S TEAM OF VOLUNTEERS**

November is Children's Grief Awareness Month and at Imagine, A Center for Coping with Loss we're spending this month honoring the children who come to us for support by doing all we can to ensure that no child grieves alone. One of the ways that we're working to bring free grief support groups to more children is by bringing them to more communities, most recently to the Newark community.

In October, Imagine began offering free grief support groups every other week on Thursday evenings at the Boys and Girls Club of Newark on Avon Avenue. As these groups continue to grow, our need for volunteer facilitators will grow as well. Imagine's volunteer facilitators are the heart of our support group program. Facilitators first complete a three-day training to prepare them to create safe spaces and be loving listeners for the children, youth, young adults and adults in Imagine's support groups.

Imagine staff are planning a training for adults interested in facilitating Imagine's Newark support groups. The training will be held at the Teach for America location in Newark December 9-11 from 9 am-5 pm each day. If you're interested in making a difference in the lives of grieving families and would like to participate in this life-changing training, we'd like to hear from you! Imagine's training will prepare you to be present for the children and families that participate at Imagine, help you support those in your family and community who are grieving and also provide an opportunity for you to receive support for losses you've experienced. Those interested in this training can complete this form https://forms.office.com/r/RGwq323gHg or contact Imagine's Newark Program Manager, Sonia Nunez at sonia@imaginenj.org.

Please join us in honoring Children's Grief Awareness Month by considering joining Imagine's amazing team of volunteers. We hope to welcome you to the Imagine community.

Imagine offers free year-round grief support groups for children ages 3-18 and young adults 19-30 who are coping with a loss due to death. Concurrently, support groups are available for the parents and guardians of the children in the groups and offered in English and Spanish. Imagine also offers grief and loss education and training to the community. For more information please contact Imagine at 908-264-3100 or info@imaginenj.org.







### HANUKAH: A HOLIDAY OF LIGHTS AND MIRACLES

#### Submitted by Rabbi Paul David Kerbel

Hanukah is a 'major' Jewish holiday. You might be surprised by that. Most rabbis and Jewish educators would say just the opposite, that Hanukah is a 'minor' Jewish holiday. From the perspective of religious Jewish law, Hanukah does not have the same religious significance of Rosh Hashanah (the Jewish New Year), Yom Kippur (our Day of Atonement and forgiveness), Passover (our Festival of Freedom), Shavuot (the holiday where we celebrate the revelation of the Five Books of Moses), and Sukkot (our Fall festival celebrating the end of the summer harvest and our relationship with God).

Hanukah is a 'major' Jewish holiday culturally and ethnically. One of the ways we can understand any religion is not just what the religion 'teaches' but what its followers actually observe and practice. More Jews observe Hanukah than any other ritual, other than participating in a Passover Seder. Part of Hanukah's 'popularity' is that it falls in the Jewish calendar between Thanksgiving and Christmas.

Hanukah represents a powerful response to the feelings of exclusion and of being a minority in the larger Christian culture of America and allows members of the Jewish community to celebrate its own traditions and be proud of the Jewish heritage even as the airwaves, malls and TV commercials are filled with the sounds and traditions of Christmas.

But regardless of where Hanukah falls in the calendar, I would suggest the following four reasons why Hanukah is a 'major' Jewish holiday and has lessons for both Jews and our non-Jewish neighbors to learn from share:

- 1. Hanukah represents the first victory in human history for religious freedom. Had the Jewish Maccabees not won their war with the Greek/Syrian kingdom, Judaism may have died out and Christianity and Islam, both of which have roots in Judaism, may never have developed. The Jewish people celebrate the value for all of us to celebrate our respective religious traditions.
- 2. Hanukah teaches us religious tolerance and to celebrate diversity and pluralism. As America becomes more diverse and welcomes citizens of many different religions from around the world, we learn from each other and how much we have in common.
- 3. Hanukah reinforces the ability and opportunity of each minority to teach, learn and celebrate its religious traditions and its principles and unique ethnic and religious identity while we all share and believe in the values of freedom and democracy.
- 4. Hanukah reminds us of the modern-day miracles that we have participated in: the redemption of over one million Jews from

the former Soviet Union who were not allowed to learn about their Jewish faith and practice Judaism while under Communist rule; the rescue and welcoming of over 100,000 Jews from Ethiopia and the rescue and of endangered Jews and other Jewish communities around the world. We must always be prepared to deliver the few from the many, the weak from the mighty and the righteous from the wicked.

Finally, I would like to share that the word "Hanukah" means 'dedication' and comes from the same Hebrew word as 'education.' Hanukah is about making sure that we maintain our Jewish identity, that we teach our children, the values, the history, the rich heritage which is ours to embrace and pass on to the next generation. May the lights of our Hanukah menorah symbolize our love for Judaism, our right to practice Judaism as a minority while at the same time, sharing symbols of light and the theme of miracles with those who celebrate Christmas even as all of us strive to make the world a better place. For our Jewish tradition has taught us this eternal message: "It is better to light one candle than to curse the darkness."

Happy Hanukah and Happy Holidays to all! Rabbi Paul Kerbel is the spiritual leader

of Temple Beth El Mekor Chayim in Cranford and the current chair of the Cranford Clergy Council.



# IT WOULDN'T BE THE HOLIDAYS WOTHOUT THE **ORNAMENTS**



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pleased to announce that there will be a Menorah Lighting ceremony in Cranford across from the municipal building near the gazebo on Sunday, December 18 at sundown and continues Springfield Ave., on Wednesday, December 21, at 6:30 p.m. Rabbi Paul Kerbel of Temple Beth-El in Cranford & Rabbi Levi Block of the Union County Torah Center-Chabad will both give Chanukah remarks to the attendees.

For the first time in Cranford there will be a "Gelt Drop" where a fireman will rain down chocolate gelt from high atop the fire ladder while children (and adults) have the opportunity to collect as much chocolate gelt as they can. There will also be LED light up dreidel and

MENORAH LIGHTING

The Union County Torah Center-Chabad is menorah necklaces for all children in attendance, and of course delicious Chanukah donuts.

Chanukah, the Festival of Lights, begins on through Sunday, December 25. Chanukah focuses largely on the meaning of civil liberties and religious freedom and has served as a source of this message for nearly twenty-two centuries. The Menorah contains a universal message for all people of all faiths – a message of freedom, of good over evil, of light over darkness.

For more information please call the Torah Center-Chabad at 908-789-5252, email info@torahcenterchabad.org or visit torahcenterchabad.org

### CUPCAKE DECORATING WITH SWEET SAMANTHA

**Clark Public Schools** 

University Program presents Winter Cupcake Decorating with Sweet Samantha, runner-up on Food Network's Cake Wars. Each parent/child pair will decorate 3 cupcakes together: a polar bear, a snowman, and gingerbread.

The event will take place on Thursday,

December 8 at 6 p.m. in the Arthur L. Johnson The Clark Public School District's Parent High School Cafeteria. To register for this event, Christine contact Broski cbroski@clarkschools.org or call 732-574-9600 x3355 by December 1. Space is limited! Open to all parents and students attending the Clark Public Schools. All students must be accompanied by a parent.



December 1st. Space is limited!

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### FOODSTOCK FOOD DRIVE GRATEFUL FOR CLARK COMMUNITY

provides food for those in need. HRA has a history of service in our community dating back to 2014. Food is collected using a variety of methods. The first is the usual contribution request using a donation bin located at the front door of the school. This is augmented by a unique food collection process that reaches out to the community. This process is a takeoff from the nonprofit organization Foodstock, Inc. that started out by reaching out to neighbors directly and collecting food door-to-door. The food drive at HRA is led by the staff and students of our Transition program. The teamwork starts there.

The first step in the process is printing a map of our target neighborhood with approximately 30 to 50 houses. Next, we make up donation bags with specific instructions including pick up day and rain date. The next step in the process is dropping the bags on the front porch of each house. The transition students then return to the neighborhood on the designated day and collect the food donations. The percentage of bags donated from each of the targeted neighborhoods are tabulated. The food is weighed and packed up

At Honor Ridge Academy (HRA) teamwork and the results are tracked on an Excel spreadsheet for easy reference. The food is then delivered to the Community Foodbank of New Jersey in Hillside.

> While this is the main source of donations, the HRA staff and the patrons of Saint Agnes church also make donations throughout the year which is added to the total. Prior goals of 500 pounds and then 750 pounds were met or exceeded in previous years. This year our goal was 1,500 pounds and that was surpassed by May of last school year. Our total pounds collected for the year was 1,684 lbs.That number was 12.26% over our goal of 1,500 lbs.

> The transition class is grateful for the generosity of the Clark community with a special shout out to our neighbors in the vicinity of Lefforts Lane. They provided 12 donation bags in a neighborhood of 32 houses for a total of 156.4 pounds. They were our number one neighborhood for the year. Honorable mention and gratitude goes to the neighborhoods in the vicinity of Amelia Drive, Wendell Place and Ginesi Drive. Donations from Saint Agnes patrons and the HRA staff and students represent

approximately 45% percent of the total. Thanks also goes to our maintenance staff for their assistance and the HR administration for their support and cooperation. Thanks to the Foodstock organization for creating the model, donating all of the bags used to collect food and for their inspiration and support.

So what's next? We've started a collaboration with Multiplying Good, a nonprofit that promotes service to the community. Through their Students In Action program, we are dreaming of a bigger goal for this coming year. If you would like to contribute or assist, please be on the lookout for a food collection bag coming to you in the year to come, or reach out to us directly at transition@honorridge.org or just drive around to the back of St. Agnes church on Madison Hill Road and drop off your donation in the bin inside the lobby of the school.

Honor Ridge Academy is a New Jersey stateapproved private school for students with disabilities who have a combination of behavioral, social, emotional, and learning disabilities. For more information visit www.honorridge.org.





(above) Staff and students from Honor Ridge Academy.

Courtesy photo

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### **UNION COUNTY DAY OF PRAYER**

attended the Union County Day of Prayer organized by Community Access Unlimited (CAU) and the Union County Interfaith Coordinating Council (UCICC).

It was the 8th annual "Day of Prayer" event, hosted by Temple Emanu-El in Westfield. The event featured a variety of inspirational speakers and performers from Jewish, Muslim, Hindu, Christian, Sikh, and Buddhist faiths. The service included a chant from the International Society for Krishna Consciousness of Central New Jersey and musical offerings from Shimon Smith, Cantorial Soloist/Artist in Residence at Temple Emanu-El, who shared Hebrew songs with attendees.

CAU spearheaded UCICC in 2012 to build bonds in the interfaith community and encourage the respect and welcoming of others regardless of faith, sexual orientation, legal status, or ability. CAU is based in Union County and works statewide to assist people with developmental

On Thursday, October 27, over 130 people disabilities and youth at risk to integrate into the community through support services and support coordination. CAU services include housing, education, employment services, behavioral management, advocacy and more.

> Rev. LL DuBreuil, who has been a part of UCICC since the first Day of Prayer, said "I was looking for this kind of community because I believe that when we all come together in celebration...then we're already ready to be together in difficult times. UCICC does not only have these worship experiences, but we sometimes do vigils and marches and we raise money for causes. And it's because we know each other from this that we can more easily work together when times are more difficult." DuBreuil is the Interim Pastor of Willow Grove Presbyterian Church, Scotch Plains.

> Joyce Cargle, a longtime CAU member, said of the event, "We learned inclusion and we learned about community today."



(above) The Union County Day of Prayer was held on Thursday, October 27, with over 130 people in attendance.







### **RETIRED POLICEMEN AND FIREMEN'S ASSOCIATION LOCAL 3**

The Retired Policemen and Firemen's Kenneth Grady (Ret) President of Local 3. Association (NJRPFA) Local 3, is comprised of members from of Union and Somerset counties. Monthly meetings are held at the Kenilworth VFW.

The NJRPFA was established in 1987 to promote and develop a friendly spirit among its members, both retired and associate members. There are over 3,000 members of the association in various county Locals in NJ, as well as Local 22 in the State of Florida. These members are retirees from State, County and Local Firefighters, Police, Sheriff, Prosecutors, and Attorney General's Office to name a few. These members reside in NJ, NY, PA, FL, VA, SC and many other states.

If you live in Union County or Somerset County, please consider joining our Local 3 to keep abreast of major issues which may impact on your retirement benefits and issues that may be of value to you. Our yearly dues are \$10. For more information visit: njrpfa.org/local3/

During our careers as police and firemen, we never ignored a call for help from the public, we were always there and always ready, and now, that we are retired, we ask that we be--- not forgotten. We have over 300 members here in Union and Somerset Counties and we keep that comradery, and spirit of friendship by supporting our retired members, their families, and the community when they need help.

A recent guest speaker at our monthly meeting was Special Agent in Charge of the NYC DEA office, Frank Tarentino. Agent Tarentino spoke to our membership along with officials from Kenilworth's Harding School. The topic of the presentation was Fentanyl Awareness and the dangers of this drug coming into our country.

Local 3 also presented a check to the Union County Police Chiefs Association. It will go towards the new construction of the "Fallen Officers Memorial" which is located in front the Police Academy in Scotch Plains. Scotch Plains Chief Ted Conley accepted the Check from Chief



(above) Retired Police Chief Kenneth Grady, President of the Retired Policemen and Firemen's Association Local 3 of Union County presented a check in the amount of \$1,000 to Scotch Plains Chief Ted Conley. The donation is to go towards the new construction of the "Fallen Officers Memorial" which is under construction in front of the John H. Stamler Police Academy in Scotch Plains.

Local 3 also participated in the National Red Ribbon week with Harding School officials. Harding School Counselor Kristen Jeans

obtained the red ribbons which were handed out at the meeting. National Red Ribbon Week is in tribute to slain DEA Agent Enrique Camarena who was killed in 1985 in Mexico.



(above) Active and retired members of Local 3 participating in National Red Ribbon Week. National Red Ribbon Week is in tribute to slain DEA Agent Enrique Camarena who was killed in 1985 in Mexico.



(above) Members of the Union County Prosecutor's Office with retired Police Chief Kenneth Grady and Special Agent in Charge of the NYC DEA Office Frank Tarentino. Special Agent Tarentino addressed the members of Local 3 on the dangers of fentanyl. Members of Harding School were also invited. The meeting was in support of National Red Ribbon Week in tribute to slain DEA Agent Enrique Camarena. Red Ribbons were handed out to the membership.





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### **CLARK PUBLIC LIBRARY DECEMBER EVENTS**

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closed Friday, December 2, and Saturday, December 3 and Saturday, December 24-Monday, December 26 for the Christmas holiday. We will close at 1 pm on Saturday, December 31, and remain closed Sunday, January 1-Monday, January 2. We will reopen on Tuesday, January 3 with our regular hours.

#### **Tinker Tots**

Thursday, December 1 at 10:00 am Come join us for a morning of fun STEAM (Science, Technology, Engineering, Art, Math) activities perfect for little ones. For children ages 1 through Pre-K. Please register. Clark residents will have priority registration.

#### **Little Scientist Rock Crystals**

Thursday, December 1 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 6-12. **Barks & Books**

Thursday, December 1, 7:00-8:00 pm or Tuesday, December 13 & 27, 4:00-5:00 pm If you have a young, reluctant, or struggling reader, we want you to meet our therapy dogs! Please register for a 15-minute time slot.

#### StarLab Portable Planetarium

Sunday, December 4 at 2:00 pm Explore the night sky in the portable StarLab Planetarium. For children ages 4-12, willing to enter the planetarium independently. Registration is required.

### EVERY DAY IS A HOLIDAY

Theresa Loong visited the Clark Library to introduce her film "Every Day Is a Holiday" about her father, Dr. Paul Loong, who was a POW in WWII Japan. The upbeat story recounts his optimistic philosophy during his captivity and his quest to become an American Citizen. Ms. Loong hosted a question-and-answer session afterward and signed copies of the film. Pictured with Ms. Loong is Judy Doran representing the Clark American Legion Auxiliary and Friends of the Clark Library.



#### **Tales for Tots**

Monday, December 5 & 12 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 **Afternoon Book Club**

Tuesday, December 6 at 1:00 pm Join us for our next afternoon book club meeting. We will be discussing "The All-Girl Filling Station's Last Reunion" by Fannie Flagg. Please speak with a librarian or email reference@clarklibrary.org if you need a copy of the book.

#### **Baby Bookworms**

Tuesdays, December 6 & 13 at 10:00 am Babies and toddlers are invited to listen to some books and learn some songs, rhymes, lap

bounces, and fingerplays. 30 minutes of open play follows.

#### Teen Gaming Club

Tuesday, December 6 & 20,

2:30 pm-4:30 pm Drop by the library for a fun afternoon of gaming. Open to Grades 6-12.

**Dickens: A Christmas Carol** Thursday, December 8 at 7:00 pm

Actress Alisa Dupuy will present a one-woman telling of Charles Dickens's classic, "A Christmas Carol." Fan, Ebenezer Scrooge's sister, will be portrayed in a performance where

you will laugh, cry, and leave in the spirit of the season.

#### **Stories & More**

Friday, December 9 at 10:00 am Stories, movement, and songs followed by a simple craft for active listeners ages 3 -5 years old. Registration is required.

#### Union County Aging Services Kiosk Monday, December 12 from 10 am-12 pm Do you have questions about services available in Union County for seniors or their caregivers? Come visit the Union County Aging Services Kiosk, speak to our specialist, and get answers

to your questions. **Teen Advisory Board Meeting** 

Monday, December 12 at 4:00 pm The Teen Advisory Board (TAB) helps create, plan, and run teen programs and services they would like offered at the Clark Public Library. Open to teens in Grades 6-12.

#### After School Board Games

Tuesday, December 13 & 27 at 2:30 pm- 5:00 pm Relax and hang out while playing games after school. Something specific you want to play?

Bring it with you! Holiday Paper Snowflake Craft Wednesday, December 14 at 11:00 am Create a beautiful, three-dimensional paper snowflake. Makes a perfect holiday decoration. Open to ages 18+

#### Trivia Nights: Marvel Cinematic Universe

Thursday, December 15 at 7:00 pm Test your knowledge alongside your friends at our monthly trivia nights!

#### **Finger Painting Friday**

Friday, December 16 at 10:00 am No childhood is complete without some good, old-fashioned, messy finger painting. We will read a story and then make some squishy, colorful creations. Wear some old clothes! Clark residents will have priority registration.

#### LEGO® Club

Friday, December 16 from 3:15 pm-4:15 pm Join us for the LEGO® Club at the Clark Public Library! For children in grades K - 5.

#### Maker Monday Magformers

Monday, December 19 at 3:30 pm Join us as we use hands-on STEAM learning to create an object with the materials given. Registration is required. Masks are optional for

#### programs. For ages 9-12

Open Play for Little Ones Tuesdays, December 20 and 27 from 10 am-11 am

There's no storytime today, but please feel free to drop in for open play with the library's toys for toddlers!

#### Make a Gingerbread House for Kids Wednesday, Dec 21 at 3:30 pm or

Thursday, Dec. 22 at 6:30 pm Build your own "gingerbread" house with graham crackers. For ages 4 and up. We will be using food products. Ingredient labels will be available for any allergy concerns. Priority registration for Clark residents. Non-residents will be placed on the waitlist until it has been determined that there is enough room.

#### Dog Man Afternoon

Wednesday, December 28 from 3:00-4:00 pm Calling all Dog Man fans! Drop in for a special Dog Man event with craft and activity stations featuring our favorite canine cop and his friends! We will also have Dog Man door prize

#### drawings for those in attendance!

#### Little Scientist Doodle Robots

Thursday, December 29 at 3:30 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 6-12. [Hybrid] Free Family Game Night BINGO

Thursday, December 29 at 6:30 pm. Join us on Zoom or In-Person for Family Game Night! This month we will be playing Ocean BINGO! Children, Parents, and your child's 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

Take & Makes for Preschoolers - Adults Each month we have a new take-home craft to pick up and make at your leisure. While

Courtesy photo

#### supplies last, no registration.

### ADOPTION DAY FETES YOUTH LEAVING FOSTER CARE FOR FAMILIES

#### CASA of Union County

from 18 months to 18 years gathered at the Union County Courthouse surrounded by courthouse staff and judiciary, county commissioners, area organizations and more - all there to celebrate youth reaching the long-awaited end to living in foster care with adoption into a forever family. Family courts see complex issues fraught with loss or discord nearly every day, yet Adoption Day is eagerly anticipated by all, as fresh starts and ample smiles fill the courthouse.

November is National Adoption Month and National Adoption Day, celebrated the Saturday before Thanksgiving, is a national movement to raise awareness of children in foster care awaiting a family. Since its inception in 2000, more than 75,000 children have found permanency on this day. Still, more than 110,000 youth in the United States need a permanent home and the average wait is four years. More than 23,000 youth nationwide age out of the system each year and must face life on their own.

This year, Union County's celebration came

early, but no complaints; it just means children family received a ShopRite gift card made On the morning of Thursday, Nov. 10, children received permanency even sooner. After Judge Daniel Roberts performed the adoption ceremonies, the festivities began: from roving a balloon artist and CASA Volunteer Dina Gharaibeh providing face painting to a musician and more than a dozen superheroes from the Union County Sheriff's Heroes Initiative – the Batmobile even made an appearance – there was nothing but smiles to go around.

> Speakers included 17-year-old Maeve Boger-O'Bryan of Cranford and Joseph Coston of Fair Lawn. Maeve discussed her own open adoption and Joseph shared his story as an adoptive parent of eight youth from the foster system.

> CASA of Union County provided family fun baskets with donated board and card games, fleece blankets, jars of popping corn, movie candy and more from David Brearley High School's Bears that Care group, all packed into baskets donated by Cranford Girl Scout Troop 40836. The high school bear mascot also made the rounds, much to the delight of the littlest adoptees and their siblings. In addition, each

possible by a Union County Bar Association donation, as well as gifts from Alpha Kappa Alpha Sorority's Theta Phi Omega, Phi Eta Omega and Omega Psi Omega chapters.

For details on CASA of Union County and becoming an advocate for a foster youth, contact Chanel at info@casaofunioncounty.org or log on to www.casaofunioncounty.org.



(above) The Honorable Daniel Roberts, J.S. C. (Adoption Day Judge), with David Brearley High School Bears That Care



(abobe) Superheroes from the Union County Sheriff's Heroes Initiative.





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#### **CLARK MONTHLY** • Page 27 • December 2022

### LOCAL TEEN HELPS RAISE MONEY FOR FAMILIES FACING PEDIATRIC CANCER

Nick Swandrak, 18, of Cranford, NJ, teamed up with retired NFL Coach Tom Coughlin to raise money for local families facing pediatric cancer on October 21 at Cipriani 42nd Street, New York. In a speech to a crowd of nearly 500 professional athletes, celebrities and supporters at the Tom Coughlin Jay Fund's annual Champions for Children Gala, Swandrak shared his own journey of being diagnosed and treated for acute lymphoblastic leukemia and his subsequent relapse earlier this year. The Jay Fund, the nonprofit founded by the two-time Super Bowl winning coach of the New York Giants, marked its 17th year of providing financial, emotional and practical support for families tackling pediatric cancer in the New York/New Jersey Metropolitan area.

Swandrak knows all too well the challenges families face when a child is diagnosed with cancer, and he is passionate about raising awareness and funds to support them. He has spent much of the last four years enduring grueling cancer treatments and being isolated his friends due from to his immunocompromised condition. His family, like all families who have a child with cancer, has faced expensive medical bills coupled with rising inflation and record-high food costs.

Swandrak and his family have been supported by the Jay Fund throughout his treatment.

"The Jay Fund covered our mortgage

payments when our bills became overwhelming and has given me experiences that I will never, ever forget," Swandrak told the crowd of current and former New York Giants, business leaders and Jay Fund families and supporters.

Swandrak's emotional words captivated the audience, and his speech was one of the highlights of a night that raised \$1.25 million for the Jay Fund and the families it serves in the New York/New Jersey Metropolitan area.

"Nick is a remarkable young man and a current Jay Fund scholarship recipient," said Mary Jane Pulzello, Managing Director of the Tom Coughlin Jay Fund in NY/NJ. "He received a standing ovation from the audience, as many were deeply moved by this young man's courage and tenacity in fighting cancer for more than four years."

Swandrak thanked his medical team who continue to help him through this fight, as well as his friends and family who have lifted him up from day one. He saved his most heartfelt appreciation for his parents, stating their love and support have been everything to him.

"As of today, I've had 126 chemo shots, 28 spinal taps, and over 200 days sleeping on scratchy hospital sheets," Swandrak told the crowd. "Fighting cancer is tough. You're in bed, and sick a lot of the time. There are days that are a real struggle. But I'm looking forward to ringing that bell for the second time this December and being back in remission."



(above) Nick Swandrak, a Cranford, NJ, teen who has been tackling pediatric cancer for more than four years, joined former NY Giants head coach Tom Coughlin and the Tom Coughlin Jay Fund to help raise funds for other NY/NJ children and their families facing childhood cancer.

Courtesy photo





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Buchanan's 12yrs old		
Buchanan's 12yrs old		
Bushmill's Irish		
Chivas Regal		
Chivas Regal		
Chivas Regal 18 yrs old		
Crown Royal		
Crown Royal		
Dewars 12 yrs old		
Dewars 12 yrs old	1.75L	\$45.99
Dewars White Label		
Dewars White Label		•
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old		
Glenlivet 12 yrs old		
Glenlivet 12 yrs old		
Grants		
Grants		
Jack Daniels		
Jack Daniels		
Jack Daniels Fire		
Jack Daniels Fire	1.75L	\$47.99
Jameson		
Jameson	1.75L	\$56.99
Jim Beam Whisky	1.75L	\$31.99
Johhnie Walker Blue		
Johhnie Walker Blue	1.75L	\$425.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black		
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red		
Macallan 12yrs old (double ca	sk)750ml	\$60.99
Makers Mark	750ml	\$28.99
Makers Mark	1.75L	\$56.99

GIN			
Beefeater	1.75L	\$35.99	
Bombay Saphire	1.75L	\$37.99	
Seagram's gin	1.75L	\$21.99	
Tanqueray	750ml	\$21.99	
Tanqueray	1.75L	\$36.99	

#### COGNAC & BRANDY

Courvoisier V.S.	750ml	\$32.99
Courvoisier V.S.	1.75L	\$57.99
Remy Martin V.S.O.P.	750ml	\$49.99
Remy Martin V.S.O.P.	1.75L	\$104.99

#### **CORDIALS**

Bailey's Irish Cream		\$47.99
Duggan's Irish Cream		
Kahlua		
Krupnik	750ml	\$17.99
Licor 43	750ml	\$27.99
Licor 43	1.75L	\$45.99

VOD		
Absolut (regular)		
Absolut (regular)		
Belvedere Vodka		
Belvedere Vodka		
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)		
Finlandia		
Finlandia		
Grey Goose	750ml	\$24.99
Grey Goose		
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)		
Skyy		
Sobieski		
Sobieski		
Stolichnaya (all types)		
Tanqueray Sterling		
Tanqueray Sterling		
Three Olives (all types)		
Tito's Vodka		
	1./JL	
RU	Μ	
Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold		
Captain Morgan Spice		
Malibu		
Malibu		
ITIMITINU.		
		φ21.33
TEQU	ILA	
TEQU Deleon Blanco Tequila	<b>ILA</b> 750m1	\$37.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila	<b>ILA</b> 750m1 1.75L	\$37.99 \$59.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver	UILA 750ml 1.75L 750ml	\$37.99 \$59.99 \$46.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver	<b>ILA</b> 750ml 1.75L 750ml 1.75L	\$37.99 \$59.99 \$46.99 \$99.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver	<b>ILA</b> 750ml 1.75L 750ml 1.75L	\$37.99 \$59.99 \$46.99 \$99.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila		\$37.99 \$59.99 \$46.99 \$99.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEE	11LA 750ml 750ml 1.75L  	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk	11LA 750ml 750ml 1.75L 750ml ER 24pk	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$27.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEEE Becks (12oz) 24pk Blue Moon	ILA 750ml 750ml 750ml  	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$27.99 \$36.49
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans	ILA 750ml 	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$27.99 \$36.49 \$25.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles	ILA        750ml        750ml	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$27.99 \$36.49 \$25.99 \$22.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans	ILA        750ml        750ml	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$27.99 \$36.49 \$25.99 \$22.99 \$18.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$27.99 \$36.49 \$25.99 \$22.99 \$18.99 \$22.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$27.99 \$36.49 \$25.99 \$22.99 \$18.99 \$22.99 \$22.99 \$18.99 \$25.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Corona/Corona Lite loose bottles	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$27.99 \$36.49 \$25.99 \$22.99 \$18.99 \$22.99 \$18.99 \$22.99 \$31.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite loose bottles Dab (16oz) cans	ILA	\$37.99 \$59.99 \$46.99 \$26.99 \$26.99 \$25.99 \$22.99 \$18.99 \$22.99 \$22.99 \$18.99 \$22.99 \$31.99 \$26.49
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite Corona/Corona Lite loose bottles Dab (16oz) cans Founders All Day IPA	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$36.49 \$25.99 \$22.99 \$18.99 \$22.99 \$25.99 \$31.99 \$26.49 \$17.49
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite(24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles	ILA        750ml        750ml        750ml	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$25.99 \$22.99 \$18.99 \$22.99 \$18.99 \$22.99 \$31.99 \$26.49 \$17.49 \$32.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite Corona/Corona Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark	ILA        750ml        750ml        750ml        750ml        750ml	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$36.49 \$25.99 \$22.99 \$18.99 \$22.99 \$22.99 \$31.99 \$26.49 \$31.99 \$26.49 \$17.49 \$32.99 \$28.69
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark Lech (500ml)	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$24.99 \$26.49 \$31.99 \$26.49 \$31.99 \$26.49 \$32.99 \$28.69 \$32.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite Corona/Corona Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$25.99 \$22.99 \$22.99 \$18.99 \$22.99 \$22.99 \$31.99 \$26.49 \$31.99 \$26.49 \$31.99 \$26.49 \$32.99 \$28.69 \$32.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark Lech (500ml)	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$25.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$24.99 \$25.99 \$25.99 \$25.99 \$21.49 \$26.49 \$31.99 \$26.49 \$31.99 \$26.49 \$32.99 \$28.69 \$32.99 \$30.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite Corona/Corona Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark Lech (500ml) Modelo Especial cans Pabst Blue Ribbon cans	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$25.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$22.99 \$25.99 \$25.99 \$26.49 \$31.99 \$26.49 \$31.99 \$26.49 \$32.99 \$32.99 \$28.69 \$32.99 \$30.99 \$20.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite Corona/Corona Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark Lech (500ml) Modelo Especial cans Pabst Blue Ribbon cans Pilsner Urquell	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$25.99 \$22.99 \$22.99 \$22.99 \$22.99 \$25.99 \$22.99 \$25.99 \$22.99 \$25.99 \$24.99 \$26.49 \$31.99 \$26.49 \$32.99 \$28.69 \$32.99 \$30.99 \$20.99 \$30.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark Lech (500ml) Modelo Especial cans Pabst Blue Ribbon cans Pilsner Urquell Sam Adams Boston Lager	ILA        750ml	\$37.99 \$59.99 \$46.99 \$26.99 \$26.99 \$26.99 \$25.99 \$22.99 \$18.99 \$22.99 \$22.99 \$22.99 \$25.99 \$22.99 \$24.99 \$24.99 \$26.49 \$31.99 \$26.49 \$32.99 \$28.69 \$32.99 \$32.99 \$30.99 \$20.99 \$30.99 \$35.25
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark Lech (500ml) Modelo Especial cans Plisner Urquell Sam Adams Boston Lager Stella Artois loose bottles.	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$25.99 \$22.99 \$22.99 \$18.99 \$22.99 \$22.99 \$25.99 \$22.99 \$25.99 \$24.99 \$26.49 \$31.99 \$26.49 \$32.99 \$32.99 \$32.99 \$30.99 \$30.99 \$35.25 \$32.99
TEQU Deleon Blanco Tequila Deleon Blanco Tequila Patron Silver Cantera Negra Coffee Tequila BEE Becks (12oz) 24pk Blue Moon Bud and Bud Lite cans Bud and Bud Lite loose bottles Coors Lite (24oz) cans Coors Lite/Miller Lite loose bottles Coors Lite/Miller Lite loose bottles Dab (16oz) cans Founders All Day IPA Heineken/Heineken Lite bottles Land Shark Lech (500ml) Modelo Especial cans Pabst Blue Ribbon cans Pilsner Urquell Sam Adams Boston Lager	ILA	\$37.99 \$59.99 \$46.99 \$99.99 \$26.99 \$26.99 \$25.99 \$22.99 \$18.99 \$22.99 \$22.99 \$22.99 \$25.99 \$22.99 \$25.99 \$24.49 \$31.99 \$26.49 \$32.99 \$33.99 \$33.99 \$35.25 \$32.99

Zywiec (11.2oz) ...... 24pk ...... \$21.99

Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio		
Beringer White Zinfandel		
Beringer White Zinfandel		
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon		
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$15.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$259.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$10.99
Adagio Pinot Grigio		
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)		
Gazela Vinho Verde		
Joseph Carr Cabernet Sauvignon	750ml	\$29.99
Kendall Jackson Vintners Chardonnay.	750ml	\$13.99
Kim Crawford Sauvignon Blanc		
Louis Jadot Beaujolais Villages		
Louis Jadot Pouilly Fuisse		
Martini & Rossi Asti		
Menage a Trois Red		
Mi Amore Red		
Moet Imperial Champagne		
Noble Wine 337, 667		
Papi (All Types)		
Ruffino Chianti		
Ruffino Chianti		
Ruffino Pinot Grigio		
Ruffino Tan label		•
Santa Margerita Pinot Grigio		
Silver Oak Alexander Valley Cabernet .		
Simi Chardonnay		
Woodbridge (All Types)	1.5L	\$12.49

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