

Clark Monthly NJ

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100 KIND ACTS TEACHES THERE IS NO LIMIT TO KINDNESS

Clark Public Schools

In Ms. Kimberly Nacht's Kindergarten class at Valley Road Elementary School, students were challenged to complete 100 kind acts (as a whole) before the 100th day of school. They were each given 6 hearts and told that if everyone does 6 and then "a little extra," they'd be able to reach the goal.

Ms. Nacht stated, "Our class amazed me so much because we did 223 acts of kindness by February 13th!! We wrote each act down and displayed it on a bulletin board for everyone to see as they completed them. They loved reporting after lunch the kind acts they did at lunch time and were so proud to see what their new count was. Once they realized they had gotten over 100 well before the 100th day, they decided they would

try and reach 200. They were SO proud of themselves to be able to do that many kind acts and really worked together."

Ms. Nacht asked her students how it made them feel to know they achieved their goal. "It feels amazing when we do kind acts. It makes you feel proud of yourself," said Emma Presume. "The more we do kind things in our world the more we have a loving community," said Liliana DiFrancesco.

Ms. Nacht stated, "We also discussed how even though I won't be writing them down anymore, these kind acts don't have to stop here. Kindness can be shared everyday always! There's never a limit!"



(above) Kindergarten class at Valley Road Elementary School

Photo by Clark Public Schools

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*Congratulations
to our 2022
Circle of Excellence
Award Recipients!*
See Page 3

Clark Monthly NJ

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NEW JERSEY AMERICAN WATER AWARDS HELPS THE HELPERS

Submitted by Susan Alacchi

The Clark Volunteer Emergency Squad received a generous donation from New Jersey American Water. David Newby, Treasurer of the squad, applied for one of New Jersey American Water's 2022 Volunteer Firefighter and EMS Grants. Applications are scrutinized by a committee of New Jersey American Water employees who are all experienced volunteer firefighters and EMTs from around the state. Kristin Bianco, the Major Account Manager, notified Newby that The Clark Volunteer Emergency Squad was chosen to receive one of the grants. "That is great news," said Newby.

Donation Drive

The Clark Volunteer Emergency Squad is experiencing a financial crisis and this grant has given the squad a much-needed infusion. As expenses increase, donations have decreased. The squad relies on donations to continue functioning in a way the residents have come to expect. The pandemic caused a significant increase in costs. The squad kept answering the needs of residents and others traveling to the township. This required more protective equipment to keep members and patients safe. It also required frequent cleansing of the ambulances and the building. These expenses were all in addition to the normal day-to-day operating expenses.

Donations can be made by sending a check to The Clark Volunteer Emergency Squad, 875 Raritan Road, Clark, New Jersey, 07066.



(above) CVES Treasurer Newby accepts a donation check from Kristin Bianco of NJ American Water.

Courtesy photo

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397 E. 9th Ave., Roselle
2735 Oakwood Pl., Linden
717 W. Meadow Ave., Rahway
127 Raritan Rd., Linden
15 Lake Ave., Hewitt
257-259 Lincoln Ave., Elizabeth
15 Briarheath Ln., Clark
10 North Wood Ave., Linden
2723 Highland Ave., Linden
192 Linden Avenue, Rahway
43 Kathryn St., Clark
1126 Kline pl., Rahway
52 Mapes Ave., Springfield
237 Husa St., Linden
408 Hemlock Ave, Garwood
124 E Clay Ave., Roselle Park
629 Washington Ave., Linden

418 Elmwood Ter., Linden
54 Harding Ave., Clark
865 Sheridan Ave., Elizabeth
311 Hagel Ave, Linden
523 Spruce St., Roselle
150 South 8th St., Newark
1 Plymouth Rd., Clark
1809 Whittier St., Rahway
457 South 17th St., Newark
306 Parkway Dr., Clark
544 Harrison St., Rahway
718 Adams Avenue,
Elizabeth
321 W 15th St, Linden
60 Winthrop Rd, Clark
14 Washington St., Clark
319 Terrace St., Rahway
1601 Wood Ave., Roselle

229 Terrill Rd., Fanwood
3016 S. Wood Ave, Linden
45 Husa St. Unit 5, Linden
222 Edgewood Rd. Linden
1650 Columbus Pl., Rahway
1143 Greslin Ter. Rahway
500 Morningside Rd., Linden
426 Amherst Rd., Linden
75 Union County Parkway, Clark
1193 Madison Hill Rd., Rahway
229 Academy Ter, Linden
49 Briarwood Path, Clark
66 Melrose Pl., Linden
161 Meadow Rd., Clark
16 Nassau St., Clark
333 White St., Roselle
549 Valley Rd., Clark
130 Daniel St., South Plainfield

68-70 Parkview Terr, Newark
907 Cranford Ave., Linden
663 Wood Ave., Roselle
740 Hemlock St., Rahway
1106 Donna Ct., Linden
160 Meadow Rd., Clark
415 Valley Rd, Clark
700 Stone St., Rahway
591 Harrison St., Rahway
626 Miltonia St., Linden
610 Route 627, Bloomsbury
2311 Knapp Dr., Rahway
604 Exeter Rd, Linden
120 Arthur St., Linden
161 Willow Ave., Garwood
18 King St., Hillside
346 Sussex Ave, Newark
201 Norwood Ave., South

Plainfield
181-183 Second St., Elizabeth
347 Livingston Rd., Linden
49 Joseph St., Clark
651 C Yale Way, Monroe
1 Outlook Ave., Colonia
717 Ercama St., Linden
10 Harvey Ct., Clark
59 Edgewood Rd., Linden
1199 Whelan Pl., Rahway
871 Pratt St., Rahway
914 Miltonia St, Linden
300 W. Munsell Ave., Linden
110 Sweet Briar Dr., Clark
76 Harding Ave., Clark
160 Cornell Ave, Rahway
101 Michael Court, Woodbridge
46 Roosevelt Ave, Colonia

629 Erudo St, Linden
30 Stanton St, Clark
570 E Woodbridge Ave, Avenel
2719 Highland Ave., Linden
23 Ayers Ln, Clark
1470 Campbell St., Rahway
610 Harris Dr, Rahway
602 W. Curtis St., Linden
1207 Dewitt Ter., Linden
1232 Clark St., Rahway
100 Luttgren Pl, unit A3, Linden
1501 N. Stiles St., Linden
402 W. Milton Ave., Rahway
620 Harris Dr., Rahway
93 Jupiter St., Clark
1046 Kilsyth Rd., Elizabeth
1227 Kline Pl, Rahway
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CONNOR CHIN RECOGNIZED AS NATIONAL MERIT COMMENDED SCHOLAR

Clark Public Schools

Arthur L. Johnson High School Senior Connor Chin was recently named a Commended Student in the 2023 National Merit Scholarship Program and recognized at the February Clark Board of Education Meeting.

Each October, students nationwide, are given the opportunity to take the PSAT. This program provides students with a standardized testing experience and valuable data. In the 11th grade year, the PSAT also serves as the National Merit Scholarship Qualifying Test and enters eligible students into a scholarship competition.

Of the 1.5 million eligible students who take the PSAT/NMSQT nationally, only about 50,000 (or 3 to 4%) of the highest scoring students receive program recognition.

At the Board of Education Meeting, Arthur L. Johnson High School Principal Tara Oliveira

stated, “It is my honor to stand before you tonight as we acknowledge Senior student Connor Chin - who has been recognized by the College Board as a National Merit Commended Scholar.”

Over the course of his tenure at ALJ, Connors scholastic achievement and extracurricular involvements are equally impressive. He boasts a significant GPA, challenging himself with many of the most rigorous high school courses. As the President of SMAC - Student Movement Against Cancer - Connor has helped to facilitate multiple fundraisers to assist with cancer research. In the musical field, Connor is an accomplished drummer, playing in both his own rock band, as well as performing in our ALJ Jazz and Marching Bands.

In the future, Connor hopes to pursue his interest in biotechnology, wanting to learn about

genetic mutation and its effect on the body as well as about cellular and tissue repair and engineering. Oliveira continued, “We are so proud of Connor, his achievements and this most recent recognition as a National Merit Commended Scholar.”

“Those being named Commended Students have demonstrated outstanding potential for academic success,” commented a spokesperson for the National Merit Scholarship Corporation. “These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success.”



(above) Connor Chin

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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.



SHINING STARS GALA SET FOR MARCH 14TH

Shining Stars Network, a non profit organization that creates opportunities in the performing arts for the special needs community, kicks off their 11th year with their 2nd “Reach for the Stars” Gala, set for Tuesday, March 14th at the elegant Park Chateau Estate & Gardens in East Brunswick.

The evening, which will begin at 6:00 p.m., will feature a five-star cocktail hour, open bar, dinner and dessert. Highlights of the evening include performances by the Shining Stars cast and buddies, live and silent auctions and a 50/50. Special guest will be celebrity chef and restaurateur David Burke, of Iron Chef America, who will auction off dinner experiences at his famous New Jersey eateries, including a personalized dinner for four.

“Our first gala in 2019 was a great success and we can’t wait for what will be another magical evening,” noted Shining Stars Network President and co-founder Mike Curci. “Park Chateau is one of the finest venues in the country, and we’re excited for our Shining Stars families, friends and supporters to enjoy this special night together.”

Individual tickets are \$175 and a table of 10 can be purchased for \$1500 (a savings of \$250). Email your request to ShiningStarsNetwork@gmail.com. Please mention “gala tickets” in the subject line. Venmo, checks and credit cards are gladly accepted. Sponsorship opportunities and journal ads are also available.

The Gala will start a big year for the Shining Stars, who will take to the stage for their “Evening of Shining Stars Talent Show” on Saturday May 13th at the Union County Performing Arts Center in Rahway.

On Saturday August 5th, history will be made when the Shining Stars make their Paper Mill Playhouse main stage debut, becoming the first special needs show to perform a full production on that iconic venue. Tickets for “The Greatest Show” — which will feature songs from Broadway and movies — will go on sale in late spring.

“We’re honored and thrilled to be co-producing a show with the esteemed Paper Mill team,” added Curci. “Our brookside cabaret at Paper Mill last September was an overwhelming success and to see our stars on the main stage this August will be a dream come true.”

The Camp Shine Summer Workshop will take place in late August, and the Stars will cap off the year with their annual “Christmas Spectacular” on Friday, December 1st.

“Shining Stars is all about being inclusive and giving our performers a chance to shine on stage while creating lasting memories,” noted co-founder and show director Sally Curci. “These opportunities build all-important self-esteem and self-confidence. Through the journey, our cast members and their high school buddies create bonds and friendships that they’ll always remember.”

For more information on the organization or events, please visit ShiningStarsNetwork.org.

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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 181 transactions, 118 in Clark, and have many homes that are currently under contract. I also made the highest level of Platinum for 2022 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 Pl.
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 Pl.
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 Jupiter 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 Jupiter St.
458 Oak Ridge Rd.
307 West lane
93 Jupiter St.

TOTAL NUMBER OF TRANSACTIONS = 181, 118 ARE IN CLARK

INTERNET SAFE EXCHANGE LOCATION

The Clark Police Department is an official “internet safe exchange location”. We are encouraging all residents to use this location for safer internet transactions.

This is a perfect spot to “exchange” for internet purchases made. The Clark PD “internet safe exchange location” is recorded with video surveillance 24 hours a day for your safety.



CLARK BROWNIES HELP EARTHQUAKE VICTIMS

Clark Brownie Troops 41921 and 40508 recently collect donations for the earthquake victims in Turkey.

The collection was initiated by scouts Olivia and Natalia Ata. The girls’ father, Özgür, was born and raised in Turkey. Although the Ata's hometown was spared devastation, the family decided to gather items for those in need. This

selfless act inspired fellow members of Troops 41921 and 40508, who also made contributions.

If you would like to help, donations can be dropped off directly to PORTX, Inc, 256 Paterson Plank Road, Carlstadt, NJ. The girls suggest: toilet paper, baby wipes, diapers, powdered formula, water, blankets, first aid items, canned goods, new clothing and shoes.



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DON'T BLAME THE ARROW FOR MISSING THE TARGET

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



If Knee Surgery Sounds Scary, It Should

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

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

Consider This Alternative To Surgery

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

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

How Does This New Treatment Work?

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

Do you Suffer from any of these Symptoms?

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

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

Let Me Show You Targeted Relief From Your Knee Pain

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

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

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

Call 732-827-0800

Scot Paris MD, FACS

Here's what our patients have to say

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

- Patricia G.

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

- Perry O.

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SPRING PLAY ALL SHOOK UP

"Elvis will be in the building..." at Arthur L. Johnson High School this spring. The musical All Shook Up will be presented on the ALJ stage by 12 very talented young performers on March 30th, 31st & April 1st.

The musical is inspired by the music of Elvis Presley and centers around a small, repressed town where a traveling roustabout (a la Elvis) roars in on his motorbike and turns the town and all its citizens on their ears. The story of these characters, written by Joe DiPietro, is told through the songs of Elvis including some classic faves such as, "Jailhouse Rock," Heartbreak Hotel," "Devil in Disguise," the title track, and many, many more.

Director Peter Nevargic "hopes the audiences will be dancing in the aisles and leave the theatre on a nostalgic cloud."

So come to ALJ where the auditorium will be rockin' to the tunes of the King as sung and danced by these very talented student performers.

ALL SHOOK UP

March 30th, 31st & April 1st, 7 p.m.

Tickets: \$5 for students

& senior citizens; \$10 for adults.

Arthur L. Johnson High School Auditorium
365 Westfield Avenue, Clark, NJ.



OPEN HOUSE AT THE GATEWAY FAMILY YMCA

The Gateway Family YMCA Offers Membership Madness this March

FIND YOUR PASSION.
FIND YOUR PURPOSE.
FIND YOUR Y.

MEMBERSHIP MADNESS
MARCH 22-24
YMCA Open House
\$0 Joiner Fee Special

Membership Special March 22-24
Use Code SP23 for \$0 Joiner Fee Online

THE GATEWAY FAMILY YMCA tgfymca.org

Save the Date! Healthy Kids Day
Saturday, April 29, 2023
Open House & Community Health Fair
Program & Vaccine Information

We're Hiring!

EVERYONE BELONGS
AT THE Y!
Community Membership For All

Blood Pressure Self-Monitoring Program
Take Control of Your Health
FREE Community Program

The Gateway Family YMCA is celebrating Membership Madness March 22-24 with an YMCA Open House and Membership Special open to everyone in the community. Individuals and families are invited to visit and Find Your Passion, Find Your Purpose, Find Your Y. Swimming, Basketball, Pickleball, Soccer, Group Exercise and Water Exercise programs are available, as well as Chronic Disease Management programs like Blood Pressure Self-Monitoring, a Summer Day Camp Open House and Parent Information Session, and a Community Health Fair with program and vaccine information. Located in Elizabeth, Rahway and Union, individual YMCA Branch event schedules and details are available at tgfymca.org/events.

The YMCA provides programs and services with the goal of building community, developing youth and creating a safe experience for all. New members who join The Gateway Family YMCA online at tgfymca.org/join-the-Y or in person at the Y will pay \$0 Joiner Fee with the code SP23 March 22-24!

"More than ever before, health and family need to come first. As a nonprofit community organization dedicated to strengthening community, the Y is the perfect place to share healthy activities with loved ones, create lasting memories and make lifestyle changes to increase health," stated Melynda A. Disla, President/CEO, The Gateway Family YMCA. "We are here to meet the unique needs of our community, families, and neighborhood partners, every day."

The Gateway Family YMCA has served the community since 1900, and offers programs including Chronic Disease Management and Wellness, Youth Sports and Mentorship, Swimming Lessons and Drowning Prevention, Arts and Academic Enrichment, WISE Community Services, Child Care and Summer Day Camp, Housing and Social Services. With

a focus on healthy living, youth development and social responsibility, the Y provides a safe and supportive community to inspire everyone to find balance in spirit mind and body, both in person and virtually.

"Through our digital innovation efforts, we have expanded our options and provided the flexibility that is important in our members and community. The ability to provide 24-hour access to recorded content and live virtual group exercise and chronic disease management programs, enables us to serve our community in a unique and innovative way," stated Rodger D. Koerber, EVP, Chief Operating Officer. "At the Y, we are here for all, and making wellness, nutrition, mental health and enrichment programs easy, no matter where you are, is a priority."

As an alternative option for individuals who wish to participate from home, the YMCA is offering a Virtual Group Exercise Open House with registration available online at tgfymca.org. Throughout the week, the Y will also share community health and safety information on their Facebook page at facebook.com/GatewayFamilyYMCA highlighting healthy family tips, nutritious recipes and exercise recommendations.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information about The Gateway Family YMCA, visit www.tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.

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TOURNAMENT INDOOR ASSOCIATION COMPETITION HOSTED AT ALJ

On Saturday, April 15th at 7 p.m. the Music Parents Association of Clark will be hosting a Tournament Indoor Association Competition at Arthur L Johnson High School, 365 Westfield Avenue, Clark. This competition will have 10 different units from around New Jersey Performing. These groups will be competing in either an Indoor Percussion or Indoor Color Guard performance. Our very own ALJ Indoor Percussion and Colorguard unit will be one of the

units participating in the competition. The admission for this event is \$10 for adults and \$5 for students and seniors. If a student of the Clark Public School District brings their school ID they will be allowed to enter for free! Refreshments will be sold in the cafeteria. Please come out and support the ALJ Music Program! If you have any questions about the event please reach out to Mr. Andrew Calo at acalo@clarkschools.org.



SOCK IT TO ME HELPS TEENS IN CRISIS

Brian Morris, a senior at Arthur L. Johnson High School, organized the “Sock It To Me” campaign during the month of January. Collection boxes were left at the entrance of the high school, at Clark Recreation Center, and Rems Optical, all located in Clark. Money donated was used to purchase an additional 161 pairs of socks and 34 hair ties. These socks are being donated to teens in crisis at the adolescent unit of Trinitas Medical Center. Brian said “It’s overwhelming the response received by the Community. Thank you again for making this campaign so successful!”



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KUMPF STUDENTS SET OUT TO HELP KEEP RESIDENTS WARM

Clark's Mason Immella and Vincent Motsay Host Successful Coat Drive

Mason Immella and Vincent Motsay, both seventh grade students at Carl H. Kumpf Middle School, organized and collected over 95 coats in December and January for the Jersey Cares Coat Drive. The efforts of the two 13-year-olds will provide warmth this winter to area residents in needs.

"Sometimes when I travel with my parents, I see people walking around without coats in the freezing weather. Maybe some people are scared or embarrassed to ask for a coat," Mason said. "So, I figured, why not do it for them and collect the coats. We wanted to make a difference and come together as a community to make it a better place for everyone."

Mason's and Vincent's plan of action was to first contact Jersey Coats and establish Carl H. Kumpf Middle School as a drop-off location. Because the school is only open until 2:42 p.m. weekdays, they boys, wanting to ensure that all

looking to donate had the opportunity to do so, also organized drop off sites at two township residences.

"The donation of a coat is more than just a piece of clothing," said Vincent. "The person receiving it feels that they matter, and that people do care. Everyone could use an act of kindness, no matter how small it may be."

Vincent and Mason would like to personally thank the Clark community for their kindness and generosity as the drive would not have been a success without everyone's contributions and support.

Kudos to Mason and Vincent for making a positive impact.



(above) Mason Immella and Vincent Motsay at the pickup site at Carl H. Kumpf Middle



(above) Vincent Motsay and Mason Immella at the drop off location for Jersey Cares.

Courtesy photo

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HIDDEN IN PLAIN SIGHT DRUG AWARENESS PROGRAM

Clark Township

The Clark Drug Alliance held “Hidden in Plain Sight” a drug awareness program for parents on January 24 at Arthur L. Johnson High School. The event was designed to help parents of teens recognize unfamiliar hazards of drug use that are often in plain sight.

DEA Special Agent Tim McMahon guided

attendees through an exhibit of a typical teenager’s bedroom. He spoke about substance abuse trends, the signs and symptoms to watch for and resources to help keep children healthy and drug-free.

The event gave attendees ample time to meet with the experts at a pre-session dinner. The event was well attended.

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(above) Brian Soos – Clark Juvenile Detective, Henry Varriano retired BOE member, Dominic Preite, Ralph Bernardo Alliance Coordinator and Director of Recreation, DEA Special agent Tim McMahon, Ms. Jaimie Wronski -Heroes and Cool Kids Coordinator and teacher at the high school, Tara Oliveira Principal of ALJ, Ed Grande Superintendent of Schools, and Steve Kaelblein -ALJ S.A.C.

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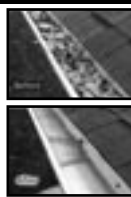
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SUVCW INDUCTS NEW MEMBER

The General Phil Kearny Camp #20 swore in its newest member on December 22 at the Abraham Clark house in Roselle, NJ. Senior Airman Nathan Sands was home on leave from the Air Force and was sworn in by Camp Secretary Clark McCullough.

The Sons of Union Veterans of the Civil War (SUVCW) is a fraternal organization preserving the history of those that fought in the Civil War, including hereditary membership from a Civil War Veteran or associate membership. To learn more visit suvcw.org.

General Phil Kearny Camp #20 meets five times a year at 1 p.m. at the Abraham Clark Memorial House, located at 101 W 9th Ave, Roselle, NJ. 2023. Dates are March 18, May 6, September 9, October 28, and November 11.



(above) Camp Secretary Clark McCullough swears in Nathan Sands.

CLARK RECREATION INTRODUCES KIDS BOWLING

In the spirit of tradition, Clark Recreation Director Ralph Bernardo has once again expanded the offerings of the department by adding kids bowling. Twelve Clark kids recently started bowling at Garwood Lanes as part of the new Winter line-up. “Bowling is a great game for

kids and I was happy to bring it to Clark Recreation,” said Bernardo. “We have so many options for children, and why not another? Kids like all kinds of things and this might be just the right activity for some of them.” Bernardo said the program will be offered again in the Fall.



Photo by Clark Recreation

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FREE COURSE ON MENTAL ILLNESS

The NAMI Family-to-Family Education Course will be offered by the Union County Chapter of NAMI (National Alliance on Mental Illness). The course will start on Thursday evening, March 9, 2023 and meet each Thursday over a consecutive 9-week period. It is free-of-charge, with all necessary materials furnished at no cost.

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

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

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



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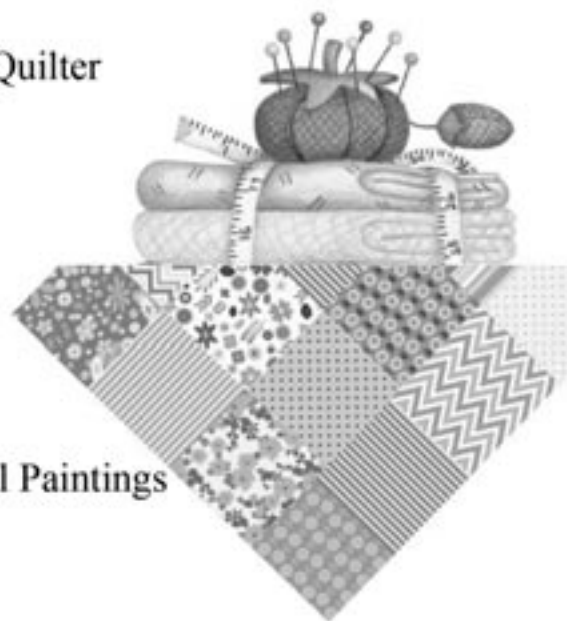
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RAKE & HOE BRING SPRING CHEER TO THE COMMUNITY

On February 7, twelve members of the Community Projects Committee of Rake and Hoe Garden Club of Westfield met at the First Baptist Church of Westfield where Mobile Meals originates and made 55 small floral arrangements to accompany the meals delivered that day.

The club supplies the flowers and prepares the arrangements in laundry detergent caps. These cheerful multicolored floral arrangements were decorated with red and pink paper hearts. The club preforms this service in Spring, Fall and Winter and is much appreciated by the clients who look forward to receiving these colorful arrangements. One recipient wrote that the flowers made her smile and forget about the rough day she was having.

Club members also made 5 spectacular floral arrangements designed by Kay Cross. These center pieces were delivered to Complete Care, Westfield and placed at the nurses' stations for all to enjoy. The event was coordinated by Kris Luka and Sharon Shiraga.

The next day the Rake & Hoe Juniors attended their regular monthly meeting and made 25 Valentine Day floral arrangements for the residents of the Adroit Care Rehabilitation and Nursing Center, Rahway NJ.

The Rake and Hoe Garden Club is affiliated with the Garden Club of New Jersey and the National Garden Clubs, Inc. The club meets on the second Wednesday of the month at 12:00 pm at the Scotch Hills Country Club. Membership is open to residents of Westfield and surrounding towns. For more information, call Sharon Shiraga (908) 228 2865 or visit the club's website, (rakeandhoegc.org) or Facebook page.



(above, l-r) Front Row: Jeanie Pelikan, Betty Clark, Joyce Mullen, Lena Peitsinovski, Kay Cross, Jane Christiani, and Betty Gulino. Back Row: Richard Pelikan, Donna Sevchuk, Regina Kelly, Sharon Shiraga, and Sue Feldman.



(above, l-r) Juniors Holding Floral Arrangements - Back row: Arabella Morabito, Anna Athungal; Front row: Cassidy Johnston, Peyton Johnston, Emma Blazousky, Grace Yu.

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CLARK PUBLIC LIBRARY MARCH EVENTS

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

Librarian By Appointment

March 2 and March 16 from 3:00-4:00 pm
The Adult Services Librarians are available by appointment to provide in-depth, one-on-one help with any library-related 30-minute questions you may have.

The Missing Book Escape Room

March 2, 3:00 pm-4:00 pm &
March 3, 1:00 pm-2:00 pm

The Library Director recently got a whole case of treats for the staff to share in celebration of a job well done serving the Clark Community.

Unfortunately, while she was locking up the treats, to ensure that the pesky library cat and ghost didn't steal any, a Clark resident asked for help returning one of their overdue books and the Director accidentally lost the keys! You've been asked to help her find the missing keys with some of the celebratory treats as a reward.

Read Across America Day Kid's Trivia

Thursday, March 2 at 3:30 pm

Today is Read Across America Day! Join us to celebrate by playing a trivia game on Kahoot! Play in person or on Zoom! This event is free and prizes will be awarded! *Winners must be willing to pick up the prize in person. Prizes not picked up within 30 days will be forfeited.

[Virtual] Read Across America BINGO

Thursday, March 2 at 6:30 pm

Celebrate Read Across America with some BINGO! Prizes for winners and runners-up. Please register to get the Zoom link and link for BINGO cards. Virtual only.

Stories & More

Fridays, March 3, 10, 17, & 24 at 10:00 am
Stories, movement, songs followed by a simple craft for active listeners ages 3 -5 years old.

Registration is required.

Tales for Tots

Monday, March 6, 13, 20, & 27
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 requested.

[Hybrid] Baby Bookworms

Tuesdays, March 7, 14, 21 & 28
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. Registration is requested. Virtual option is available.

Afternoon Book Club

Tuesday, March 7 at 1:00 pm

Join us for our next afternoon book club meeting. We will be discussing "That Summer" by Jennifer Weiner. Please speak with a librarian or email reference@clarklibrary.org if you need a copy of the book.

Computer & Technology Help

Tuesday, March 7, 14, 21 & 28
from 1:00 pm-3:00 pm

Stop by and have one of the Library Volunteers help you learn one on one or in a group!

Barks & Books

Tuesdays, March 7 & 21 from 4-5 pm

Thursday, March 9 from 6:30-7:30 pm

Saturday, March 18 from 10-11 am

If you have a young, reluctant, or struggling reader, we want you to meet our therapy dogs!

Children will each get approximately 15 minutes of reading time with Bubble, Magnolia, or Sophie.

[Adult Craft] DIY St. Patrick's Day Tea Towels

Wednesday, March 8 at 11:00 am.

Make a cute, decorative St. Patrick's Day tea towel with iron-on vinyl.

Dungeons & Dragons:

The Green Cask Society Adventuring Guild

March 11th, 1:00 pm - 4:30 pm

The Library is proud to announce the establishment of the Green Cask Society Adventuring Guild! Join us for our adventure into the world of D&D 5e. All Ages, No experience required, No materials required, All players are welcome!

Union County Aging Services Kiosk

Monday, March 13 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.

[Adult & Teen Craft]

St. Patrick's Day Tea Towels

Monday, March 13 at 7:00 pm.

Make a cute, decorative St. Patrick's Day tea towel with iron-on vinyl from our Cricut machine. Open to teens and adults

Teen St. Patrick's Day Chocolate Making

Tuesday, March 14 at 3:00 pm

Make some St. Patrick's Day treats with melted chocolate, candy molds, and special decorations. Open to teens in Grades 6-12.

Computer and Technology Class

Tuesday, March 14, 21, and 28
from 1:00 pm- 3:00 pm

Stop by and have one of our wonderful Library Volunteers help you in our brand new Computer Help Class focusing on Microsoft Office.

Remember The Ladies:

Women During the American Revolution

Tuesday, March 14 at 7:00 pm

In celebration of Women's History Month, join historian Joel Farkas to "remember the ladies" of the Revolutionary War. This program is part of our "Better Together" series with the Cranford Public Library.

Krafty Kids

Wednesday, March 15 at 3:30 pm

Make fun and creative artwork for St. Patrick's Day. Registration is required, for ages 5-12.

[Hybrid] Trivia Nights: Park and Recreation

March 16th, 7-8 pm

Test your knowledge alongside your friends at our TRIVIA NIGHTS! On Thursday night we will be hosting a trivia contest on everything from history to the biggest hits on Netflix. This week's Trivia Night will be on the show Parks and Recreation.

Evening Book Club

Monday, March 20 at 7:00 pm

We'll be discussing "The Doctors Blackwell" by Janice Nimura. Speak with a librarian or email if you need a copy of the book.

NJ Maker's Day - LEGO® MANIA

Thursday evening through Saturday morning

Join us at one of three all-ages building events for your chance to show off your master-building skills!

LEGO® All Ages Building Challenges

Thursday, March 23, 6:30-8:00 pm

Friday, March 24, 3:15 pm-4:30 pm

Saturday, March 25, 11:00 am-12:30 pm.

Creations will be on display and available for voting from 12:30 pm to 4:30 on Saturday, March 25 (in person) and until 12:00 pm on Monday, March 27 (online). Winners will be notified by email Monday night.

How to Sort & Organize LEGO® Pieces and Mini-Figures

Saturday, March 25 at 10:00 am

Lego Fans of all ages are invited to come to a special class to learn some great techniques!

Please register.

LEGO® We Do Robots

Saturday, March 25

at 11:00 am or 12:00 pm

We will be bringing out our LEGO® We-Do Robots for groups to try out. Please register for one session. Build something out of regular bricks for the challenge!

Little Bits Storytime

Sunday, March 26 at 2 pm

Join us on the weekend for a special afternoon storytime! Interactive stories, songs, and fun for children of all ages! Registration is required.

Kid's Gaming Club

Tuesday, March 28 from 3:15-4:45 pm.

Stop in for a fun afternoon of gaming. Play some Nintendo Switch games on our big screen or bring your own device. Open to Grades 1-5. Board games and other types of games will be out as well while waiting for your turn to play.

Teen Advisory Board Meeting

Tuesday, March 28 at 7:00 pm

Teens - let your voice be heard at the library! The Teen Advisory Board (TAB) helps create, plan, and run teen programs and services they would like offered at the Clark Public Library. Open to teens in Grades 6-12.

Take & Makes for Preschoolers - Adults

Each month we have a new take-home craft to pick up and make at your leisure. While supplies last, no registration.

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SUPPORTING CHILDREN COPING WITH LOSS WEBINAR, MAR. 21

Children will experience different losses in life: divorce, moving, friendships ending, sports injuries or the death of a friend or family member. Imagine, A Center for Coping with Loss is working to create grief informed communities where children will be surrounded by adults who are able to provide support as they cope with these losses.

On Tuesday, March 21st from 7:00–8:30 p.m., Imagine will offer a webinar on Supporting Children Coping with Loss for anyone who wants to learn how to support a child who is grieving. While loss due to death will be the primary focus of this webinar, the concepts that will be presented are applicable to all types of loss. It is especially important for parents and grandparents, guardians, teachers, members of community organizations, coaches, therapists, counselors, and social workers to attend this program. The webinar will be offered in both English and Spanish.

THOSE WHO ATTEND WILL BE ABLE TO:

1. Define the terms “loss,” “grief,” and “mourning”
2. Understand the different types of loss and the impact of those losses
3. Identify similarities and differences on how children, teens, and adults experience their grief
4. Learn how to support someone who is grieving

CEUs are available for social workers with a \$30 registration fee. For those who do not need CEUs, a \$30 donation is appreciated, but not required.

Those interested in the Spanish-speaking webinar do not need to register, but may contact Imagine’s Training and Education Director, Veronica Ortiz at veronica@imagineenj.org to receive the link to join the webinar.

Please join Imagine in our effort to create supportive communities for children who are grieving. To register for the English-speaking webinar, please scan the QR code below or visit imagineenj.org.



MEN'S CORNERSTONE XIV RETREAT

We live in a busy world. You have a busy life. When was the last time you hit “pause”?

The parishes of St. Bartholomew the Apostle and Immaculate Heart of Mary are inviting men of all ages to attend this year’s Men’s Cornerstone XIV retreat. It will be on Friday March 10th and Saturday March 11th and held at St. Bartholomew in Scotch Plains.

WHAT IS CORNERSTONE?

Cornerstone is an opportunity to hit the “pause button” in life and a chance to renew and strengthen your faith and grow in your experience in the Christian faith. It is led by a team of parishioners from various backgrounds and ages who themselves have experienced an increased presence of Christ in their lives.

WHY SHOULD I ATTEND CORNERSTONE?

You will have a unique opportunity to meet other men of the community and together listen, reflect, and share real life experiences. Taking the time to retreat from daily routine and stress is both a necessary and rewarding experience.

WHAT DOES “CORNERSTONE” MEAN?

The word “Cornerstone” describes Christ as the main foundation (“the cornerstone”) of our lives. His presence within us allows us to live, grow, and become more loving and vibrant people of God.

WHAT HAVE OTHER MEN WHO HAVE ATTENDED CORNERSTONE EXPERIENCED?

“It gave me a chance to connect with God.” David D.

“Cornerstone helps me to realize that we are all in this together, and we are not so different from one another.” John O.

“Cornerstone helped me see all the times God’s grace has been bestowed on me and my family.” Jim B.

“I was initially uncomfortable about attending but I am so glad I took that first step to renew my faith. It was such a satisfying experience and was exactly what I needed to refocus my life priorities.” Colm K.

“Cornerstone helped me to make new friends and put some of my troubles in perspective since they are shared by others.” Glenn R.

WHAT CAN I EXPECT AT CORNERSTONE?

It will begin Friday evening March 10th at 6 p.m. and end on Saturday evening March 11th after Mass and dinner. There will be talks, followed by small group discussions, time for quiet personal reflection, Reconciliation, and Eucharist. There will also be ample time to interact with others who are looking to grow spiritually.

Registration is required. Please visit the web sites of either St. Bartholomew the Apostle at stbartholomewchurch.org/mens-cornerstone or Immaculate Heart of Mary at ihmparish.net.

You may also reach out to Ed Butler at 201-410-7425 or ejb57@aol.com as well as Chris Reimers at 732-689-8300 or cjreims@hotmail.com with any questions.

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Coors Lite/Miller Lite	30pk	\$26.99
Corona/Corona Lite loose bottles	24pk	\$31.99
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Heineken/Heineken Lite bottles	24pk	\$32.99
Land Shark	24pk	\$29.99
Lech (500ml)	20pk	\$32.99
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Pabst Blue Ribbon cans	30pk	\$20.99
Pilsner Urquell	24pk	\$30.99
Sam Adams Boston Lager	24pk	\$35.25
Stella Artois loose bottles	24pk	\$32.99
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