

Clark Monthly NJ

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Issue 32 • May 2014

**CLARK
CHAMBER OF
COMMERCE
MEETING**

**WEDNESDAY
MAY 28
8:30 AM**

**HOLIDAY
INN**

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BOB TAYLOR SPEAKS AT ATHLETIC LEADERSHIP COUNCIL MEETING

On Wednesday, April 23, 2014, members of the Crusader Athletic Leadership Council were lucky to have guest speaker Bob Taylor speak in regards to his Leadership Seminar.

Coach Taylor played football at TCNJ. After finishing his playing career, Taylor would pursue a career in coaching, where he has coached such sports as baseball, wrestling, softball, and of course football. From 1969 to 1973, he served as the head football coach at Colonia High School. He then became the head football coach at David Brearley Regional High School, serving in that role from 1974-1992. Most recently, he led the Johnson High School team from the 1993 to 2002 seasons. He sports a career coaching record of 199-84-7, while also capturing eight Mountain Valley Conference Championships. In addition to the conference titles, Taylor has also collected six New Jersey State Championships.

In 1995, he was named the New Jersey State Football Coach of the Year by the Star Ledger. He was also recognized in 2003 by the New Jersey Football Coaches Association as the Coach of the Year, one year after being inducted into the New Jersey Football Coaches Association Hall of Fame.

In 2002, Taylor became the fourth Principal of ALJ. That year, he finished his coaching career on a high note, as the Crusaders won their fourth State Championship (North Jersey Section II, Group 2). After that season ended, Taylor began to assume his duties of ALJ Principal full time. Taylor, at the end of his 10 year coaching tenure, compiled an impressive cumulative record of 73-29 at ALJ. As for Taylor alone, his final record as a head coach (Arthur L. Johnson and Brearley) was an impressive 196-83-7.

This seminar provided the students and members of the Crusader Athletic Leadership Council with leadership strategies and techniques to assist with their high school athletics, academic effort, and overall personal development.



(above) Members of the Crusader Athletic Leadership Council pose for a picture with Bob Taylor after the Crusader Athletic Leadership Council Meeting.



(above) Bob Taylor engages members of the Crusader Athletic Leadership Council in conversations about the topic of leadership.

Gus Kalikas, Athletic Director at Arthur L. Johnson High School, had this to say about the event. "The C.A.L.C. was thrilled to be able to host Bob Taylor at our Crusader Athletic Leadership Council Meeting. Our Student Athletes learned a lot through both talking about aspects of leadership and being a successful student athlete. There is no doubt in my mind that our student athletes will be able to employ these traits in the classrooms and on the fields in order to make themselves better students, athletes, and citizens."

The C.A.L.C. would like to thank Bob Taylor for attending the meeting and assisting the Student Athletes of Arthur L. Johnson High School in continuing to strive for excellence.



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CLARK MEMORIAL DAY PARADE • MON, MAY 26

The Parade will step off at 9:30 am from Westfield Avenue and Nassau Street and conclude at the ALJ High School where a memorial service will be held.

MEMORIAL DAY SERVICE MAY 24

The public is invited to join the Clark American Legion Post 328 at a Memorial Day service to be held at the Post home, located at 78 Westfield Ave., Clark on Saturday, May 24th at 11 a.m. At this service we will be remembering and honoring our post members who have passed away this past year. Their families will be sent a written invitation in the mail to participate in this service if they choose to.

THE FOLLOWING POST MEMBERS WILL BE HONORED:

Joseph Galfy Jr.	Edmund Milewski
Thomas Jones	Paul Hadsall
Harry Opanowicz	Tony Malanga
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Robert Peason	John Fred Ashnault.

SPECIAL AWARD GIVEN AT CLARK AARP



(above, l-r) Theresa Spingola, President Clark AARP Michael Sheridan, Angie House.

President Michael Sheridan of the Clark AARP Chapter 3733 along with chapter members, recently acknowledge, by way of a special award, two women, Angie House and Theresa Spingola, both of whom have devoted many, many hours of various services for the benefit of the chapter.

“PROJECT READY” FREE JOB READINESS PROGRAM BEGINS MAY 20TH IN ELIZABETH

Project Ready will be accepting applications on the first day of its six week job preparedness program on Tuesday, May 20, 2014 at 9:30 a.m. Applicants should be prepared to stay until 12 pm. The program will run Tuesday through Friday from 5/20/14 – 6/26/14. The six week program is offered at no cost to people seeking to improve their skills as they search for employment. Students receive training in basic business and computer skills. Volunteer business and education professionals teach courses such as resume writing, job search techniques, interviewing, Microsoft Word, Microsoft Excel, and use of the Internet. Class size is limited, so please call to reserve your spot. Project Ready is located within St. Joseph Social Service Center at 118 Division St. in Elizabeth.

For more information please call (908) 353-1045 x213, email projectreadysj@yahoo.com or visit www.stjosephelizabeth.org.

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PETER PAN JR. PERFORMS TO A SOLD OUT CROWDS

Select fourth and fifth grade students at Frank K. Hehnly Elementary School in Clark, had their school performance of Peter Pan Jr. on April 1. Approximately 90 students prepared since January before taking the stage on April 1 for two sold out shows.

The role of Peter Pan was cast by Angelo

Campiglia; Tinker Bell was Victoria Venezio; Wendy was Cassie Smith; John was Nicholas Zotos; Michael was Tyler Ashley; Captain Hook was Felix Lettini.

The rest of the students rounded out the cast as the Darling Family, Fairies, Lost Boys, Pirates, Indians and Mermaids. The directors of

the play were second grade teacher Laura Venezio and first grade teacher Megan Friedman. The set design/behind the scenes was led by second grade teacher Erika Barrett and her stage crew. Music teacher Meghan Bowers and Art teacher Michelle Matestic also provided assistance with the music and props.



(above) The cast and stage crew of Frank K. Hehnly's adaptation of Peter Pan Jr.

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MAJESTIC WINDS TO PERFORM A CONCERT AT ZION LUTHERAN CHURCH

Majestic Winds, the professional wind band of the New Jersey Workshop for the Arts, will present a spring concert at the Zion Lutheran Church, 559 Raritan Road, Clark, NJ on Thursday, May 8, 2014 at 7:30 p.m. The ensemble will be directed by Howard Toplansky, an NJWA staff instrumental instructor. "Our musical offerings are geared to please a variety of musical tastes and range from Renaissance to Ragtime favorites," stated Toplansky.

"Zampa" Overture by Louis Herold, Selections from "Gigi" by Lerner and Loewe and "Prelude and Fugue" by J. S. Bach will be the main selections on the first half of the concert. "Die Fledermaus" Waltzes by Johann Strauss will also be featured on this program.

Several fine marches will also be performed on this program, which include "Pan American" by Karl King, "Festive March" by Mark Strimovskiy, and "Glory of the Yankee Navy" by John Philip Sousa.

Rounding out this concert will be "Marche Triomphale" by Hector Berlioz, "Dill Pickles Rag" by Charles Johnson and "Mr. Sandman" by Pat Ballard.

This event is open to the public and, while there is no charge for admission, a freewill offering will be gratefully accepted. For additional information about NJWA or Majestic Winds, call 908-789-9696 or email njwaband@att.net.



VALLEY ROAD STUDENTS IN CLARK ENJOY A PERFORMANCE OF "HENRY AND MUDGE"

Students in Miss Briana Emma's second grade class in Valley Road School head out for their first class trip of the year to the Union County Performing Arts Center in Rahway, NJ. The students enjoyed the amazing performance of the much loved story of a boy and his dog, "Henry and Mudge." The students were full of excitement as the school bus approached the theatre and their eyes were glued to the performers as they put on a captivating performance. The students represented Valley Road Elementary School very well and wore their blue and white t-shirts with pride. The first class trip for the year was a big hit!



(above) Jordan Nieves, Hannah Malko, Madison Bigelow, Katie Mallick, Lacey Vill and Cassie Corsentino

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North Plainfield, NJ- Global Auto Mall, a well-known local automotive sales dealer, was hit by the first case of Spring fever this season. All the sun, and greenery has got them itching to clear their inventory and make way for new cars. With the huge surplus of brand new cars, trucks, minivans, hatchbacks and SUVs they've decided to have a Spring Fever Savings Frenzy with tons of discounts and a free 3 year maintenance plan with every purchase.

This special event will have hundreds of cars to choose from ranging from brand new models to pre-owned vehicles all priced to move quickly.



The Spring Fever Savings Frenzy will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mistubishi and a large variety of pre-owned makes and models.

This big event will be held at Global Automall's nearby North Plainfield location:

Global Automall, 1099 Rt 22 West, North Plainfield, NJ 07060. or Call: 1-866-645-4337 for easy directions.

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ALEXANDER THE GREAT INTERVIEW



Mr. Enrico Basso, long term leave replacement at Carl H. Kumpf Middle School in Clark, conducted an activity with his 6th grade Cradles of Civilization class. While learning about Alexander the Great, students were given the opportunity to choose from three ways to show their understanding of Alexander's accomplishments. Students could conduct an interview with Alexander the Great at the peak of his reign, conduct an interview with Alexander on his death bed, or interview a citizen of a city under his rule. Students had to formulate questions and responses and then act out the interview like a TV news broadcast. This section pertaining to Alexander the Great was a part of a chapter on Greek Civilization. In which students learned about the impact Greek civilization had on the modern world in forms of architecture, science, trading and more.

Clark Recreation is in full swing with Spring Programs and classes. Registration in on-going for summer camp which will run from July 7th – August 14th. The cost for the 6-week program is \$35 - the best bargain in town! The camp is held Monday – Thursday from 9 am – 12 noon. Call the Recreation Department for more information 732-428-8400.

EASTER BUNNY VISITS

Clark Recreation held its eighth annual Easter Egg Hunt on Saturday, April 12th at the Recreation Center. Over 600 children participated in the Egg Hunt, decorated buckets, played games, won prizes, had refreshments and of course met the Easter Bunny. This event was free to all residents and generously funded by community businesses and organizations.



(above) Easter Bunny (Karen Bernardo)



(above) Future ballerina's as they practice with their dance instructor Melanie from Center for Dance Education in Clark.



(above) Cooking Teacher Rosanna Stawinski gathers with future chefs as they show off their cooking medals upon completion of their Mommy and Me Cooking class at Clark Rec.

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CUB SCOUTS CLEAN VETERANS' GARDEN

Clark Cub Scout Pack 145 volunteered their time beautifying the Valley Road School Veterans' Garden.

The area was raked out, cleaned up and various types of flowers were planted and mulch was added. The project, run by Sean Mirek with the assistance of scouts from dens 2 and 3, came out very nice. For more information on scouting please feel free to visit www.cubpack145.info



CLARK UNICO TEACHES PIZZA PIE MAKING

Clark UNICO Chapter members Moreno Rimmaudo and Al Pezzella helped celebrate "UNICO Community Service Month" by teaching how to make pizza pie to 50 Clark pre-schoolers ages 3-4. The chefs taught 6 individual groups of 8 children.

Children were witness to flinging dough in

the air and later helped with sprinkling cheese over the sauce. Of course every one enjoyed eating a slice or two after the fresh pies came out of the oven.

Clark Recreation offered the use of their kitchen for the event. Other UNICANS joined in on the fun by helping Moreno and Al.



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SPRING INTO HEALTH

By Lauren Purdy, R.D. • ShopRite of Clark

The snow has melted and the sun is shining. Spring is here and it's the perfect time to make new wellness goals or perhaps recommit to New Year's health resolutions



To get you started, here are some tips for getting and staying healthy this spring:

- Experiment with one new fruit or vegetable each month to keep your healthy meals exciting and fresh.
- Gradually replace some of the salt you use with flavorful fresh herbs and lemon zest.
- Add a salad to the beginning of your meal to fill up on nutrient-dense vegetables.
- Wash, chop and portion healthy snacks, salads and sides for the whole week.
- Do a little spring house cleaning -- it keeps you up and moving throughout the day and you'll be rewarded with a fresh, organized living space!
- Schedule an annual physical or dental check-up you've been putting off all winter.
- Take a walk after dinner! Brisk, 15-20 minutes walks taken 30 minutes after eating help control blood sugar levels and aid with weight loss and maintenance.

Bonus tip! Take it up a notch and go for walks after breakfast and lunch to get the recommended 60 minutes of physical activity for the day! How easy was that? (sweet).

No matter what goal you choose for yourself or when you plan to start, set yourself up for success:

- Be as specific as possible! For example, "I will bring a pair of sneakers with me to work and spend half of my lunch break walking around the building 3 out of 5 days." This makes the goal more clear than just "I will walk more."
- Use measurable numbers, time frames and deadlines to help you stay on track. Write them down and track your progress along the way.
- Start small, choosing just 1 or 2 goals at a time and keeping those goals realistic. *Working to lose 1 pound per week is much less daunting than focusing on the 10 pounds you want to lose by summer.*

What healthy activities and habits will the warmer weather inspire you to try

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CLARK SCHOOLS GRADUATE CONGRATULATORY SIGNS WILL DEBUT THIS SPRING

This spring, lawn signs with personalized names of graduating seniors who are members of the ALJ Class of will sprout up throughout town. The signs are two feet high by three feet long and read "Congratulation (Graduate's Name) Clark Public Schools, Class of 2014. The signs are printed in school colors of white and blue.

The first batch of pre-ordered signs are expected to be on display throughout the town by the first week of May. Any parent, grandparent, or relative wishing to purchase a Congratulatory Graduation Sign may buy one by sending a check in the amount of \$35 to the "Clark Board of Education" attention Geraldine Bonaccorso, Confidential Secretary; Clark Public Schools; 365 Westfield Avenue; Clark, New Jersey 07028. All orders should be placed by May 15th.



(above, l-r) Arthur L. Johnson's High School Class of 2014 members Justin Beciero, Emily Curran, Chelsea Caplette, and Vin Banek in front of Emily's Graduation Sign.

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Addiction to opioid prescription pain killers is no longer confined to the inner city. Often, the start of such addiction may be only as far away as the family medicine cabinet and often ends up in heroin use. In 2014, increasing numbers of people nationwide have become addicted to pain killers, either intentionally or unintentionally.

The growing link between pain killers and heroin was explored at a conference hosted recently by Trinitas Regional Medical Center. Members of state government, law enforcement, the medical community, health care, community agencies fighting drug abuse, and families feeling the tragic results of addiction gathered to examine the issue from numerous viewpoints.

The conference, "Pills/Heroin = Overdose: Defining the Epidemic & Implementing Strategies to Reduce Overdose," featured an expert panel of authorities who probed the complicated aspects of this troubling epidemic. Panelists included John D'Angelo, OD, Medical Director of Emergency Services at Trinitas; Grace Park, Esq., Acting Union County Prosecutor; Philip J. Degnan, Esq., Executive Director, New Jersey Commission of Investigation; Pamela Capaci, Executive Director of Prevention Links, and Dominic Coppella, a parent dealing with the drug overdose death of a child. Jim Milo, New Jersey Division of Consumer Affairs, Prescription Drug Monitoring Program (PDMP); Joseph McTernan, Senior Director of Community and Clinical Services at Trinitas, and Michael Litterer, Director of Community Prevention at Prevention Links, discussed strategies to fight the epidemic.

James Lape, Senior Vice President of Behavioral Health & Psychiatry at Trinitas, pointed to the grim realities of the issue: "This is a national problem that very often starts in your medicine cabinet. Recently, there were 15 heroin overdoses in one day alone in Camden. But, heroin overdoses happen everywhere, even

in suburban areas that were once immune."

Communities in New Jersey can attest to "devastating human consequences," according to Phil Degnan of the NJ Commission of Investigation. New Jersey recorded 843 overdose deaths in 2010, 1,026 in 2011 and 1,294 in 2012. Degnan reported that children as young as 11 years of age experiment with pills. "There is an unmistakable link between prescription pill abuse and heroin use. The speed of dependency is disturbing. Addicts transition so quickly from pain killers to heroin because heroin is a much cheaper alternative to pills," Degnan emphasized.

Union County's Acting Prosecutor, Grace Park, Esq., presented sobering statistics. "There is a major focus now on abuse of prescription medication. Nationwide, deaths due to overdoses doubled in the last 10 years." Fighting the epidemic is complicated, she explained, because there's a legitimate use for pain killers. "Although we're not experiencing

the staggering increases seen elsewhere in New Jersey and around the country, in Union County we're seeing 30 – 50 deaths per year, which is still too many. Victims are mostly white males, average age of 42, from both urban and suburban centers. In short, everyone is susceptible."

Pam Capaci of Prevention Links remarked, "It's too bad that this epidemic had to hit suburbia before the media took an interest." The medical community should be key players in addressing this issue. "We need to re-educate physicians. I had surgery and was prescribed 90 Percoset pills. I only took one pill and the rest sat in my medicine cabinet." While heroin is cheap to buy, addiction is expensive to treat and addiction rates rise before anyone realizes. "Parents and schools don't see it happening. You could literally wake up and find your child in a full heroin addiction before you even know he or she is abusing drugs." With Union County's

(Continued on page 13)

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great drug treatment infrastructure, "It's necessary now to educate physicians and parents. The abuser can be as close as your own child, not the stereotypical homeless person living on the streets."

The conference also put a human face on the epidemic. Dominic Coppella told of his 20 year-old son Chris who died of an overdose while at college. He described Chris as popular, smart, an animal lover and athlete who played baseball and tennis. "Some of his friends were fooling around with pain killers and Chris became addicted and moved on to heroin in no time. He and a friend died of overdoses on Nov 12, 2009." Echoing earlier comments, he said, "Sadly, so many parents find their children on a downward spiral like this and are helpless." Coppella and his wife have created a charitable foundation in their son's name. He presented a challenge: "We need to go beyond 'awareness.' We need treatment programs built on evidence-based standards, programs that are focused on the unique needs of younger people. Also, I believe there needs to be higher standards of

education for counselors."

From the physician's perspective, Dr. D'Angelo from Trinitas, agreed that doctors need to recognize the "pill pusher problem. People are very savvy, they 'doctor shop' until they find the doctor who will give them what they want." Dr. D'Angelo admitted that prescribing is a dilemma. "We can't not treat your pain, but we do need to look at options like fewer pills or recommending different agents for treatment instead of immediately prescribing painkillers. At Trinitas, we are being much more prudent about prescribing of pain killers."

Jim Lape of Trinitas told the gathering that Trinitas is meeting the epidemic head-on. While treatment doesn't typically address the long-term needs of individuals, he detailed how Trinitas has adopted the state's Delivery System Reform Incentive Payment (DSRIP) which he believes "will make services less fragmented. At Trinitas, about 10 percent of all those admitted to our medical center for medical/surgical issues also have a history of drug abuse. The DSRIP project screens all admissions for drugs and

suicide potential, which can go hand-in-hand." When appropriate, patients are recommended for a cooperative treatment program that Trinitas runs in collaboration with Prevention Links. To implement the DSRIP program, every nurse at Trinitas has been trained in assessing and responding to patients who may present evidence of drug abuse.

Joseph McTernan, Senior Director of Community and Clinical Services at Trinitas, discussed strategies on the front lines, including a valuable new drug used as an immediate treatment for drug overdoses. "With the recent push to expand the use of Naloxone that reverses the effects of opiates like heroin and oxycodone, emergency medical technicians, police officers, and family members of drug abusers can now administer it. It blocks the effects of opiates, stopping a potentially life-threatening overdose in minutes." Naloxone has had a positive impact nationwide with "more than 180 public access Naloxone programs in the past 10 years that have trained over 100,000 people and successfully reversed more than 10,000 overdoses."



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(above) James Lape, Senior Vice President of Behavioral Health & Psychiatry at Trinitas, and Grace Park, Esq., Acting Union County Prosecutor, at the "Pills/Heroin = Overdose: Defining the Epidemic & Implementing Strategies to Reduce Overdose" Conference.

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CRUSADER G.P.A. CHALLENGE WINNERS

The Arthur L. Johnson Athletic Department recently held a breakfast in honor of the 2013-2014 Winter Athletics G.P.A. Challenge winners, the Girls' Track & Field Team. The event,



(above) The Girls' Track and Field Team enjoys breakfast as a reward for winning the inaugural Winter G.P.A. Challenge.

sponsored by the Athletic Department, was held in the Arthur L. Johnson Cafeteria.

For the first time this year Arthur L. Johnson High School Athletics instituted the Crusader G.P.A. Challenge, which was awarded to the team that finished with the highest overall G.P.A. amongst athletic teams for the winter season.

The recipients were presented with certificates, will have their team memorialized on a plaque, and were invited for a "Breakfast with the A.D." to celebrate their actions both in the classrooms and on the fields. The first G.P.A. Challenge was for the winter season was awarded to the Crusader Girls' Track and Field Team with a G.P.A. of 3.752.

The following members of the Girls' Track and Field Team were named G.P.A. Challenge winners: Jessica Pak, Gabriela Hurtado, Michele Pozyc, Veronica Zatko, Emily Bailey, Anabela Casimiro, Samantha Cimboric, Gina DiNucci, Arlene Vill, Janet Vill, Amanda Banek, Caroline

Buczynski, Riley Delaney, Nicole Nugent, Simonne Sequeira, Victoria Wagner, Kaitlyn Prestinari, Gianna Randazza.

Athletic Director for the Clark School District Gus Kalikas had this to say about the G.P.A. Challenge winners from the Winter Season: "The Athletic Department is extremely proud of all the members of the Girls' Winter Track & Field Team. The team was able to balance athletics and academics at the highest level, not only competing in the State Tournament in the winter season but also excelling in the classroom, which is evident by the cumulative G.P.A. of 3.752 that the Girls' Track & Field Team held throughout the season.

The G.P.A. Challenge was a result of years of hard work, not only by the girls, but by the coaching staff as well as they held weekly study halls for the team throughout the season. They are a model of what it means to be a student athlete and the Clark School District is proud of all of their accomplishments."

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St. John the Apostle School, Clark has been incorporating iPad technology into the various disciplines of the curriculum. The health text book for the Middle School students is only on-line. Pictured is Miss Teresa Lyp, Health and Physical Education teacher with some of her seventh grade students. St. John the Apostle is a 2011 National Blue Ribbon School of Excellence. For more information visit www.sjanj.org

Boy Scout Troop 145, Clark 4th Annual Cars, Trucks and Motorcycles Show



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RELAY FOR LIFE OF CLARK BEGINS JUNE 6

The American Cancer Society's Relay For Life of Clark will take place on Friday June 6 beginning at 4 pm at A.L.J. High School.

Relay For Life is an overnight fundraising event to increase awareness and funding for cancer research. An evening of progress and hope, Relay For Life celebrates

survivors, remembers loved ones lost and helps in the fight against cancer. Relay For Life is open to teams and volunteers from all towns; teams camp out and take turns

walking around a track all night long making the statement that cancer never sleeps so neither

will its volunteers.

During the last century, the Cancer Society has led the way in saving lives and creating more birthdays. Today, 2 out of 3 people diagnosed with cancer are surviving (for at least five years). In fact, more than 400 people a day in the US are celebrating birthdays that would have otherwise been lost to the disease. We've contributed to a 20 percent decline in cancer death rates in the US since the early 1990s. That means we've helped save nearly 1.2 million lives during that time. We've played a role in nearly every cancer research breakthrough in recent history. Our work has helped lead to a 50 percent drop in smoking since the 1960s, which has contributed to a drop in overall lung cancer death rates.

Support the 2014 Relay For Life of Clark by visiting www.RelayForLife.org/ClarkNJ and click DONATE.

For information about the Relay For Life of Clark and how to get involved, please contact the American Cancer Society, Contact Daniel Stermer: daniel.stermer@cancer.org, 973-232-2574.

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(above, l-r)
Sisters Briana
& Eliza Lauro
with their
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(left) Kellei C.
of KC's Balloons

On Saturday, April 26th, the Friends of the Clark Public Library held an "April Friendly" open house and book sale at the Library. Along with the day's events visitors were treated to refreshments, prizes and gift raffles which included \$50 gift certificate for Frederick Jewelers, a Bering watch from AM Jewelers, gift certificates to Tarantella's Restaurant, sun sports, baseball tickets, food baskets, and more.

The event featured guest speaker Joan Dickason, a Certified Holistic Health Coach. Ms. Dickason is board certified by the American Association of Drugless Practitioners. She gave an informative talk about "Gut Intuition - What You Need To Know About Gut Health". She talked about the role food and drink play not only on your digestive system but on your health in general - the positive and negative impacts of what we eat and our environment. At the end of her talk she spent some time discussing gluten and the effects it has on the digestive system.

During the event the Friends held their annual book sale which included books, paperbacks, music CDs and videos for all ages. New members received 3 free DVD rentals from the library and a chance to win some terrific door

prices. For the kids there were balloon animals.

The Friends of the Library is the fundraising arm of the Clark Public Library. The monies they raise go to purchasing the annual movie licenses used to show recently released hit movies. Also popular is the Intrepid Museum Pass donated by the Friends. Through the years, the Friends have raised money to purchase furniture for the young adult area and for the children's area in addition to computers and other equipment for the library. Recently the Friends made a donation to support the upcoming Summer Reading program to be used for programming and prizes including e-Readers.

The Friends meet on the 4th Thursday of the month and are looking for new members to serve as officers, committee chairs and also to help out at events to support the library. If you are interested in joining and supporting the Friends please stop by the Information Desk at the Library or call 732-388-5999.

The Friends would like to thank all those individuals and business who contributed generously and to those who donate their time to make our library a great place to visit.



(above) Joan Dickason, Certified Holistic Health Coach visited the Clark Public Library and gave an informative talk about "Gut Intuition - What You Need to Know About Gut Health"



(above) Friends of the Clark Public Library: Diane Smith, Kim Alongi, Karen DeMarco, Heidi Iaccarino, Mary Pellegrino, Jan Haddad, Paula Louro, Councilwoman Angel Albanese



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CLARK PUBLIC LIBRARY

Registration is required for programs unless noted.

Additionally, free movies are shown at the library on Monday and Wednesday at 1:00 p.m.

Newly released DVDs are featured each Tuesday evening at 6:30 p.m.

No registration is required for movies.

Visit our online calendar at www.clarklibrary.org or call 732 388 5999 for more information

SUGGESTIONS FOR RELUCTANT READERS

Are you seeking inspiration to help a child who is a reluctant reader? Make reading a part of each day's routine. Be matter of fact about reading and try not to make it seem like a chore. Allow your child to select some of his or her own reading materials. The Clark Public Library is a great resource as we offer a wide variety of reading materials as well as staff to assist with recommendations. All children's books in the library are checked out for four weeks and are FREE! You may borrow up to 25 items at a time.

Many children enjoy fiction or chapter books, but why not consider other options as well including:

- Comics or Graphic Novels - popular series offered at the library include Bone, Pokemon, The Lunch Lady and Star Wars
 - Magazines - American Girl, National Geographic for Kids and Zoobooks are just a few of the magazines children may borrow
 - Non-Fiction - If your child is passionate about animals, sports or dance, check out the non fiction and biographies offered at the library
- Options other than print format may appeal to reluctant readers:
- Tumblebooks - A nice selection of free e-books, including read alongs. Simply go to our home page at www.clarklibrary.org and look for the blue icon.

- ELibrary NJ - ebooks and downloadable audiobooks available with a valid library card. Look for the link on our home page.
- Audiobooks - The library offers an amazing selection of books, DVDs, magazines and music, as well as many online resources.



(above) A great time was had by all in attendance at the Fit 4 Kids program at the Clark Public Library. Kids learned about the importance of eating healthy and staying fit.

MICHAEL CUPO BOOK TALK

Thursday, May 8 at 7:00 p.m.

Clark resident Michael Cupo returns for a follow-up discussion of his self-help memoir, "It's Monday Only in Your Mind." Although he seemed to have it all, Mr. Cupo found himself addicted to drugs, alcohol, and gambling. Mr. Cupo will discuss how he managed to change his life by breaking free of conditioned mind patterns. Mr. Cupo will also be discussing how you can improve your life through the simple act of changing your thinking. Copies of the book will be available for purchase.



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KUMPF 7TH GRADERS SMASH THE NJ ASK


Ms. Suzanne Hamilton's 7th grade Language Arts students and Ms. Cristina Faro's 7th grade Math students, at Carl H. Kumpf Middle School in Clark, recently teamed up to compete against their teachers in a challenge called "Smash the NJ ASK."

The Language Arts students read fictional and non-fiction reading passages and completed twenty-five multiple choice questions. Each of the multiple choice questions assessed the students' reading comprehension skills. Among many others, some of the covered skills addressed: finding the main idea, distinguishing between fact and opinion, determining the meaning of unknown words, understanding the author's purpose, and identifying figurative language. While stories were being read in Ms. Hamilton's class, Ms. Faro's Math students worked on sets of twenty-five math problems. The math problems included the topics of area, volume, expressions, equations, and ratios.


After completing all of their work, both classes came together to challenge their teachers. Students were randomly selected to answer the questions, and the reward for a correct answer was one whack at a "Smash the NJ ASK" piñata! Each class was prepared enough to smash the piñata and win the candy from their teachers. At the end of the day, Ms. Hamilton and Ms. Faro were confident that their students were fully prepared to smash the NJ ASK on Monday, April 28th.



(above, l-r) Rocky Azari, Amanda Frederick, Cailee Kirk, Ainsley Colish, Nick Matos, Victoria Rosenbach, and Alexandra Chieco pose next to the "Smash the NJ ASK" piñata.



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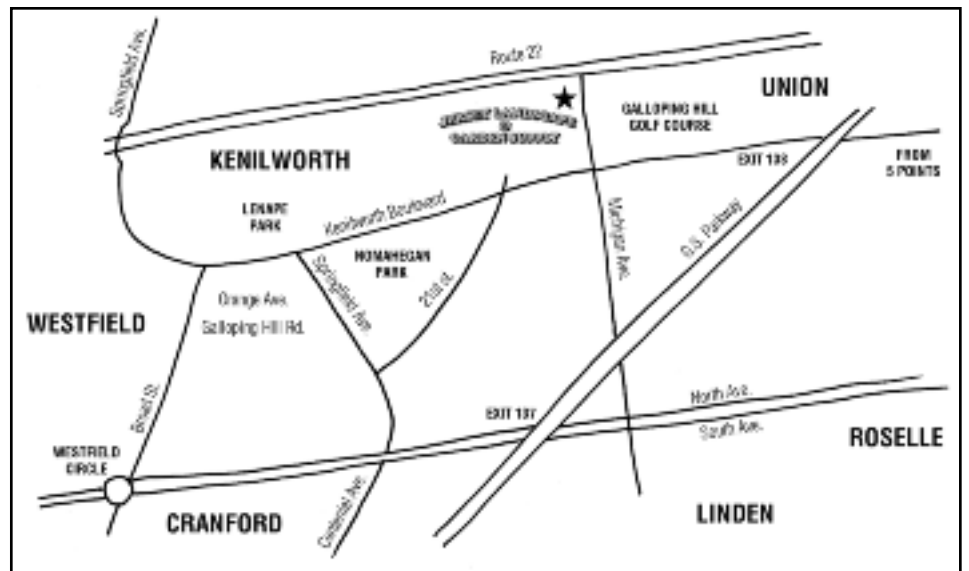
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HEHNLY STUDENTS SUPPORT EARTH DAY

Students at Frank K. Hehnly Elementary School in Clark, were encouraged to walk or ride their bikes to school to help the environment in support of Earth Day held on

Tuesday, April 22nd. Over 130 students signed up to walk this year from four locations in Clark, along with the students who regularly walk to school. The students were escorted to school by

over 30 Hehnly teachers, administrators and community representatives. All of the walkers and bikers were met with applause from the other Hehnly teachers and students.



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