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Issue 65 • February 2017

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SENIOR CITIZENS CELEBRATE 50TH ANNIVERSARY

(above l-r) Seated: Dorothy Hosonitz, Sharon V. Pane (president), Josephine Vincenti, and Annette Mall. Standing: Angie House, Louise Lipari, Katherine Salimbene, Theresa Spignola, Dorothy Grysko, Connie Swartwood and Beverly Wolf.

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The Senior Citizens Club of Clark, Inc. celebrated its 50th anniversary on November 30, 2016. The event was marked at the Club's regular meeting with a lunch of sandwiches, salad and dessert donated by local merchants and a pictorial display from the Club's past events. Sixty-six of the Club's ninety members attended the meeting. Clark's Mayor Sal Bonaccorso officially proclaimed November 30, 2016 as Senior Citizens Club of Clark day.

The Senior Citizens Club of Clark meets every Wednesday, September through June, from 11:30 a.m. to 1:30 p.m. at the Polish Cultural Foundation at 177 Broadway, Clark, NJ. Residents and non-residents, 55 years and over, are invited to join the Club. Refreshments are served. Bingo is played. Members also enjoy special luncheons and bus trips organized by the Club.

For information, contact Dorothy at 732-381-8526.

ASSOCIATED HUMANE SOCIETIES' LOW COST MOBILE WELLNESS CLINIC

On Thursday, February 23rd, Associated Humane Societies' Low Cost Mobile Wellness Clinic will be in the Township of Clark between the hours of 9 a.m. and 3 p.m. offering vaccines for cats and dogs, heartworm tests and medications, microchipping, combo testing for cats, flea and tick medication, nail trimming, and gland expression, ear cleaning and meds and other preventative services.

We will be located at the Clark Municipal Building, 430 Westfield Ave., Clark. You will see the van parked in front of

the building.

No appointment is necessary. We accept payment in the form of credit, debit or cash. (No personal checks.)

If you have any questions about the program or any of the services we offer please contact Debbie at 973-824-7080 Ext. 118 between the hours of 8:00 a.m. and 5:00 p.m. Monday through Friday.

To request a copy of the services and price list, please contact Nancy Raymond, health officer at 732-428-8405.

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Clark Monthly

Clark Monthly is published by Renna Media. 6,500 newspapers are printed monthly and mailed to every business and resident in Clark.

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Clark Chamber of Commerce c/o Gateway Regional Chamber of Commerce P.O. Box 300 • Elizabeth, NJ 07207-0300 Vice President of Operations Bidisa Rai bidisarai@gatewaychamber.com 908-352-0900

IMPORTANT PHONE NUMBERS

Emergency	911
Non-Emergency Police	
Non-Emergency Fire	732-388-3434
Non-Emergency First Aid	732-388-0001
Mayor's Office	732-388-3600
Board of Education	732-574-9600
Board of Health	732-428-8405
Public Works	
Recreation	732-428-8400
Senior Services	
Recycling	732-388-3600
Tax Collector	732-428-8403
Construction Official	
Building Inspector	732-428-8401
Township Clerk	
Municipal Court	732-381-5395
Historical Society	732 340-1571

RennaMedia.com

The website features a calendar of events, archives of Clark Monthly Newspaper, photo albums, and advertisments.

CLARK MONTHLY • Page 2 • February 2017

NEW YEAR UNICO KICKOFF DINNER

Kickoff dinner at Bistro 1051, Wednesday, January 25th.

The annual meeting/dinner updates all members of the upcoming events for the year, swearing in of new members, review of next year's Italian feast and a guest speaker. This Ralph Bernardo at 732-428-8400.

The Clark UNICO Chapter held its annual year's guest speaker was Dr. Frank DeFrank, UNICO National's 2nd Vice President. DeFrank spoke briefly on the importance of service organizations such as UNICO, one of only a handful of these types left.

For information on membership please contact



(above) Unicans Fran Parisi, John DeMarco, Angela Keenan, VP Joe Arancio, Pres. Ralph Bernardo, Dr. Frank DeFrank, Anna Pace and Henry Trani.





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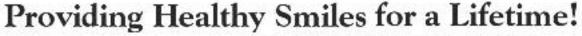


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Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com





DAY & EVENING **908.322.7800** APPOINTMENTS

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30 BRANT AVENUE
CLARK, NJ 07066

HOME EVALUATIONS



40 LOCUST GROVE DR \$579,000

LOCATION, LOCATION, LOCATION! HUGE RANCH SITUATED IN A TOP LOCATION IN THE DESIRABLE TOWN OF CLARK.

4 BEDROOMS, 2.5 BATHS, ALL ROOMS ARE SPACIOUS, LARGE PROPERTY (100X150) DELUXE PAVER DRIVEWAY, INGROUND POOL, SUNROOM & SO MUCH MORE! IF YOUR LOOKING TO MOVE TO AN EXCEPTIONAL TOWN WITH AN EXCELLENT SCHOOL SYSTEM & WILLING TO DO SOME GENTLE UPDATING THEN THIS IS A HOUSE TO LIVE IN FOR YEARS TO COME!!!!



932 LAKE AVE \$479,000

EXCEPTIONAL VALUE! CUSTOM RAISED RANCH SITUATED IN THE HIGHLY SOUGHT AFTER HILLCREST SECTION IN THE DESIRABLE TOWN OF CLARK. 4 BEDROOMS, 2.5 BATHS, BEAUTIFUL NEW KITCHEN WITH A DECORATIVE BACKSPLASH, GRANITE COUNTERS & NEW STAINLESS STEEL APPLIANCES, FORMAL DINING ROOM, FAMILY ROOM, CENTRAL AIR, HUGE HIGH & DRY BASEMENT JUST WAITING TO BE FINISHED, 2 CAR DETACHED GARAGE, LARGE DECK & GENEROUS BACKYARD (85X150) WITH A VINYL PRIVACY FENCE. THIS IS ALSO THE PERFECT HOME FOR ANYONE LOOKING FOR A MOTHER/DAUGHTER ACCOMODATION. THIS IS A MUST SEE HOME!



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AMAZING CUSTOM HOME SITUATED ON THE WESTFIELD BORDER IN THE DESIRABLE TOWN OF CLARK! 4 BR, 3 FULL BATHS, MASTER BEDROOM SUITE WITH A CATHEDRAL CEILING & MASTER BATH, THE KITCHEN IS A CHEFS DELIGHT WITH AN ABUNDANCE OF CABINETS, GRANITE COUNTERS & SS APPLIANCES INCLUDING A VIKING STOVE! THERE IS A SEPARATE DINING AREA AS WELL. THE FORMAL DINING RM HAS A CATHEDRAL CEILING & WOULD ALSO MAKE THE PERFECT FAMILY RM. FINISHED BASEMENT, A HUGE DECK, STONE PATIO WITH A KOI POND, HUGE PROPERTY 76X150, UPDATES INCLUDE A PAVER DRIVEWAY, NEW FURNACE & CAC, PROFESSIONAL LANDSCAPING & SO MUCH MORE! THIS IS A MUST SEE HOME!



412 CRANFORD AVE \$559,000

LOVELY CUSTOM SPLIT SITUATED ON A GREAT STREET IN THE DESIRABLE NORTHSIDE OF CRANFORD! FROM THE MINUTE YOU ENTER THIS IMMACULATE HOME YOU WILL BE CAPTIVATED BY THE CATHEDRAL CEILING & SPACIOUS ROOMS. 3 BEDROOMS, 1.5 BATHS, THE GROUND LEVEL COULD EASILY BE THE 4TH BEDROOM OR THE PERFECT MOTHER/DAUGHTER ACCOMODATION. UPDATES INCLUDE NEW FURNACE & CENTRAL AIR, NEWER SIDING, ROOF & WINDOWS & A BEAUTIFUL PAVER PATIO & A GENEROUS BACKYARD. CLOSE TO THE VIBRANT DOWNTOWN, SCHOOLS, POOL & PUBLIC TRANSPORTATION. MOTIVATED SELLER...PRESENT ALL OFFERS!



3 FAIRVIEW RD \$819,000

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76 BROADWAY \$399,000

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CLARK POP WARNER'S EIGHTH GRADE CHEERLEADERS

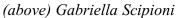
Submitted by Alicia Scipioni

Congratulations to Clark Pop Warner's Eighth Grade Cheerleaders: Gianna Caldiero and Gabriella Scipioni who currently attend Carl H. Kumpf Middle School in Clark, and Darby Brown, and Adrianna Piarulli who attend Garwood's Lincoln School for being selected to be on the 2017 Eastern Region Scholar Team. This honor is bestowed upon the top spirit leaders in eighth grade from the Eastern Region's five state area. Out of 50,000 children participating in Pop Warner's Eastern Region, Darby, Gianna, Adrianna and Gabriella were selected to this elite group because they received a grade point average of 96% or higher during the September

Congratulations to Clark Pop Warner's Eighth Grade Cheerleaders: 2015-June 2016 school year and for their strong commitment to school and anna Caldiero and Gabriella Scipioni who currently attend Carl H. community service. The girls will be honored at an Awards Ceremony, which will be held on March 18th, in Philadelphia.

Aside from their scholastic success, the girls are also proud to be a part of the Clark Pop Warner's Varsity Cheer Team run by Cheer Coordinator, Vicky Dente, that won 1st place in both the Garden State Cheer Competition and the Local Competition held in October 2016. Clark Pop Warner wishes the girls future success as they continue with their education.







(above) Adrianna Piarulli



(above) Darby Brown



(above) Gianna Caldiero



Director Coach Kevin Boyle of Montverde Academy Florida
- 3-Time Dick's National Champions

5-Time National Coach of the Year -USA Today/ESPN/Naismith

A NIKE ELITE Program for 20 Years!
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Boys/Girls ages 5-16 • Beginner-Advanced Teams/Individuals/Team Pricing Available

Week 1: July 10-14 9am-2pm Week 2: July 17-21 9am-2pm

Week 3: July 24-28 9am-2pm Free Early Drop-off begins 8:00a.m.

KBBC with HOOPGROUP in the POCONOS (Easton, PA)

June 23 -24 (Overnight)
Kevin Boyle Point Guard Camp
July 21 - 23 (Overnight)
Kevin Boyle All Position Camp*

Register for Pocono Camp Only at Hoopgroup.com

5 NBA Draft Picks played HS Ball for Coach Boyle 2016 #1 Pick Ben Simmons, 2015 #2 Pick D'Angelo Russell, 2014 #3 Pick Joel Embiid, 2012 #2 Pick Michael Kidd-Gilchrist, 2011 #1 Pick Kyrie Irving



Register At www.coachboylecamps.com Email: KBBC24@msn.com 732.713-1712

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XF- FleXfit Fusion training is our signature workout! A full body, unique, strength and cardio hour that EVERYONE (beginners to advanced) can do with intensity YOU CAN CONTROL. No one is coaching strength and conditioning the way we are and it leads to GUARANTEED RESULTS! Body weight, tone, strength, energy, moods, sleep, body image-ALL IMPROVES QUICKLY!

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Power Yoga- A challenging flow design to help recover and realign the body while adding core strength and sport like intensity.

OPEN GYM- An opportunity to work privately with a coach, workout on your own, or attempt a signature FleXfit Challenge!

Memberships include: unlimited access to schedule, nutrition plan, custom workouts for home/travel, free 1 on 1 personal training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
XF 5:20-6:20am		Power Yoga				
XF 6:30-7:30am		8-9am				
					XF 8-9am	OPEN GYM
XF 9:30-10:30am	XF 8:30-9:30am	9:00-10:30am				
					AST 9:30-10:30am	AST 9:30-10:30am
XF 11am-12pm	ЦОІХ					
XF 4-5pm		FIT!				
AST 5-6pm		see that				
XF 6-7pm	XF 6-7pm	XF 6-7pm	XF 6-7pm			n video @
XF 7-8pm	XF 7-8pm	XF 7-8pm	XF 7-8pm		flexfit_train	ning_center

CLARK'S OWN BILL DUFFY RECEIVES AMERICANISM AWARD

Clark UNICO together with District X celebrated the Annual Americanism Award during a banquet held recently. Clark's own Bill Duffy was honored for his many years of service to our military, specifically the fallen heroes from Clark – from the Civil War through Iraq. Every Memorial Day Bill reads off the names of the 21 Clark residents who lost

their lives in battle. Bill was also responsible for having a gold star placed on street signs named after each fallen hero in Clark. Clark President Ralph Bernardo said "Our selection was easy as everyone immediately voted to honor Bill." The banquet held at the Gran Centurions in Clark, included four other nominees, dinner, and presentations.



(above) Clark chapter UNICANS Dan Violante, Fran Parisi, VP Joe Arancio, Anna Pace, Veronica nd Bill Duffy, President Ralph Bernardo, Vera and George Abruzzo, District Governor Bill Hearon and Henry Varriano.

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MONDAY - THURSDAY

Lunch 11am - 3:30pm	Dinner 3:30pm · 10:00pm
Adult\$7.99	Adult\$11.59
Kids 7-10\$5.99	Kids 7-10\$6.99
Kids 3-6\$3.99	Kids 3-6\$5.99
2 & UnderFREE!	

FRIDAY - SATURDAY

Lunch 11am · 3:30pm	Dinner 3:30pm - 10:30pm
Adult\$7.99	Adult\$11.59
Kids 7-10\$5.99	Kids 7-10\$6.99
Kids 3-6\$3.99	Kids 3-6\$5.99
·	2 & UnderFREE!

SUNDAY ALL DAY DINNER 11am - 10pm

Adult	 \$11.59
Kids 7-10	
Kids 3-6	
2 & Under	·

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CRUSADER ATHLETIC LEADERSHIP COUNCIL

In December members of the Crusader Athletic Statements", "101 Radical and Tremendous Leadership Council met in the ALJ High School IMC. This is the sixth year for the Crusader Athletic Leadership Council, an organization that has been founded to help educate the student athletes on some of the expectations the school has for them as they compete interscholastically in a variety of athletics.

the author of three books. "Don't Count the Days... Make the Days Count!", "Power

Teaching Tools, Tips, Techniques, For Transformational Thinking in the Classroom and in Life" and soon to be released, "WOW-Watch Out World" and "I Dare You". Ed is an awardwinning educator, presenter and coach. For over 20 years he has been presenting his special insights into the most powerful techniques The guest speaker was Ed Agresta. Agresta is available for developing peak performance. He is a fascinating, humorous speaker and a gifted communicator, who has given more than 1500

presentations to corporations, schools, and athletic teams.

Gus Kalikas, Athletic Director said "The C.A.L.C. was thrilled to have Ed Agresta come and speak to us on multiple topics relevant to high school athletics today, including leadership. Ed reached all of our students and left them with great strategies that will not only help on the fields, courts, and mats, but also in the game of life. He was a true professional and inspires while delivering a wonderful message."





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Are you considering replacing your air conditioning system this spring?

Good News! It's FREE Furnace** **Time** at Weltman Home Services. January was our slowest month, the warehouse is full and our crews are slow. So to spark business during these slow winter months Weltman

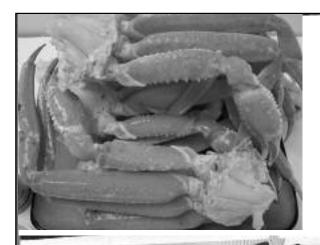
> Home Services is offering gas furnaces absolutely FREE with purchase of a cooling system.

ON ANY WIRELESS THERMOSTAT INSTALLATION*

ON ANY PLUMBING. **HEATING, ELECTRIC** OR COOLING REPAIR*

ON ANY WATER **FILTRATION** INSTALLATION*

MON-FRI, DURING **NORMAL BUSINESS HOURS ONLY***



Valentine's Day Special \$15.99 with snow crab legs all day.





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The Largest and Most Elegant Chinese, Iapanese & American Cuisine Restaurant

We have over 250 different items on the bar. Plus we have a HIBACHI section which you can pick and choose to make up your own menu and we can cook it on the HIBACHI for no additional charge.

We offer Ribeye Steak, Salmon Fish, Butter Shrimp, Black Pepper Shrimp, Crabmeat, Cheese, General's Chicken & Different Selections of Sushi, Large selection of salads, fruits, & desserts.

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LUNCH BUFFET

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Adult \$799

KIDS 3-6 y/o \$335

7-10 y/o \$495

Mon - Thurs 3:30PM-10PM Fri 3:30PM - 10:30PM

Adult \$1199

KIDS

3-6 y/o \$495

DINNER BUFFET

7-10 y/o \$650

GIFT CERTIFICATES AVAILABLE!

SATURDAY BUFFET

ADULT LUNCH \$899

ADULT DINNER \$1799 3:30PM-10:30PM

SUNDAY ALL DAY DINNER \$1299

BUFFET TO GO

\$459/lb Regular Items

\$5⁵⁹/lb w/Seafood

\$659/lb All Seafood www.flaminggrilllinden.com

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PROJECT CHILD FIND

CLARK PUBLIC SCHOOLS
Department of Special Services
365 Westfield Avenue
Clark, NJ 07066
732-388-6200

All children, ages three through 21, who reside within the Clark Township School District who are in need of special education and related services, including pupils with disabilities attending nonpublic schools, and highly mobile pupils such as migrant workers' children and homeless pupils, regardless of the severity of their disabilities, shall be located, identified and evaluated according to N.J.A.C. 6A:14-3.3.

Three and four year old children who experience difficulties with speech, behavior, coordination or getting along with others may be eligible for our preschool program. In addition to the preschool program, the district offers a full continuum of special education programs and services.

All children who are considered to be 'at risk' will be evaluated by district personnel to determine eligibility for special education and related services.

If you have concerns about your child and would like to have him/her evaluated, please contact the Department of Special Services, (732) 388-6200.



INTERESTED IN BECOMING A VOLUNTEER FIREFIGHTER?

Interested in becoming a Volunteer Firefighter? The Clark Fire Department is currently accepting applications for volunteer positions from out of town residents that have Firefighter one and two training. The only requirement is that the applicant live no more than two miles from Township limits. Applicants without Firefighting one and two training that live within one mile of Township limits are also eligible. Required training will be provided to applicants that are recommended for available positions as needed. Township residents will be given preference for any available positions.

The Work We Do

Becoming a volunteer firefighter takes time, effort and dedication. However, the benefits of saving lives and making your community a better place is worth every minute and every ounce of effort.

Here are some of the other benefits of becoming a Clark volunteer firefighter:

- The satisfaction that comes with knowing you are an important part of keeping your community safe.
- Cultivate new skills that can help in all facets of your life and prepare you for a possible new career.
- Work as a team and build lasting relationships and friendships.

- Develop a sense of belonging.
- Get your hands dirty and be in the middle of the excitement.
- Receive college credits for training.
- Get free training!

Here are some of the trainings vou will receive:

- State Certified Firefighter I Training
- State Certified Firefighter II Training
- Driving and Operations of Fire engines and Ladder Truck
- Operation of the Holmatro Rescue tool for extrications
- Water Rescue Training
- Ice Rescue Training
- Rescuer CPR/AED certification and basic first aid
- Other training opportunities from state schools designed for firefighting as well as EMT certification.

How to become a volunteer:

- Stop by Fire Headquarters on Broadway any Thursday evening after 7:30 pm or any Sunday morning after 10:00 am to visit and speak with other Firefighters and Fire Officers about becoming a volunteer in Clark.
- Must be 18 years' old
- Must have a valid New Jersey drivers license.

Do you suffer from Knee Pain?

After only four visits, I have absolutely no pain!

—Quenton L.



We offer a safe, natural & effective procedure to relieve pain from knee osteoarthritis.

No drugs. No surgery. FDA approved.

Covered by most insurance, including Medicare.

What is it?

We use a combination of precisely targeted Hyalgan injections (a gel-like natural substance that mimics natural joint fluid) with diagnostic fluoroscopy to make sure the area that needs to be treated is the exact spot where the injection goes. This is the most advanced method of pain relieving treatment, with 95% accuracy and a very high success rate.

In addition, we offer supportive care such as physical therapy, weight loss, nutritional counseling, corrective osteoarthritis bracing, and natural anti-inflammatory products to relieve knee pain naturally.



Dr. Scot Paris, MD using fluoroscopy during a knee injection.





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Munsee District Boy Scout Chess Tournament

Open to all registered Boy Scouts/Venturers/Explorers.

Non-scouts welcomed!

Saturday, February 25, 2017

10:00 am to 2:00 pm Sign-in/setup starts at 9:00 am

Cranford Community Center

220 Walnut Avenue, Cranford, NJ • 908.709.7283

Registration is \$8. At Door \$12 • Note: this is a non-rated tournament.

Non-scouts (under 18 only) can register by calling Joe Renna at 908-447-1295.

Scouts can use Patriots' Path Council Munsee District Double Knot link to register on-line at ppbsa.doubleknot.com/event/2031497

Scouts can email Jim Parlapiano jim.parlapiano@hotmail.com for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.

Lunch will be provided by White Castle for all players and fans.

This tournament meets the 6a requirement for earning a Chess merit badge.

Event Sponsored by





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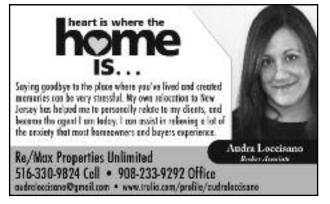
AUDITIONS FOR THE MUSICAL 9 TO 5 AT CDC THEATRE IN CRANFORD

CDC Theatre in Cranford, New Jersey's oldest late 1970s. This hilarious story of friendship and continuously producing community theatre, will be holding open auditions for the musical 9 to 5 at the theatre's 78 Winans Ave. home.

Auditions will be Wed. 2/15 7:30 -10pm and Sat 2/18 2-5pm with Callbacks on Tues. 2/21 7:30-10pm. The show will run from May 5-20, 2017. Interested performers are asked to prepare 32 bars of a song of your choice. There will be no initial dance audition. Additional information can be found by visiting www.cdctheatre.org.

9 to 5 The Musical, with music and lyrics by Dolly Parton and book by Patricia Resnick, is based on the seminal 1980 hit movie. Set in the revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic. Pushed to the boiling point, three female coworkers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss.

In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy – giving their boss the boot! While Hart remains "otherwise engaged," the women give their workplace a dream makeover, taking control of the company that had always kept them down. Hey, a girl can scheme, can't she?





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DAISY TROOP 41248

CUB SCOUT PACK 145

Cub Scout pack 135 of Clark Lion den, (kindergarteners), recently visited the Clark Fire Department.





(above) On December 3, 2016, Daisy Troop 41248 from Valley Road School in Clark visited the Genesis nursing home in Westfield. The girls, all kindergarteners, did there very best to bring holiday cheer. They learned the words to "Rudolph the Red Nosed Reindeer", "Jingle Bells" and "We Wish You A Merry Christmas". This was a good exercise for showing compassion and bringing happiness to those around you.

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100TH ANNIVERSARY OF THE FIRST KNOWN SALE OF COOKIES BY GIRL SCOUTS

Girl Scouts Heart of New Jersey announced in Innovators, Risk-takers, Leaders)™ as they learn January the celebration of the 100th season of Girl Scouts selling cookies. A century ago, girls started participating in what would evolve into the largest entrepreneurial training program for girls in the world: the Girl Scout Cookie Program®, through which girls learn the essential skills they need to become effective leaders, manage finances, and gain self-sufficiency and confidence in handling money. To commemorate this banner year for the organization, the highlyanticipated Girl Scout S'moresTM cookies are now available, joining classics like Thin Mints and Trefoils/Shortbreads.

Girl Scout Cookies not only help Girl Scouts earn money for fun, educational activities and community projects, but also play a huge role in transforming girls into G.I.R.L.s (Go-getters,

essential life skills that will stay with them forever. Continue to enhance the girls journey, when you see Girl Scout selling in your town, support their efforts.

The celebration of 100 years of Girl Scouts selling cookies will kick into high gear during National Girl Scout Cookie Weekend 2017. From January to April, Girl Scouts in your town may be hosting events and cookie booths for cookie enthusiasts to get their hands on the iconic treats and join in the fun.

To find cookie varieties available locally or learn more about the history of Girl Scout cookies and the Girl Scout Cookie Program, visit www.girlscoutcookies.org.

To join or volunteer, visit www.gshnj.org/join and www.gshnj.org/volunteer.



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SUCCESSFUL GARDENERING STARTS WITH THE SOIL

Whether your goal is a lush green lawn or a large harvest of vegetables, soil fertility testing is the place to start. It helps by determining a soil's pH and need for lime and fertilizer.

The best time to take a soil sample is before spring fertilization or after harvest in the fall. Do not sample shortly after a lime, fertilizer, or manure application or when the soil is excessively wet. For lawns, late summer sampling will prepare you for fall fertilization.

The Rutgers Soils Laboratory uses state-ofthe-art instruments and methods of soil analysis. They suggest soil testing be repeated every 2– 3years.

WHY DOES SOIL pH MATTER?

Soil pH is a scale to measure how acidic or alkaline the soil is. Soil pH of 7 is neutral, below 7 is acidic and a pH above is alkaline.

Plants, vegetables and grass grow better, are healthier and produce more within their own pH range. The proper pH permits plants to absorb minerals from the soil. Evergreens require an acidic pH around 4.5 while tomatoes need a pH of 7.0

By knowing the plant nutrition needs of your lawn and gardens, you can prevent the overapplication of fertilizers.

Soil test sampling kits are available for a fee of \$20 from most of Rutgers Cooperative Extension offices at the Garden Helpline offices. In Union County that office is located at 300 North Ave East, Westfield, NJ, on the 2nd floor. You can also purchase soil test kits by mail. For more information contact the Garden Helpline at 908-654-9852.



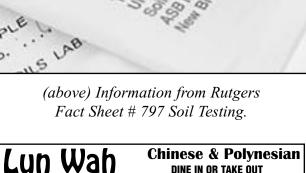
(above) President of The Rahway Garden Club, James Keane has been researching and answering garden questions since 1995. Visit 'Keane Gardener' blog at: keanegardener.blogspot.com

Separate soil samples will need to be taken from areas used to grow different types of plants. For example, separate soil test kits should be used for lawn areas and vegetable garden areas. Samples from rhododendron, azalea, and other broad leaf evergreen areas should be kept separate from other shrub areas. Also sample separately areas that have previously received different lime or fertilizer treatments and areas that are noticeably different in plant or soil quality.

For a comprehensive list of Rutgers Cooperative Extension publications visit www.rce.rutgers.edu

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MARY KAPLONSKI JOINS BOARD OF BOYS & GIRLS CLUBS OF UNION COUNTY

Boys & Girls Clubs of Union County is pleased to announce the appointment of Club Alumni, Mary Kaplonski to their Corporate Advisory Board. Mary's experience and knowledge will be instrumental in assisting Boys & Girls Clubs of Union County as we continue to increase awareness and extend the reach of our organization.

"I am thrilled to welcome Mary back to our organization, as a new member of our Corporate Advisory Board. Her previous experience working with the Boys & Girls Club along with her current experience will be beneficial to our members and our organization," said Russell Triolo, Chief Executive Officer. "Having Mary on our Advisory board will be a great benefit to our organization and will help to enhance our mission of bringing great programs to the youth of Union County."

Ms. Kaplonski is a Clark resident. She currently holds the position of Associate Director of Human Resources at Helsinn Therapeutics (U.S), Inc. Helsinn is an Oncology Supportive care company that focuses on providing cancer patients with better outlooks each day. Prior to her current position, Ms. Kaplonski worked for Novartis for 10 years in various Human Resources roles.

Mary was a member of Boys & Girls Clubs of Union County as a youth. She participated in our programs and worked part-time as locker room attendant and at the front desk in the Union Club.

Holding true to her beliefs, Ms. Kaplonski states "I am the person I am today because of the values that were instilled while going to the club." The Corporate Advisory Board works to introduce new supporters and bring resources to Boys & Girls Clubs of Union County through various events and initiatives.

Boys & Girls Clubs of Union County offers youth programs in 5 communities in Union County: Plainfield, Elizabeth, Union, Hillside and Roselle. Teen leadership programs for ages 14-18 are available in Union, Elizabeth and Plainfield. Members participate in character, leadership, career preparation and community service activities throughout the year. Aquatics



(above) Mary Kaplonski

instruction is available at our Union Club. For information on our clubs and programs, please visit our website www.bgcuc.org or contact us 908-687-2697.

Boys & Girls Clubs of Union County

Boys & Girls Clubs of Union County seek to inspire and enable young people, who need them most, to realize their full potential and have provided opportunity for youth since 1955. They are part of a national network of some 4,000 neighborhood-based facilities, Boys & Girls Clubs of America, which serves more than 4.6 million young people annually, in all 50 states and on U.S. military bases worldwide. Clubs provide guidance-oriented character development programs on a daily basis for children 6-18 years old, conducted by a full-time professional staff. Key Boys & Girls Club programs emphasize leadership development, education and career exploration, financial literacy, health and life skills, the arts, sports, fitness and recreation, and family outreach.

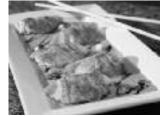


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FORMER ARTHUR L. JOHNSON STUDENTS PARTICIPATE IN ALUMNI PANEL

Former Arthur L. Johnson students participated in an alumni panel discussion hosted by the Guidance Department. The goal of the program was to provide insight into the college experience for current juniors and seniors through hearing from former Crusaders.

Questions were created by the Guidance Department, and the panel was led by Erica Stasio, ALJ Guidance Counselor. Some topics ALJ alumni covered were why they chose their respective schools, what they learned at ALJ that helped prepare them for college, and what it is

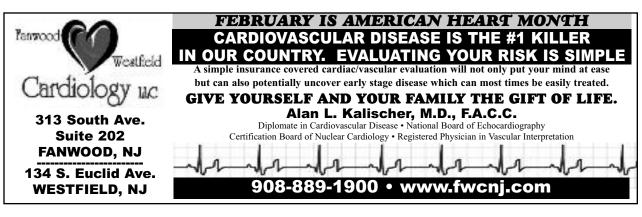
Questions were created by the Guidance like living away from home. They also discussed deciding on a major and successful studying habits.

The ALJ alumni were happy to share their experiences, and current students were eager to learn about college life.

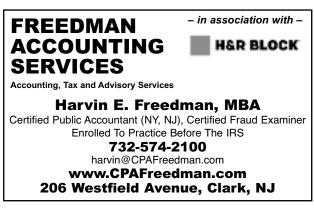


(above) Will Horner, Joe Scardilli, Kristina Geiger, Justin Beceiro, Molly Cusick, Guidance Counselor, Brandon Fernandes, Nick Makosiej, Georgia Stavrakis, Brianna Lukasiewicz, Ellen Zamboni, Guidance Counselor, Erica Stasio, Guidance Counselor, Jackie Schadewald, Interim Guidance Counselor

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Snow date March 6th; See website for school closures: www.clarkschoos.org.

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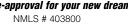
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KINDERGARTEN REGISTRATION

Registration for the Clark Public School District Full-day Kindergarten Program will take place on the following days:

> Thursday, February 23, 2017 - FRANK K. HEHNLY SCHOOL Tuesday, February 28, 2017 – VALLEY ROAD SCHOOL

Registration will be between 9:00 A.M. and 11:00 A.M. Registration forms are being sent out to all eligible students. Parents should bring with them the following:

Original Birth Certificate; Health History and Health Record from Physician; Proof of Residence - (Three Required)

Children who will be five years old by October 1, 2017 are eligible to enroll.

Please call the school nurses if you have any

Mrs. Kircher, F. K. Hehnly School - 732-428-1901;

Mrs. McLean, Valley Road School -732-428-1583.









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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.

FREE TECHNOLOGY ASSISTANCE AVAILABLE

Do you have a new phone or tablet and need help figuring it out? The library now offers oneon-one assistance with a variety of technological issues. Sessions last one hour and may also

focus on e-mail, e-books, Microsoft Office or other technology questions you might have. Advance registration is required, so please call the Reference Desk.

UPCOMING EVENTS

BGrown-Up Coloring Club Meets Weekly on most Fridays

Friday, February 3, 10, 17 and 24th at 1:30 p.m. Coloring isn't just for kids anymore! Join us for a relaxing afternoon of coloring for grown ups. Relieve some stress while stimulating your creativity!

Union County Division on Aging Services

Monday, February 6 from 10- Noon

Do you have a questions about services for seniors or their caregivers? The Union County Division on Aging will be at the Clark Public Library to answer them. Drop by anytime between 10am-12pm and get answers to your questions about: pharmaceutical assistance, home energy assistance, home care, home delivered or congregate meals, caregiver relief, medicaid, transportation, and other questions you may have.

Valentine's Day with Judith Krall Russo

Thursday, February 9 at 7:00 p.m. Join Judith Krall-Russo as she discusses the history of Valentine's Day. During the reign of Queen Victoria the romantic concept of Valentine's Day flourished. It was a time when Valentine's Day cards were sent and ladies flirted using fans and flowers. Learn all about the

Children's Valentine Craft

Friday, February 10 at 3:15 p.m. Join us for a fun afternoon of Valentine activities for children in Grades K - 5.

LEGO® Club

Friday, February 17 at 3:15 p.m.

Create your own lego structures. Legos are provided by the library. Creations are displayed in the Children's Area. For children in grades K - 5. No registration required.

CLARK SCHOLARSHIP

Students who are Seniors and are residents of Clark may apply for a scholarship by going to our website - ClarkScholarshipFund.com - and downloading the application, which is due by March 24, 2017.

The fund is supported entirely by contributions from businesses and individual citizens in the community. It has no endowment and does not receive support from government or foundation sources.

Contributions may made on-line or checks can be sent, payable to the Clark Scholarship Fund, c/o Lance Steinberg, 357 Oak Ridge Road, Clark NJ 07066. For more information visit ClarkScholarshipFund.com.

Victorian language of fans, flowers, cards, and the romance of chocolate.



CLARK CHAMBER OF COMMERCE MEETING

WEDNESDAY, FEBRUARY 22ND 8:30AM - 10:00AM **HOLIDAY INN**

36 Valley Rd., Clark, NJ

Hosted by Edna Perez, Access Self Storage The Clark Chamber of Commerce meets monthly for businesses to network. The meetings are free and the public is welcomed to attend.

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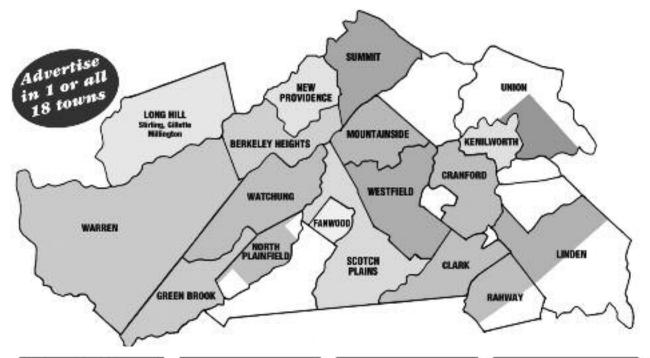






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Arty	work included in ad price	ĺ	ANY 1 NEWSPAPER	ANY 3 NEWSPAPERS	ANY 6 NEWSPAPERS	ANY 9 NEWSPAPERS	ANY 12 NEWSPAPERS	ANY 15 NEWSPAPERS	ALL 18 NEWSPAPERS
Units		Size							
1	Unit - Business card	3.25" x 2"	\$60	\$150	\$250	\$340	\$400	\$450	\$500
2	Units	3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800
4	Units	6.5" x 4"	\$180	\$450	\$700	\$950	\$1100	\$1300	\$1500
6	Units	10" x 4"	\$240	\$600	\$900	\$1250	\$1400	\$1650	\$1900
9	HALF PAGE	10" x 6"	\$320	\$800	\$1000	\$1350	\$1500	\$1800	\$2100
12	Units	10" x 8"	\$360	\$900	\$1200	\$1550	\$1800	\$2150	\$2500
18	FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1750	\$2000	\$2400	\$2800

FRONT PAGE BANNER BACK COVER 8.25" x 2" 10" x 14"

\$320 \$600

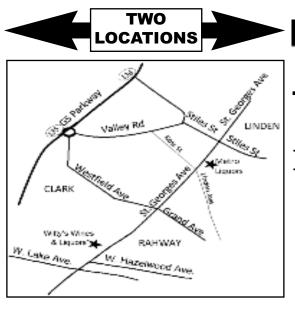
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email: metroliquors@gmail.com

Hours: Mon. thru Sat. 9am - 10pm Sun. 12pm - 8pm



Fine Wine and Liquors

870 ST. GEORGES AVE. (RT. 27) RAHWAY, NJ 07065 732-381-6776

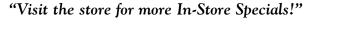
email: wittyswines@gmail.com www.wittyswine.com

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Hours: Mon. thru Wed. 9am - 9pm, Thur. - Sat. 9am - 10pm, Sun. 10am - 7pm

VISIT THE STORE FOR MORE IN-STORE SPECIALS

	ISKY	<u></u>	COGNAC 8				DIALS	
Ballantine Buchanan's 12yrs old		\$29.99	Cardenal Mendoza		•	Bailey's Irish Cream		
			Courvoisier V.S.		•	Bailey's Irish Cream		
Buchanan's 12yrs old			Courvoisier V.S.			Kahlua		
Bushmill's Irish			E & J V.S. Brandy		•	Kahlua		
Canadian Club			E & J V.S. Brandy			Krupnik		
Canadian Mist			E & J V.S.O.P. Brandy		•	Licor 43		
Chivas Regal			E & J V.S.O.P. Brandy			Licor 43		
Chivas Regal			Hennessy V.S.		•	Patron XO Café		
Chivas Regal 18 yrs old			Hennessy V.S			Patron XO Café		
Clan Macgregor			Leroux Blackberry			Southern Comfort		
Crown Royal			Leroux Blackberry			Southern Comfort	1.75L	\$26.9
Crown Royal			Paul Masson Amber			RI	JM	
Dewars 12 yrs old			Paul Masson Amber			Bacardi Light		\$11.9
Dewars 12 yrs old			Paul Masson Peach			Bacardi Light & Gold		
Dewars White Label			Remy Martin 1738			Captain Morgan Spice		
Dewars White Label		•	Remy Martin V.S.O.P.			Malibu		
Gentleman Jack			Remy Martin V.S.O.P	1.75L	\$79.99	Malibu		
Gentleman Jack			VOD	KV				\$25.9
Glenfiddich 12 yrs old					\$40.00	TEQ	UILA	
Glenmorangie 10 yrs old			Absolut (regular)			Avion Silver		\$38.9
Glenlivet 12 yrs old			Absolut (regular)			Casa Noble Silver		
Glenlivet 12 yrs old			Belvedere Vodka		•	El Jimador Reposado		
Grants			Belvedere Vodka			El Jimador Reposado		
Grants			Ciroc (all types)			Jose Cuervo		
Jack Daniels			Ciroc (all types)			Jose Cuervo		
lack Daniels	1.75L	\$44.99	Finlandia			Patron Silver		
lack Daniels Fire	750ml	\$25.99	Finlandia			Patron Silver		
lack Daniels Fire	1.75L	\$44.99	Grey Goose					404.3
lameson	750ml	\$28.99	Grey Goose (all types)			BE	ER	
lameson	1.75L	\$49.99	Ketel One		•	Becks (12oz) 24pk		
Jim Beam Whisky	1.75L	\$31.99	Ketel One		•	Bud and Bud Lite cans		
Johhnie Walker Blue			Luksusowa			Bud and Bud Lite loose bottles.	24pk	\$17.9
Johhnie Walker Blue	1.75L	\$375.99	Majorska		•	Coors Lite (24oz) cans		
Johnnie Walker Black			Majorska	1.75L	\$13.99	Coors Lite/Miller Lite loose bot	tles . 24pk	\$17.9
Johnnie Walker Black			Pinnacle (all types)	750ml	\$12.99	Coors Lite/Miller Lite		
Johnnie Walker Double Black			Pinnacle (80 proof)	1.75L	\$17.99	Corona/Corona Lite loose bottle	s 24pk	\$27.9
Johnnie Walker Red		•	Skyy	1.75L	\$21.99	Dab (16oz) cans		
Johnnie Walker Red			Smirnoff Vodka (80 proof)	750ml	\$11.99	Heineken/Heineken Lite bottles	•	
Knob Creek 9 yrs old			Smirnoff Vodka (all types)	1.75L	\$19.29	Land Shark	•	
Knob Creek 9 yrs old			Sobieski	750ml	\$11.99	Lech (500ml)	•	
Wacallan 12yrs old			Sobieski	1.75L	\$19.99	Modelo Especial cans		
Wakers Mark			Soplica	750ml	\$ 9.95	New Belgium Fat Tire		
Makers Mark		-	Stolichnaya (all types)	1.75L	\$29.09	Pabst Blue Ribbon cans		
Old Smuggler		•	Svedka (all types)			Pilsner Urquell		•
Redemption Rye Whisky			Svedka (all types)			Sagres Beer		
Seagram V.O			Tanqueray Sterling			Sam Adams Boston Lager		
Seagrams 7			Tanqueray Sterling			Stella Artois loose bottles		
Noodford Reserve			Three Olives (all types)			Dogfish Head 60 min		
		po4.99	Three Olives (all types)			Yuengling Lager cans and bottle	-	
G	IN		Traveler's Vodka			Zywiec (11.2oz)		
Beefeater	1.75L	\$35.99	v vunu	1./21	ψ10.33	∠ywig 6 (11.∠0Z)	24рк	ф 19.9
Bombay Saphire		•						
Seagram's gin			"Cold or warm Bed	~ -	**			



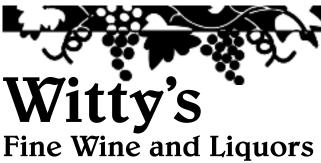




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TWO LOCATIONS W. Hazelwood Ave.



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Hours: Mon. thru Wed. 9am - 9pm, Thur. - Sat. 9am - 10pm, Sun. 10am - 7pm

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WINE





		A 5 5 5
Alamos Malbec		•
Andre (All Types)		
Apothic Red		
Avalon (Cabernet Sauvignon)		-
Barefoot All Types		-
Bartenura Moscato		-
Barone Fini (Pinot Grigio)		-
Beringer White Zinfandel		
Beringer White Zinfandel		
Black Box (All Types)		-
Blackstone (All Types)		
Bogle (Chardonnay and Merlot)		
Bolla		•
Caymus Napa Valley (Cabernet Sauvignon)		
Carlo Rossi (Chablis, Burgundy, Sangria, Blush)		
Carnivor (Cabernet Sauvignon)		
Casal Garcia Vinho Verde		•
Cavit (All Types)		-
Chateau ste Michelle Columbia Valley Cabernet and Merlot		-
Chateau Ste. Michelle Columbia Valley Chardonnay		
Chateau Ste. Michelle Columbia Valley Riesling	.750ml	. \$ 8.99
Clos du Bois Chardonnay	.1.5 L	. \$19.99
Clos du Bois Cabernet, Merlot		-
Cockburns Ruby and Tawny Porto		
Concha Y Toro Frontera		•
Coppola Diamond Cabernet Sauvignon, Merlot		
Coppola Diamond Chardonnay		-
Corbett Canyon (All Types)		
Cupcake (All types, except Prosecco and Moscato)		
Don Perignon		•
Dreaming Tree (All Types)		
Eco Domani (Pinot Grigio)		
Fish Eye (All Types)		
Flip Flop (All Types)		
Franzia (Crisp White, Blush, Sangria, Chilable red)		
Freixenet		
Gato Negro (All Types)		
Gazela Vinho Verde		•
Ghost Pines (Merlot and Red Blend)		
J. Lohr Cabernet Sauvignon		
Josh Cabernet Sauvignon		_
Joseph Carr Cabernet Sauvignon		
Kendall Jackson Vintners Chardonnay		
Kim Crawford (Sauvignon Blanc)		
Korbel (All Types except Natural and Organic)		
La Crema Sonoma Pinot Noir		1
Liberty Creek (All Types)	.1.5L	. \$ 7.99

Louis Jadot Beaujolais	750ml \$ 9.99
Louis Jadot Beaujolais Villages	750ml \$ 10.99
Louis Jadot Pouilly Fuisse	750ml \$20.99
Luna di Luna (All Types)	1.5L \$13.99
Mark West Pinot Noir	750ml \$ 9.39
Mark West Pinot Noir	1.5L \$17.99
Martini & Rossi Asti	750ml \$11.99
Menage a Trois Red	750ml \$ 8.99
Merry Vale (Cabernet)	
Mezzacorona Pinot Grigio	
Mi Amore Red	
Moet Imperial Champagne	•
Noble Wine 337, 667	
Papi (All Types)	
Real Sangria	•
Rex Goliath (All Types)	
Robert Mondavi Private Select	
Robert Mondavi Private Select	
Rodney Strong Sonoma Cabernet & Merlot	
Rodney Strong Sonoma Chardonnay	•
Rombauer Chardonnay	•
Ruffino Chianti	• • • • • • • • • • • • • • • • • • •
Ruffino Chianti	
Ruffino Pinot Grigio	
Ruffino Chianti Gold	
Ruffino Tan label	
Santa Margerita Pinot Grigio	
Senor Sangria (All Types)	
Silver Oak Alexander Valley Cabernet	
Simi Chardonnay	
Sonoma Cutrer Chardonnay	
Sutter Home (All Types)	
Tom Gore (All Types)	
Woodbridge (All Types)	
Yago Sangria	
Yellow Tail (All Types)	1.5L \$11.49

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