# The PRIDE of North Plainfield



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**ISSUE 9. FEBRUARY 2013** 

**NORTH PLAINFIELD BUSINESS ASSOCIATION** 

presents

**BUSINESS NETWORKING EVENT** 

Tuesday MARCH 5, 2013 5:30 to 7:30

### THE TOP SHELF TAVERN

164 Somerset Street North Plainfield, NJ

FREE Admission. Light food and refreshments served. Cash bar.

PRSRT STD-A US POSTAGE PAID Permit #1081 Newark, NJ

### WILLIAM PARENTI JR. IS FOURTH GENERATION TO SERVE

The swearing in of a new officer to the North Plainfield Police Department had special meaning for Chief William Parenti and his family. Both the Chief's father and grandfather were officers and his son William Jr. "Billy" was to become the fourth generation of the family to

Chief Parenti delivered a heartfelt speech in which he said "Today we are continuing the Parenti legacy with an incredible 4th generation by giving the oath of office to William Parenti Jr."

"Being a cop is a way of life and we can never really forget we are policemen. We think a special kind of way and we talk a language of our own. Some people will say we even walk a special way. Certainly when we are together, we have a lot in common."

William Parenti Jr. was born in North Plainfield, before moving to Green Brook. He wrestled for North Plainfield in the REC program and now returns to work here. He graduated from Watchung Hills High School in 2009 and obtained an Associate's Degree in Law Enforcement from Raritan Valley Community College. He is currently enrolled in Thomas Edison State College to complete his Bachelor's Degree in Criminal Justice.

William Parenti Jr. enrolled, paid all his expenses and graduated from the Monmouth County Police Academy in May of 2012. He is the only Somerset County resident to be Police Training Commission Certified and had offers to be a police officer from other municipalities. His father stated, "I am happy he chose North Plainfield. Having worked here as a parking enforcement officer and his unpaid internship during college, Billy knows the community. He will save us months of training and will be able to fill the void created when Officer Monahan retired last month."

Chief Parenti credited his wife Eileen, who witnessed the ceremony, as the main reason his son is the fine young man he is today. Also present were the Chief's parents Anthony and Sarah, and Eileen's Mom, Mrs. Betty Lockwood. Billy's sister Danielle is attending college in Florida and could not be there. The Chief made mention of Eileen's father who is deceased but would have been very proud of Billy.



(above, l-r) Mayor Michael Giodano Jr., Patrolman William Parenti Jr., Chief William Parenti and Chief Anthony Parenti, Ret. at ceremony of Officer Parenti Jr.'s taking his oath of Office on January 14, 2013.

In closing, Chief Parenti offered this advice to his son, "Whatever the reason you joined the police force with all that implies. Keep in mind we work hard and sometimes that work is dangerous. Yet the rewards are there in the face of an accident victim or lost child we've consoled or a rape victim we have helped. Put simply being in the police force is very worthwhile work and the truth is the community needs you and it will expect a lot of you. Always were your badge with honor, dignity and remember North Plainfield's motto "A PROUD COMMUNITY".

### TOP SHELF TO HOST NPBA 1ST NETWORKING EVENT



The North Plainfield Business Association will hold its first networking event on March 5, 2013. It will be hosted by Top Shelf Tavern, located at 164 Somerset Street, North Plainfield from 5:30 pm to 7:30 pm.

The event is free for any business, member or non-member. Appetizers will be served and there will be a cash bar.

(left, l-r) Top Shelf is owned and operated by Gerry and Gary Levenduski and has been family owned for 37 years. Todos los negocios estan bienvenidos a participar sin ningun cargo.

### THIS SPACE IS NOW AVAILABLE FOR ADVERTISING!!!

Reserve space in the next issue. Call Joe Renna at (908) 447-1295

Each month this newspaper is mailed to 6,500 homes and businesses in North Plainfield

Email: joerenna@rennamedia.com

## The PRIDE of North Plainfield

### On-line at The Pride of North Plainfield.com

The Pride of North Plainfield is published by Renna Media. 6,500 newspapers are printed monthly and are mailed to businesses and homes in North Plainfield, NJ and are distributed for free pick-up throughout town.

Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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Renna Media welcomes the comments and concerns of its readers put into writing and sent via phone, fax or email to:

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### **BOROUGH OF NORTH PLAINFIELD**

MUNICIPAL BUILDING
263 Somerset Street
North Plainfield, New Jersey 07060
(908) 769-2900
www.northplainfield.org

### **BOROUGH DIRECTORY**

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Court	769-2265	
Finance Department		
Fire Non-Emergency		
Health Department	769-2907	
Mayor & Business Administrator		
Police Non-Emergency	769-2937	
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HELPFUL PHONE NUMBERS		
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Public Schools		
Recreation	756-0247	

Phone numbers utilize the 908 exchange.



# Message from the President WHO ARE YOU? WHAT DO YOU DO? AND HOW CAN I GET IN TOUCH WITH YOU?

Even I as president, I dont know the answers to these questions. Here is your chance to let the residents of North Plainfield find out about you and your business. On March 5th the NPBA will be having a meet and greet

business card exchange. This will be held at The Top Shelf 164 Somerset Street. Owners Gary Levenduski and his wife Gerry will host the event with appetizers and a cash bar.

When someone new moves into town, and even those who have been living here for a while, don't know the businesses in town, they ask me to refer a business and if I don't have your info I can't refer you. Thats when the customer goes to the phone book or Google to look and they may find someone out of town .

The NPBA wants nothing more than to help you succeed. We want the economy in North Plainfield to grow. Think of all the people you hand your card to or the 6,500 homes and businesses who receive The Pride of North Plainfield newspaper as your sales force.

The NPBA will also be joining the Tri-County Chamber of Commerce, which represents Middlesex, Somerset and Union counties. Believe me thats a lot of contacts.

You got into business not to have off on weekends and worry about where to go on vacation. You got into it to WORK as much as you can. We reduced our membership fee to \$25.00 a year and as a member you will receive a discounted price to place an ad in this newspaper.

If you plan to attend please RSVP Peter Eddy@peplastics@gmail.com or call 908-757-1909.

### Peter Eddy

Presiden

Contact NPBA c/o P&E Plastic Fabrication Co., 24 Craig Place, North Plainfield, NJ 07060

The NPBA's mission is to promote the economic, professional and civic welfare of North Plainfield. It will provide an opportunity for all types of local businesses to band together and promote commerce in our town. The Business Association will work closely with North Plainfield's government (and with trade organizations throughout Somerset County and NJ) to ensure our local business interests are protected. There is strength in numbers: member businesses will take advantage of shared marketing costs, as well as a rich community of neighbors to help them network and get their brand out in the market.

### LIST OF NEW NPBA MEMBERS

New members of the North Plainfield Business Association will be listed in the The Pride.

### **B & A Transportation**

Bob Sarfatty - 908-783-8394 ASRFTI@verizon.net

### Cetury 21 Louis Pompilio

Erica Bradshaw - 908-322-2202 realtorbradshaw@Gmail.com

### **Common Interests**

Robert Goellner - 908-510-3302 mr.bobg@yahoo.com

### **Conroy Technology Solutions**

Scott Conroy - 908-447-5623 Sales@conroytech.com

### **Eden Energy Associates**

Miche Maniguet - 908-472-8717 eea.txnj@gmail.com

### F & M discount tire & auto service

Dave / Tony Gomes - 908-755-3060 dcgl1@hotmail.com

### Global Auto Mall

TrudyBloom/ Rich Locurto
- 908-757-4000
trudybloom@globalautomall.com

### **Johanna's Creations**

Johanna M. Salvemini,CPF - 908-656-6231 info@johannas.com

### Meineke Car Care

Ed Anderson/ Tony Szpak - 908-561-8080 mc714@msn.com

### **North Plainfield Fight Club**

Master Michael Gilliam - 908-548-8857 gilliamstkd2@aol.com

### **Shorecheer**

Skip pulcrano - 908-412-6255 skipcheerpom@gmail.com

### **Star Discount liquors**

Srini Dargula - 908-756-0965 Srinidargula@yahoo.com

### Superheroes Sandwich shop

Matt Lewis - 908-754-1411 Superheroesdeli@aol.com

### **Valley National Bank**

Linda Persichino - 908-561-4606 lpersichino@valleynationalbank.com

### **White Tiger Laundermat**

Curtis Berger - 908-769-6811 curtisberger@verizon.net



### North Plainfield Business Association

"Working for You"

MEMBERSHIP APPLICATION

SPECIAL MEMBERSHIP RATE OF \$25 for months of February and March 2013

	and March 2013
Company	Website
Contact	Type of business
Address	
	Membership: \$45 \$25 Check Cash
Phone	Date of Application
Fax	Pay to the order of NPBA  Mail to: NPBA c/o P&E Plastic Fabrication Co.
	24 Craig Place, North Plainfield, NJ 07060
Email:	Contact Peter Eddy at 908-757-1909

# Get rid of irritating numbness and pain in your legs and feet with FDA cleared treatment

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### Do you have one or more of the following symptoms?

- · Tingling or burning
- . The feeling like there is something in your shoe
- · Numbness, abnormal sensations
- . Feel like you have socks on, even though you are barefoot
- . You find it harder and harder to walk
- . Stumble into things or lose your balance
- . Your foot is agonizing to the touch
- . The feeling of walking on pins and needles
- · Sensation of little bugs crawling on your feet
- · Uncontrollable urge to move or kick legs to find relief
- . Loss of the senses, warm or cold
- · Spontaneous pinching, sharpness, or electric shocks

If you are experiencing any of the listed symptoms in your feet or hands, they are likely attributed to a condition called Neuropathy. Peripheral Neuropathy is a very common condition that affects 20 million Americans and once identified, can be successfully treated. These common symptoms are found in 1 out of 17 Americans and can come on quickly or develop over many years of time. No matter how long you have dealt with the daily misery of these painful symptoms, the doctors of Performance Rehabilitation & Integrated Medicine invite you to sit down and explore the reality of relieving your pain. Live a normal life again and enjoy the little things you have missed out on.

Performance Rehabilitation & Integrated Medicine focus their therapy on directly treating the underlying disease and improving the symptoms with the right treatment. With over 10 years of experience and utilizing the combined knowledge of a whole team of doctors, Performance Rehabilitation & Integrated Medicine will custom tailor a treatment specifically for you. They strive to help patients feel more comfortable, and improve their quality of life dramatically by using the perfect mix of physical therapy, the latest FDA cleared technology, and proven life style advice:

Our doctors have the latest technology and experience to properly diagnose and treat your symptoms. If you are suffering with the misery of any of the listed symptoms, please call now and set up your consultation.

SPACE IS LIMITED TO THE FIRST 30 CALLERS!

CALL TODAY

to schedule your evaluation.

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459 Watchung Avenue Watchung, NJ 07069

www.performancerehabnj.com

### REGISTRATION OPEN FOR "SHAVERS" AND "SHAVEES" ST. BALDRICK'S DAY

The North Plainfield Firefighters 10th Annual St. Baldrick's Day is just a month away, Saturday, March 23, 2013 beginning at 1 p.m.

Please come out and join us in support of a great event. If you wish to participate you can register as a "shavee" at www.stbaldricks.org

We are also still in need of BARBERS to assist in the head shaving. Interested Barbers need to be licensed and should also register on the website.

Thanks to all who have helped the North Plainfield Firefighters and the St. Baldrick's Foundation conquer kids cancers. Registration is easy, and it is the perfect time to get involved and jump into fundraising among your friends, coworkers and family. There are links on the St. Baldrick's website that will make it easy to share your page in social media and email messages.

If you have questions about the event, please feel free to contact Captain Robert Beattie at NPFD Headquarters – (908) 769-2935.





Submitted by Chief William Parenti

employment just as easily as they can on the street or in your neighborhood. In fact many people let their guard down at work, making their possessions available to people who would not think twice about taking them. However, there are certain things we can do to make our work places safer and possessions more secure.

While at work keep possessions such as your pocketbook, keys, wallet, or cell phone with you at all times. If you can try to lock the items in a desk, closet, locker, or other secure area. If they can't be locked and you can't keep them with you, at least make sure they are not in plain view of all to see. Personal items such as calculators, tools, radios, or coffeepots should be marked with your name or an identifying number, (don't use your social security number). Report broken or flickering lights to the maintenance department or the appropriate authority. Request immediate attention and mitigation of doors and windows that are not in proper working order. See to it that the exterior of the facility is in order, and report abandoned vehicles, or overgrown vegetation to the appropriate authority.

If your employment puts you in a place where you are by yourself, be sure to have a cell phone to summon public safety, (police, fire and medical rescue personnel). Consider programming in the security department's phone number or fellow co-workers at the same facility. Reception areas should be equipped with a panic button and a camera that can be

Crimes can occur at your place of monitored at another location within the facility. If your employer does not require visitors to be escorted, or to identify themselves upon arrival request management consider implementing a policy mandating same. Many businesses require non-employees to wear visitor badges.

> Use stairway and elevators with another person that you know. If an unknown person in the facility is making you nervous, alert other people or the security and police department if in doubt. Restrooms should be kept locked, so outsiders can't gain access and hide in a stall.

> When working late try to coordinate with another employee so that you are not alone. When walking to your car in a parking lot or garage do so with a companion or request an escort from security. Always lock your car and look inside both the front and back seats before getting in. Always have your key ready, fumbling around for keys may appear to be an invitation to a thief or mugger. Once in your car, lock it. Try to park in an area that will be well lit after dark. Although talking on a phone while driving is illegal in New Jersey, have your cell phone ready in the event you need to summon authorities or emergency response personnel.

> Finally let someone from your family, or friends know what your work schedule will be. In the event of a problem, someone will become concerned if you don't show up when you should and hopefully sound an alarm to locate you. Common sense, personal awareness, and prudence can prevent or reduce danger.



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### NOTH PLAINFIELD CITIZENS FOR COMMUNITY RIGHTS

A Non-partisan Organization Working for Our Community. Submitted by Antoinette Rinehart

North Plainfield Citizens for Community Rights is a non-partisan and non-profit organization working for our community. It is open to all citizens of the borough. It was officially founded in April 2007 by seven longtime residents to protect the destruction of the Villa Maria, a nursing home owned by Franciscan nuns since the early 30's, and previously operated as a health sanitarium by Dr. Justus Cooley circa 1870. successfully delayed the building of 325 condominium units and today a single housing plan calling for 51 single family homes is still pending.

Although this was its primary purpose, it has since expanded its interests and provides citizens a monthly meeting where they can vocalize opinions and questions without fear of reprisal, and provides a check and balance to our one-party administration. Its topics are always of current interest and provide valuable instruction on how to address whatever problems confront our residents.

The list of past speakers includes John Paff, OPRA specialist and former Libertarian candidate for New Jersey Governor; Borough Tax Assessor Flannery addressing property revaluations; a tax specialist discussing property values and assessment appeals; Jack Ciattarelli: Somerset County Freeholder on Consolidation of Community Services for Somerset County towns. Our Police and Fire Chiefs have spoken on how residents can avail themselves of the Borough's services.



FOOT CARE SERVICES

We videotape all council meetings and post them on our website www.NPCCR.com, and we have conducted an annual Meet the Candidates night for the past three years. We also sponsored a Board of Education Candidates Roundtable. Resident's questions and respondent answers are always a part of our monthly meetings.

We addressed property maintenance by photographing and submitting more than seven dozen property violations to assure ordinances would be enforced. We initiated and petitioned for a Borough Sunshine Ordinance, a Tree Advisory Board, and most recently Alternate Side of the Street Parking so that our streets can be effectively and efficiently cleaned.

We invite all our residents to attend our monthly meetings. There is no charge. We encourage all who would like to actively participate in **NPCCR** email communityrights@gmail.com.

### **NPCCR MEETS MARCH 7, 2013**

Guest Speaker

Police Chief William Parenti

7 pm

**EVERYONE WELCOME!** 

### **North Plainfield Community Center**

614 Green Brook Road & Clinton Ave.

### COMMON INTERESTS

With An Eye Toward Our Future



Robert J. Goellner, CFP, ChFC, CLU Financial Planner rgoellner@sagepointadvisor.com

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### West End School PTA presents:

### ANNUAL BASKET AUCTION "Basket-Palooza 2013"

### FRIDAY, MARCH 8TH

Doors open at 6:00 p.m. First Ticket pulled at 8:15 p.m.

### WEST END SCHOOL

447 Greenbrook Rd North Plainfield, NJ 07063

### \$10 Admission

Gets you one sheet of lower level tickets Light Italian dinner food/snacks will be sold

### Some prizes include:

iPad 3rd Generation 32 inch LCD Samsung TV Disney Park Hopper Tickets Tickets to "Stomp" on Broadway Blu-Ray Player Package Gift certificates to local theaters, museums, restaurants & stores. Our popular classroom baskets.... And MUCH more

Plus a 50/50 and local vendors on display. We had over 200 top quality baskets last year - something for everyone!

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Fax: (908) 754-5581 wrhowarthdds@verizon.net

Fellow, Academy of Sports Dentistry **New Jersey Dental Association** 

### **PARKS & RECREATION**

### CO-ED ADULT SOFTBALL, VOLLEYBALL, AND BASKETBALL

Residents may sign-up for adult programs on the same dates, time and location as the youth registration. To be eligible for the adult programs, one must meet all of the following criteria: You must be a minimum of 18 years old and out of high school, be a resident of North Plainfield or work for the Borough of North Plainfield. Identification will be required. If you have any questions, please call Dennis Passe at (908) 403-9752.

# ANNUAL BASKETBALL FESTIVAL MARCH 16TH NORTH PLAINFIELD HIGH SCHOOL ANNUAL EASTER EGG HUNT SATURDAY MARCH 23RD AT 2 PM ON THE LAWN AT VERMEULE.

Bring a basket and camera to this free event.

### OPEN HOUSE AT THE VERMEULE COMMUNITY CENTER 614 GREENBROOK ROAD SATURDAY MARCH 23RD AT 7 PM.

This event will be open to all residents to come and learn more about our various activities and events. We look forward to meeting new faces and seeing our existing participating parents.

For more information, please check the website at www.np-recreation.com.

### WASHINGTON ROCK POP WARNER PREPARES FOR ITS 2013 SEASON

Washington Rock Pop Warner, a prominent Football and Cheering Youth Organization who has been serving the boys and girls of North Plainfield, Green Brook and Dunellen for over 40 years will be holding open house registrations.

As we move forward this year, we are looking for talented young boys and girls to be apart of something big!...so come out and experience family and fun this season.

- New certified coaching staff New uniforms
- Every child participates Low registraion fees

### **REGISTRATION:**

- 2/28 Vermeule Community Center 614 Greenbrook Rd. North Plainfield, from 7pm-9pm
- 3/1 Vermeule Community Center 614 Greenbrook Rd. North Plainfield from 7pm-9pm
- 3/9 Green Brook Town Hall 11 Greenbrook Rd. Green Brook from 2pm-5pm

For any further questions or information, please check our website @ wrpw.org

### **PSE&G WARNS CUSTOMERS ABOUT PAYMENT SCAM**

HISPANIC CUSTOMERS AGAIN TARGETED

PSE&G is alerting its customers not to be defrauded by a scam in which individuals misrepresenting themselves as PSE&G employees threaten to turn off electric and gas service if payment is not made to them that day.

The scam, which has been reported across the country, involves payments using Green Dot MoneyPaks and seems to be targeting Hispanic neighborhoods in PSE&G's service territory. As noted on the MoneyPak packaging and on the company's Web site (www.moneypak.com), to protect themselves from fraud, consumers should treat the MoneyPak like cash and only use the MoneyPak number with businesses on their approved partner list.

"We take very seriously any attempt to defraud our customers," said Joseph A. Forline, vice president of customer solutions for PSE&G. "We are working closely with law enforcement to investigate these scams. In the meantime, we ask our customers to be wary of callers who demand immediate payment and threaten service termination. When in doubt, hang up and call PSE&G directly at the phone number listed on your bill."

PSE&G alerted the public to a similar scam in January 2012. Reports indicate that this scam is again targeting Hispanic customers, but this time not exclusively.

### HERE IS HOW THE SCAM WORKS:

- A Spanish- or English-speaking individual pretending to be a PSE&G employee calls customers saying their service would be disconnected if they do not make a payment using a prepaid debit card. In some cases, the call is prerecorded.
- Customers are told to purchase a Green Dot MoneyPak at a pharmacy or convenience store, use cash to put money onto the card, and then provide the number on the card to the person who called them.
- Customers are advised that if they do not

- immediately call back and provide the MoneyPak information, their service will be turned off that day.
- Typically, after the customer provides that MoneyPak number, the scammer transfers the funds to a prepaid card, and cashes it in at an ATM.

### WHAT TO DO IF YOU GET A CALL

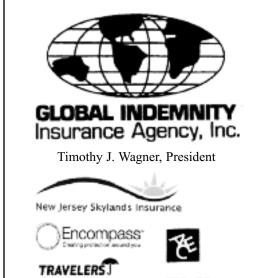
When PSE&G makes an outbound phone call to customers, customer-specific information is shared with the customer. That information includes the account name, address, number and current balance. If customers do not receive this correct information, they likely are not speaking with a PSE&G representative. If customers feel uncomfortable and they know they have an outstanding balance that needs to be resolved, they should hang up and call PSE&G directly at 1-800-436-7734 or visit a local PSE&G Customer Service Center. Service Centers are open Monday through Friday, 8:00 AM to 4:00 PM with locations listed on customer bills and online at: http://www.pseg.com/centers

Any customer who has doubts about the legitimacy of any call from PSE&G, especially one in which payment is requested, should call the utility directly.

PSE&G is working with law enforcement to investigate the matter and is also reaching out to its contacts at local community service agencies asking them to spread the word to their clients.

Public Service Electric and Gas Company (PSE&G) is New Jersey's oldest and largest regulated gas and electric delivery utility, serving nearly three-quarters of the state's population. PSE&G is the winner of the ReliabilityOne Award for superior electric system reliability. PSE&G is a subsidiary of Public Service Enterprise Group Incorporated (PSEG) (NYSE:PEG), a diversified energy company (www.pseg.com).

### CELEBRATING 25 YEARS OF SERVING NEW JERSEY



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Fax: (732) 632-2779

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### **NORTH PLAINFIELD LIBRARY**

6 Rockview Avenue, North Plainfield, NJ 07060 • (908) 755-7909 Hours: Mon, Tues, Wed and Thurs: 9:30-9, Fri and Sat: 9:30-5

### **CHILDREN'S**

#### STORY & CRAFT (Ages 3-5)

Tuesdays at 10-10:30 AM
March 5 and 12; April 16, 23, and 30
Have fun at Miss Nancy's Storytime! We will read
fun stories and compete complete a great craft!

### **TODDLER TIME (Ages 18 months to 3 years)**

Wednesdays at 10-10:30 AM
March 6 and 13; April 17 and 24.
Sing songs and read a story with Miss Amy. We will also do an easy crafts suitable for little hands!

### **DIY FRIENDSHIP BRACELETS (Grades 4-5)**

Tuesday, March 5th 4:00-5:00 PM Registration begins February 19.

Come and learn how to make a variety of your own friendship bracelets! We will be using embroidery floss in many different colors.

### **AFTER SCHOOL ADVENTURES: PRINTMAKING (Grades 1-5)**

Thursday, March 7th at 3:30-4:30 PM Registration begins February 21.

Learn to make your own collograph prints. All you need to bring is your creativity! You might get messy at the program, so please wear old clothes or bring a smock!

#### I CAN DRAW! (Grades 3-5)

Tuesday, March 12th at 3:30-4:30 PM Registration begins February 26th. Tuesday, April 23rd at 3:30-4:30 PM Registration begins April 9.

Everyone can draw! Come to the library and learn to draw simple but cool stuff. All supplies will be provided.

#### **SCIENCE WIZARDRY (Grades 1-5)**

Thursday, March 14th at 3:30-4:00 PM Registration begins February 28.

Open your eyes to science while performing experiments! Take a look at science and magic and discover some of the magician's secrets.

### TEENS

### Game Day (Grades 6-12)

Mondays, March 4 and 11 at 3:30 Come join us for a variety of board games and video games. No registration

### **Elementary Flashback Game Day (Grades 6-12)**

Wednesday, March 6 at 3:30 Registration begins February 20

Ever miss playing games from elementary school? Come join as we relive our childhood through playing with the parachute, doing coloring sheets and playing games such as Duck Duck Goose and Seven Up.

### Spring Party (Grades 6-12)

Wednesday, March 13 at 3:30
Registration begins February 27
We will be celebrating spring with fun games and warm weather snacks.

### Teen Baking: Chocolate Chip Cookies (Grades 6-12)

Wednesday, March 20 at 3:30
Registration begins March 6
Come and learn how to bake your own chocolate chip cookies with Miss Nancy!

### Movie Afternoon (Grades 6-12)

Wednesday, March 27 at 3:30 Wreck it Ralph



### **ADULTS**

All programs require registration

### INTRODUCTION TO THE INTERNET

Mondays: March 4th @ 7:00-8:00pm
This class will cover the basics of the Internet, including browsers, search engines, and the general categories for websites.

#### **BASIC YOGA WITH JILLIAN**

Wednesday, March 13th @ 7:00-8:00pm

Experience the well-being and relaxation that yoga can provide. No experience necessary. This class will be taught on the floor, so please bring a yoga mat or large towel. Wear comfortable clothes.

Presented by Jillian Keller, RYT 500. Adults and children ages 12 and up accompanied by an adult.

#### **NIGHT BOOK DISCUSSION**

Thursday, March 7th @ 7:00pm Seating Arrangements by Maggie Shipstead

#### DAY BOOK DISCUSSION

Thursday, March 14th @ 1:00pm Winter Garden by Kristin Hannah

#### **JAZZ TRIO CONCERT**

Saturday, March 16th @ 2:00pm

Join us for an afternoon of jazz with musicians from Rutgers Mason Gross School of the Arts.

### **SENIOR BUS SCHEDULE**

The North Plainfield Senior Citizen Bus is available to all North Plainfield Seniors. To arrange to ride the bus and for more information, please call 908-753-0707.

### The following is the bus schedule:

Monday: Shop Rite

Tuesday: North Plainfield Senior Citizens Club

Wednesday: Stop and Shop & Wal Mart

Friday: Sears and Somerset Farms

The bus starts picking up passengers at about 9:00 A.M.

Please call at least 24 hours before you need the bus.

### SHAKESPEARE COMES ALIVE

North Plainfield High School English teacher, Ms Kristyn Rosen, received a grant funded by the National Endowment for the Arts to enable students to see a live Shakespeare performance. The goal for the program is to have every student see four different live performances before they graduate.

On February 20, 2013 students had an excellent opportunity to see a professional theatre troupe perform either Comedy of Errors or Romeo and Juliet.



Actors from Shakespeare LIVE!, a professional touring company duel in NP HS stage. Their mission is to provide a live Shakespearean performance to students as part of the Shakespeare Theatre of NJ program.

## North Plainfield Girl Scouts is holding A food drive to benefit the Somerset Country Food Bank

Saturday, March 9, 2013 10 am - 4 pm

Nonperishable food donations may be dropped off at Fabricland or Stop and Shop (Watchung Square Mall)





1019 Route 22 W. North Plainfield (908) 769-6811

WEDNESDAY

99¢ WASH

5am-3pm

5am- 3pm
20lb capacity washers only
reg. cold water cycle only

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Freshly baked Portuguese and Italian bread delivered daily!

Now in stock:

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- and much, much more.



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Mon-Sat 9:00 am to 7:00 pm Sun 9:00 am to 5:00pm

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**Boar's Head** Oven Gold **Turkey Breast** lb



Top or Little Neck **CLAMS** 

/dozen

FRESH FISH Available Thursday - Sunday

Filleted, Steaked, Cleaned to your liking!

### COUPON



Chicken Breast

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### COUPON



**Boar's Head** Lacey Swiss Cheese



lb

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### COUPON



 $(16/20 \text{ size})_{NPF}$ 

Must purchase 1 lb. Limit 2 lbs per coupon. Coupon may not be combined with other offers. May be previously frozen. Offer expires 3/31/13.