

The PRIDE of North Plainfield



North Plainfield's Hometown Newspaper

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**North Plainfield
SENIOR CITIZENS
GROUP
meets
EVERY TUESDAY
at 10:30 am
at the
COMMUNITY
CENTER
located at
614 Greenbrook Rd
North Plainfield.
Senior Citizen Bus is
available to all North
Plainfield Seniors.
To arrange to ride the
bus and for more info,
call 908-753-0707.**

MAGIC IS THE GIFT. YOU ARE THE MAGIC!

Magical Healing Presents at Abingdon Care and Rehabilitation Center

The show must go on! It certainly did as 12 magicians walked through the doors of Abingdon Care and Rehabilitation Center in Green Brook. The main performers, ranging in age from 7 to 11, didn't let the snow, ice, nor wind chill stop them from reaching out to the residents who gathered in the dining room to be entertained.

Magical Healing did indeed make a difference! Under the direction of Founder, Mr. Paul Cohen of Wayne, NJ, and the tutelage of professional magicians Simon Mandel, Ken Van Liew and Magic of Marco, the young students at Klubhouse Kids from North Plainfield, learned from these "magic" masters. They vowed to learn the basic art of Magic with the purpose of uplifting and entertaining those who are ill, elderly and homeless. Also, to bring their special brand of "wonderment" to the Veterans who have served our Country.

Magical Healing is a 501c3 organization created by Cohen as a legacy to his mother who inspired his vision before passing away in early 2013. The debut in January, 2014 meant that he fulfilled on his promise to her. And so did the kids. The staff at Abingdon remarked how moved they were by the overwhelming response from the patients. Whatever their maladies, for those 60 minutes all eyes were on the young Magicians. And that is the "vision" of Magical Healing; to suspend pain, suffering and loneliness for even a brief moment in order to bring smiles, joy and wonderment into the lives of others.

Dr. Hope Blecher, parent of Colin Sass, one of the teen magicians, is also the Supervisor of Language Arts Literacy in North Plainfield. After watching the debut, she had this to say, "It is so touching to see these youngsters perform for these residents. These kids put their heart and soul into perfecting their showmanship. To see how my son not only addressed a roomful of patients and also how caring all the kids were



(above, l-r) Magical Healers Toby Robinson (10), Ryan Savaryn (8), Aaron Baxter (7), Nathaniel Meicke (8), Mathew Holzer (9), Cameron Kelly (7), Corrine Bazek (10), Nicole Lindemeyer (11), Pat Psillos (Owner-Klubhouse Kids)

was profound. This is where they learn real life skills about empathy, public speaking and giving back to the community." This echoes Cohen's second mission; "To have each young magician experience themselves as someone who makes a profound difference in the life of another Human Being."

Pat Psillos, Owner and Director of Klubhouse Kids added, "I was so proud of the children. They were so excited to be a part of the Magical Healing! They worked very hard, practiced daily, and it really showed. They knew in their hearts that they were doing something really good."

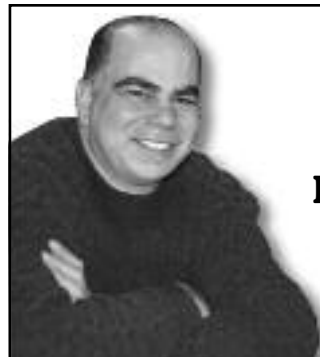
Among the smiles, giggles, and rounds of applause from the patients, were the surprised and proud faces from parents and siblings of the performers. By the end of the show, most were still wondering how this Magic was done right before their very eyes!

Here's the secret: The magic was done with their hands. The Magical Healing was done with their hearts.

For more information on how you can help bring Magical Healing to others, please contact Paul at 973-341-2816 and visit us at www.magicalhealing.org.

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The PRIDE of North Plainfield

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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, LLC
 Publisher: Joe Renna
 202 Walnut Ave. Cranford, NJ 07016
 Phone: 908-447-1295
 Fax: 908-709-9209
 Email: joerenna@rennamedia.com

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BLACK HISTORY CELEBRATED

Black History Month is celebrated across the nation by individuals, groups, and organizations to commemorate and celebrate the achievements of Black Americans and recognize the central role of African Americans in U. S. History. On Saturday, February 22, 2014, at the Vermeule Community Center, The I Can Foundation (TICF) did just that by "Linking the Past to the Present" at their Annual Black History Extravaganza. TICF was able to empower the youth of today to be the authors, doctors, and scientists of the future.

The event was well attended by the community and TICF is very thankful for its supporters and sponsors for their contributions and donations towards this free event – North Plainfield Councilwoman Keiona Miller, Gentle Dental of Edison, Mr. Assante's Pizza, and Mirror Image Barber Shop.

The aim of The I Can Foundation, a non-profit organization, is to "Empower Our Youth to New Levels of Success" by instilling an "I CAN" philosophy in our children. We are realizing this goal by serving as positive role models in the community and hosting various community outreach programs and events that revolve around our 'Principles 4 Life'.

For more information about The I Can Foundation and to learn about upcoming programs and events, please visit their website at www.theicf3.org.

EAST END SCHOOL PRINCIPAL RETIRES!



East End School Principal Kathleen Herrmann will retire as of February 1, 2014. Ms. Herrmann began her experience in North Plainfield in 2005 as the district Language Arts Supervisor and then became the principal at East End School in 2008.

Ms. Herrmann encouraged a positive school culture and parental involvement. She continuously promoted the six pillars of character education: Trust, Respect, Responsibility, Fairness, Caring and Citizenship. During the morning announcements she told the students to make a friend and "Be a Buddy NOT a Bully." Students who demonstrated the character education traits received certificates at the monthly East End Citizenship Award assemblies. Ms. Herrmann

also facilitated balanced literacy and demanded that parents read to their children and get involved in their academics. On a daily basis, Ms. Herrmann concerned herself with providing a safe school environment for the staff and students. Every Friday East End School was full of pride, as the students and staff members wore their East End School blue and white colors.

East End School families received a letter from Ms. Herrmann thanking them for their never-ending support. Ms. Herrmann expressed that she enjoyed watching the children grow academically and socially and appreciated when the students greeted her with a smile. Ms. Herrmann stated, "East End is a very special and unique school and the memories that remain in my heart will be cherished for a lifetime. I could not have asked for a greater gift than to serve as your proud principal." The East End School Community is thankful for Ms. Herrmann's heartfelt dedication and all of her contributions that made East End School a great place to learn. We wish her well in her retirement.

*The North Plainfield Democratic Club
 Cordially invites you to attend a*
**COMMUNITY ROUND TABLE
 WITH MAYOR JANICE KOVACH**
(Clinton Township)
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 and Communities Like North Plainfield.*
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 7:00pm
Refreshments: Yes!
 For more info: Contact Keiona Miller
 609-848-8801

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.*

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Poll Shows Most Americans Suffer From Chronic Or Reoccurring Pain

LATEST TREATMENT OFFERS NEW APPROACH AND HOPE FOR MILLIONS

According to an ABC News/USA Today/Stanford University Medical Center poll* over 50% of Americans suffer from chronic pain. Chronic pain is often described as pain that extends beyond normal healing time. Pain is more than just an uncomfortable sensation; it affects everything from work to play and ultimately your quality of life. As discovered in the ABC News/USA Today/Stanford University Medical Center poll, 48% of people didn't know what caused their pain. Of the remaining participants, pain was blamed on sports injuries, arthritis, disc pain (sciatica, slipped disc, etc.), and old age. People deal with pain in a variety of ways. Some rely on prescription or over-the-counter medications while others try exercising, stretching, injections, and more. However, these solutions often fail causing the patient to lose hope. Worse yet, addiction to medications are a real threat and can leave pain sufferers in a dangerous situation.



Do you suffer from any of the following?

- Tennis elbow/golfer's elbow
- Rotator cuff tendonitis/bursitis
- Arthritic hip/knee/ankle/shoulder conditions
- Plantar fasciitis/heel spur pain
- Meniscus injury of the knee
- Chronic tendonitis
- Chronic pain

If you answered yes to any of these questions, call now to schedule a **FREE** step one consultation.

Platelet-Rich plasma is a natural healing solution

For years, doctors have tried to reduce inflammation with anti-inflammatory medication, thinking it could be the source of pain. Teams of doctors and researchers are now finding that harnessing the power of inflammation allows the body to go through its natural healing arc, which can relieve pain by getting rid of the problem. This new treatment program is called Platelet-Rich Plasma (PRP) Therapy and is a cutting-edge process that relieves pain by promoting long lasting healing of musculoskeletal conditions. This rapidly emerging technique is showing exciting potential with osteoarthritis of the knee, shoulder, hip and spine, rotator cuff tears, chronic plantar fasciitis, anterior cruciate ligament (ACL) injuries, pelvic pain and instability, back and neck injuries, tennis elbow, ankle sprains, tendonitis, and ligament sprains.

What is Platelet-Rich Plasma Therapy?

Platelet-Rich Plasma Therapy offers a great solution to accelerate healing of tendon injuries and osteoarthritis naturally without subjecting the patient to significant risk. PRP is an emerging treatment in an ever popular, all natural health sector. The treatment consists of merging advanced technology with the body's natural ability to heal itself. Blood is made of RBC (Red Blood Cells), WBC (White Blood Cells), Plasma, and Platelets. In the last 20 years researchers have learned that when activated in the body, platelets release healing proteins called growth factors. There are many growth factors with varying responsibilities, however cumulatively they accelerate tissue and wound healing. Therefore after increasing the baseline concentration of these platelets, the doctors of Performance Rehabilitation and Integrated Medicine are able to deliver a powerful combination of growth factors that can dramatically enhance tissue recovery and reduce pain.

PRP is virtually a "cocktail" of many naturally occurring proteins that collectively stimulate, repair, and regenerate the problem area. However, there are some proteins included in PRP that can be selectively isolated to promote anti-inflammatory effects and pain reduction. Scientists have developed natural/homeopathic based tools to selectively isolate the cells/growth factors within PRP that meet each patient's needs for a customized treatment by reducing inflammation and simultaneously stimulating repair.

What are the expected results?

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. Initial improvement may be seen within a few weeks and will gradually increase as the body's healing progresses. PRP Therapy has been shown to be very effective at relieving pain and returning patients to their normal lives in many cases. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

FREE STEP ONE CONSULTATION

"We are so confident that you will find healing and relief at our office that we are offering you a **Free step one evaluation and consultation**. We will personally review a full health analysis questionnaire, evaluate your condition and determine how we can help you. There are no strings attached and you have no obligation. Don't live with pain, fear and doubt any longer. Pick up the phone and take control of your life right now. You have nothing to lose but your pain. Time slots fill quickly so call today to secure your free step one consultation."

— Ron Spiaggia, DC - Clinic Director
Joseph Mejia, DO, F.A.A.P.M.&R. - Medical Director

What are patients saying?

"I have suffered with Plantar Fasciitis for years. I could not walk or stand for even short periods of time. Once I found out about PRP Therapy at Performance Rehab I had to give it a try. I'm so glad I did! I not only can stand for long periods of time I can now go on evening walks with my husband. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"

— Mary M.

CALL TODAY TO SCHEDULE YOUR FREE STEP ONE CONSULTATION



459 Watchung Avenue, Watchung, NJ 07069
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LENDING A HAND

By Kate Moore and Eleftheria Fiotakis

This fall to winter, the Student Council organized and sorted food and toys for families in need. In the fall, Student Council, along with Donna Patton, a P.E. teacher at Somerset School, and NPMS Student Council, collected more than a thousand cans and boxes of food to donate to the Vermuele Community Center's food bank. A lot of families were served with the donations.

In addition, the Somerset Student Council arranged a toy drive before the holiday season, with over 500 toys collected. Toys went to Toys for Tots, the Vermuele Community Center, and the Society of Saint Vincent de Paul. So many children received some extra holiday cheer this winter due to the generosity of our Somerset students and staff! Ms. Fiotakis and Ms. Moore, the Somerset Student Council advisors say they are grateful for the wonderful turnout, not only in donations, but in time, from the Student Council, especially the Executive Board and other students who graciously donated extra time in the mornings to help collect and organize. What a wonderful world, indeed!

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RECREATION IN PERSON SIGN UPS ARE NOW!

Spring Sports Sign Ups are in full swing.

The next and final dates for in person sign ups are March 5, 6, and 7th. The signups are from 7-9 pm at Vermuele Community Center. Forms are available on our website for download. You may also drop off your completed form to the Recreation office located at 93 Greenbrook Road. Spring sports are Youth T-Ball, Coach Pitch, Softball and Baseball. Registrations accepted between March 8th – March 11th will be considered late and will have a \$15 late registration fee. No youth sport registrations will be accepted after March 11.

Adult programs in the spring season are Basketball, Volleyball and Softball. Registrations will be accepted during the in person registration dates and dropped off at the

Recreation office.

Camp sign ups have begun. Camp will be a 7 week program this year. It will begin on Monday June 23rd and end on Friday August 8th. There will be no camp on July 4th. The in person registrations will be March 5, 6, and 7th from 7-9 pm at Vermuele Community Center.

There will be Saturday dates as well, March 22, April 5th, April 26th, May 17th and June 7th from 10-12 noon at the Vermuele Community Center.

For more information, please go to our website www.np-recreation.com.

There will be updates on the North Plainfield Parks and Recreation Facebook page. This is the ONLY Facebook page that will provide you updated information in real time.

NP GIRL SCOUTS HOSTING FOOD DRIVE

The North Plainfield Girl Scout's annual food drive will run from March 1 through 16th. The food that is collected will be distributed to our local food banks. Please, let's join together to help combat hunger in our community.

There will be a number of opportunities to help. First 3 Weekends in March (1st - 15th)- 11:00am- 2:00pm. With the support of Walmart in the Watchung Square Mall, the Girl Scouts will be collecting food donations outside the store. Please plan to shop and donate to support their efforts.

March 1st -14th - Drop off at Borough Hall Address: 263 Somerset Street Hours: 8:00am - 4:30pm Monday through Friday.

Watchung Avenue Presbyterian Church and Trinity Reform Church will be participating by collecting food donations during their normal church activities the weeks of March 1-15th. Look for the Girl Scout drop box.

March 6th after school- Troop 65937 will be hosting a Students vs the Teachers basketball game at the Middle School. The admission fee is a nonperishable food donation or \$1.00. Refreshments will be sold and all proceeds will

be used for food donations.

Saturday, March 15th- 11am- 2 pm - Vermeule Community Center located at 614 Greenbrook Road / Clinton Avenue. Drop off food donations and/or Grocery Store Gift Cards.

All food donations should be non-perishable and within the expiration date. Gift Card Donations are welcome but must be dropped off on March 15th between 11 am and 2 pm at Vermeule Community Center.

If you have any questions, please contact Girl Scout troop 65937 at 908-917-0775 or email us at our2girlscouttroops@gmail.com

NP GIRL SCOUTS CELEBRATE VALENTINE'S FOR A GOOD CAUSE

The Nor'easter could not stop more than 70 girl scouts and their fathers from coming out to dance the night away at the North Plainfield Girl Scout Father Daughter Valentine Dance. The annual event, which was hosted by Senior Girl Scout Troop 65133, was held at The Church of the Holy Cross on Valentine's Day. In keeping with the Girl Scouts focus of community service, the girls collected donations for the Somerset County Food Bank's Backpack Program. The program which is administered through the school nurses, provide children who participate in the free and reduced lunch at school, help combat child hunger by discreetly providing the children with backpacks full of nutritious and easy-to-prepare food on Friday afternoons before they leave school, so they have food to eat throughout the weekend.

It was a memorable event for all who attended and supported a great cause.

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HARSH WINTER WEATHER LEAVES LOCAL AUTO DEALER OVERSTOCKED

Hundreds of Cars Marked Down to Clear Inventory

North Plainfield, NJ- Global Auto Mall, a well-known local automotive sales dealer, has more than just snow piling up. The recent rough weather has left them with a huge surplus of brand new cars, trucks, SUVs that need to be sold. A Snow Emergency Sales Event is being held to clear out their inventory to make room for new shipments.

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 Snow Emergency Sales Event will feature major brands including: Chevrolet, Hyundai, Jeep, Kia, Mitsubishi and a large variety of over 250 pre-owned makes and models.

**This big event will be held at:
Global Auto Mall, 1099 Rt 22 West,
North Plainfield, NJ 07060 or Call:
1-866-645-4337 for easy directions.**

The Global Auto Mall Sales team is prepared to move as much inventory as possible to manage this overstock and are offering great deals on their entire inventory to Local Residents like



yourself only. Global's General Sales Manager, Rich Locurto, says, "Our prices are already great and with the added specials it won't be hard to find a great price on the vehicle you want."

**CREDIT
PROBLEMS
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Credit problems are never a problem at Global Auto Mall. All are welcome to call in for information or visit during

this event. A Global financing expert is onsite and available to work out a great loan and financing plans for every customer. Their financing office is prepared to work with any customer's budget.

The Snow Emergency Sales Event is scheduled for a limited time only. Once it's over, it's over! Hurry in to Global Auto Mall today and drive home with the vehicle you've always wanted at a price you'll love. For further information please call anytime at 1-866-645-4337, or visit www.globalautomall.com.

DR. MARILYN E. BIRNBAUM TO RECEIVE SERVICE ABOVE SELF AWARD

The Rotary Club of Plainfield-North Plainfield will honor Dr. Marilyn E. Birnbaum, superintendent of schools in North Plainfield, with its 2014 Service Above Self Award, to be presented at the club's 15th Annual Wine Tasting Dinner.

The event will be held at Giovanna's Restaurant in Plainfield on March 25, 2014.

"This annual award is presented to community leaders who best exemplify the Rotary International motto of 'Service Above Self,'" said Mary Forbes, president of the club. "We are recognizing Marilyn for her long and distinguished career in North Plainfield's school district, along with her service to our club as president and as liaison to our Interact Club at North Plainfield High School."

Dr. Birnbaum served as president of the Rotary club for two years, 2011-2012 and 2012-2013. In her capacity as liaison to the high school's Interact Club, she has promoted the club's service activities and serves as an outspoken proponent of its members and its projects.

Dr. Birnbaum has been involved in education for 43 years. She began as a substitute teacher in 1970, and became a high school English teacher the following year. Ten years later, she became a supervisor/administrator in the same school district. In August 1992, Dr. Birnbaum became Assistant Superintendent in North Plainfield. And in February 1995, she became Superintendent of Schools in North Plainfield.

Dr. Birnbaum's experience also has crossed over to business and industry. She has been a

training and development consultant for Concept Training Seminars, Inc. in New Jersey and Lockheed Corporation in California. She has been affiliated with a number of professional associations. In addition, Dr. Birnbaum is involved in research, activities, and programs associated with Rutgers University's Graduate School of Education and also serves as a part-time lecturer in the departments of Teaching and Learning and Educational Psychology at Rutgers.

The Commission on the Status of Women in Somerset County honored Dr. Birnbaum in 2002 as an Outstanding Woman in Education in Somerset County. She was also honored with the 2007 Distinguished Leader in Education Award at the Rutgers University Graduate School of Education Convocation in May 2007. Dr. Birnbaum was also recognized as an Honored Faculty Member at the Kappa Delta Pi, Mu Rho Chapter, Rutgers University Initiation Ceremony in April 2003.

The Wine Tasting Dinner is also a fundraiser for the Rotary club's scholarship program. "We award \$6,000 each year to graduating seniors from North Plainfield and from Plainfield high schools," said Ms. Forbes. "The dinner is a great way for people to not only recognize Marilyn's, but to also enjoy a delicious, five course dinner with fine wines accompanying each course."

Individual tickets for the Wine Tasting Dinner are available by emailing the club at RotaryPNP@verizon.net or by calling Michael Townley at 908-822-1441. Parties of six or more may reserve a table.



The North Plainfield Fire Department will host their 11th Annual **ST. BALDRICK'S DAY EVENT** Saturday, March 22, 2014 at 1pm Fire Headquarters, 8 Lincoln Place.

St. Baldrick's Day is a family-friendly event where volunteer Shavees have their heads shaved as a sign of solidarity with kids whom loose their hair to cancer treatment. They solicit donations in exchange for the sacrifice of the hair; raising funds and awareness for the St. Baldrick's Foundation. It is not uncommon to shave more than 100 Shavees at the North Plainfield event!

The St. Baldrick's Foundation uses the money raised to fund meaningful science aimed squarely at conquering childhood cancer. Events like North Plainfield's generate 100% of the revenue that the St. Baldrick's Foundation uses to fund the clinical trials, fellowships and research grants made annually and consistently. Last year 82% of the money raised went directly to Childhood cancer research.

The 2013 event in North Plainfield raised over \$117,000 for the St. Baldrick's Foundation and since 2004 North Plainfield has brought more than a half-million dollars to the cause.

Please join us in Fire Headquarters this year and be witness to this amazing event. We will be recognizing Team Quinn; a group of children from Bridgewater, NJ who have rallied around a classmate as he battles cancer and in turn raised awareness of kids cancer challenges and victories. Learn more about the St. Baldrick's Foundation and our event at stbaldricks.org.

<ul style="list-style-type: none"> • Date : Tuesday, March 25, 2014 • Time : 6:00 PM to 9:00 PM • Place : Giovanna's Restaurant 1462 South Avenue, Plainfield • Cost : \$70 per person • Checks payable to Rotary PNP, Inc. 	<ul style="list-style-type: none"> • RSVP : Email your reservation today & send coupon and check by 3/20/14 to: Rotary PNP, Inc. 165 Palmer Avenue S. Plainfield 07080 • Email: RotaryPNP@verizon.net • Phone : 908-822-1441
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NORTH PLAINFIELD POLICE DEPARTMENT

Chief William G. Parenti

Chief William G. Parenti reminds the community to drive with extra caution during these unusually active winter months. The chief suggests that drivers slow down and maintain proper braking distance from the vehicles ahead. Some of those who drive All Wheel Drive vehicles have a false belief that they also stop faster. Drive defensively; be aware of other drivers who may be experiencing difficulties. Driving with extra caution, slowing down, and seeing that the vehicle is properly equipped will reduce your chances of being a victim of winter weather.

Regardless of the vehicle you drive Chief Parenti recommends several safety precautions. Prior to trips during inclement weather see that your tires are properly inflated; that the vehicle's fluids are at proper levels; and that your windshield wiper blades and washer is functioning properly. A full tank of gasoline is also a good idea in the event that you are stuck

in a traffic jam, (as recently happened in Georgia). Finally, a fully charged cell phone and having an extra jacket and blanket in the car in the event of an emergency will be valuable.

The chief would like to remind the motoring public of two very important New Jersey laws. First, motorists are required to remove all the snow and ice from their cars including the roof or be subject to fine. Second, New Jersey Law requires that vehicles move every 48 hours or they are considered abandoned and are subject to a summons and a towing.

After a snow storm it is apparent as to which vehicles are in violation of this law. The police try to use discretion and allow a few extra days to assist our residents, especially the elderly, in moving their vehicles. We realize the vehicles are not really abandoned, however, the police must enforce the law so please cooperate and move your vehicle every 48 hours especially after a snow storm.

BREAKFAST WITH SANTA SUCCESS



The North Plainfield Optimist Clubs', annual Breakfast with Santa event took place at the Vermeule Community Center on December 7, 2013. A warm and tasty breakfast was enjoyed by many families, who completed their visit with a picture with Santa. This event is one of the fundraisers sponsored by the North Plainfield Optimists in order to raise money for our local youth programs, and charitable giving to Camp Quality which aids children suffering from cancer. If you would like to learn more about the Optimist Club please contact Alice at 909-334-8901.

SCOUTS AND LEADERS FROM PACK 135 ENJOY A DAY DURING THE POLAR CUBS EVENT AT MT. ALLAMUCHY SCOUT RESERVE



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- Heel Spur
- Sprains
- Fungus
- Gout
- Skin Biopsy



Safe, Reliable, Foot Care Provided by a Doctor in Your Home.

Good Health and Happy Feet are the greatest Gifts of all.



Dr. Boris Raginsky



Dr. Leonid Schreer



Dr. Christine Nashed



Dr. Marc Strulowitz

Call for a FREE Estimate

908-889-6584

CAFFREY

TREE LANDSCAPE

www.CaffreyTree.com

Quality Service • Family Owned & Operated for Over 35 years
 Established in 1978

- Pruning
- Firewood
- Stump Grinding
- Storm Damage Removal
- Topsoil/Seed/Sod
- Organic Lawn Care
- Deer & Tick Control
- Landscaping
- Hardscapes (Patios, Walkways, etc.)
- In House Landscape Designer
- Plant Health Care/Feeding

PREVENT THE WINTER STORMS FROM DAMAGING YOUR LANDSCAPE:

Call us for a free evaluation for Deadwood Pruning and Winterizing your property.

Also keep warm this winter with our seasoned Firewood!!

Best wishes for a peaceful holiday season.

Member



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New Jersey Licensed



Fresh Fruit &

Vegetable Market

Freshly
baked
Portuguese
and
Italian bread
delivered daily!



Store Hours:
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**"We're Not
Just
Produce"**



**LARGE SELECTION
OF DOMESTIC AND
IMPORTED SPICES
FOR ALL OF YOUR
COOKING NEEDS...**

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COUPON



FRESH SHRIMP
\$9⁹⁹ lb WAR

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 3/24/14.

FRESH FISH
Available Thursday
to Sunday
Filletted, Steaked,
Cleaned to your liking!

**Little Neck or
Top CLAMS**
\$3⁹⁹ /dozen

COUPON



Cod Fillet
\$5⁹⁹ lb (farm raised) WAR

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 3/24/14.

FRESH FRUIT OR VEGETABLE PLATTERS
Platters over stuffed with the best the season has to offer.
14 inch 24.99 • 16 inch 29.99 • 18 inch 39.99



**Perfect for
Special
Occasions!**



COUPON

**Boar's Head Oven Gold
Turkey Breast**
\$6⁹⁹ lb WAR



Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined
with other offers. Limit 1 offer and coupon per day. Offer expires 3/24/14.

COUPON

**BOAR'S HEAD
AMERICAN
CHEESE**
\$5⁹⁹ lb WAR



Must purchase 1 lb. Limit 1 lb. per coupon. Coupon may not be combined
with other offers. Limit 1 offer and coupon per day. Offer expires 3/24/14.

COUPON

**\$2.00 OFF
your purchase of
\$20.00 OR MORE** WAR



Excludes garden center and fish purchases. Limit 1 offer per customer
per day. Not to be combined with other offer. Offer expires 3/24/14.

COUPON

**1/2 GALLON
TREE RIPE
ORANGE JUICE**
2 FOR \$5⁰⁰ WAR



Coupon may not be combined with other offers.
Limit 1 offer and coupon per day. Offer expires 3/24/14.



**Large selection
of Easter Plants,
Palm Crosses,
Cemetary Pieces
& much much more.**