

# The PRIDE of North Plainfield

# FREE

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North Plainfield's Hometown Newspaper

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ISSUE 22 • MARCH 2014

**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.**

## BILINGUAL BOOK CLUB IS IN FULL SWING

*North Plainfield Library Receives Día Family Book Club Grant*

The North Plainfield Library, a branch of the Somerset County Library System, received a \$2,000 mini-grant from the Association of Library Services for Children (ALSC) to create a multicultural family book club in celebration of "El día de los niños."

The North Plainfield Memorial Library has created a series of Spanish/English, bi-lingual programs to promote a love of books and reading to children. The Family Book Club will stimulate discussions of family, community, language, culture, and values for children in kindergarten through second grade using the following six books:

- Chrysanthemum/Crisantemo by Kevin Henkes
- Scaredy Squirrel/La Ardilla Miedosa by Mélanie Watt
- Marisol McDonald Doesn't Match/  
Marisol McDonald No Combina by Monica Brown
- Hairs/Pelitos by Sandra Cisneros
- I Love Saturdays y domingos by Alma Flor Ada
- Gracias/Thanks by Pat Mora.

Each of these books will be provided free to participants while supplies last. The programs will be on the following Tuesday nights at 6:30pm in the Library's Program Room: March 11 and 25, April 8 and 22, May 13 and 27, June 24, and July 8. Programs are free and registration is required.

The North Plainfield Library, a branch of the Somerset County Library System, is open Monday-Saturday. Hours of operation are Monday through Thursday from 9:30am to 9pm and Friday and Saturday from 9:30am to 5pm.

El día de los niños/El día de los libros (Children's Day/Book Day), is a nationally recognized initiative and celebration of children, families, and reading that culminates yearly on April 30. The celebration emphasizes the importance of literacy for children of all backgrounds. Día was founded in 1996 by children's book author Pat Mora, who proposed conceptually linking the existing Children's Day with literacy. The founding partner of Día is REFORMA, the National Association to Promote Literacy and Information Services to Latinos and the spanish-speaking.

The mini-grants are part of ALSC's Everyone Reads @ your library grant, generously funded by the Dollar General Literacy Foundation, leading up to Día's 18th anniversary. For more information, visit <http://dia.ala.org>.

Patrons with further questions can call SCLS at (908) 755-7909 or visit the website at [www.sclsnj.org](http://www.sclsnj.org).



*(above, l-r) Book Club members, CJ, Beker, Camila, Mackenzie, Nathaly, Ruth, Abdullah, and Sylvia. Their next meeting is on March 25 and registration is open! The first 15 registrants get a free book and, as always, there are free food and free crafts at every meeting!*

## LUNCH AND LEARN AT WARRENBROOK SENIOR CENTER

*JourneyDance™, Tai Chi, Reiki and Living Well*

The Warrenbrook Senior Center, located on the golf course at 500 Warrenville Road, will be hosting a series of free Lunch & Learn Programs, starting March 27.

For each program, lunch will be available at 11:45 a.m. and the demonstration will be held at 12:45 p.m. A suggested lunch donation of \$2 is recommended for individuals age 60 and above. The cost of lunch for those under age 60 is \$6.75.

One of seven centers operated by the Somerset County Office on Aging and Disability Services, Warrenbrook is a multipurpose facility that offers a variety of educational, recreational and entertaining activities for active older adults, including wellness programs and health screenings. The center is accessible to individuals with disabilities.

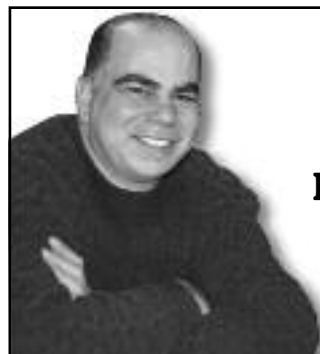
Somerset County senior centers offer a wide range of experiences designed for lifelong enrichment in a social and uplifting atmosphere, intended to positively impact overall health. Many of these programs are funded, in part, through the Older Americans Act.

For more information or to register, contact Manager Gwen Chalker, Warrenbrook Senior Center, at (908) 753-9440.

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# The PRIDE of North Plainfield

The Pride of North Plainfield is published by Renna Media. 6,500 newspapers are printed monthly and are mailed to every businesses and homes in North Plainfield, NJ using the 07060 zip code 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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## VERMEULE MANSION SPRING YARD SALE

The Friends of Vermeule Mansion (FOVM) announce their annual Spring Yard Sale which will be held on Saturday, April 26, 2014, from 9:30 am to 3:30 pm on the grounds of the Vermeule Mansion, at the corner of 614 Greenbrook Road and Clinton Avenue. A rain date is scheduled for Sunday, April 27th, same time.

Cost for a 10' x 10' space is \$10 if paid by April 16th, \$15 for spaces reserved and paid for after April 16th. No refunds will be given. No tables or chairs will be provided, and no food items may be sold by vendors. Sellers may set up at 8 am, and sign-in at the driveway. All vendors must vacate the property by 4:30 pm, and take remaining unsold items and trash with them.

Food and drink will be offered for sale by the FOVM throughout the day. For more information, an application and reserve a space for the day, call Peggy Glicklich at 732-868-6940 or Mary Forbes at 908-755-8198.

## LAST CHANCE FOR WINE TASTING TICKETS

The Rotary Club of Plainfield-North Plainfield will honor Dr. Marilyn E. Birnbaum, retiring superintendent of schools in North Plainfield, with its 2014 Service Above Self Award, to be presented at the its 15th Annual Wine Tasting Dinner, at Giovanna's Restaurant in Plainfield on March 25, 2014.

The cut-off date for reservations is March 24. Please call 908-822-1441 or email RotaryPNP@verizon.net with your name and the number of tickets needed. Seating is limited; the Rotary Club will make every effort to accommodate anyone interested in attending.

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. Mary Forbes, club president.

The club meets every Wednesday at 12:15 PM at Giovanna's Restaurant, 1462 South Avenue in Plainfield. Anyone interested in learning more about the club is invited to attend.

Mike Poulis & Kevin Doyle are the new owners of **Signarama** at 1030 Rt 22 East in North Plainfield across from Siperstein's Paints.



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### THE VEREMULE MANSION

614 Greenbrook Road, North Plainfield

**THURSDAY MARCH 20TH**

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.

## PROMOTE YOUR COMMUNITY EVENT

Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.

Organizations who are interested in submitting content can email Lynn Sjurset at lynn@rennamedia.com.



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# Sciatica, Stenosis and Herniated Discs May Be to Blame for Pain and Numbness in Legs



"Hi, I am Dr. Spaggiola, clinic director of Performance Rehabilitation & Integrated Medicine, and if you suffer with back or neck pain, I invite you to try non-surgical Spinal Decompression. Did you know that 30 million Americans suffer from back pain every day? This pain affects everything that you do, from work to play and ultimately your quality of life. I am here to tell you that there is hope. You can get rid of your back pain and get your life back. At Performance Rehabilitation & Integrated Medicine, we have helped hundreds of back pain sufferers just like you. We only offer the most advanced non-surgical treatments. We are so confident that we can help eliminate your back pain, we are offering one free visit to see if treatment can help you. There is no obligation and the only thing you have to lose is your pain."

— Ron Spaggiola, DC

## Why pain pills are NOT a long-term game plan

People often cover their pain by relying on prescription or even nonprescription pain pills. While this may work in the short term, the side effects can be alarming. How many people do you know are addicted to pain medications? How did the addiction start? The answer to this question is typically the same. Due to an injury, medications were prescribed which gave temporary relief and soon enough, the medication became necessary to function at all. Countless individuals have been innocently entangled with prescription pain pills while initially using them as prescribed.

## Can time heal pain?

Yes, in some cases time can heal pain but that is not generally the case. At Performance Rehabilitation & Integrated Medicine we have treated too many people that have needlessly suffered for years with back and neck pain. They have also spent a fortune on everything from buying new mattresses to medications. It doesn't have to be that way. The doctors and staff at Performance Rehabilitation & Integrated Medicine have literally helped thousands of local residents relieve their pain without drugs or surgery.

## Surgery should not be taken lightly

Some severe back injuries require surgery but most do not. At Performance Rehabilitation & Integrated Medicine, we believe that surgery should only be considered when all other options have been exhausted. If your back or neck pain is so severe that you are considering surgery we invite you to ask yourself this question: "If there is a long-term solution to back/neck pain that doesn't require surgery, is it worth an hour of my time to find out more?"

## What are patients saying?

*"I have had neck pain and arm pain for seven years from several herniated discs in my spine. I have tried other chiropractic and physical therapy treatments with little success. I have completed the DRX treatment four weeks ago and I am symptom free. Thanks to Performance Rehab I have gotten my life back."*

— Melissa Miller, Phillipsburg, NJ

## Who is a candidate for treatment?

There are many types of symptoms that can be relieved including:

- Back/Neck pain
- Leg pain
- Chronic low back pain
- Sciatica
- Stenosis
- Neuropathy
- Herniated/Degenerated discs

## The Truth about Surgery

- Costs can exceed \$100,000
- Prescription pain medications will be introduced
- Surgery may not solve your pain problems
- Surgery can lead to even more surgery in the future
- Recovery time can be painful and prolonged
- Surgery cannot be undone if outcomes are not favorable
- Missed time away from work, family, friends
- Quality of life can be reduced

## About Performance Rehabilitation & Integrated Medicine

The team of medical providers at Performance Rehabilitation & Integrated Medicine understand what individuals in pain are experiencing. Each has a deep commitment to your health and to you as a person. During your first visit you will receive personalized attention from a seasoned staff of medical doctors, physical therapists and acupuncturists. An analysis of your condition by the medical team in conjunction with a detailed treatment plan will be described in as much detail as possible. There is no pressure to accept treatment as the staff at Performance Rehabilitation & Integrated Medicine strives to create a relaxed environment by educating patients about their options. The ultimate decision maker is the patient.

## What makes Performance Rehab's Approach so different?

The medical providers of Performance Rehabilitation & Integrated Medicine have made it their mission to treat patients without surgery or drugs. After years of study, training and trials, they have chosen only the most effective non-surgical options and have brought them together all under one roof.

• **Non-Surgical Spinal Decompression** — Non-surgical spinal decompression is an FDA cleared technology that can relieve disc herniations, sciatica, stenosis and general pain and numbness in the back, neck, legs and feet. Non-surgical spinal decompression does this by using advanced technology to control treatment duration, distraction/angle, intensity, and relaxation of the spine, thus creating a vacuum effect which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing. The treatment is gentle and soothing, with no discomfort to the patient.

• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical spinal treatment, sports injuries and Peripheral Neuropathy.

• **Cold Laser** — A comfortable, non-invasive procedure which is successful in treating chronic conditions without pain or discomfort to patients.

• **Physical Therapy** — A traditional treatment methodology aimed at the treatment and curing of certain ailments common to patients suffering with chronic or severe pain. Its primary aim is to bring back the patient to his/her normal self, free of any pain or suffering.

• **Acupuncture** — Through clinical trials, acupuncture has been proven effective in treating various medical conditions including back and neck pain and has been expanded into conventional medicine practices throughout the world.

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— Ron Spaggiola, DC (Clinic Director)

— Joseph Mejia, DO, FA.A.P.M.&R. (Medical Director)

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# THE CHURCH OF THE HOLY CROSS CASTS A LIGHT OF WELCOME

The Church of the Holy Cross is probably familiar to area residents as an historic landmark, a beautiful example of Carpenter Gothic architecture that has graced the corner of Mercer and Washington Avenues for over 150 years! Seeing the number of cars parked there on Sundays, area residents probably assumes that it is a typical, Episcopal, faith-based neighborhood church.

What many may not know, however, is that the congregation at Holy Cross is not only a strong, diverse community, it is also one that

offers support, friendship, fellowship, and a variety of programs committed to connecting with and serving the larger community in unexpected ways.

Have you been to Betty's Basement, the thrift shop that sells quality clothing, bedding, household items, toys, etc. at bargain prices? (Plus, every child who comes in the door gets a free book!)

Did you know about Neighbors Feeding Neighbors on the third Sunday of each month at 1 PM where there's always a warm greeting and a warm lunch?

Have you heard about the Episcopal Churchmen's Breakfast on the second Sunday of each month at 9 AM where you can gather to eat pancakes, discuss every issue under the sun, and find out about the other community outreach programs that Holy Cross has to offer?

Further, the parish is looking forward to the annual Easter Egg Hunt on Easter Sunday after the 10 AM service, a violin and organ concert on March 29th at 7:30 PM, an international festival

in June celebrating the diverse food and culture of our community, as well as manning an info booth on North Plainfield Day.

Anyone in the community can come to Holy Cross to contribute toward a variety of services. Do you have a used cellphone or smartphone? Bring it to Holy Cross; it will be donated to the Resource Center of Somerset that provides shelter and a variety of services to victims of domestic abuse. Phones will be brought to the drop box at the NP Municipal Building. FISH is a county organization that contributes food to the needy, and Holy Cross has a drop box for that purpose.

The congregation is making plans for a special service for young mothers. It hopes to institute an SAT and ACT prep course beginning in September. And all can look forward to the annual Holiday Boutique in November where many area craftspeople sell their unique wares.

The Holy Cross community has touched countless neighbors over many decades in interesting and unexpected ways. One visitor commented, "I visited the church service one Sunday out of curiosity. The usher at the door greeted me as if I were an old friend without making me feel awkward. I was given a gift bag with goodies that represented what the church community had to offer, and I was invited to the Coffee Pause that occurs after every 10 AM service on Sundays. The music was lovely, and the food was good. The best part was that I never felt like a stranger."

At Holy Cross, no one is a stranger. The parish casts the light of welcome, fellowship, and support in an uncertain world to all its neighbors.

And, whatever the event, everyone at Holy Cross eats well and laughs a lot!

*The Church of The Holy Cross*  
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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  
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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](http://www.globalautomall.com).

## GIRL SCOUTS SPRING INTO ACTION WITH COMMUNITY SERVICE

March has the North Plainfield Girl Scouts springing into action with many community events. Local troops have been busy with collecting food at Walmart and Vermeule for the North Plainfield Community Food Bank, helping with clothing donations at St. Joseph's, and fundraising by selling those seasonal tasty cookies that we all look forward to. All their hard work will pay off when they take their annual trip to Camp Hoover. In February, Troop 65133 put on another successful Valentine's Day dance at Holy Cross Church. Over 75 girls scouts enjoyed dancing, refreshments and games with their fathers, grandfathers, uncles and older brothers at this annual event. Donations were collected and given to the Back Pack Program, which is offered by the Food Bank for children in our local schools. Look for your local troops selling cookies at businesses in the North Plainfield area. To find a booth sale near you, visit <http://cookielocator.littlebrownie.com/>



(above) Girl Scouts from Troop 65133 at Valentine's Day dance at Holy Cross Church.

## CANUCK CHEERLEADERS FINISH STRONG

The North Plainfield Canuck Cheerleaders finished their competition season strong with a first place finish at the Winter's End Challenge and a second place finish at The Bling It On North Championship. Canuck cheerleaders would like to thank all of their supporters for their faith in our growing team and in their enthusiasm. Even though the season has ended,

the cheerleaders would like to invite you to continue your support as we raise awareness for various charities!

On May 13th we will be having an informational session, all are welcome! Location to be determined, for information, please contact Jennifer Sloan at [Jennifer\\_sloan@nplainfield.org](mailto:Jennifer_sloan@nplainfield.org).



(above) The North Plainfield Canuck Cheerleaders

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## CAFFREY INTRODUCES ORGANIC PROGRAMS

Spring is here which reminds us that it's time to think about your trees, plants, and lawn. Fertilization and maintenance of your lawn, trees, and plants allows nutrients and minerals to absorb deep into your yards roots causing them to grow healthier and live longer.

This year Caffrey Tree & Landscape is introducing new programs that are beneficial to your lawn and friendly to the environment. The choice that is ideal for greening up your lawn while treating unwanted weeds and insects is our Organic-Based Program. With this program Caffrey will apply organic material that is great for the soil while including product that controls insects, broad leaf weeds and crabgrass. Using this program reduces the amount of synthetic fertilizer and significantly reduces the amount of pesticides (from 50-90%) that would be used in a basic non-organic lawn program.

If you would like your lawn to be pesticide free, choose the Organic Program offered by Caffrey. The materials that are applied are Organic with beneficial microorganisms that suppress disease and develop a stronger root system. Your grass will have plenty of key components to keep your lawn lush and green all season long all while being friendly to the environment and being completely safe for your family and pets.

Based on history from the recent storms we have experienced having trees and plants that are healthy with a deep and strong root system is extremely important. Trees and plants thrive in a natural forest environment because leaves and organic debris are free to decompose, creating plenty of active nutrients that promote root growth in the soil. Caffrey's Plant Health Care system helps to create this natural forest environment for your trees and plants by building up the organic life around them. Caffrey's expert employees are more than happy to meet you face to face to go over any of your tree, plant, and landscape needs. "Get your property in good shape, call Caffrey Tree & Landscape" at 908-889-6584.

## NJ TRANSIT DISCUSSES "ONE SEAT RIDE"

North Plainfield Citizens for Community Rights (NPCCR) will present as their guest speaker on Thursday, April 3 at 7PM, Mr. John DelColle. He will discuss the Raritan Valley Line "One Seat Ride" program that started in our area this month. Mr. DelColle is the NJ Transit Regional Manager and will devote a portion of the meeting to questions and answers because of the intense interest in this program.

"One Seat Ride" is the program that began in our area in March and provides direct service to New York, eliminating the change of trains in Newark. Our meetings are held at the North Plainfield Community Center 614 Greenbrook Road at Clinton Avenue.

NPCCR is a non-partisan, non-profit organization of North Plainfield residents intent on solving local problems through open public discussion, education, through support and action to improve the quality of life for all North Plainfield residents. All are invited to attend. For further information go to our web site, [www.npccr.org](http://www.npccr.org)

## POLICE HELP CHILDREN READ ACROSS AMERICA

Submitted by North Plainfield PD



Detective Eric Fowler, the Police Department's School Resource Officer, pauses for a moment while participating in the North Plainfield Public School District's Read Across America celebration at West End School on March 3.

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- Hardscapes (Patios, Walkways, etc.)
- In House Landscape Designer
- Plant Health Care/Feeding

### Organic Lawn Care

The organic material we are applying is a non-poisonous food grade product that's safe for everyone, and the environment. Some of the benefits of this Organic product are:

- Safe for family and pets
- Increases strength of lawn
- Decreases weeds
- Decreases insects and disease
- Increase root development and drought resistance

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Filleted, Steaked, Cleaned to your liking!

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**BOAR'S HEAD AMERICAN CHEESE**

**\$4<sup>99</sup> lb**

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Excludes garden center and fish purchases. Limit 1 offer per customer per day. Not to be combined with other offer. Offer expires 4/21/14.

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