

The PRIDE of North Plainfield



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Published by Renna Media On-line at RennaMedia.com

ISSUE 26 • AUGUST 2014

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CAR NUTZ HOLD 4TH ANNUAL SUMMER CAR CRUISE

Written by *Julissa Ramirez*

On July 21, 2014 Car Nutz Car Club, a central Jersey automobile association, celebrated their 4th annual summer car cruise event at Somerset Street in North Plainfield, New Jersey. The summer car cruise spectacular was a free event that was sponsored by The Mayor's Special Events Committee. People from all over the Garden State came to see some of the classic vehicles while enjoying refreshments, food, and "Oldies" music from the DJ on site. The evening concluded with an awards ceremony. The following awards were presented: the People's Choice award, the Car Nutz Club award, and the Mayor's award. The most popular award of the evening was the People's Choice and the recipient was North Plainfield's resident, Frank Stabile. Mr. Stabile proudly took his trophy home along with his yellow Ford Model A Pickup.

Over the years Dan Battista, has acquired a well respected reputation in North Plainfield. For example, Mr. Battista has helped raise money for the 2014 North Plainfield High School's senior class's Project Graduation. To date, the Car Nutz Car Club has helped raise and donated approximately \$7000, from the event.

If interested in helping future project graduations by joining the Car Nutz Car Club, or would like to show off a classic automobile, contact Dan Battista at (908) 616-3574.



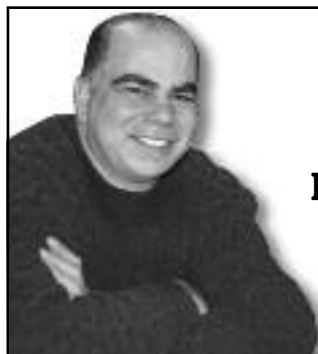
(above) Frank Stabile stands next to his yellow 1934 Ford Model A Pickup, winner of the People's Choice Award.

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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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NPHS SENIOR INTERNING AT THE PRIDE

North Plainfield High School senior, Julissa Ramirez, is Pride's newest staff member. While juggling field hockey, school, and her social life, Julissa pursued an internship as a reporter for The Pride of North Plainfield, her hometown newspaper. Although she is editor-in-chief of her high school's newspaper, TUNLAW, she believes that joining Pride will help broaden her horizon and prepare her for future jobs.

Julissa has wanted to become a journalist since her freshman year of high school and she

continues to pursue this career in hopes of making a change through her articles. Julissa feels that being a journalist will help her bring change and awareness by informing the public about global issues as well as social injustices.

Julissa is very excited for what The Pride has to offer as well as what she can do for the newspaper. She is focused on writing articles about community service organizations and events. Look for Julissa with her notepad and pencil in hand and share your story with her.



(above, l-r) Julissa Ramirez interviews Dan Battista of the Car Nutz Car Club during her first assignment, the club's 4th annual summer car cruise, for her August 2014 cover story.

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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- 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

"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

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.

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• **Specialists in Pain Management** — A medical specialty also known as Physical Medicine and Rehabilitation (PM&R). This methodology gives particular focus to non-surgical orthopedic 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, F.A.A.P.M.&R. (Medical Director)

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?"

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STORYTIME WITH HORSES

On Friday, June 27, The North Plainfield Library presented Storytime with Horses, a special family program. Patrons listened to "Are You a Horse?" by Andy Rash. They learned all about New Jersey's state animal – the horse. After that, participants made a horse craft from paper bags and got to meet two paso fino horses (named Zorro and Tor) right outside the library. They were able to interact with and take pictures of the horses. It was made possible by the New Jersey Equine Advisory Board and the New Jersey Horse Council.



(above) Julianne Maloney pets Zorro

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HOBBY GROUPS LOOKING FOR SKILLED VOLS

The Library is looking for residents who would like to partner with the library in forming community hobby groups. If you have a skill to offer, like knitting, cooking, drawing, or writing, for example, and would like to practice in a

group setting, please contact Selwa Shamy at the library via email or phone: sshamy@sclibnj.org or 908-755-7909. The North Plainfield Memorial Library is located at 6 Rockview Ave. www.sclsnj.org.

STORYTIME WITH MAYOR GIORDANO

On Tuesday, July 1st the North Plainfield Library held its children's program entitled "Storytime with the Mayor." Mayor Giordano read "Where the Wild Things Are" by Maurice

Sendak and "The Very Hungry Caterpillar" by Eric Carle. Participants then asked the Mayor questions and finished up by creating their own fun "wild thing" craft.



(above) The Ellis Family with Mayor Giordano at the North Plainfield Library.



(above) Sheronnah Webb poses with Mayor Giordano and the storytime book he read called *Where the Wild Things Are* by Maurice Sendak



(above) Camila Chavez poses with her "wild thing" craft.

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ROTARY CELEBRATES A NEW YEAR

You may have heard of “Christmas in July,” when merchants take the opportunity to promote their businesses with a winter holiday-themed sales event that everyone can enjoy during the hot summer. But “Happy New Year in July?”

Like Rotary clubs throughout the world, the Rotary Club of Plainfield-North Plainfield celebrated a “new year” with the installation of officers for 2014-2015 year. Operating on a fiscal year of July 1 through June 30, new officers take on their responsibilities as of midnight, June 30 each year.

The local Rotary club celebrated past accomplishments, thanked their many volunteers, and enjoyed installation of officers at a dinner on July 1 in Giovanna’s Restaurant in Plainfield.

“On behalf of the entire club, I want to express our appreciation to all of our volunteers, without whom we could not accomplish all that we do,” said Michael Townley, club secretary. Some of those volunteers include Alexandra Pereira and the Interact Club at North Plainfield High School, Harry Allen, Wilma Campbell, Rebecca and Linda Castoral, Angelo Mone, and Janet and Brian Townley.

“We are small but mighty,” said club president Mary Forbes, who was inducted for a second, one-year term. Ms. Forbes reviewed a long list of accomplishments, highlighted by the Dictionary Project, the Track and Field Meet,

the Rutgers Concessions Project, and the Scholarship Program, to name a few.

District Governor Mel Kevoe, a member of the Rotary Club of Springfield, remarked at his own amazement about what the club accomplishes every year. “I normally ask each club to take on another project in the new year,” said Governor Kevoe. “But you are so busy already, I don’t know how you could squeeze another project onto your agenda!”

In addition to inducting the new officers, Governor Kevoe presented special pins to Michael Castoral, South Plainfield Funeral Home director, and club president Forbes to recognize that each one had brought in a new member over the past year.

A highlight of the evening was the presentation of special Paul Harris Fellow Recognition Awards to Marilyn Birnbaum and to Beverly Howard. The awards are given by Rotary International to recognize those who have supported the Rotary Foundation. The

presentation was Ms. Birnbaum’s first award, and Ms. Howard’s fifth award.

At the conclusion of the dinner, club secretary Townley presented former member Linda Persichino with a Certificate of Honorary Membership Ms. Persichino was recognized for “her commitment to the Ideal of Service, her faithful support for (the) Club, and her endearing friendship.” She was a member of the club for thirteen years, but was recently transferred out of the club’s area by her employer.

The Rotary Club of Plainfield-North Plainfield welcomes new members who have an interest in serving others while working with others and while developing new friendships. The club meets Wednesdays at 12:15 PM in Giovanna’s Restaurant, 1462 South Avenue, Plainfield. Come as a guest and see what Rotary is all about.

More information about the club can be found at www.RotaryPNP.org.



(above) Club President Mary Forbes displays a copy of “The Pride of North Plainfield” which had a front-page article about the club’s Track and Field Meet.



(above) Marilyn Birnbaum enjoys a laugh during presentation of her “Paul Harris Fellow Award” by Rotary District 7510 Governor Mel Kevoe.

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NORTH PLAINFIELD RESIDENTS SWIM WITH GATORS SWIM TEAM

Submitted by Cate Carley

Green Brook Gators Swim Team of Green Brook Swim Club in Green Brook is currently in their 8th season. The team welcomed many new and returning swimmers who are all currently being coached under the direction of new head coach Bryce Uzzolino (a collegiate swimmer at Ohio Wesleyan University), and assistant coach Sophie Ghizzone.

Green Brook Gators Swim Team is in the C League of the New Jersey Summer Swimming and Diving Conference with a record of 3 wins and 5 losses (at time of print).

Standouts for the Gators include: Zack Kush (age 6) from Green Brook, a dominant freestyler for one so young; Olivia Willemsen (age 9) from Piscataway, an IM and butterfly specialist; Tara Ryan (age 12) from Middlesex who on multiple

occasions has fought back from large deficits to win key races; Matthew Valencia (age 12) from North Plainfield, an exceptional freestyler swimming at a level well above his age; Kerry Ryan (age 13) from Middlesex who usually swims above her age group and often comes back with a victory and Mickey Schwartz (age 14) from Warren who also swims above his age group and shows that even though he is young he is a force to be reckoned with.

The Green Brook (Gators) Swim Team is a non-profit neighborhood team in Green Brook, New Jersey. The team offers coaching to swimmers around 5 years old to 18. Our goal is to provide an opportunity for each team member to improve their swimming skills and achieve success at his or her own level of ability. The

team also provides the opportunity for growth thru team spirit, sportsmanship and social activities. The swim season usually begins in the spring followed by the start of a formal practice and concludes the last week of July. This Swim Team is organized primarily for the community of Green Brook Swim Club and is based at the Green Brook Swim Club.

For more info on joining the Green Brook Swim Club and/or the Green Brook Gators visit our website: greenbrookgatorsswimteam.com or call (732) 968-0420 - you can also find us on Facebook with the group – Green Brook Gators Swim Team.



(above) Matthew Valencia (age 12) from North Plainfield



(above) Grace Carley (age 11) from North Plainfield

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