

The PRIDE of North Plainfield



North Plainfield's Hometown Newspaper

Published by Renna Media On-line at RennaMedia.com

ISSUE 27 • SEPTEMBER 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.**

ROTARY PROJECT IS FIRST CLASS

Who doesn't like getting new pens and pencils? The start of school is a fun time for almost all children, when they meet new friends and renew "old" friendships. New shoes, clothes, backpacks and supplies help make the beginning of school a special time. But for some children, there are no new supplies, no new backpack to start the school year.

The Rotary Club of Plainfield-North Plainfield heard the call by the Somerset County Commission on the Status of Women, announcing their annual "Project First Class" that would help children by providing backpacks and school supplies.

Answering this call, the members of the Rotary Club purchased twenty backpacks and enough school supplies to fill each one. Pencils, colored pencils, markers, crayons, three-ring binders, notebooks, highlighters and more filled the backpacks before they were delivered to SCCSW, who in turn gave them to the Food Bank Network of Somerset County for local distribution where most needed.

"This was another heart-warming project," said Michael Castoral, vice president of the Plainfield-North Plainfield Rotary club. "We set up a little assembly line and quickly filled those backpacks, which were later delivered to Somerset County officials. We were happy to be able to help meet this need."

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.



(above, l-r) Mike Castoral, Roberta Smith, and Shannon Jeffreys prepare the school supplies for stuffing the new backpacks as part of the Rotary Club's Backpack Project.

LOCAL BUSINESSES HELP FEED THE HOMELESS

Submitted by The Scarlett Marketing Group

Members of the Tri-County Chamber of Commerce volunteered their time Wednesday, August 13, by cooking and serving dinner for the residents of the Plainfield YMCA Shelter. Jill Ryan, co-owner of The Scarlett Marketing Group in Fanwood and the Membership chair of the Tri-County Chamber of Commerce, was happy to volunteer and included her daughter on the "dinner team". "These are very hard economic times and it feels good to be able to give back," said Ryan. "Sometimes it's all too easy to get caught up in our own worries and forget that there are many people who have been forced out of their homes."

David Persaud, a business owner in Scotch Plains, was surprised by the number of people served by the YMCA. "I think it is important for the business community to be aware and to help," said Persaud. "The YMCA's funding was cut and they can no longer afford to provide a hot meal for their residents." Persaud was proud of the fact that his daughter was also involved with cooking and serving the meal. "I think that the concept of helping a neighbor needs to be part of growing up."

Other businesses who participated included Brian Walter of Oh Brian's Pourhouse in Fanwood who donated a tray of chicken wings and Steve Siegal, of Platinum Choice Bancard and President of the Fanwood Rescue squad, who donated the paper products and soda and assisted

with serving dinner.

Any businesses who wish to assist with this program should contact Mike Castrol, President of the Tri-County Chamber of Commerce at castoral.m@gmail.com



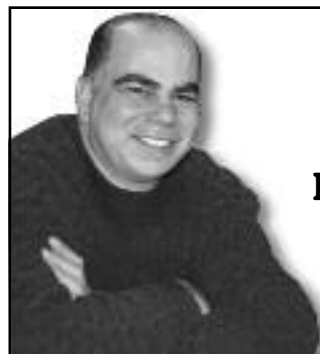
(above, l-r) Steve Siegal, Mindy Scarlett, David Persaud, Jill Ryan, Corrine Quadrel and Shannon Persaud

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

EGRWSS

*****EGRWSSDDM*****

**POSTAL CUSTOMER
NORTH PLAINFIELD, NJ 07060**



CALL TODAY TO ADVERTISE - ADS AS LOW AS \$50

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

**Each month 6,500 newspapers are mailed to every home
and business in the North Plainfield 07060 zip code.**

Email: joerenna@rennamedia.com

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.

©2014. Contents of this newspaper cannot be reproduced without written consent from Renna Media.

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

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

RENNA MEDIA MAILS 58,000 NEWSPAPERS TO 12 TOWNS EVERY MONTH
Reserve space in the next issue.
 For advertising information
 Call Joe at 908-447-1295

Jersey Mortgage Company
 Financing The American Dream Since 1988

Roberta Smith, Senior Loan Officer
 NMLS # 460121
 rsmith@jerseymortgage.com
 (908) 419-8860

EFFICIENT. PROFESSIONAL. EXPERT.
 FOR YOUR NEXT HOME MORTGAGE LOAN.

Corporate Office: 20 Governors Blvd, Suite 340, Cranford, NJ 07016 - NMLS 2761
 Licensed Mortgage Banker - NJ, PA, CT, FL, WA Department of Financial Services No. B000037

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.



PARKS & RECREATION

Fall Sports Signups coming up – September 10-12 at the Vermeule Community Center from 7-9 pm and Saturday, September 13th from 9-12 noon. Come in and sign up your child for Soccer, Archery and Field Hockey. If you are interested in coaching Soccer or Field Hockey this fall and you need to take Rutgers Safety Certification Course, North Plainfield is hosting a class on September 15th from 6:30 to 9:30 pm at the Vermeule Community Center. To Register, please email the Recreation Director, Dennis Passe at dpasse@npmail.org . You must pre-register to take the course.

Upcoming Events: Annual Halloween Parade for children on October 26th. North Plainfield Parks and Recreation will be co-sponsoring a Dog Halloween Parade on November 2nd. More information to follow. Check our website www.np-recreation.com

And follow us on Facebook – North Plainfield Recreation Department.

NPCCR INVITES YOU TO MEET THE CANDIDATES

The October 2nd meeting of the North Plainfield Citizens for Community Rights (NPCCR) is our annual "Meet the Candidates Night." All 8 candidates running for the 4 North Plainfield Council seats that will be on the November 4th ballot, have been invited to the Oct. 2nd NPCCR meeting at 7:00 PM at the North Plainfield Community Center. All candidates have been given a copy of the "Meet the Candidates Format" that will be used, so they will come prepared. There will be a question and answer session for the public.

THE DICTIONARIES ARE COMING!

You may remember that Revolutionary War hero Paul Revere who loudly announced, "The British are coming! The British are coming!" If you listen closely today, you might hear, "The dictionaries are coming!"

The Rotary Club of Plainfield-North Plainfield has just ordered enough dictionaries to give one to every third grade student in North Plainfield and in Plainfield, at a cost of over \$3,000.

"We hope to recoup some of the expenditures with grant awards," said club president Mary Forbes. "We have received an award of \$860 from our own Rotary District 7510, and are expecting an award from VIP Honda, as well."

Teams of Rotarians and volunteers visit every elementary school in the two communities, visiting third graders in their classrooms or in an assembly setting.

"We always tell the children a little about Rotary and what it means to belong to a service club," said Tom Reedy, chair of the Dictionary Project Committee. "It's amazing to hear them explain the concept of service and of clubs."

Hundreds of smiling children will receive their books sometime beginning in late

NPF'S NIGHT OUT

Submitted by North Plainfield Police Department

The North Plainfield Police Department held its 11th annual National Night Out against crime emergency vehicle display and barbeque on Tuesday, August 5. Approximately 400 people attended. One of the guest exhibitors was EmPower Somerset. EmPower Somerset is a 35 year old organization whose community volunteers help youth and families make positive lifestyle choices to avoid alcohol and drug abuse.



(above, l-r) Daniel Duncan; Chief William Parenti; Alex Dayton; EmPower Somerset volunteer Mia Kottler; Nick Cordero and EmPower Somerset volunteer Abena Dakwahene.

September and carrying through October. Volunteers are welcomed, and should contact the club via email at secretary@rotarynpn.org.

The Rotary Club of Plainfield-North Plainfield also 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.



(above, l-r) Janet and Michael Townley give dictionaries to third grade students during the 2013 Dictionary Project.

New FDA Approved Treatment Proven to Relieve Knee Pain

TREATMENT COVERED BY MOST MAJOR HEALTH INSURANCE PLANS – INCLUDING MEDICARE

Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain, Drs. Mejia & Spiaggia of **Performance Rehabilitation & Integrated Medicine** personally invite you to regain control of your life by scheduling a **FREE** step one consultation with their staff. Call now. You deserve to live pain free!



Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving out" or unstable?
- Has a recent car accident caused you a knee or joint injury?

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

Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a **FREE** step one consultation with **Performance Rehabilitation & Integrated Medicine** first.

What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint stabilization. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

How does this treatment work?

Utilizing cutting-edge high definition computer guidance, the doctors and staff are able to

pinpoint problem areas with precision and accuracy. A viscosupplement injection is delivered and the healing process starts. Viscosupplementation has been shown to relieve pain in many patients who have not responded to other non-surgical methods by bonding with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Little to no discomfort is noticed and many patients feel the effects within days.

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?

"My life has changed for the the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."

— Vicki M.



CALL TODAY TO SCHEDULE YOUR FREE STEP ONE CONSULTATION



459 Watchung Avenue, Watchung, NJ 07069
www.performancerehabnj.com

908-206-7315

Most insurances accepted including Medicare

KEEP CALM AND CHEER ON!

Submitted by Jennifer Sloan

WHAT DO WE DO? Cheer. HOW DO WE DO IT: With Heart AND WHO DO WE DO IT WITH? Family

These are the words you might hear echoing through the halls of North Plainfield High School as the cheerleaders wrap up yet another long practice. And they aren't just said, these words are shouted with love and respect. That's because the NPHS cheer squad has spent the summer not just working on cheers but creating a family. A family that strives on hard work, respect, and courage. As the program has expanded to include a JV team and a competition team, each member knows that he or she is a representation of what it means to be a Canuck.

But it's not just about the cheers, and the Friday night lights. The cheerleaders aspire to be amazing people. This year's seniors have hopes of attending college at Syracuse, joining the marines and even becoming teachers. Each

participant knows that by participating on a team that pushes them both physically and mentally, they will grow and mature and learn lessons to last a lifetime. Recently, the team attended UCA camp and was able to bring home not only trophies, but two particular cheerleaders, Aliyah Muhammad and Shelby Smith, brought home the title of All American Cheerleader! It is the hope of the program that they continue to help support their football and basketball teams and find ways to help their community too! They

invite everyone to attend their "Pink Out" game, in which the cheerleaders will be raising money for breast cancer awareness.

Please keep in mind the following dates! Sept 6th – Cheerleading car wash – please help support us as we raise money for warm winter jackets to wear during those chilly football games! Oct 17th – varsity's second annual pink out game. Come wearing your favorite shade of pink and help us support a local charity!

Keep calm and cheer on!



(above) North Plainfield's cheerleaders get ready at the high school's football field before taking their Football/Cheerleading photos.

(right) Cheerleaders come together on August 14 to bond and improve their routines at UCA cheer camp in Egg Harbor, NJ.

Photos Credit: Jennifer Sloan



NOW SERVING ALL RESIDENTS OF NORTH PLAINFIELD

908-753-5272

RESIDENTIAL & COMMERCIAL
www.marlindisposal.com
 Located in North Plainfield

#1 Choice for Garbage Service in North Plainfield

MARLIN
ESTABLISHED 1953
 Owned by David & Michael Dellipoali,
 Proudly Serving North Plainfield for over 60 years.

40 Years of Quality Service

ATLANTIC FENCE INC.

PROFESSIONAL INSTALLATION OF ALL TYPES OF FENCE

FREE ESTIMATES

732-752-0035
 FAX 732-968-6575

www.atlantic-fence.com
atlanticfence@aol.com

We moved to our new location:
155 11th Street • Piscataway, NJ 08854
 NJ Lic. No 13VH01554300

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

Signarama

908-561-4167
www.signarama-northplainfield.com
 Custom Signs, Banners, Window & Vehicle Graphics
A veteran owned company



HIBACHI GRILL

supreme buffet

**Serving
LOBSTER or CRAB LEGS
with other Special Items
Every Holiday**

For more information, please call

908-490-1600

Fax: 908-490-1601

www.hibachigrillandbuffetnj.com

BLUE STAR SHOPPING CENTER



Large Parking Lot to Accommodate our Customers

10% DISCOUNT
Seniors 60+, Military,
Police, College Students
Hibachi Grill Supreme Buffet (Show ID)

1701 U.S. Highway 22 West • Watchung



MONDAY - THURSDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 9:30pm
Adult\$7.39	Adult\$10.99
Kids 7-10.....\$5.39	Kids 7-10.....\$6.99
Kids 3-6.....\$3.39	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

FRIDAY - SATURDAY

Lunch 11am - 3:30pm	Dinner 3:30pm - 9:30pm
Adult\$7.99	Adult\$10.99
Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

SUNDAY ALL DAY DINNER

11am - 10pm

Adult.....\$10.99
Kids 7-10\$6.99
Kids 3-6\$5.99
2 & UnderFREE!

GIFT CERTIFICATES AVAILABLE

SUSHI

**Fantastic range of freshly prepared sushi.
Most selection and top quality among all competitors.
It is far from the typical "buffet quality" sushi.
At HIBACHI, you don't sacrifice taste for price.**

BUFFET

Elegant, modern, fresh, executed with care and confidence. HIBACHI Grill Supreme Buffet brings together 250+ of fresh-made Asian dishes in eleven buffet bars.

HIBACHI

Choose your favorite ingredients from dozens of seafood, meats and vegetables. Watch our chef preparing them in our special hibachi sauce to create a full-flavored dish.

ASK US ABOUT CATERING YOUR NEXT EVENT!

We have a large party room available for birthday parties, office meetings & weddings.

\$125 OFF
ADULT BUFFET

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 9/30/14.

\$250 OFF
2 ADULT BUFFETS

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 9/30/14.

\$10 OFF
ANY ONE PARTY

Of \$100 or more. Monday - Thursday Only.
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 9/30/14.

\$500 OFF
4 ADULT BUFFETS

With purchase of a beverage per person
Watchung • 908-490-1600
Cash Only. Limit 4. Not valid with any other offers or discounts. Expires 9/30/14.

GOT MUSIC?

The North Plainfield Education Foundation is pleased to announce a new program to collect used, or maybe not so used, instruments currently hiding in closets all over town. We would like to reclaim your "dormant" instruments and pass them on to the next generation of musicians. The Education Foundation will collect these instruments for use by the North Plainfield Schools' Fine Arts Music Department. In order to pass them on please contact Mr. Tom Mazur, Fine Arts Supervisor, at 908-769-6000, Ex. 3150, or Robert Goellner, President at 908-510-5458. The Watchung Avenue Presbyterian Church at 170 Watchung Avenue has also volunteered to be a collection point for the instruments. They can be dropped off Tuesday, Wednesday, Thursday, between 9:30 & 3:00pm. The Foundation is a qualified 501-C3 organization so that the donations will generate a receipt for the approximate current market value if you leave your contact information.



**Welcoming Everyone
Celebrating Diversity
Following Jesus**

**WATCHUNG AVENUE
PRESBYTERIAN CHURCH**
*We are known for our openness,
warmth and congeniality. Come, give us a try!*

170 Watchung Avenue North Plainfield, NJ
Jean A. F. Holmes
908-755-2781 www.wapc.net

COMMON INTERESTS
With An Eye Toward Our Future



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

SagePoint Financial, Inc. 732-710-4934
160 Durham Avenue, Suite 105 • Metuchen, NJ 08840

*Securities and investment advisory services offered through SagePoint Financial, Inc., member FINRA/SIPC and a registered investment advisor. Insurance services offered by Robert Goellner as a licensed agent independent of SagePoint Financial, Inc. Common Interests is not affiliated with SagePoint Financial, Inc. or registered as a broker-dealer or investment advisor.

FULL SERVICE DIGITAL PRINTING

Budget Print 70 WESTFIELD AVENUE CLARK, NJ 07066

- Printing
- Copying
- Blue Prints
- Graphic Design
- Giant Posters
- Magnetic Signs
- Vinyl Signs
- Vehicle Graphics
- Logo Design
- T-Shirt Graphics
- Newsletters
- Invitations
- Business Forms
- Business Cards
- Much More!

We offer personalized service with on-line convenience.

Email Rob at info@budgetprintnj.net or Call **732-574-1330**
Fax: 732-574-1330

www.budgetprintnj.net

CORPORATE AND COMMERCIAL

CELEBRATING UNITY IN DIVERSITY!

The Church of the Holy Cross, 40 Mercer Ave., North Plainfield, continues its community outreach with a variety of upcoming activities, welcoming all neighbors, near and far, new and old. So save these dates!

On Saturday, Sept. 27, from 12 to 4, come to Holy Cross for International Day. There will be an amazing buffet featuring ethnic dishes from all over the globe as well as a program by Holy Cross kids and activities for all kids. Tickets are \$15 for adults, \$5 for kids four through 12, and kids three and under eat for free! The Holy Cross family welcomes everyone with food, laughter, and fellowship. Tickets will be available at Betty's Basement, the Holy Cross thrift shop, the Holy Cross Nursery School at 3 PM, from any parishioner, or by email at eventsathc@gmail.com.

Want to get rid of some of that stuff that's been cluttering up your home? Why not do it at the Holy Cross Yard Sale, Sat., Oct. 18th, weather permitting, from 9 to 4. \$25 will reserve a 10' x 10' spot where you can make a profit as well as enjoy fellowship and good food. Email eventsathc.com to reserve your spot. Come to browse, and come to enjoy the goodies: a bake sale, hot dogs, etc.

And don't forget the annual Holiday

Boutique, a real community favorite, on Saturday, Nov. 22 from 9-3. The vendors will sell an amazing variety of wares in a lively, holiday atmosphere. Enjoy the goodies at the Country Kitchen. Interested in being a vendor?

Whether it's at a service, a discussion group, or at an event, the Holy Cross community always extends warm welcome, fellowship, and support to all. A recent newcomer has become a regular attendee. She says, "I've found a home and a new family of friends. There is warmth and support at Holy Cross that has become a source of great comfort and strength to me."

Check out The Church of the Holy Cross on Facebook to get ongoing information.

CELEBRATE INTERNATIONAL DAY!

Sat., Sept. 27 12-4 PM, rain or shine!

Church of the Holy Cross

40 Mercer Ave., North Plainfield

Join our celebration of unity in diversity!

A buffet of ethnic foods from all over the globe...

A program to celebrate diversity...

Activities for all kids...

What could be better than enjoying fellowship, food, and laughter in the heart of our community?

Adults...\$15 Kids 12-4...\$5

Kids 3 and under...free!

Purchase tickets at Betty's Basement thrift shop at Holy Cross, at Holy Cross Nursery School at 3 PM, from any parishioner, or email eventsathc@gmail.com

WAPC ANNOUNCES ITS FALL PROGRAMS

The Watchung Avenue Presbyterian Church is pleased to announce, and offer for your consideration, the currently planned activities for this fall. There are other items still in negotiation which will be announced later.

The Church Activities List for fall reads: choir rehearsals, bell choir rehearsals, community basketball practice, a morning and an evening Bible study, book club, three women's Circles, a prayer shawl knitting group, and rehearsals for our resident Somerset Brass Quintet.

Community programs for the fall are:

Women, Infants and Children (WIC) services, Girl, Boy, and Cub Scout meetings, Plainfield YMCA After School Program, Head Start Program, ESL classes, Zumba classes, Common Ground Program for the five Plainfield area Presbyterian Churches, and the CROP Walk for Hunger in October.

We invite all of our neighbors to investigate any of these programs that might be of interest. Please call the church office at 908-755-2781, Tuesday, Wednesday, or Thursday between 9:30 am & 3:00 pm.



Register Now for Classes

Classes Start Sept 2, 2014

Become An INTERIOR DECORATOR! **NEW!** 12 WEEK CAREER ORIENTED PROGRAM

- Fine Art
- Illustration
- Graphic Design
- Interior Design

Call (908)757.7171 • WWW.DUCRET.EDU
FT/PT Day & Evening/Sat Workshops for Children & Teens



STUDENT MENTORS DARE TO LEAD!

Submitted by Julissa Ramirez

When people look back at freshman year, the thoughts of making new friends, adjusting to the new environment, and finding one's place or purpose in life are what come to mind. At the age of thirteen and fourteen, these thoughts can be very stressful which is why the North Plainfield's mentoring program is here to save the year!

The mentor program is a student organization that promotes involvement at the freshman level with the ultimate goal of giving the ninth grade students an unbiased sounding board for all of their questions and concerns about high school. A mentor is an outgoing individual who is all about standing out and being that role model who freshmen can look up to. Whether it's about sports, extra-curricular activities, or even relationship advice, mentors are always there ready to volunteer their time to help freshmen make a smooth transition from middle to high school. When asked about her mentors, English teacher and Mentor advisor, Jennifer Sloan

responds by saying, "We represent courage, unity, respect and the ability to dare to lead in the face of social pressures!"

It's not about being "cool" or popular or even the smartest, it's about knowing what qualities make a Canuck and how to foster a loving environment for all!"

This year's goal for the mentoring program is to become more involved in the community of North Plainfield. "We aren't just there for freshmen, everyone in the program cares about their town and wants to make a positive impact," explains Sloan. A positive impact requires positive mindsets and what better way can North Plainfield get that than by contacting the Mentor Program?

"Use us! We are looking to help in any way we can around the community, please don't hesitate to contact us for your events around town!" says Sloan. If work or help is ever needed, let the Mentors know by emailing jennifer_sloan@nplainfield.org.



(above, l-r) Julissa Ramirez, Shawn Wallace and Kim Grisales get ready in the gym before meeting their freshmen homerooms.



(above) Mentors get together to prepare for games, speeches, and "welcome" signs before greeting the incoming freshmen.

MONICA PEDERSEN APPEARING AT FABRICLAND FOR FREE SEMINAR AND BOOK SIGNING

Monica Pedersen, a judge on NBC's new reality competition series, "American Home Builders", will present a free decorating seminar at Fabricland in North Plainfield on Friday, September 19 at 6:30 p.m. She'll also sign copies of her new book, "Make It Beautiful - Designs and Ideas for Entertaining at Home".

Ms. Pedersen has recently created a collection of ready-made draperies for Softline Home Fashions - which she'll preview at Fabricland during her seminar. This "Make It Beautiful" collection was inspired by the architecture, landscape and lifestyles of her hometown, Chicago -- featuring a range of stunning textured fabrics in neutral palettes. During her appearance, Monica will give tips on dressing your windows and creating beautiful space throughout your home.

A frequent guest on The Today Show, Pedersen is an interior decorator, lifestyle expert, author and television host. She's well-known as the designer on HGTV's popular shows - "Dream Home" "Designed to Sell", "House Hunter's Great Escapes" and "Bang for Your Buck" - where she has become a trusted expert in showing viewers how to add value to their homes while working within an affordable budget.

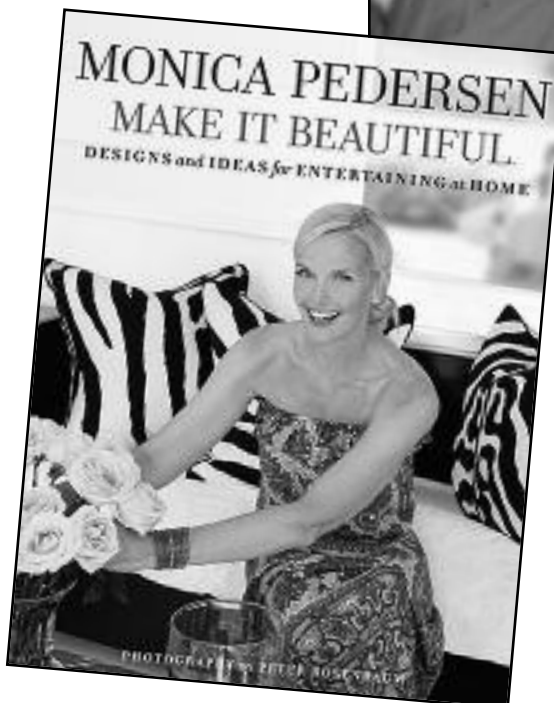
Monica Pedersen's appearance is the highlight of a series of special events taking place at Fabricland this year. The store, which was founded in 1934 by Philip Heyman, the grandfather of its current owner, Bruce Heyman, has been an integral part of the community for many years - catering to a cross-section of customers from around the state. In the past decade, the independent retailer has maintained

its sewing and dress fabrics departments, but has morphed into a home furnishings company that provides custom and ready-made window fashions under the brand of Metropolitan Window Fashions.

To register for Monica's "Window Dressing" seminar and book signing on September 19th at 6:30 at Fabricland, 855 Route 22 in North Plainfield, NJ please visit fabricland.com or windowfashions.com or call 908-755-4700.



(right) Monica Pedersen, Interior Designer, TV Star and Lifestyle



La Strada *Wishes you Buon Appetito!*
Ristorante and Pizza **\$2.00 OFF ANY LARGE PIZZA**
 Eat-in / Takeout Menu / We Deliver
 Bringing you the very best Italian dishes. It is our pleasure to serve you. Feel free to bring your own beer or wine. Call Ahead for Fast Pickup (We accept our competitor's coupons!)

393 Somerset St. (Somerset Square) **(908) 561-7676**
North Plainfield, NJ Fax (908) 561-7678

The "New" Center School
 Elementary/Middle/High School Learning Studios
 Robotics Program
 Performing Arts/Drama
 Video Production
 Science Lab
 Sensory Integration Program
 Indoor Sports
 Health & Wellness Area
 Work Readiness Program
 Seeds to Salad Garden
 Outdoor Playground
 Commercial Kitchen Area
 Extended School Year (ESY)
 Explorers & 4-H Club

2 Riverview Dr, Somerset, NJ
 (Conveniently located off I-287)

New State-of-the-Art Campus
 Visit our website www.thecenterschool.com
 Or call **(908) 253-3870**

A private, non-profit, state accredited facility for bright, learning/language-disabled students.

Teaching to Strengths. Centering on Needs. Empowering our Students.
 Since 1971

QR code and contact info: Text your full name & email to (908) 689-4080 for info.

Fresh Fruit &

Vegetable Market

Freshly
baked
Portuguese
and
Italian bread
delivered daily!



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

**"We're Not
Just
Produce"**



somersetfarms@verizon.net
somersetfarmsnj.com

**YOUR
PUMPKIN
HEADQUARTERS**

908-757-7730 • 950 Route 22 East • North Plainfield, NJ

COUPON



FRESH SHRIMP
\$9⁹⁹ lb

NPF9

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 9/30/14.

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

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

COUPON



TILAPIA FILLET
\$5⁹⁹ lb

NPF9

By the pound only. Limit 1 lb per customer per coupon per day.
Not to be combined with other offer. Offers good thru 9/30/14.

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
Genoa Salami**



\$4⁹⁹ lb

NPF9

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 9/30/14.

COUPON

**SICURRO PROVOLONE
MUENSTER
OR MOZZARELLA**



\$4⁹⁹ lb

1 Straight pound

NPF9

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 9/30/14.

COUPON

**\$1.00 OFF
your purchase of
\$20.00 OR MORE**



NPF9

Excludes garden center and fish purchases. Limit 1 offer per customer
per day. Not to be combined with other offer. Offer expires 9/30/14.

COUPON



**TWO
18 PK
LARGE EGGS**
**\$3⁴⁹ (2.49
EACH)**

NPF9

Coupon may not be combined with other offers.
Limit 1 offer and coupon per day. Offer expires 9/30/14.

**LARGE SELECTION
OF FALL MUMS**

**KALE, CABBAGES, FALL SQUASHES...
AND MUCH MUCH MORE**

