

The PRIDE of North Plainfield



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ISSUE 28 • OCTOBER 2014

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MT. HOREB PRESCHOOLERS OFF TO A GREAT START!

Preschoolers were thrilled to start their year at Mount Horeb School. Teachers Tara Keller and Carol Keirstead have an exciting learning experience planned for 2014-2015. Their first unit of study was "Welcome to School."

The students learned about their new teachers and

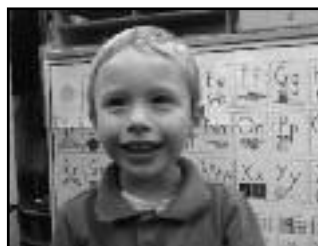
classmates. They also toured Mount Horeb School, met Nurse Zanchelli, and reviewed school bus safety procedures. In September, they also focused on apples which included describing, counting, sorting and graphing apples by color. The children even helped prepare applesauce, and carefully learned to use an apple peeler. October units of study include fall, leaves and squirrels. What a perfect time for Warren Township Preschool students to observe the changes in the season and weather!



(above) Rosalie Krenak



(above) Eli Stillman



(above) Constantin
Bellmann

(left) Dominic Cocuzza

SOMERSET SCHOOL'S ALS ICE BUCKET CHALLENGE!

Somerset School's Student Council started off the 2014-15 year in a very special way- soaking the teachers! When Student Council advisors, Kate Moore and Eleftheria Fiotakis, said they wanted to kick off Student Council and do something fun while the weather was still warm, the principal, Mr. Sainte-Rose, suggested the Ice Bucket Challenge. Everyone agreed it would interest the students since it was still trending and would start the year off on a fun and positive note.

The students were given a challenge; for every \$20 raised, a bucket of ice water would be dunked on a teacher from Somerset School. Money for this fundraiser was collected for just two days, in the students' homerooms and lunchtime. Then, on Friday, September 12th, right before dismissal, everyone went outside and the soaking began!

The dunking commenced with the Student Council advisors. Then, thanks to generous donations from students and staff at Somerset School, enough money was raised to dunk 19 people- \$381! Many teachers agreed to be soaked, and seventeen of them were dunked by their colleagues, much to the students'

delight. Then they rounded off with the last two challengers, Mr. Sainte-Rose, and the vice principal, Mr. Jaime! The students had a great time and a lot of awareness and money was raised for a great cause. The Student Council advisors thank the staff, parents, and students for the generous donation of their time and money in making this fundraiser so fun and successful.

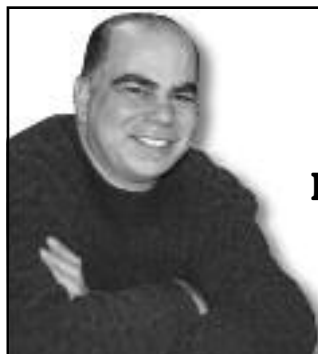


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The PRIDE of North Plainfield

The Pride • Page 2 • October 2014

PARKS & RECREATION UPCOMING EVENTS

Submitted by North Plainfield Parks and Recreation

Upcoming Events

Winter Sports Signups will be October 22 -24, Wednesday through Friday from 7-9pm at the Vermeule Community Center. There will also be signups on Saturday October 25th from 9am-12 noon.

- The Annual Halloween Parade will be October 26th with onsite registration at 12:30 at West End School. The Parade will begin at 1:00 with judging in various categories – Scariest, Funniest, Superheroes and Most Original.
- Join us for some Howl-o-ween fun! This year, the North Plainfield Parks and Recreation is hosting a Pup Costume Parade at the Vermeule Mansion. Come see pups of all sizes dressed up for a Mutt-squerade! Dress your Pup to the canines and compete for prizes awarded by our

(local) celebrity judges! Meet dog vendors from across NJ, including Gourmet dog treats, boarding and grooming, dog-sitting and walking and waste pickup. Have your pup's portrait taken with our Pet Photographer or visit our Pet Psychic ! Stop by the Ask-A-Vet Table for health advice. ALL proceeds benefit the Associated Humane Societies. Event begins at 10:00 am with Costume Parade beginning at noon. To register as a participant (Free) or for information on being a vendor, please email NPpetparade@gmail.com or call Lisa (908)619-3086.

- For more information and updates, please refer to our website www.NP-Recreation.com and like us on Facebook North Plainfield Recreation Department.

PARTNERSHIP FORMED TO DISTRIBUTE DONATED SCHOOL SUPPLIES

Submitted by NP Ed Foundation

The North Plainfield Education Foundation has formed a partnership with St. Luke's Roman Catholic Church located in North Plainfield. During the summer, St. Luke's Church asked parishioners to donate school supplies. The response for supplies was very successful and included items such as pencils, pens, crayons, backpacks, notebooks, and pads.

The North Plainfield Education Foundation is a community-based, non-profit organization "Promoting Excellence in Education". The Education Foundation offered to assist with the distribution of the donated supplies. Principal, Ms. Cathy Kobylarz, at Stony Brook Elementary School was delighted to receive such a wonderful donation! The Foundation is also involved in many other educational projects. Some of projects are: Mini-grants to teachers supporting curriculum-related teaching and reclaiming "no longer used" musical

instruments for the next generation of musicians to be used throughout the North Plainfield school district. If you have instruments to donate, they can be taken to the Fine Arts and Music Department located in the high school or dropped off at Watchung Avenue Presbyterian Church (170 Watchung Ave.) between 10:00AM and 3:00PM on TWT.

In the past the Foundation donated a new sound system for Krausche Field, participated in Read Across America, sponsored musicians for 2012 musical, provided funding for "Ingredients for Life" course taught by Chef Rinaldo, plus many other Mini-grant projects funded by the Foundation and carried out in the classroom.

The North Plainfield Education Foundation is seeking new members to help continue supporting our educational system. If you would like to join the Foundation please contact Bob Goellner, President at 908-510-5458.

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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New Therapy Used by Tiger Woods Comes to Central New Jersey

ALL NATURAL HEALING SOLUTION BRINGS NEW HOPE TO PAIN SUFFERERS



"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 jogs. Thank you to all the doctors and staff of Performance Rehab, you're amazing!"

— Mary M.



"Thanks to Performance Rehab and their unique PRP treatment program I now take no pain medication and I'm finally working out again. I have never felt better, balanced, pain free and generally positive."

— Vicki M.



"My knee was killing me and I had tried every treatment out there out there hoping to get back on my bike. Thanks to Performance Rehab and Platelet-Rich Plasma Therapy, I am riding again!"

— Mark M.

Do you suffer from any of the following conditions?

- 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

The goal of PRP Therapy is to resolve pain through the natural healing process and has proven to have lasting results. 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 offered at Performance Rehabilitation & Integrated Medicine 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?

PRP is an emerging non-surgical treatment in an ever popular, all natural health sector. This non-surgical treatment involves the injection of healing proteins, growth hormones and stem cells from a patient's own blood directly into the site of the injury. The doctors at Performance Rehabilitation & Integrated Medicine have seen dramatic results as this treatment triggers the body's own ability to repair itself.

Professional Athletes Use PRP Therapy.

Platelet Rich Plasma has come a long way in just a few short years in the treatment of sports injuries. Now most sports organizations, trainers and players recognize the importance of PRP in their respective sports. Treating professional athletes with PRP is a common practice designed to encourage healing and reduce downtime. **Performance Rehabilitation & Integrated Medicine** offers the same treatment that Tiger Woods, Kobe Bryant, Alex Rodriguez, Hines Ward and many elite athletes use. You owe it to yourself to find out if it is right for you.

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

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WHITE CASTLE TO HOST BOY SCOUT

The Watchung Mountain District of the Boy Scouts of America is hosting their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers, who know how to play chess. The tournament will be held on Saturday November 1, 2014 at the Stonecrest Community Church, 11 Technology Drive, Warren, NJ. The event will run from 10am to 2pm. The tournament is being generously sponsored by White Castle. Joe Renna of Renna Media, a certified chess merit badge counselor, is assisting scouts in earning their badges.

Scouts interested in playing can use Watchung Mountain District Double Knot link to register on-line at ppbsa.doubleknot.com/event/1607140 or Email Charlean Mahon at charlean.stimpson@scouting.org.



2014 White Castle



Watchung Mountain District Boy Scout Chess Tournament Saturday, November 1, 2014

10:00 am to 2:00 pm

Sign-in/setup starts at 9:00 am

Stonecrest Community Church

11 Technology Dr N, Warren, NJ • 908.821.9700

Open to all registered Boy Scouts/Venturers/Explorers.
Limited to 40 players who must know how to play chess. Registration is \$6
Use Watchung Mountain District Double Knot link to register on-line
at ppbsa.doubleknot.com/event/1607140
Email Charlean Mahon at Charlean.Mahon@scouting.org for more info.

Trophies awarded to 1st, 2nd and 3rd place finishers.
Commemorative ribbons and gift bags for all participants.
Lunch will be provided by White Castle for all players and guests.
This tournament meets the 6a requirement for earning a Chess merit badge.

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Kids 3-6.....\$3.39	Kids 3-6.....\$5.99
2 & Under.....FREE!	2 & Under.....FREE!

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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!

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NORTH PLAINFIELD VENTURING CREW 885 IS LOOKING FOR MORE MEMBERS

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Contact: Tara Ruiz - npgsinfo@gmail.com
Lourdes Hernandez - 908-518-4422

*There will be bingo, games led by Older
Girl Scouts, and snacks. Parents can get
information on becoming a Girl Scout,
starting a troop, and volunteering.*

Hosted by Cadette Girl Scout Troop 65937

Are you a youth between 15 years of age and not 21 yet? Are you looking for some fun activities? Both indoors and outdoors? Do you like to give back to your community? Then do we have a program for you, Venturing Crew 885 is a Co-Ed program from the Boy Scouts of America that is here in North Plainfield.

We are always looking for new members to join and learn some life skills along the way. We meet at Vermule Community Center on Wednesday evenings. We are a youth lead

program, where the youth decide the path that they take.

We are also looking for adult volunteers to help facilitate their program

For further info about Venturing Crew 885 send an email to ThomasVentriglia@gmail.com

For more info about Venturing go to www.scouting.org/Youth/ContinueAdventure/Venturing.aspx

For more info about a scouting unit near you go to www.BeAScout.org



(above) North Plainfield Venturing Crews 885 completes Boy Scout First Aid Training.

CHURCHES JOIN TOGETHER TO FIGHT HUNGER

Submitted by Robert Goellner, WAPC Elder for Outreach

On Sunday September 21st the Watchung Avenue Presbyterian Church in North Plainfield hosted an important event for all of the people living in the Plainfields area. Organized under the banner, "Common Ground," the five Presbyterian churches have begun a year-long program to help fight hunger and its many causes in our local communities. The churches, Watchung Avenue, along with Bethel, Crescent Avenue, United, and Nuevas Fronteras – all in Plainfield – have partnered with Princeton

Seminary's Food Justice Program to engage the services of Ms. Stephanie C. Merryfield as Fellow for Food Justice. Merryfield is also a Masters of Divinity degree candidate. Ms. Merryfield brings a vast background of experience in this area and will facilitate the development of a common ground of expectations among the churches. The thrust of our effort can be summarized as, "assisting the communities in becoming involved in the relocation of food production management, as well as empowering the economic enterprises

needed to accomplish this goal." In practical terms we are intent on providing more food in more ways to those who are in need, as well as focusing more attention on the importance of following good nutritional guidelines for better health.

More information on this program can be obtained by contacting the individual offices of the churches. The respective pastors will be more than willing to explain the goals of the project as well as hearing your comments and concerns.

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LILY YIP TABLE TENNIS CENTER TO HOLD NEW JERSEY CHINESE FESTIVAL OCT 12TH

Lily Yip, of Warren, has planned a New Jersey Chinese Festival on Sunday, October 12, 2014 at her Table Tennis Center located at 370 North Avenue in Dunellen, NJ. The event is free of charge to spectators and open to the public.

Table Tennis is the national sport of China and the festival is a way for Yip to share a bit of the Chinese culture with her American neighbors.

The Festival will feature a table tennis tournament and Yip has invited the public of all ages and skill levels, from beginner to expert, to play. Prizes will be awarded for skill level as well as age. Registration is required and can be done online at www.lilyttc.com.

The Festival is an annual event and is planned

in cooperation with NJ Chinese Festival Inc., a Nonprofit Organization in Montville, New Jersey that plans various events throughout the year. For more information Call Lily Yip at 732-200-5820 or email: lily@lilyttc.com.

Lily Yip Table Tennis Center also hosts the annual Garden State School Championships in January.

Yip was a member of the U.S.A Table Tennis team and played in two Olympics. She is the coach of the U.S. National Youth Team.



(above, l-r) Jayden Zhou , U10 USA Champion with Coach Can Wang from Beijing.



(above) Winners of Watchung Hills High School Tournament at the LYTTC.



(above, l-r) Alice Liu from Warren Central School and Alyssa Dang from Green Brook Middle School, winners in the Junior Under age 11 event.



(above) Watchung Hills High School visits LYTTC.



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WE'RE JUST ONE COLOR - WE'RE MAROON, - CANUCK PRIDE

Written by Julissa Ramirez

"We're just one color- we're maroon," says North Plainfield High School senior, Anthony Lafond, when questioned about the racial incident between the high school football teams of North Plainfield and Summit. On Saturday September 13th, North Plainfield High School's football team had received several banana peels through the locker room doors by Summit High School's football team before playing a game that morning. North Plainfield's football team, who are largely made up of African Americans, believe this was a racial joke, in which they are not taking very lightly. This offensive incident is not only affecting the town's football team, but the high school, nevertheless, the entire community. North Plainfield is filled with so many nationalities and this scene has only brought up the idea of the town's diversity and their uniqueness compared to many of the surrounding towns.



(above) North Plainfield students, from all different walks of life, come together at a local youth group with teens from other towns, representing North Plainfield's diverse quality.

Photo Credit: Julissa Ramirez

Despite this offensive incident towards North Plainfield, many students are using this as an opportunity to recognize how diverse the Canucks are in comparison to other schools they visit or compete against. As a citizen of North Plainfield, you are exposed to various ethnicities. We are open to understanding new cultures, religions, and ways of life. When the word "diversity" is brought up to student athletes, who have visited other towns with different, dominant ethnicities, they appreciate their community and love how the diversity within the town is what makes North Plainfield so rare. "I think living in a town like this gives all of us a platform to better all types of relationships with all kinds of people. We see no color in North Plainfield," says senior and field hockey player, Samantha Adoptante, when asked about what she loves about North Plainfield and its unique quality. She goes on explaining how many times when she travels to other schools, the nationalities are very

dominant as opposed to North Plainfield, where "no matter what you like to do, what your hobbies are, or anything that you think is different- there I someone here for you." Senior and tennis player, Melody Njoku, who also often travels to different schools says, "I take pride in my town because of the morals it stands behind. Everyone is welcomed here. Here in North Plainfield, we all belong."

Collectively, we learn to embrace the differences in each other. North Plainfield is where we learn to interact and welcome each other for who we are no matter race, gender, religion, or sexuality. This sense of community is why parents come here to raise their children, teachers come to inspire and learn about students with different backgrounds, and why students walk with pride wherever they go. This community is a special place where people from all over come together as one and whether we stay or venture out into the world, North Plainfield will always leave a mark in our hearts.

NPF POLICE TURN TO NARCAN TO SAVE LIVES

Police Chief William Parenti announced that the Department is deploying "Narcan" kits in all patrol units. Narcan is the trade name of Naloxone, an emergency nasal spray for opioid overdose. Chief Parenti said the program is part of a county wide initiative coordinated by the Somerset County Prosecutor's Office and that the antidote kits were provided by Robert Wood Johnson University Hospital Somerset. Chief Parenti reported that all North Plainfield patrol officers were trained in administering the antidote which has been successfully administered by police officers in Ocean and Monmouth Counties and has been credited with saving the lives of numerous persons that had overdosed on heroin. The Chief added: "we

hope the kits are never needed but are glad to have them if they are".



(above, l-r) Officer Christopher Brid and Training Sergeant Edward Ciempola review the contents of a Narcan Kit after training.

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HISPANIC HERITAGE DAY



A taste of Hispanic Culture comes to our community to bring us cheer during Hispanic Heritage month. The library will host a Hispanic Heritage Day Celebration on Saturday, October 25th @12:00 pm. This innovative Hispanic cultural festival consists

of folkloric groups representing the rich diversity of dances and music from Hispanic countries, hand-painted folk art, music highlighting Hispanic colorful traditions, and a free sampling of authentic Hispanic delicacies. The library would like to thank Kalpas, Inti Raymi –Ecuador, Ballet Bolklórico – Perú, Orquidea de Oro- Colombia, Alma Montuno Latin Dance, Dances –Mexico, and Segundo Montesdeoca for performing at this year's event and donating their services. For more information please contact Milagros Santos or Selwa Shamy at 908-755-7909. The North Plainfield Memorial Library is a branch of the Somerset County Library System located at 6 Rockview Ave, North Plainfield NJ 07060. www.sclsnj.org

SENIOR TAX FREEZE

The speaker at the Thursday, November 13th meeting of the North Plainfield Citizens for Community Rights (NPCCR) , will be from the N.J. Dept. of the Treasury, Division of Taxation. The subject will be the "Senior Tax Freeze." If you or someone you know is age 65 or over and is a property owner you may be eligible for the Senior Tax Freeze. The representative from the N.J. Dept. of Treasury will give you all of the information you need concerning your eligibility and the application procedure. Bring your questions. If you have friends from other municipalities, they are welcome to attend this meeting as this is a state wide program. We meet at the North Plainfield Community Center 614 Greenbrook Rd. at Clinton Ave. 7:00 PM

SENIOR BUS SCHEDULE

To arrange to ride the bus and for more information, 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.

HOLY CROSS YARD SALE & HOLIDAY BOUTIQUE

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* for more information.

NORTH PLAINFIELD LIBRARY STARTS CRAZY 8S MATH CLUB FOR KIDS!

The North Plainfield Library will be hosting Crazy 8s, a nationwide after-school math club designed to get kids fired up about math! This free, weekly program for children in grades K-2 will run Tuesdays after school, November 4 – December 23 from 3:30 – 4:30p.m. Any youngster who likes math should have the chance to enjoy it. Crazy 8s clubs offer mischief-making activities like Toilet Paper Olympics and Bouncy Dice Explosion. It's time for math to be the cool thing to do after school!

Registration is required. To register call 908-755-7909, go online to <http://www.sclsnj.org>, or stop by the Library.

This program was made possible by the Bedtime Math Foundation. Bedtime Math is a nonprofit operating foundation, funded by charitable donations made by private donors and

the proceeds from both Bedtime Math books. The foundation's resources are used to advance the mission of helping kids learn to love math. As a private operating foundation, Bedtime Math funds its own charitable activities, such as publishing the daily math problem and the parents' blog, and producing programs like Crazy 8s and Summer of Numbers. For more information on Bedtime Math visit bedtimemath.org

Patrons with further questions can call SCLS at (908) 755-7909 or visit the website at <http://www.sclsnj.org>. The Somerset County Library System has branches in Bridgewater, Bound Brook, Hillsborough, Manville, at the Mary Jacobs Library in Rocky Hill, North Plainfield, Peapack & Gladstone, Somerville, Warren Township and Watchung.

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