The PRIDE of North Plainfield



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North Plainfield SENIOR CITIZENS **GROUP** meets **EVERY TUESDAY** at 10:30 am at the COMMUNITY **CENTER**

located at 614 Greenbrook Rd North Plainfield.

Senior Citizen Bus is available to all North Plainfield Seniors. To arrange to ride the bus and for more info, call 908-753-0707.

WATCHUNG MOUNTAIN DISTRICT BOY SCOUTS HOLD FIRST ANNUAL CHESS TOURNAMENT SPONSORED BY WHITE CASTLE

The Watchung Mountian District of the Boy Scouts of America hosted their first Chess Tournament open to all registered Boy Scouts, Venturers and Explorers. The tournament was generously sponsored by White Castle and was held on November 1, 2014, in the Stonecrest Community Church in Warren, NJ. This was the first tournament since the Boy Scouts of America introduced the Chess merit badge. Thirteen players participated, playing four games each.

Parth Patel won first place with a perfect score of 4.0. James Scacifero and Alec Thomson both ended with a 3.0 score and James took secong on the tie break system. Steven Rhein and Michael Duncan both finished with 2.5 scores.

White Castle purchased 20 sets, boards and clocks for the tournament. The company also covered expenses for running the tournament including trophies for the top three winners and ribbons for participants. They also supplied lunch for all players and spectators. White Castle will continue to support the Boy Scouts and the Chess program.

> (right, l-r) First place winner Parth Patel, Second Place James Scacifero, and third place Alec Thompson.



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The PRIDE of North Plainfield

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Although great care has been taken to ensure the information contained within is accurate, Renna Media assumes no liability for errors or omissions.

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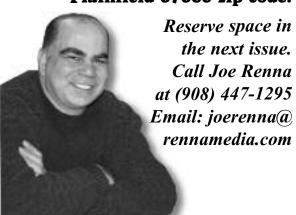
Community service organizations and sports teams are encouraged to submit news of upcoming events or highlights and photos on recent events.





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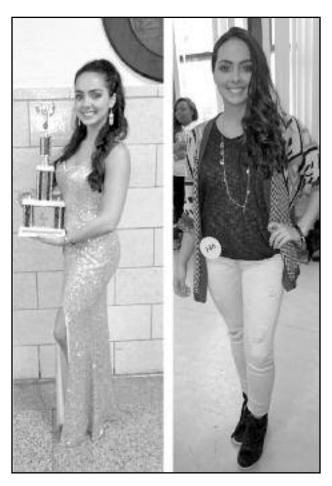
Each month 6,500 newspapers are mailed to every home and business in the North Plainfield 07060 zip code.



NORTH PLAINFIELD TEEN FOURTH RUNNER UP IN **MISS TEEN NY PAGEANT**

Submitted by J. Marmolejos

Jennifer Marmolejos of North Plainfield was recently selected to participate in the 2014 Miss Teen New York pageant competition that took place on Sunday November 16, 2014. Jennifer learned of her acceptance into this year's competition when the pageant announced their selections following the interviews in the local New York area. Jennifer submitted an application and took part in an interview session



(above) Jennifer Marmolejos of North Plainfield competed for the title against 125 girls and placed 4th runner up. She now qualifies for the National Competition in December of 2015.



COMMON INTERESTS

With An Eye Toward Our Future Robert J. Goellner, CFP, ChFC, CLU Financial Planner rgoellner@sagepointadvisor.com www.commoninterestsfinancial.com

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that was conducted by this year's New York Pageant Coordinator.

Jennifer competed in the Miss Teen division, one of four divisions that had young ladies ages of 7 and 19 competing in modeling routines, which included casual wear and formal wear along with a question. Most important, Jennifer displayed her personality and interviewing skills while interviewing with this year's New York judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition.

We are proud to announce that Jennifer competed for the title against a total of 125 girls in her age division and placed 4th runner up. She now qualifies for the National Competition in December of 2015 for her share of thousands of dollars in prizes or scholarships and specialty gifts that will be distributed to contestants. Over \$30,000.00 in prizes and awards will be presented at the National Competition that will take place in Orlando, Florida and she will represent New York and the surrounding communities.

Community businesses, organizations, and private individuals assisted Jennifer in participating in this year's competition by becoming an official sponsor to her. A huge thank you to the following businesses and individuals that through their generous sponsorship made her participation in this year's Miss Teen New York possible:

Roscoe's Wrap It Up – Dunellen, NJ Milliner Furniture- Plainfield, NJ Unique Hair by Laly-Plainfield, NJ Schneider Plumbing- Dunellen, NJ RTC Catering Legacy Service INC. Ellen Berman Jed Feibush Dawn Hughes

Through sponsorship, each contestant received all the necessary training, rehearsals, and financial support which allowed Jennifer to become a very confident and well-prepared contestant in this year's New York Pageant. Any business, organization, or private individual who may be interested in becoming a sponsor to make Jennifer's participation at Nationals possible may contact her via email at jmarmolejos126@gmail.com.

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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.

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.

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

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EDUCATION FOUNDATION ANNOUNCES 2015 TEACHER MINI GRANT AWARDS PROGRAM

Submitted by the North Plainfield Education Foundation Grant Committee

The North Plainfield Education Foundation is pleased once again to announce that we will be awarding Mini-Grants to the teachers in our school system. The application process is open to all educators in the system from pre-kindergarten through grade 12. Mini-Grants will be in the amounts of up to \$250.00 each. This year we are going to award the grants for projects being completed in the second half of the year. We are hoping that in this way we can stimulate new and innovative programs that will last through the end of school.

Teacher applications are be evaluated on originality, practicality, completeness, cost/benefit, and the degree of impact on the school's population. Teachers receiving grants will be asked to provide the Foundation with quick summary of the project and pictures showing the students' involvement in the project. Encouraging innovative excellence in education is the goal of the Foundation and the annual Mini Grants support this effort very nicely.

This year we are also pleased to invite all interested teachers in the system to an Education Foundation Reception to be held on December 5th from 3:00 to 4:30 in the Foods Room (#225) of the High School. The reception is to honor all

The North Plainfield Education Foundation is eased once again to announce that we will be varding Mini-Grants to the teachers in our hool system. The application process is open teachers for their fine work and encourage them to participate in the Mini-Grant program. The awards will be announced in January at the Board of Ed. Meeting.

F. S. MATHEWSON DRIVE HAS NEW SIGNS



(above) Dedication of the F. S. Mathewson Drive sign, spearheaded by the Rotary Club of Plainfield-North Plainfield. (front): Union County Freeholder Bruce Bergen, Rotarians Michael Townley, Tom Reedy, President Mary Forbes, Shannon Jeffreys. (back) Rotarians Ravenell Williams, Roberta Smith, Mike Castoral with Adam and Rebecca Castoral.

LIONS CLUB MAKING THE HOLIDAYS BRIGHTER

The North Plainfield Lions are looking to make the Holidays a little brighter for some deserving local families this year. The Lions Club is looking for children from needy families, from North Plainfield, to write letters to Santa. The letters to Santa must include: the child/family's name and address; gift request; and the special reasons why Santa should make that gift request come true.

All letters to Santa should be placed into the Lions eyeglass collection mailbox located in the lobby of the North Plainfield Public Library (throughout the rest of the year the mail box is used to collect used eyeglasses and hearing aids for refurbishment and distribution to the poor). All letters to Santa must be placed into the Lions mailbox by Friday, December 5th.

Santa Claus and the Lions will not be able to honor every request or make every wish come true, but they will work very hard to make some Holiday magic happen for North Plainfield families who need it most.

The North Plainfield Lions Club meets at 7pm on the 2nd and 4th Tuesday of each month, at the Dunellen Hotel, on Washington Avenue, in Dunellen. The club is always looking to invite new members to join. If you are interested in joining, or in learning more about Lions projects, please contact Skip Stabile, club president, at (908) 756-8456, or Frank Stabile, club membership chairman, at (908) 754-2754.



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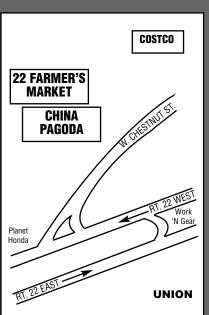
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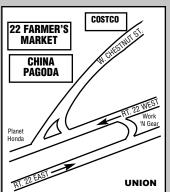


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GIRL SCOUT JUNIOR TROOP 65942



(above) Girl Scout Junior Troop 65942 earn their First Aid badge with the help of The North Plainfield Fire Department and EMS workers.

NEXT NPCCR MEETING JANUARY 8

The next meeting of the North Plainfield Citizens for Community Rights (NPCCR) will be Thursday 8 January. One of our guest speakers will be Susan MacWhinney-Ciufo, director of the Plainfield Area Humane Society on Rock Ave., and she will tell you about what services the shelter provides. Shelia Kay, a local comedienne, will talk about the animal transport she is involved in. The Plainfield Area Humane Society is a 501(c) 3 non-profit organization their website is petfinder.com/shelter/pahs.htm. Pet food donations will be appreciated.

All are invited to our meetings.

VOLUNTEERS NEEDED FOR BISHOP'S STOREHOUSE

The Bishop's Storehouse located in Piscataway, NJ on Ethel Road is in need of volunteers to help at their site. Duties include restocking food and basic necessities and pulling orders for families in need. The storehouse needs helpers 18 years and older Tuesday evenings from 5-9 pm and Saturday mornings from 8 am until noon. Volunteers can work as little as one day a month. Please contact Bishop Matt Woll if interested at woll.matthew@gmail.com

RECYCLED MASTERPIECE WOWS COURTYARD VISITORS

Students at Stony Brook School, faculty and friends of North Plainfield school members began collecting bottle caps for a school wide art project during the summer of 2013. "There was an overwhelming response by our parents and community to collect and recycle these caps into a beautiful rendition of Vincent Van Gogh's Starry Night" says North Plainfield K-12 Art teacher Sonya Larado. Student volunteers helped sort the caps by color throughout the school year. In addition, students participated in arranging and sorting them during an Earth Day celebration in 2014. Bottle caps of every color were fastened along with the help of volunteers throughout the day and completed in June with the help of Mrs. Larado's father, Salvatore Russomanno. The final piece measuring 4x8ft was hung in late September and is showcased in the courtyard located behind Stony Brook School. The colors are vibrant and help the students and community members to appreciate a piece of art every day! Since the project was such a success, plans are now being formed to create another mural within that space for 2015.









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Kids 7-10\$5.39	Kids 7-10\$6.99
Kids 3-6\$3.39	Kids 3-6\$5.99
2 & UnderFREE!	2 & UnderFREE!

FRIDAY - SATURDAY

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

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Kids 3-6	
2 & Under	•

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