

# The PRIDE of North Plainfield



North Plainfield's Hometown Newspaper

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**ISSUE 33 • MARCH 2015**

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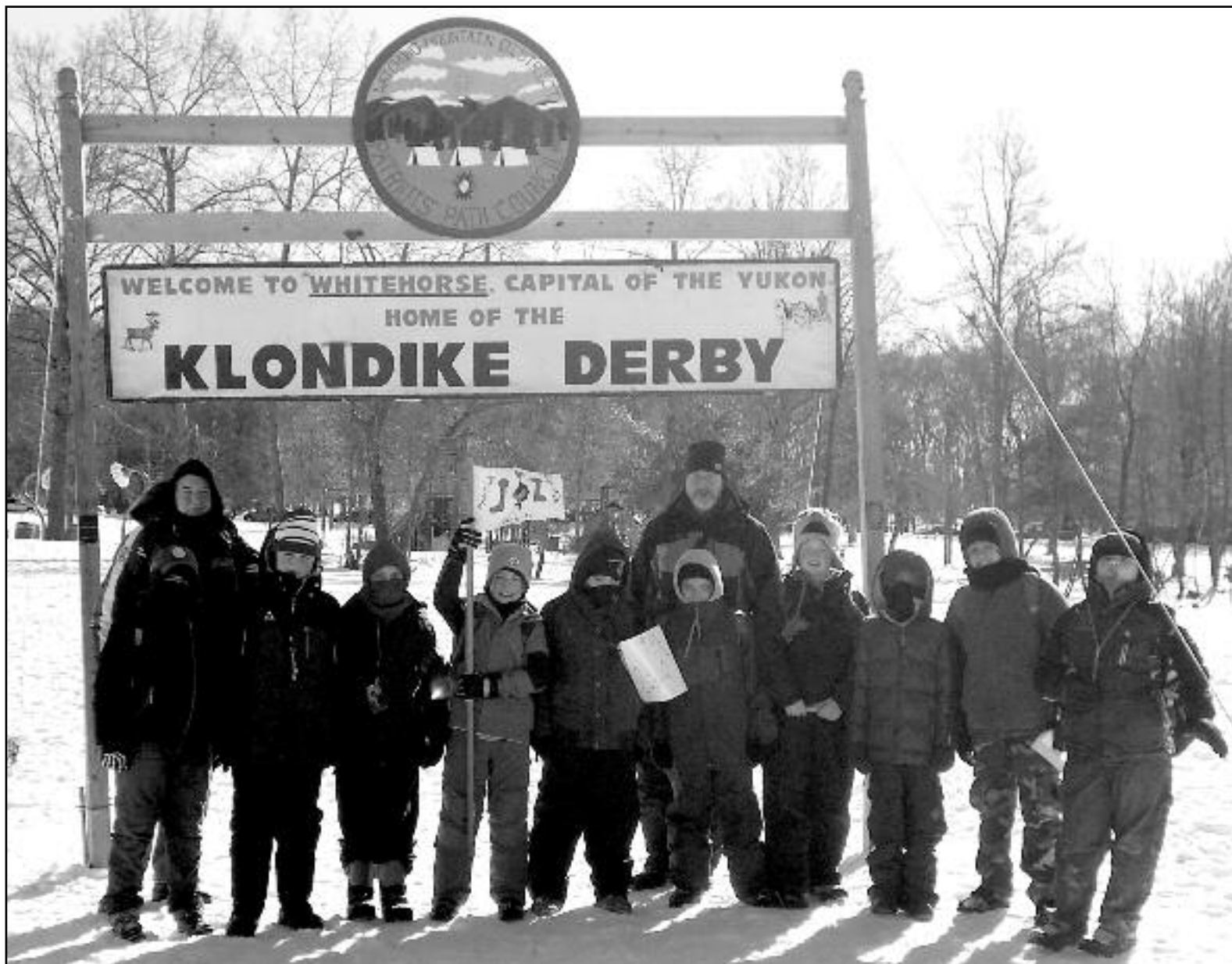
## NORTH PLAINFIELD WEBELOS 2015 KLONDIKE TREK CHAMPIONS

On January 31st, ten Scouts ages 10 and 11 from Pack 135 in North Plainfield set out on a Klondike Trek to be the best in the Watchung Mountain area. They were competing against 20 other scout groups in our area.

It was a sunny day with temperatures in the 20's and wind chills in the single digits at the Watchung Reservation. For 4 hours the scouts travelled through the reservation stopping at several stations to

demonstrate the skills they have learned. These skills included knot tying, orienteering, first aid, wilderness survival, cooking, signaling and fire building. Working together as a patrol they each shared responsibility to lead a specific skill.

By the end of the day they completed all of the skill demonstrations scoring 172 out of a possible 175 points and winning the Trek competition. If you would like your child to participate in adventures like this and many others please contact Pete Savaryn @ 908-279-3636.



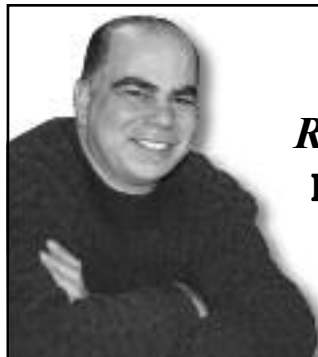
(above) Cub Scouts from North Plainfield Pack 135 at the recent Klondike Derby at Watchung Reservation

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# The PRIDE of North Plainfield

The Pride of North Plainfield is published by Renna Media. 6,500 newspapers are printed monthly and are mailed to every businesses and homes in North Plainfield, NJ using the 07060 zip code and are distributed for free pick-up throughout town.

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

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

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 Email: joerenna@rennamedia.com

## 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](mailto:lynn@rennamedia.com).



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(above) Joanne Harrison of Somerset Farms displays a centerpiece made from fruit, some that are chocolate covered.



See the advertisement for Somerset Farms on back page of this newspaper.

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Members of the North Plainfield High School Interact Club put on their Cupid's wings to fly around NPHS slinging arrows and delivering cupcakes on the day before Valentine's Day.

The Interact Club is the highly popular service-based club for students from freshman through senior years. The club has over sixty members this year and is very active in service to the community. It is sponsored by the Rotary Club of Plainfield-North Plainfield.

"Our members worked very hard, baking and decorating cupcakes that they pre-sold to students and faculty for Valentine's Day this year," said Alexandra Pereira, club adviser and Spanish language teacher. "With each order, we also collected a special message that went along with the cupcake."

Members of the Club worked with Ms. Pereira to bake hundreds of cupcakes, decorate them, and then package them up in special gift boxes. The personal messages were written in origami hearts that the club members meticulously folded, and the entire packages were delivered before the first school period.

This special project raised \$350 for the Interact Club's community service activities, which include supporting the North Plainfield Food Bank, among other projects.

"Our Interact Club is simply sensational," said Mary Forbes, president of the Rotary Club. "Between their own projects and their support of our club's projects, we couldn't ask for a better group. The Interact Club provides them a great opportunity to learn about and put into practice

service to others. We are so proud of them all."

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](http://www.RotaryPNP.org).



(above) North Plainfield High School Interact Club members prepare the special Valentine's Day cupcakes for delivery. The club raised \$350 from this project to support their community service activities.

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# LOCAL STUDENT WINS ESSAY CONTEST

Submitted by Susan Durick

Yanqing Liang, a North Plainfield High School student placed first in the annual essay contest sponsored by Optimist International. This year's theme was "Optimism Should Be a Priority". Miss Liang will now be competing in Pennsylvania to be judged at the district level with other top winners.

Mr. Risoli, from North Plainfield High School worked with students to have their essays submitted to our local Optimists for judging. As mentioned, Yanqin Liang was the first place winner. The second place award went to Katrina Bavosa and third to Karen Gordon. All three girls will receive medals and the opportunity to read their essays at the Oratorical Contest being held on March 14 at the Vermule Center in North Plainfield.

Optimist International is one of the world's largest service club organizations with 75,000 adult and youth members in 2600 clubs in the United States, Canada, the Caribbean, Mexico and throughout the world. Carrying the motto "Bringing Out the Best in Kids" Optimists

conduct positive service projects that reach more than six million young people each year. If you would like to learn more about our local chapter, North Plainfield Optimist Club, please contact Sandi Helck at 908-361-2152.



(above) Yanqing Liang, 1st place winner; Katrina Bavosa, 2nd place winner and Dr. Stephenson, Principal North Plainfield High School. Not pictured: Karen Gordon, 3rd place winner.

## NPHS FRESHMAN PERFORMS AT JULLIARD

Freshman Nabil Twyman was part of the french horn section in the Juilliard School's Advanced Music Placement Concert on January 24th at the Peter Jay Sharp Theater, New York City. Terry Szor conducted the program that included a Bach "Chorale," Gustav Holst's "Second Suite in F for Military Band," Debussy's "Clair de Lune," and "Caravan" by Duke Ellington, Irving Mills and Juan Tizol.

Nabil is a straight A student at North Plainfield High School, and is a member of the school's marching band, concert band and concert choir.



(right) North Plainfield High School freshman, Nabil Twyman, Jr.

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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.

## ROTARY CLUB TO HOLD 16TH ANNUAL WINE TASTING DINNER FUNDRAISER

The Rotary Club of Plainfield-North Plainfield will hold its 16th Annual Wine Tasting Dinner on April 15 at Giovanna's Restaurant in Plainfield, 6:00pm to 9:00 pm.

The Rotary Club's annual Wine Tasting Dinner is a fundraiser for the club's scholarship program and an opportunity for the club to present its Service Above Self Award to Plainfield Mayor Adrian O. Mapp.

"The Club awards \$7,000 each year to graduating seniors from North Plainfield and from Plainfield high schools," said Mrs. Mary Forbes, club president. "The dinner is not only a great way for people to recognize Mayor Mapp's achievements and his dedication to Plainfield, but is also a way to enjoy a delicious, five course dinner with fine wines accompanying each course while helping us provide scholarship aid to North Plainfield High School seniors."

In addition to the dinner and wines, the affair will include a Silent Auction as well as a 50/50, the proceeds of which will benefit Rotary International's campaign to eliminate polio from the world. The premier item being auctioned is an autographed baseball from Hall of Fame member and Yankee great Whitey Ford. "This baseball's provenance is undisputed," said Ms. Forbes. "One of our club members received the autographed baseball from Whitey Ford and, at

the same time, was photographed with him and with Mickey Mantle, another great Yankee and Hall of Fame member."

Tickets for the 16th Annual Wine Tasting and Service Above Self Award Dinner are \$70 per person and may be reserved via email by sending your name, address, and number of tickets desired to RotaryPNP@verizon.net. Seating is limited, and early reservations are recommended.

For the past six years, the Rotary Club of Plainfield-North Plainfield has annually recognized an individual from the Plainfield area for the service provided to his or her community. Recent recipients include North Plainfield Police Chief Bill Parenti, former North Plainfield Mayor Janice Allen, Plainfield businesswoman Donna Albanese-DeMair, Rotarian Michael Townley from South Plainfield, and former superintendent of schools Dr. Marilyn Birnbaum of North Plainfield.

For more information about the Rotary Club of Plainfield-North Plainfield, visit their website at [www.RotaryPNP.org](http://www.RotaryPNP.org).

The club meets every Wednesday at 12:15 PM at Giovanna's Restaurant, 1462 South Avenue in Plainfield. Anyone interested in learning more about Rotary and the club is invited to attend a meeting as a guest of the Club.

## NEXT NPCCR MEETING APRIL 2

The next meeting of the North Plainfield Citizens for Community Rights (NPCCR) will be Thursday 2 April 7:00 PM at the North Plainfield Community Center, 614 Greenbrook Rd. Our guest speaker will be Freeholder Deputy Director Patricia Walsh. Freeholder Walsh will tell us about programs available to our residents in Somerset County. There will be time for questions once the presentation is

completed. If there is anything you have been wanting to ask about the responsibilities of our county government, this will be the time to do it. NPCCR posts all current police reports and council meetings. To view these reports and meetings go to [npccr.org](http://npccr.org). All are invited to our meetings. If you have a topic that you believe might be of interest to our residents e-mail them to [communityrights@gmail.com](mailto:communityrights@gmail.com)

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they take.

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

For further info about Venturing Crew 885 check out our Facebook page [www.facebook.com/pages/Venturing-Crew-885/1402062663367458](http://www.facebook.com/pages/Venturing-Crew-885/1402062663367458).

For more info about Venturing go to [www.scouting.org/Youth/ContinueAdventure/Venturing.aspx](http://www.scouting.org/Youth/ContinueAdventure/Venturing.aspx)

For more info about a scouting unit near you go to [www.BeAScout.org](http://www.BeAScout.org)

## PRODUCER SEEKS SOUNDS OF NORTH PLAINFIELD

When you think of your hometown, chances are images come to mind. Perhaps it's an historic structure or maybe it's a feature of nature, but have you ever stopped to consider the sounds of your town? A life-long resident of New Jersey hopes to create an audio mosaic of the state made up from a sound from each one of its 565 municipalities.

Bernie Wagenblast began his quest on July 4, 2013 in Milltown at the town's Independence Day parade. Since then he's added over 140 towns around the state. Wagenblast calls his project New Jersey 565 and says he tries to find a sound that's unique for the town. In many instances the audio clips, and the story behind them, may even be surprising to long-time residents.

Wagenblast's goal is to collect 100 sounds a year and complete the project in six years. You can hear other communities' sounds at <http://www.pinterest.com/brwagenblast/new-jersey-565/>

If you have a suggestion for a sound for New Jersey 565 you can reach Bernie at [bernie@bwcommunications.net](mailto:bernie@bwcommunications.net).



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<p style="font-size: 1.5em; margin: 0;"><b>\$74.99</b></p> <ul style="list-style-type: none"> <li>• Chimney Cap</li> <li>• Fireplace Cleaning</li> <li>• 12 Point Inspection</li> </ul> <p style="font-size: 0.8em; margin: 0;"><b>ON TIME PROFESSIONALS</b> With coupon. Cannot be combined with any other offer.</p>	<p style="font-size: 1.5em; margin: 0;"><b>\$65.00</b></p> <p style="margin: 0;"><b>Gutter Cleaning (Any House)</b></p> <p style="font-size: 0.8em; margin: 0;"><b>ON TIME PROFESSIONALS</b> With coupon. Cannot be combined with any other offer.</p>	<p style="font-size: 1.5em; margin: 0;"><b>15% off</b></p> <p style="margin: 0;"><b>Foundation Repair</b></p> <p style="font-size: 0.8em; margin: 0;"><b>ON TIME PROFESSIONALS</b> With coupon. Cannot be combined with any other offer.</p>	<p style="font-size: 1.5em; margin: 0;"><b>\$1000 off</b></p> <p style="margin: 0;"><b>Any New Complete Roof</b></p> <p style="font-size: 0.8em; margin: 0;"><b>ON TIME PROFESSIONALS</b> With coupon. Cannot be combined with any other offer.</p>	<p style="font-size: 1.5em; margin: 0;"><b>15% off</b></p> <p style="margin: 0;"><b>Roof Leaks (Guaranteed)</b></p> <p style="font-size: 0.8em; margin: 0;"><b>ON TIME PROFESSIONALS</b> With coupon. Cannot be combined with any other offer.</p>
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<b>4 Units</b>	6.5" x 4"	\$180	\$160
<b>6 Units</b>	10" x 4"	\$240	\$210
<b>9 HALF PAGE</b>	10" x 6"	\$320	\$280
<b>12 Units</b>	10" x 8"	\$360	\$320
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<b>Back Cover</b>	10" x 13.5"	\$600	\$500

RATE FOR ANY 3 NEWSPAPERS	RATE FOR ANY 6 NEWSPAPERS	RATE FOR ANY 9 NEWSPAPERS	RATE FOR ALL 12 NEWSPAPERS
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<b>\$450</b>	<b>\$700</b>	<b>\$950</b>	<b>\$1100</b>
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**FRONT PAGE BANNER** 8.25" x 2" \$320

Artwork included in price.

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

\*Discount for members of participating local Chamber of Commerce and Business Associations

## PAY FOR 6 MONTHS AND GET 1 FREE

## LOCAL SUICIDE PREVENTION HOTLINE VOLUNTEERS APPLAUD OSCAR WINNERS

While most Americans were focused on the films "Birdman" and "American Sniper" at this year's Academy Awards, a group of about 200 volunteers at a local suicide prevention and crisis intervention hotline were more touched by two obscure winners.

"The Phone Call," a short film about a suicide prevention hotline operator and her distraught caller, won for Best Live Action Short Film. "Crisis Hotline: Veterans Press 1," a documentary about the employees who staff the suicide hotline of the Veterans Administration, took home Best Documentary. Both films are heart-wrenching.

The volunteers of CONTACT We Care understand why these two films garnered such honors. As real-life operators who take the calls of people in crisis, many of whom are suicidal, they understand the emotion that goes into these exchanges – on both ends.

Dean Marsh has been a volunteer listener at CONTACT since December. He recalls one recent call he took toward the end of his shift. He spent two-and-a-half hours talking to the caller.

"What he was feeling at the beginning of the call and at the end of the call was an amazing turnaround," Marsh said. "He told me he didn't know what he would do if someone didn't pick up the phone. He said having someone to talk to really changed his world. You really feel good about yourself when you get off that kind of call and know that you changed or potentially saved a life."

CONTACT We Care, headquartered in Westfield, is a suicide prevention agency that operates a suicide prevention and crisis intervention hotline and provides suicide prevention training to the public, community groups and businesses.

The agency relies on more than 200

volunteers to staff its listening lines and texting services and the hotline is always looking for new volunteers, according to Joanne Oppelt, CONTACT's executive director. Listeners answer about 14,000 calls and texts each year.

"It is so essential that people in crisis or distress have someone they can talk to who will listen in an empathetic and non-judgmental way," Oppelt said. "Our callers come from all walks of life and every socioeconomic level. They are our neighbors and at a dramatic moment of crossroads in their lives, our listeners are here for them. What our listeners give is a remarkable story – Oscar-deserving in itself."

CONTACT volunteers undergo 50 hours of instruction in empathetic and nonjudgmental active listening and mental health issues and go through a two-day intensive session on suicide intervention called ASIST, or Applied Suicide Intervention Skills Training. Training is followed by an internship on the lines with experienced listeners.

Anyone interested in becoming a volunteer listener or texter at CONTACT We Care should contact Sue Fasano, director of programs, at 908.301.1899 or sue.fasano@contactwecare.org.

CONTACT We Care also provides training to members of the public, community groups and businesses in suicide awareness and prevention, active listening, mental health first aid and preventing teenage suicide. Anyone interested in learning more about or scheduling training also should contact Fasano.

CONTACT We Care serves Central and Northern New Jersey and is a primary responder to calls to the national suicide prevention line (1-800-273-TALK or 1-800-SUICIDE) that originate in New Jersey. Callers also reach CONTACT by dialing 908-232-2880 or texting "CWC" to 839863.

## START OF A NEW SESSION OF PROJECT READY AT ST. JOSEPH SOCIAL SERVICE CENTER

Project Ready is a free 6-week job readiness and computer skills training class designed for adults who are actively looking for work. Volunteer tutors help students identify skills, write resumes, practice interviewing, and search for jobs. Basic computer skills, including Microsoft Word and Excel, are also taught.

The program runs Tuesday through Friday from 9:30 am until 2:30 pm. The next session begins March 31, 2015 and ends on May 14, 2015.

Please call us at (908) 353-1045, Ext 8, or email Projectreadyprg@yahoo.com. If you are interested in participating in this class, join us for our Information and Sign up session on Tuesday, March 10, 2015 at 1pm (118 Division St. Elizabeth, NJ). Seats are limited –Student selection by lottery.

**THE NORTH PLAINFIELD SENIOR CITIZENS GROUP MEETS EVERY TUESDAY AT 10:30 AM AT THE COMMUNITY CENTER 614 GREENBROOK ROAD, NORTH PLAINFIELD.**

The Group also sponsors a bus trip to the Golden Nugget Casino in Atlantic City the second Wednesday of each month.

For reservations call Elsie at 908-755-9347.

For more information regarding membership and transportation call Frank 908-757-6353.

## ELEMENTS MASSAGE OF WARREN OFFERS MARCH MASSAGE SPECIAL TO INDIVIDUALS WITH MS

*Elements Also Giving Away Two Free Massages A Week to MS Sufferers in March*

Elements Massage of Warren is offering individuals with multiple sclerosis (MS) a 50 percent discount off the regular walk-in rate for massage services during the month of March. In addition, Elements is giving away two free massages every week to clients, who suffer with this chronic disease that attacks the central nervous system.

"There are numerous benefits that massage therapy provides individuals who suffer with MS," said Elements Massage Owner Ferry Firmansjah. "We wanted to offer MS clients our first rate massage services at a very attractive price as a way of helping them with this often disabling disease."

Massage therapy has been known to provide

several benefits to individuals suffering with MS including helping to relieve muscle spasms, improve circulation, alleviate pain and reduce anxiety. Massage has been a staple treatment for MS for decades and can have a powerful positive effect on health.

Last year, Elements Massage of Warren raised \$995 for the National MS Society's New Jersey Chapter and participated in the MS Walk in Clark, New Jersey.

Elements Massage of Warren is located at Pheasant Run Plaza, 177 Washington Valley Road, in Warren, New Jersey. (732) 667-5500, elementsmassage.com/warren, Facebook (facebook.com/elementswarren) Twitter (@elementswarren).



**\$40 OFF YOUR FIRST SESSION**

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each



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**\$9<sup>99</sup>** lb NPF3

By the pound only. Limit 1 lb per customer per coupon per day. Not to be combined with other offer. Offers good thru 4/15/15.

**FRESH FISH**  
Available Thursday  
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**Top or Little  
Neck Clams**  
**\$3<sup>99</sup>** /dozen

**COUPON**  
**FRESH COD FILLET**  
**\$5<sup>99</sup>** lb NPF3

By the pound only. Limit 1 lb per customer per coupon per day. Not to be combined with other offer. Offers good thru 4/15/15.

**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 Chicken Breast**  
**\$6<sup>99</sup>** lb NPF3



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 4/15/15.

**COUPON**  
**Land o Lakes  
American Cheese**  
**\$5<sup>99</sup>** lb NPF3



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 4/15/15.

**COUPON**  
**\$1.00 OFF your purchase  
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