The PRIDE of North Plainfield North

Published by Renna Media On-line at RennaMedia.com

North Plainfield's Hometown Newspaper

ISSUE 45 • MARCH 2016

GIRL SCOUTS OF ALL AGES CELEBRATE WORLD THINKING DAY

Twelve North Plainfield Girl Scout Troops, with more than 100 scouts of all ages and their leaders, "traveled" around the globe in less than two hours. The world-wind World Thinking Day trip took place on Saturday, February 20, 2016, at the town's Watchung Avenue Presbyterian Church.

World Thinking Day is set aside to celebrate friendships with others from around the world. "It's a way to remember the connection with Girl Scouts and Girl Guides at home and everywhere. It is also a reminder of the Girl Scout Law: to be a sister to every Girl Scout," said Ginny Mayer-Brown, event coordinator.

The two-hour tour had the "tourist" girls and leaders "visit" countries such as Mexico, Philippines, Italy, Japan and France. Passports were stamped, various displays were viewed, each country's foods were sampled, a "taste" of each culture's hands-on activities was experienced, flag coloring sheets and flag puzzles were explored, and snack badges were earned – and more!

First stop: Mexico! Visitors dipped their chips in some guacamole, did the Mexican Hat Dance and played the Bean Race.

Next stop: The Philippines. People savored Sweet Coconut or Sticky Rice and played Tapatan (a board game of skill).

Another stop: Italy. This venture featured Bruschetta, building bracelets with the colors of the Italian flag and learning words like Ciao (Hello) and Amici (friends).

Yet another stop: Japan. Sushi and origami (folding paper in to shapes) were part of the Japanese adventure.

Last stop: France. Ooh la, la. Guests were treated with Breakfast- on-the-Go – strawberry and cream-filled crepes; as well as a French word search and trivia.

"It is an honor to help the younger scouts connect not only with the older girls in our town, but also symbolically with Girl Scouts and Girl Guides across the world," said troop leader Danielle Roberto, who was escorting Daisy Scouts – the youngest faction at five to six years old.

Sixteen year-old Jessica Dardignac, a Senior Scout, said, "It is just great that we are enjoying each other's company, from the youngest to the oldest scout; learning more about ourselves and our world."

Donations from the event are designated for the founder of Girl Scouts – the Juliette Low World Friendship Fund.

According to the World Association of Girl Scouts and Girl Guides, there are millions of Girl Scouts worldwide, with the United States having the largest number – and growing!



(above) North Plainfield Girl Scouts of all ages participate in World Thinking Day "visiting" Mexico, the Philippines, Italy, Japan and France.



(above) These Daisy Girl Scouts are enjoying sucking up as many pinto beans as they can with a straw and putting them in to a cup in one minute while the Mexican Hat Dance music plays in the background.

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Reserve space in the next issue. Call Joe Renna at (908) 447-1295 Email: joerenna@rennamedia.com

Tuesday MARCH 29TH at 7pm FABRICLAND 855 Route 22 West North Plainfield Please RSVP to Bruce Heyman at 908-755-4700x102 or

NORTH PLAINFIELD BUSINESS ASSOC

GENERAL

MEETING

All members of the North Plainfield business community are invited. There is no admission or dues to attend.

bruce@fabricland.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.

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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 Lori Theiss at lori@rennamedia.com or call 908-858-4012

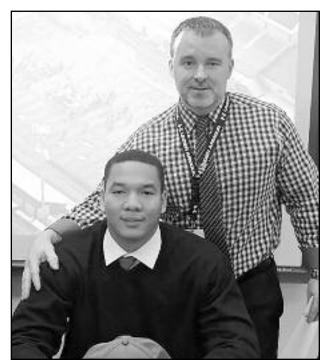


ARTHUR GILMORE COMMITS TO CENTRAL CONNECTICUT STATE UNIVERSITY

Arthur Gilmore, Jr., #80 of the North Plainfield Canucks Varsity football team signed his Letter of Intent on National Signing Day, Wednesday, February 3 to play with Central Connecticut State University.

Arthur will be the 4th football player in North Plainfield's history to receive a football scholarship at a Division 1 school. Tyson Chandler received a scholarship from NC State in 2008; Rich Searl from Duke University and Vince O'Neal from Kansas University in 1968. Arthur will be attending Central Connecticut State University in the fall.

> (right) Arthur and Coach Robert Lake - the former head football coach.



BUSINESS ASSOCIATION IS REORGANIZING

Since its origin in 1938, the North Plainfield Business Association has been the voice of business in North Plainfield. The organization is has been dormant after members of the executive board became unavailable to volunteer for personal and business reasons. Bruce Heyman, owner of Fabricland on Rt 22 west, in North Plainfield has responded to the business community's interest in the organization and has been working to get the NPBA back to prominence by calling on all business owners, contractors and local professionals to join the group. The Pride of North Plainfield which will promote NPBA's efforts.

The NPBA's mission is to promote the economic, professional and civic welfare of North Plainfield. It will provide an opportunity for all types of local businesses to band together and promote commerce in our town. The Business Association will work closely with North Plainfield's government (and with trade

organizations throughout Somerset County and NJ) to ensure our local business interests are protected. There is strength in numbers: member businesses will take advantage of shared marketing costs, as well as a rich community of neighbors to help them network and get their brand out in the market.

The newly-reformed Business Association will be visible and active in the community. From holding fundraising events, to keeping its members informed about local issues, to offering its members discounts at merchants throughout town – the NPBA pledges to be always working for the benefit of North Plainfield's economy.

A general meeting is scheduled for Tuesday, March 29, 2016, at 7pm at Fabricland, located at 855 Route 22 West, North Plainfield

Please RSVP to Bruce Heyman at

908-755-4700x102 or bruce@fabricland.com All members of the North Plainfield business

	North Plainfield Business Association <i>"Working for You"</i> MEMBERSHIP APPLICATION					
Company	Website					
Contact	Type of business					
Address						
	Membership: \$45 Check Cash					
hone	Date of Application					
_	Pay to the order of NPBA					
Fax						
Email:	24 Craig Place, North Plainfield, NJ 07060 Contact Peter Eddy at 908-757-1909					



1701 U.S. Highway 22 West • Watchung









offers or discounts. Expires 4/10/16.

MONDAY - THURSDAY

Lunch 11am - 3	8:30pm	Dinner 3:30p	m - 10:00pm
Adult	\$7.99	Adult	\$11.59
Kids 7-10	\$5.99	Kids 7-10	\$6.99
Kids 3-6	\$3.99	Kids 3-6	\$5.99
2 & Under	1	2 & Under	FREE!

offers or discounts. Expires 4/10/16.

FRIDAY - SATURDAY

Lunch 11am ·	3:30pm	Dinner 3:30pn	n • 10:30pn
Adult	\$7.99	Adult	\$11.59
Kids 7-10	\$5.99	Kids 7-10	\$6.99
Kids 3-6		Kids 3-6	
2 & Under			

SUNDAY ALL DAY DINNER

DAL ALL DA	
11am · 10	pm
Adult	\$11.59
Kids 7-10	\$6.99
Kids 3-6	\$5.99
2 & Under	FREE!

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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.



offers or discounts. Expires 4/10/16.

offers or discounts. Expires 4/10/16.

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INTERACT CLUB SERVICE IN NORTH PLAINFIELD

The North Plainfield High School service organization known as the Interact Club prides itself on service to others through the Rotary International motto of "Service Above Self." One of the club's recent projects was Pennies for Patients.

"Pennies for Patients" is a foundation that helps kids fight leukemia and lymphoma," said Lena Zhu, Interact member. "Through their kindness, the money will help to raise awareness and may even help cancer, leukemia, or lymphoma patients live a better life."

"With Interact Club's leadership, we raised and donated money to benefit these cancer patients. Club members helped with the banners to raise awareness and attention for Pennies for Patients. Interact members collected any change that was given to us, from coins to bills. The project is ongoing; our goal is \$500. We believe that our contributions to this foundation will help at least one person and will increase kindness and generosity in the community."

The Interact Club is active in other ways, also. They recently sponsored a blood drive with the American Red Cross, collecting seventy-nine pints of blood, enough to help 237 people in need. This is an annual club activity, one that has helped over a thousand people so far.

Club members also support the Rotary Club of Plainfield-North Plainfield, their sponsoring club, by working with Rotarians at Rutgers basketball games. "We work two concession stands at eighteen basketball games this season," said Ravenell Williams IV, Rotary president. "These Interact kids are just fantastic! They love to come to Rutgers and work and we love to have them." Money raised through this activity helps fund the Rotary club's scholarship program.

More information about the Interact Club can be found at the Rotary Club's website at www.rotarypnp.org.

The Rotary Club of Plainfield-North Plainfield welcomes new members who have an interest in serving others 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) North Plainfield High School Interact Club members display one of the banners that they created to raise awareness for the Pennies for Patients project.



(above) North Plainfield Interact Club members pose for a group photo at the Rutgers Athletic Center before working the concessions stands at a recent basketball game.



chimney o' Rock celebration





Our Homemade Irish Menu:

Corned Beef, Cabbage, Potatoes, Guinness Beef Pot Pie & Irish Soda Bread

band schedule

Sunday, March 6

"Dicey Riley" at Bridgewater "Bloody Callan" at Gillette Three Seatings Available: 3:30, 5:30 & 7:30 pm



Sunday, March 13 "Bloody Callan" at Bridgewater "The Fair Trade" at Gillette

Three Seatings Available: 3:30, 5:30 & 7:30 pm

Thursday, March 10

"The Fair Trade" at Bridgewater "The Snakes" at Gillette

> Two Seatings Available: 5:45 & 7:15 pm

Tuesday, March 15

"Hooley Shooters" at Bridgewater "Bloody Callan" at Gillette

> Two Seatings Available: 5:45 & 7:15 pm

ST. PATRICK'S DAY 🐐 Thursday, March 17

"Lagans Love" at Bridgewater "Hooley Shooters" at Gillette 12-3 pm "Courtney Colletti" at Gillette 5-9 pm

Performance Times: 12-3 pm & 5-9 pm

Not accepting reservations for this day First Come - First Served







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(above l-r) Congressman Lance, Somerset Intermediate School Principal Reginald Sainte-Rose, and SCLSNJ's North Plainfield Memorial Library branch Librarian Amy Behr.



(above l-r) Congressman Leonard Lance engaged with students, taking questions about the national debt, what the White House is like, and if he has interest in running for presidency some day. He was also asked how he speaks publicly with confidence, to which he answered, "Pretend you are speaking to someone in a normal, everyday conversation; pretend you're talking to your friend. And enunciate!"



CONGRESSMAN LEONARD LANCE VISITS NORTH

Congressman Leonard Lance (NJ-07) visited Somerset Intermediate School in North Plainfield on Tuesday to meet with over 80 students and faculty. Lance took students' questions for over an hour on current events and issues facing the country. Lance was introduced by members of the student council. He urged all students to stay interested and engaged in public service. The

visit was a part of the SCLSNJ's North Plainfield Memorial Library branch Talk It Up grant programming. For more information, visit SCLSNJ.org/s/TalkItUp. During District Work Periods, Congressman Lance visits New Jersey schools, businesses, and town halls to meet constituents and update them on his work in Washington.



(above) Congressman Leonard Lance poses with members of Somerset Intermediate School's Student Council.

WARRENBROOK SENIOR CENTER

500 Warrenville Road, Warren, NJ 07059 • 908-753-9440

Meals on Wheels Looking for Volunteers

The Warrenbrook Senior Center is looking for volunteers that would be willing to help prepare and portion food for their Meals on Wheels program. It would be from 8:30 – 10:30 am. We are looking for a permanent Wednesday volunteer and several on-call volunteers that are willing to fill in when needed.

Celtic Cracked Walnuts

March 14, 10:30 am Musical duo of Jeff and Jan Ausfahl Program features songs and stories and humor from Ireland and Scotland. In addition to the banjo and washboard that Cracked Walnuts is known for, attendees will also be treated to guitar, penny whistle, concertina and bodhran (an Irish drum) music.

What are Probiotics?

Alyssa Reyes, MS, RD, ShopRite Stirling March 16, 10:15 am – 10:45 am

This nutrition program will highlight what probiotics are and the important role they play in good health. After the presentation, a tasting of foods high in probiotics will be available.

State Health Insurance Program (SHIP) Counseling, March 18

Call (908) 704-6319 to make an appointment for a SHIP counselor to meet with you at the Warrenbrook Senior Center. This is a FREE service available to help New Jersey Medicare beneficiaries who have problems

with, or questions about their health insurance. SHIP is a statewide program sponsored by the New Jersey Department of Health and Senior Services. Services available by advance appointment only and will be available the last Friday of the month. Clay Wall Pocket Project, Art 4 All March 21, 10:30 am

Barbara Gerson. Join us as we make a clay pocket that can be hung on the wall and used for a dried flower arrangement or other decorative item. Advance registration is required. Class size is limited to 20 students.

Program rescheduled from January. LUNCH and LEARN OPPORTUNITY Art of Quilling: Spowflake Project. Art 4 Al

Art of Quilling: Snowflake Project, Art 4 All March 21 Lunch at 11:45 am and Project begins at 1:00 pm Barbara Gerson. Quilling, also called paper filigree, involves rolling and combining strips of paper into highly detailed designs. Before actually making the snowflake, quilling basics will be described and "briefly" practiced. Lunch reservations are required by Wednesday, March 16th. Choice of meat-based, vegetarian or box lunch is available. Advance program registration is required. Class size is limited to 15

students. Program rescheduled from January. Warrenbrook Book Club,

"Major Pettigrew's Last Stand,"

March 22, 1:30 – 3:00 pm Join the Warrenbrook Book Club to discuss this New York Times Bestseller written by Helen Simonson. New members welcome.

"Gotcha!": Snapshots that Made History March 28, 10:30 am

In this lecture photojournalist, Jim DelGiudance, will look at some of the accidentally historic photographs that not only changed history, but have become the icons by which we remember great events.

MAYOR TO RECEIVE ROTARY CLUB AWARD

is pleased to announce that North Plainfield Mayor Michael Giordano will receive the 2016 Service Above Self Award at the club's 17th scheduled "Meet the Mayor" opportunity at Annual Wine Tasting Dinner. The event will be held on March 16 at Giovanna's Restaurant in Plainfield, and is a fundraiser for the club's scholarship program for graduating seniors. Tickets are available by email through the club at secretary@rotarypnp.org.

Club President Ravenell Williams cited Mayor Giordano's exemplary service to the Borough of North Plainfield as the determining factor in his selection for the award.

"Club members identify community leaders from Plainfield, North Plainfield, or South Plainfield who are actively involved in projects or activities that benefit their respective communities," said Williams. "Mayor Giordano was selected for his enthusiastic approach to governing the Borough; his presence and virtually every Borough or community-sponsored event; his open and warm relationship with his constituents; his fair and even-handed approach to issues confronting the Borough; his initiatives in addressing economic development, public safety, and public programming; his attention to capital improvement projects; his active support for the Borough's Special Events Committee; his personal service to others through his membership in the North Plainfield Lions Club and as a minister at St. Luke's Church."

As just one example of his service, Williams cited Mayor Giordano's efforts to help assure issues and problems are known and addressed promptly. "The Mayor was a co-founder of the FORUM, a group of community leaders that meets to find solutions to community issues and

The Rotary Club of Plainfield-North Plainfield to keep people informed about what is happening in the Borough," said Williams.

> Recently, the Mayor established a regularly-Borough Hall. He also makes his contact information freely available to everyone, part of his open door policy.

> President Williams also commented on the Mayor's support for Rotary's service to the community. "He is an advocate of our club's service to the community, such as our annual Dictionary Project," Williams said. "He always makes time in his busy schedule to go with Rotarians to the Borough's third grade classrooms and distribute dictionaries to every student. He gives a brief presentation about the Borough's leadership and service to others. He also recently presented a proclamation to the newly-formed EarlyAct Club in North Plainfield, recognizing the students at Stony Brook School for their commitment to service to the community.

> "Mayor Giordano is viewed as an enthusiastic cheerleader for the Borough and for all of its residents through his support of and participation in the many community activities sponsored in the Borough. He is not a mayor in title only; he lives his responsibilities every single day. And even though he is not a member of our club, he serves our club and the community with equal enthusiasm."

> Past recipients of the award include Janice Allen, former mayor and councilwoman North Plainfield (2010 - inaugural recipient); William Parenti, North Plainfield Chief of Police (2011); Michael Townley, South Plainfield resident and Rotary member (2012); Donna Albanese, Plainfield business owner and leader (2013); Dr. Marilyn Birnbaum, Superintendent of Schools



(above) Mayor Michael Giordano.

North Plainfield (2014); and Plainfield Mayor Adrian Mapp (2015).

Tickets for the Wine Tasting Dinner are \$70.00 each. A tax deductible portion of the cost is made possible by writing checks to the Rotary Plainfield-North Plainfield Foundation (Rotary PNP, Inc.). Seating is limited and early reservations recommended. Tables will be reserved for parties of eight or more.

For more information about the Rotary Club of Plainfield-North Plainfield, visit their website at 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.

ARE YOU CONSIDERING REPLACING YOUR AIR CONDITIONING THIS SPRING?

Good News! It's FREE FURNACE time at Weltman Home Services. Due to the warm winter we are overstocked with inventory. We will GIVE you a FREE FURNACE with the installation of a new air conditioning system.

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NEXT NPCCR MEETING

The next meeting of the North Plainfield Citizens for Community Rights (NPCCR) will be

THURSDAY, APRIL 7TH

at 7:00 P.M. at the

NORTH PLAINFIELD COMMUNITY CENTER 614 Greenbrook Road at Clinton Avenue.

Our guest speaker is from the State of New Jersey Department of the Treasury Division of Taxation and will tell us how to apply for the "Senior Tax Freeze"

When the presentation is completed there will be a question and answer session.

If you are 65 years or older and own a home you might be eligible for the "Senior Tax Freeze".

NPCCR meetings are open to all. If you have a topic that you believe would be of benefit to our residents please email your suggestions to communityrights@gmail.com NPCCR records all council meetings and police reports these can be viewed at

www.npccr.org



ABINGDON

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A Windsor Healthcare Community www.windsorhealthcare.org



www.tgbasile.com 136 E. Westfield Ave. • Roselle Park

PRIME TIME FOR "WARM-UP THEFTS"

Have you heard about warm-up thefts? You can bet the average car thief has. North Plainfield Police Chief William G. Parenti would like to remind our residents that car thieves may be on the prowl for your car during this current cold snap.

During the cold winter months, area drivers may be tempted to warm up their cars while they

ATLANTIC CITY EXPRESS BUS The North Plainfield Senior Citizens sponsor an express bus trip to the Golden

Nugget Casino the second Wednesday of each month.

The bus leaves the parking lot of

SAINT LUKE'S CHURCH 300 Clinton Ave.

10:00 AM and returns at 8:00 PM. The cost is \$30.00. The casino will give you \$20.00 credit to use for the games and a \$5.00 food voucher.

CALL ELSIE AT 908-755-9347

for more information. Everyone is welcome to join us on the bus trip. stay warm inside. But cars left running, unlocked, and unattended are quick and easy targets for thieves. Chief Parenti offers the following tips so you won't be left out in the cold:

- Never leave your car running or the keys in the ignition when are away from it, even for "just a minute."
- Keep valuables out of sight or in the trunk. Purses, credit cards, and cell phones in plain view only help attract thieves.
- Always roll up the windows and lock your car, even if it is in your driveway, garage, or in front of your home.
- Never leave the registration or title in your car. If stolen, it makes it easier for the thief to dispose of your vehicle. It can also make you a target for identity theft.
- Be alert when approaching your car, have a plan of action, and have your keys in your hand. Check around, under and in your vehicle for suspicious individuals. Immediately leave the scene to get help if you have any concerns for your safety.
- Only park your car in busy, well-lighted areas.If your vehicle has an alarm or other anti-theft device, use it.

NORTH PLAINFIELD MEMORIAL LIBRARY SCLSNJ'S NORTH PLAINFIELD MEMORIAL LIBRARY BRANCH

6 Rockview Avenue, North Plainfield, NJ 07060 | 908-755-7909 | SCLSNJ.org. Program dates and times are subject to change. All programs are free and registration is required unless otherwise indicated. Visit SCLSNJ.org or call the library for more information and to register.



10 a.m. - 12 p.m. & 6:45-8:45 p.m. Citizenship Class

March 3, 10, 17, 24, & 31, 6-8:30 p.m.

ESL Conversation Group March 7, 14, 21, & 28, 7-8:30 p.m.

Afternoon Book Discussion March 10, 1-2 p.m.

"Unbroken" by Laura Hillenbrand Evening Book Discussion

March 17, 7:15-8:45 p.m. "Unbroken" by Laura Hillenbrand

Vegan Baking: Scones! March 24, 6:30-8:30 p.m. Jacqueline DuJour Author Event

March 26, 2-3 p.m. Motherhood is NOT Where Dreams Go to Die:

Inspiring Mothers to Live Their Best & Fullest Lives For more information about these and other programs, visit SCLSNJ.org.



170 Watchung Avenue North Plainfield, NJ

908-755-2781 www.wapc.net

FAMILY PROGRAMS Youth ESL Conversation Group

March 2, 9, 16, 23, & 30, 6:45-8 p.m. (family friendly)

> Make Your Community Brighter March 19, 2-3:30 p.m.

This program is a part of NJ Makers Day. Live Museum March 22, 7-9 p.m. This program will be held at North Plainfield Middle

School. North Plainfield Library Book Sale

March 25, 9:30 a.m. - 4:30 p.m. \$2 for a bag of books

Discovering Cultures: Sawdust Carpets March 26, 3-4:30 p.m.

CHILDREN, TWEEN, & TEEN PROGRAMS "From Scratch" Cooking

March 1, 3:30-5 p.m. (tweens & teens):

Toastmasters International Youth Leadership Program March 1 & 29, 7-8 p.m.

March 1 & 29, 7-8 p.m. (ages 10-14) Dungeons & Dragons

March 2, 9, 16, 23, & 30, 3:30-6:30 p.m. (tweens & teens): Teen Game Day

March 7, 14, 21, & 28, 3:30-5 p.m. Talk It Up - New Jersey Orators Club March 8, 6:15-7 p.m.

> (for ages 7-10) **3** 7:15-8 p.m. (for ages 11-13). **Debate Club**

March 11, 18, & 25, 3:15-4:30 p.m. (grades 4-6):

Creation Station March 22, 3:30-4:30 p.m. (grades K-5):

SOMERSET SCHOOL HELD BAND, SINGERS, CHORUS WINTER CONCERT

The snow storm didn't stop the music nor the singing. The North Plainfield Somerset Intermediate School held its complimentary Winter Concert February 4, 2016 – rescheduled from

January 26. Fifth and sixth grade student advanced members from The Dragon Band, Somerset Singers and Somerset School Chorus performed from 7 to 8 pm at the Somerset School Community Room.

The Dragon Band featured Bold Adventure by Timothy Johnson, Samba de Soleil by Roland Barrett and Twelve The Clock Strikes by Rob Grice. The band is under the direction of Dorian Parreott II, who plays a tuba, and is a classical and jazz performer, who has travelled the world to play with legendary jazz artists and highly regarded NY musicians. He said, "For years I have played professionally and many of the greats I run into continue to speak about their old band director and the musical experience, as well as the life lesson the directors gave them."

Songs such as Peace Like a River, Spiritual/Arr. Schram, Kyrie Eleison by Schubert/Arr. Eilers and Duke Ellington's Don't Get Around Much Anymore, by Russell/Ellington/Arr. Althouse were presented by the Somerset Singers.

Somerset School Chorus sung America/I Sing of Thee, Traditional/Arr. Gallina, Alleluja by Mozart/Arr. Artman and Seasons of Love, by Larson/Arr. Miller.

Lucas Miller, the director of the Somerset Singers and Chorus, is a musician and composer raised in New Jersey who writes music, teaches and performs in the greater Metro Area. "Hearing the students of this district blend their voices together and sing beautifully is why I come to



(above) Lucas Miller, director of the Somerset Singers and Chorus introduces the next number at the Somerset School Band, Singers, Chorus Concert.

work every day. They provide me great joy by giving their best each time we practice and perform," he said.

The Winter Concert was sponsored by the North Plainfield Fine Arts Department under Thomas Mazur and Somerset School principal Reginald Saint-Rose. "Special thanks to all administrators and staff at Somerset School for your cooperation as well as parents and friends for supporting your loved ones in their musical endeavors," said Mazur.



(above) The Somerset School Dragon Band warms up under the direction of Dorian Parreott II the night of the Somerset School Band, Singers, Chorus Concert.

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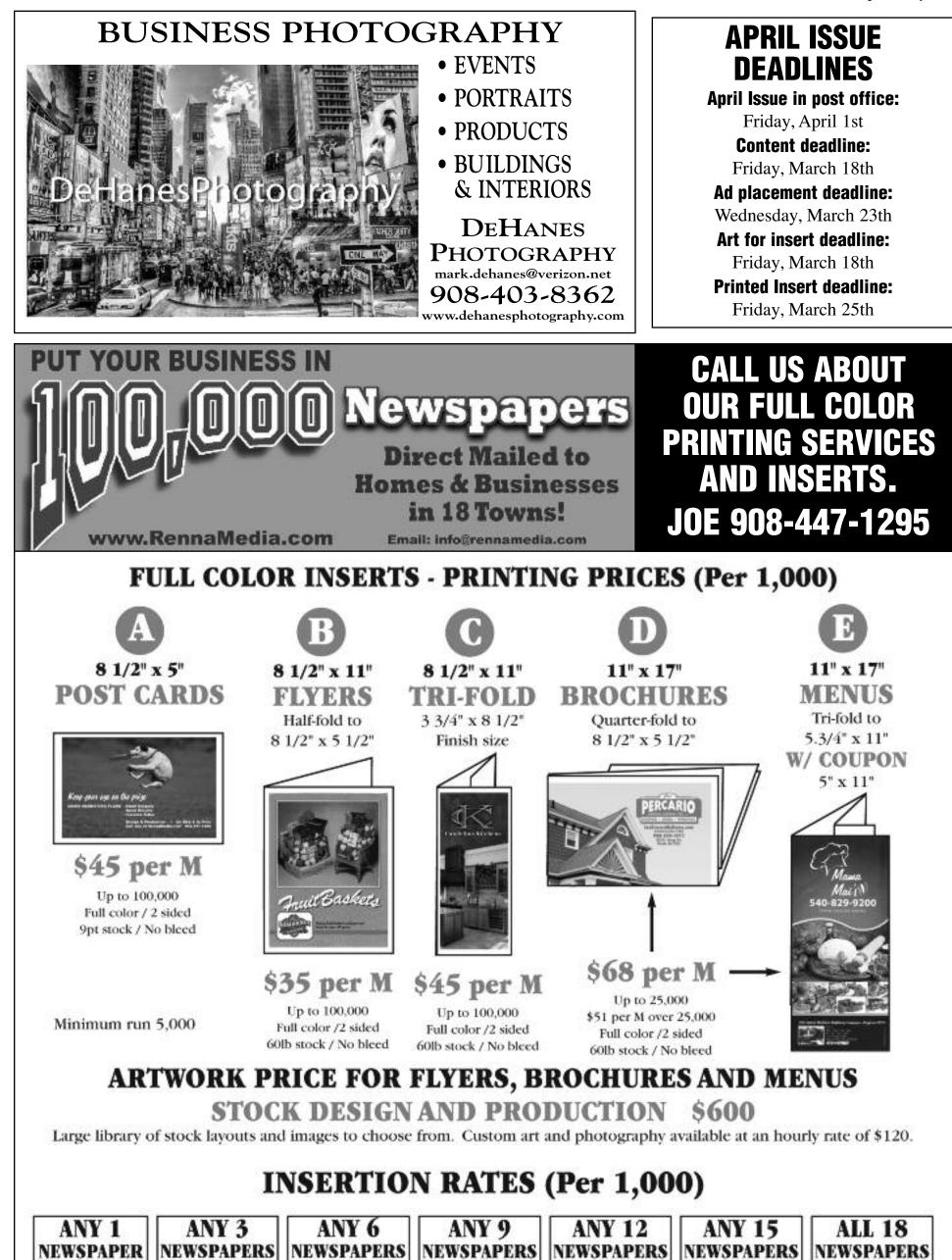
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4	Units	6.5" x 4"	\$180	\$450	\$700	\$950	\$1100	\$1300	\$1500
6	Units	10" x 4*	\$240	\$600	\$900	\$1250	\$1400	\$1650	\$1900
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WHAT WILL YOU LOOK LIKE IN 40 DAYS? **TECHNOLOGY** HAS GIVEN US COMPARE THE ABILITY TO FIND OUT WHY YOU ARE NUTRIMOST Most Popular 3 VS. STORING FAT AND HOW TO GET RID OF IT! State of the Art A "one-size-fits-all" weight loss program will only take you so far NRF Technology (and after many months of hunger and a boatload of cash). Targeting your specific hormone makeup is the key to fast Ø Fat Burning and effective weight loss. Our NRF Technology essentially takes Targets your hormonal fingerprint to determine the exact ingredients you \odot Abdominal Fat need to bring your body into an optimal state of fat burning. And beyond the initial weight loss, restoring balance with the system Resets actually resets your metabolism and weight set point so that you ω Metabolism keep the weight off after you lose it. Resets \odot Weight Set Point ω No Hunger Doctor ω Supervised a S99 value BODY COMPOSITION ANALYSIS FAT LOSS CONSULTATION 2 LOSE 20-45lbs IN JUST 40 DAYS A complete assesment and teaching A personally integrated session with GUARANTE a NRF Technology Specialist to of your current body composition in discuss how this revolutionary comparison to where you should be. technology can help you naturally This analysis includes your body fat percentage and mass, visceral fat detox and heal your body, restore rating, body water percentage, balance to your hormones and neurotransmitters, and reset your **REGISTER FOR A** metabolic age and other important metabolism. metrics. CONSULTATION CALL 908.279.7740 OR VISIT CENTRALJERSEYHEALTH.COM